# Haugstadskogen

### Plass Navn Damer 16 - 39 år

1	Anin	a Iseli	n Had	land		2	29						40:19	)					
01:01=	02:07=	03:30=	06:14=	09:23=	11:39=	12:29=	14:58=	18:08=	20:24=	21:32=	22:39=	25:30=	27:49=	30:28=	33:39=	36:16=	37:54=	39:54=	40:19=
01:01=	01:06=	01:23=	02:44=	03:09=	02:16=	00:50=	02:29=	03:10=	02:16=	01:08=	01:07=	02:51=	02:19=	02:39=	03:11=	02:37=	01:38=	02:00=	00:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Mari	e Siav	aldser	า		3	392						41:55	5					
00:56-		04:28+			11:48+	13:05+	15:13+	19:09+	21:19+	22:22+	23:52+	27:36+	30:13+	32:05+	35:17+	37:43+	39:15+	41:27+	41:55+
00:56-	01:54+	01:38+	02:19-	03:21+	01:40-	01:17+	02:08-	03:56+	02:10-	01:03-	01:30+	03:44+	02:37+	01:52-	03:12+	02:26-	01:32-	02:12+	00:28+
00:05-	00:48&	00:15#	00:25-	00:12+	00:36-	00:27&	00:21-	00:46#	00:06-	00:05-	00:23&	00:53&	00:18#	00:47-	00:01+	00:11-	00:06-	00:12#	00:03#
3	Ingri	d Lycl	ke Aus	stbø		1	09						46:19	)					
00:35-		04:57+		12:10+	15:26+	16:33+	18:57+	22:47+	25:00+	26:04+	27:46+	30:48+	33:07+	36:44+	39:52+	41:59+	43:27+	45:48+	46:19+
00:35-	01:01-	03:21+	05:55+	01:18-	03:16+	01:07+	02:24-	03:50+	02:13-	01:04-	01:42+	03:02+	02:19=	03:37+	03:08-	02:07-	01:28-	02:21+	00:31+
00:26-	00:05-	01:580	03:110	01:51-	01:00&	00:17&	00:05-	00:40#	00:03-	00:04-	00:35&	00:11+	00:00=	00:58&	00:03-	00:30-	00:10-	00:21#	00:06#
4	Mati	lde Sk	iævela	and Sk	år	1	14						47:23	3					
01:03+		04:20+	06:40+	13:12+	15:55+	16:39+	19:56+	24:02+	27:21+	28:27+	29:44+	32:57+	35:02+	37:10+	40:58+	42:50+	44:20+	46:56+	47:23+
01:03+	01:49+	01:28+	02:20-	06:32+	02:43+	00:44-	03:17+	04:06+	03:19+	01:06-	01:17+	03:13+	02:05-	02:08-	03:48+	01:52-	01:30-	02:36+	00:27+
00:02+	00:43&	00:05+	00:24-	03:230	00:27#	00:06-	00:48&	00:56&	01:03&	00:02-	00:10#	00:22#	00:14-	00:31-	00:37#	00:45-	00:08-	00:36&	00:02+
Beste	strekk	tid for	klass	en															
00:35	01:01	01:23	02:19	01:18	01:40	00:44	02:08	03:10	02:10	01:03	01:07	02:51	02:05	01:52	03:08	01:52	01:28	02:00	00:25

Klasse

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

## Damer 40 - 49 år

1 Heidi Martby-Skogsholm 105 48:00 00:57= 02:25= 06:59= 09:54= 11:23= 14:21= 17:45= 22:48= 28:05= 30:17= 33:33= 35:17= 38:13= 41:13= 43:46= 46:17= 47:35= 48:00= 00:57= 01:28= 04:34= 02:55= 01:29= 02:58= 03:24= 05:03= 05:17= 02:12= 03:16= 01:44= 02:56= 03:00= 02:33= 02:31= 01:18= 00:25= 02:31= 01:18= 00:25= 02:31= 01:18= 00:25= 02:31= 01:18= 00:25= 02:31= 02: 00:00= 00: 2 Siri Warland 43 54:10 03:39+ 05:03+ 12:19+ 14:43+ 17:09+ 20:11+ 23:18+ 30:53+ 35:17+ 36:47+ 39:12+ 40:38+ 43:35+ 47:08+ 49:25+ 52:37+ 53:40+ 54:10+ 03:39+ 01:24- 07:16+ 02:24- 02:26+ 03:02+ 03:07- 07:35+ 04:24- 01:30- 02:25- 01:26- 02:57+ 03:33+ 02:17- 03:12+ 01:03- 00:30+ 02:42@ 00:04- 02:42& 00:31- 00:57& 00:04+ 00:17- 02:32& 00:53- 00:42- 00:51- 00:18- 00:01+ 00:33# 00:16- 00:41& 00:15- 00:05# Beste strekktid for klassen 00:57 01:24 04:34 02:24 01:29 02:58 03:07 05:03 04:24 01:30 02:25 01:26 02:56 03:00 02:17 02:31 01:03 00:25

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

Damer 50 - 59 år

1	Anita	a Glen	ne Kal	lhovd		2	29						37:55	5			
00:57=	02:12=	05:34=	08:20=	09:42=	11:01=	13:42=	15:47=	20:11=	21:34=	23:59=	25:28=	28:04=	31:12=	33:39=	36:20=	37:25=	37:55=
00:57=	01:15=	03:22=	02:46=	01:22=	01:19=	02:41=	02:05=	04:24=	01:23=	02:25=	01:29=	02:36=	03:08=	02:27=	02:41=	01:05=	00:30=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Marg	arethe	Roals	ø		ç	93						43:08	3			
00:58+	02:25+	05:33-	08:06-	09:47+	13:24+	16:55+	19:25+	24:35+	26:30+	29:29+	30:39+	33:44+	36:32+	39:03+	41:38+	42:40+	43:08+
00:58+	01:27+	03:08-	02:33-	01:41+	03:37+	03:31+	02:30+	05:10+	01:55+	02:59+	01:10-	03:05+	02:48-	02:31+	02:35-	01:02-	00:28-
00:01+	00:12#	00:14-	00:13-	00:19#	02:18@	00:50&	00:25#	00:46#	00:32&	00:34#	00:19-	00:29#	00:20-	00:04+	00:06-	00:03-	00:02-
3	Iren	Undhe	eim Øq	reid		e	62						43:25	5			
01:15+		09:22+			15:22+	18:23+	20:33+	24:57+	26:21+	28:54+	31:12+	34:19+	37:09+	39:29+	41:54+	42:58+	43:25+
01:15+	05:21+	02:46-	02:17-	01:55+	01:48+	03:01+	02:10+	04:24=	01:24+	02:33+	02:18+	03:07+	02:50-	02:20-	02:25-	01:04-	00:27-
00:18&	04:06@	00:36-	00:29-	00:33&	00:29&	00:20#	00:05+	00:00=	00:01+	00:08+	00:49&	00:31#	00:18-	00:07-	00:16-	00:01-	00:03-
4	Keth	Berg	graf			1	16						45:16	5			
01:07+	03:27+	07:26+		11:46+	15:41+	18:39+	20:52+	27:25+	28:51+	31:29+	32:54+	35:15+	37:54+	40:42+	43:50+	44:49+	45:16+
01:07+	02:20+	03:59+	02:33-	01:47+	03:55+	02:58+	02:13+	06:33+	01:26+	02:38+	01:25-	02:21-	02:39-	02:48+	03:08+	00:59-	00:27-

00:10# 01:05& 00:37# 00:13- 00:25& 02:36@ 00:17# 00:08+ 02:09& 00:03+ 00:13+ 00:04- 00:15- 00:29- 00:21# 00:27# 00:06- 00:03-

Plass	Navi	n					Klasse	2					Tid					
5	_	Ie Katr	ino U	rman	rud		117						45:53	2				
01:00+								26:55+	28:27+	30:51+	32:25+	35:16+		-	44:10+	45:18+	45:53+	
01:00+	02:46+	03:32+	03:20+	01:50+	01:43+	03:24+	02:41+	06:39+	01:32+	02:24-	01:34+	02:51+	03:28+	02:45+	02:41=	01:08+	00:35+	
00:03+	01:310	00:10+	00:34#	00:28&	00:24&	00:43&	00:36&	02:15&	00:09#	00:01-	00:05+	00:15+	00:20#	00:18#	00:00=	00:03+	00:05#	
6		l Ande					116						47:52	_				
												35:09+						
												01:25-01:11-						
7		Dahle		00.201	01.114		116	00.07	02.100	00.00	01.274	01.11	49:02		00.01	01.000	00.100	00.001
01:12+			-	10:37+	14:23+			21:33+	28:26+	30:12+	33:11+	35:21+		_	44:35+	47:14+	48:29+	49:02+
												02:10-						
00:15&	00:57&	00:26-	01:13-	01:22&	02:27@	01:04-	00:38&	01:34-	05:300	00:39-	01:30@	00:26-	00:47#	00:18#	00:07-	01:340	00:450	00:33+
8		Dmdal					116						49:09					
												38:34+						
												06:31+ 03:550						
Q	_	Klause		-			62						51:27	_				
03:23+					19:58+			33:30+	35:16+	38:03+	39:27+	42:07+			49:48+	50:53+	51:27+	
03:23+	01:42+	08:42+	02:57+	01:45+	01:29+	05:15+	02:22+	05:55+	01:46+	02:47+	01:24-	02:40+	02:47-	02:09-	02:45+	01:05=	00:34+	
02:260	00:27&	05:200	00:11+	00:23&	00:10#	02:34&	00:17#	01:31&	00:23&	00:22#	00:05-	00:04+	00:21-	00:18-	00:04+	00:00=	00:04#	
10		e Tiley				-	27						52:57					
												41:27+						
												03:13+ 00:37#						
11	_	e Irene		-			116						53:41	-				
					17:24+			30:01+	32:22+	35:40+	38:15+	41:30+		-	51:51+	53:00+	53:41+	
												03:15+						
01:570		_	_	00:43&	00:45&	01:41&	00:57&	00:49#	00:58&	00:53&	01:06&	00:39#	00:44#	00:23#	00:58&	00:04+	00:11&	
12		rea Ta					54						54:55	-				
												42:16+ 04:20+						
												01:44&						
13	Mari	e-Eliza	abeth	Reinse	eth		27						55:03	3				
						-		31:03+	33:30+	37:06+	38:51+	43:55+		-	52:59+	54:21+	55:03+	
												05:04+						
		_				_		02:27&	01:04&	01:11&	00:16#	02:28&			00:48&	00:17&	00:12&	
14		e Frøy					71			0.5. 54.			56:28	-				
												43:40+ 03:11+						
												00:35#						
15	Liv N	Margot	t Svila	nd		ļ	54						59:10	)				
	04:50+	12:29+	15:17+	17:20+								46:49+						
												04:46+						
	-			•	00:43&			02:43&	03:240	00:07-	00:32&	02:10&			01:09&	00:11#	00:04#	
16					22.121		101	27.54	20.501	42.551	44.471	48:40+	1:00:		59.401	60.01	60.271	
												48:40+ 03:53+						
												01:17&						
17	Ingie	erd Ha	ddelar	nd		(	66						1:01:	23				
												49:08+						
												05:19+ 02:430						
					00:540			00:39#	03:400	01:340	00:59@	02:430			00:1/#	00:240	00:10@	
<b>18</b>		Bjerkre			18.36+		<b>93</b>	35•41⊥	37•41⊥	41·57⊥	43.39+	47:24+	<b>1:01:</b> 51 • 39+		59.04⊥	60·46+	61•42±	
												47:24+ 03:45+						
												01:09&						
19	Rag	nhild E	Båtnes	Bernt	tsen		101						1:01:	57				
	02:48+	08:24+	11:43+	15:20+	17:14+							49:49+						
												04:38+ 02:02&						
00:14#	∪∪:∠∠&	∪∠:14&́	00:33#	∪∠:130	00:33&	01:728	UI:49&	∪3:31&	04:000	∪⊥:∠4&	∪∪:∠6&	∪∠:∪∠&	∪∪:∠3#	00:34#	U⊥:U∠&	∪∪:⊥∠#	00:06#	

10.05.2023 23.02.30

Plass	Nav	n				I	Klasse	•					Tid					
20	Syn	nøve V	Vester	moen		-	116						1:05:	22				
10:00+	12:20+	18:23+	21:12+	24:53+	27:04+	29:04+	32:54+	37:25+	43:10+	44:41+	48:28+	51:15+	54:37+	57:56+	60:21+	63:27+	64:43+	65:22+
10:00+	02:20+	06:03+	02:49+	03:41+	02:11+	02:00-	03:50+	04:31+	05:45+	01:31-	03:47+	02:47+	03:22+	03:19+	02:25-	03:06+	01:16+	00:39+
09:030	01:05&	02:41&	00:03+	02:190	00:52&	00:41-	01:45&	00:07+	04:22@	00:54-	02:180	00:11+	00:14+	00:52&	00:16-	02:010	00:460	00:39+
21	Elisa	abeth I	Melbø				128						1:09:	11				
07:11+	09:02+	22:48+	25:36+	27:22+	29:25+	33:20+	35:53+	42:59+	47:43+	49:57+	52:06+	56:54+	60:44+	63:33+	67:23+	68:38+	69:11+	
07:11+	01:51+	13:46+	02:48+	01:46+	02:03+	03:55+	02:33+	07:06+	04:44+	02:14-	02:09+	04:48+	03:50+	02:49+	03:50+	01:15+	00:33+	
06:140	00:36&	10:240	00:02+	00:24&	00:44&	01:14&	00:28#	02:42&	03:210	00:11-	00:40&	02:12&	00:42#	00:22#	01:09&	00:10#	00:03#	
Beste	strekk	tid for	' klass	en														
00:52	01:15	02:46	01:33	01:22	01:19	01:37	02:05	02:50	01:23	01:31	01:10	01:25	02:33	02:09	02:25	00:59	00:27	

Damer 60 - 64 år

Ingunn Voilås 29 42:28 1 03:40= 07:56= 09:56= 12:46= 15:15= 17:48= 20:24= 22:27= 23:48= 26:22= 31:02= 32:28= 33:49= 37:10= 41:02= 41:53= 42:28= 42: 03:40= 04:16= 02:00= 02:50= 02:29= 02:33= 02:36= 02:03= 01:21= 02:34= 04:40= 01:26= 01:21= 03:21= 03:52= 00:51= 00:35= 00:00= 00: 2 Ellinor Nesse 116 1:05:27 00:54- 12:48+ 15:21+ 18:01+ 21:39+ 26:35+ 29:40+ 31:55+ 34:46+ 39:06+ 44:07+ 46:51+ 48:32+ 58:25+ 63:10+ 64:35+ 65:27+ 00:54- 11:54+ 02:33+ 02:40- 03:38+ 04:56+ 03:05+ 02:15+ 02:51+ 04:20+ 05:01+ 02:44+ 01:41+ 09:53+ 04:45+ 01:25+ 00:52+ 02:46- 07:380 00:33& 00:10- 01:09& 02:23& 00:29# 00:12+ 01:300 01:46& 00:21+ 01:18& 00:20# 06:320 00:53# 00:34& 00:17& 3 Ellinor Hoemsnes 116 1:06:00 01:09- 08:31+ 12:14+ 14:36+ 19:10+ 22:20+ 36:10+ 40:57+ 42:46+ 45:22+ 51:02+ 53:09+ 55:18+ 58:35+ 64:22+ 65:33+ 66:00+ 01:09- 07:22+ 03:43+ 02:22- 04:34+ 03:10+ 13:50+ 04:47+ 01:49+ 02:36+ 05:40+ 02:07+ 02:09+ 03:17- 05:47+ 01:11+ 00:27-02:31- 03:06& 01:43& 00:28- 02:05& 00:37# 11:14@ 02:44@ 00:28& 00:02+ 01:00# 00:41& 00:48& 00:04- 01:55& 00:20& 00:08-

 4
 Ingrid Øxnevad
 18
 1:23:16

 00:40 08:14+
 10:35+
 12:52+
 16:04+
 19:08+
 24:59+
 26:37+
 29:07+
 62:44+
 67:29+
 69:16+
 71:07+
 75:33+
 81:49+
 82:38+
 83:16+

 00:40 07:34+
 02:21+
 02:17 03:12+
 03:04+
 05:51+
 01:38 02:30+
 33:37+
 04:45+
 01:47+
 01:51+
 04:26+
 06:16+
 00:49 00:38+

 03:00 03:18&
 00:21#
 00:33 00:43&
 00:31#
 03:15@
 00:25 01:09&
 31:03@
 00:05+
 00:21#
 00:30&
 01:05&
 02:24&
 00:02 00:03+

Beste strekktid for klassen

00:40 04:16 02:00 02:17 02:29 02:33 02:36 01:38 01:21 02:34 04:40 01:26 01:21 03:17 03:52 00:49 00:27

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

## Damer 65 - 69 år

1	Mari	t Karir	n Nvαå	rd		ç	92						40:23	3		
00:44=	04:49=		09:31=		14:49=	18:40=	20:34=	21:52=	24:39=	28:35=	30:14=	31:36=	35:10=	38:52=	39:51=	40:23=
00:44=	04:05=	02:22=	02:20=	02:29=	02:49=	03:51=	01:54=	01:18=	02:47=	03:56=	01:39=	01:22=	03:34=	03:42=	00:59=	00:32=
00:00=	00:00=	00:00=	00:00=	00:00=	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	Tove	e Bjerk	reim			-	105						45:04	1		
01:28+	06:49+	08:53+	11:03+	13:39+	16:43+	19:40+	21:20+	23:13+	25:50+	30:02+	32:26+	33:40+	40:33+	43:46+	44:37+	45:04+
01:28+	05:21+	02:04-	02:10-	02:36+	03:04+	02:57-	01:40-	01:53+	02:37-	04:12+	02:24+	01:14-	06:53+	03:13-	00:51-	00:27-
00:44&	01:16&	00:18-	00:10-	00:07+	00:15+	00:54-	00:14-	00:35&	00:10-	00:16+	00:45&	00:08-	03:19&	00:29-	00:08-	00:05-
3	Ingri	id Eik				3	38						47:46	3		
03:24+	08:40+	10:56+	13:13+	17:34+	20:30+	23:57+	26:07+	27:24+	31:39+	35:18+	36:42+	38:02+	42:34+	46:32+	47:19+	47:46+
03:24+	05:16+	02:16-	02:17-	04:21+	02:56+	03:27-	02:10+	01:17-	04:15+	03:39-	01:24-	01:20-	04:32+	03:58+	00:47-	00:27-
02:400	01:11&	00:06-	00:03-	01:52&	00:07+	00:24-	00:16#	00:01-	01:28&	00:17-	00:15-	00:02-	00:58&	00:16+	00:12-	00:05-
4	Eli F	rafjord	k			ę	94						49:22	2		
00:43-				15:12+	17:58+	26:44+	28:31+	29:54+	32:11+	36:05+	38:00+	40:10+	43:55+	47:50+	48:45+	49:22+
00:43-	04:55+	02:31+	02:36+	04:27+	02:46-	08:46+	01:47-	01:23+	02:17-	03:54-	01:55+	02:10+	03:45+	03:55+	00:55-	00:37+
00:01-	00:50#	00:09+	00:16#	01:58&	00:03-	04:550	00:07-	00:05+	00:30-	00:02-	00:16#	00:48&	00:11+	00:13+	00:04-	00:05#
5	Berit	t Bakk	en			ę	93						51:04	1		
00:45+	09:46+	12:30+	15:00+	17:53+	20:58+	23:33+	25:57+	27:11+	29:55+	36:05+	37:27+	40:12+	45:20+	49:36+	50:33+	51:04+
00:45+	09:01+	02:44+	02:30+	02:53+	03:05+	02:35-	02:24+	01:14-	02:44-	06:10+	01:22-	02:45+	05:08+	04:16+	00:57-	00:31-
00:01+	04:560	00:22#	00:10+	00:24#	00:16+	01:16-	00:30&	00:04-	00:03-	02:14&	00:17-	01:230	01:34&	00:34#	00:02-	00:01-

	า					Klasse						Tid			
May	Elinor	<sup>.</sup> Melin	a		1	25						51:50	)		
08:28+	11:36+	14:48+	17:42+	21:26+	24:21+	26:24+	27:49+	31:11+	37:05+	38:57+	40:31+	45:26+	50:04+	51:06+	51:50+
06:36+	03:08+	03:12+	02:54+	03:44+	02:55-	02:03+	01:25+	03:22+	05:54+	01:52+	01:34+	04:55+	04:38+	01:02+	00:44+
02:31&	00:46&	00:52&	00:25#	00:55&	00:56-	00:09+	00:07+	00:35#	01:58&	00:13#	00:12#	01:21&	00:56&	00:03+	00:12&
Berit	Gram	istad			1	13						53:25	5		
07:14+	10:16+	17:44+	20:28+	23:22+	27:21+	29:41+	31:03+	36:41+	41:01+	42:35+	44:22+	48:05+	52:00+	52:54+	53:25+
05:36+	03:02+	07:28+	02:44+	02:54+	03:59+	02:20+	01:22+	05:38+	04:20+	01:34-	01:47+	03:43+	03:55+	00:54-	00:31-
01:31&	00:40&	05:08@	00:15#	00:05+	00:08+	00:26#	00:04+	02:510	00:24#	00:05-	00:25&	00:09+	00:13+	00:05-	00:01-
Marc	ot As	heim			1	05						53:29	9		
11:12+	13:17+	15:41+	18:58+	21:56+	24:46+	26:54+	28:05+	32:19+	38:07+	41:18+	43:16+	48:06+	52:09+	53:04+	53:29+
07:28+	02:05-	02:24+	03:17+	02:58+	02:50-	02:08+	01:11-	04:14+	05:48+	03:11+	01:58+	04:50+	04:03+	00:55-	00:25-
03:23&	00:17-	00:04+	00:48&	00:09+	01:01-	00:14#	00:07-	01:27&	01:52&	01:32&	00:36&	01:16&	00:21+	00:04-	00:07-
strekk	tid for	klass	en												
04:05	02:04	02:10	02:29	02:46	02:35	01:40	01:11	02:17	03:39	01:22	01:14	03:34	03:13	00:47	00:25
	08:28+ 06:36+ 02:31& <b>Beri</b> 1 07:14+ 05:36+ 01:31& <b>Març</b> 11:12+ 07:28+ 03:23& <b>trekk</b>	08:28+ 11:36+ 06:36+ 03:08+ 02:31& 00:46& <b>Berit Gram</b> 07:14+ 10:16+ 05:36+ 03:02+ 01:31& 00:40& <b>Margot As</b> 11:12+ 13:17+ 07:28+ 02:05- 03:23& 00:17- <b>Strekktid for</b>	08:28+       11:36+       14:48+         06:36+       03:08+       03:12+         02:31a       00:46a       00:52a         Berit Gramstad         07:14+       10:16+       17:44+         05:36+       03:02+       07:28+         01:31a       00:40a       05:080         Margot Asheim         11:12+       13:17+       15:41+         07:28+       02:224+       03:23a       00:17-       00:04+         trekktid for klass	$\begin{array}{cccccccc} 0.6:36+& 0.3:08+& 0.3:12+& 0.2:54+\\ 0.2:31&& 0.0:46&& 0.0:52&& 0.0:25 \\ \hline \textbf{Berit Gramstad}\\ 0.7:14+& 10:16+& 17:44+& 20:28+\\ 0.5:36+& 0.3:02+& 07:28+& 0.2:44+\\ 0.1:31&& 0.0:40&& 0.5:08&& 0.0:15 \\ \hline \textbf{Margot Asheim}\\ 11:12+& 13:17+& 15:41+& 18:58+\\ 0.7:28+& 0.2:05-& 0.2:24+& 0.3:17+\\ 0.3:23&& 0.0:17-& 0.0:04+& 0.0:48&\\ \hline \textbf{strekktid for klassen} \end{array}$	08:28+ 11:36+ 14:48+ 17:42+ 21:26+ 06:36+ 03:08+ 03:12+ 02:54+ 03:44+ 02:31& 00:46& 00:52& 00:25# 00:55& <b>Berit Gramstad</b> 07:14+ 10:16+ 17:44+ 20:28+ 23:22+ 05:36+ 03:02+ 07:28+ 02:44+ 02:54+ 01:31& 00:40& 05:08@ 00:15# 00:05+ <b>Margot Asheim</b> 11:12+ 13:17+ 15:41+ 18:58+ 21:56+ 07:28+ 02:224+ 03:17+ 02:58+ 03:23& 00:17- 00:04+ 00:48& 00:09+ trekktid for klassen	08:28+ 11:36+ 14:48+ 17:42+ 21:26+ 24:21+ 06:36+ 03:08+ 03:12+ 02:54+ 03:44+ 02:55- 02:31& 00:46& 00:52& 00:25# 00:55& 00:56- <b>Berit Gramstad</b> 07:14+ 10:16+ 17:44+ 20:28+ 23:22+ 27:21+ 05:36+ 03:02+ 07:28+ 02:44+ 02:54+ 03:59+ 01:31& 00:40& 05:08@ 00:15# 00:05+ 00:08+ <b>Margot Asheim</b> 11:12+ 13:17+ 15:41+ 18:58+ 21:56+ 24:46+ 07:28+ 02:05- 02:24+ 03:17+ 02:58+ 02:50- 03:23& 00:17- 00:04+ 00:48& 00:09+ 01:01- <b>trekktid for klassen</b>	$\begin{array}{cccccccccccccccccccccccccccccccccccc$	08:28+ 11:36+ 14:48+ 17:42+ 21:26+ 24:21+ 26:24+ 27:49+ 31:11+ 37:05+ 38:57+ 40:31+ 45:26+ 50:04+ 51:06+ 06:36+ 03:08+ 03:12+ 02:54+ 03:44+ 02:55- 02:03+ 01:25+ 03:22+ 05:54+ 01:52+ 01:34+ 04:55+ 04:38+ 01:02+ 00:36k 00:52k 00:52k 00:55k 00:56- 00:09+ 00:07+ 00:35# 01:58k 00:12# 01:12# 01:12# 01:12# 01:12# 01:12# 01:12# 01:00:56k 01:03+ <b>Berit Gramstad</b> 113 07:14+ 10:16+ 17:44+ 20:28+ 23:22+ 27:21+ 29:41+ 31:03+ 36:41+ 41:01+ 42:35+ 44:22+ 48:05+ 52:00+ 52:54+ 01:31k 00:40k 05:088 00:15# 00:05+ 00:08+ 00:26# 00:04+ 02:518 00:24# 00:05- 00:25k 00:09+ 00:13+ 00:55- 01:31k 00:40k 05:088 00:15# 00:05+ 00:08+ 00:26# 00:04+ 02:518 00:24# 00:05- 00:25k 00:09+ 00:13+ 00:05- <b>Margot Asheim</b> 105 11:12+ 13:17+ 15:41+ 18:58+ 21:56+ 24:46+ 26:54+ 28:05+ 32:19+ 38:07+ 41:18+ 43:16+ 48:06+ 52:09+ 53:04+ 07:28+ 02:05- 02:24+ 03:17+ 02:58+ 02:50- 02:08+ 01:11- 04:14+ 05:48+ 03:11+ 01:58+ 04:50+ 00:34+ 00:55- 03:23k 00:17- 00:04+ 00:48k 00:09+ 01:01- 00:14# 00:07- 01:27k 01:52k 01:32k 00:36k 01:16k 00:21+ 00:04- <b>trekktid for klassen</b>							

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

# Damer 70 - 74 år

1	Inge	r Skrei	tting C	pstad		ę	54						49:04	Ļ		
02:44=	07:41=	10:14=	13:08=	16:13=	19:30=	22:30=	24:44=	26:03=	28:53=	33:19=	34:51=	36:31=	40:35=	47:28=	48:26=	49:04=
02:44=	04:57=	02:33=	02:54=	03:05=	03:17=	03:00=	02:14=	01:19=	02:50=	04:26=	01:32=	01:40=	04:04=	06:53=	00:58=	00:38=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Hanı	ne Eik				-	117						52:55	5		
00:53-	06:03-	08:54-	11:31-	14:49-	18:02-	21:34-	24:09-	25:59-	33:32+	38:04+	39:21+	41:21+	45:20+	51:28+	52:27+	52:55+
00:53-	05:10+	02:51+	02:37-	03:18+	03:13-	03:32+	02:35+	01:50+	07:33+	04:32+	01:17-	02:00+	03:59-	06:08-	00:59+	00:28-
01:51-	00:13+	00:18#	00:17-	00:13+	00:04-	00:32#	00:21#	00:31&	04:43@	00:06+	00:15-	00:20#	00:05-	00:45-	00:01+	00:10-
3	Kirst	ten Ca	rlsen			ę	93						1:00:	48		
00:53-	06:13-	09:18-	12:15-	15:26-	18:49-	25:50+	28:25+	29:51+	32:45+	42:12+	44:39+	46:28+	54:57+	59:02+	60:16+	60:48+
00 50	05 001	0.0 0 5 1	00 57.	0.0 11.	0.0 0.0 1	07 01 -	00 05.	01 061	00 541	00 07.	00 07.	01 401	00.001	04 05	01 14	0.0 0.0

00:53- 05:20+ 03:05+ 02:57+ 03:11+ 03:23+ 07:01+ 02:35+ 01:26+ 02:54+ 09:27+ 02:27+ 01:49+ 08:29+ 04:05- 01:14+ 00:32-01:51- 00:23+ 00:32# 00:03+ 00:06+ 00:06+ 04:01@ 00:21# 00:07+ 00:04+ 05:01@ 00:55& 00:09+ 04:25@ 02:48- 00:16& 00:06-Beste strekktid for klassen

00:53 04:57 02:33 02:37 03:05 03:13 03:00 02:14 01:19 02:50 04:26 01:17 01:40 03:59 04:05 00:58 00:28

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

## Damer 75 - 79 år

1	Grv \	/ikhar	nar Th	enas			68						48:27	7		
01:56=	07:23=	09:46=	12:40=	15:21=	18:15=	22:22=	24:36=	25:58=	31:45=	36:02=	37:36=	39:23=	43:05=	47:02=	47:55=	48:27=
01:56=	05:27=	02:23=	02:54=	02:41=	02:54=	04:07=	02:14=	01:22=	05:47=	04:17=	01:34=	01:47=	03:42=	03:57=	00:53=	00:32=
00:00=	00:00=	00:00=	00:00=	00:00=	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	a Aasl	lid			Ę	54						59:16	3		
03:28+	07:52+	10:27+	13:15+	17:55+	21:56+	24:47+	28:15+	30:00+	37:53+	43:43+	46:44+	48:26+	53:24+	57:23+	58:29+	59:16+
03:28+	04:24-	02:35+	02:48-	04:40+	04:01+	02:51-	03:28+	01:45+	07:53+	05:50+	03:01+	01:42-	04:58+	03:59+	01:06+	00:47+
01:32&	01:03-	00:12+	00:06-	01:59&	01:07&	01:16-	01:14&	00:23&	02:06&	01:33&	01:27&	00:05-	01:16&	00:02+	00:13#	00:15&
3	Helaa	a Klau	isen				62						1:01:	43		
01:12-	07:27+		14:07+	18:24+	23:14+	27:03+	29:44+	32:08+	36:48+	42:49+	47:24+	49:26+	54:04+	59:37+	60:54+	61:43+
01:12-	06:15+	03:23+	03:17+	04:17+	04:50+	03:49-	02:41+	02:24+	04:40-	06:01+	04:35+	02:02+	04:38+	05:33+	01:17+	00:49+
00:44-	00:48#	01:00&	00:23#	01:36&	01:56&	00:18-	00:27#	01:02&	01:07-	01:44&	03:010	00:15#	00:56&	01:36&	00:24&	00:17&
4	Haldi	is Gle	ndran	qe		(	68						1:07:	53		
04:59+	12:12+	18:26+	21:07+	24:44+	28:07+	35:04+	37:46+	39:12+	42:03+	47:17+	48:56+	51:06+	61:02+	66:06+	67:17+	67:53+
04:59+	07:13+	06:14+	02:41-	03:37+	03:23+	06:57+	02:42+	01:26+	02:51-	05:14+	01:39+	02:10+	09:56+	05:04+	01:11+	00:36+
03:030	01:46&	03:510	00:13-	00:56&	00:29#	02:50&	00:28#	00:04+	02:56-	00:57#	00:05+	00:23#	06:140	01:07&	00:18&	00:04#
Beste	strekkt	tid for	klass	en												

01:12 04:24 02:23 02:41 02:41 02:54 02:51 02:14 01:22 02:51 04:17 01:34 01:42 03:42 03:57 00:53 00:32

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

#### Plass Navn

#### Klasse

Tid

Damer 80 år og eldre

1	Berit	t Ebbe	II Olse	n		6	68						1:14:	38	
01:54=	03:20=	07:03=	11:03=	16:32=	41:04=	46:22=	49:03=	53:17=	55:30=	57:40=	63:01=	67:47=	71:27=	73:44=	74:38=
01:54=	01:26=	03:43=	04:00=	05:29=	24:32=	05:18=	02:41=	04:14=	02:13=	02:10=	05:21=	04:46=	03:40=	02:17=	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=	00:00=	00:00=	00:00=	00:00=
2	Gøri	ld Esp	edal			1	13						1:28:	14	
02:32+	04:36+	09:41+	14:55+	20:53+	29:37-	45:40-	48:48-	54:56+	59:42+	63:50+	71:12+	78:39+	83:57+	87:08+	88:14+
02:32+	02:04+	05:05+	05:14+	05:58+	08:44-	16:03+	03:08+	06:08+	04:46+	04:08+	07:22+	07:27+	05:18+	03:11+	01:06+
00:38&	00:38&	01:22&	01:14&	00:29+	15:48-	10:450	00:27#	01:54&	02:330	01:58&	02:01&	02:41&	01:38&	00:54&	00:12#
Beste	strekk	tid for	klass	en											
01:54	01:26	03:43	04:00	05:29	08:44	05:18	02:41	04:14	02:13	02:10	05:21	04:46	03:40	02:17	00:54

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

#### Damer A

1 Aud Hognestad Taksdal 92 35:31 01:18= 02:51= 04:07= 05:27= 07:53= 08:59= 10:34= 13:34= 16:23= 17:02= 18:36= 20:42= 21:35= 23:18= 24:16= 25:06= 26:40= 27:15= 30:02= 31:08= 32:16= 33:55= 35:10= 35:31= 26:40= 27:15= 30:02= 31:08= 32:16= 33:55= 35:10= 35:31=35:31=35:31=35:31= 35:31=35:31=35:31=35:31=35:31=35:31=35:31=35:31= 01:18= 01:33= 01:16= 01:20= 02:26= 01:06= 01:35= 03:00= 02:49= 00:39= 01:34= 02:06= 00:53= 01:43= 00:58= 00:50= 01:34= 00:35= 02:47= 01:06= 01:08= 01:39= 01:15= 00:21= 00: 00:00= 00: 117 Katrine Haaland Leveraas 46:03 02:55+ 05:14+ 06:33+ 08:12+ 10:57+ 12:01+ 13:53+ 17:27+ 20:34+ 21:21+ 23:31+ 26:17+ 27:34+ 29:56+ 32:20+ 33:24+ 35:56+ 36:37+ 39:37+ 40:41+ 41:42+ 43:54+ 45:41+ 46:03+ 02:55+ 02:19+ 01:19+ 01:39+ 02:45+ 01:04- 01:52+ 03:34+ 03:07+ 00:47+ 02:10+ 02:46+ 01:17+ 02:22+ 02:24+ 01:04+ 02:32+ 00:41+ 03:00+ 01:04- 01:01- 02:12+ 01:47+ 00:22+ 01:37@ 00:46& 00:03+ 00:19# 00:19# 00:02- 00:17# 00:34# 00:18# 00:36# 00:36& 00:40& 00:24& 00:39& 01:26@ 00:14& 00:58& 00:06# 00:13+ 00:02- 00:07- 00:33& 00:32& 00:01+ 3 Jane Helland 29 47:11 03:10+ 05:21+ 06:59+ 08:27+ 11:59+ 13:22+ 15:07+ 19:03+ 22:51+ 24:24+ 26:04+ 28:21+ 29:28+ 33:45+ 34:57+ 36:10+ 37:57+ 38:40+ 41:36+ 42:41+ 43:44+ 45:13+ 46:49+ 47:11+ 03:10+ 02:11+ 01:38+ 01:28+ 03:32+ 01:23+ 01:45+ 03:56+ 03:48+ 01:33+ 01:40+ 02:17+ 01:07+ 04:17+ 01:12+ 01:13+ 01:47+ 00:43+ 02:56+ 01:05- 01:03- 01:29- 01:36+ 00:22+ 01:520 00:38& 00:22& 00:08# 01:06& 00:17& 00:10# 00:56& 00:59& 00:540 00:06+ 00:11+ 00:14& 02:340 00:14# 00:23& 00:13# 00:08# 00:09+ 00:01- 00:05- 00:10- 00:21& 00:01+ Elin Graneland 39 48:31 02:53+ 04:34+ 06:14+ 07:59+ 11:09+ 12:28+ 14:32+ 18:44+ 22:28+ 23:16+ 25:25+ 28:31+ 30:00+ 32:27+ 33:42+ 35:00+ 37:01+ 37:43+ 41:22+ 43:17+ 44:48+ 46:28+ 48:07+ 48:31+ 02:53+ 01:41+ 01:40+ 01:45+ 03:10+ 01:19+ 02:04+ 04:12+ 03:44+ 00:48+ 02:09+ 03:06+ 01:29+ 02:27+ 01:15+ 01:18+ 02:01+ 00:42+ 03:39+ 01:55+ 01:31+ 01:40+ 01:39+ 00:24+ 01:35@ 00:08+ 00:24& 00:25& 00:44& 00:13# 00:29& 01:12& 00:55& 00:09# 00:35& 01:00& 00:36& 00:44& 00:17& 00:28& 00:07# 00:52& 00:49& 00:23& 00:01+ 00:24& 00:03# 5 Trine Bolstad Scheie 62 48:56 02:04+ 04:01+ 06:04+ 07:41+ 11:00+ 12:21+ 15:01+ 20:18+ 24:02+ 25:01+ 27:00+ 29:53+ 30:53+ 33:06+ 34:49+ 35:49+ 37:42+ 38:32+ 42:20+ 43:52+ 45:12+ 46:52+ 48:32+ 48:56+ 02:04+ 01:57+ 02:03+ 01:37+ 03:19+ 01:21+ 02:40+ 05:17+ 03:44+ 00:59+ 01:59+ 02:53+ 01:00+ 02:13+ 01:43+ 01:00+ 01:53+ 00:50+ 03:48+ 01:32+ 01:20+ 01:40+ 01:40+ 00:24+ 00:46& 00:24& 00:47& 00:17# 00:53& 00:15# 01:05& 02:17& 00:55& 00:20& 00:25& 00:47& 00:07# 00:30& 00:45& 00:10# 00:19# 00:15& 01:01& 00:26& 00:24 00:01+ 00:25& 00:03#

#### Beste strekktid for klassen

01:18 01:33 01:16 01:20 02:26 01:04 01:35 03:00 02:49 00:39 01:34 02:06 00:53 01:43 00:58 00:50 01:34 00:35 02:47 01:04 01:01 01:29 01:15 00:21

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

## Damer B

1 Inger Tone Nygård 29 44:19 02:40= 04:45= 06:53= 10:17= 15:21= 16:38= 18:05= 19:55= 21:46= 24:33= 29:16= 31:19= 32:27= 35:21= 36:57= 37:51= 40:19= 42:13= 43:54= 44:19= 42:13= 43:14= 43:14= 44:19= 42:14= 43:14= 44:19= 44:14= 44: 02:40= 02:05= 02:08= 03:24= 05:04= 01:17= 01:27= 01:50= 01:51= 02:47= 04:43= 02:03= 01:08= 02:54= 01:36= 00:54= 02:28= 01:54= 01:41= 00:25= 02:28= 01:54= 02:28= 02: 00:00= 00: 2 Jorunn Johannesen 116 47:57 01:33- 03:40- 04:32- 08:10- 13:08- 14:24- 15:45- 17:29- 19:05- 21:51- 27:25- 34:35+ 35:32+ 37:59+ 39:28+ 40:17+ 44:15+ 45:33+ 47:27+ 47:57+ 01:33- 02:07+ 00:52- 03:38+ 04:58- 01:16- 01:21- 01:44- 01:36- 02:46- 05:34+ 07:10+ 00:57- 02:27- 01:29- 00:49- 03:58+ 01:18- 01:54+ 00:30+ 01:07- 00:02+ 01:16- 00:14+ 00:06- 00:01- 00:06- 00:15- 00:01- 00:51# 05:07@ 00:11- 00:27- 00:07- 00:05- 01:30& 00:36- 00:13# 00:05# 395 3 Anne Garsrud 49:49 01:39- 01:58- 01:04- 03:55+ 05:30+ 01:19+ 01:52+ 02:04+ 01:50- 07:33+ 04:57+ 02:56+ 01:05- 02:47- 01:41+ 00:49- 02:50+ 01:35- 01:56+ 00:29+ 01:01- 00:07- 01:04- 00:31# 00:26+ 00:02+ 00:25& 00:14# 00:01- 04:46@ 00:14+ 00:53& 00:03- 00:07- 00:05+ 00:05- 00:22# 00:19- 00:15# 00:04#

Plass	Navi	า				l	Klasse	•					Tid							
4	Lise	Isach	sen				165						52:35	5						
02:35-	04:31-			16:35+	18:13+	19:41+	21:13+	23:00+	31:27+	37:13+	39:30+	40:23+		-	45:12+	48:46+	50:14+	52:08+	52:35+	
02:35-	01:56-	02:02-	03:52+	06:10+	01:38+	01:28+	01:32-	01:47-	08:27+	05:46+	02:17+	00:53-	02:39-	01:24-	00:46-	03:34+	01:28-	01:54+	00:27+	
00:05-	00:09-	00:06-	00:28#	01:06#	00:21&	00:01+	00:18-	00:04-	05:400	01:03#	00:14#	00:15-	00:15-	00:12-	00:08-	01:06&	00:26-	00:13#	00:02+	
5	Berit	: Våg /	Akslan	d			116						52:59	)						
02:13-	04:13-	06:27-	10:23+	15:47+	17:12+	18:50+	20:49+	22:39+	28:49+	34:20+	37:43+	39:52+	43:04+	44:41+	45:32+	48:19+	50:05+	52:32+	52:59+	
	02:00-																			
00:27-	00:05-			00:20+	00:08#			00:01-	03:230	00:48#	01:20&	01:01&			00:03-	00:19#	00:08-	00:46&	00:02+	
6	Hilde	Nord	lbø			9	93						53:00	)						
01:26-	04:06-	05:05-	09:37-	15:42+	17:07+	18:52+	20:40+	22:21+	25:41+	31:56+	34:41+	35:48+	38:56+	40:46+	41:45+	48:09+	49:50+	52:34+	53:00+	
	02:40+																			
01:14-	00:35&	01:09-	01:08&	01:01#	00:08#			00:10-	00:33#	01:32&	00:42&	00:01-	00:14+	00:14#	00:05+	03:560	00:13-	01:03&	00:01+	
7	Ann	Karin	Tjørho	om		9	93						53:02	2						
	08:08+																			
	02:13+																			
03:150	00:08+	01:07-	00:14+	00:44#	00:16#			00:08+	01:30&	00:39#	00:24#	00:22&			00:00=	01:22&	00:13-	00:22#	00:05#	
8	Ann	Cathr	in Nyb	ak Uro	dal		118						54:59	)						
	06:10+																			
	01:58-																			
_	00:07-				00:14#			00:10+	00:27#	02:04&	01:14&	00:01+			00:02-	00:25#	00:19-	00:14#	00:05#	
9			veinsv				94						55:30							
	03:44-																			
	02:10+																			
	00:05+			00:42#	00:25-			00:12#	00:49-	01:11-	04:110	03:386			01:000	01:29-	02:310	00:05-	01:300	00:33+
10		K. Kols				_	29						56:16	-						
	06:37+																			
	01:53- 00:12-																			
				00:40#	00:13#			00:22-	00:340	00:040	01:40@	00:10#			00:03-	00:57&	00:41-	00:410	00:03-	
11			neland				105						56:42		45.00.	50 54	50 40			
	05:41+ 02:08+																			
	02:08+																			
				04.004	00.00			00.121	00.100	00.121	00.001	00.14			00.00	01.010	00.00	01.000	00.02	
12		in Bre		16.00	17.50	-	<b>92</b>	26.401	20.201	25.50	20.10	45.041	59:24	-	E1.10.	E A · E C ·	EC. 201	FORECI	E0.041	
	04:36- 02:25+																			
	00:20#																			
	strekk																			
	01:53				00.52	01.21	01.22	01.20	01.50	02.22	02.02	00.52	01.11	01.22	00.46	00.50	01.12	01.26	00.22	
01.20	01:33	00:52	03:24	04:50	00:52	01.21	01:52	01:29	01:30	03:32	02:03	00:55	01.11	01.25	00:40	00:39	01.13	01:30	00:22	
= Som k	lassevin	ner, -	raskere,	+ se	nere, #	10% tap	o, & 25	5% tap,	@ 100%	tap.										
			,																	
									-											
Dame	er Nv								_											

1	Lynr	n Marie	e Gals	ton		3	398				19:25
01:15=	03:06=	04:30=	05:28=	06:52=	07:57=	11:44=	13:17=	16:29=	18:58=	19:25=	
01:15=	01:51=	01:24=	00:58=	01:24=	01:05=	03:47=	01:33=	03:12=	02:29=	00:27=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Han	na Haa	aland S	Sømme	е	3	398				21:52
02:42+	04:55+	06:44+	08:05+	09:45+	11:06+	13:58+	15:39+	18:42+	21:20+	21:52+	
02:42+	02:13+	01:49+	01:21+	01:40+	01:21+	02:52-	01:41+	03:03-	02:38+	00:32+	
01:270	00:22#	00:25&	00:23&	00:16#	00:16#	00:55-	00:08+	00:09-	00:09+	00:05#	
3	Gret	e Svei	nsvoll			3	387				27:58
01:17+	03:58+	06:08+	07:59+	10:45+	12:57+	16:15+	18:32+	23:12+	27:02+	27:58+	
01:17+	02:41+	02:10+	01:51+	02:46+	02:12+	03:18-	02:17+	04:40+	03:50+	00:56+	
00:02+	00:50&	00:46&	00:53&	01:22&	01:07@	00:29-	00:44&	01:28&	01:21&	00:290	
4	Karc	olina L	enart			ç	91				40:41
01:29+	05:24+	08:24+	11:41+	15:50+	18:13+	23:30+	26:46+	34:32+	39:35+	40:41+	
01:29+	03:55+	03:00+	03:17+	04:09+	02:23+	05:17+	03:16+	07:46+	05:03+	01:06+	
00:14#	02:04@	01:360	02:190	02:450	01:180	01:30&	01:430	04:340	02:340	00:390	

Plass	Navı	า					Klasse	)					Tid		
5		Dudz					91						43:15		
	07:43+														
	03:48+ 01:570														
					01:246	01.27α	01:436	04:400	02:22@	00:416					
	strekk			-	01 05	00 50	01 00	00.00	00.00	00.07					
01:15	01:51	01:24	00:58	01:24	01:05	02:52	01:33	03:03	02:29	00:27					
= Som k	lassevin	ner, -	raskere,	+ ser	nere, #	10% tap	o, & 25	i% tap,	@ 100%	tap.					
Dame	er Trii	m													
1	Mari	t l ind	tveit U	ndhei	m		54						31:40		
00:47=								16:49=	20:49=	24:25=	25:41=	30:21=	31:13=	31:40=	
													00:52=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Karia	anne S	Skogla	nd En	erstve	dt ′	105						34:20		
	03:01+	03:46-	07:18+	10:44+	12:22+	14:39+							33:50+		
													00:57+		
00:18&					00:23&			00:29#	00:24-	00:25-	00:05-	00:56-	00:05+		
3			Horpes				117						36:12		
													35:40+ 00:53+		
													00:53+		
Λ			klebus			-	54						36:54		
00·59+					13.18+			19.09+	22.17+	25.25+	28·11+	31.08+	34:37+		36.54+
													03:29+		
00:12&	03:180	00:11-	00:10-	00:02-	00:32&	00:31-	01:34-	00:46&	00:52-	00:28-	01:300	01:43-	02:370	01:150	00:35+
5	Inae	r Joha	nne K	lauser	า		54						36:56		
-								19:05+	22:07+	25:15+	28:15+	31:26+	34:39+		36:56+
													03:13+		
00:10#				00:02-	00:31&			00:45&	00:58-	00:28-	01:440	01:29-	02:210		00:40+
6		a Fjelo					105						37:03		
													36:34+		
													00:53+ 00:01+		
7				01.400	00.021			00.400	02.040	00.01	00.001	01.11			
02.52+				12.43+	14.12+		3 <b>87</b>	23.57+	28.21+	31.351	32.46+	36.351	38:03 37:26+		
													00:51-		
													00:01-		
8	Astri	i Sand	langer			9	93						38:32		
02:55+				10:21+	12:33+			20:46+	27:26+	30:27+	32:03+	35:48+	38:02+	38:32+	
													02:14+		
02:080				·				00:40&	02:40&	00:35-	00:20&	00:55-	01:220	00:03#	
9			kelund				105						38:41		
													38:05+		
													00:54+ 00:02+		
				-	UU:1/#			U1:20&	01:1/-	00:07-	00:01+	01:37-			
10					12.11.		56	22.20.	27.00/	20.20	22.10	27.20	39:48		
													38:52+ 01:16+		
													00:24&		
11			ndelar				92						40:39		
					13:20+			23:35+	28:23+	32:28+	34:20+	38:46+	40:03+		
													01:17+		
													00:25&		
12	Gret	e Stok	ke Sel	iesko	a		128						40:55		
								27:45+	30:46+	34:13+	35:35+	39:35+	40:20+		
02:28+															
02:28+	06:17+												00:45- 00:07-		

Plass	Navı	n					Klasse	•					Tid	
13	Δnn	e Lill N	liå				105						43:03	3
				11:53+	14:39+		22:16+	24:54+	30:45+	35:52+	37:47+	41:22+		43:03+
							04:59+							00:44+
00:21&	00:39&	00:11#	01:11&	01:07&	01:310		01:36&	00:30#	01:51&	01:31&	00:39&	01:05-	00:05+	00:17&
14			levsen			-	398						44:09	-
							21:56+ 05:43+						43:21+	
							02:20&							00:48+
15				Jahren		-	117	00.074	00.000	00.11	00.214	00.01	44:14	_
							22:02+	24.47+	32.41+	36.02+	37.46+	41.55+		-
							05:45+							
00:34&	00:55&	00:06#	00:45&	00:42&	00:52&	01:05&	02:22&	00:37&	03:54&	00:15-	00:28&	00:31-	00:39&	00:21&
16	Bene	edicte	Kvale	våg		:	375						44:44	4
							29:41+							
							04:17+ 00:54&						00:45-	00:27=
17			Halsn		00.10#		105	00.478	00.34	00.47	00.001	01.21	44:4	_
				-	19.39+		25:45+	30.56+	34.50+	38.16+	39.38+	43.09+		-
							04:07+							
02:110	00:22#	00:07#	04:530	00:40&	01:47@	00:20#	00:44#	03:03@	00:06-	00:10-	00:06+	01:09-	00:11#	00:06#
18	Ruth	n Grød	em				105						45:39	Э
							23:26+							
							04:53+ 01:30&							00:36+
				00:1/#	00:23&			02:170	00:55#	01:08&	00:31&	00:01+		
19		Bring		10.451	21.001	-	375 26:24+	20.221	25.221	20.121	40.14	45.271	47:1	-
							02:54-							47:13+ 00:43+
							00:29-							00:16&
20	Kirst	ti Stra	nd Sal	vesen		1	256						47:18	В
							24:48+							47:18+
							04:27+							00:53+ 00:26&
	-			_	00:39&		01:04&	01:30%	00:52#	00:28#	00:27&	01:22&		
21			ro Totl		16.251		<b>59</b> 24:15+	20.501	24.401	20.501	42.10	47.401	50:00	-
							04:50+							00:53+
02:230	01:03&	00:15&	01:08&	01:05&	01:02&	01:11&	01:27&	02:350	01:51&	01:34&	00:55&	00:50#	00:35&	00:26&
22	Mari	anne S	Steink	opf			5						50:1	1
							29:04+						49:36+	50:11+
							04:25+ 01:02&							
	-			01:1/&	01:1/0			00:40&	00:30#	00:08+	00:14#	02:06&	00:16&	_
<b>23</b>				25.421	27.26+		<b>29</b> 32:52+	35.281	41 · 48±	11.35+	15.50+	10.06+	50:2	-
							03:33+							
00:45&	15:040	00:11-	00:30#	01:10&	00:29&	00:14#	00:10+	00:28#	02:20&	00:49-	00:08#	01:33-	00:02-	00:02+
24	Brit	Svihus	S			9	92						51:04	4
							27:09+							
							05:51+							
					01:05&		02:28&	02:140	00:45#	00:20+	01:16&	00:35#		
25			ljølhus		06.04		398	26 10	40.001	47 17	40 11	50 47	54:3	-
							33:26+ 04:39+							
							01:16&							
26	Inari	d Aars	stad				105						55:57	7
01:26+	04:34+	05:35+	14:04+			22:21+	26:31+						55:19+	55:57+
							04:10+							
				02:03@	00:34&		00:47#	00:40&	06:140	04:520	00:15#	00:07-		
27		a Hau					113						57:28	
							23:21+ 05:51+							
							02:28&							

Plass	Navi	n					Klasse	•					Tid		
28	Haze	el Gray	/ston			2	263						1:02:	52	
01:51+	06:18+		16:20+	19:44+	22:39+	26:19+	32:10+	39:29+	45:04+	50:33+	52:42+	59:47+	61:43+	62:52+	
01:51+	04:27+	01:36+	08:26+	03:24+	02:55+	03:40+	05:51+	07:19+	05:35+	05:29+	02:09+	07:05+	01:56+	01:09+	
01:04@	02:140	00:38&	05:37@	01:47@	01:400	02:010	02:28&	05:110	01:35&	01:53&	00:53&	02:25&	01:040	00:42@	
29	May	Kristi	n Haal	and		4	47						1:11:	22	
07:23+	10:32+	11:46+	15:49+	18:26+	20:40+	23:29+	27:51+	33:30+	50:05+	55:11+	57:07+	69:32+	70:43+	71:22+	
07:23+	03:09+	01:14+	04:03+	02:37+	02:14+	02:49+	04:22+	05:39+	16:35+	05:06+	01:56+	12:25+	01:11+	00:39+	
06:360	00:56&	00:16&	01:14&	01:00&	00:59&	01:10&	00:59&	03:310	12:350	01:30&	00:40&	07:450	00:19&	00:12&	
30	Sigr	und Se	erigsta	nd			128						1:14:	03	
07:00+	14:37+		22:49+		33:55+	36:38+	43:28+	45:23+	61:12+	64:32+	66:29+	72:34+	73:32+	74:03+	
07:00+	07:37+	03:45+	04:27+	09:37+	01:29+	02:43+	06:50+	01:55-	15:49+	03:20-	01:57+	06:05+	00:58+	00:31+	
06:130	05:240	02:47@	01:38&	08:00@	00:14#	01:04&	03:27@	00:13-	11:490	00:16-	00:41&	01:25&	00:06#	00:04#	
Beste	strekk	tid for	<sup>.</sup> klass	en											

00:47 01:56 00:43 02:32 01:35 01:15 01:08 01:49 01:55 02:43 02:39 01:11 02:57 00:45 00:27

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

## Herrer 16 - 39 år

1	Max	imiliar	n Erlbe	ck		(	67						37:48	3					
00:57=	02:30=	03:29=	06:20=	10:39=	11:55=	13:12=	14:40=	16:02=	18:53=	23:56=	25:37=	27:14=	30:19=	31:29=	32:12=	34:22=	35:55=	37:28=	37:48=
00:57=	01:33=	00:59=	02:51=	04:19=	01:16=	01:17=	01:28=	01:22=	02:51=	05:03=	01:41=	01:37=	03:05=	01:10=	00:43=	02:10=	01:33=	01:33=	00:20=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Mag	ne Hat	tteland	ł		3	399						39:03	3					
																		38:38+	
																		01:39+	
00:05+	00:01+	00:44&	00:00=	01:09&	00:09-	00:08-	00:02+	00:02+	00:21-	00:37-	00:11#	00:14-	00:10-	00:16#	00:09#	00:15#	00:11-	00:06+	00:05#
3	Jøro	ien Str	rømsta	d			50						39:40	)					
02:31+					14:48+	16:00+	17:32+	18:59+	21:24+	25:45+	27:22+	29:15+	31:36+	33:03+	33:41+	36:18+	37:30+	39:15+	39:40+
02:31+	01:37+	01:10+	02:52+	05:23+	01:15-	01:12-	01:32+	01:27+	02:25-	04:21-	01:37-	01:53+	02:21-	01:27+	00:38-	02:37+	01:12-	01:45+	00:25+
01:340	00:04+	00:11#	00:01+	01:04#	00:01-	00:05-	00:04+	00:05+	00:26-	00:42-	00:04-	00:16#	00:44-	00:17#	00:05-	00:27#	00:21-	00:12#	00:05#
4	Rorr	hard I	Havor	alneV			126						39:58	2					
- 01 · 08+	-				12:19+			17.21+	20.12+	24.18+	29.07+	30.00+		-	34.29+	36.47+	38.06+	39:36+	39.58+
01:08+					01:15-													01:30-	
00:11#																		00:03-	
5	Fivi	nd Brin	nea			-	76						42:29						
J 02+18+				13.33+	14.43+	-	•	10.501	23.07+	27.521	30.24+	31./11			36.15+	30.001	40.24+	42:06+	12.201
02:18+																		42.00+ 01:42+	
01:210																		00:09+	
-		s Thor					39						46:51						
6		• • • • • •			10.57			24.21.	07.14	22.12.	24.25.	25.501			40.241	42.201	44.461	46:24+	46.51
05:38+																		46:24+ 01:38+	
04:410																		00:05+	
04.416					00.011			00.210	00.021	00.04	00.410	00.15			00.05	00.430	00.10	00.001	00.072
1		tin Sko				-	98						51:17						
																		50:53+	
																		01:49+	
01:160				02:33&	00:03+			00:04+	00:14+	00:21-	05:070	00:37-			00:19&	00:20#	01:30&	00:16#	00:04#
8	Erle	nd Sys	se			7	76						53:28	3					
01:43+					19:50+												50:45+	53:00+	53:28+
01:43+					01:26+													02:15+	
00:46&	00:35&	00:20&	00:35#	05:290	00:10#	00:10#	00:13#	00:28&	00:24#	00:17+	00:45&	00:31-	00:15-	00:22&	00:06#	04:590	00:03-	00:42&	380:00
9	Jone	e Klem	io Øve	rland			165						54:15	5					
02:25+	04:19+	05:17+	10:00+	16:48+	21:04+	23:14+	25:00+	26:52+	30:43+	36:15+	39:19+	40:49+	43:35+	45:15+	46:31+	49:36+	51:15+	53:52+	54:15+
02:25+	01:54+	00:58-	04:43+	06:48+	04:16+	02:10+	01:46+	01:52+	03:51+	05:32+	03:04+	01:30-	02:46-	01:40+	01:16+	03:05+	01:39+	02:37+	00:23+
01:280	00:21#	00:01-	01:52&	02:29&	03:000	00:53&	00:18#	00:30&	01:00&	00:29+	01:23&	00:07-	00:19-	00:30&	00:33&	00:55&	00:06+	01:04&	00:03#
10	And	ers H I	Foss			2	263						1:03:	16					
02:08+	04:46+	06:58+	11:28+	17:54+	20:57+	23:38+	25:30+	27:42+	31:42+	38:53+	42:00+	47:36+	51:11+	53:31+	54:36+	58:00+	60:09+	62:46+	63:16+
02:08+	02:38+	02:12+	04:30+	06:26+	03:03+	02:41+	01:52+	02:12+	04:00+	07:11+	03:07+	05:36+	03:35+	02:20+	01:05+	03:24+	02:09+	02:37+	00:30+
01:110	01:05&	01:130	01:39&	02:07&	01:47@	01:240	00:24&	00:50&	01:09&	02:08&	01:26&	03:590	00:30#	01:10&	00:22&	01:14&	00:36&	01:04&	00:10&

Tid

00:57 01:33 00:52 02:51 04:19 01:07 01:09 01:28 01:22 02:25 04:06 01:37 00:53 02:21 01:10 00:38 02:10 01:12 01:30 00:20

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

## Herrer 40 - 49 år

Beste strekktid for klassen

Ove Nygaard 116 38:40 1 01:26= 03:04= 04:39= 07:36= 12:32= 13:33= 14:53= 16:17= 17:37= 21:31= 26:09= 28:04= 28:56= 31:06= 32:13= 32:59= 35:19= 36:34= 38:19= 38:40= 28:56= 31:06= 32:13= 32:59= 35:19= 36:34= 38:19= 38:40= 38: 01:26= 01:38= 01:35= 02:57= 04:56= 01:01= 01:20= 01:24= 01:20= 03:54= 04:38= 01:55= 00:52= 02:10= 01:07= 00:46= 02:20= 01:15= 01:45= 00:21= 01:01= 01:20= 01:20= 01:01= 01:20= 01:20= 01:55= 00:52= 02:10= 01:07= 00:46= 02:20= 01:15= 01:45= 00:21= 01:20= 01:20= 01:20= 01:20= 01:55= 00:52= 02:10= 01:07= 00:46= 02:20= 01:15= 01:45= 00:21= 01:20= 01:20= 01:20= 01:20= 01:55= 00:52= 02:10= 01:07= 00:46= 02:20= 01:15= 01:45= 00:21= 01:20= 01:20= 01:20= 01:20= 01:55= 00:52= 02:10= 01:07= 00:46= 02:20= 01:15= 01:45= 00:21= 01:00= 01:20= 01:20= 01:20= 01:20= 01:55= 00:52= 02:10= 01:07= 00:46= 02:20= 01:15= 01:45= 00:21= 01:20= 01:20= 01:20= 01:20= 01:20= 01:55= 00:52= 02:10= 01:07= 00:46= 02:20= 01:15= 01:45= 00:21= 01:00= 01:00= 00:20= 00:20= 01:15= 01:45= 00:20= 00: 00:00= 00: 2 29 39:27 Gunnar Petterson 01:25- 03:07+ 04:20- 07:22- 11:36- 12:38- 13:44- 15:22- 16:44- 20:04- 25:14- 27:23- 28:35- 30:59- 32:26+ 33:08+ 36:04+ 37:27+ 39:03+ 39:27+ 01:25- 01:42+ 01:13- 03:02+ 04:14- 01:02+ 01:06- 01:38+ 01:22+ 03:20- 05:10+ 02:09+ 01:12+ 02:24+ 01:27+ 00:42- 02:56+ 01:23+ 01:36- 00:24+ 00:01- 00:04+ 00:22- 00:05+ 00:42- 00:01+ 00:14- 00:14# 00:02+ 00:34- 00:32# 00:14# 00:20& 00:14# 00:20& 00:04- 00:36& 00:08# 00:09- 00:03# Magne Habbestad 43:21 111 01:28+ 03:44+ 04:39= 07:38+ 13:23+ 14:40+ 15:50+ 17:28+ 19:18+ 22:09+ 28:03+ 30:34+ 31:54+ 34:59+ 36:27+ 37:09+ 39:49+ 41:25+ 42:58+ 43:21+ 01:28+ 02:16+ 00:55- 02:59+ 05:45+ 01:17+ 01:10- 01:38+ 01:50+ 02:51- 05:54+ 02:31+ 01:20+ 03:05+ 01:28+ 00:42- 02:40+ 01:36+ 01:33- 00:23+ 00:02+ 00:38& 00:40- 00:02+ 00:49# 00:16& 00:10- 00:14# 00:30& 01:03- 01:16& 00:36& 00:28& 00:55& 00:21& 00:04- 00:20# 00:21& 00:12- 00:02+ 48 Thomas Chruickshank 44:31 4 02:05+ 03:45+ 07:04+ 10:45+ 15:04+ 16:12+ 18:27+ 19:59+ 21:32+ 24:23+ 29:41+ 32:37+ 33:39+ 36:03+ 37:18+ 38:16+ 40:47+ 42:27+ 44:05+ 44:31+ 02:05+ 01:40+ 03:19+ 03:41+ 04:19- 01:08+ 02:15+ 01:32+ 01:33+ 02:51- 05:18+ 02:56+ 01:02+ 02:24+ 01:15+ 00:58+ 02:31+ 01:40+ 01:38- 00:26+ 00:39& 00:02+ 01:44@ 00:44# 00:37- 00:07# 00:55& 00:08+ 00:13# 01:03- 00:40# 01:01& 00:10# 00:14# 00:08# 00:12& 00:11+ 00:25& 00:07- 00:05# 53 Rune Dahl Fitiar 46:37 5 01:15- 03:05+ 04:01- 07:41+ 13:23+ 15:00+ 16:36+ 18:28+ 20:09+ 24:30+ 29:53+ 32:22+ 33:47+ 36:42+ 38:22+ 39:18+ 42:21+ 44:11+ 46:11+ 46:37+ 01:15- 01:50+ 00:56- 03:40+ 05:42+ 01:37+ 01:36+ 01:52+ 01:41+ 04:21+ 05:23+ 02:29+ 01:25+ 02:55+ 01:40+ 00:56+ 03:03+ 01:50+ 02:00+ 00:26+ 00:11- 00:12# 00:39- 00:43# 00:46# 00:36& 00:16# 00:28& 00:21& 00:27# 00:45# 00:33& 00:45& 00:33& 00:10# 00:43& 00:35& 00:15# 00:05# Kristian Bio 49:22 6 165 01:59+ 03:49+ 07:20+ 10:46+ 16:38+ 18:01+ 19:23+ 21:06+ 23:05+ 26:59+ 32:27+ 35:31+ 36:36+ 39:35+ 41:02+ 41:55+ 44:43+ 46:34+ 48:58+ 49:22+ 01:59+ 01:50+ 03:31+ 03:26+ 05:52+ 01:23+ 01:22+ 01:43+ 01:59+ 03:54= 05:28+ 03:04+ 01:05+ 02:59+ 01:27+ 00:53+ 02:48+ 01:51+ 02:24+ 00:24+ 00:33& 00:12# 01:56@ 00:29# 00:56# 00:22& 00:02+ 00:19# 00:39& 00:00= 00:50# 01:09& 00:13# 00:49& 00:20& 00:07# 00:28# 00:36& 00:39& 00:03# 7 Gunnar Thorset 117 50:36 01:22- 03:46+ 06:04+ 10:23+ 15:35+ 17:21+ 18:41+ 21:35+ 24:05+ 30:22+ 35:22+ 37:44+ 38:54+ 41:36+ 43:09+ 44:01+ 46:46+ 48:17+ 50:09+ 50:36+ 01:22- 02:24+ 02:18+ 04:19+ 05:12+ 01:46+ 01:20= 02:54+ 02:30+ 06:17+ 05:00+ 02:22+ 01:10+ 02:42+ 01:33+ 00:52+ 02:45+ 01:31+ 01:52+ 00:27+ 00:04- 00:46& 00:43& 01:22& 00:16+ 00:45& 00:00= 01:30@ 01:10& 02:23& 00:22+ 00:27# 00:18& 00:32# 00:26& 00:06# 00:25# 00:16# 00:07+ 00:06& 52:12 8 Trondr Breiland 53 04:45+ 06:30+ 07:27+ 10:52+ 15:47+ 17:05+ 18:38+ 20:45+ 22:20+ 31:35+ 37:23+ 39:42+ 40:37+ 43:08+ 44:42+ 45:29+ 47:58+ 49:28+ 51:47+ 52:12+ 04:45+ 01:45+ 00:57- 03:25+ 04:55- 01:18+ 01:33+ 02:07+ 01:35+ 09:15+ 05:48+ 02:19+ 00:55+ 02:31+ 01:34+ 00:47+ 02:29+ 01:30+ 02:19+ 00:25+ 03:190 00:07+ 00:38- 00:28# 00:01- 00:17& 00:13# 00:43& 00:15# 05:210 01:10& 00:24# 00:03+ 00:21# 00:27& 00:01+ 00:09+ 00:15# 00:34& 00:04# 83 Jan-Kenneth Polle 53:13 02:01+ 03:52+ 06:42+ 10:12+ 18:29+ 20:18+ 21:39+ 23:18+ 25:08+ 28:10+ 35:54+ 38:16+ 39:20+ 42:07+ 43:43+ 44:34+ 49:15+ 50:42+ 52:49+ 53:13+ 02:01+ 01:51+ 02:50+ 03:30+ 08:17+ 01:49+ 01:21+ 01:39+ 01:50+ 03:02- 07:44+ 02:22+ 01:04+ 02:47+ 01:36+ 00:51+ 04:41+ 01:27+ 02:07+ 00:24+ 00:35& 00:13# 01:15& 00:33# 03:21& 00:48& 00:01+ 00:15# 00:30& 00:52- 03:06& 00:27# 00:12# 00:37& 00:29& 00:05# 02:21@ 00:12# 00:22# 00:03# André Sirevåg 53:26 10 116 01:32+ 03:34+ 05:14+ 09:19+ 15:15+ 17:06+ 18:52+ 20:35+ 22:14+ 26:01+ 31:41+ 35:05+ 39:42+ 43:04+ 44:41+ 45:35+ 49:36+ 51:20+ 53:26+ 53:26+ 01:32+ 02:02+ 01:40+ 04:05+ 05:56+ 01:51+ 01:46+ 01:43+ 01:39+ 03:47- 05:40+ 03:24+ 04:37+ 03:22+ 01:37+ 00:54+ 04:01+ 01:44+ 01:40- 00:26+ 00:06+ 00:24# 00:05+ 01:08& 01:00# 00:50& 00:26& 00:19# 00:07- 01:02# 01:29& 03:45@ 01:12& 00:30& 00:08# 01:41& 00:29& 00:05- 00:05# Frode Ungar 116 53:56 11 01:32+ 03:39+ 05:58+ 09:40+ 15:33+ 16:56+ 20:56+ 22:48+ 24:38+ 27:52+ 33:53+ 40:44+ 41:54+ 44:39+ 46:12+ 47:10+ 50:05+ 51:36+ 53:29+ 53:56+ 01:32+ 02:07+ 02:19+ 03:42+ 05:53+ 01:23+ 04:00+ 01:52+ 01:50+ 03:14- 06:01+ 06:51+ 01:10+ 02:45+ 01:33+ 00:58+ 02:55+ 01:31+ 01:53+ 00:27+ 00:06+ 00:29& 00:44& 00:45& 00:57# 00:22& 02:40@ 00:28& 00:30& 00:40- 01:23& 04:56@ 00:18& 00:35& 00:26& 00:12& 00:35# 00:16# 00:08+ 00:06& 12 **Biørn Kristian Røvland** 74 56:29 01:43+ 03:47+ 06:29+ 10:29+ 17:09+ 18:59+ 20:40+ 22:25+ 24:18+ 28:44+ 40:36+ 43:02+ 44:15+ 47:00+ 48:29+ 49:23+ 52:09+ 54:10+ 56:03+ 56:29+ 01:43+ 02:04+ 02:42+ 04:00+ 06:40+ 01:50+ 01:41+ 01:45+ 01:53+ 04:26+ 11:52+ 02:26+ 01:13+ 02:45+ 01:29+ 00:54+ 02:46+ 02:01+ 01:53+ 00:26+ 00:17# 00:26& 01:07& 01:03& 01:44& 00:49& 00:21& 00:21# 00:33& 00:32# 07:14@ 00:31& 00:21& 00:35& 00:22& 00:08# 00:26# 00:46& 00:08+ 00:05# 13 115 Antal Jansen 56:35 03:49+ 05:41+ 09:34+ 13:01+ 21:49+ 24:08+ 26:00+ 27:47+ 29:15+ 32:24+ 37:30+ 42:30+ 43:18+ 46:04+ 47:34+ 48:55+ 52:09+ 53:37+ 56:16+ 56:35+ 03:49+ 01:52+ 03:53+ 03:27+ 08:48+ 02:19+ 01:52+ 01:47+ 01:28+ 03:09- 05:06+ 05:00+ 00:48- 02:46+ 01:30+ 01:21+ 03:14+ 01:28+ 02:39+ 00:19-02:230 00:14# 02:180 00:30# 03:52& 01:180 00:32& 00:23& 00:08# 00:45- 00:28# 03:050 00:04- 00:36& 00:23& 00:54& 00:13# 00:54& 00:02Tid

01:15 01:38 00:55 02:57 04:14 01:01 01:06 01:24 01:20 02:51 04:38 01:55 00:48 02:10 01:07 00:42 02:20 01:15 01:33 00:19

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

## Herrer 50 - 59 år

Beste strekktid for klassen

Jone Kalheim 93 36:51 1 01:41= 03:03= 07:14= 08:33= 09:21= 11:40= 13:52= 16:06= 18:35= 20:45= 22:22= 24:39= 26:23= 27:47= 29:26= 30:22= 32:33= 34:29= 36:28= 36:51= 22:24= 24:39= 26:23= 27:47= 29:26= 30:22= 32:33= 34:29= 36:28= 36:51= 36:28= 36: 01:41= 01:22= 04:11= 01:19= 00:48= 02:19= 02:12= 02:14= 02:29= 02:10= 01:37= 02:17= 01:44= 01:24= 01:39= 00:56= 02:11= 01:56= 01:59= 00:23= 00:23= 02:10= 01:24= 01: 00:00= 00: 2 128 Erling Knutzen 38:53 01:50+ 03:08+ 07:58+ 09:10+ 09:56+ 12:33+ 14:35+ 17:10+ 18:34- 20:32- 22:28+ 25:27+ 26:24+ 27:50+ 30:16+ 31:10+ 33:57+ 36:14+ 38:29+ 38:53+ 01:50+ 01:18- 04:50+ 01:12- 00:46- 02:37+ 02:02- 02:35+ 01:24- 01:58- 01:56+ 02:59+ 00:57- 01:26+ 02:26+ 00:54- 02:47+ 02:17+ 02:15+ 00:24+ 00:09+ 00:04- 00:39# 00:07- 00:02- 00:18# 00:10- 00:21# 01:05- 00:12- 00:19# 00:42& 00:47- 00:02+ 00:47& 00:02- 00:36& 00:21# 00:16# 00:01+ Kevin Thomas Foust 192 39:42 01:04- 02:22- 07:36+ 08:41+ 09:48+ 12:01+ 13:48- 16:26+ 21:48+ 23:34+ 25:21+ 27:52+ 28:52+ 30:42+ 32:28+ 33:18+ 35:20+ 37:16+ 39:22+ 39:42+ 01:04- 01:18- 05:14+ 01:05- 01:07+ 02:13- 01:47- 02:38+ 05:22+ 01:46- 01:47+ 02:31+ 01:00- 01:50+ 01:46+ 00:50- 02:02- 01:56= 02:06+ 00:20-00:37- 00:04- 01:03& 00:14- 00:19& 00:06- 00:25- 00:24# 02:53@ 00:24- 00:10# 00:14# 00:44- 00:26& 00:07+ 00:06- 00:09- 00:00= 00:07+ 00:03-Nils Tore Puntervold 7 40:42 01:38- 02:44- 07:28+ 08:47+ 09:32+ 12:22+ 14:33+ 17:17+ 20:17+ 22:43+ 25:06+ 27:33+ 28:27+ 31:23+ 33:28+ 34:21+ 36:20+ 38:19+ 40:12+ 40:42+ 01:38- 01:06- 04:44+ 01:19= 00:45- 02:50+ 02:11- 02:44+ 03:00+ 02:26+ 02:23+ 02:27+ 00:54- 02:56+ 02:05+ 00:53- 01:59+ 01:53- 00:30+ 00:03- 00:16- 00:33# 00:00= 00:03- 00:31# 00:01- 00:30# 00:31# 00:16# 00:46& 00:10+ 00:50- 01:32@ 00:26& 00:03- 00:12- 00:03+ 00:06- 00:07& 117 Arngrim Utskarpen 5 41:08 01:35- 03:05+ 07:38+ 09:06+ 09:58+ 13:06+ 15:08+ 17:50+ 19:28+ 21:48+ 23:52+ 26:31+ 27:47+ 30:55+ 32:59+ 34:12+ 36:21+ 38:20+ 40:43+ 41:08+ 01:35- 01:30+ 04:33+ 01:28+ 00:52+ 03:08+ 02:02- 02:42+ 01:38- 02:20+ 02:04+ 02:39+ 01:16- 03:08+ 02:04+ 01:13+ 02:09- 01:59+ 02:23+ 00:25+ 00:06- 00:08+ 00:22+ 00:09# 00:04+ 00:49& 00:10- 00:28# 00:51- 00:10+ 00:27& 00:22# 00:28- 01:44@ 00:25& 00:17& 00:02- 00:03+ 00:24# 00:02+ 6 Geir Haugvaldstad 42:14 116 01:53+ 03:16+ 07:06- 08:33= 09:37+ 17:30+ 19:17+ 21:38+ 23:41+ 25:23+ 27:27+ 29:36+ 30:45+ 33:38+ 35:18+ 36:14+ 38:09+ 39:50+ 41:51+ 42:14+ 01:53+ 01:23+ 03:50- 01:27+ 01:04+ 07:53+ 01:47- 02:21+ 02:03- 01:42- 02:04+ 02:09- 01:09- 02:53+ 01:40+ 00:56= 01:55- 01:41- 02:01+ 00:23= 00:12# 00:01+ 00:21- 00:08# 00:16& 05:34@ 00:25- 00:07+ 00:26- 00:28- 00:27& 00:08- 00:35- 01:29@ 00:01+ 00:00= 00:16- 00:15- 00:02+ 00:00= 7 Svein Roar Aas 114 42:38 01:53+ 04:14+ 09:38+ 10:55+ 11:56+ 14:01+ 16:28+ 19:05+ 21:04+ 23:21+ 25:17+ 28:22+ 29:46+ 32:15+ 34:14+ 35:16+ 37:41+ 39:52+ 42:11+ 42:38+ 01:53+ 02:21+ 05:24+ 01:17- 01:01+ 02:05- 02:27+ 02:37+ 01:59- 02:17+ 01:56+ 03:05+ 01:24- 02:29+ 01:59+ 01:02+ 02:25+ 02:11+ 02:19+ 00:27+ 00:12# 00:59& 01:13& 00:02- 00:13& 00:14- 00:15# 00:23# 00:30- 00:07+ 00:19# 00:48& 00:20- 01:05& 00:20# 00:06# 00:14# 00:15# 00:20# 00:04# Tor Sverre Skåra 266 8 43:49 01:29- 02:59- 08:11+ 09:39+ 10:33+ 13:05+ 15:19+ 18:34+ 21:19+ 23:42+ 26:31+ 29:43+ 31:03+ 32:31+ 34:46+ 35:47+ 38:31+ 40:40+ 43:20+ 43:49+ 01:29- 01:30+ 05:12+ 01:28+ 00:54+ 02:32+ 02:14+ 03:15+ 02:45+ 02:23+ 02:49+ 03:12+ 01:20- 01:28+ 02:15+ 01:01+ 02:44+ 02:09+ 02:40+ 00:29+ 00:12- 00:08+ 01:01# 00:09# 00:06# 00:13+ 00:02+ 01:01& 00:16# 00:13# 01:12& 00:55& 00:24- 00:04+ 00:36& 00:05+ 00:33& 00:13# 00:41& 00:06& 29 44:13 Frank Hansen 01:53+ 03:15+ 09:00+ 10:16+ 11:20+ 14:43+ 17:07+ 20:09+ 21:38+ 23:51+ 25:54+ 29:04+ 30:34+ 33:47+ 35:45+ 36:47+ 38:57+ 41:19+ 43:46+ 44:13+ 01:53+ 01:22= 05:45+ 01:16- 01:04+ 03:23+ 02:24+ 03:02+ 01:29- 02:13+ 02:03+ 03:10+ 01:30- 03:13+ 01:58+ 01:02+ 02:10- 02:22+ 02:27+ 00:27+ 00:12# 00:00= 01:34& 00:03- 00:16& 01:04& 00:12+ 00:48& 01:00- 00:03+ 00:26& 00:53& 00:14- 01:49@ 00:19# 00:06# 00:01- 00:26# 00:28# 00:04# 98 10 Arne Hetlelid 44:14 03:06+ 06:09+ 12:01+ 13:38+ 14:39+ 16:52+ 19:05+ 21:53+ 24:02+ 26:35+ 28:39+ 31:37+ 32:30+ 34:02+ 36:11+ 37:14+ 39:44+ 41:41+ 43:44+ 44:14+ 03:06+ 03:03+ 05:52+ 01:37+ 01:01+ 02:13- 02:13+ 02:48+ 02:09- 02:33+ 02:04+ 02:58+ 00:53- 01:32+ 02:09+ 01:03+ 02:30+ 01:57+ 02:03+ 00:30+ 01:25& 01:41@ 01:41& 00:18# 00:13& 00:06- 00:01+ 00:34& 00:20- 00:23# 00:27& 00:41& 00:51- 00:08+ 00:30& 00:07# 00:19# 00:01+ 00:04+ 00:07& Ådne Hausberg 7 11 44:37 02:52+ 04:07+ 09:40+ 11:06+ 11:49+ 14:19+ 18:23+ 21:17+ 23:01+ 25:26+ 27:41+ 31:05+ 31:52+ 33:12+ 35:17+ 36:24+ 38:49+ 41:08+ 44:08+ 44:37+ 02:52+ 01:15- 05:33+ 01:26+ 00:43- 02:30+ 04:04+ 02:54+ 01:44- 02:25+ 02:15+ 03:24+ 00:47- 01:20- 02:05+ 01:07+ 02:25+ 02:19+ 03:00+ 00:29+ 01:11& 00:07- 01:22& 00:07+ 00:05- 00:11+ 01:52& 00:40& 00:45- 00:15# 00:38& 01:07& 00:57- 00:04- 00:26& 00:11# 00:14# 00:23# 01:01& 00:06& 12 Per Ivar Hovstad 44:42 116 02:00+ 03:42+ 08:48+ 10:24+ 11:36+ 15:08+ 18:49+ 21:33+ 23:28+ 25:53+ 28:13+ 31:22+ 32:40+ 34:11+ 36:09+ 37:10+ 40:14+ 42:08+ 44:17+ 44:42+ 02:00+ 01:42+ 05:06+ 01:36+ 01:12+ 03:32+ 03:41+ 02:44+ 01:55- 02:25+ 02:20+ 03:09+ 01:18- 01:31+ 01:58+ 01:01+ 03:04+ 01:54- 02:09+ 00:25+ 00:19# 00:20# 00:55# 00:17# 00:24& 01:13& 01:29& 00:30# 00:34= 00:15# 00:43& 00:52& 00:26= 00:07+ 00:19# 00:05+ 00:53& 00:02= 00:10+ 00:02+ 13 Harald Taksdal 236 44:50 02:41+ 04:14+ 09:37+ 11:12+ 12:19+ 15:02+ 17:47+ 20:37+ 22:54+ 25:38+ 27:45+ 31:17+ 32:29+ 34:15+ 36:47+ 37:52+ 40:05+ 42:08+ 44:21+ 44:50+ 02:41+ 01:33+ 05:23+ 01:35+ 01:07+ 02:43+ 02:45+ 02:50+ 02:17- 02:44+ 02:07+ 03:32+ 01:12- 01:46+ 02:32+ 01:05+ 02:13+ 02:03+ 02:13+ 00:29+ 01:00& 00:11# 01:12& 00:16# 00:19& 00:24# 00:33# 00:36& 00:12- 00:34& 00:30& 01:15& 00:32- 00:22& 00:53& 00:09# 00:02+ 00:07+ 00:14# 00:06&

Plass	Navi	า					Klasse	÷					Tid							
14		ard Hå	land				66						45:50	<b>)</b>						
				12:58+	20:09+			26:08+	28:17+	30:05+	32:36+	33:40+		-	38:47+	40:50+	42:52+	45:20+	45:50+	
				01:05+																
	_			00:17&	04:520			00:46-	00:01-	00:11#	00:14#	00:40-		_	00:00=	00:08-	00:06+	00:29#	00:07&	
15				13:43+	16.21		114	22.401	26.111	20.17	21.021	22.21	45:50	-	20.161	40.561	42.541	45.251	45.501	
				01:08+																
02:570	00:09#	00:55#	00:01+	00:20&	00:29#	00:00=	01:11&	00:49-	00:13#	00:29&	00:28#	00:15-	01:04&	00:42&	00:00=	00:29#	00:02+	00:32&	00:02+	
16	Terje	e Undł	neim			Ę	54						46:12	2						
				11:25+																
				00:41-00:07-																
17	_		chaels		00.201		117	00.114	00.00	00.01	00.021	00.14	47:23	_	00.02	00.200	00.14	01.054	00.04	
				10:47+	19:39+			26:25+	28:26+	30:21+	33:09+	35:48+		-	40:59+	42:55+	44:53+	47:00+	47:23+	
				00:58+																
00:20-	01:00&	00:36#	00:00=	00:10#	06:330			00:50-	00:09-	00:18#	00:31#	00:55&	00:58&	00:14#	00:00=	00:15-	00:02+	00:08+	00:00=	
18		nar Mø					62						49:0	-						
				10:15+ 00:53+																
				00:53+																
19		n Breil	-				352						51:24	-						
				13:05+	15:57+			23:35+	25:45+	27:35+	30:17+	31:38+		-	43:26+	44:18+	46:51+	48:42+	50:55+	51:24+
02:41+	01:48+	06:32+	01:10-	00:54+	02:52+	02:41+	02:33+	02:24-	02:10=	01:50+	02:42+	01:21-	03:01+	06:54+	01:53+	00:52-	02:33+	01:51-	02:13+	00:29+
01:00&	00:26&	02:21&	00:09-	00:06#	00:33#			00:05-	00:00=	00:13#	00:25#	00:23-			00:57@	01:19-	00:37&	00:08-	01:500	00:29+
20				tersen			105						52:02	_						
				13:54+ 01:06+																
				00:18&																
21	Erik	Bjørn	bom			-	76						52:12	2						
				19:02+	21:24+			28:22+	30:18+	32:13+	35:08+	36:52+		_	44:40+	47:10+	49:43+	51:41+	52:12+	
				07:46+																
	-		_	06:580	00:03+			00:11-	00:14-	00:18#	00:38%	00:00=		-	00:12#	00:19#	00:37&	00:01-	00:088	
<b>22</b>				10:56+	17.49+		29.08+	30.53+	33.13+	35.26+	38.42+	39.43+	<b>52:1</b> 4	-	44.15+	46.48+	49.00+	51.46+	52.14+	
				00:47-																
00:05-	00:08+	01:30&	00:03+	00:01-	04:340	06:170	00:36&	00:44-	00:10+	00:36&	00:59&	00:43-	00:00=	00:25&	00:08#	00:22#	00:16#	00:47&	00:05#	
23	Jarl	Steina	ır Berr	ntsen		1	27						52:52	2						
				16:00+																
				01:41+ 00:530																
24		stof S					239						57:32	-						
				15:44+	18:46+	-		33:09+	35:44+	38:04+	41:46+	43:52+		_	49:25+	52:04+	54:34+	57:00+	57:32+	
				01:21+																
				00:33&	00:43&	06:130	00:57&	00:18#	00:25#	00:43&	01:25&	00:22#	00:38&	00:20#	00:36&	00:28#	00:34&	00:27#	00:09&	
Beste				-																
01:04	01:06	03:50	01:05	00:41	02:05	01:47	01:58	01:24	01:42	01:36	02:09	00:47	01:20	01:27	00:50	00:52	01:41	01:51	00:19	
= Som k	lassevin	ner, -	raskere,	, + sei	nere, #	10% ta	o, & 25	5% tap,	@ 100%	b tap.										
Herre	r 60	61 Å	*																	
пепе	. 00	- 04 a	I																	
1	Geir	Biaan	es				116						31:38	3						
00:42=	01:45=	03:07=	05:12=	06:41=		09:13=	11:19=						21:52=	23:47=						
				01:29=																
00:00=				=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			er Sch		00.221		283	14.00	15.40	16.27	17.20	20.221	35:54	-	00.10.	20.22	22.50	25.201	25.54	
				06:48+ 01:17-																
				00:12-																

Plass	Navn						Klasse	)					Tid						
3	Espe	n Kro	gh				7						36:48	3					
	03:01+																		
	02:06+																		
	01:03&				00:02-	00:05-	00:08+	02:37&	00:02+	00:03-	00:0/#	00:12+		_	00:10+	00:01-	00:01-	00:11+	00:03-
•			hanne				(						37:0	-					
	03:08+ 01:04+																		
	01:04+																		
-	- ·				00.001			00.001	00.001	00.244	00.011	01.210			00.10	00.071	00.101	00.11	00.021
5	5Veir 02:09+		Svebe		00.551		<b>16</b>	17.40	10.50	01.01.	00.01	25.07.	40:53	-	22.121	26.021	27.40	40.10	40.521
	02:09+ 01:19+																		
	00:16&																		
5	Hara	ld Jar	son			4	289						42:4 <sup>′</sup>	1					
-	02:23+			08.38+	11.04+	-		17.41+	21.39+	22.39+	24.17+	28·31+			35.15+	38.41+	40.13+	42.15+	42.41+
	01:38+																		
00:03+	00:35&	00:42&	00:22#	00:15#	00:39&	00:24&	00:24#	00:19#	02:100	00:00=	00:33&	02:03&	00:16-	00:28#	00:21#	01:33&	00:16#	00:11+	00:01+
,	Arne	Nyga	ard			(	66						45:02	2					
03:26+	05:22+			11:49+	13:58+			20:55+	23:38+	24:47+	26:18+	29:03+			38:00+	40:33+	42:23+	44:34+	45:02+
03:26+	01:56+	01:47+	02:54+	01:46+	02:09+	01:04+	02:32+	03:21+	02:43+	01:09+	01:31+	02:45+	02:41+	02:21+	03:55+	02:33+	01:50+	02:11+	00:28+
02:44@	00:53&	00:25&	00:49&	00:17#	00:22#	00:19&	00:26#	00:42&	00:55&	00:09#	00:26&	00:34&	00:51&	00:26#	01:29&	00:40&	00:34&	00:20#	00:03#
}	Inae	Skret	tina				165						45:37	7					
	02:19+																		
	01:21+																		
00:16&	00:18&	00:18#	00:22#	02:380	02:450	00:08#	00:19#	00:59&	00:28&	00:17&	00:16#	01:13&	00:16#	00:42&	01:27&	00:53&	00:11#	00:09+	00:04#
)		Knuts					116						46:23						
	03:00+																		
	01:59+																		
-	00:56&		-		01:09&			00:55&	00:38&	00:08#	00:11#	01:5/&			00:48&	00:24#	00:55&	00:22#	00:10&
0			alvors				5						47:3′						
	02:59+																		
	02:03+ 01:00&																		
	_	_	-	02.000	00.201			01.024	00.104	00.011	00.104	01.000		_	01.004	01.000	00.100	00.171	00.104
1	02:57+	Øvst		00.05.	11.40		71	20.551	04.0EL	25.201	07.01.	20.21.	47:5	-	20.221	42.10	44.10	47.001	47.551
	02:37+																		
	01:060																		
2	- ·		ne Glo				93						55:1						
	03:34+				16.14+			28.45+	32.02+	33.54+	35.51+	40.26+		-	48.29+	50·43+	52.22+	54·37+	55·11+
	02:14+																		
	01:110																		
3	Stein	Sigh	jørnse	n		-	27						58:29	9					
	03:04+	05:12+	08:23+	10:53+	13:51+			27:28+	30:44+	32:32+	34:15+	38:00+			49:15+	52:32+	55:13+	57:59+	58:29+
	01:47+																		
00:35&	00:44&	00:46&	01:06&	01:01&	01:11&	00:25&	01:36&	06:060	01:28&	00:48&	00:38&	01:34&	01:19&	02:040	01:41&	01:24&	01:250	00:55&	00:05#
4	Per K	Colbei	n Ton	stad		(	66						1:02:	15					
06:36+	08:27+	10:29+	14:09+	16:49+	19:47+	21:12+	24:55+	30:09+	33:01+	34:33+	36:33+	41:33+	44:54+	48:14+	52:41+	55:45+	58:10+	61:38+	62:15+
	01:51+																		
05:540	00:48&	00:40&	01:35&	01:11&	01:11&	00:40&	01:37&	02:35&	01:04&	00:32&	00:55&	02:490	01:31&	01:25&	02:01&	01:11&	01:09&	01:37&	00:12&
5	John	Lage	Berga	an			116						1:15:	21					
	05:26+	07:56+	12:46+	14:57+															
	04:23+																		
	03:200				00:18#	00:06#	00:57&	02:20&	00:41&	03:190	09:040	03:280	02:100	01:14&	01:22&	08:580	00:40&	00:46&	00:04#
Beste	strekkt	tid for	klass	en															
00.42	01:03	01:19	02:05	01:17	01:45	00:39	02:06	02:29	01:46	00:49	01:02	02:11	01:34	01:54	02:26	01:52	01:15	01:39	00:22

Herrer 65 - 69 år

Plass	Navi	า					Klasse	;					Tid						
1	Torb	iørn E	vense	en			108						34:5	7					
00:40=	01:47=	03:00=	05:44=	07:09=		09:48=	12:05=						23:49=	26:02=					
							02:17=												
00:00=				00:00=	00:00=		=00:00	00:00=	00:00=	00:00=	00:00=	00:00=			00:00=	00:00=	00:00=	00:00=	00:00=
2		ne Gin		00.07.	11 05		88	17 41	00 15	01 00	00.401	06 10	40:44	-	24.05	26.25.	20.15.	10 10	40.44
							14:40+ 02:27+												
							00:10+												
3	Kiell	Skiæ	veland				166						43:2	n					
01:00+					12:43+		19:07+	22:24+	24:59+	26:07+	27:17+	29:52+		-	36:51+	38:58+	40:48+	42:54+	43:20+
							02:20+												
00:20&	00:28&	00:09#	00:17-	02:530	00:04+	03:220	00:03+	00:27#	00:42&	00:05+	00:06+	00:04+	00:27-	00:12-	00:02+	00:03+	00:26&	00:07+	00:02-
4	Olav	Tunh	eim			9	93						45:1	5					
							16:21+												
							03:14+ 00:57&												
00:23@				01:190	00:1/#			00:00%	00:52@	00:01+	00:10#	01:210		-	00:31#	00:30#	00:14#	00:540	00:02-
<b>D</b>		n Sive		11.05+	13.24+		99 16:59+	20.36+	23.08+	24.11+	26.15+	20.151	46:1	-	38.10+	40.47+	12.17+	45.40+	46.13+
							02:37+												
							00:20#												
6	Biør	n Vida	r Gun	valdse	en		29						48:5	0					
00:56+							17:01+	22:09+	24:49+	26:17+	28:15+	31:24+		-	39:39+	42:47+	45:26+	48:19+	48:50+
							02:54+												
00:16&	00:52&	00:55&	00:16+	00:31&	01:17&		00:37&	02:18&	00:47&	00:25&	00:54&	00:38&			00:17+	01:04&	01:15&	00:54&	00:03#
7		n Bjell					83						53:3	-					
							19:12+ 02:25+												
							02:25+												
8	-		ne Han		-		92						54:3	-					
01:11+							21:50+	27:25+	30:13+	31:29+	33:02+	36:53+			47:22+	49:44+	51:32+	53:55+	54:30+
							02:30+												
00:31&	05:260	00:29&	00:25#	02:140	00:14#	00:13&	00:13+	02:45&	00:55&	00:13#	00:29&	01:20&	01:03&	00:37&	01:13&	00:18#	00:24&	00:24#	00:07#
9	Tom	Hetla	nd			;	5						55:2	5					
							23:39+												
							02:43+												
	-				00:22#		00:26#	01:11%	00:20#	01:430	00:36&	01:54&		-	00:10#	01:19%	00:26&	00:46&	00:03-
10			krettir		10.201		23:13+	20.171	21.001	22.201	24.01	20.201	57:20	-	10.201	51.51	52.571	56.451	57.201
							03:05+												
							00:48&												
11	Terie	Stok	kelanc	ł			69						58:3	8					
01:25+					14:26+		22:12+	26:11+	28:58+	30:23+	32:12+	35:56+	38:54+	42:24+	47:26+	50:52+	53:21+	57:59+	58:38+
							06:39+												
		_	-		00:43&		04:220	01:09&	00:54&	00:22&	00:45&	01:13&			02:02&	01:22&	01:05&	02:390	00:11&
12			e Aase				29						1:02						
							23:54+ 03:58+												
							03:58+												
13	-		Bakke				68						1:04						
					19:27+		24:49+	29:49+	32:42+	34:22+	36:21+	41:31+			54:16+	57:42+	59:44+	64:14+	64:57+
							04:12+												
00:23&	01:080	02:090	01:10&	03:330	01:580	00:28&	01:55&	02:10&	01:00&	00:37&	00:55&	02:390	01:02&	02:11&	01:56&	01:22&	00:38&	02:310	00:15&
14	Rolf	Klepp	е				63						1:07:	:54					
	04:00+	06:45+	10:33+			20:39+	28:35+												
							07:56+												
		_		01:01%	OT:286		05:390	∪∠:14&	0∠:190	00:19%	00:52&	∪∠:320			U1:26&	01:04&	00:58&	∪∠:1/@	00:06#
15		nar Ba		00.50	07.16		105	44.47	40.10	E0.40	E0.10	67.01	1:17		66.01	CO. 001	71.07	77.01:	77.40.
							31:22+ 03:09+												
							00:52&												

Tid

00:40 01:07 01:13 02:27 01:25 01:57 00:42 02:17 02:50 01:53 01:03 01:04 02:31 01:56 02:01 03:00 02:04 01:24 01:59 00:25

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

#### Herrer 70 - 74 år

Beste strekktid for klassen

Harry Breiland 31:59 1 66 01:01= 02:06= 03:12= 05:33= 06:51= 08:35= 09:16= 11:14= 13:39= 15:27= 16:19= 17:24= 19:32= 21:13= 23:22= 26:02= 28:09= 29:31= 31:31= 31:59= 29:31= 31:31= 31:31= 31:59= 29:31= 31:31= 31:59= 29:31= 31:31= 31:59= 29:31= 31:31= 31:59= 29:31= 31:31= 31:59= 29:31= 31:31= 31:59= 29:31= 31:31= 31:59= 29:31= 31:31= 31:59= 29:31= 31:31= 31:59= 29:31= 31:31= 31:59= 31:31= 31:59= 31:31= 31:59= 31:31= 31:59= 31:31= 31:59= 31:31= 31:31= 31:59= 31:31= 31: 01:01= 01:05= 01:06= 02:21= 01:18= 01:44= 00:41= 01:58= 02:25= 01:48= 00:52= 01:05= 02:08= 01:41= 02:09= 02:40= 02:07= 01:22= 02:00= 00:28= 01:41= 02:09= 02:40= 02:07= 01:22= 02:00= 00:28= 01:41= 02:09= 02:40= 02:07= 01:22= 02:00= 00:28= 01:41= 02:09= 02:40= 02:07= 01:22= 02:00= 00:28= 02:08= 02: 00:00= 00: 2 Biørn Alsaker 115 36:00 00:45- 02:06= 03:21+ 05:34+ 06:54+ 08:50+ 09:34+ 13:46+ 16:30+ 18:32+ 19:21+ 20:25+ 22:49+ 25:03+ 27:03+ 29:46+ 31:56+ 33:31+ 35:35+ 36:00+ 00:45- 01:21+ 01:15+ 02:13- 01:20+ 01:56+ 00:44+ 04:12+ 02:44+ 02:02+ 00:49- 01:04- 02:24+ 02:14+ 02:00- 02:43+ 02:10+ 01:35+ 02:04+ 00:25-00:16- 00:16# 00:09# 00:08- 00:02+ 00:12# 00:03+ 02:14@ 00:19# 00:14# 00:03- 00:01- 00:16# 00:33& 00:09- 00:03+ 00:03+ 00:03+ 00:04+ 00:03-126 3 Svein Berae 38:50 00:40- 01:50- 03:04- 05:19- 07:36+ 09:33+ 11:30+ 13:57+ 17:05+ 19:54+ 20:54+ 22:12+ 24:40+ 26:36+ 28:43+ 32:07+ 34:18+ 35:53+ 38:20+ 38:50+ 00:40- 01:10+ 01:14+ 02:15- 02:17+ 01:57+ 01:57+ 02:27+ 03:08+ 02:49+ 01:00+ 01:18+ 02:28+ 01:56+ 02:07- 03:24+ 02:11+ 01:35+ 02:27+ 00:30+ 00:21- 00:05+ 00:08# 00:06- 00:59& 00:13# 01:16@ 00:29# 00:43& 01:01& 00:08# 00:13# 00:20# 00:15# 00:02- 00:44& 00:04+ 00:13# 00:27# 00:02+ 29 42:34 Jan Hetland 00:50- 02:36+ 05:17+ 08:06+ 09:50+ 11:58+ 12:42+ 14:55+ 18:03+ 20:19+ 21:26+ 23:02+ 27:47+ 29:43+ 32:24+ 35:44+ 38:07+ 39:53+ 42:11+ 42:34+ 00:50- 01:46+ 02:41+ 02:49+ 01:44+ 02:08+ 00:44+ 02:13+ 03:08+ 02:16+ 01:07+ 01:36+ 04:45+ 01:56+ 02:41+ 03:20+ 02:23+ 01:46+ 02:18+ 00:23-00:11- 00:41& 01:350 00:28# 00:26& 00:24# 00:03+ 00:15# 00:43& 00:28& 00:15& 00:31& 02:370 00:15# 00:32# 00:40# 00:16# 00:24& 00:18# 00:05-Asaeir Bell 117 42:38 5 00:58- 02:31+ 03:54+ 06:40+ 08:41+ 11:13+ 12:50+ 15:17+ 19:02+ 21:11+ 22:12+ 23:34+ 26:51+ 29:10+ 31:41+ 35:52+ 38:26+ 40:05+ 42:06+ 42:38+ 00:58- 01:33+ 01:23+ 02:46+ 02:01+ 02:32+ 01:37+ 02:27+ 03:45+ 02:09+ 01:01+ 01:22+ 03:17+ 02:19+ 02:31+ 04:11+ 02:34+ 01:39+ 02:01+ 00:32+ 00:03- 00:28& 00:17& 00:25# 00:43& 00:48& 00:56@ 00:29# 01:20& 00:21# 00:09# 00:17& 01:09& 00:38& 00:22# 01:31& 00:27# 00:17# 00:01+ 00:04# Ragnvald Frøvland 128 43:59 6 00:57- 04:18+ 06:03+ 08:58+ 10:43+ 13:11+ 13:59+ 16:17+ 19:39+ 21:55+ 23:09+ 24:53+ 27:59+ 30:13+ 33:00+ 36:28+ 39:09+ 41:14+ 43:30+ 43:59+ 00:57- 03:21+ 01:45+ 02:55+ 01:45+ 02:28+ 00:48+ 02:18+ 03:22+ 02:16+ 01:14+ 01:44+ 03:06+ 02:14+ 02:47+ 03:28+ 02:41+ 02:05+ 02:16+ 00:29+ 00:04- 02:160 00:39& 00:34# 00:27& 00:44& 00:07# 00:20# 00:57& 00:28& 00:22& 00:39& 00:58& 00:38& 00:48& 00:48& 00:43& 00:48& 00: 92 7 Eivind L. Rake 48:29 01:31+ 03:22+ 04:55+ 08:17+ 11:18+ 13:51+ 14:46+ 17:24+ 20:55+ 23:36+ 24:48+ 26:20+ 30:06+ 32:57+ 36:04+ 39:42+ 42:57+ 45:00+ 47:53+ 48:29+ 01:31+ 01:51+ 01:33+ 03:22+ 03:01+ 02:33+ 00:55+ 02:38+ 03:31+ 02:41+ 01:12+ 01:32+ 03:46+ 02:51+ 03:07+ 03:38+ 03:15+ 02:03+ 02:53+ 00:36+ 00:30& 00:46& 00:27& 01:01& 01:43@ 00:49& 00:14& 00:40& 01:06& 00:53& 00:20& 00:27& 01:38& 01:10& 00:58& 01:08& 00:41& 00:53& 00:08& Paul A. Paulsen 117 49:57 01:04+ 02:27+ 05:10+ 07:42+ 09:32+ 11:46+ 12:40+ 21:24+ 25:18+ 28:10+ 29:19+ 30:46+ 33:40+ 35:58+ 38:23+ 41:34+ 44:32+ 46:09+ 49:09+ 49:57+ 01:04+ 01:23+ 02:43+ 02:32+ 01:50+ 02:14+ 00:54+ 08:44+ 03:54+ 02:52+ 01:09+ 01:27+ 02:54+ 02:18+ 02:25+ 03:11+ 02:58+ 01:37+ 03:00+ 00:48+ 00:03+ 00:18& 01:37@ 00:11+ 00:32& 00:30& 00:13& 06:46@ 01:29& 01:04& 00:17& 00:22& 00:46& 00:37& 00:16# 00:31# 00:51& 00:15# 01:00& 00:20& 88 9 Jan Inge Lunde 52:32 00:58- 02:16+ 04:17+ 07:17+ 09:11+ 11:38+ 12:31+ 20:38+ 25:04+ 27:43+ 28:50+ 30:26+ 33:30+ 36:12+ 39:20+ 43:13+ 46:57+ 49:00+ 51:49+ 52:32+ 00:58- 01:18+ 02:01+ 03:00+ 01:54+ 02:27+ 00:53+ 08:07+ 04:26+ 02:39+ 01:07+ 01:36+ 03:04+ 02:42+ 03:08+ 03:53+ 03:44+ 02:03+ 02:49+ 00:43+ 00:03- 00:13# 00:55& 00:39& 00:36& 00:43& 00:12& 06:09@ 02:01& 00:51& 00:15& 00:31& 00:56& 01:01& 00:59& 01:13& 01:37& 00:41& 00:49& 00:15& 92 10 Kiell Ivar Skiørestad 56:45 01:21+ 05:46+ 07:28+ 10:03+ 12:36+ 15:37+ 16:55+ 21:03+ 28:26+ 30:54+ 31:59+ 33:33+ 36:24+ 39:06+ 43:52+ 47:22+ 50:29+ 52:12+ 56:11+ 56:45+ 01:21+ 04:25+ 01:42+ 02:35+ 02:33+ 03:01+ 01:18+ 04:08+ 07:23+ 02:28+ 01:05+ 01:34+ 02:51+ 02:42+ 04:46+ 03:30+ 03:07+ 01:43+ 03:59+ 00:34+ 00:20& 03:20@ 00:36& 00:14+ 01:15& 01:17& 00:37& 02:10@ 04:58@ 00:40& 00:13# 00:29& 00:43& 01:01& 02:37@ 00:50& 01:00& 00:21& 01:59& 00:06# Jostein Tunheim 116 58:01 11 01:03+ 09:12+ 12:10+ 14:41+ 16:28+ 20:59+ 21:55+ 27:48+ 31:17+ 34:09+ 35:23+ 36:36+ 40:04+ 43:11+ 46:01+ 49:43+ 52:52+ 55:01+ 57:32+ 58:01+ 01:03+ 08:09+ 02:58+ 02:31+ 01:47+ 04:31+ 00:56+ 05:53+ 03:29+ 02:52+ 01:14+ 01:13+ 03:28+ 03:07+ 02:50+ 03:42+ 03:09+ 02:09+ 02:31+ 00:29+ 00:02+ 07:04@ 01:52@ 00:10+ 00:29& 02:47@ 00:15& 03:55@ 01:04& 01:04& 00:22& 00:08# 01:20& 01:26& 00:41& 01:02& 01:02& 00:47& 00:31& 00:01+ 12 Leif Kåre Lende 128 59:45 01:00- 03:06+ 05:04+ 13:56+ 15:04+ 18:13+ 19:09+ 21:40+ 25:09+ 31:23+ 32:34+ 34:11+ 38:33+ 41:35+ 45:07+ 50:57+ 53:54+ 56:31+ 59:18+ 59:45+ 01:00- 02:06+ 01:58+ 08:52+ 01:08- 03:09+ 00:56+ 02:31+ 03:29+ 06:14+ 01:11+ 01:37+ 04:22+ 03:02+ 03:32+ 05:50+ 02:57+ 02:37+ 02:47+ 00:27-00:01- 01:01& 00:52& 06:31@ 00:10- 01:25& 00:15& 00:33& 01:04& 04:26@ 00:19& 00:32& 02:14@ 01:21& 01:23& 03:10@ 00:50& 01:15& 00:47& 00:01-395 13 Tore R. Tvedt 1:08:16 01:54+ 04:01+ 06:25+ 10:06+ 20:27+ 23:21+ 24:22+ 28:01+ 33:33+ 36:58+ 38:48+ 40:36+ 45:35+ 48:59+ 52:21+ 57:15+ 61:13+ 64:15+ 67:21+ 68:16+ 01:54+ 02:07+ 02:24+ 03:41+ 10:21+ 02:54+ 01:01+ 03:39+ 05:32+ 03:25+ 01:50+ 01:48+ 04:59+ 03:24+ 03:22+ 04:54+ 03:58+ 03:02+ 03:06+ 00:55+ 00:53& 01:02& 01:18@ 01:20& 09:03@ 01:10& 00:20& 01:41& 03:07@ 01:37& 00:58@ 00:43& 02:51@ 01:43@ 01:13& 02:14& 01:51& 01:40@ 01:06& 00:27&

Plass	Navı	n					Klasse	Э					Tid						
14	Arne	Hope	ć				43						1:16:	58					
			09:50+	13:06+	16:02+			35:04+	38:17+	39:52+	43:17+	49:40+			62:31+	69:52+	72:30+	76:19+	76:58+
			03:29+																
			01:08&		01:12&	00:41&	06:520	06:250	01:25&	00:43&	02:200	04:150	02:180	01:42&	02:21&	05:140	01:16&	01:49&	00:11&
Beste			r Klass	-	01.44	00.41	01.50	02.25	01.49	00.40	01.04	02.00	01.41	02.00	02.40	02.07	01.22	02.00	00.22
00:40	01:05	01:00	02:15	01:00	01:44	00.41	01:30	02:23	01:40	00:49	01:04	02:00	01:41	02:00	02:40	02:07	01:22	02:00	00:25
= Som k	lassevin	ner, -	raskere	, + se	nere, #	10% ta	p, & 2	5% tap,	@ 100%	b tap.									
Herre	~ 75	70 8																	
пепе	175	- / 9 6	<b>a</b> 1																
1	Kiell	Svih	us				154						40:11	1					
00:52=			09:54=	12:20=	15:58=			21:24=	24:12=	27:38=	28:54=	30:38=		-	39:43=	40:11=			
			02:12=																
00:00=			00:00=		00:00=			00:00=	00:00=	00:00=	00:00=	00:00=		-	00:00=	00:00=			
2			eveland				93						45:01	-					
			11:34+ 02:35+																
			00:23#																
3			krettin				43						46:00	-					
00:50-			10:25+		16:34+			23:46+	27:02+	31:31+	33:25+	35:09+		-	45:22+	46:00+			
			02:35+																
00:02-		<b>.</b>	00:23#		00:28-			00:31&	00:28#	01:03&	00:38&	00:00=		_	00:12-	00:10&			
4			ndrang				68						46:2	-					
			10:27+ 02:37+																
			00:25#																
5	Steir	nar Ur	ndheim	1			54						46:30	D					
01:03+			10:54+		17:53+			24:07+	29:14+	33:18+	35:11+	37:11+		-	45:58+	46:30+			
			02:38+																
00:11#			00:26#	01:15&	00:20-		_	00:01-	02:19&	00:38#	00:37&	00:16#		-	00:13-	00:04#			
6		d Tho					5						46:41	-					
			12:36+ 02:51+																
			02:31+																
7			en Års				115						48:53						
02:10+			16:54+		22:26+			29:24+	32:16+	36:10+	37:35+	39:03+		-	48:20+	48:53+			
			02:24+																
01:180			00:12+		00:43-			00:02-	00:04+	00:28#	00:09#	00:16-			00:19-	00:05#			
8			Skogs				53						50:37	-					
			14:22+ 03:12+																
			01:00&																
9	Ole	Aukle	nd				106						50:55	5					
00:45-			12:14+	15:21+	19:07+			25:37+	30:28+	35:23+	37:01+	38:52+			50:10+	50:55+			
00:45-	04:56+	03:52+	02:41+	03:07+	03:46+	03:15+	01:56+	01:19+	04:51+	04:55+	01:38+	01:51+	04:39+	05:31+	01:08-	00:45+			
00:07-	00:15+	01:43&	00:29#	00:41&	00:08+	00:44&	00:17#	00:03+	02:03&	01:29&	00:22&	00:07+	00:40#	01:38&	00:05-	00:17&			

 10
 Hans Klausen
 62
 55:47

 00:45 09:05+
 11:36+
 13:53+
 17:07+
 21:18+
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 25:47+
 26:59+
 33:15+
 38:32+
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 00:45 08:20+
 02:31+
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 03:14+
 04:11+
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 00:22#
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 00:48a
 00:33#
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 00:15#
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 01:51a
 02:47e
 00:21#
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 11
 Odd Garpestad
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 10:45+
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 23:13+
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 39:47+
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 57:41+
 58:36+
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 00:36 07:46+
 02:23+
 07:42+
 02:38 02:30 02:04+
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 03:09 00:55 00:24 

 00:16 03:05&
 00:18 01:00 00:01 00:25&
 00:06+
 07:50@
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 00:17 02:54&
 00:44 00:04 

 12
 Øvvind Egeskog
 5
 5
 5
 1:01:18
 1:01:18
 1:01:18

#### 12 Øyvind Egeskog 5 1:01:18 03:26+ 11:39+ 13:48+ 16:12+ 19:08+ 22:46+ 26:53+ 30:20+ 34:47+ 38:58+ 42:40+ 46:47+ 49:48+ 51:43+ 55:27+ 59:27+ 60:33+ 61:18+ 03:26+ 08:13+ 02:09= 02:24+ 02:56+ 03:38= 04:07+ 03:27+ 04:27+ 04:11+ 03:42+ 04:07+ 03:01+ 01:55- 03:44- 04:00+ 01:06+ 00:45+ 02:340 03:326 00:00= 00:012+ 00:30# 00:00= 01:366 01:480 03:110 01:236 00:16+ 02:510 01:176 02:04- 00:09- 02:470 00:380 00:45+

Plass	Navr	า				I	Klasse						Tid			
13	Kjell	Lang	vik			ę	3						1:05:	58		
00:41-		07:18-		13:07+	26:28+	30:00+	32:11+	33:42+	42:05+	46:56+	48:52+	50:35+	60:41+	64:35+	65:26+	65:58+
00:41-	04:33-	02:04-	02:40+	03:09+	13:21+	03:32+	02:11+	01:31+	08:23+	04:51+	01:56+	01:43-	10:06+	03:54+	00:51-	00:32+
00:11-	00:08-	00:05-	00:28#	00:43&	09:430	01:01&	00:32&	00:15#	05:350	01:25&	00:40&	00:01-	06:070	00:01+	00:22-	00:04#
14	Man	qor Ei	keland	1		ę	92						1:19:	09		
01:55+	10:40+	14:23+	18:30+	23:12+	29:01+	34:37+	40:24+	42:45+	47:56+	55:03+	58:19+	61:17+	69:00+	76:29+	78:10+	79:09+
01:55+	08:45+	03:43+	04:07+	04:42+	05:49+	05:36+	05:47+	02:21+	05:11+	07:07+	03:16+	02:58+	07:43+	07:29+	01:41+	00:59+
01:03@	04:04&	01:34&	01:55&	02:16&	02:11&	03:050	04:08@	01:05&	02:23&	03:410	02:00@	01:14&	03:44&	03:36&	00:28&	00:310
15	Olav	Hogn	estad			ę	92						1:23:	09		
12:04+	31:11+	34:20+	37:04+	40:12+	43:38+	47:15+	49:18+	50:56+	54:55+	67:43+	69:14+	72:13+	76:49+	81:24+	82:32+	83:09+
12:04+	19:07+	03:09+	02:44+	03:08+	03:26-	03:37+	02:03+	01:38+	03:59+	12:48+	01:31+	02:59+	04:36+	04:35+	01:08-	00:37+
11:120	14:260	01:00&	00:32#	00:42&	00:12-	01:06&	00:24#	00:22&	01:11&	09:220	00:15#	01:15&	00:37#	00:42#	00:05-	00:09&
Beste	strekk	tid for	klass	en												
00:36	04:21	02:04	02:12	02:08	02:23	02:30	01:39	01:12	02:48	03:26	01:00	01:23	01:55	03:09	00:42	00:24

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

# Herrer 80 år og eldre

1	Hara	ld Vat	ne			e	67						43:03	3	
04:34=	05:37=	09:49=	13:10=	16:29=	20:04=	23:06=	25:04=	28:19=	29:55=	31:36=	34:33=	38:34=	40:56=	42:33=	43:03=
04:34=	01:03=	04:12=	03:21=	03:19=	03:35=	03:02=	01:58=	03:15=	01:36=	01:41=	02:57=	04:01=	02:22=	01:37=	00:30=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Maq	ne Jak	obser	า		e	53						47:43	3	
01:37-	03:14-	06:19-	09:46-	13:02-	20:04=	24:26+	26:39+	30:21+	32:19+	34:04+	37:27+	42:28+	45:44+	47:09+	47:43+
01:37-	01:37+	03:05-	03:27+	03:16-	07:02+	04:22+	02:13+	03:42+	01:58+	01:45+	03:23+	05:01+	03:16+	01:25-	00:34+
02:57-	00:34&	01:07-	00:06+	00:03-	03:27&	01:20&	00:15#	00:27#	00:22#	00:04+	00:26#	01:00#	00:54&	00:12-	00:04#
3	Alf G	Syland				ç	92						50:19	)	
01:09-				16:01-	20:03-	24:27+	26:25+	33:25+	34:54+	36:24+	40:23+	45:09+	48:13+	49:43+	50:19+
01:09-					04:02+								03:04+	01:30-	00:36+
03:25-	00:49&	00:35-	00:23-	03:06&	00:27#	01:22&	00:00=	03:45@	00:07-	00:11-	01:02&	00:45#	00:42&	00:07-	00:06#
4	Sigu	rd Kro	osli			ç	93						54:17	7	
					22:33+						43:07+		51:48+		
01:23-					05:06+						04:42+			01:52+	00:37+
03:11-	00:12#	03:59&	00:04-	00:02+	01:31&	01:18&	00:07+	01:04&	00:30&	01:21&	01:45&	00:56#	01:22&	00:15#	00:07#
5		Værp					62						1:01:	42	
01:32-					23:11+								57:51+	60:43+	61:42+
01:32-					06:56+						03:54+	09:01+		02:52+	
03:02-	00:13#	00:05-	01:25&	01:15&	03:21&	01:10&	00:39&	00:14+	00:23#	00:24#	00:57&	05:000	05:010	01:15&	00:29&
6		eiv Mø					58						1:04:		
					19:05-										
		03:37-			05:17+								17:01+		
02:44-	00:13#	00:35-	00:02+	00:23#	01:42&			00:48#	00:57&	01:34&	00:17+	00:40#	14:390		00:12&
7		Maud					53						1:13:		
					27:02+						58:37+			72:19+	
02:12-		06:18+			07:11+							05:41+			00:54+
02:22-	01:040	02:06&	01:18&	01:16&	03:360	04:08@	02:590	01:33&	04:590	00:34&	02:53&	01:40&	03:330	00:29&	00:24&
8		ne Edl					92						1:26:	17	
					30:26+										86:17+
01:13-		03:45-			05:50+			03:28+				06:04+			00:42+
					02:15&	06:040	06:370	00:13+	00:29&	02:050	00:41#	02:03&	04:060	10:220	00:12&
Beste	strekk	tid for	klass	en											
01:09	01:03	03:05	02:58	03:16	03:35	03:02	01:58	03:15	01:29	01:30	02:57	04:01	02:22	01:25	00:30

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

Herrer A

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1		rik On					375						36:0	-												
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01:06+	<b>Thon</b> 02:26+ 01:20= 00:00=	03:03- 00:37-	05:17+ 02:14+	02:02+	01:18+	09:59+ 01:22+	00:44+	02:07+	01:02+	01:06-	01:57+	01:47+	01:28+	22:46+ 02:36+	01:07+	01:32+	04:02+	01:58+	01:35+	01:28+	00:44-	00:38+	02:09+	01:44+	00:36+	
01:17+	Lars 02:51+ 01:34+ 00:14#	03:34+ 00:43-	02:11+	07:45+ 02:00+	01:09+	10:00+ 01:06-	00:47+	02:28+	01:00+	01:15+	02:03+	01:49+	01:35+	23:54+ 02:57+	00:55-	01:14+	03:41-	01:50+	01:36+	01:26+	00:53+	00:40+	02:08+	01:41+	00:43+	
02:22+	Fred 03:44+ 01:22+ 00:02+	00:41-	06:13+ 01:48+	02:28+	01:04-	11:22+ 01:37+	00:45+	02:11+	01:03+	01:15+	01:43+	01:40+	01:30+	24:28+ 02:59+	01:00+	01:30+	03:42-	01:54+	01:26+	01:22+	00:55+	00:36+	01:53+	01:47+	00:38+	
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01:13+	Krist 02:43+ 01:30+ 00:10#	00:44-	05:30+ 02:03+	02:17+	01:16+	10:21+ 01:18+	00:41+	02:21+	00:58+	01:19+	01:52+	01:46+	01:31+	23:40+ 02:51+	01:07+	01:28+	05:01+	01:57+	01:36+	01:35+	01:46+	00:38+	02:00+	02:24+	00:41+	
<b>7</b> 01:10+ 01:10+	<b>Mart</b> i 02:40+ 01:30+ 00:10#	00:44-	05:27+ 02:03+	03:03+	01:12+	11:30+ 01:48+	00:39=	02:19+	01:00+	01:16+	01:55+	01:45+	01:35+	25:11+ 03:12+	01:07+	02:06+	04:15+	02:50+	01:40+	01:33+	00:57+	00:48+	02:09+	02:05+	00:48+	
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01:01		00:37	01:42	01:52							01:34	01:28	01:20	02:24	00:55	01:05	03:41	01:35	01:24	01:15	00:44	00:35	01:43	01:35	00:35	00:19
= Som k	lassevin	ner, -	raskere	, + se	nere, #	10% ta	p, & 2	5% tap,	@ 100%	∕₀ tap.																

Herrer B

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2 01:16+			o5:22+		09:10+	10:54+	116 11:37+	13:57+	15:00+	16:12+	18:05+	19:58+	42:59 21:28+		25:22+	26:55+	31:06+	33:14+	34:46+	36:32+	37:20+	38:00+	39:59+	41:54+	42:37+
						01:44+																			
42:59+ 00:22= 00:00=	00:08#	00:03+	00:05+	00:19-	00:08-	00:09+	00:16-	00:10#	00:08#	00:08-	00:02+	00:13#	00:08-	00:11+	00:04+	00:23&	00:11+	00:21#	00:02-	00:20#	00:11-	00:08-	00:04-	00:04+	00:08#
3			Nielse				386						44:04												
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7			ikesko				93						44:38												
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		00:45+ 00:06#																								
50:42+	00.13#	00.00#	00.22#	00.45	00.10#	00.00	00.340	00.001	00.178	00.10#	00.2/#	01.240	00.418	00.558	00.13#	00.408	00.45#	00.20π	00.554	00.20#	00.200	00.05	00.27#	00.10#	00.134	
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01:44+	01:54+	00:56+	02:44+	03:14+	01:48+	01:23-	01:07+	02:49+	01:32+	01:50+	02:43+	02:46+	02:14+	03:59+	01:36+	01:54+	05:43+	02:44+	02:20+	02:05+	01:19+	01:09+	02:58+	02:20+	01:02+	
00:4/& 58:23+	00:34&	00:17&	00:53&	00:15+	00:34&	00:12-	00:08#	00:45&	00:37&	00:32&	00:52&	01:06&	00:36&	01:20&	00:36&	00:44&	01:43&	00:5/&	00:46&	00:39&	00:20&	00:23&	00:55&	00:29&	00:25&	
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= Som k	lassevir	nner, -ı	raskere,	+ ser	nere, #	10% tap	p, & 25	5% tap,	@ 100%	6 tap.																
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01:12= 00:00= 01:25+ 01:25+ 00:13# 01:39+	02:43= 01:31= 00:00= <b>Mori</b> 02:54+ 01:29- 00:02- <b>Terj</b> 03:00+	04:14= 01:31= 00:00= ten Aan 04:22+ 01:28- 00:03- e Micha 04:18+	05:45= 01:31= 00:00= <b>modt</b> 06:07+ 01:45+ 00:14# <b>aelsen</b> 06:21+	08:32= 02:47= 00:00= 08:54+ 02:47= 00:00= 08:55+	01:06= 00:00= 10:48+ 01:54+ 00:48& 10:13+	11:21= 01:43= 00:00= 12:35+ 01:47+ 00:04+ 11:55+	14:44= 03:23= 00:00= <b>116</b> 15:40+ 03:05- 00:18- <b>47</b> 15:08+	02:47= 00:00= 18:37+ 02:57+ 00:10+ 18:19+	00:47= 00:00= 19:15+ 00:38- 00:09- 18:56+	01:41= 00:00= 20:49+ 01:34- 00:07- 20:38+	02:17= 00:00= 23:31+ 02:42+ 00:25# 23:05+	01:33= 00:00= 24:41+ 01:10- 00:23- 24:00+	25:32= 01:43= 00:00= <b>38:57</b> 26:40+ 01:59+ 00:16# <b>39:55</b> 26:04+	26:41= 01:09= 00:00= 27:57+ 01:17+ 00:08# 5 27:07+	01:06= 00:00= 28:41+ 00:44= 00:22- 28:09+	01:41= 00:00= 30:09+ 01:28- 00:13- 29:44+	00:33= 00:00= 30:42+ 00:33= 00:00= 30:19+	03:05= 00:00= 33:42+ 03:00- 00:05- 34:30+	01:17= 00:00= 34:45+ 01:03- 00:14- 35:43+	01:11= 00:00= 35:50+ 01:05- 00:06- 36:50+	01:20= 00:00= 37:13+ 01:23+ 00:03+ 38:15+	01:18= 00:00= 38:27+ 01:14= 00:04- 39:35+	00:21= 00:00= 38:51+ 00:24+ 00:03# 39:55+			
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01:39+	01:51+	01:35+	01:58+	03:15+	01:04-	01:57+	04:22+	03:26+	03:25+	03:02+	03:03+	00:59-	02:16+	01:22+	01:03-	01:55+	00:45+	03:24+	01:23+	01:03-	01:42+	01:34+	00:22+
00:27&	00:20#	00:04+	00:27&	00:28#	00:02-	00:14#	00:59&	00:39#	02:380	01:21&	00:46&	00:34-	00:33&	00:13#	00:03-	00:14#	00:12&	00:19#	00:06+	00:08-	00:22&	00:16#	00:01+
10	Øyst	tein A	mundr	ud		4	395						48:32	2									
03:06+	04:50+	06:16+	07:52+	11:32+	13:03+	14:43+	20:04+	23:33+	24:18+	26:28+	29:09+	30:20+	32:26+	33:38+	34:44+	36:46+	37:39+	41:29+	43:39+	45:04+	46:40+	48:07+	48:32+
					01:31+																		
01:540	00:13#	00:05-	00:05+	00:53&	00:25&	00:03-	01:58&	00:42&	00:02-	00:29&	00:24#	00:22-	00:23#	00:03+	00:00=	00:21#	00:20&	00:45#	00:53&	00:14#	00:16#	00:09#	00:04#
12	Pål I	H. Gie	rden				116						50:02	2									
01:44+	03:53+	05:34+	07:21+	10:31+	11:51+	13:55+	18:08+	22:20+	23:40+	25:39+	28:37+	29:40+	32:01+	33:24+	34:53+	37:29+	38:16+	42:25+	44:26+	45:51+	47:49+	49:39+	50:02+
01:44+					01:20+																		
00:32&	00:38&	00:10#	00:16#	00:23#	00:14#	00:21#	00:50#	01:25&	00:33&	00:18#	00:41&	00:30-	00:38&	00:14#	00:23&	00:55&	00:14&	01:04&	00:44&	00:14#	00:38&	00:32&	00:02+
13	Øivind Berggraf 116									50:55													
01:37+					11:35+	13:28+	18:43+	24:09+	25:22+	27:16+	30:10+	31:28+	34:46+	36:28+	37:41+	39:54+	40:35+	44:22+	46:01+	47:20+	48:55+	50:31+	50:55+
01:37+	02:01+	01:38+	01:45+	03:10+	01:24+	01:53+	05:15+	05:26+	01:13+	01:54+	02:54+	01:18-	03:18+	01:42+	01:13+	02:13+	00:41+	03:47+	01:39+	01:19+	01:35+	01:36+	00:24+
00:25&	00:30&	00:07+	00:14#	00:23#	00:18&	00:10+	01:52&	02:39&	00:26&	00:13#	00:37&	00:15-	01:35&	00:33&	00:07#	00:32&	00:08#	00:42#	00:22&	00:08#	00:15#	00:18#	00:03#
14	Øist	ein Ha	aland				116						51:59	)									
01:56+	04:22+	06:03+	07:32+	11:03+	12:28+	14:28+	20:17+	23:43+	25:38+	27:41+	30:04+	31:06+	35:18+	36:37+	38:00+	39:45+	40:29+	43:38+	45:23+	46:21+	49:58+	51:33+	51:59+
01:56+					01:25+																		
00:44&					00:19&	00:17#	02:26&	00:39#	01:080	00:22#	00:06+	00:31-	02:290	00:10#	00:17&	00:04+	00:11&	00:04+	00:28&	00:13-	02:170	00:17#	00:05#
15			lvar Ne				116						<b>52:25</b> + 35:05+ 37:18+ 38:44+ 40:51+ 41:37+ 45:09+ 47:01+ 48:32+ 50:25+ 52:02+ 52:25+										
03:45+					02:34+																		
02:330					01:280	00:20#	00:33#	01:18&	00:24&	00:25#	00:51&	00:06-	00:57&	01:04&	00:20&	00:26&	00:13&	00:27#	00:35&	00:20&	00:33&	00:19#	00:02+
16	Øyst	tein F	uglesta	ad		4	46						54:43										
					13:43+																		
					01:56+																		
00:30&				01:21&	00:50&			00:59&	00:30&	00:25#	00:23#	00:10-	00:38&	00:27&	00:01+	00:38&	00:14&	00:52&	00:05+	00:06+	04:030	01:230	00:05#
17	Erlin	ng Mai	uland			8	83						58:55	5									
					12:01+																		
					01:12+																		
00:28&	00:27&	00:22#	00:16#	00:44&	00:06+	00:55&	01:57&	01:21&	00:14&	00:28&	02:05&	02:370	00:46&	05:320	00:30&	00:42&	00:13&	00:03-	00:06+	00:08-	00:22&	00:22&	00:00=
Beste	strekk	tid fo	r klass	en																			
01:12	01:21	01:18	01:29	02:34	01:04	01:35	03:05	02:47	00:37	01:34	02:08	00:55	01:43	01:03	00:44	01:28	00:33	02:45	01:03	00:58	01:20	01:14	00:20
= Som k	lassevir	nner, -	raskere	, + se	nere, #	10% ta	p, & 25	5% tap,	@ 100%	ώ tap.													

# Herrer Ny

1	Paul	Jarvis	5		19:17						
00:35=	02:48=	04:20=	05:08=	06:41=	08:11=	10:28=	11:52=	16:52=	18:54=	19:17=	
00:35=	02:13=	01:32=	00:48=	01:33=	01:30=	02:17=	01:24=	05:00=	02:02=	00:23=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Saac	d Akl				ę	91				26:49
00:47+	03:49+	06:21+	08:57+	10:30+	11:50+	14:13+	16:21+	21:24+	26:15+	26:49+	
00:47+	03:02+	02:32+	02:36+	01:33=	01:20-	02:23+	02:08+	05:03+	04:51+	00:34+	
00:12&	00:49&	01:00&	01:480	00:00=	00:10-	00:06+	00:44&	00:03+	02:490	00:11&	
3	Bart	lomiej	Lenar	t		ę	91				32:16
02:03+	10:09+	16:24+	18:13+	19:27+	21:38+	25:21+	26:24+	29:12+	31:43+	32:16+	
02:03+	08:06+	06:15+	01:49+	01:14-	02:11+	03:43+	01:03-	02:48-	02:31+	00:33+	
01:280	05:530	04:430	01:01@	00:19-	00:41&	01:26&	00:21-	02:12-	00:29#	00:10&	
4	Ash	win As	hok			ç	91				42:33
03:18+	06:54+	10:16+	13:32+	17:31+	20:09+	25:23+	28:38+	36:27+	41:26+	42:33+	
03:18+	03:36+	03:22+	03:16+	03:59+	02:38+	05:14+	03:15+	07:49+	04:59+	01:07+	
02:430	01:23&	01:500	02:280	02:260	01:08&	02:570	01:510	02:49&	02:570	00:440	

#### Plass Navn

Tid

Beste strekktid for klassen

00:35 02:13 01:32 00:48 01:14 01:20 02:17 01:03 02:48 02:02 00:23

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

#### Herrer Trim

Arien Leendertse 91 30:21 1 00:55= 01:39= 03:48= 08:11= 10:24= 12:59= 15:13= 16:55= 20:38= 21:41= 22:41= 24:27= 27:03= 28:51= 29:57= 30:21= 00:55= 00:44= 02:09= 04:23= 02:13= 02:35= 02:14= 01:42= 03:43= 01:03= 01:00= 01:46= 02:36= 01:48= 01:06= 00:24= 00:00= 00: 2 31:20 Frode Lund 18 01:06+ 03:03+ 05:18+ 07:46- 10:06- 13:09+ 15:54+ 17:54+ 20:19- 21:30- 22:42+ 24:45+ 27:46+ 29:47+ 30:57+ 31:20+ 01:06+ 01:57+ 02:15+ 02:28- 02:20+ 03:03+ 02:45+ 02:00+ 02:25- 01:11+ 01:12+ 02:03+ 03:01+ 02:01+ 01:10+ 00:23-00:11# 01:13@ 00:06+ 01:55- 00:07+ 00:28# 00:31# 00:18# 01:18- 00:08# 00:12# 00:17# 00:25# 00:13# 00:04+ 00:01-92 32:17 3 Roger Nyseth 01:21+ 02:11+ 04:39+ 07:09- 09:51- 13:01+ 15:40+ 17:18+ 19:39- 20:51- 22:13- 24:36+ 27:59+ 30:18+ 31:42+ 32:17+ 01:21+ 00:50+ 02:28+ 02:30- 02:42+ 03:10+ 02:39+ 01:38- 02:21- 01:12+ 01:22+ 02:23+ 03:23+ 02:19+ 01:24+ 00:35+ 00:26& 00:06# 00:19# 01:53- 00:29# 00:35# 00:25# 00:04- 01:22- 00:09# 00:22& 00:37& 00:47& 00:31& 00:18& 00:11& 376 32:57 Inde Arild Leknes 4 00:59+ 02:32+ 04:28+ 06:58- 10:43+ 13:21+ 18:39+ 19:51+ 22:14+ 23:37+ 24:45+ 27:09+ 29:42+ 31:24+ 32:31+ 32:57+ 00:59+ 01:33+ 01:56- 02:30- 03:45+ 02:38+ 05:18+ 01:12- 02:23- 01:23+ 01:08+ 02:24+ 02:33- 01:42- 01:07+ 00:26+ 00:04+ 00:49@ 00:13- 01:53- 01:32& 00:03+ 03:04@ 00:30- 01:20- 00:20& 00:08# 00:38& 00:03- 00:06- 00:01+ 00:02+ 105 Arne Magne Sondresen 34:21 5 01:01+ 01:58+ 04:16+ 06:26- 09:04- 12:24- 16:13+ 17:34+ 19:42- 21:02- 22:14- 24:20- 27:16+ 32:33+ 33:50+ 34:21+ 01:01+ 00:57+ 02:18+ 02:10- 02:38+ 03:20+ 03:49+ 01:21- 02:08- 01:20+ 01:12+ 02:06+ 02:56+ 05:17+ 01:17+ 00:31+ 00:06# 00:13& 00:09+ 02:13- 00:25# 00:45& 01:35& 00:21- 01:35- 00:17& 00:12# 00:20# 00:20# 03:29@ 00:11# 00:07& 6 Lars Salvesen 50 35:32 02:03+ 04:11+ 06:35+ 09:07+ 11:42+ 14:48+ 17:37+ 19:08+ 21:42+ 23:00+ 24:33+ 26:57+ 31:14+ 33:48+ 35:04+ 35:32+ 02:03+ 02:08+ 02:24+ 02:32- 02:35+ 03:06+ 02:49+ 01:31- 02:34- 01:18+ 01:33+ 02:24+ 04:17+ 02:34+ 01:16+ 00:28+ 01:08@ 01:24@ 00:15# 01:51- 00:22# 00:31# 00:35& 00:11- 01:09- 00:15# 00:33& 00:38& 01:41& 00:46& 00:10# 00:04# 268 7 Geir Sperre Jørgensen 36:16 02:10+ 02:59+ 05:53+ 09:03+ 11:49+ 14:55+ 17:41+ 19:15+ 21:58+ 23:48+ 25:40+ 27:54+ 31:26+ 34:13+ 35:43+ 36:16+ 02:10+ 00:49+ 02:54+ 03:10- 02:46+ 03:06+ 02:46+ 01:34- 02:43- 01:50+ 01:52+ 02:14+ 03:32+ 02:47+ 01:30+ 00:33+ 01:15@ 00:05# 00:45& 01:13- 00:33# 00:31# 00:32# 00:08- 01:00- 00:47& 00:52& 00:28& 00:56& 00:59& 00:24& 00:09& 117 8 Jan Henrik Neuenkirchen 37:00 00:56+ 02:07+ 04:39+ 07:08- 10:59+ 14:11+ 17:23+ 19:07+ 21:47+ 24:33+ 26:01+ 28:50+ 32:50+ 35:02+ 36:30+ 37:00+ 00:56+ 01:11+ 02:32+ 02:29- 03:51+ 03:12+ 03:12+ 01:44+ 02:40- 02:46+ 01:28+ 02:49+ 04:00+ 02:12+ 01:28+ 00:30+ 00:01+ 00:27& 00:23# 01:54- 01:38& 00:37# 00:58& 00:02+ 01:03- 01:43@ 00:28& 01:03& 01:24& 00:24# 00:22& 00:06# 376 38:34 9 Lars Kartevoll 00:59+ 01:46+ 04:12+ 05:46- 08:12- 12:26- 14:24- 15:47- 18:18- 19:42- 29:23+ 31:34+ 34:36+ 36:45+ 38:12+ 38:34+ 00:59+ 00:47+ 02:26+ 01:34- 02:26+ 04:14+ 01:58- 01:23- 02:31- 01:24+ 09:41+ 02:11+ 03:02+ 02:09+ 01:27+ 00:22-00:04+ 00:03+ 00:17# 02:49- 00:13+ 01:39& 00:16- 00:19- 01:12- 00:21& 08:41@ 00:25# 00:26# 00:21# 00:21& 00:02-39:24 10 Daniel Thu 384 08:12+ 09:25+ 11:25+ 14:06+ 15:54+ 18:21+ 20:38+ 21:51+ 24:08+ 25:19+ 26:57+ 29:22+ 32:51+ 37:55+ 39:00+ 39:24+ 08:12+ 01:13+ 02:00- 02:41- 01:48- 02:27- 02:17+ 01:13- 02:17- 01:11+ 01:38+ 02:25+ 03:29+ 05:04+ 01:05- 00:24= 07:17@ 00:29& 00:09- 01:42- 00:25- 00:08- 00:03+ 00:29- 01:26- 00:08# 00:38& 00:39& 00:53& 03:16@ 00:01- 00:00= 27 11 John Øareid 40:15 01:53+ 03:32+ 07:29+ 10:21+ 13:21+ 17:16+ 20:16+ 22:10+ 25:08+ 26:34+ 28:12+ 31:13+ 35:25+ 37:47+ 39:39+ 40:15+ 01:53+ 01:39+ 03:57+ 02:52- 03:00+ 03:55+ 03:00+ 01:54+ 02:58- 01:26+ 01:38+ 03:01+ 04:12+ 02:22+ 01:52+ 00:36+ 00:580 00:550 01:48& 01:31- 00:47& 01:20& 00:46& 00:12# 00:45- 00:23& 00:38& 01:15& 01:36& 00:34& 00:46& 00:12& 12 Svein Sivertsen 115 40:47 01:00+ 01:57+ 04:51+ 07:32- 10:56+ 14:30+ 17:19+ 18:54+ 21:45+ 23:05+ 24:40+ 28:05+ 32:06+ 38:39+ 40:11+ 40:47+ 01:00+ 00:57+ 02:54+ 02:41- 03:24+ 03:34+ 02:49+ 01:35- 02:51- 01:20+ 01:35+ 03:25+ 04:01+ 06:33+ 01:32+ 00:36+ 00:05+ 00:13& 00:45& 01:42- 01:11& 00:59& 00:35& 00:07- 00:52- 00:17& 00:35& 01:39& 01:25& 04:45@ 00:26& 00:12& 29 13 Ivar Aalbu 41:50 01:32+ 02:30+ 05:41+ 08:25+ 11:19+ 14:57+ 17:56+ 19:42+ 22:37+ 24:11+ 25:56+ 28:43+ 32:24+ 39:54+ 41:17+ 41:50+ 01:32+ 00:58+ 03:11+ 02:44- 02:54+ 03:38+ 02:59+ 01:46+ 02:55- 01:34+ 01:45+ 02:47+ 03:41+ 07:30+ 01:23+ 00:33+ 00:37& 00:14& 01:02& 01:39- 00:41& 01:03& 00:45& 00:04+ 00:48- 00:31& 00:45& 01:01& 01:05& 05:42@ 00:17& 00:09&

Plass	Navr	า					Klasse	•					Tid		
14	Tom	Kåre	Versla	nd			105						42:03	3	
01:08+					19:22+			26:54+	28:27+	30:00+	34:24+	37:35+			42:03+
					03:41+										
00:13#	00:29&	00:34&	03:04&	00:57&	01:06&			00:43-	00:30&	00:33&	02:380	00:35#			00:05#
15		Svihu					92						42:17		
					16:46+										
01:23+					02:58+ 00:23#										
	<u> </u>			00:390	00:23#			01:07-	00:00#	01:376	01:334	00:00%		_	00:04#
16		Bjerke		12.201	16:52+		134	22.24	24.521	26.061	20.201	21.471	42:30		42.201
					03:14+										
					00:39&										
17	l eif	Jarle S	Skåra				29						42:38	3	
				11:43+	16:23+			25:53+	27:46+	29:14+	32:25+	36:15+		-	42:38+
01:09+	01:07+	03:02+	03:14-	03:11+	04:40+	03:02+	02:32+	03:56+	01:53+	01:28+	03:11+	03:50+	03:56+	01:50+	00:37+
00:14&	00:23&	00:53&	01:09-	00:58&	02:05&	00:48&	00:50&	00:13+	00:50&	00:28&	01:25&	01:14&	02:080	00:44&	00:13&
18	Frod	e Følg	jesvol	d		Ę	5						43:18	3	
					17:21+										
01:21+					04:08+ 01:33&										
		_		03:220	01:33&			00:18+	00:29&	00:52&	01:10%	01:110			00:08&
19		nar Aa		11.04	15.01.		268	00.451	20.401	20.25.	22.201	20.001	43:34	-	42.24
					15:01+ 03:57+										
					01:22&										
20	Perl	Martho	on Mæ	land		1	5						44:09	3	
					17:22+			25:45+	27:35+	29:31+	33:02+	36:42+		-	44:09+
					04:05+										
00:21&	00:27&	02:560	01:25-	00:34&	01:30&	00:58&	00:14#	00:28-	00:47&	00:56&	01:45&	01:04&	02:190	01:320	00:18&
21	Asge	eir Kle	рра			4	47						46:12	2	
					21:25+										
					03:45+ 01:10&										
			-		01:10@			00.40-	00:00%	00:00%	01:270	01:200		-	00:08&
22			e Svar		19:57+		24.201	20.521	22.401	25.201	20.001	42.421	47:10	-	47.16
00:59+					19:57+ 04:42+										
					02:07&										
23	Rolf	Øvste	in Klu	ae		7	7						47:32	2	
					18:44+			28:25+	30:30+	32:50+	36:21+	41:29+		_	47:32+
02:37+					04:23+										
01:420	00:22&	01:23&	00:56-	01:26&	01:48&	01:39&	00:21#	00:02+	01:02&	01:200	01:45&	02:32&	01:520	00:45&	00:08&
24					Pereira								54:50	-	
					26:17+										
07:38+					04:29+ 01:54&										
				01.540	01.340			00.33#	00.198	00.448	01.540	01.010		_	00.00#
<b>25</b>		un Sjø		23.23+	27:17+		35.51+	30.20+	10.18+	A2•1A±	46.12+	50.12+	55:23		55.231
					03:54+										
00:20&					01:19&										
26	Per F	Bakke	n				5						55:24	1	
				19:15+	24:13+			34:02+	40:24+	42:16+	45:39+	49:47+		-	55:24+
					04:58+										
00:48&					02:23&			00:19-	05:190	00:52&	01:37&	01:32&	01:45&	00:18&	00:16&
27			ne Nils				115						57:10		
					21:32+										
					04:54+ 02:19&										
	-			01.340	02.170			00.11+	01.240	02.040	01.220	01.3/4			00.100
<b>28</b>				15.20	22:27+		105 34·16+	30.04.	41.40.	13.10.	17.11.	51.57.	59:48		59.10
					22:27+ 06:49+										
					04:140										

Plass	Nav	n				l	Klasse	)					Tid				
29	Ben	t Horp	estad				105					1:00:	1:00:24				
02:28+				16:03+	35:19+	39:24+	41:20+	44:59+	46:26+	48:16+	51:01+	55:51+	58:13+	59:54+	60:24+		
02:28+	01:32+	05:43+	03:19-	03:01+	19:16+	04:05+	01:56+	03:39-	01:27+	01:50+	02:45+	04:50+	02:22+	01:41+	00:30+		
01:330	00:48@	03:340	01:04-	00:48&	16:410	01:51&	00:14#	00:04-	00:24&	00:50&	00:59&	02:14&	00:34&	00:35&	00:06#		
30	Erik	Henril	ksen				116						1:06:	42			
05:47+				18:33+	31:44+	38:58+	41:03+	45:57+	48:14+	50:39+	54:32+	59:07+	63:27+	65:48+	66:42+		
05:47+	01:31+	03:45+	03:22-	04:08+	13:11+	07:14+	02:05+	04:54+	02:17+	02:25+	03:53+	04:35+	04:20+	02:21+	00:54+		
04:520	00:47@	01:36&	01:01-	01:55&	10:360	05:000	00:23#	01:11&	01:14@	01:250	02:07@	01:59&	02:320	01:15@	00:300		
31	Che	ma Lai	iz			4	42						1:10:	53			
				27:48+	32:39+			44:04+	46:05+	49:07+	53:35+	57:44+		70:18+	70:53+		
09:22+	03:32+	05:42+	04:08-	05:04+	04:51+	04:45+	03:05+	03:35-	02:01+	03:02+	04:28+	04:09+	10:23+	02:11+	00:35+		
08:270	02:480	03:330	00:15-	02:510	02:16&	02:310	01:23&	00:08-	00:58&	02:020	02:42@	01:33&	08:350	01:05&	00:11&		
32	Per	Helge	Salves	sen		98								1:18:09			
01:06+					16:08+			40:42+	42:07+	48:49+	70:23+	72:49+		77:33+	78:09+		
01:06+	01:23+	03:03+	02:53-	03:47+	03:56+	02:46+	02:14+	19:34+	01:25+	06:42+	21:34+	02:26-	03:22+	01:22+	00:36+		
00:11#	00:39&	00:54&	01:30-	01:34&	01:21&	00:32#	00:32&	15:510	00:22&	05:420	19:480	00:10-	01:34&	00:16#	00:12&		
33	Eivir	nd Tol	0			111							1:19:06				
06:54+	09:08+	13:41+	18:34+	21:20+	25:34+	28:34+	31:07+	62:33+	64:21+	67:59+	70:12+	73:54+	76:54+		79:06+		
06:54+	02:14+	04:33+	04:53+	02:46+	04:14+	03:00+	02:33+	31:26+	01:48+	03:38+	02:13+	03:42+	03:00+	01:44+	00:28+		
05:590	01:300	02:240	00:30#	00:33#	01:39&	00:46&	00:51&	27:430	00:45&	02:380	00:27&	01:06&	01:12&	00:38&	00:04#		
34	Inge	Grøde	em			9	92						1:46:	34			
04:33+				37:30+	49:21+	61:16+	67:15+	74:29+	78:41+	82:11+	88:17+	96:11+	102:11+	105:31+	106:34+		
04:33+	03:43+	06:55+	15:28+	06:51+	11:51+	11:55+	05:59+	07:14+	04:12+	03:30+	06:06+	07:54+	06:00+	03:20+	01:03+		
03:380	02:590	04:460	11:050	04:38@	09:160	09:410	04:170	03:31&	03:090	02:300	04:200	05:180	04:120	02:140	00:390		
Beste	strekk	tid for	<sup>r</sup> klass	en													
00:55	00.44	01.56	01.34	01.48	02.27	01.58	01.12	02.08	01.03	01.00	01.46	02.26	5 01.42	01.05	00.22		

00:55 00:44 01:56 01:34 01:48 02:27 01:58 01:12 02:08 01:03 01:00 01:46 02:26 01:42 01:05 00:22

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