

Plass Navn

Klasse

Tid

## Damer 16 - 39 år

<b>1</b>	<b>Ingrid Lycke Austbø</b>	<b>109</b>	<b>45:22</b>									
01:50=	03:26=	06:59=	09:23=	12:22=	14:35=	16:50=	22:23=	27:27=	29:25=	39:59=	44:06=	45:22=
01:50=	01:36=	03:33=	02:24=	02:59=	02:13=	02:15=	05:33=	05:04=	01:58=	10:34=	04:07=	01:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Matilde Skjæveland Skår</b>	<b>114</b>	<b>45:35</b>									
01:57+	07:10+	11:19+	13:21+	15:31+	17:05+	18:56+	23:28+	29:27+	30:34+	40:30+	44:34+	45:35+
01:57+	05:13+	04:09+	02:02-	02:10-	01:34-	01:51-	04:32-	05:59+	01:07-	09:56-	04:04-	01:01-
00:07+	03:37@	00:36#	00:22-	00:49-	00:39-	00:24-	01:01-	00:55#	00:51-	00:38-	00:03-	00:15-
<b>3</b>	<b>Hanne Berg Aspøy</b>	<b>117</b>	<b>49:36</b>									
01:31-	03:27+	06:56-	09:27+	12:28+	14:54+	17:19+	23:42+	29:10+	30:17+	43:48+	48:21+	49:36+
01:31-	01:56+	03:29-	02:31+	03:01+	02:26+	02:25+	06:23+	05:28+	01:07-	13:31+	04:33+	01:15-
00:19-	00:20#	00:04-	00:07+	00:02+	00:13+	00:10+	00:50#	00:24+	00:51-	02:57&	00:26#	00:01-
<b>4</b>	<b>Lene Bjelland</b>	<b>116</b>	<b>52:14</b>									
01:38-	03:52+	08:44+	13:16+	16:39+	18:51+	21:07+	30:55+	36:17+	37:25+	46:47+	51:23+	52:14+
01:38-	02:14+	04:52+	04:32+	03:23+	02:12-	02:16+	09:48+	05:22+	01:08-	09:22-	04:36+	00:51-
00:12-	00:38&	01:19&	02:08&	00:24#	00:01-	00:01+	04:15&	00:18+	00:50-	01:12-	00:29#	00:25-
<b>5</b>	<b>Ingrid Dagsland Halderaker</b>	<b>11</b>	<b>53:15</b>									
02:15+	04:40+	09:44+	14:34+	17:42+	20:34+	22:56+	29:29+	36:09+	37:48+	47:47+	51:59+	53:15+
02:15+	02:25+	05:04+	04:50+	03:08+	02:52+	02:22+	06:33+	06:40+	01:39-	09:59-	04:12+	01:16=
00:25#	00:49&	01:31&	02:26@	00:09+	00:39&	00:07+	01:00#	01:36&	00:19-	00:35-	00:05+	00:00=
<b>6</b>	<b>Aina Kalsaas Urstad</b>	<b>356</b>	<b>54:37</b>									
04:16+	05:54+	12:02+	14:48+	17:15+	20:02+	22:30+	34:23+	39:03+	40:14+	49:47+	53:33+	54:37+
04:16+	01:38+	06:08+	02:46+	02:27-	02:47+	02:28+	11:53+	04:40-	01:11-	09:33-	03:46-	01:04-
02:26@	00:02+	02:35&	00:22#	00:32-	00:34&	00:13+	06:20@	00:24-	00:47-	01:01-	00:21-	00:12-
<b>7</b>	<b>Marie Sigvaldsen</b>	<b>392</b>	<b>55:03</b>									
02:56+	04:54+	07:59+	11:23+	21:41+	24:19+	27:23+	34:24+	38:35+	39:43+	49:23+	53:18+	55:03+
02:56+	01:58+	03:05-	03:24+	10:18+	02:38+	03:04+	07:01+	04:11-	01:08-	09:40-	03:55-	01:45+
01:06&	00:22#	00:28-	01:00&	07:19@	00:25#	00:49&	01:28&	00:53-	00:50-	00:54-	00:12-	00:29&
<b>8</b>	<b>Anina Iselin Hadland</b>	<b>29</b>	<b>55:22</b>									
01:18-	03:13-	07:44+	10:02+	12:47+	15:12+	17:34+	33:27+	38:54+	39:39+	49:55+	54:19+	55:22+
01:18-	01:55+	04:31+	02:18-	02:45-	02:25+	02:22+	15:53+	05:27+	00:45-	10:16-	04:24+	01:03-
00:32-	00:19#	00:58&	00:06-	00:14-	00:12+	00:07+	10:20@	00:23+	01:13-	00:18-	00:17+	00:13-
<b>9</b>	<b>Marita Navjord Nicolaysen</b>	<b>71</b>	<b>1:00:08</b>									
02:10+	04:47+	09:26+	13:23+	18:06+	22:20+	24:59+	32:28+	42:02+	43:39+	53:41+	59:00+	60:08+
02:10+	02:37+	04:39+	03:57+	04:43+	04:14+	02:39+	07:29+	09:34+	01:37-	10:02-	05:19+	01:08-
00:20#	01:01&	01:06&	01:33&	01:44&	02:01&	00:24#	01:56&	04:30&	00:21-	00:32-	01:12&	00:08-
<b>10</b>	<b>Maren Heradstveit</b>	<b>76</b>	<b>1:01:28</b>									
01:25-	03:28+	10:29+	14:10+	17:54+	20:28+	24:00+	29:09+	36:14+	40:49+	42:02+	50:46+	60:21+
01:25-	02:03+	07:01+	03:41+	03:44+	02:34+	03:32+	05:09-	07:05+	04:35+	01:13-	08:44+	09:35+
00:25-	00:27&	03:28&	01:17&	00:45&	00:21#	01:17&	00:24-	02:01&	02:37@	09:21-	04:37@	08:19@
<b>11</b>	<b>Katja Eliassen</b>	<b>105</b>	<b>1:07:14</b>									
02:53+	06:02+	11:41+	15:38+	21:03+	27:16+	31:30+	40:41+	46:00+	48:22+	59:14+	65:42+	67:14+
02:53+	03:09+	05:39+	03:57+	05:25+	06:13+	04:14+	09:11+	05:19+	02:22+	10:52+	06:28+	01:32+
01:03&	01:33&	02:06&	01:33&	02:26&	04:00@	01:59&	03:38&	00:15+	00:24#	00:18+	02:21&	00:16#

## Beste strekketid for klassen

01:18 01:36 03:05 02:02 02:10 01:34 01:51 04:32 04:11 00:45 01:13 03:46 00:51

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

## Damer 40 - 49 år

<b>1</b>	<b>Agnes Haker</b>	<b>71</b>	<b>37:54</b>										
00:45=	01:46=	04:54=	06:57=	10:39=	12:18=	15:45=	17:16=	20:57=	23:23=	27:52=	35:07=	36:45=	37:54=
00:45=	01:01=	03:08=	02:03=	03:42=	01:39=	03:27=	01:31=	03:41=	02:26=	04:29=	07:15=	01:38=	01:09=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse										Tid	
<b>2</b>	<b>Siri Warland</b>	<b>43</b>										<b>38:24</b>	
01:08+	02:25+	06:46+	09:08+	13:15+	15:24+	18:37+	21:10+	25:56+	27:59+	31:45+	34:49-	36:39-	38:24+
01:08+	01:17+	04:21+	02:22+	04:07+	02:09+	03:13-	02:33+	04:46+	02:03-	03:46-	03:04-	01:50+	01:45+
00:23&	00:16&	01:13&	00:19#	00:25#	00:30&	00:14-	01:02&	01:05&	00:23-	00:43-	04:11-	00:12#	00:36&
<b>3</b>	<b>Heidi Martby-Skogsholm</b>	<b>105</b>										<b>44:01</b>	
01:04+	02:19+	10:55+	13:28+	18:19+	20:14+	23:57+	26:36+	31:53+	34:03+	37:04+	40:18+	42:59+	44:01+
01:04+	01:15+	08:36+	02:33+	04:51+	01:55+	03:43+	02:39+	05:17+	02:10-	03:01-	03:14-	02:41+	01:02-
00:19&	00:14#	05:28@	00:30#	01:09&	00:16#	00:16+	01:08&	01:36&	00:16-	01:28-	04:01-	01:03&	00:07-
<b>4</b>	<b>Hege Anita H. Nielsen</b>	<b>48</b>										<b>44:11</b>	
01:04+	02:14+	06:16+	08:54+	13:51+	16:04+	20:28+	22:35+	27:30+	31:04+	34:28+	37:33+	43:03+	44:11+
01:04+	01:10+	04:02+	02:38+	04:57+	02:13+	04:24+	02:07+	04:55+	03:34+	03:24-	03:05-	05:30+	01:08-
00:19&	00:09#	00:54&	00:35&	01:15&	00:34&	00:57&	00:36&	01:14&	01:08&	01:05-	04:10-	03:52@	00:01-
<b>5</b>	<b>Helen Haneferd</b>	<b>27</b>										<b>46:03</b>	
01:02+	02:29+	07:19+	10:19+	16:22+	19:17+	23:37+	26:09+	31:42+	34:37+	38:51+	42:29+	44:34+	46:03+
01:02+	01:27+	04:50+	03:00+	06:03+	02:55+	04:20+	02:32+	05:33+	02:55+	04:14-	03:38-	02:05+	01:29+
00:17&	00:26&	01:42&	00:57&	02:21&	01:16&	00:53&	01:01&	01:52&	00:29#	00:15-	03:37-	00:27&	00:20&
<b>6</b>	<b>Helene Lie</b>	<b>228</b>										<b>55:31</b>	
01:17+	02:42+	07:45+	11:41+	18:21+	21:05+	26:18+	28:48+	39:14+	42:02+	48:51+	52:09+	54:13+	55:31+
01:17+	01:25+	05:03+	03:56+	06:40+	02:44+	05:13+	02:30+	10:26+	02:48+	06:49+	03:18-	02:04+	01:18+
00:32&	00:24&	01:55&	01:53&	02:58&	01:05&	01:46&	00:59&	06:45@	00:22#	02:20&	03:57-	00:26&	00:09#
<b>7</b>	<b>Elin Norveel</b>	<b>105</b>										<b>1:04:37</b>	
01:31+	03:20+	17:08+	20:27+	26:53+	29:33+	38:24+	41:34+	47:54+	52:20+	56:26+	60:38+	62:52+	64:37+
01:31+	01:49+	13:48+	03:19+	06:26+	02:40+	08:51+	03:10+	06:20+	04:26+	04:06-	04:12-	02:14+	01:45+
00:46@	00:48&	10:40@	01:16&	02:44&	01:01&	05:24@	01:39@	02:39&	02:00&	00:23-	03:03-	00:36&	00:36&
<b>Beste strekktid for klassen</b>													
00:45	01:01	03:08	02:03	03:42	01:39	03:13	01:31	03:41	02:03	03:01	03:04	01:38	01:02

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

## Damer 50 - 59 år

<b>1</b>	<b>Keth Berggraf</b>	<b>116</b>										<b>35:39</b>	
01:00=	02:07=	06:26=	08:39=	13:07=	15:13=	18:23=	20:19=	24:26=	26:48=	29:57=	32:44=	34:28=	35:39=
01:00=	01:07=	04:19=	02:13=	04:28=	02:06=	03:10=	01:56=	04:07=	02:22=	03:09=	02:47=	01:44=	01:11=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>										<b>38:29</b>	
01:03+	02:20+	07:04+	09:54+	14:08+	16:02+	19:32+	21:35+	26:05+	28:13+	31:36+	34:48+	37:20+	38:29+
01:03+	01:17+	04:44+	02:50+	04:14-	01:54-	03:30+	02:03+	04:30+	02:08-	03:23+	03:12+	02:32+	01:09-
00:03+	00:10#	00:25+	00:37&	00:14-	00:12-	00:20#	00:07+	00:23+	00:14-	00:14+	00:25#	00:48&	00:02-
<b>3</b>	<b>Evy Klausen Mjøltnes</b>	<b>62</b>										<b>39:08</b>	
00:51-	01:50-	05:57-	08:24-	12:46-	14:58-	18:31+	20:32+	24:45+	27:54+	33:36+	36:16+	38:02+	39:08+
00:51-	00:59-	04:07-	02:27+	04:22-	02:12+	03:33+	02:01+	04:13+	03:09+	05:42+	02:40-	01:46+	01:06-
00:09-	00:08-	00:12-	00:14#	00:06-	00:06+	00:23#	00:05+	00:06+	00:47&	02:33&	00:07-	00:02+	00:05-
<b>4</b>	<b>Margrethe Roalsø</b>	<b>93</b>										<b>39:47</b>	
00:55-	02:01-	05:29-	07:59-	12:32-	14:30-	18:17-	20:32+	25:05+	28:05+	32:54+	36:49+	38:39+	39:47+
00:55-	01:06-	03:28-	02:30+	04:33+	01:58-	03:47+	02:15+	04:33+	03:00+	04:49+	03:55+	01:50+	01:08-
00:05-	00:01-	00:51-	00:17#	00:05+	00:08-	00:37#	00:19#	00:26#	00:38&	01:40&	01:08&	00:06+	00:03-
<b>5</b>	<b>Grethe Anda Fuglestad</b>	<b>116</b>										<b>40:01</b>	
01:12+	02:25+	06:11-	08:24-	12:13-	13:51-	17:07-	18:45-	22:47-	25:20-	32:53+	35:42+	38:52+	40:01+
01:12+	01:13+	03:46-	02:13=	03:49-	01:38-	03:16+	01:38-	04:02-	02:33+	07:33+	02:49+	03:10+	01:09-
00:12#	00:06+	00:33-	00:00=	00:39-	00:28-	00:06+	00:18-	00:05-	00:11+	04:24@	00:02+	01:26&	00:02-
<b>6</b>	<b>Iren Undheim Øgreid</b>	<b>62</b>										<b>40:40</b>	
00:52-	01:56-	10:33+	13:01+	17:04+	18:37+	22:37+	24:37+	28:42+	31:13+	34:51+	37:42+	39:22+	40:40+
00:52-	01:04-	08:37+	02:28+	04:03-	01:33-	04:00+	02:00+	04:05-	02:31+	03:38+	02:51+	01:40-	01:18+
00:08-	00:03-	04:18&	00:15#	00:25-	00:33-	00:50&	00:04+	00:02-	00:09+	00:29#	00:04+	00:04-	00:07+
<b>7</b>	<b>Ragnhild Auglænd</b>	<b>62</b>										<b>41:29</b>	
01:14+	02:39+	07:12+	09:51+	14:32+	16:48+	20:49+	23:11+	27:59+	31:05+	34:47+	38:10+	40:11+	41:29+
01:14+	01:25+	04:33+	02:39+	04:41+	02:16+	04:01+	02:22+	04:48+	03:06+	03:42+	03:23+	02:01+	01:18+
00:14#	00:18&	00:14+	00:26#	00:13+	00:10+	00:51&	00:26#	00:41#	00:44&	00:33#	00:36#	00:17#	00:07+

Class	Navn	Klasse										Tid	
<b>8</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>										<b>41:31</b>	
01:18+	02:24+	06:46+	09:50+	14:51+	16:59+	20:36+	22:49+	28:23+	30:55+	34:19+	37:57+	40:25+	41:31+
01:18+	01:06-	04:22+	03:04+	05:01+	02:08+	03:37+	02:13+	05:34+	02:32+	03:24+	03:38+	02:28+	01:06-
00:18&	00:01-	00:03+	00:51&	00:33#	00:02+	00:27#	00:17#	01:27&	00:10+	00:15+	00:51&	00:44&	00:05-
<b>9</b>	<b>Ingjerd Haddeland</b>	<b>66</b>										<b>50:26</b>	
01:20+	02:48+	07:21+	10:48+	19:49+	22:12+	27:45+	30:15+	35:33+	38:17+	43:36+	46:56+	49:15+	50:26+
01:20+	01:28+	04:33+	03:27+	09:01+	02:23+	05:33+	02:30+	05:18+	02:44+	05:19+	03:20+	02:19+	01:11=
00:20&	00:21&	00:14+	01:14&	04:33@	00:17#	02:23&	00:34&	01:11&	00:22#	02:10&	00:33#	00:35&	00:00=
<b>10</b>	<b>Marie-Elizabeth Reinseth</b>	<b>27</b>										<b>51:17</b>	
01:20+	02:44+	11:52+	14:50+	20:13+	22:39+	27:14+	29:22+	33:58+	37:14+	42:31+	46:04+	50:04+	51:17+
01:20+	01:24+	09:08+	02:58+	05:23+	02:26+	04:35+	02:08+	04:36+	03:16+	05:17+	03:33+	04:00+	01:13+
00:20&	00:17&	04:49@	00:45&	00:55#	00:20#	01:25&	00:12#	00:29#	00:54&	02:08&	00:46&	02:16@	00:02+
<b>11</b>	<b>Tonje Tiley</b>	<b>27</b>										<b>52:09</b>	
01:12+	02:37+	08:03+	10:58+	16:59+	19:26+	23:25+	25:58+	31:46+	35:03+	42:45+	46:53+	50:42+	52:09+
01:12+	01:25+	05:26+	02:55+	06:01+	02:27+	03:59+	02:33+	05:48+	03:17+	07:42+	04:08+	03:49+	01:27+
00:12#	00:18&	01:07&	00:42&	01:33&	00:21#	00:49&	00:37&	01:41&	00:55&	04:33@	01:21&	02:05@	00:16#
<b>12</b>	<b>Gøril Braut Aarsand</b>	<b>268</b>										<b>54:01</b>	
01:52+	03:22+	10:44+	13:51+	20:36+	22:41+	27:36+	32:03+	38:27+	41:49+	46:04+	49:39+	52:29+	54:01+
01:52+	01:30+	07:22+	03:07+	06:45+	02:05-	04:55+	04:27+	06:24+	03:22+	04:15+	03:35+	02:50+	01:32+
00:52&	00:23&	03:03&	00:54&	02:17&	00:01-	01:45&	02:31@	02:17&	01:00&	01:06&	00:48&	01:06&	00:21&
<b>13</b>	<b>Toril Dahle</b>	<b>116</b>										<b>54:12</b>	
01:29+	02:57+	08:43+	11:24+	17:20+	19:13+	24:10+	27:48+	37:02+	39:35+	44:23+	50:16+	52:55+	54:12+
01:29+	01:28+	05:46+	02:41+	05:56+	01:53-	04:57+	03:38+	09:14+	02:33+	04:48+	05:53+	02:39+	01:17+
00:29&	00:21&	01:27&	00:28#	01:28&	00:13-	01:47&	01:42&	05:07@	00:11+	01:39&	03:06@	00:55&	00:06+
<b>14</b>	<b>Liv Omdal</b>	<b>116</b>										<b>55:33</b>	
01:32+	02:51+	13:33+	17:18+	23:39+	27:09+	32:14+	34:41+	41:19+	44:10+	48:21+	51:40+	54:17+	55:33+
01:32+	01:19+	10:42+	03:45+	06:21+	03:30+	05:05+	02:27+	06:38+	02:51+	04:11+	03:19+	02:37+	01:16+
00:32&	00:12#	06:23@	01:32&	01:53&	01:24&	01:55&	00:31&	02:31&	00:29#	01:02&	00:32#	00:53&	00:05+
<b>15</b>	<b>Sølvi Jacobsen</b>	<b>43</b>										<b>57:00</b>	
01:30+	03:14+	08:12+	11:31+	18:18+	20:51+	25:43+	28:40+	36:19+	40:20+	45:31+	52:53+	55:17+	57:00+
01:30+	01:44+	04:58+	03:19+	06:47+	02:33+	04:52+	02:57+	07:39+	04:01+	05:11+	07:22+	02:24+	01:43+
00:30&	00:37&	00:39#	01:06&	02:19&	00:27#	01:42&	01:01&	03:32&	01:39&	02:02&	04:35@	00:40&	00:32&
<b>16</b>	<b>Signe Ottesen</b>	<b>116</b>										<b>57:33</b>	
01:25+	02:51+	07:17+	09:52+	17:41+	19:50+	24:37+	29:19+	34:37+	37:00+	42:56+	52:36+	56:00+	57:33+
01:25+	01:26+	04:26+	02:35+	07:49+	02:09+	04:47+	04:42+	05:18+	02:23+	05:56+	09:40+	03:24+	01:33+
00:25&	00:19&	00:07+	00:22#	03:21&	00:03+	01:37&	02:46@	01:11&	00:01+	02:47&	06:53@	01:40&	00:22&
<b>17</b>	<b>Ragnhild Båtnes Berntsen</b>	<b>101</b>										<b>1:06:28</b>	
01:16+	02:37+	07:18+	12:24+	17:48+	27:00+	32:41+	35:46+	46:51+	51:32+	58:50+	62:40+	64:52+	66:28+
01:16+	01:21+	04:41+	05:06+	05:24+	09:12+	05:41+	03:05+	11:05+	04:41+	07:18+	03:50+	02:12+	01:36+
00:16&	00:14#	00:22+	02:53@	00:56#	07:06@	02:31&	01:09&	06:58@	02:19&	04:09@	01:03&	00:28&	00:25&
<b>18</b>	<b>Brit Vivian Meling</b>	<b>116</b>										<b>1:16:34</b>	
02:16+	04:11+	11:13+	16:34+	26:07+	29:16+	37:22+	42:55+	55:19+	59:37+	67:27+	71:51+	74:40+	76:34+
02:16+	01:55+	07:02+	05:21+	09:33+	03:09+	08:06+	05:33+	12:24+	04:18+	07:50+	04:24+	02:49+	01:54+
01:16@	00:48&	02:43&	03:08@	05:05@	01:03&	04:56@	03:37@	08:17@	01:56&	04:41@	01:37&	01:05&	00:43&
<b>19</b>	<b>Andrea Tapken</b>	<b>54</b>										<b>1:17:02</b>	
02:04+	03:23+	12:13+	34:57+	41:37+	44:25+	49:39+	53:11+	60:11+	63:54+	68:59+	73:05+	75:22+	77:02+
02:04+	01:19+	08:50+	22:44+	06:40+	02:48+	05:14+	03:32+	07:00+	03:43+	05:05+	04:06+	02:17+	01:40+
01:04@	00:12#	04:31@	20:31@	02:12&	00:42&	02:04&	01:36&	02:53&	01:21&	01:56&	01:19&	00:33&	00:29&
<b>20</b>	<b>Siri Bjerkreim Hamre</b>	<b>93</b>										<b>1:18:09</b>	
01:33+	03:12+	13:44+	16:47+	24:17+	26:52+	31:28+	34:52+	53:03+	56:33+	69:02+	73:26+	75:58+	78:09+
01:33+	01:39+	10:32+	03:03+	07:30+	02:35+	04:36+	03:24+	18:11+	03:30+	12:29+	04:24+	02:32+	02:11+
00:33&	00:32&	06:13@	00:50&	03:02&	00:29#	01:26&	01:28&	14:04@	01:08&	09:20@	01:37&	00:48&	01:00&
<b>21</b>	<b>Kristin Furre Owe</b>	<b>117</b>										<b>1:23:22</b>	
02:34+	04:09+	15:00+	19:49+	29:39+	34:05+	43:59+	46:46+	54:51+	59:53+	66:58+	78:37+	81:23+	83:22+
02:34+	01:35+	10:51+	04:49+	09:50+	04:26+	09:54+	02:47+	08:05+	05:02+	07:05+	11:39+	02:46+	01:59+
01:34@	00:28&	06:32@	02:36@	05:22@	02:20@	06:44@	00:51&	03:58&	02:40@	03:56@	08:52@	01:02&	00:48&
<b>22</b>	<b>Elisabeth Melbø</b>	<b>128</b>										<b>1:46:41</b>	
01:23+	02:41+	08:52+	32:36+	41:09+	43:55+	53:41+	56:19+	63:53+	72:10+	99:22+	103:03+	105:09+	106:41+
01:23+	01:18+	06:11+	23:44+	08:33+	02:46+	09:46+	02:38+	07:34+	08:17+	27:12+	03:41+	02:06+	01:32+
00:23&	00:11#	01:52&	21:31@	04:05&	00:40&	06:36@	00:42&	03:27&	05:55@	24:03@	00:54&	00:22#	00:21&

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

### Beste strekktid for klassen

00:51 00:59 03:28 02:13 03:49 01:33 03:10 01:38 04:02 02:08 03:09 02:40 01:40 01:06

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

### Damer 60 - 64 år

**1 Ingunn Voilås 29 33:01**

01:54= 03:24= 05:36= 08:39= 11:56= 14:56= 17:40= 19:50= 23:47= 29:30= 32:33= 33:01=  
 01:54= 01:30= 02:12= 03:03= 03:17= 03:00= 02:44= 02:10= 03:57= 05:43= 03:03= 00:28=  
 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 Elisabeth Christie Ørke 105 36:15**

01:40- 05:26+ 07:44+ 10:30+ 14:31+ 17:58+ 21:41+ 23:55+ 27:48+ 33:22+ 35:51+ 36:15+  
 01:40- 03:46+ 02:18+ 02:46- 04:01+ 03:27+ 03:43+ 02:14+ 03:53- 05:34- 02:29- 00:24-  
 00:14- 02:16@ 00:06+ 00:17- 00:44# 00:27# 00:59& 00:04+ 00:04- 00:09- 00:34- 00:04-

**3 Anne Siv Gjertsen 27 39:47**

02:08+ 03:52+ 06:53+ 10:11+ 13:41+ 18:08+ 25:38+ 27:43+ 31:57+ 36:27+ 39:13+ 39:47+  
 02:08+ 01:44+ 03:01+ 03:18+ 03:30+ 04:27+ 07:30+ 02:05- 04:14+ 04:30- 02:46- 00:34+  
 00:14# 00:14# 00:49& 00:15+ 00:13+ 01:27& 04:46@ 00:05- 00:17+ 01:13- 00:17- 00:06#

**4 Nidunn Sandvik 228 43:02**

02:29+ 05:51+ 10:12+ 15:00+ 19:36+ 23:24+ 26:38+ 29:37+ 34:09+ 39:10+ 42:28+ 43:02+  
 02:29+ 03:22+ 04:21+ 04:48+ 04:36+ 03:48+ 03:14+ 02:59+ 04:32+ 05:01- 03:18+ 00:34+  
 00:35& 01:52@ 02:09& 01:45& 01:19& 00:48& 00:30# 00:49& 00:35# 00:42- 00:15+ 00:06#

**5 Birgitte Røe 125 51:15**

02:21+ 04:42+ 08:30+ 14:13+ 18:01+ 24:57+ 29:19+ 32:52+ 39:43+ 47:23+ 50:42+ 51:15+  
 02:21+ 02:21+ 03:48+ 05:43+ 03:48+ 06:56+ 04:22+ 03:33+ 06:51+ 07:40+ 03:19+ 00:33+  
 00:27# 00:51& 01:36& 02:40& 00:31# 03:56@ 01:38& 01:23& 02:54& 01:57& 00:16+ 00:05#

**6 Ellinor Nesse 116 1:00:13**

02:59+ 05:41+ 09:17+ 13:04+ 18:21+ 27:00+ 38:11+ 40:58+ 48:46+ 56:08+ 59:38+ 60:13+  
 02:59+ 02:42+ 03:36+ 03:47+ 05:17+ 08:39+ 11:11+ 02:47+ 07:48+ 07:22+ 03:30+ 00:35+  
 01:05& 01:12& 01:24& 00:44# 02:00& 05:39@ 08:27@ 00:37& 03:51& 01:39& 00:27# 00:07#

**7 Ellinor Hoemsnes 116 1:09:34**

02:40+ 07:14+ 12:12+ 22:00+ 25:31+ 32:25+ 46:09+ 52:35+ 57:19+ 64:17+ 69:05+ 69:34+  
 02:40+ 04:34+ 04:58+ 09:48+ 03:31+ 06:54+ 13:44+ 06:26+ 04:44+ 06:58+ 04:48+ 00:29+  
 00:46& 03:04@ 02:46@ 06:45@ 00:14+ 03:54@ 11:00@ 04:16@ 00:47# 01:15# 01:45& 00:01+

### Beste strekktid for klassen

01:40 01:30 02:12 02:46 03:17 03:00 02:44 02:05 03:53 04:30 02:29 00:24

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

### Damer 65 - 69 år

**1 Margot Asheim 105 35:17**

02:07= 03:34= 05:33= 09:42= 12:27= 15:22= 18:43= 21:33= 26:35= 30:41= 34:52= 35:17=  
 02:07= 01:27= 01:59= 04:09= 02:45= 02:55= 03:21= 02:50= 05:02= 04:06= 04:11= 00:25=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

**2 Tove Bjerkreim 105 37:24**

01:57- 04:13+ 06:23+ 10:54+ 13:41+ 17:00+ 19:59+ 22:00+ 29:27+ 34:30+ 36:57+ 37:24+  
 01:57- 02:16+ 02:10+ 04:31+ 02:47+ 03:19+ 02:59- 02:01- 07:27+ 05:03+ 02:27- 00:27+  
 00:10- 00:49& 00:11+ 00:22+ 00:02+ 00:24# 00:22- 00:49- 02:25& 00:57# 01:44- 00:02+

**3 Eli Frafjord 94 39:06**

02:11+ 04:22+ 07:44+ 10:52+ 16:19+ 21:00+ 24:42+ 27:02+ 31:06+ 35:31+ 38:29+ 39:06+  
 02:11+ 02:11+ 03:22+ 03:08- 05:27+ 04:41+ 03:42+ 02:20- 04:04- 04:25+ 02:58- 00:37+  
 00:04+ 00:44& 01:23& 01:01- 02:42& 01:46& 00:21# 00:30- 00:58- 00:19+ 01:13- 00:12&

**4 Marit Karin Nygård 92 39:09**

02:49+ 04:29+ 07:49+ 11:15+ 14:39+ 19:18+ 22:39+ 24:55+ 29:12+ 35:05+ 38:27+ 39:09+  
 02:49+ 01:40+ 03:20+ 03:26- 03:24+ 04:39+ 03:21= 02:16- 04:17- 05:53+ 03:22- 00:42+  
 00:42& 00:13# 01:21& 00:43- 00:39# 01:44& 00:00= 00:34- 00:45- 01:47& 00:49- 00:17&

Class	Navn	Klasse	Tid								
<b>5</b>	<b>Liv-Grete Obrestad</b>	<b>113</b>	<b>49:33</b>								
02:04-	03:52+	06:23+	09:51+	12:56+	18:51+	22:23+	24:48+	45:56+	49:02+	49:33+	
02:04-	01:48+	02:31+	03:28-	03:05+	05:55+	03:32+	02:25-	16:36+	04:32+	03:06-	00:31+
00:03-	00:21#	00:32&	00:41-	00:20#	03:00#	00:11+	00:25-	11:34@	00:26#	01:05-	00:06#

<b>6</b>	<b>Berit Gramstad</b>	<b>113</b>	<b>1:13:58</b>								
02:59+	12:30+	14:50+	19:32+	24:12+	34:42+	45:34+	48:04+	60:44+	69:08+	73:20+	73:58+
02:59+	09:31+	02:20+	04:42+	04:40+	10:30+	10:52+	02:30-	12:40+	08:24+	04:12+	00:38+
00:52&	08:04@	00:21#	00:33#	01:55&	07:35@	07:31@	00:20-	07:38@	04:18@	00:01+	00:13&

**Beste strekktid for klassen**  
01:57 01:27 01:59 03:08 02:45 02:55 02:59 02:01 04:04 04:06 02:27 00:25

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

## Damer 70 - 74 år

<b>1</b>	<b>Inger Skretting Opstad</b>	<b>54</b>	<b>44:09</b>								
02:51=	05:03=	08:05=	12:51=	16:45=	20:36=	24:30=	27:13=	34:49=	40:14=	43:27=	44:09=
02:51=	02:12=	03:02=	04:46=	03:54=	03:51=	03:54=	02:43=	07:36=	05:25=	03:13=	00:42=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Kirsten Carlsen</b>	<b>93</b>	<b>47:17</b>								
02:50-	05:09+	10:13+	14:14+	17:56+	22:32+	28:43+	31:12+	37:22+	42:52+	46:38+	47:17+
02:50-	02:19+	05:04+	04:01-	03:42-	04:36+	06:11+	02:29-	06:10-	05:30+	03:46+	00:39-
00:01-	00:07+	02:02&	00:45-	00:12-	00:45#	02:17&	00:14-	01:26-	00:05+	00:33#	00:03-

<b>3</b>	<b>Mette Dagsland</b>	<b>68</b>	<b>1:01:45</b>								
02:18-	04:31-	15:09+	19:05+	22:34+	35:02+	39:42+	43:49+	49:10+	57:06+	61:11+	61:45+
02:18-	02:13+	10:38+	03:56-	03:29-	12:28+	04:40+	04:07+	05:21-	07:56+	04:05+	00:34-
00:33-	00:01+	07:36@	00:50-	00:25-	08:37@	00:46#	01:24&	02:15-	02:31&	00:52&	00:08-

**Beste strekktid for klassen**  
02:18 02:12 03:02 03:56 03:29 03:51 03:54 02:29 05:21 05:25 03:13 00:34

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

## Damer 75 - 79 år

<b>1</b>	<b>Helga Aaslid</b>	<b>54</b>	<b>36:50</b>								
02:44=	04:37=	06:48=	10:55=	14:13=	17:48=	21:14=	23:53=	27:42=	32:18=	36:09=	36:50=
02:44=	01:53=	02:11=	04:07=	03:18=	03:35=	03:26=	02:39=	03:49=	04:36=	03:51=	00:41=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Turid Nystrøm</b>	<b>68</b>	<b>37:39</b>								
03:27+	05:20+	07:36+	11:45+	14:59+	18:33+	22:02+	24:30+	28:23+	33:06+	36:59+	37:39+
03:27+	01:53=	02:16+	04:09+	03:14-	03:34-	03:29+	02:28-	03:53+	04:43+	03:53+	00:40-
00:43&	00:00=	00:05+	00:02+	00:04-	00:01-	00:03+	00:11-	00:04+	00:07+	00:02+	00:01-

<b>3</b>	<b>Helga Klausen</b>	<b>62</b>	<b>44:41</b>								
02:53+	05:11+	08:02+	11:58+	17:43+	21:47+	25:31+	28:19+	34:26+	40:19+	43:55+	44:41+
02:53+	02:18+	02:51+	03:56-	05:45+	04:04+	03:44+	02:48+	06:07+	05:53+	03:36-	00:46+
00:09+	00:25#	00:40&	00:11-	02:27&	00:29#	00:18+	00:09+	02:18&	01:17&	00:15-	00:05#

<b>4</b>	<b>Gry Vikhamar Thengs</b>	<b>68</b>	<b>44:45</b>								
03:14+	08:30+	11:26+	15:44+	19:31+	23:28+	27:12+	30:24+	35:45+	40:22+	44:06+	44:45+
03:14+	05:16+	02:56+	04:18+	03:47+	03:57+	03:44+	03:12+	05:21+	04:37+	03:44-	00:39-
00:30#	03:23@	00:45&	00:11+	00:29#	00:22#	00:18+	00:33#	01:32&	00:01+	00:07-	00:02-

<b>5</b>	<b>Haldis Glendrange</b>	<b>68</b>	<b>46:06</b>								
02:55+	06:38+	09:34+	13:38+	17:36+	21:31+	25:08+	27:55+	33:19+	41:49+	45:30+	46:06+
02:55+	03:43+	02:56+	04:04-	03:58+	03:55+	03:37+	02:47+	05:24+	08:30+	03:41-	00:36-
00:11+	01:50&	00:45&	00:03-	00:40#	00:20+	00:11+	00:08+	01:35&	03:54&	00:10-	00:05-

<b>6</b>	<b>Hedvig Anda</b>	<b>116</b>	<b>48:33</b>								
03:24+	05:50+	09:45+	14:21+	18:51+	22:46+	26:49+	31:03+	37:25+	43:45+	47:54+	48:33+
03:24+	02:26+	03:55+	04:36+	04:30+	03:55+	04:03+	04:14+	06:22+	06:20+	04:09+	00:39-
00:40#	00:33&	01:44&	00:29#	01:12&	00:20+	00:37#	01:35&	02:33&	01:44&	00:18+	00:02-

Pluss	Navn	Klasse	Tid
-------	------	--------	-----

### Beste strekktid for klassen

02:44 01:53 02:11 03:56 03:14 03:34 03:26 02:28 03:49 04:36 03:36 00:36

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

## Damer 80 år og eldre

### 1 Berit Ebbell Olsen 68 48:05

02:23= 05:12= 08:43= 10:10= 14:35= 22:28= 27:00= 31:11= 34:34= 38:02= 40:48= 43:56= 46:57= 48:05=  
 02:23= 02:49= 03:31= 01:27= 04:25= 07:53= 04:32= 04:11= 03:23= 03:28= 02:46= 03:08= 03:01= 01:08=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

### 2 Gørild Espedal 113 1:41:29

03:01+ 05:56+ 09:31+ 11:14+ 16:11+ 28:57+ 35:12+ 72:19+ 84:16+ 87:52+ 91:06+ 96:55+ 100:33+ 101:29+  
 03:01+ 02:55+ 03:35+ 01:43+ 04:57+ 12:46+ 06:15+ 37:07+ 11:57+ 03:36+ 03:14+ 05:49+ 03:38+ 00:56-  
 00:38& 00:06+ 00:04+ 00:16# 00:32# 04:53& 01:43& 32:56@ 08:34@ 00:08+ 00:28# 02:41& 00:37# 00:12-

### Beste strekktid for klassen

02:23 02:49 03:31 01:27 04:25 07:53 04:32 04:11 03:23 03:28 02:46 03:08 03:01 00:56

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

## Damer A

### 1 Aud Hognestad Taksdal 92 43:41

01:43= 02:58= 03:48= 05:51= 07:25= 09:39= 12:09= 14:57= 16:06= 20:47= 23:50= 24:44= 28:17= 33:00= 33:50= 34:56= 40:20= 42:08= 43:22= 43:41=  
 01:43= 01:15= 00:50= 02:03= 01:34= 02:14= 02:30= 02:48= 01:09= 04:41= 03:03= 00:54= 03:33= 04:43= 00:50= 01:06= 05:24= 01:48= 01:14= 00:19=  
 00:00=

### 2 Anna Taksdal 194 46:44

01:57+ 03:22+ 04:13+ 06:14+ 07:20- 09:46+ 12:34+ 15:32+ 16:41+ 21:12+ 24:41+ 25:38+ 29:39+ 34:25+ 35:17+ 36:17+ 43:04+ 45:01+ 46:22+ 46:44+  
 01:57+ 01:25+ 00:51+ 02:01- 01:06- 02:26+ 02:48+ 02:58+ 01:09= 04:31- 03:29+ 00:57+ 04:01+ 04:46+ 00:52+ 01:00- 06:47+ 01:57+ 01:21+ 00:22+  
 00:14# 00:10# 00:01+ 00:02- 00:28- 00:12+ 00:18# 00:10+ 00:00= 00:10- 00:26# 00:03+ 00:28# 00:03+ 00:02+ 00:06- 01:23& 00:09+ 00:07+ 00:03#

### 3 Katrine Haaland Leveraas 117 1:00:30

01:54+ 03:49+ 04:40+ 06:59+ 09:49+ 12:55+ 16:26+ 20:00+ 21:20+ 29:38+ 34:28+ 35:17+ 41:22+ 47:10+ 48:18+ 49:30+ 56:02+ 58:32+ 60:11+ 60:30+  
 01:54+ 01:55+ 00:51+ 02:19+ 02:50+ 03:06+ 03:31+ 03:34+ 01:20+ 08:18+ 04:50+ 00:49- 06:05+ 05:48+ 01:08+ 01:12+ 06:32+ 02:30+ 01:39+ 00:19=  
 00:11# 00:40& 00:01+ 00:16# 01:16& 00:52& 01:01& 00:46& 00:11# 03:37& 01:47& 00:05- 02:32& 01:05# 00:18& 00:06+ 01:08# 00:42& 00:25& 00:00=

### 4 Elin Graneland 39 1:04:37

02:11+ 04:18+ 05:15+ 08:02+ 09:22+ 13:15+ 17:12+ 21:19+ 22:50+ 31:15+ 35:31+ 36:37+ 42:18+ 50:40+ 51:48+ 53:20+ 60:25+ 62:30+ 64:12+ 64:37+  
 02:11+ 02:07+ 00:57+ 02:47+ 01:20- 03:53+ 03:57+ 04:07+ 01:31+ 08:25+ 04:16+ 01:06+ 05:41+ 08:22+ 01:08+ 01:32+ 07:05+ 02:05+ 01:42+ 00:25+  
 00:28& 00:52& 00:07# 00:44& 00:14- 01:39& 01:27& 01:19& 00:22& 03:44& 01:13& 00:12# 02:08& 03:39& 00:18& 00:26& 01:41& 00:17# 00:28& 00:06&

### 5 Tone Torgersen 27 1:11:00

02:27+ 04:22+ 05:18+ 08:14+ 09:58+ 12:42+ 15:50+ 19:46+ 21:05+ 35:05+ 39:38+ 40:55+ 47:16+ 54:49+ 56:02+ 57:20+ 64:26+ 68:53+ 70:35+ 71:00+  
 02:27+ 01:55+ 00:56+ 02:56+ 01:44+ 02:44+ 03:08+ 03:56+ 01:19+ 14:00+ 04:33+ 01:17+ 06:21+ 07:33+ 01:13+ 01:18+ 07:06+ 04:27+ 01:42+ 00:25+  
 00:44& 00:40& 00:06# 00:53& 00:10# 00:30# 00:38& 01:08& 00:10# 09:19@ 01:30& 00:23& 02:48& 02:50& 00:23& 00:12# 01:42& 02:39@ 00:28& 00:06&

### Beste strekktid for klassen

01:43 01:15 00:50 02:01 01:06 02:14 02:30 02:48 01:09 04:31 03:03 00:49 03:33 04:43 00:50 01:00 05:24 01:48 01:14 00:19

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

## Damer B

### 1 Inger Tone Nygård 29 57:44

01:16= 04:08= 07:55= 10:45= 12:54= 14:32= 20:00= 24:40= 26:08= 32:47= 39:00= 40:02= 41:17= 49:26= 54:14= 56:38= 57:44=  
 01:16= 02:52= 03:47= 02:50= 02:09= 01:38= 05:28= 04:40= 01:28= 06:13= 06:13= 01:02= 01:15= 08:09= 04:48= 02:24= 01:06=  
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

### 2 Anne Garsrud 395 1:00:41

02:02+ 04:23+ 08:18+ 10:42- 13:03+ 15:17+ 22:21+ 26:35+ 28:25+ 35:51+ 41:53+ 43:00+ 44:20+ 53:01+ 57:07+ 59:42+ 60:41+  
 02:02+ 02:21- 03:55+ 02:24- 02:21+ 02:14+ 07:04+ 04:14- 01:50+ 07:26+ 06:02- 01:07+ 01:20+ 08:41+ 04:06- 02:35+ 00:59-  
 00:46& 00:31- 00:08+ 00:26- 00:12+ 00:36& 01:36& 00:26- 00:22# 00:47# 00:11- 00:05+ 00:05+ 00:32+ 00:42- 00:11+ 00:07-

Class	Navn	Klasse												Tid			
<b>3</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>												<b>1:02:10</b>			
01:43+	04:15+	08:49+	11:51+	14:26+	16:36+	25:27+	30:12+	32:26+	38:42+	44:58+	46:22+	48:08+	55:26+	58:34+	60:56+	62:10+	
01:43+	02:32-	04:34+	03:02+	02:35+	02:10+	08:51+	04:45+	02:14+	06:16-	06:16+	01:24+	01:46+	07:18-	03:08-	02:22-	01:14+	
00:27&	00:20-	00:47#	00:12+	00:26#	00:32&	03:23&	00:05+	00:46&	00:23-	00:03+	00:22&	00:31&	00:51-	01:40-	00:02-	00:08#	
<b>4</b>	<b>Anne Sæbø Vik</b>	<b>116</b>												<b>1:04:43</b>			
01:30+	04:08=	08:17+	10:57+	13:23+	15:15+	26:59+	31:28+	33:26+	39:30+	46:37+	47:57+	49:34+	57:37+	61:04+	63:39+	64:43+	
01:30+	02:38-	04:09+	02:40-	02:26+	01:52+	11:44+	04:29-	01:58+	06:04-	07:07+	01:20+	01:37+	08:03-	03:27-	02:35+	01:04-	
00:14#	00:14-	00:22+	00:10-	00:17#	00:14#	06:16@	00:11-	00:30&	00:35-	00:54#	00:18&	00:22&	00:06-	01:21-	00:11+	00:02-	
<b>5</b>	<b>Helen Lomeland</b>	<b>105</b>												<b>1:05:40</b>			
01:20+	03:31-	07:25-	09:44-	12:13-	13:51-	21:24+	25:21+	26:17+	36:48+	43:43+	44:59+	46:10+	55:38+	58:24+	64:40+	65:40+	
01:20+	02:11-	03:54+	02:19-	02:29+	01:38=	07:33+	03:57-	00:56-	10:31+	06:55+	01:16+	01:11-	09:28+	02:46-	06:16+	01:00-	
00:04+	00:41-	00:07+	00:31-	00:20#	00:00=	02:05&	00:43-	00:32-	03:52&	00:42#	00:14#	00:04-	01:19#	02:02-	03:52@	00:06-	
<b>6</b>	<b>Jorunn Johannesen</b>	<b>116</b>												<b>1:07:33</b>			
02:25+	05:03+	09:05+	11:47+	14:05+	15:43+	21:39+	26:14+	27:29+	33:06+	39:43+	40:47+	42:19+	58:44+	61:44+	66:19+	67:33+	
02:25+	02:38-	04:02+	02:42-	02:18+	01:38=	05:56+	04:35-	01:15-	05:37-	06:37+	01:04+	01:32+	16:25+	03:00-	04:35+	01:14+	
01:09&	00:14-	00:15+	00:08-	00:09+	00:00=	00:28+	00:05-	00:13-	01:02-	00:24+	00:02+	00:17#	08:16@	01:48-	02:11&	00:08#	
<b>7</b>	<b>Ida K. Kolstø</b>	<b>29</b>												<b>1:07:41</b>			
01:46+	04:00-	08:13+	10:33-	13:27+	16:17+	23:27+	31:19+	32:29+	40:51+	49:55+	51:14+	53:04+	60:41+	63:54+	66:40+	67:41+	
01:46+	02:14-	04:13+	02:20-	02:54+	02:50+	07:10+	07:52+	01:10-	08:22+	09:04+	01:19+	01:50+	07:37-	03:13-	02:46+	01:01-	
00:30&	00:38-	00:26#	00:30-	00:45&	01:12&	01:42&	03:12&	00:18-	01:43&	02:51&	00:17&	00:35&	00:32-	01:35-	00:22#	00:05-	
<b>8</b>	<b>Ellen Tindeland</b>	<b>27</b>												<b>1:10:24</b>			
01:40+	04:20+	09:06+	12:00+	14:27+	16:18+	23:38+	28:16+	29:33+	33:01+	40:43+	42:05+	43:29+	61:15+	66:00+	69:05+	70:24+	
01:40+	02:40-	04:46+	02:54+	02:27+	01:51+	07:20+	04:38-	01:17-	03:28-	07:42+	01:22+	01:24+	17:46+	04:45-	03:05+	01:19+	
00:24&	00:12-	00:59&	00:04+	00:18#	00:13#	01:52&	00:02-	00:11-	03:11-	01:29#	00:20&	00:09#	09:37@	00:03-	00:41&	00:13#	
<b>9</b>	<b>Berit Våg Aksland</b>	<b>116</b>												<b>1:10:34</b>			
01:26+	03:42-	08:31+	11:51+	14:54+	16:47+	24:33+	31:05+	32:53+	41:17+	48:51+	50:17+	54:07+	63:46+	67:23+	69:30+	70:34+	
01:26+	02:16-	04:49+	03:20+	03:03+	01:53+	07:46+	06:32+	01:48+	08:24+	07:34+	01:26+	03:50+	09:39+	03:37-	02:07-	01:04-	
00:10#	00:36-	01:02&	00:30#	00:54&	00:15#	02:18&	01:52&	00:20#	01:45&	01:21#	00:24&	02:35@	01:30#	01:11-	00:17-	00:02-	
<b>10</b>	<b>Lise Isachsen</b>	<b>165</b>												<b>1:11:43</b>			
01:24+	04:07-	08:05+	10:30-	12:52-	14:30-	20:55+	26:03+	27:06+	45:12+	52:13+	53:29+	54:54+	63:13+	67:30+	70:42+	71:43+	
01:24+	02:43-	03:58+	02:25-	02:22+	01:38=	06:25+	05:08+	01:03-	18:06+	07:01+	01:16+	01:25+	08:19+	04:17-	03:12+	01:01-	
00:08#	00:09-	00:11+	00:25-	00:13#	00:00=	00:57#	00:28#	00:25-	11:27@	00:48#	00:14#	00:10#	00:10+	00:31-	00:48&	00:05-	
<b>11</b>	<b>Toyah Bråtveit</b>	<b>43</b>												<b>1:11:47</b>			
01:43+	05:21+	09:42+	12:32+	18:23+	20:06+	30:06+	37:20+	38:22+	46:19+	53:04+	54:11+	55:37+	65:40+	68:35+	70:55+	71:47+	
01:43+	03:38+	04:21+	02:50=	05:51+	01:43+	10:00+	07:14+	01:02-	07:57+	06:45+	01:07+	01:26+	10:03+	02:55-	02:20-	00:52-	
00:27&	00:46&	00:34#	00:00=	03:42@	00:05+	04:32&	02:34&	00:26-	01:18#	00:32+	00:05+	00:11#	01:54#	01:53-	00:04-	00:14-	
<b>12</b>	<b>Ingrid W. Hestness</b>	<b>117</b>												<b>1:13:39</b>			
01:30+	03:42-	07:46-	11:05+	13:39+	16:06+	24:26+	31:35+	33:15+	43:41+	52:08+	53:16+	56:06+	63:57+	69:17+	72:22+	73:39+	
01:30+	02:12-	04:04+	03:19+	02:34+	02:27+	08:20+	07:09+	01:40+	10:26+	08:27+	01:08+	02:50+	07:51-	05:20+	03:05+	01:17+	
00:14#	00:40-	00:17+	00:29#	00:25#	00:49&	02:52&	02:29&	00:12#	03:47&	02:14&	00:06+	01:35@	00:18-	00:32#	00:41&	00:11#	
<b>13</b>	<b>Ingunn Anda Haug</b>	<b>67</b>												<b>1:16:26</b>			
01:44+	05:22+	11:32+	14:56+	18:04+	20:18+	27:44+	33:09+	34:47+	43:04+	52:34+	54:03+	56:50+	67:21+	71:52+	74:49+	76:26+	
01:44+	03:38+	06:10+	03:24+	03:08+	02:14+	07:26+	05:25+	01:38+	08:17+	09:30+	01:29+	02:47+	10:31+	04:31-	02:57+	01:37+	
00:28&	00:46&	02:23&	00:34#	00:59&	00:36&	01:58&	00:45#	00:10#	01:38#	03:17&	00:27&	01:32@	02:22&	00:17-	00:33#	00:31&	
<b>14</b>	<b>Hilde Nordbø</b>	<b>93</b>												<b>1:17:11</b>			
01:43+	06:36+	11:18+	14:15+	17:01+	18:48+	29:38+	35:03+	37:34+	44:11+	56:19+	57:45+	59:17+	69:44+	72:47+	75:59+	77:11+	
01:43+	04:53+	04:42+	02:57+	02:46+	01:47+	10:50+	05:25+	02:31+	06:37-	12:08+	01:26+	01:32+	10:27+	03:03-	03:12+	01:12+	
00:27&	02:01&	00:55#	00:07+	00:37&	00:09+	05:22&	00:45#	01:03&	00:02-	05:55&	00:24&	00:17#	02:18&	01:45-	00:48&	00:06+	
<b>15</b>	<b>Vibeke Lamark</b>	<b>46</b>												<b>1:19:53</b>			
02:29+	06:09+	13:02+	16:47+	20:02+	23:11+	31:22+	37:20+	38:53+	46:54+	55:29+	57:03+	58:49+	69:23+	73:21+	78:19+	79:53+	
02:29+	03:40+	06:53+	03:45+	03:15+	03:09+	08:11+	05:58+	01:33+	08:01+	08:35+	01:34+	01:46+	10:34+	03:58-	04:58+	01:34+	
01:13&	00:48&	03:06&	00:55&	01:06&	01:31&	02:43&	01:18&	00:05+	01:22#	02:22&	00:32&	00:31&	02:25&	00:50-	02:34@	00:28&	
<b>16</b>	<b>Kristin Breivold</b>	<b>92</b>												<b>1:22:06</b>			
01:46+	04:11+	08:46+	11:44+	17:09+	19:17+	30:36+	35:04+	36:30+	56:55+	64:28+	65:42+	67:21+	74:51+	78:31+	80:55+	82:06+	
01:46+	02:25-	04:35+	02:58+	05:25+	02:08+	11:19+	04:28-	01:26-	20:25+	07:33+	01:14+	01:39+	07:30-	03:40-	02:24=	01:11+	
00:30&	00:27-	00:48#	00:08+	03:16@	00:30&	05:51@	00:12-	00:02-	13:46@	01:20#	00:12#	00:24&	00:39-	01:08-	00:00=	00:05+	
<b>Beste strekktid for klassen</b>	01:16	02:11	03:47	02:19	02:09	01:38	05:28	03:57	00:56	03:28	06:02	01:02	01:11	07:18	02:46	02:07	00:52

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

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

## Damer Ny

<b>1</b>	<b>Roy Liao</b>	<b>136</b>	<b>22:42</b>						
02:46=	04:44=	08:33=	11:50=	14:51=	18:35=	20:50=	22:42=		
02:46=	01:58=	03:49=	03:17=	03:01=	03:44=	02:15=	01:52=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>2</b>	<b>Kjersti Svalland</b>	<b>5</b>	<b>26:24</b>						
03:01+	05:24+	09:15+	14:00+	17:53+	21:24+	24:14+	26:24+		
03:01+	02:23+	03:51+	04:45+	03:53+	03:31-	02:50+	02:10+		
00:15+	00:25#	00:02+	01:28&	00:52&	00:13-	00:35&	00:18#		
<b>3</b>	<b>Juliane Tylandsvik Nødland</b>	<b>392</b>	<b>32:08</b>						
03:14+	06:03+	10:40+	17:53+	21:14+	26:21+	29:28+	32:08+		
03:14+	02:49+	04:37+	07:13+	03:21+	05:07+	03:07+	02:40+		
00:28#	00:51&	00:48#	03:56@	00:20#	01:23&	00:52&	00:48&		
<b>4</b>	<b>Stephanie Thomsen</b>	<b>27</b>	<b>38:36</b>						
02:45-	06:37+	10:22+	13:45+	16:33+	32:51+	36:33+	38:36+		
02:45-	03:52+	03:45-	03:23+	02:48-	16:18+	03:42+	02:03+		
00:01-	01:54&	00:04-	00:06+	00:13-	12:34@	01:27&	00:11+		

### Beste strekktid for klassen

02:45 01:58 03:45 03:17 02:48 03:31 02:15 01:52

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

## Damer Trim

<b>1</b>	<b>Maren Thu</b>	<b>386</b>	<b>26:54</b>									
03:22=	06:00=	06:57=	10:05=	12:30=	14:13=	15:36=	18:49=	20:03=	21:21=	23:19=	25:28=	26:54=
03:22=	02:38=	00:57=	03:08=	02:25=	01:43=	01:23=	03:13=	01:14=	01:18=	01:58=	02:09=	01:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Wibeke Lende</b>	<b>74</b>	<b>33:50</b>									
08:42+	10:53+	12:11+	14:31+	17:23+	19:13+	20:53+	24:43+	26:11+	28:06+	30:30+	32:35+	33:50+
08:42+	02:11-	01:18+	02:20-	02:52+	01:50+	01:40+	03:50+	01:28+	01:55+	02:24+	02:05-	01:15-
05:20@	00:27-	00:21&	00:48-	00:27#	00:07+	00:17#	00:37#	00:14#	00:37&	00:26#	00:04-	00:11-
<b>3</b>	<b>Ann-Mari Vold</b>	<b>54</b>	<b>33:50</b>									
02:41-	08:55+	09:43+	13:45+	16:23+	18:30+	20:09+	23:32+	25:04+	26:55+	29:07+	32:32+	33:50+
02:41-	06:14+	00:48-	04:02+	02:38+	02:07+	01:39+	03:23+	01:32+	01:51+	02:12+	03:25+	01:18-
00:41-	03:36@	00:09-	00:54&	00:13+	00:24#	00:16#	00:10+	00:18#	00:33&	00:14#	01:16&	00:08-
<b>4</b>	<b>Benedicte Kvalevåg</b>	<b>375</b>	<b>35:15</b>									
04:40+	06:41+	07:42+	12:18+	16:45+	19:22+	21:02+	26:53+	28:25+	30:00+	32:01+	33:54+	35:15+
04:40+	02:01-	01:01+	04:36+	04:27+	02:37+	01:40+	05:51+	01:32+	01:35+	02:01+	01:53-	01:21-
01:18&	00:37-	00:04+	01:28&	02:02&	00:54&	00:17#	02:38&	00:18#	00:17#	00:03+	00:16-	00:05-
<b>5</b>	<b>Nina Bækkelund Christiansen</b>	<b>105</b>	<b>35:35</b>									
08:46+	10:41+	12:00+	14:28+	17:40+	19:50+	21:18+	27:05+	28:38+	30:20+	32:36+	34:15+	35:35+
08:46+	01:55-	01:19+	02:28-	03:12+	02:10+	01:28+	05:47+	01:33+	01:42+	02:16+	01:39-	01:20-
05:24@	00:43-	00:22&	00:40-	00:47&	00:27&	00:05+	02:34&	00:19&	00:24&	00:18#	00:30-	00:06-
<b>6</b>	<b>Anastasia Ollestad</b>	<b>93</b>	<b>36:34</b>									
04:16+	06:41+	07:59+	10:28+	15:35+	18:11+	19:41+	25:16+	28:05+	30:07+	32:45+	35:00+	36:34+
04:16+	02:25-	01:18+	02:29-	05:07+	02:36+	01:30+	05:35+	02:49+	02:02+	02:38+	02:15+	01:34+
00:54&	00:13-	00:21&	00:39-	02:42@	00:53&	00:07+	02:22&	01:35@	00:44&	00:40&	00:06+	00:08+
<b>7</b>	<b>Inger Johanne Klausen</b>	<b>54</b>	<b>38:37</b>									
06:11+	09:54+	11:07+	14:32+	18:18+	20:45+	22:45+	27:11+	28:38+	30:40+	32:53+	36:25+	38:37+
06:11+	03:43+	01:13+	03:25+	03:46+	02:27+	02:00+	04:26+	01:27+	02:02+	02:13+	03:32+	02:12+
02:49&	01:05&	00:16&	00:17+	01:21&	00:44&	00:37&	01:13&	00:13#	00:44&	00:15#	01:23&	00:46&
<b>8</b>	<b>Silje H. Myklebust</b>	<b>54</b>	<b>38:41</b>									
06:12+	09:10+	11:04+	14:26+	18:24+	20:33+	22:39+	27:01+	28:29+	30:39+	32:49+	36:29+	38:41+
06:12+	02:58+	01:54+	03:22+	03:58+	02:09+	02:06+	04:22+	01:28+	02:10+	02:10+	03:40+	02:12+
02:50&	00:20#	00:57&	00:14+	01:33&	00:26&	00:43&	01:09&	00:14#	00:52&	00:12#	01:31&	00:46&



Class	Navn	Klasse										Tid
<b>9</b>	<b>Ingrid O. Foss</b>	<b>117</b>										<b>39:55</b>
03:17-	05:43-	07:18+	10:39+	16:16+	18:49+	23:07+	24:34+	26:44+	29:03+	38:25+	39:55+	
03:17-	02:26-	01:35+	03:21+	03:15+	02:22+	02:33+	04:18+	01:27+	02:10+	02:19+	09:22+	
00:05-	00:12-	00:38&	00:13+	00:50&	00:39&	01:10&	01:05&	00:13#	00:52&	00:21#	07:13&	
00:04+											00:04+	
<b>10</b>	<b>Astri Sandanger</b>	<b>93</b>										<b>40:01</b>
06:22+	11:31+	12:30+	15:39+	18:57+	21:30+	23:59+	27:58+	30:54+	33:02+	36:22+	38:28+	
06:22+	05:09+	00:59+	03:09+	03:18+	02:33+	02:29+	03:59+	02:56+	02:08+	03:20+	02:06-	
03:00&	02:31&	00:02+	00:01+	00:53&	00:50&	01:06&	00:46#	01:42@	00:50&	01:22&	00:03-	
00:07+											00:07+	
<b>11</b>	<b>Elsa Ingolfsdottir</b>	<b>126</b>										<b>40:36</b>
04:28+	07:04+	08:46+	13:56+	17:19+	20:05+	22:03+	26:40+	28:52+	33:29+	36:13+	38:36+	
04:28+	02:36-	01:42+	05:10+	03:23+	02:46+	01:58+	04:37+	02:12+	04:37+	02:44+	02:23+	
01:06&	00:02-	00:45&	02:02&	00:58&	01:03&	00:35&	01:24&	00:58&	03:19@	00:46&	00:14#	
00:34&											00:34&	
<b>12</b>	<b>Marie Engedal Svartsund</b>	<b>91</b>										<b>41:25</b>
07:43+	10:01+	11:17+	13:45+	17:43+	20:02+	22:50+	32:10+	33:32+	35:36+	37:59+	40:12+	
07:43+	02:18-	01:16+	02:28-	03:58+	02:19+	02:48+	09:20+	01:22+	02:04+	02:23+	02:13+	
04:21@	00:20-	00:19&	00:40-	01:33&	00:36&	01:25@	06:07@	00:08#	00:46&	00:25#	00:04+	
00:13-											00:13-	
<b>13</b>	<b>Marit Lindtveit Undheim</b>	<b>54</b>										<b>42:12</b>
05:11+	07:19+	08:23+	12:07+	14:51+	16:51+	18:35+	22:42+	28:05+	31:04+	32:58+	40:39+	
05:11+	02:08-	01:04+	03:44+	02:44+	02:00+	01:44+	04:07+	05:23+	02:59+	01:54-	07:41+	
01:49&	00:30-	00:07#	00:36#	00:19#	00:17#	00:21&	00:54&	04:09@	01:41@	00:04-	05:32@	
00:07+											00:07+	
<b>14</b>	<b>Kirsti Strand Salvesen</b>	<b>256</b>										<b>42:24</b>
03:59+	07:15+	08:30+	11:43+	16:04+	19:05+	21:24+	27:27+	29:47+	34:27+	37:40+	40:27+	
03:59+	03:16+	01:15+	03:13+	04:21+	03:01+	02:19+	06:03+	02:20+	04:40+	03:13+	02:47+	
00:37#	00:38#	00:18&	00:05+	01:56&	01:18&	00:56&	02:50&	01:06&	03:22@	01:15&	00:38&	
00:31&											00:31&	
<b>15</b>	<b>Kristin Harbo</b>	<b>92</b>										<b>42:56</b>
05:29+	08:13+	09:39+	12:23+	16:49+	19:49+	22:02+	28:31+	30:42+	34:17+	37:25+	40:51+	
05:29+	02:44+	01:26+	02:44-	04:26+	03:00+	02:13+	06:29+	02:11+	03:35+	03:08+	03:26+	
02:07&	00:06+	00:29&	00:24-	02:01&	01:17&	00:50&	03:16@	00:57&	02:17@	01:10&	01:17&	
00:39&											00:39&	
<b>16</b>	<b>Grete Stokke Seljeskog</b>	<b>128</b>										<b>45:26</b>
02:55-	05:18-	06:35-	14:09+	19:10+	21:24+	23:12+	35:57+	37:40+	39:31+	41:48+	44:07+	
02:55-	02:23-	01:17+	07:34+	05:01+	02:14+	01:48+	12:45+	01:43+	01:51+	02:17+	02:19+	
00:27-	00:15-	00:20&	04:26@	02:36@	00:31&	00:25&	09:32@	00:29&	00:33&	00:19#	00:10+	
00:07-											00:07-	
<b>17</b>	<b>Marianne Steinkopf</b>	<b>5</b>										<b>46:26</b>
06:07+	10:32+	11:34+	15:32+	19:09+	21:25+	24:09+	32:47+	35:17+	37:34+	39:58+	44:25+	
06:07+	04:25+	01:02+	03:58+	03:37+	02:16+	02:44+	08:38+	02:30+	02:17+	02:24+	04:27+	
02:45&	01:47&	00:05+	00:50&	01:12&	00:33&	01:21&	05:25@	01:16@	00:59&	00:26#	02:18@	
00:35&											00:35&	
<b>18</b>	<b>Linda Haukås</b>	<b>113</b>										<b>48:43</b>
04:25+	07:48+	09:05+	13:21+	17:59+	23:06+	26:17+	34:11+	36:33+	40:25+	43:36+	46:22+	
04:25+	03:23+	01:17+	04:16+	04:38+	05:07+	03:11+	07:54+	02:22+	03:52+	03:11+	02:46+	
01:03&	00:45&	00:20&	01:08&	02:13&	03:24@	01:48@	04:41@	01:08&	02:34@	01:13&	00:37&	
00:55&											00:55&	
<b>19</b>	<b>Ritva Aiko Halsne</b>	<b>105</b>										<b>50:26</b>
06:45+	09:15+	10:36+	14:56+	18:44+	21:47+	24:00+	31:39+	36:55+	43:39+	46:21+	48:31+	
06:45+	02:30-	01:21+	04:20+	03:48+	03:03+	02:13+	07:39+	05:16+	06:44+	02:42+	02:10+	
03:23@	00:08-	00:24&	01:12&	01:23&	01:20&	00:50&	04:26@	04:02@	05:26@	00:44&	00:01+	
00:29&											00:29&	
<b>20</b>	<b>Grethe Ask-Brevik</b>	<b>5</b>										<b>50:32</b>
08:02+	10:53+	11:55+	14:43+	18:52+	21:20+	23:08+	31:24+	37:05+	38:29+	40:46+	49:26+	
08:02+	02:51+	01:02+	02:48-	04:09+	02:28+	01:48+	08:16+	05:41+	01:24+	02:17+	08:40+	
04:40@	00:13+	00:05+	00:20-	01:44&	00:45&	00:25&	05:03@	04:27@	00:06+	00:19#	06:31@	
00:20-											00:20-	
<b>21</b>	<b>Marianne Berge</b>	<b>392</b>										<b>50:38</b>
06:53+	09:22+	10:38+	14:41+	17:59+	21:07+	23:09+	27:11+	33:01+	38:26+	41:24+	49:07+	
06:53+	02:29-	01:16+	04:03+	03:18+	03:08+	02:02+	04:02+	05:50+	05:25+	02:58+	07:43+	
03:31@	00:09-	00:19&	00:55&	00:53&	01:25&	00:39&	00:49&	04:36@	04:07@	01:00&	05:34@	
00:05+											00:05+	
<b>22</b>	<b>Grete Sveinsvoll</b>	<b>370</b>										<b>51:26</b>
07:17+	10:08+	11:34+	16:25+	21:19+	23:57+	26:11+	34:10+	37:31+	39:33+	42:37+	49:39+	
07:17+	02:51+	01:26+	04:51+	04:54+	02:38+	02:14+	07:59+	03:21+	02:02+	03:04+	07:02+	
03:55@	00:13+	00:29&	01:43&	02:29@	00:55&	00:51&	04:46@	02:07@	00:44&	01:06&	04:53@	
00:21#											00:21#	
<b>23</b>	<b>Brit Svihus</b>	<b>92</b>										<b>53:53</b>
09:49+	13:54+	15:21+	18:13+	24:46+	27:44+	30:01+	39:59+	42:12+	44:27+	47:29+	52:07+	
09:49+	04:05+	01:27+	02:52-	06:33+	02:58+	02:17+	09:58+	02:13+	02:15+	03:02+	04:38+	
06:27@	01:27&	00:30&	00:16-	04:08@	01:15&	00:54&	06:45@	00:59&	00:57&	01:04&	02:29@	
00:20#											00:20#	

Class	Navn	Klasse	Tid									
<b>24</b>	<b>Kristin Yoon</b>	<b>372</b>	<b>53:59</b>									
02:50-	08:22+	09:11+	15:04+	19:28+	21:10+	23:04+	33:26+	34:56+	48:27+	50:36+	52:49+	53:59+
02:50-	05:32+	00:49-	05:53+	04:24+	01:42-	01:54+	10:22+	01:30+	13:31+	02:09+	02:13+	01:10-
00:32-	02:54@	00:08-	02:45&	01:59&	00:01-	00:31&	07:09@	00:16#	12:13@	00:11+	00:04+	00:16-
<b>25</b>	<b>Grethe Wathne</b>	<b>109</b>	<b>54:36</b>									
09:42+	13:48+	15:24+	20:18+	24:59+	28:54+	31:45+	37:50+	41:32+	44:22+	47:59+	52:16+	54:36+
09:42+	04:06+	01:36+	04:54+	04:41+	03:55+	02:51+	06:05+	03:42+	02:50+	03:37+	04:17+	02:20+
06:20@	01:28&	00:39&	01:46&	02:16&	02:12@	01:28@	02:52&	02:28@	01:32@	01:39&	02:08&	00:54&
<b>26</b>	<b>Oddveig Øgaard Schjelderup</b>	<b>117</b>	<b>54:42</b>									
09:50+	13:55+	15:25+	20:27+	25:02+	29:02+	31:52+	37:52+	41:34+	44:35+	48:00+	52:17+	54:42+
09:50+	04:05+	01:30+	05:02+	04:35+	04:00+	02:50+	06:00+	03:42+	03:01+	03:25+	04:17+	02:25+
06:28@	01:27&	00:33&	01:54&	02:10&	02:17@	01:27@	02:47&	02:28@	01:43@	01:27&	02:08&	00:59&
<b>27</b>	<b>Bente Cecilie Lio</b>	<b>136</b>	<b>54:47</b>									
03:22=	07:03+	08:14+	17:56+	22:56+	25:45+	28:28+	34:17+	36:43+	38:51+	41:38+	52:40+	54:47+
03:22=	03:41+	01:11+	09:42+	05:00+	02:49+	02:43+	05:49+	02:26+	02:08+	02:47+	11:02+	02:07+
00:00=	01:03&	00:14#	06:34@	02:35@	01:06&	01:20&	02:36&	01:12&	00:50&	00:49&	08:53@	00:41&
<b>28</b>	<b>Oda Roaldsdotter Ravndal</b>	<b>114</b>	<b>55:37</b>									
10:41+	16:05+	17:28+	20:51+	27:28+	31:35+	33:35+	44:02+	46:30+	48:45+	51:48+	54:12+	55:37+
10:41+	05:24+	01:23+	03:23+	06:37+	04:07+	02:00+	10:27+	02:28+	02:15+	03:03+	02:24+	01:25-
07:19@	02:46@	00:26&	00:15+	04:12@	02:24@	00:37&	07:14@	01:14&	00:57&	01:05&	00:15#	00:01-
<b>29</b>	<b>Halldis Handeland</b>	<b>92</b>	<b>56:04</b>									
09:11+	12:41+	16:57+	20:10+	25:43+	28:43+	30:42+	41:00+	43:40+	46:06+	48:51+	54:01+	56:04+
09:11+	03:30+	04:16+	03:13+	05:33+	03:00+	01:59+	10:18+	02:40+	02:26+	02:45+	05:10+	02:03+
05:49@	00:52&	03:19@	00:05+	03:08@	01:17&	00:36&	07:05@	01:26@	01:08&	00:47&	03:01@	00:37&
<b>30</b>	<b>Gro Mariero Totland</b>	<b>59</b>	<b>56:11</b>									
07:48+	11:35+	13:14+	19:24+	24:59+	29:26+	31:59+	41:52+	44:43+	47:21+	51:09+	54:03+	56:11+
07:48+	03:47+	01:39+	06:10+	05:35+	04:27+	02:33+	09:53+	02:51+	02:38+	03:48+	02:54+	02:08+
04:26@	01:09&	00:42&	03:02&	03:10@	02:44@	01:10&	06:40@	01:37@	01:20@	01:50&	00:45&	00:42&
<b>31</b>	<b>Ingunn Kristiansen Wiig</b>	<b>105</b>	<b>57:27</b>									
17:56+	20:27+	21:34+	25:42+	29:54+	32:03+	33:50+	42:17+	44:32+	48:09+	50:59+	55:56+	57:27+
17:56+	02:31-	01:07+	04:08+	04:12+	02:09+	01:47+	08:27+	02:15+	03:37+	02:50+	04:57+	01:31+
14:34@	00:07-	00:10#	01:00&	01:47&	00:26&	00:24&	05:14@	01:01&	02:19@	00:52&	02:48@	00:05+
<b>32</b>	<b>Ruth Grødem</b>	<b>105</b>	<b>57:47</b>									
13:44+	17:57+	19:16+	22:05+	28:49+	31:46+	34:08+	43:53+	46:08+	48:27+	51:24+	56:01+	57:47+
13:44+	04:13+	01:19+	02:49-	06:44+	02:57+	02:22+	09:45+	02:15+	02:19+	02:57+	04:37+	01:46+
10:22@	01:35&	00:22&	00:19-	04:19@	01:14&	00:59&	06:32@	01:01&	01:01&	00:59&	02:28@	00:20#
<b>33</b>	<b>Ingunn Fandrem</b>	<b>47</b>	<b>58:25</b>									
08:33+	14:16+	15:56+	20:09+	25:35+	30:44+	33:20+	42:00+	47:34+	50:31+	53:41+	56:29+	58:25+
08:33+	05:43+	01:40+	04:13+	05:26+	05:09+	02:36+	08:40+	05:34+	02:57+	03:10+	02:48+	01:56+
05:11@	03:05@	00:43&	01:05&	03:01@	03:26@	01:13&	05:27@	04:20@	01:39@	01:12&	00:39&	00:30&
<b>34</b>	<b>Solveig Marie Grønning</b>	<b>47</b>	<b>58:25</b>									
08:42+	14:21+	16:01+	20:13+	25:40+	30:42+	33:27+	42:08+	47:39+	50:38+	53:46+	56:32+	58:25+
08:42+	05:39+	01:40+	04:12+	05:27+	05:02+	02:45+	08:41+	05:31+	02:59+	03:08+	02:46+	01:53+
05:20@	03:01@	00:43&	01:04&	03:02@	03:19@	01:22&	05:28@	04:17@	01:41@	01:10&	00:37&	00:27&
<b>35</b>	<b>Kristin Barvik</b>	<b>92</b>	<b>59:21</b>									
11:06+	14:02+	15:17+	17:53+	21:14+	28:37+	31:28+	39:21+	41:17+	43:30+	47:52+	51:19+	59:21+
11:06+	02:56+	01:15+	02:36-	03:21+	07:23+	02:51+	07:53+	01:56+	02:13+	04:22+	03:27+	08:02+
07:44@	00:18#	00:18&	00:32-	00:56&	05:40@	01:28@	04:40@	00:42&	00:55&	02:24@	01:18&	06:36@
<b>36</b>	<b>Ragnhild Thorset Våge</b>	<b>117</b>	<b>59:57</b>									
06:48+	09:24+	10:18+	13:04+	16:22+	17:53+	19:20+	23:01+	27:05+	28:48+	30:20+	58:07+	59:57+
06:48+	02:36-	00:54-	02:46-	03:18+	01:31-	01:27+	03:41+	04:04+	01:43+	01:32-	27:47+	01:50+
03:26@	00:02-	00:03-	00:22-	00:53&	00:12-	00:04+	00:28#	02:50@	00:25&	00:26-	25:38@	00:24&
<b>37</b>	<b>Jeanette Mjølhus</b>	<b>398</b>	<b>1:01:07</b>									
18:25+	20:13+	21:42+	24:24+	29:38+	32:44+	35:46+	43:58+	47:04+	49:37+	52:29+	59:41+	61:07+
18:25+	01:48-	01:29+	02:42-	05:14+	03:06+	03:02+	08:12+	03:06+	02:33+	02:52+	07:12+	01:26=
15:03@	00:50-	00:32&	00:26-	02:49@	01:23&	01:39@	04:59@	01:52@	01:15&	00:54&	05:03@	00:00=
<b>38</b>	<b>Liv Janne Fandrem Biland</b>	<b>92</b>	<b>1:03:25</b>									
10:20+	14:00+	15:41+	20:33+	26:58+	30:08+	35:34+	44:01+	50:22+	53:44+	56:57+	61:47+	63:25+
10:20+	03:40+	01:41+	04:52+	06:25+	03:10+	05:26+	08:27+	06:21+	03:22+	03:13+	04:50+	01:38+
06:58@	01:02&	00:44&	01:44&	04:00@	01:27&	04:03@	05:14@	05:07@	02:04@	01:15&	02:41@	00:12#

Class	Navn	Klasse										Tid
<b>39</b>	<b>Eli Våge</b>	<b>117</b>										<b>1:04:07</b>
16:39+	20:31+	22:09+	25:26+	30:50+	35:11+	38:50+	50:49+	53:14+	55:29+	59:05+	62:07+	64:07+
16:39+	03:52+	01:38+	03:17+	05:24+	04:21+	03:39+	11:59+	02:25+	02:15+	03:36+	03:02+	02:00+
13:17@	01:14&	00:41&	00:09+	02:59@	02:38@	02:16@	08:46@	01:11&	00:57&	01:38&	00:53&	00:34&
<b>40</b>	<b>Signe Lise Haaland</b>	<b>66</b>										<b>1:09:06</b>
10:11+	13:30+	15:15+	18:49+	27:44+	31:24+	34:07+	54:54+	58:12+	60:17+	63:38+	66:43+	69:06+
10:11+	03:19+	01:45+	03:34+	08:55+	03:40+	02:43+	20:47+	03:18+	02:05+	03:21+	03:05+	02:23+
06:49@	00:41&	00:48&	00:26#	06:30@	01:57@	01:20&	17:34@	02:04@	00:47&	01:23&	00:56&	00:57&
<b>41</b>	<b>Karine Ditlevsen</b>	<b>117</b>										<b>1:09:38</b>
30:16+	34:00+	35:11+	39:40+	44:13+	47:03+	49:04+	58:13+	59:53+	62:17+	65:01+	67:21+	69:38+
30:16+	03:44+	01:11+	04:29+	04:33+	02:50+	02:01+	09:09+	01:40+	02:24+	02:44+	02:20+	02:17+
26:54@	01:06&	00:14#	01:21&	02:08&	01:07&	00:38&	05:56@	00:26&	01:06&	00:46&	00:11+	00:51&
<b>42</b>	<b>Monica Nesse</b>	<b>92</b>										<b>1:12:31</b>
07:49+	13:09+	15:26+	21:42+	29:26+	33:56+	39:10+	47:12+	50:56+	59:33+	64:28+	69:26+	72:31+
07:49+	05:20+	02:17+	06:16+	07:44+	04:30+	05:14+	08:02+	03:44+	08:37+	04:55+	04:58+	03:05+
04:27@	02:42@	01:20@	03:08&	05:19@	02:47@	03:51@	04:49@	02:30@	07:19@	02:57@	02:49@	01:39@
<b>43</b>	<b>Sigrund Serigstad</b>	<b>128</b>										<b>1:12:38</b>
07:49+	13:01+	13:54+	16:17+	23:37+	39:59+	41:42+	59:29+	62:38+	64:35+	66:34+	71:28+	72:38+
07:49+	05:12+	00:53-	02:23-	07:20+	16:22+	01:43+	17:47+	03:09+	01:57+	01:59+	04:54+	01:10-
04:27@	02:34&	00:04-	00:45-	04:55@	14:39@	00:20#	14:34@	01:55@	00:39&	00:01+	02:45@	00:16-
<b>44</b>	<b>Nhu Ha Neuyen</b>	<b>92</b>										<b>1:13:31</b>
08:54+	14:35+	16:33+	23:07+	30:43+	35:01+	40:27+	48:27+	52:14+	60:41+	65:40+	70:33+	73:31+
08:54+	05:41+	01:58+	06:34+	07:36+	04:18+	05:26+	08:00+	03:47+	08:27+	04:59+	04:53+	02:58+
05:32@	03:03@	01:01@	03:26@	05:11@	02:35@	04:03@	04:47@	02:33@	07:09@	03:01@	02:44@	01:32@
<b>45</b>	<b>Kate Lie</b>	<b>92</b>										<b>1:14:22</b>
09:50+	15:30+	17:33+	23:51+	31:36+	35:57+	41:20+	49:15+	53:05+	61:35+	66:35+	71:33+	74:22+
09:50+	05:40+	02:03+	06:18+	07:45+	04:21+	05:23+	07:55+	03:50+	08:30+	05:00+	04:58+	02:49+
06:28@	03:02@	01:06@	03:10@	05:20@	02:38@	04:00@	04:42@	02:36@	07:12@	03:02@	02:49@	01:23&
<b>46</b>	<b>Heidi Camilla Hovet</b>	<b>62</b>										<b>1:14:58</b>
11:36+	16:11+	18:01+	26:49+	32:20+	38:20+	41:41+	52:43+	58:32+	63:09+	68:32+	72:20+	74:58+
11:36+	04:35+	01:50+	08:48+	05:31+	06:00+	03:21+	11:02+	05:49+	04:37+	05:23+	03:48+	02:38+
08:14@	01:57&	00:53&	05:40@	03:06@	04:17@	01:58@	07:49@	04:35@	03:19@	03:25@	01:39&	01:12&
<b>47</b>	<b>Silje Elise Elstad</b>	<b>62</b>										<b>1:15:24</b>
12:04+	16:34+	18:28+	27:19+	32:44+	38:42+	42:14+	53:07+	58:56+	63:33+	68:54+	72:50+	75:24+
12:04+	04:30+	01:54+	08:51+	05:25+	05:58+	03:32+	10:53+	05:49+	04:37+	05:21+	03:56+	02:34+
08:42@	01:52&	00:57&	05:43@	03:00@	04:15@	02:09@	07:40@	04:35@	03:19@	03:23@	01:47&	01:08&
<b>48</b>	<b>Marit Kløvstad Braut</b>	<b>92</b>										<b>1:18:08</b>
13:00+	17:35+	19:36+	27:44+	33:37+	38:27+	42:16+	54:25+	57:57+	61:45+	66:32+	74:50+	78:08+
13:00+	04:35+	02:01+	08:08+	05:53+	04:50+	03:49+	12:09+	03:32+	03:48+	04:47+	08:18+	03:18+
09:38@	01:57&	01:04@	05:00@	03:28@	03:07@	02:26@	08:56@	02:18@	02:30@	02:49@	06:09@	01:52@
<b>49</b>	<b>Ragnhild Christiansen</b>	<b>93</b>										<b>1:18:11</b>
12:59+	17:48+	19:42+	27:43+	33:34+	38:25+	42:13+	54:23+	57:56+	61:31+	66:33+	74:57+	78:11+
12:59+	04:49+	01:54+	08:01+	05:51+	04:51+	03:48+	12:10+	03:33+	03:35+	05:02+	08:24+	03:14+
09:37@	02:11&	00:57&	04:53@	03:26@	03:08@	02:25@	08:57@	02:19@	02:17@	03:04@	06:15@	01:48@
<b>50</b>	<b>May Kristin Haaland</b>	<b>47</b>										<b>1:23:38</b>
05:15+	08:13+	09:52+	13:43+	19:08+	24:02+	26:30+	50:03+	53:30+	56:57+	61:48+	81:28+	83:38+
05:15+	02:58+	01:39+	03:51+	05:25+	04:54+	02:28+	23:33+	03:27+	03:27+	04:51+	19:40+	02:10+
01:53&	00:20#	00:42&	00:43#	03:00@	03:11@	01:05&	20:20@	02:13@	02:09@	02:53@	17:31@	00:44&
<b>51</b>	<b>Anne Lill Njå</b>	<b>105</b>										<b>1:29:31</b>
17:24+	21:13+	22:03+	27:11+	31:48+	40:17+	44:07+	60:25+	76:20+	79:57+	83:04+	87:52+	89:31+
17:24+	03:49+	00:50-	05:08+	04:37+	08:29+	03:50+	16:18+	15:55+	03:37+	03:07+	04:48+	01:39+
14:02@	01:11&	00:07-	02:00&	02:12&	06:46@	02:27@	13:05@	14:41@	02:19@	01:09&	02:39@	00:13#
<b>52</b>	<b>Anne Mette Riskjell Høyland</b>	<b>63</b>										<b>1:39:46</b>
39:31+	51:49+	53:22+	63:54+	68:50+	72:51+	75:11+	87:12+	89:10+	91:24+	95:12+	97:52+	99:46+
39:31+	12:18+	01:33+	10:32+	04:56+	04:01+	02:20+	12:01+	01:58+	02:14+	03:48+	02:40+	01:54+
36:09@	09:40@	00:36&	07:24@	02:31@	02:18@	00:57&	08:48@	00:44&	00:56&	01:50&	00:31#	00:28&
<b>Beste strekktid for klassen</b>												
02:41	01:48	00:48	02:20	02:25	01:31	01:23	03:13	01:14	01:18	01:32	01:39	01:06

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

## Herrer 16 - 39 år

<b>1</b>	<b>Maximilian Erlbeck</b>	<b>67</b>	<b>41:17</b>													
01:12=	02:40=	05:57=	07:47=	09:41=	10:49=	15:54=	18:47=	19:29=	26:17=	30:33=	31:26=	32:29=	37:29=	39:08=	40:35=	41:17=
01:12=	01:28=	03:17=	01:50=	01:54=	01:08=	05:05=	02:53=	00:42=	06:48=	04:16=	00:53=	01:03=	05:00=	01:39=	01:27=	00:42=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Sven Hatteland</b>	<b>399</b>	<b>44:04</b>													
01:05-	03:08+	06:46+	08:59+	10:50+	12:18+	16:54+	20:44+	21:34+	27:09+	32:03+	32:56+	34:00+	39:37+	41:35+	43:15+	44:04+
01:05-	02:03+	03:38+	02:13+	01:51-	01:28+	04:36-	03:50+	00:50+	05:35-	04:54+	00:53=	01:04+	05:37+	01:58+	01:40+	00:49+
00:07-	00:35&	00:21#	00:23#	00:03-	00:20&	00:29-	00:57&	00:08#	01:13-	00:38#	00:00=	00:01+	00:37#	00:19#	00:13#	00:07#
<b>3</b>	<b>Rune Svihus</b>	<b>62</b>	<b>48:27</b>													
01:23+	04:31+	07:46+	09:46+	11:38+	13:02+	17:16+	21:07+	22:11+	30:30+	35:02+	36:05+	37:03+	42:41+	45:52+	47:40+	48:27+
01:23+	03:08+	03:15-	02:00+	01:52-	01:24+	04:14-	03:51+	01:04+	08:19+	04:32+	01:03+	00:58-	05:38+	03:11+	01:48+	00:47+
00:11#	01:40@	00:02-	00:10+	00:02-	00:16#	00:51-	00:58&	00:22&	01:31#	00:16+	00:10#	00:05-	00:38#	01:32&	00:21#	00:05#
<b>4</b>	<b>Jørgen Hetland</b>	<b>59</b>	<b>52:53</b>													
01:05-	03:14+	06:37+	08:54+	11:10+	12:32+	21:45+	25:27+	27:09+	31:37+	38:37+	39:30+	40:42+	46:27+	49:05+	51:53+	52:53+
01:05-	02:09+	03:23+	02:17+	02:16+	01:22+	09:13+	03:42+	01:42+	04:28-	07:00+	00:53=	01:12+	05:45+	02:38+	02:48+	01:00+
00:07-	00:41&	00:06+	00:27#	00:22#	00:14#	04:08&	00:49&	01:00@	02:20-	02:44&	00:00=	00:09#	00:45#	00:59&	01:21&	00:18&
<b>5</b>	<b>Martin Skogland</b>	<b>98</b>	<b>52:53</b>													
01:19+	03:13+	07:12+	10:34+	12:50+	14:10+	20:21+	24:19+	25:09+	29:33+	36:40+	37:45+	39:25+	46:41+	49:41+	51:48+	52:53+
01:19+	01:54+	03:59+	03:22+	02:16+	01:20+	06:11+	03:58+	00:50+	04:24-	07:07+	01:05+	01:40+	07:16+	03:00+	02:07+	01:05+
00:07+	00:26&	00:42#	01:32&	00:22#	00:12#	01:06#	01:05&	00:08#	02:24-	02:51&	00:12#	00:37&	02:16&	01:21&	00:40&	00:23&
<b>6</b>	<b>Andreas Segadal Breiland</b>	<b>194</b>	<b>54:03</b>													
01:20+	03:15+	08:00+	10:28+	13:40+	15:13+	21:24+	25:50+	26:52+	34:15+	39:57+	41:08+	42:18+	48:57+	51:14+	53:08+	54:03+
01:20+	01:55+	04:45+	02:28+	03:12+	01:33+	06:11+	04:26+	01:02+	07:23+	05:42+	01:11+	01:10+	06:39+	02:17+	01:54+	00:55+
00:08#	00:27&	01:28&	00:38&	01:18&	00:25&	01:06#	01:33&	00:20&	00:35+	01:26&	00:18&	00:07#	01:39&	00:38&	00:27&	00:13&
<b>7</b>	<b>Morten Fenne</b>	<b>228</b>	<b>54:16</b>													
01:08-	02:46+	06:21+	08:37+	12:12+	13:54+	19:31+	23:01+	24:09+	33:59+	39:00+	39:54+	41:13+	49:13+	51:17+	53:35+	54:16+
01:08-	01:38+	03:35+	02:16+	03:35+	01:42+	05:37+	03:30+	01:08+	09:50+	05:01+	00:54+	01:19+	08:00+	02:04+	02:18+	00:41-
00:04-	00:10#	00:18+	00:26#	01:41&	00:34&	00:32#	00:37#	00:26&	03:02&	00:45#	00:01+	00:16&	03:00&	00:25&	00:51&	00:01-
<b>8</b>	<b>Bernhard Haver Vagle</b>	<b>126</b>	<b>54:24</b>													
01:28+	03:55+	07:21+	09:20+	11:43+	13:28+	19:12+	23:52+	24:52+	30:49+	36:20+	37:31+	38:45+	45:46+	49:20+	53:30+	54:24+
01:28+	02:27+	03:26+	01:59+	02:23+	01:45+	05:44+	04:40+	01:00+	05:57-	05:31+	01:11+	01:14+	07:01+	03:34+	04:10+	00:54+
00:16#	00:59&	00:09+	00:09+	00:29&	00:37&	00:39#	01:47&	00:18&	00:51-	01:15&	00:18&	00:11#	02:01&	01:55@	02:43@	00:12&
<b>9</b>	<b>Truls Thorkildsen</b>	<b>39</b>	<b>59:04</b>													
01:57+	04:14+	08:32+	10:49+	13:45+	15:11+	24:05+	30:13+	32:05+	38:05+	43:54+	45:01+	46:01+	53:20+	55:46+	58:13+	59:04+
01:57+	02:17+	04:18+	02:17+	02:56+	01:26+	08:54+	06:08+	01:52+	06:00-	05:49+	01:07+	01:00-	07:19+	02:26+	02:27+	00:51+
00:45&	00:49&	01:01&	00:27#	01:02&	00:18&	03:49&	03:15@	01:10@	00:48-	01:33&	00:14&	00:03-	02:19&	00:47&	01:00&	00:09#
<b>10</b>	<b>Øivind Rustan</b>	<b>105</b>	<b>1:02:06</b>													
02:12+	08:31+	12:53+	15:33+	19:18+	20:56+	27:58+	31:41+	34:37+	37:53+	45:15+	46:27+	47:52+	54:59+	59:22+	61:12+	62:06+
02:12+	06:19+	04:22+	02:40+	03:45+	01:38+	07:02+	03:43+	02:56+	03:16-	07:22+	01:12+	01:25+	07:07+	04:23+	01:50+	00:54+
01:00&	04:51@	01:05&	00:50&	01:51&	00:30&	01:57&	00:50&	02:14@	03:32-	03:06&	00:19&	00:22&	02:07&	02:44@	00:23&	00:12&
<b>11</b>	<b>Gaute Haugen Sandnes</b>	<b>43</b>	<b>1:04:52</b>													
01:45+	04:14+	09:04+	11:47+	16:09+	18:21+	24:41+	29:40+	30:51+	38:21+	45:36+	47:21+	48:38+	57:38+	60:57+	63:47+	64:52+
01:45+	02:29+	04:50+	02:43+	04:22+	02:12+	06:20+	04:59+	01:11+	07:30+	07:15+	01:45+	01:17+	09:00+	03:19+	02:50+	01:05+
00:33&	01:01&	01:33&	00:53&	02:28@	01:04&	01:15#	02:06&	00:29&	00:42#	02:59&	00:52&	00:14#	04:00&	01:40@	01:23&	00:23&
<b>12</b>	<b>Sverre Dørheim</b>	<b>136</b>	<b>1:07:46</b>													
01:41+	04:35+	10:15+	13:43+	16:50+	18:55+	26:12+	31:11+	32:32+	39:56+	47:10+	48:26+	50:14+	58:42+	63:19+	66:41+	67:46+
01:41+	02:54+	05:40+	03:28+	03:07+	02:05+	07:17+	04:59+	01:21+	07:24+	07:14+	01:16+	01:48+	08:28+	04:37+	03:22+	01:05+
00:29&	01:26&	02:23&	01:38&	01:13&	00:57&	02:12&	02:06&	00:39&	00:36+	02:58&	00:23&	00:45&	03:28&	02:58@	01:55@	00:23&
<b>13</b>	<b>Vegard Hausken</b>	<b>116</b>	<b>1:08:30</b>													
03:08+	05:41+	11:13+	13:52+	16:13+	18:26+	25:20+	32:28+	35:59+	42:03+	49:00+	50:29+	52:03+	59:03+	62:18+	67:41+	68:30+
03:08+	02:33+	05:32+	02:39+	02:21+	02:13+	06:54+	07:08+	03:31+	06:04-	06:57+	01:29+	01:34+	07:00+	03:15+	05:23+	00:49+
01:56@	01:05&	02:15&	00:49&	00:27#	01:05&	01:49&	04:15@	02:49@	00:44-	02:41&	00:36&	00:31&	02:00&	01:36&	03:56@	00:07#
<b>14</b>	<b>Vegard Våge</b>	<b>128</b>	<b>1:13:46</b>													
02:00+	04:25+	08:16+	12:20+	14:47+	17:15+	30:52+	42:06+	43:32+	48:23+	54:08+	55:10+	56:55+	65:29+	69:18+	72:33+	73:46+
02:00+	02:25+	03:51+	04:04+	02:27+	02:28+	13:37+	11:14+	01:26+	04:51-	05:45+	01:02+	01:45+	08:34+	03:49+	03:15+	01:13+
00:48&	00:57&	00:34#	02:14@	00:33&	01:20@	08:32@	08:21@	00:44@	01:57-	01:29&	00:09#	00:42&	03:34&	02:10@	01:48@	00:31&

Class	Navn	Klasse										Tid				
<b>15</b>	<b>Jone Klemo Øverland</b>	<b>165</b>										<b>1:14:07</b>				
01:46+	04:07+	08:24+	11:50+	15:21+	17:03+	24:10+	32:27+	34:17+	48:17+	55:51+	57:20+	59:34+	67:09+	70:49+	73:05+	74:07+
01:46+	02:21+	04:17+	03:26+	03:31+	01:42+	07:07+	08:17+	01:50+	14:00+	07:34+	01:29+	02:14+	07:35+	03:40+	02:16+	01:02+
00:34&	00:53&	01:00&	01:36&	01:37&	00:34&	02:02&	05:24@	01:08@	07:12@	03:18&	00:36&	01:11@	02:35&	02:01@	00:49&	00:20&
<b>16</b>	<b>Anders H Foss</b>	<b>263</b>										<b>1:15:14</b>				
02:01+	04:32+	09:32+	13:39+	16:44+	18:54+	27:47+	33:05+	34:43+	42:41+	51:39+	53:12+	54:42+	65:09+	69:03+	74:03+	75:14+
02:01+	02:31+	05:00+	04:07+	03:05+	02:10+	08:53+	05:18+	01:38+	07:58+	08:58+	01:33+	01:30+	10:27+	03:54+	05:00+	01:11+
00:49&	01:03&	01:43&	02:17@	01:11&	01:02&	03:48&	02:25&	00:56@	01:10#	04:42@	00:40&	00:27&	05:27@	02:15@	03:33@	00:29&
<b>17</b>	<b>Eirik Løvåsen</b>	<b>98</b>										<b>1:16:59</b>				
01:29+	03:36+	08:36+	11:26+	14:31+	17:19+	29:18+	36:06+	38:34+	51:03+	58:26+	59:54+	62:43+	70:11+	72:58+	75:44+	76:59+
01:29+	02:07+	05:00+	02:50+	03:05+	02:48+	11:59+	06:48+	02:28+	12:29+	07:23+	01:28+	02:49+	07:28+	02:47+	02:46+	01:15+
00:17#	00:39&	01:43&	01:00&	01:11&	01:40@	06:54@	03:55@	01:46@	05:41&	03:07&	00:35&	01:46@	02:28&	01:08&	01:19&	00:33&
<b>18</b>	<b>Håvard Høie</b>	<b>378</b>										<b>1:18:08</b>				
02:26+	05:10+	10:12+	12:38+	15:09+	16:48+	29:45+	40:09+	41:29+	52:07+	59:32+	61:05+	63:47+	71:05+	74:29+	77:12+	78:08+
02:26+	02:44+	05:02+	02:26+	02:31+	01:39+	12:57+	10:24+	01:20+	10:38+	07:25+	01:33+	02:42+	07:18+	03:24+	02:43+	00:56+
01:14@	01:16&	01:45&	00:36&	00:37&	00:31&	07:52@	04:31@	00:38&	03:50&	03:09&	00:40&	01:39@	02:18&	01:45@	01:16&	00:14&
<b>19</b>	<b>Sondre Aspøy</b>	<b>117</b>										<b>1:19:25</b>				
01:30+	03:26+	09:31+	17:31+	23:05+	25:02+	34:05+	41:29+	42:47+	52:09+	58:54+	60:21+	61:38+	72:44+	75:53+	78:19+	79:25+
01:30+	01:56+	06:05+	08:00+	05:34+	01:57+	09:03+	07:24+	01:18+	09:22+	06:45+	01:27+	01:17+	11:06+	03:09+	02:26+	01:06+
00:18#	00:28&	02:48&	06:10@	03:40@	00:49&	03:58&	04:31@	00:36&	02:34&	02:29&	00:34&	00:14#	06:06@	01:30&	00:59&	00:24&
<b>20</b>	<b>Frank Terje Berge</b>	<b>126</b>										<b>1:22:57</b>				
01:26+	08:00+	12:47+	20:07+	22:52+	24:44+	34:54+	44:25+	47:43+	56:09+	62:11+	63:43+	66:11+	72:38+	79:11+	81:52+	82:57+
01:26+	06:34+	04:47+	07:20+	02:45+	01:52+	10:10+	09:31+	03:18+	08:26+	06:02+	01:32+	02:28+	06:27+	06:33+	02:41+	01:05+
00:14#	05:06@	01:30&	05:30@	00:51&	00:44&	05:05&	06:38@	02:36@	01:38#	01:46&	00:39&	01:25@	01:27&	04:54@	01:14&	00:23&
<b>21</b>	<b>Torbjørn Fuglestad</b>	<b>46</b>										<b>1:24:13</b>				
01:30+	04:01+	09:13+	19:09+	22:19+	24:33+	35:21+	40:59+	42:11+	51:13+	58:20+	59:44+	61:57+	73:14+	80:06+	82:58+	84:13+
01:30+	02:31+	05:12+	09:56+	03:10+	02:14+	10:48+	05:38+	01:12+	09:02+	07:07+	01:24+	02:13+	11:17+	06:52+	02:52+	01:15+
00:18#	01:03&	01:55&	08:06@	01:16&	01:06&	05:43@	02:45&	00:30&	02:14&	02:51&	00:31&	01:10@	06:17@	05:13@	01:25&	00:33&
<b>22</b>	<b>Endre Berge</b>	<b>105</b>										<b>1:25:18</b>				
02:59+	04:36+	11:39+	13:50+	22:22+	23:48+	29:47+	36:59+	38:07+	49:32+	55:13+	56:43+	57:42+	79:37+	82:49+	84:28+	85:18+
02:59+	01:37+	07:03+	02:11+	08:32+	01:26+	05:59+	07:12+	01:08+	11:25+	05:41+	01:30+	00:59-	21:55+	03:12+	01:39+	00:50+
01:47@	00:09#	03:46@	00:21#	06:38@	00:18&	00:54#	04:19@	00:26&	04:37&	01:25&	00:37&	00:04-	16:55@	01:33&	00:12#	00:08#
<b>23</b>	<b>Thomas Jansen</b>	<b>289</b>										<b>1:28:22</b>				
01:37+	03:18+	07:22+	14:00+	17:21+	18:42+	55:56+	61:44+	62:32+	67:56+	73:40+	74:45+	76:35+	82:34+	85:31+	87:32+	88:22+
01:37+	01:41+	04:04+	06:38+	03:21+	01:21+	37:14+	05:48+	00:48+	05:24-	05:44+	01:05+	01:50+	05:59+	02:57+	02:01+	00:50+
00:25&	00:13#	00:47#	04:48@	01:27&	00:13#	32:09@	02:55@	00:06#	01:24-	01:28&	00:12#	00:47&	00:59#	01:18&	00:34&	00:08#

### Beste strekktid for klassen

01:05 01:28 03:15 01:50 01:51 01:08 04:14 02:53 00:42 03:16 04:16 00:53 00:58 05:00 01:39 01:27 00:41

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

## Herrer 40 - 49 år

<b>1</b>	<b>Kristoffer Buchholz Johannessen 88</b>	<b>54:04</b>														
01:12=	02:47=	06:11=	08:15=	10:31=	11:47=	17:31=	21:28=	22:39=	27:16=	31:40=	32:35=	37:44=	43:21=	51:15=	53:01=	54:04=
01:12=	01:35=	03:24=	02:04=	02:16=	01:16=	05:44=	03:57=	01:11=	04:37=	04:24=	00:55=	05:09=	05:37=	07:54=	01:46=	01:03=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Magne Habbestad 111</b>	<b>58:36</b>														
03:15+	05:35+	09:49+	12:13+	14:33+	16:24+	25:55+	29:58+	31:33+	37:51+	43:54+	45:04+	46:32+	52:57+	55:31+	57:38+	58:36+
03:15+	02:20+	04:14+	02:24+	02:20+	01:51+	09:31+	04:03+	01:35+	06:18+	06:03+	01:10+	01:28-	06:25+	02:34-	02:07+	00:58-
02:03@	00:45&	00:50#	00:20#	00:04+	00:35&	03:47&	00:06+	00:24&	01:41&	01:39&	00:15&	03:41-	00:48#	05:20-	00:21#	00:05-
<b>3</b>	<b>Jan Eirik Gjerdevik 76</b>	<b>59:29</b>														
01:43+	07:36+	11:09+	15:05+	16:52+	18:19+	24:15+	30:30+	32:29+	38:50+	45:14+	46:46+	47:52+	54:10+	56:46+	58:44+	59:29+
01:43+	05:53+	03:33+	03:56+	01:47-	01:27+	05:56+	06:15+	01:59+	06:21+	06:24+	01:32+	01:06-	06:18+	02:36-	01:58+	00:45-
00:31&	04:18@	00:09+	01:52&	00:29-	00:11#	00:12+	02:18&	00:48&	01:44&	02:00&	00:37&	04:03-	00:41#	05:18-	00:12#	00:18-
<b>4</b>	<b>Thomas Chruickshank 48</b>	<b>1:01:34</b>														
01:17+	03:29+	07:24+	10:27+	15:12+	16:42+	22:15+	26:50+	28:24+	42:06+	47:35+	48:29+	49:27+	55:45+	58:38+	60:49+	61:34+
01:17+	02:12+	03:55+	03:03+	04:45+	01:30+	05:33-	04:35+	01:34+	13:42+	05:29+	00:54-	00:58-	06:18+	02:53-	02:11+	00:45-
00:05+	00:37&	00:31#	00:59&	02:29@	00:14#	00:11-	00:38#	00:23&	09:05@	01:05#	00:01-	04:11-	00:41#	05:01-	00:25#	00:18-

Class	Navn	Klasse										Tid				
<b>5</b>	<b>Håvard Svihus</b>	<b>267</b>										<b>1:02:42</b>				
01:35+	03:22+	07:50+	11:48+	14:30+	16:13+	23:05+	28:07+	29:22+	38:08+	44:48+	46:07+	47:07+	55:43+	59:19+	61:39+	62:42+
01:35+	01:47+	04:28+	03:58+	02:42+	01:43+	06:52+	05:02+	01:15+	08:46+	06:40+	01:19+	01:00-	08:36+	03:36-	02:20+	01:03=
00:23&	00:12#	01:04&	01:54&	00:26#	00:27&	01:08#	01:05&	00:04+	04:09&	02:16&	00:24&	04:09-	02:59&	04:18-	00:34&	00:00=
<b>6</b>	<b>Frode Ungar</b>	<b>116</b>										<b>1:03:48</b>				
01:24+	04:17+	08:25+	12:09+	15:27+	17:26+	23:09+	28:12+	29:21+	37:07+	43:58+	45:27+	47:44+	54:52+	57:57+	62:47+	63:48+
01:24+	02:53+	04:08+	03:44+	03:18+	01:59+	05:43-	05:03+	01:09-	07:46+	06:51+	01:29+	02:17-	07:08+	03:05-	04:50+	01:01-
00:12#	01:18&	00:44#	01:40&	01:02&	00:43&	00:01-	01:06&	00:02-	03:09&	02:27&	00:34&	02:52-	01:31&	04:49-	03:04@	00:02-
<b>7</b>	<b>Cedric Fayemendy</b>	<b>76</b>										<b>1:05:14</b>				
01:12=	03:17+	07:28+	10:02+	13:24+	19:24+	27:32+	35:55+	37:32+	44:12+	49:40+	50:39+	52:01+	58:39+	61:29+	64:06+	65:14+
01:12=	02:05+	04:11+	02:34+	03:22+	06:00+	08:08+	08:23+	01:37+	06:40+	05:28+	00:59+	01:22-	06:38+	02:50-	02:37+	01:08+
00:00=	00:30&	00:47#	00:30#	01:06&	04:44@	02:24&	04:26@	00:26&	02:03&	01:04#	00:04+	03:47-	01:01#	05:04-	00:51&	00:05+
<b>8</b>	<b>Ove Nygaard</b>	<b>116</b>										<b>1:05:48</b>				
01:18+	03:14+	06:39+	08:42+	13:41+	14:56+	24:12+	34:34+	35:25+	42:03+	47:21+	48:22+	49:26+	55:53+	58:45+	64:49+	65:48+
01:18+	01:56+	03:25+	02:03-	04:59+	01:15-	09:16+	10:22+	00:51-	06:38+	05:18+	01:01+	01:04-	06:27+	02:52-	06:04+	00:59-
00:06+	00:21#	00:01+	00:01-	02:43@	00:01-	03:32&	06:25@	00:20-	02:01&	00:54#	00:06#	04:05-	00:50#	05:02-	04:18@	00:04-
<b>9</b>	<b>Thomas Schanke Eikum</b>	<b>62</b>										<b>1:07:45</b>				
01:29+	07:37+	12:00+	14:18+	17:57+	20:20+	27:41+	32:30+	33:42+	39:17+	45:48+	47:02+	48:31+	60:30+	64:07+	66:38+	67:45+
01:29+	06:08+	04:23+	02:18+	03:39+	02:23+	07:21+	04:49+	01:12+	05:35+	06:31+	01:14+	01:29-	11:59+	03:37-	02:31+	01:07+
00:17#	04:33@	00:59&	00:14#	01:23&	01:07&	01:37&	00:52#	00:01+	00:58#	02:07&	00:19&	03:40-	06:22@	04:17-	00:45&	00:04+
<b>10</b>	<b>Rune Dahl Fitjar</b>	<b>53</b>										<b>1:08:17</b>				
01:31+	03:40+	08:17+	12:41+	15:18+	17:04+	26:25+	30:27+	31:41+	39:55+	46:44+	47:55+	49:35+	62:25+	65:12+	67:20+	68:17+
01:31+	02:09+	04:37+	04:24+	02:37+	01:46+	09:21+	04:02+	01:14+	08:14+	06:49+	01:11+	01:40-	12:50+	02:47-	02:08+	00:57-
00:19&	00:34&	01:13&	02:20@	00:21#	00:30&	03:37&	00:05+	00:03+	03:37&	02:25&	00:16&	03:29-	07:13@	05:07-	00:22#	00:06-
<b>11</b>	<b>Rune Hatle</b>	<b>65</b>										<b>1:10:14</b>				
01:30+	04:28+	08:47+	11:22+	17:41+	19:58+	33:16+	37:51+	38:53+	44:54+	51:59+	53:05+	54:20+	62:08+	65:26+	69:31+	70:14+
01:30+	02:58+	04:19+	02:35+	06:19+	02:17+	13:18+	04:35+	01:02-	06:01+	07:05+	01:06+	01:15-	07:48+	03:18-	04:05+	00:43-
00:18#	01:23&	00:55&	00:31#	04:03@	01:01&	07:34@	00:38#	00:09-	01:24&	02:41&	00:11#	03:54-	02:11&	04:36-	02:19@	00:20-
<b>12</b>	<b>Antal Jansen</b>	<b>115</b>										<b>1:11:50</b>				
01:40+	04:11+	09:00+	15:34+	17:54+	20:05+	32:00+	36:43+	37:31+	49:21+	55:24+	56:28+	58:03+	64:58+	67:48+	70:48+	71:50+
01:40+	02:31+	04:49+	06:34+	02:20+	02:11+	11:55+	04:43+	00:48-	11:50+	06:03+	01:04+	01:35-	06:55+	02:50-	03:00+	01:02-
00:28&	00:56&	01:25&	04:30@	00:04+	00:55&	06:11@	00:46#	00:23-	07:13@	01:39&	00:09#	03:34-	01:18#	05:04-	01:14&	00:01-
<b>13</b>	<b>Ole-Tobias Frich</b>	<b>116</b>										<b>1:12:04</b>				
01:53+	03:46+	08:39+	12:59+	16:09+	18:00+	29:50+	34:50+	36:42+	43:39+	50:51+	51:58+	53:22+	61:55+	66:46+	70:53+	72:04+
01:53+	01:53+	04:53+	04:20+	03:10+	01:51+	11:50+	05:00+	01:52+	06:57+	07:12+	01:07+	01:24-	08:33+	04:51-	04:07+	01:11+
00:41&	00:18#	01:29&	02:16@	00:54&	00:35&	06:06@	01:03&	00:41&	02:20&	02:48&	00:12#	03:45-	02:56&	03:03-	02:21@	00:08#
<b>14</b>	<b>Per Jan Ermland</b>	<b>43</b>										<b>1:16:56</b>				
02:43+	07:38+	11:50+	15:27+	31:48+	33:26+	41:39+	46:28+	48:27+	54:26+	60:51+	62:04+	63:17+	70:33+	73:43+	75:54+	76:56+
02:43+	04:55+	04:12+	03:37+	16:21+	01:38+	08:13+	04:49+	01:59+	05:59+	06:25+	01:13+	01:13-	07:16+	03:10-	02:11+	01:02-
01:31@	03:20@	00:48#	01:33&	14:05@	00:22&	02:29&	00:52#	00:48&	01:22&	02:01&	00:18&	03:56-	01:39&	04:44-	00:25#	00:01-
<b>15</b>	<b>Geir Inge Høvik</b>	<b>194</b>										<b>1:17:11</b>				
01:05-	03:37+	07:24+	10:51+	12:57+	15:06+	23:54+	28:06+	30:08+	38:24+	57:52+	58:58+	60:26+	67:00+	70:11+	76:08+	77:11+
01:05-	02:32+	03:47+	03:27+	02:06-	02:09+	08:48+	04:12+	02:02-	08:16+	19:28+	01:06+	01:28-	06:34+	03:11-	05:57+	01:03=
00:07-	00:57&	00:23#	01:23&	00:10-	00:53&	03:04&	00:15+	00:51&	03:39&	15:04@	00:11#	03:41-	00:57#	04:43-	04:11@	00:00=
<b>16</b>	<b>Kristian Bjo</b>	<b>165</b>										<b>1:47:40</b>				
01:39+	03:42+	08:09+	10:30+	15:52+	17:28+	47:21+	60:35+	69:55+	77:46+	86:25+	87:43+	89:38+	97:22+	103:12+	106:13+	107:40+
01:39+	02:03+	04:27+	02:21+	05:22+	01:36+	29:53+	13:14+	09:20+	07:51+	08:39+	01:18+	01:55-	07:44+	05:50-	03:01+	01:27+
00:27&	00:28&	01:03&	00:17#	03:06@	00:20&	24:09@	09:17@	08:09@	03:14&	04:15&	00:23&	03:14-	02:07&	02:04-	01:15&	00:24&
<b>Beste strekktid for klassen</b>																
01:05	01:35	03:24	02:03	01:47	01:15	05:33	03:57	00:48	04:37	04:24	00:54	00:58	05:37	02:34	01:46	00:43

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

## Herrer 50 - 59 år

<b>1</b>	<b>Arngrim Utskarpen</b>	<b>117</b>										<b>46:52</b>				
01:38=	02:46=	06:20=	10:07=	13:27=	16:01=	21:26=	24:41=	28:12=	33:07=	33:59=	41:48=	44:20=	46:31=	46:52=		
01:38=	01:08=	03:34=	03:47=	03:20=	02:34=	05:25=	03:15=	03:31=	04:55=	00:52=	07:49=	02:32=	02:11=	00:21=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

Class	Navn	Klasse										Tid			
<b>2</b>	<b>John Breiland</b>	<b>352</b>										<b>52:53</b>			
	00:55-	01:47-	05:50-	08:21-	10:26-	12:44-	18:47-	22:01-	26:36-	32:29-	33:26-	44:29+	49:52+	52:31+	52:53+
	00:55-	00:52-	04:03+	02:31-	02:05-	02:18-	06:03+	03:14-	04:35+	05:53+	00:57+	11:03+	05:23+	02:39+	00:22+
	00:43-	00:16-	00:29#	01:16-	01:15-	00:16-	00:38#	00:01-	01:04&	00:58#	00:05+	03:14&	02:51@	00:28#	00:01+
<b>3</b>	<b>Arnstein Hoff</b>	<b>116</b>										<b>55:22</b>			
	01:01-	01:57-	04:52-	08:09-	11:45-	14:37-	22:02+	26:44+	31:01+	36:17+	38:05+	47:21+	51:53+	54:56+	55:22+
	01:01-	00:56-	02:55-	03:17-	03:36+	02:52+	07:25+	04:42+	04:17+	05:16+	01:48+	09:16+	04:32+	03:03+	00:26+
	00:37-	00:12-	00:39-	00:30-	00:16+	00:18#	02:00&	01:27&	00:46#	00:21+	00:56@	01:27#	02:00&	00:52&	00:05#
<b>4</b>	<b>Ulric Björck</b>	<b>53</b>										<b>57:02</b>			
	01:05-	02:19-	07:04+	10:00-	13:11-	16:50+	22:18+	26:46+	29:09+	37:53+	39:01+	48:41+	52:49+	56:40+	57:02+
	01:05-	01:14+	04:45+	02:56-	03:11-	03:39+	05:28+	04:28+	02:23-	08:44+	01:08+	09:40+	04:08+	03:51+	00:22+
	00:33-	00:06+	01:11&	00:51-	00:09-	01:05&	00:03+	01:13&	01:08-	03:49&	00:16&	01:51#	01:36&	01:40&	00:01+
<b>5</b>	<b>Terje Undheim</b>	<b>54</b>										<b>57:05</b>			
	01:01-	01:55-	04:49-	11:11+	14:15+	16:58+	24:19+	31:27+	36:06+	39:48+	40:42+	48:56+	52:43+	56:48+	57:05+
	01:01-	00:54-	02:54-	06:22+	03:04-	02:43+	07:21+	07:08+	04:39+	03:42-	00:54+	08:14+	03:47+	04:05+	00:17-
	00:37-	00:14-	00:40-	02:35&	00:16-	00:09+	01:56&	03:53@	01:08&	01:13-	00:02+	00:25+	01:15&	01:54&	00:04-
<b>6</b>	<b>Jørgen Nilsen</b>	<b>116</b>										<b>58:04</b>			
	01:18-	02:28-	06:09-	09:06-	12:24-	20:27+	28:44+	33:01+	35:53+	41:14+	42:19+	51:54+	55:08+	57:34+	58:04+
	01:18-	01:10+	03:41+	02:57-	03:18-	08:03+	08:17+	04:17+	02:52-	05:21+	01:05+	09:35+	03:14+	02:26+	00:30+
	00:20-	00:02+	00:07+	00:50-	00:02-	05:29@	02:52&	01:02&	00:39-	00:26+	00:13#	01:46#	00:42&	00:15#	00:09&
<b>7</b>	<b>Magnar Møller</b>	<b>62</b>										<b>59:38</b>			
	01:13-	02:24-	06:02-	09:12-	12:15-	15:36-	21:54+	26:17+	28:53+	36:05+	37:12+	49:57+	53:48+	59:12+	59:38+
	01:13-	01:11+	03:38+	03:10-	03:10-	03:03-	06:18+	04:23+	02:36-	07:12+	01:07+	12:45+	03:51+	05:24+	00:26+
	00:25-	00:03+	00:04+	00:37-	00:17-	00:47&	00:53#	01:08&	00:55-	02:17&	00:15&	04:56&	01:19&	03:13@	00:05#
<b>8</b>	<b>Rune Paulsen</b>	<b>98</b>										<b>59:45</b>			
	01:01-	02:04-	05:51-	08:58-	12:09-	15:17-	25:16+	29:09+	33:46+	41:04+	42:18+	51:22+	56:31+	59:25+	59:45+
	01:01-	01:03-	03:47+	03:07-	03:11-	03:08+	09:59+	03:53+	04:37+	07:18+	01:14+	09:04+	05:09+	02:54+	00:20-
	00:37-	00:05-	00:13+	00:40-	00:09-	00:34#	04:34&	00:38#	01:06&	02:23&	00:22&	01:15#	02:37@	00:43&	00:01-
<b>9</b>	<b>Håvard Håland</b>	<b>66</b>										<b>1:01:37</b>			
	00:55-	01:53-	06:18-	09:25-	12:51-	15:35-	26:33+	33:54+	37:16+	41:33+	42:39+	55:42+	58:49+	61:12+	61:37+
	00:55-	00:58-	04:25+	03:07-	03:26+	02:44+	10:58+	07:21+	03:22-	04:17-	01:06+	13:03+	03:07+	02:23+	00:25+
	00:43-	00:10-	00:51#	00:40-	00:06+	00:10+	05:33@	04:06@	00:09-	00:38-	00:14&	05:14&	00:35#	00:12+	00:04#
<b>10</b>	<b>Frank Hansen</b>	<b>29</b>										<b>1:02:02</b>			
	01:07-	02:27-	06:46+	11:53+	14:36+	18:18+	24:28+	35:10+	39:02+	44:58+	46:19+	56:41+	59:28+	61:37+	62:02+
	01:07-	01:20+	04:19+	05:07+	02:43-	03:42+	06:10+	10:42+	03:52+	05:56+	01:21+	10:22+	02:47+	02:09-	00:25+
	00:31-	00:12#	00:45#	01:20&	00:37-	01:08&	00:45#	07:27@	00:21+	01:01#	00:29&	02:33&	00:15+	00:02-	00:04#
<b>11</b>	<b>Jarl Steinar Berntsen</b>	<b>27</b>										<b>1:03:18</b>			
	01:28-	02:32-	08:03+	11:40+	15:04+	18:23+	26:55+	32:15+	36:58+	41:34+	42:50+	55:06+	60:37+	62:55+	63:18+
	01:28-	01:04-	05:31+	03:37-	03:24+	03:19+	08:32+	05:20+	04:43+	04:36-	01:16+	12:16+	05:31+	02:18+	00:23+
	00:10-	00:04-	01:57&	00:10-	00:04+	00:45&	03:07&	02:05&	01:12&	00:19-	00:24&	04:27&	02:59@	00:07+	00:02+
<b>12</b>	<b>Jone Kalheim</b>	<b>93</b>										<b>1:04:44</b>			
	00:58-	02:00-	05:00-	08:03-	10:31-	13:20-	24:18+	28:34+	34:14+	38:45+	41:30+	57:02+	62:03+	64:23+	64:44+
	00:58-	01:02-	03:00-	03:03-	02:28-	02:49+	10:58+	04:16+	05:40+	04:31-	02:45+	15:32+	05:01+	02:20+	00:21=
	00:40-	00:06-	00:34-	00:44-	00:52-	00:15+	05:33@	01:01&	02:09&	00:24-	01:53@	07:43&	02:29&	00:09+	00:00=
<b>13</b>	<b>Svein Roar Aas</b>	<b>114</b>										<b>1:05:57</b>			
	00:54-	02:02-	07:25+	10:29+	14:00+	20:57+	30:58+	37:08+	45:20+	50:44+	51:47+	60:26+	63:12+	65:31+	65:57+
	00:54-	01:08=	05:23+	03:04-	03:31+	06:57+	10:01+	06:10+	08:12+	05:24+	01:03+	08:39+	02:46+	02:19+	00:26+
	00:44-	00:00=	01:49&	00:43-	00:11+	04:23@	04:36&	02:55&	04:41@	00:29+	00:11#	00:50#	00:14+	00:08+	00:05#
<b>14</b>	<b>Asbjørn Brådlund</b>	<b>297</b>										<b>1:06:12</b>			
	01:02-	02:06-	12:06+	15:01+	18:02+	21:16+	29:29+	39:09+	43:16+	49:59+	50:59+	60:27+	63:29+	65:46+	66:12+
	01:02-	01:04-	10:00+	02:55-	03:01-	03:14+	08:13+	09:40+	04:07+	06:43+	01:00+	09:28+	03:02+	02:17+	00:26+
	00:36-	00:04-	06:26@	00:52-	00:19-	00:40&	02:48&	06:25@	00:36#	01:48&	00:08#	01:39#	00:30#	00:06+	00:05#
<b>15</b>	<b>Tor Sverre Skåra</b>	<b>266</b>										<b>1:07:18</b>			
	01:00-	02:10-	06:47+	10:12+	13:10-	16:15+	23:01+	28:50+	30:59+	37:34+	39:50+	50:13+	54:24+	66:45+	67:18+
	01:00-	01:10+	04:37+	03:25-	02:58-	03:05+	06:46+	05:49+	02:09-	06:35+	02:16+	10:23+	04:11+	12:21+	00:33+
	00:38-	00:02+	01:03&	00:22-	00:22-	00:31#	01:21#	02:34&	01:22-	01:40&	01:24@	02:34&	01:39&	10:10@	00:12&
<b>16</b>	<b>Stein Arve Finnestad</b>	<b>287</b>										<b>1:07:21</b>			
	01:11-	02:21-	06:13-	11:18+	18:20+	21:59+	29:03+	37:16+	41:08+	47:39+	48:44+	60:53+	64:31+	66:55+	67:21+
	01:11-	01:10+	03:52+	05:05+	07:02+	03:39+	07:04+	08:13+	03:52+	06:31+	01:05+	12:09+	03:38+	02:24+	00:26+
	00:27-	00:02+	00:18+	01:18&	03:42@	01:05&	01:39&	04:58@	00:21+	01:36&	00:13#	04:20&	01:06&	00:13+	00:05#

Class	Navn	Klasse										Tid		
<b>17</b>	<b>Raymond B. Pettersen</b>	<b>105</b>										<b>1:07:44</b>		
01:03-	02:05-	06:05-	11:06+	14:43+	18:01+	26:59+	31:39+	36:35+	45:04+	46:25+	57:26+	61:09+	67:14+	67:44+
01:03-	01:02-	04:00+	05:01+	03:37+	03:18+	08:58+	04:40+	04:56+	08:29+	01:21+	11:01+	03:43+	06:05+	00:30+
00:35-	00:06-	00:26#	01:14&	00:17+	00:44&	03:33&	01:25&	01:25&	03:34&	00:29&	03:12&	01:11&	03:54@	00:09&
<b>18</b>	<b>Tore Halset</b>	<b>114</b>										<b>1:07:45</b>		
00:50-	01:54-	05:41-	09:04-	11:33-	15:22-	23:00+	29:05+	33:27+	42:27+	43:38+	58:42+	62:18+	67:17+	67:45+
00:50-	01:04-	03:47+	03:23-	02:29-	03:49+	07:38+	06:05+	04:22+	09:00+	01:11+	15:04+	03:36+	04:59+	00:28+
00:48-	00:04-	00:13+	00:24-	00:51-	01:15&	02:13&	02:50&	00:51#	04:05&	00:19&	07:15&	01:04&	02:48@	00:07&
<b>19</b>	<b>Harald Taksdal</b>	<b>236</b>										<b>1:07:46</b>		
01:10-	02:34-	09:28+	12:57+	15:53+	19:20+	36:18+	41:30+	44:00+	49:17+	50:23+	61:37+	65:00+	67:20+	67:46+
01:10-	01:24+	06:54+	03:29-	02:56-	03:27+	16:58+	05:12+	02:30-	05:17+	01:06+	11:14+	03:23+	02:20+	00:26+
00:28-	00:16#	03:20&	00:18-	00:24-	00:53&	11:33@	01:57&	01:01-	00:22+	00:14&	03:25&	00:51&	00:09+	00:05#
<b>20</b>	<b>Per Ivar Hovstad</b>	<b>116</b>										<b>1:10:35</b>		
00:58-	02:15-	05:57-	09:08-	14:54+	19:24+	28:29+	39:11+	43:21+	48:11+	49:17+	63:14+	67:08+	70:05+	70:35+
00:58-	01:17+	03:42+	03:11-	05:46+	04:30+	09:05+	10:42+	04:10+	04:50-	01:06+	13:57+	03:54+	02:57+	00:30+
00:40-	00:09#	00:08+	00:36-	02:26&	01:56&	03:40&	07:27@	00:39#	00:05-	00:14&	06:08&	01:22&	00:46&	00:09&
<b>21</b>	<b>Kjell Seland</b>	<b>236</b>										<b>1:10:42</b>		
00:56-	02:04-	05:13-	08:02-	10:33-	13:21-	33:36+	43:45+	47:00+	52:11+	53:15+	64:32+	67:52+	70:16+	70:42+
00:56-	01:08=	03:09-	02:49-	02:31-	02:48+	20:15+	10:09+	03:15-	05:11+	01:04+	11:17+	03:20+	02:24+	00:26+
00:42-	00:00=	00:25-	00:58-	00:49-	00:14+	14:50@	06:54@	00:16-	00:16+	00:12#	03:28&	00:48&	00:13+	00:05#
<b>22</b>	<b>Svend Vihovde</b>	<b>116</b>										<b>1:11:09</b>		
00:59-	02:17-	06:29+	10:19+	12:59-	16:15+	33:18+	38:23+	40:58+	46:57+	48:23+	59:48+	64:08+	70:31+	71:09+
00:59-	01:18+	04:12+	03:50+	02:40-	03:16+	17:03+	05:05+	02:35-	05:59+	01:26+	11:25+	04:20+	06:23+	00:38+
00:39-	00:10#	00:38#	00:03+	00:40-	00:42&	11:38@	01:50&	00:56-	01:04#	00:34&	03:36&	01:48&	04:12@	00:17&
<b>23</b>	<b>Christof Schätz</b>	<b>239</b>										<b>1:11:54</b>		
01:26-	02:54+	06:53+	10:33+	17:08+	21:08+	30:16+	35:53+	42:38+	48:26+	50:10+	63:07+	66:27+	71:23+	71:54+
01:26-	01:28+	03:59+	03:40-	06:35+	04:00+	09:08+	05:37+	06:45+	05:48+	01:44+	12:57+	03:20+	04:56+	00:31+
00:12-	00:20&	00:25#	00:07-	03:15&	01:26&	03:43&	02:22&	03:14&	00:53#	00:52&	05:08&	00:48&	02:45@	00:10&
<b>24</b>	<b>Anders Glenne</b>	<b>7</b>										<b>1:13:03</b>		
01:03-	01:59-	05:13-	08:10-	10:39-	13:31-	31:16+	45:44+	52:27+	57:40+	58:43+	67:33+	70:26+	72:39+	73:03+
01:03-	00:56-	03:14-	02:57-	02:29-	02:52+	17:45+	14:28+	06:43+	05:13+	01:03+	08:50+	02:53+	02:13+	00:24+
00:35-	00:12-	00:20-	00:50-	00:51-	00:18#	12:20@	11:13@	03:12&	00:18+	00:11#	01:01#	00:21#	00:02+	00:03#
<b>25</b>	<b>Geir Rune Seldal</b>	<b>192</b>										<b>1:15:17</b>		
01:17-	02:37-	06:38+	10:25+	13:44+	17:14+	25:08+	41:44+	44:11+	50:13+	51:31+	67:46+	71:44+	74:48+	75:17+
01:17-	01:20+	04:01+	03:47=	03:19-	03:30+	07:54+	16:36+	02:27-	06:02+	01:18+	16:15+	03:58+	03:04+	00:29+
00:21-	00:12#	00:27#	00:00=	00:01-	00:56&	02:29&	13:21@	01:04-	01:07#	00:26&	08:26@	01:26&	00:53&	00:08&
<b>26</b>	<b>Erling Knutzen</b>	<b>128</b>										<b>1:16:20</b>		
01:32-	02:55+	07:22+	11:25+	14:41+	18:40+	25:33+	38:17+	45:12+	52:46+	54:06+	66:30+	71:57+	75:37+	76:20+
01:32-	01:23+	04:27+	04:03+	03:16-	03:59+	06:53+	12:44+	06:55+	07:34+	01:20+	12:24+	05:27+	03:40+	00:43+
00:06-	00:15#	00:53#	00:16+	00:04-	01:25&	01:28&	09:29@	03:24&	02:39&	00:28&	04:35&	02:55@	01:29&	00:22@
<b>27</b>	<b>Trygve Michaelsen</b>	<b>117</b>										<b>1:18:14</b>		
00:47-	01:49-	06:10-	09:02-	12:31-	15:08-	50:17+	54:05+	58:37+	63:40+	64:43+	72:49+	76:01+	77:51+	78:14+
00:47-	01:02-	04:21+	02:52-	03:29+	02:37+	35:09+	03:48+	04:32+	05:03+	01:03+	08:06+	03:12+	01:50-	00:23+
00:51-	00:06-	00:47#	00:55-	00:09+	00:03+	29:44@	00:33#	01:01&	00:08+	00:11#	00:17+	00:40&	00:21-	00:02+
<b>28</b>	<b>Arild Holm</b>	<b>114</b>										<b>1:25:58</b>		
01:18-	02:34-	08:01+	11:49+	14:42+	18:53+	40:03+	55:25+	57:42+	64:05+	65:21+	77:51+	82:21+	85:27+	85:58+
01:18-	01:16+	05:27+	03:48+	04:11+	21:10+	15:22+	02:17-	06:23+	01:16+	12:30+	04:30+	03:06+	00:31+	
00:20-	00:08#	01:53&	00:01+	00:27-	01:37&	15:45@	12:07@	01:14-	01:28&	00:24&	04:41&	01:58&	00:55&	00:10&
<b>29</b>	<b>Erik Bjørnbom</b>	<b>76</b>										<b>1:29:18</b>		
00:49-	01:48-	04:53-	08:27-	11:13-	14:20-	54:30+	58:28+	64:16+	69:04+	71:46+	80:26+	84:38+	88:50+	89:18+
00:49-	00:59-	03:05-	03:34-	02:46-	03:07+	40:10+	03:58+	05:48+	04:48-	02:42+	08:40+	04:12+	04:12+	00:28+
00:49-	00:09-	00:29-	00:13-	00:34-	00:33#	34:45@	00:43#	02:17&	00:07-	01:50@	00:51#	01:40&	02:01&	00:07&
<b>Beste strekktid for klassen</b>														
00:47	00:52	02:54	02:31	02:05	02:18	05:25	03:14	02:09	03:42	00:52	07:49	02:32	01:50	00:17

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

## Herrer 60 - 64 år



Class	Navn	Klasse										Tid	
<b>1</b>	<b>Morten Johannessen</b>	<b>7</b>										<b>40:33</b>	
	01:14=	02:51=	06:05=	08:25=	10:31=	12:38=	14:59=	21:16=	26:32=	27:42=	35:56=	39:32=	40:33=
	01:14=	01:37=	03:14=	02:20=	02:06=	02:07=	02:21=	06:17=	05:16=	01:10=	08:14=	03:36=	01:01=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Sveinung Svebestad</b>	<b>46</b>										<b>46:48</b>	
	01:27+	03:15+	06:42+	09:39+	12:12+	14:06+	16:28+	22:03+	28:26+	29:38+	41:05+	45:31+	46:48+
	01:27+	01:48+	03:27+	02:57+	02:33+	01:54-	02:22+	05:35-	06:23+	01:12+	11:27+	04:26+	01:17+
	00:13#	00:11#	00:13+	00:37&	00:27#	00:13-	00:01+	00:42-	01:07#	00:02+	03:13&	00:50#	00:16&
<b>3</b>	<b>Inge Skretting</b>	<b>165</b>										<b>49:35</b>	
	01:37+	03:45+	07:47+	11:41+	14:06+	15:58+	18:14+	28:20+	33:51+	34:59+	44:16+	48:26+	49:35+
	01:37+	02:08+	04:02+	03:54+	02:25+	01:52-	02:16-	10:06+	05:31+	01:08-	09:17+	04:10+	01:09+
	00:23&	00:31&	00:48#	01:34&	00:19#	00:15-	00:05-	03:49&	00:15+	00:02-	01:03#	00:34#	00:08#
<b>4</b>	<b>Ivar Knutsen</b>	<b>116</b>										<b>53:23</b>	
	01:46+	03:56+	08:27+	10:57+	13:51+	16:11+	18:49+	27:46+	34:29+	35:57+	46:53+	52:01+	53:23+
	01:46+	02:10+	04:31+	02:30+	02:54+	02:20+	02:38+	08:57+	06:43+	01:28+	10:56+	05:08+	01:22+
	00:32&	00:33&	01:17&	00:10+	00:48&	00:13#	00:17#	02:40&	01:27&	00:18&	02:42&	01:32&	00:21&
<b>5</b>	<b>Øystein Dahle</b>	<b>93</b>										<b>55:15</b>	
	01:25+	03:11+	06:58+	09:22+	12:15+	14:42+	17:11+	30:12+	35:06+	37:10+	48:19+	53:24+	55:15+
	01:25+	01:46+	03:47+	02:24+	02:53+	02:27+	02:29+	13:01+	04:54-	02:04+	11:09+	05:05+	01:51+
	00:11#	00:09+	00:33#	00:04+	00:47&	00:20#	00:08+	06:44@	00:22-	00:54&	02:55&	01:29&	00:50&
<b>6</b>	<b>Stein Sigbjørnsen</b>	<b>27</b>										<b>59:13</b>	
	01:32+	04:03+	09:56+	12:49+	16:15+	18:45+	21:38+	30:52+	37:55+	39:41+	52:31+	57:44+	59:13+
	01:32+	02:31+	05:53+	02:53+	03:26+	02:30+	02:53+	09:14+	07:03+	01:46+	12:50+	05:13+	01:29+
	00:18#	00:54&	02:39&	00:33#	01:20&	00:23#	00:32#	02:57&	01:47&	00:36&	04:36&	01:37&	00:28&
<b>7</b>	<b>Harald Jansen</b>	<b>289</b>										<b>1:01:12</b>	
	01:19+	04:41+	11:57+	14:17+	16:44+	18:53+	20:40+	26:55+	32:52+	34:19+	53:29+	60:14+	61:12+
	01:19+	03:22+	07:16+	02:20=	02:27+	02:09+	01:47-	06:15-	05:57+	01:27+	19:10+	06:45+	00:58-
	00:05+	01:45@	04:02@	00:00=	00:21#	00:02+	00:34-	00:02-	00:41#	00:17#	10:56@	03:09&	00:03-
<b>8</b>	<b>Svein Magne Gloppen</b>	<b>93</b>										<b>1:08:19</b>	
	02:11+	05:04+	10:17+	22:32+	25:56+	28:31+	31:50+	39:58+	45:08+	46:51+	61:53+	67:04+	68:19+
	02:11+	02:53+	05:13+	12:15+	03:24+	02:35+	03:19+	08:08+	05:10-	01:43+	15:02+	05:11+	01:15+
	00:57&	01:16&	01:59&	09:55@	01:18&	00:28#	00:58&	01:51&	00:06-	00:33&	06:48&	01:35&	00:14#
<b>9</b>	<b>Per Ingar Hadland</b>	<b>7</b>										<b>1:08:20</b>	
	02:26+	05:13+	12:19+	16:21+	20:09+	22:52+	26:35+	36:23+	44:23+	46:03+	59:04+	66:12+	68:20+
	02:26+	02:47+	07:06+	04:02+	03:48+	02:43+	03:43+	09:48+	08:00+	01:40+	13:01+	07:08+	02:08+
	01:12&	01:10&	03:52@	01:42&	01:42&	00:36&	01:22&	03:31&	02:44&	00:30&	04:47&	03:32&	01:07@
<b>10</b>	<b>Kjell Lervik</b>	<b>239</b>										<b>1:09:13</b>	
	02:34+	13:14+	17:04+	20:40+	24:06+	27:02+	30:10+	40:20+	46:48+	48:22+	62:59+	67:51+	69:13+
	02:34+	10:40+	03:50+	03:36+	03:26+	02:56+	03:08+	10:10+	06:28+	01:34+	14:37+	04:52+	01:22+
	01:20@	09:03@	00:36#	01:16&	01:20&	00:49&	00:47&	03:53&	01:12#	00:24&	06:23&	01:16&	00:21&
<b>11</b>	<b>Tor Inge Halvorsen</b>	<b>5</b>										<b>1:17:17</b>	
	01:53+	04:12+	11:12+	14:10+	16:49+	20:10+	22:05+	29:12+	34:56+	35:52+	60:58+	75:53+	77:17+
	01:53+	02:19+	07:00+	02:58+	02:39+	03:21+	01:55-	07:07+	05:44+	00:56-	25:06+	14:55+	01:24+
	00:39&	00:42&	03:46@	00:38&	00:33&	01:14&	00:26-	00:50#	00:28+	00:14-	16:52@	11:19@	00:23&
<b>12</b>	<b>Sverre Magnar Nordal</b>	<b>116</b>										<b>1:27:36</b>	
	02:21+	05:01+	11:03+	16:48+	32:59+	34:59+	46:34+	52:22+	61:07+	62:57+	75:56+	85:45+	87:36+
	02:21+	02:40+	06:02+	05:45+	16:11+	02:00-	11:35+	05:48-	08:45+	01:50+	12:59+	09:49+	01:51+
	01:07&	01:03&	02:48&	03:25@	14:05@	00:07-	09:14@	00:29-	03:29&	00:40&	04:45&	06:13@	00:50&
<b>13</b>	<b>Harald Kleveland</b>	<b>7</b>										<b>1:28:47</b>	
	01:32+	04:25+	09:16+	12:14+	26:17+	31:33+	34:37+	58:43+	64:14+	66:29+	82:16+	87:38+	88:47+
	01:32+	02:53+	04:51+	02:58+	14:03+	05:16+	03:04+	24:06+	05:31+	02:15+	15:47+	05:22+	01:09+
	00:18#	01:16&	01:37&	00:38&	11:57@	03:09@	00:43&	17:49@	00:15+	01:05&	07:33&	01:46&	00:08#
<b>Beste strekktid for klassen</b>													
	01:14	01:37	03:14	02:20	02:06	01:52	01:47	05:35	04:54	00:56	08:14	03:36	00:58

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

## Herrer 65 - 69 år

Class	Navn	Klasse	Tid									
<b>1</b>	<b>Arne Kristian Espedal</b>	<b>68</b>	<b>40:51</b>									
01:08=	02:40=	05:45=	07:57=	10:08=	11:56=	13:50=	20:39=	26:27=	36:17=	40:00=	40:51=	
01:08=	01:32=	03:05=	02:12=	02:11=	01:48=	01:54=	06:49=	04:47=	01:01=	09:50=	03:43=	00:51=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Torbjørn Evensen</b>	<b>108</b>	<b>41:06</b>									
01:22+	03:16+	06:29+	08:41+	10:57+	12:36+	14:32+	21:23+	26:03+	27:27+	36:03-	39:57-	41:06+
01:22+	01:54+	03:13+	02:12=	02:16+	01:39-	01:56+	06:51+	04:40-	01:24+	08:36-	03:54+	01:09+
00:14#	00:22#	00:08+	00:00=	00:05+	00:09-	00:02+	00:02+	00:07-	00:23&	01:14-	00:11+	00:18&
<b>3</b>	<b>Bjarne Gimre</b>	<b>88</b>	<b>44:14</b>									
01:46+	03:41+	08:16+	11:04+	13:34+	15:30+	17:30+	23:05+	28:20+	29:50+	38:58+	43:11+	44:14+
01:46+	01:55+	04:35+	02:48+	02:30+	01:56+	02:00+	05:35-	05:15+	01:30+	09:08-	04:13+	01:03+
00:38&	00:23#	01:30&	00:36&	00:19#	00:08+	00:06+	01:14-	00:28+	00:29&	00:42-	00:30#	00:12#
<b>4</b>	<b>Kjell Skjæveland</b>	<b>166</b>	<b>46:52</b>									
01:27+	03:15+	09:22+	12:08+	14:31+	16:38+	18:55+	25:46+	29:49+	31:21+	41:29+	45:45+	46:52+
01:27+	01:48+	06:07+	02:46+	02:23+	02:07+	02:17+	06:51+	04:03-	01:32+	10:08+	04:16+	01:07+
00:19&	00:16#	03:02&	00:34&	00:12+	00:19#	00:23#	00:02+	00:44-	00:31&	00:18+	00:33#	00:16&
<b>5</b>	<b>Arne Magne Handeland</b>	<b>92</b>	<b>49:27</b>									
01:59+	04:24+	08:28+	11:23+	15:21+	18:40+	21:22+	27:18+	32:33+	33:57+	43:09+	47:50+	49:27+
01:59+	02:25+	04:04+	02:55+	03:58+	03:19+	02:42+	05:56-	05:15+	01:24+	09:12-	04:41+	01:37+
00:51&	00:53&	00:59&	00:43&	01:47&	01:31&	00:48&	00:53-	00:28+	00:23&	00:38-	00:58&	00:46&
<b>6</b>	<b>Bjørn Sivertsen</b>	<b>99</b>	<b>49:27</b>									
01:31+	03:36+	07:49+	10:32+	13:15+	15:27+	20:26+	27:28+	33:31+	34:38+	43:34+	48:11+	49:27+
01:31+	02:05+	04:13+	02:43+	02:43+	02:12+	04:59+	07:02+	06:03+	01:07+	08:56-	04:37+	01:16+
00:23&	00:33&	01:08&	00:31#	00:32#	00:24#	03:05@	00:13+	01:16&	00:06+	00:54-	00:54#	00:25&
<b>7</b>	<b>Tor Geir Espedal</b>	<b>115</b>	<b>50:58</b>									
01:59+	04:28+	08:20+	11:04+	13:48+	15:50+	18:52+	27:00+	32:32+	33:58+	44:54+	49:39+	50:58+
01:59+	02:29+	03:52+	02:44+	02:44+	02:02+	03:02+	08:08+	05:32+	01:26+	10:56+	04:45+	01:19+
00:51&	00:57&	00:47&	00:32#	00:33&	00:14#	01:08&	01:19#	00:45#	00:25&	01:06#	01:02&	00:28&
<b>8</b>	<b>Terje Stokkeland</b>	<b>69</b>	<b>50:59</b>									
01:35+	03:48+	07:58+	11:01+	13:50+	16:32+	19:30+	26:05+	32:06+	33:40+	44:06+	49:29+	50:59+
01:35+	02:13+	04:10+	03:03+	02:49+	02:42+	02:58+	06:35-	06:01+	01:34+	10:26+	05:23+	01:30+
00:27&	00:41&	01:05&	00:51&	00:38&	00:54&	01:04&	00:14-	01:14&	00:33&	00:36+	01:40&	00:39&
<b>9</b>	<b>Sveinung Tveit</b>	<b>236</b>	<b>54:44</b>									
02:00+	04:05+	08:14+	11:03+	14:00+	16:57+	19:16+	33:14+	39:13+	40:32+	49:12+	53:26+	54:44+
02:00+	02:05+	04:09+	02:49+	02:57+	02:57+	02:19+	13:58+	05:59+	01:19+	08:40-	04:14+	01:18+
00:52&	00:33&	01:04&	00:37&	00:46&	01:09&	00:25#	07:09@	01:12&	00:18&	01:10-	00:31#	00:27&
<b>10</b>	<b>Jan Arendal</b>	<b>116</b>	<b>1:00:09</b>									
01:52+	07:03+	11:35+	14:52+	18:07+	20:56+	24:21+	32:45+	38:51+	40:50+	52:44+	58:23+	60:09+
01:52+	05:11+	04:32+	03:17+	03:15+	02:49+	03:25+	08:24+	06:06+	01:59+	11:54+	05:39+	01:46+
00:44&	03:39@	01:27&	01:05&	01:04&	01:01&	01:31&	01:35#	01:19&	00:58&	02:04#	01:56&	00:55@
<b>11</b>	<b>Olav Tunheim</b>	<b>93</b>	<b>1:00:57</b>									
01:55+	04:24+	08:50+	11:43+	14:29+	17:51+	20:50+	37:04+	42:22+	43:42+	55:37+	59:54+	60:57+
01:55+	02:29+	04:26+	02:53+	02:46+	03:22+	02:59+	16:14+	05:18+	01:20+	11:55+	04:17+	01:03+
00:47&	00:57&	01:21&	00:41&	00:35&	01:34&	01:05&	09:25@	00:31#	00:19&	02:05#	00:34#	00:12#
<b>12</b>	<b>Tom Hetland</b>	<b>5</b>	<b>1:03:11</b>									
02:08+	04:07+	07:44+	10:53+	14:05+	19:10+	22:10+	40:37+	45:37+	47:10+	56:28+	61:54+	63:11+
02:08+	01:59+	03:37+	03:09+	03:12+	05:05+	03:00+	18:27+	05:00+	01:33+	09:18-	05:26+	01:17+
01:00&	00:27&	00:32#	00:57&	01:01&	03:17@	01:06&	11:38@	00:13+	00:32&	00:32-	01:43&	00:26&
<b>13</b>	<b>Arnstein Skretting</b>	<b>54</b>	<b>1:03:59</b>									
01:54+	05:29+	09:34+	14:50+	23:48+	26:41+	28:53+	34:57+	43:18+	44:51+	58:17+	62:50+	63:59+
01:54+	03:35+	04:05+	05:16+	08:58+	02:53+	02:12+	06:04-	08:21+	01:33+	13:26+	04:33+	01:09+
00:46&	02:03@	01:00&	03:04@	06:47@	01:05&	00:18#	00:45-	03:34&	00:32&	03:36&	00:50#	00:18&
<b>14</b>	<b>Bjørn Tore Aase</b>	<b>29</b>	<b>1:06:05</b>									
02:25+	05:19+	09:44+	13:25+	19:27+	23:12+	26:21+	36:13+	43:36+	45:20+	57:42+	64:11+	66:05+
02:25+	02:54+	04:25+	03:41+	06:02+	03:45+	03:09+	09:52+	07:23+	01:44+	12:22+	06:29+	01:54+
01:17@	01:22&	01:20&	01:29&	03:51@	01:57@	01:15&	03:03&	02:36&	00:43&	02:32&	02:46&	01:03@
<b>15</b>	<b>Bjørn Bjelland</b>	<b>83</b>	<b>1:08:57</b>									
04:30+	06:40+	12:02+	14:49+	17:34+	19:43+	22:51+	32:49+	43:29+	44:49+	60:35+	66:56+	68:57+
04:30+	02:10+	05:22+	02:47+	02:45+	02:09+	03:08+	09:58+	10:40+	01:20+	15:46+	06:21+	02:01+
03:22@	00:38&	02:17&	00:35&	00:34&	00:21#	01:14&	03:09&	05:53@	00:19&	05:56&	02:38&	01:10@

Class	Navn	Klasse										Tid
<b>16</b>	<b>Steinar Barmen</b>	<b>105</b>										<b>1:09:12</b>
02:25+	09:16+	18:30+	21:32+	25:50+	29:21+	32:18+	40:32+	47:49+	58:58+	67:46+	69:12+	
02:25+	06:51+	09:14+	03:02+	04:18+	03:31+	02:57+	08:14+	05:45+	01:32+	11:09+	08:48+	
01:17@	05:19@	06:09@	00:50&	02:07&	01:43&	01:03&	01:25#	00:58#	00:31&	01:19#	05:05@	

<b>17</b>	<b>Rolf Kleppe</b>	<b>63</b>										<b>1:16:09</b>
02:06+	07:04+	12:40+	17:32+	23:41+	28:18+	31:40+	42:39+	49:08+	51:49+	68:17+	74:24+	
02:06+	04:58+	05:36+	04:52+	06:09+	04:37+	03:22+	10:59+	06:29+	02:41+	16:28+	06:07+	
00:58&	03:26@	02:31&	02:40@	03:58@	02:49@	01:28&	04:10&	01:42&	01:40@	06:38&	02:24&	

Beste strekktid for klassen											
01:08	01:32	03:05	02:12	02:11	01:39	01:54	05:35	04:03	01:01	08:36	03:43
											00:51

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

## Herrer 70 - 74 år

<b>1</b>	<b>Bjørn Alsaker</b>	<b>115</b>										<b>38:52</b>
01:13=	03:03=	05:56=	08:10=	10:16=	11:55=	13:48=	19:18=	24:11=	25:14=	34:49=	38:02=	
01:13=	01:50=	02:53=	02:14=	02:06=	01:39=	01:53=	05:30=	04:53=	01:03=	09:35=	03:13=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

<b>2</b>	<b>Harry Breiland</b>	<b>66</b>										<b>43:38</b>
01:18+	02:51-	06:28+	08:52+	11:06+	12:39+	14:39+	24:17+	29:12+	30:21+	38:49+	42:38+	
01:18+	01:33-	03:37+	02:24+	02:14+	01:33-	02:00+	09:38+	04:55+	01:09+	08:28-	03:49+	
00:05+	00:17-	00:44&	00:10+	00:08+	00:06-	00:07+	04:08&	00:02+	00:06+	01:07-	00:36#	

<b>3</b>	<b>Ragnvald Frøyland</b>	<b>128</b>										<b>45:59</b>
01:49+	03:44+	07:30+	10:21+	13:21+	16:18+	18:50+	25:12+	30:38+	31:50+	40:43+	44:49+	
01:49+	01:55+	03:46+	02:51+	03:00+	02:57+	02:32+	06:22+	05:26+	01:12+	08:53-	04:06+	
00:36&	00:05+	00:53&	00:37&	00:54&	01:18&	00:39&	00:52#	00:33#	00:09#	00:42-	00:53&	

<b>4</b>	<b>Asgeir Bell</b>	<b>117</b>										<b>47:12</b>
01:22+	03:43+	07:16+	09:57+	12:45+	15:07+	17:18+	24:25+	31:03+	32:17+	41:22+	45:56+	
01:22+	02:21+	03:33+	02:41+	02:48+	02:22+	02:11+	07:07+	06:38+	01:14+	09:05-	04:34+	
00:09#	00:31&	00:40#	00:27#	00:42&	00:43&	00:18#	01:37&	01:45&	00:11#	00:30-	01:21&	

<b>5</b>	<b>Jan Inge Lunde</b>	<b>88</b>										<b>47:45</b>
01:40+	03:51+	08:10+	11:14+	14:10+	16:47+	19:07+	25:14+	30:43+	32:10+	41:28+	46:23+	
01:40+	02:11+	04:19+	03:04+	02:56+	02:37+	02:20+	06:07+	05:29+	01:27+	09:18-	04:55+	
00:27&	00:21#	01:26&	00:50&	00:50&	00:58&	00:27#	00:37#	00:36#	00:24&	00:17-	01:42&	

<b>6</b>	<b>Jan Hetland</b>	<b>29</b>										<b>50:21</b>
01:17+	05:29+	10:09+	12:39+	15:13+	18:59+	21:03+	29:28+	35:19+	37:20+	45:51+	49:26+	
01:17+	04:12+	04:40+	02:30+	02:34+	03:46+	02:04+	08:25+	05:51+	02:01+	08:31-	03:35+	
00:04+	02:22@	01:47&	00:16#	00:28#	02:07@	00:11+	02:55&	00:58#	00:58&	01:04-	00:22#	

<b>7</b>	<b>Svein Berge</b>	<b>126</b>										<b>51:32</b>
01:38+	03:14+	06:29+	09:00+	11:26+	13:35+	15:31+	27:09+	32:08+	33:13+	46:23+	50:18+	
01:38+	01:36-	03:15+	02:31+	02:26+	02:09+	01:56+	11:38+	04:59+	01:05+	13:10+	03:55+	
00:25&	00:14-	00:22#	00:17#	00:20#	00:30&	00:03+	06:08@	00:06+	00:02+	03:35&	00:42#	

<b>8</b>	<b>Paul A. Paulsen</b>	<b>117</b>										<b>52:25</b>
01:23+	05:01+	09:01+	13:50+	18:54+	21:17+	23:29+	29:33+	34:27+	35:30+	44:42+	51:01+	
01:23+	03:38+	04:00+	04:49+	05:04+	02:23+	02:12+	06:04+	04:54+	01:03=	09:12-	06:19+	
00:10#	01:48&	01:07&	02:35@	02:58@	00:44&	00:19#	00:34#	00:01+	00:00=	00:23-	03:06&	

<b>9</b>	<b>Eivind L. Rake</b>	<b>92</b>										<b>1:00:58</b>
02:31+	05:47+	11:00+	14:13+	17:25+	20:27+	22:59+	31:03+	37:54+	39:35+	53:25+	59:13+	
02:31+	03:16+	05:13+	03:13+	03:12+	03:02+	02:32+	08:04+	06:51+	01:41+	13:50+	05:48+	
01:18@	01:26&	02:20&	00:59&	01:06&	01:23&	00:39&	02:34&	01:58&	00:38&	04:15&	02:35&	

<b>10</b>	<b>Arne Østensen</b>	<b>395</b>										<b>1:03:31</b>
01:24+	03:36+	07:32+	10:45+	13:31+	15:37+	18:03+	34:39+	39:24+	41:07+	58:24+	62:17+	
01:24+	02:12+	03:56+	03:13+	02:46+	02:06+	02:26+	16:36+	04:45-	01:43+	17:17+	03:53+	
00:11#	00:22#	01:03&	00:59&	00:40&	00:27&	00:33&	11:06@	00:08-	00:40&	07:42&	00:40#	

<b>11</b>	<b>Svein Ims</b>	<b>65</b>										<b>1:04:48</b>
04:52+	07:14+	11:41+	19:36+	22:38+	24:51+	27:46+	38:18+	44:43+	46:12+	57:49+	63:40+	
04:52+	02:22+	04:27+	07:55+	03:02+	02:13+	02:55+	10:32+	06:25+	01:29+	11:37+	05:51+	
03:39@	00:32&	01:34&	05:41@	00:56&	00:34&	01:02&	05:02&	01:32&	00:26&	02:02#	02:38&	

Class	Navn	Klasse										Tid
<b>12</b>	<b>Jostein Tunheim</b>	<b>116</b>										<b>1:05:31</b>
01:37+	04:35+	08:09+	10:51+	15:04+	19:07+	21:47+	43:19+	49:40+	60:02+	64:23+	65:31+	
01:37+	02:58+	03:34+	02:42+	04:13+	04:03+	02:40+	21:32+	05:16+	01:05+	10:22+	04:21+	
00:24&	01:08&	00:41#	00:28#	02:07@	02:24@	00:47&	16:02@	00:23+	00:02+	00:47+	01:08&	00:18&
<b>13</b>	<b>Kjell Ingar Olsen</b>	<b>50</b>										<b>1:06:58</b>
02:37+	05:18+	10:55+	17:14+	21:01+	24:41+	28:23+	38:25+	45:36+	47:27+	60:11+	65:34+	66:58+
02:37+	02:41+	05:37+	06:19+	03:47+	03:40+	03:42+	10:02+	07:11+	01:51+	12:44+	05:23+	01:24+
01:24@	00:51&	02:44&	04:05@	01:41&	02:01@	01:49&	04:32&	02:18&	00:48&	03:09&	02:10&	00:34&
<b>14</b>	<b>Kjell Ivar Skjørestad</b>	<b>92</b>										<b>1:08:15</b>
05:30+	07:25+	11:24+	15:14+	18:01+	23:01+	25:33+	35:21+	41:28+	42:54+	62:12+	67:09+	68:15+
05:30+	01:55+	03:59+	03:50+	02:47+	05:00+	02:32+	09:48+	06:07+	01:26+	19:18+	04:57+	01:06+
04:17@	00:05+	01:06&	01:36&	00:41&	03:21@	00:39&	04:18&	01:14&	00:23&	09:43@	01:44&	00:16&
<b>15</b>	<b>Tore R. Tvedt</b>	<b>395</b>										<b>1:11:20</b>
04:05+	06:50+	11:51+	15:05+	20:00+	22:08+	25:21+	35:11+	45:53+	47:21+	62:55+	69:11+	71:20+
04:05+	02:45+	05:01+	03:14+	04:55+	02:08+	03:13+	09:50+	10:42+	01:28+	15:34+	06:16+	02:09+
02:52@	00:55&	02:08&	01:00&	02:49@	00:29&	01:20&	04:20&	05:49@	00:25&	05:59&	03:03&	01:19@
<b>16</b>	<b>Arne Hope</b>	<b>43</b>										<b>1:14:38</b>
02:40+	05:29+	10:36+	14:45+	18:44+	22:22+	26:16+	39:02+	47:20+	49:17+	66:34+	72:52+	74:38+
02:40+	02:49+	05:07+	04:09+	03:59+	03:38+	03:54+	12:46+	08:18+	01:57+	17:17+	06:18+	01:46+
01:27@	00:59&	02:14&	01:55&	01:53&	01:59@	02:01@	07:16@	03:25&	00:54&	07:42&	03:05&	00:56@
<b>17</b>	<b>Leif Kåre Lende</b>	<b>128</b>										<b>1:29:20</b>
01:23+	03:09+	12:18+	15:32+	23:21+	25:49+	28:43+	58:16+	65:40+	70:34+	73:20+	82:37+	87:54+
01:23+	01:46-	09:09+	03:14+	07:49+	02:28+	02:54+	29:33+	07:24+	04:54+	02:46-	09:17+	05:17+
00:10#	00:04-	06:16@	01:00&	05:43@	00:49&	01:01&	24:03@	02:31&	03:51@	06:49-	06:04@	04:27@
												89:20+
												01:26+
												01:26+
<b>Beste strekktid for klassen</b>												
01:13	01:33	02:53	02:14	02:06	01:33	01:53	05:30	04:45	01:03	02:46	03:13	00:50

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

## Herrer 75 - 79 år

<b>1</b>	<b>Finn Morten Årstad</b>	<b>115</b>										<b>30:20</b>
02:09=	03:38=	05:56=	08:47=	11:47=	14:47=	17:31=	19:40=	23:24=	27:09=	29:55=	30:20=	
02:09=	01:29=	02:18=	02:51=	03:00=	03:00=	02:44=	02:09=	03:44=	03:45=	02:46=	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=	
<b>2</b>	<b>Kjell Svihus</b>	<b>154</b>										<b>30:21</b>
01:58-	03:35-	06:47+	09:31+	12:13+	14:58+	17:32+	19:50+	23:45+	27:32+	29:55=	30:21+	
01:58-	01:37+	03:12+	02:44-	02:42-	02:45-	02:34-	02:18+	03:55+	03:47+	02:23-	00:26+	
00:11-	00:08+	00:54&	00:07-	00:18-	00:15-	00:10-	00:09+	00:11+	00:02+	00:23-	00:01+	
<b>3</b>	<b>Hans Klausen</b>	<b>62</b>										<b>30:39</b>
02:08-	03:39+	05:51-	09:05+	12:06+	15:15+	18:13+	20:16+	24:01+	27:42+	30:14+	30:39+	
02:08-	01:31+	02:12-	03:14+	03:01+	03:09+	02:58+	02:03-	03:45+	03:41-	02:32-	00:25=	
00:01-	00:02+	00:06-	00:23#	00:01+	00:09+	00:14+	00:06-	00:01+	00:04-	00:14-	00:00=	
<b>4</b>	<b>Hermann Skogsholm</b>	<b>53</b>										<b>33:51</b>
02:04-	03:44+	06:37+	09:42+	12:45+	15:29+	18:51+	20:49+	24:33+	30:37+	33:26+	33:51+	
02:04-	01:40+	02:53+	03:05+	03:03+	02:44-	03:22+	01:58-	03:44+	06:04+	02:49+	00:25=	
00:05-	00:11#	00:35&	00:14+	00:03+	00:16-	00:38#	00:11-	00:00=	02:19&	00:03+	00:00=	
<b>5</b>	<b>Odd Garpestad</b>	<b>29</b>										<b>34:51</b>
01:55-	03:35-	05:53-	08:59+	13:15+	16:26+	19:41+	21:44+	25:27+	31:28+	34:24+	34:51+	
01:55-	01:40+	02:18=	03:06+	04:16+	03:11+	03:15+	02:03-	03:43-	06:01+	02:56+	00:27+	
00:14-	00:11#	00:00=	00:15+	01:16&	00:11+	00:31#	00:06-	00:01-	02:16&	00:10+	00:02+	
<b>6</b>	<b>Knut Skjæveland</b>	<b>93</b>										<b>35:22</b>
02:39+	05:31+	09:25+	12:36+	15:28+	18:19+	20:53+	22:49+	26:33+	32:00+	34:48+	35:22+	
02:39+	02:52+	03:54+	03:11+	02:52-	02:51-	02:34-	01:56-	03:44=	05:27+	02:48+	00:34+	
00:30#	01:23&	01:36&	00:20#	00:08-	00:09-	00:10-	00:13-	00:00=	01:42&	00:02+	00:09&	
<b>7</b>	<b>Svein Glendrange</b>	<b>68</b>										<b>37:09</b>
02:21+	04:18+	07:10+	11:14+	15:17+	18:47+	21:47+	24:02+	27:38+	33:36+	36:34+	37:09+	
02:21+	01:57+	02:52+	04:04+	04:03+	03:30+	03:00+	02:15+	03:36-	05:58+	02:58+	00:35+	
00:12+	00:28&	00:34#	01:13&	01:03&	00:30#	00:16+	00:06+	00:08-	02:13&	00:12+	00:10&	

Class	Navn	Klasse	Tid
<b>8</b>	<b>Steinar Undheim</b>	<b>54</b>	<b>38:25</b>
02:13+	04:35+ 08:20+ 12:26+ 15:48+ 20:04+	24:02+ 26:05+ 29:41+ 35:00+ 37:59+ 38:25+	
02:13+	02:22+ 03:45+ 04:06+ 03:22+ 04:16+	03:58+ 02:03- 03:36- 05:19+ 02:59+ 00:26+	
00:04+	00:53& 01:27& 01:15& 00:22# 01:16&	01:14& 00:06- 00:08- 01:34& 00:13+ 00:01+	
<b>9</b>	<b>Øyvind Egeskog</b>	<b>5</b>	<b>38:29</b>
02:08-	05:03+ 07:18+ 10:41+ 13:57+ 17:19+	20:40+ 23:15+ 28:13+ 34:36+ 37:57+ 38:29+	
02:08-	02:55+ 02:15- 03:23+ 03:16+ 03:22+	03:21+ 02:35+ 04:58+ 06:23+ 03:21+ 00:32+	
00:01-	01:26& 00:03- 00:32# 00:16+ 00:22#	00:37# 00:26# 01:14& 02:38& 00:35# 00:07&	
<b>10</b>	<b>Ole Auklend</b>	<b>106</b>	<b>45:59</b>
03:14+	07:22+ 10:33+ 15:36+ 19:43+ 23:54+	27:30+ 30:08+ 35:39+ 40:52+ 45:18+ 45:59+	
03:14+	04:08+ 03:11+ 05:03+ 04:07+ 04:11+	03:36+ 02:38+ 05:31+ 05:13+ 04:26+ 00:41+	
01:05&	02:39@ 00:53& 02:12& 01:07& 01:11&	00:52& 00:29# 01:47& 01:28& 01:40& 00:16&	
<b>11</b>	<b>Norvald Skretting</b>	<b>43</b>	<b>49:42</b>
02:37+	05:27+ 07:44+ 11:04+ 16:38+ 22:53+	26:34+ 29:41+ 40:25+ 45:37+ 49:01+ 49:42+	
02:37+	02:50+ 02:17- 03:20+ 05:34+ 06:15+	03:41+ 03:07+ 10:44+ 05:12+ 03:24+ 00:41+	
00:28#	01:21& 00:01- 00:29# 02:34& 03:15@	00:57& 00:58& 07:00@ 01:27& 00:38# 00:16&	
<b>12</b>	<b>Olav Hognestad</b>	<b>92</b>	<b>56:08</b>
02:56+	04:36+ 07:50+ 13:24+ 17:01+ 21:16+	33:13+ 35:39+ 47:14+ 52:15+ 55:30+ 56:08+	
02:56+	01:40+ 03:14+ 05:34+ 03:37+ 04:15+	11:57+ 02:26+ 11:35+ 05:01+ 03:15+ 00:38+	
00:47&	00:11# 00:56& 02:43& 00:37# 01:15&	09:13@ 00:17# 07:51@ 01:16& 00:29# 00:13&	
<b>13</b>	<b>Reidar Magne Liland</b>	<b>66</b>	<b>1:07:10</b>
03:31+	06:58+ 10:12+ 14:07+ 17:37+ 31:25+	37:15+ 41:38+ 48:20+ 60:14+ 66:07+ 67:10+	
03:31+	03:27+ 03:14+ 03:55+ 03:30+ 13:48+	05:50+ 04:23+ 06:42+ 11:54+ 05:53+ 01:03+	
01:22&	01:58@ 00:56& 01:04& 00:30# 10:48@	03:06@ 02:14@ 02:58& 08:09@ 03:07@ 00:38@	
<b>14</b>	<b>Arvid Thorsen</b>	<b>5</b>	<b>1:07:16</b>
02:01-	03:28- 05:59+ 09:24+ 12:28+ 15:19+	19:47+ 22:04+ 26:50+ 33:48+ 66:43+ 67:16+	
02:01-	01:27- 02:31+ 03:25+ 03:04+ 02:51-	04:28+ 02:17+ 04:46+ 06:58+ 32:55+ 00:33+	
00:08-	00:02- 00:13+ 00:34# 00:04+ 00:09-	01:44& 00:08+ 01:02& 03:13& 30:09@ 00:08&	
<b>15</b>	<b>Mangor Eikeland</b>	<b>92</b>	<b>1:08:14</b>
04:19+	08:13+ 12:05+ 17:06+ 22:43+ 28:59+	35:53+ 39:55+ 49:02+ 61:00+ 67:09+ 68:14+	
04:19+	03:54+ 03:52+ 05:01+ 05:37+ 06:16+	06:54+ 04:02+ 09:07+ 11:58+ 06:09+ 01:05+	
02:10@	02:25@ 01:34& 02:10& 02:37& 03:16@	04:10@ 01:53& 05:23@ 08:13@ 03:23@ 00:40@	
<b>Beste strekktid for klassen</b>			
	01:55 01:27 02:12 02:44 02:42 02:44 02:34 01:56 03:36 03:41 02:23 00:25		

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

## Herrer 80 år og eldre

<b>1</b>	<b>Terje Braut</b>	<b>92</b>	<b>31:52</b>
01:33=	03:02= 05:43= 07:02= 10:21= 14:44=	17:23= 20:21= 22:56= 24:51= 26:48= 29:10= 31:23= 31:52=	
01:33=	01:29= 02:41= 01:19= 03:19= 04:23=	02:39= 02:58= 02:35= 01:55= 01:57= 02:22= 02:13= 00:29=	
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= 00:00=	
<b>2</b>	<b>Alf Gyland</b>	<b>92</b>	<b>35:39</b>
01:26-	03:38+ 07:26+ 08:36+ 11:50+ 17:04+	19:32+ 22:31+ 25:02+ 27:33+ 29:17+ 32:33+ 35:08+ 35:39+	
01:26-	02:12+ 03:48+ 01:10- 03:14- 05:14+	02:28- 02:59+ 02:31- 02:31+ 01:44- 03:16+ 02:35+ 00:31+	
00:07-	00:43& 01:07& 00:09- 00:05- 00:51#	00:11- 00:01+ 00:04- 00:36& 00:13- 00:54& 00:22# 00:02+	
<b>3</b>	<b>Harald Vatne</b>	<b>67</b>	<b>39:16</b>
01:44+	03:26+ 06:49+ 08:03+ 11:23+ 18:08+	20:44+ 25:01+ 30:26+ 32:30+ 34:23+ 36:50+ 38:46+ 39:16+	
01:44+	01:42+ 03:23+ 01:14- 03:20+ 06:45+	02:36- 04:17+ 05:25+ 02:04+ 01:53- 02:27+ 01:56- 00:30+	
00:11#	00:13# 00:42& 00:05- 00:01+ 02:22&	00:03- 01:19& 02:50@ 00:09+ 00:04- 00:05+ 00:17- 00:01+	
<b>4</b>	<b>Arne Brandsberg</b>	<b>29</b>	<b>44:27</b>
02:32+	04:25+ 11:00+ 12:00+ 15:00+ 21:58+	25:23+ 29:42+ 32:30+ 34:46+ 37:18+ 40:38+ 43:36+ 44:27+	
02:32+	01:53+ 06:35+ 01:00- 03:00- 06:58+	03:25+ 04:19+ 02:48+ 02:16+ 02:32+ 03:20+ 02:58+ 00:51+	
00:59&	00:24& 03:54@ 00:19- 00:19- 02:35&	00:46& 01:21& 00:13+ 00:21# 00:35& 00:58& 00:45& 00:22&	
<b>5</b>	<b>Jan Bekkeheien</b>	<b>92</b>	<b>45:00</b>
01:52+	03:33+ 06:20+ 07:57+ 11:12+ 16:18+	19:09+ 27:56+ 30:09+ 33:53+ 36:25+ 39:24+ 44:20+ 45:00+	
01:52+	01:41+ 02:47+ 01:37+ 03:15- 05:06+	02:51+ 08:47+ 02:13- 03:44+ 02:32+ 02:59+ 04:56+ 00:40+	
00:19#	00:12# 00:06+ 00:18# 00:04- 00:43#	00:12+ 05:49@ 00:22- 01:49& 00:35& 00:37& 02:43@ 00:11&	

Class	Navn	Klasse	Tid										
<b>6</b>	<b>Sigurd Krosli</b>	<b>93</b>	<b>51:10</b>										
01:43+	03:53+	08:30+	09:47+	15:29+	21:59+	25:46+	30:04+	33:31+	40:26+	43:42+	47:52+	50:28+	51:10+
01:43+	02:10+	04:37+	01:17-	05:42+	06:30+	03:47+	04:18+	03:27+	06:55+	03:16+	04:10+	02:36+	00:42+
00:10#	00:41&	01:56&	00:02-	02:23&	02:07&	01:08&	01:20&	00:52&	05:00@	01:19&	01:48&	00:23#	00:13&
<b>7</b>	<b>Kjell Maudal</b>	<b>63</b>	<b>56:51</b>										
02:15+	04:55+	08:39+	10:40+	17:31+	27:02+	31:09+	35:41+	43:30+	46:33+	49:29+	52:56+	55:58+	56:51+
02:15+	02:40+	03:44+	02:01+	06:51+	09:31+	04:07+	04:32+	07:49+	03:03+	02:56+	03:27+	03:02+	00:53+
00:42&	01:11&	01:03&	00:42&	03:32@	05:08@	01:28&	01:34&	05:14@	01:08&	00:59&	01:05&	00:49&	00:24&
<b>8</b>	<b>Torleiv Møgedal</b>	<b>68</b>	<b>1:02:43</b>										
02:21+	04:19+	08:19+	09:36+	14:42+	22:09+	25:38+	31:09+	33:32+	36:32+	40:32+	43:47+	61:50+	62:43+
02:21+	01:58+	04:00+	01:17-	05:06+	07:27+	03:29+	05:31+	02:23-	03:00+	04:00+	03:15+	18:03+	00:53+
00:48&	00:29&	01:19&	00:02-	01:47&	03:04&	00:50&	02:33&	00:12-	01:05&	02:03@	00:53&	15:50@	00:24&
<b>9</b>	<b>Magne Westerheim</b>	<b>93</b>	<b>1:06:01</b>										
02:13+	04:06+	32:57+	33:59+	36:57+	44:00+	47:05+	51:34+	54:37+	56:49+	59:11+	62:24+	65:15+	66:01+
02:13+	01:53+	28:51+	01:02-	02:58-	07:03+	03:05+	04:29+	03:03+	02:12+	02:22+	03:13+	02:51+	00:46+
00:40&	00:24&	26:10@	00:17-	00:21-	02:40&	00:26#	01:31&	00:28#	00:17#	00:25#	00:51&	00:38&	00:17&

### Beste strekktid for klassen

01:26 01:29 02:41 01:00 02:58 04:23 02:28 02:58 02:13 01:55 01:44 02:22 01:56 00:29

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

## Herrer A

<b>1</b>	<b>Fredrik Omdal</b>	<b>375</b>	<b>41:45</b>																		
01:31=	03:05=	05:13=	06:28=	07:23=	09:44=	11:00=	12:51=	13:51=	15:47=	20:13=	22:35=	23:42=	24:29=	27:53=	31:49=	32:38=	33:33=	37:59=	39:36=	41:03=	41:45=
01:31=	01:34=	02:08=	01:15=	00:55=	02:21=	01:16=	01:51=	01:00=	01:56=	04:26=	02:22=	01:07=	00:47=	03:24=	03:56=	00:49=	00:55=	04:26=	01:37=	01:27=	00:42=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Morten Bjerga Sundli</b>	<b>194</b>	<b>43:34</b>																		
01:46+	03:32+	05:30+	06:52+	08:25+	10:24+	11:43+	13:56+	15:05+	17:09+	21:21+	23:32+	24:36+	25:31+	29:05+	33:13+	34:00+	34:57+	39:41+	41:19+	42:56+	43:34+
01:46+	01:46+	01:58-	01:22+	01:33+	01:59-	01:19+	02:13+	01:09+	02:04+	04:12-	02:11-	01:04-	00:55+	03:34+	04:08+	00:47-	00:57+	04:44+	01:38+	01:37+	00:38-
00:15#	00:12#	00:10-	00:07+	00:38&	00:22-	00:03+	00:22#	00:09#	00:08+	00:14-	00:11-	00:03-	00:08#	00:10+	00:12+	00:02-	00:02+	00:18+	00:01+	00:10#	00:04-
<b>3</b>	<b>Harald Kalager</b>	<b>7</b>	<b>45:21</b>																		
01:48+	03:37+	06:00+	07:24+	08:32+	10:37+	11:55+	13:49+	14:57+	17:00+	21:28+	24:08+	25:22+	26:18+	28:58+	33:56+	34:44+	36:24+	41:20+	43:06+	44:37+	45:21+
01:48+	01:49+	02:23+	01:24+	01:08+	02:05-	01:18+	01:54+	01:08+	02:03+	04:28+	02:40+	01:14+	00:56+	02:40-	04:58+	00:48-	01:40+	04:56+	01:46+	01:31+	00:44+
00:17#	00:15#	00:15#	00:09#	00:13#	00:16-	00:02+	00:03+	00:08#	00:07+	00:02+	00:18#	00:07#	00:09#	00:44-	01:02&	00:01-	00:45&	00:30#	00:09+	00:04+	00:02+
<b>4</b>	<b>Fredrik Sandal</b>	<b>88</b>	<b>46:50</b>																		
02:09+	04:00+	06:27+	07:48+	08:51+	10:47+	12:03+	13:57+	14:55+	16:50+	21:23+	24:14+	25:35+	26:59+	32:02+	36:16+	37:02+	37:54+	42:50+	44:43+	46:11+	46:50+
02:09+	01:51+	02:27+	01:21+	01:03+	01:56-	01:16=	01:54+	00:58-	01:55-	04:33+	02:51+	01:21+	01:24+	05:03+	04:14+	00:46-	00:52-	04:56+	01:53+	01:28+	00:39-
00:38&	00:17#	00:19#	00:06+	00:08#	00:25-	00:00=	00:03+	00:02-	00:01-	00:07+	00:29#	00:14#	00:37&	01:39&	00:18+	00:03-	00:03-	00:30#	00:16#	00:01+	00:03-
<b>5</b>	<b>Thomas Olsen Schive</b>	<b>126</b>	<b>50:57</b>																		
01:41+	03:29+	05:40+	07:11+	08:33+	11:30+	12:47+	14:51+	15:59+	18:08+	23:01+	25:54+	28:27+	29:50+	33:49+	39:05+	40:06+	41:16+	46:27+	48:27+	50:04+	50:57+
01:41+	01:48+	02:11+	01:31+	01:22+	02:57+	01:17+	02:04+	01:08+	02:09+	04:53+	02:53+	02:33+	01:23+	03:59+	05:16+	01:01+	01:10+	05:11+	02:00+	01:37+	00:53+
00:10#	00:14#	00:03+	00:16#	00:27&	00:36&	00:01+	00:13#	00:08#	00:13#	00:27#	00:31#	01:26@	00:36&	00:35#	01:20&	00:12#	00:15&	00:45#	00:23#	00:10#	00:11&
<b>6</b>	<b>Stian Haugvaldstad</b>	<b>116</b>	<b>54:12</b>																		
02:18+	04:19+	06:38+	08:20+	10:31+	13:17+	14:33+	16:54+	18:05+	20:19+	27:01+	29:47+	32:16+	33:18+	37:06+	41:28+	42:17+	43:28+	49:46+	51:43+	53:26+	54:12+
02:18+	02:01+	02:19+	01:42+	02:11+	02:46+	01:16=	02:21+	01:11+	02:14+	06:42+	02:46+	02:29+	01:02+	03:48+	04:22+	00:49=	01:11+	06:18+	01:57+	01:43+	00:46+
00:47&	00:27&	00:11+	00:27&	01:16@	00:25#	00:00=	00:30&	00:11#	00:18#	02:16&	00:24#	01:22@	00:15&	00:24#	00:26#	00:00=	00:16&	01:52&	00:20#	00:16#	00:04+
<b>7</b>	<b>Torbjørn Ims Østby</b>	<b>66</b>	<b>56:39</b>																		
01:52+	03:51+	08:11+	09:48+	12:48+	15:45+	17:07+	19:55+	21:24+	23:51+	29:58+	32:37+	34:24+	35:28+	39:37+	44:19+	45:07+	46:12+	51:37+	54:01+	55:54+	56:39+
01:52+	01:59+	04:20+	01:37+	03:00+	02:57+	01:22+	02:48+	01:29+	02:27+	06:07+	02:39+	01:47+	01:04+	04:09+	04:42+	00:48-	01:05+	05:25+	02:24+	01:53+	00:45+
00:21#	00:25&	02:12@	00:22&	02:05@	00:36&	00:06+	00:57&	00:29&	00:31&	01:41&	00:17#	00:40&	00:17&	00:45#	00:46#	00:01-	00:10#	00:59#	00:47&	00:26&	00:03+
<b>8</b>	<b>Lars Sigve Oftedal</b>	<b>167</b>	<b>57:27</b>																		
02:18+	04:15+	06:45+	08:05+	09:20+	11:29+	12:48+	14:33+	15:40+	17:41+	29:38+	32:11+	33:37+	34:43+	40:18+	44:47+	45:38+	46:51+	52:45+	55:01+	56:39+	57:27+
02:18+	01:57+	02:30+	01:20+	01:15+	02:09-	01:19+	01:45-	01:07+	02:01+	11:57+	02:33+	01:26+	01:06+	05:35+	04:29+	00:51+	01:13+	05:54+	02:16+	01:38+	00:48+
00:47&	00:23#	00:22#	00:05+	00:20&	00:12-	00:03+	00:06-	00:07#	00:05+	07:31@	00:11+	00:19&	00:19&	02:11&	00:33#	00:02+	00:18&	01:28&	00:39&	00:11#	00:06#
<b>9</b>	<b>Runar Eike Toft</b>	<b>116</b>	<b>57:41</b>																		
01:57+	03:42+	06:28+	07:44+	08:55+	11:31+	12:50+	14:45+	15:50+	18:15+	24:03+	27:24+	28:52+	29:54+	37:46+	42:45+	43:38+	44:44+	51:01+	53:41+	56:59+	57:41+
01:57+	01:45+	02:46+	01:16+	01:11+	02:36+	01:19+	01:55+	01:05+	02:25+	05:48+	03:21+	01:28+	01:02+	07:52+	04:59+	00:53+	01:06+	06:17+	02:40+	03:18+	00:42=
00:26&	00:11#	00:38&	00:01+	00:16&	00:15#	00:03+	00:04+	00:05+	00:29#	01:22&	00:59&	00:21&	00:15&	04:28@	01:03&	00:04+	00:11#	01:51&	01:03&	01:51@	00:00=







Class	Navn	Klasse	Tid																	
<b>7</b>	<b>Pål Bårdsen</b>	<b>90</b>	<b>1:00:55</b>																	
02:49+	04:48+ 05:49+ 08:25+ 10:06+ 12:54+	16:37+ 20:35+ 22:00+ 27:17+ 31:33+ 32:40+ 37:15+	43:16+ 44:31+ 45:57+ 56:27+ 58:51+ 60:30+ 60:55+																	
02:49+	01:59+ 01:01+ 02:36+ 01:41= 02:48+ 03:43+ 03:58+ 01:25+ 05:17+ 04:16+ 01:07+ 04:35-	06:01- 01:15+ 01:26+ 10:30+ 02:24+ 01:39+ 00:25+																		
00:51&	00:29& 00:09# 00:42& 00:00= 00:10+ 00:48& 01:05& 00:12# 00:41# 00:49# 00:04+ 01:35-	00:13- 00:21& 00:27& 03:53& 00:19# 00:15# 00:02+																		
<b>8</b>	<b>Paul Terje Haarr</b>	<b>62</b>	<b>1:02:11</b>																	
02:02+	03:37+ 04:34+ 06:58+ 08:17+ 10:41+ 14:14+ 18:14+ 19:37+ 28:00+ 31:55+ 33:17+ 41:56+	47:20+ 48:27+ 49:42+ 57:55+ 60:14+ 61:49+ 62:11+																		
02:02+	01:35+ 00:57+ 02:24+ 01:19- 02:24- 03:33+ 04:00+ 01:23+ 08:23+ 03:55+ 01:22+ 08:39+	05:24- 01:07+ 01:15+ 08:13+ 02:19+ 01:35+ 00:22-																		
00:04+	00:05+ 00:05+ 00:30& 00:22- 00:14- 00:38# 01:07& 00:10# 03:47& 00:28# 00:19& 02:29&	00:50- 00:13# 00:16& 01:36# 00:14# 00:11# 00:01-																		
<b>9</b>	<b>Øystein Fuglestad</b>	<b>46</b>	<b>1:05:01</b>																	
02:15+	04:04+ 05:03+ 07:50+ 12:49+ 15:55+ 19:35+ 23:21+ 25:09+ 32:47+ 36:59+ 38:16+ 43:49+	49:45+ 50:58+ 52:12+ 59:19+ 62:44+ 64:35+ 65:01+																		
02:15+	01:49+ 00:59+ 02:47+ 04:59+ 03:06+ 03:40+ 03:46+ 01:48+ 07:38+ 04:12+ 01:17+ 05:33-	05:56- 01:13+ 01:14+ 07:07+ 03:25+ 01:51+ 00:26+																		
00:17#	00:19# 00:07# 00:53& 03:18& 00:28# 00:45& 00:53& 00:35& 03:02& 00:45# 00:14# 00:37-	00:18- 00:19& 00:15& 00:30+ 01:20& 00:27& 00:03#																		
<b>10</b>	<b>Øistein Haaland</b>	<b>116</b>	<b>1:05:15</b>																	
02:06+	03:53+ 04:46+ 07:19+ 09:21+ 14:37+ 18:16+ 22:33+ 24:05+ 31:39+ 36:28+ 37:48+ 44:11+	50:26+ 51:45+ 53:01+ 60:18+ 62:59+ 64:44+ 65:15+																		
02:06+	01:47+ 00:53+ 02:33+ 02:02+ 05:16+ 03:39+ 04:17+ 01:32+ 07:34+ 04:49+ 01:20+ 06:23+	06:15+ 01:19+ 01:16+ 07:17+ 02:41+ 01:45+ 00:31+																		
00:08+	00:17# 00:01+ 00:39& 00:21# 02:38& 00:44& 01:24& 00:19& 02:58& 01:22& 00:17& 00:13+	00:01+ 00:25& 00:17& 00:40# 00:36& 00:21# 00:08&																		
<b>11</b>	<b>Svein Oddvar Netland</b>	<b>116</b>	<b>1:05:21</b>																	
02:08+	04:00+ 04:55+ 07:27+ 08:58+ 11:58+ 15:30+ 19:40+ 21:19+ 29:40+ 34:06+ 35:06+ 40:41+	50:58+ 52:19+ 53:59+ 61:00+ 63:17+ 65:01+ 65:21+																		
02:08+	01:52+ 00:55+ 02:32+ 01:31- 03:00+ 03:32+ 04:10+ 01:39+ 08:21+ 04:26+ 01:00- 05:35-	10:17+ 01:21+ 01:40+ 07:01+ 02:17+ 01:44+ 00:20-																		
00:10+	00:22# 00:03+ 00:38& 00:10- 00:22# 00:37# 01:17& 00:26& 03:45& 00:59& 00:03- 00:35-	04:03& 00:27& 00:41& 00:24+ 00:12+ 00:20# 00:03-																		
<b>12</b>	<b>Nils John Vestøl</b>	<b>83</b>	<b>1:09:18</b>																	
02:12+	03:48+ 04:41+ 17:47+ 18:54+ 22:12+ 25:28+ 29:49+ 31:03+ 36:36+ 40:44+ 41:59+ 48:04+	53:24+ 54:37+ 55:51+ 64:21+ 67:34+ 69:00+ 69:18+																		
02:12+	01:36+ 00:53+ 13:06+ 01:07- 03:18+ 03:16+ 04:21+ 01:14+ 05:33+ 04:08+ 01:15+ 06:05-	05:20- 01:13+ 01:14+ 08:30+ 03:13+ 01:26+ 00:18-																		
00:14#	00:06+ 00:01+ 11:12@ 00:34- 00:40& 00:21# 01:28& 00:01+ 00:57# 00:41# 00:12# 00:05-	00:54- 00:19& 00:15& 01:53& 01:08& 00:02+ 00:05-																		
<b>13</b>	<b>Erling Mauland</b>	<b>83</b>	<b>1:11:24</b>																	
02:17+	04:01+ 05:04+ 08:07+ 13:50+ 16:55+ 20:46+ 26:19+ 27:36+ 33:10+ 36:59+ 38:35+ 44:58+	52:53+ 54:08+ 56:02+ 65:38+ 68:55+ 71:04+ 71:24+																		
02:17+	01:44+ 01:03+ 03:03+ 05:43+ 03:05+ 03:51+ 05:33+ 01:17+ 05:34+ 03:49+ 01:36+ 06:23+	07:55+ 01:15+ 01:54+ 09:36+ 03:17+ 02:09+ 00:20-																		
00:19#	00:14# 00:11# 01:09& 04:02@ 00:27# 00:56& 02:40& 00:04+ 00:58# 00:22# 00:33& 00:13+	01:41& 00:21& 00:55& 02:59& 01:12& 00:45& 00:03-																		
<b>14</b>	<b>Bertrand Denieul</b>	<b>42</b>	<b>1:13:41</b>																	
02:56+	04:38+ 05:35+ 08:00+ 10:14+ 13:12+ 16:59+ 20:39+ 22:17+ 43:30+ 47:37+ 48:21+ 54:40+	60:34+ 61:41+ 63:13+ 69:40+ 71:54+ 73:19+ 73:41+																		
02:56+	01:42+ 00:57+ 02:25+ 02:14+ 02:58+ 03:47+ 03:40+ 01:38+ 21:13+ 04:07+ 00:44- 06:19+	05:54- 01:07+ 01:32+ 06:27- 02:14+ 01:25+ 00:22-																		
00:58&	00:12# 00:05+ 00:31& 00:33& 00:20# 00:52& 00:47& 00:25& 16:37@ 00:40# 00:19- 00:09+	00:20- 00:13# 00:33& 00:10- 00:09+ 00:01+ 00:01-																		
<b>15</b>	<b>Oddmund Nordgård</b>	<b>105</b>	<b>1:15:27</b>																	
02:09+	03:57+ 05:04+ 07:22+ 09:20+ 12:08+ 15:27+ 19:06+ 20:23+ 28:27+ 32:55+ 34:05+ 52:51+	59:26+ 60:46+ 62:02+ 69:33+ 72:34+ 75:01+ 75:27+																		
02:09+	01:48+ 01:07+ 02:18+ 01:58+ 02:48+ 03:19+ 03:39+ 01:17+ 08:04+ 04:28+ 01:10+ 18:46+	06:35+ 01:20+ 01:16+ 07:31+ 03:01+ 02:27+ 00:26+																		
00:11+	00:18# 00:15& 00:24# 00:17# 00:10+ 00:24# 00:46& 00:04+ 03:28& 01:01& 00:07# 12:36@	00:21+ 00:26& 00:17& 00:54# 00:56& 01:03& 00:03#																		
<b>16</b>	<b>Pål H. Gjerden</b>	<b>116</b>	<b>1:21:38</b>																	
02:05+	03:55+ 04:56+ 07:22+ 10:51+ 14:09+ 18:06+ 22:40+ 24:28+ 38:49+ 44:00+ 45:00+ 55:43+	65:38+ 67:00+ 68:27+ 75:44+ 79:16+ 81:08+ 81:38+																		
02:05+	01:50+ 01:01+ 02:26+ 03:29+ 03:18+ 03:57+ 04:34+ 01:48+ 14:21+ 05:11+ 01:00- 10:43+	09:55+ 01:22+ 01:27+ 07:17+ 03:32+ 01:52+ 00:30+																		
00:07+	00:20# 00:09# 00:32& 01:48@ 00:40& 01:02& 01:41& 00:35& 09:45@ 01:44& 00:03- 04:33&	03:41& 00:28& 00:28& 00:40# 01:27& 00:28& 00:07&																		
<b>17</b>	<b>Ove Oaland</b>	<b>116</b>	<b>1:23:22</b>																	
02:46+	04:55+ 06:14+ 09:20+ 12:25+ 16:42+ 20:57+ 25:31+ 27:32+ 49:34+ 54:11+ 55:55+ 60:02+	66:51+ 68:03+ 69:24+ 78:00+ 81:01+ 82:54+ 83:22+																		
02:46+	02:09+ 01:19+ 03:06+ 03:05+ 04:17+ 04:15+ 04:34+ 02:01+ 22:02+ 04:37+ 01:44+ 04:07-	06:49+ 01:12+ 01:21+ 08:36+ 03:01+ 01:53+ 00:28+																		
00:48&	00:39& 00:27& 01:12& 01:24& 01:39& 01:20& 01:41& 00:48& 17:26@ 01:10& 00:41& 02:03-	00:35+ 00:18& 00:22& 01:59& 00:56& 00:29& 00:05#																		
<b>Beste strekketid for klassen</b>																				
	01:43	01:18	00:44	01:54	01:07	02:21	02:46	02:53	01:06	04:21	03:13	00:44	04:07	04:24	00:51	00:54	06:01	01:54	01:21	00:18

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

## Herrer Ny

<b>1</b>	<b>Håvard Hegeberg</b>	<b>43</b>	<b>16:50</b>
02:20=	03:45= 06:22= 08:30= 11:03= 13:31= 15:24= 16:50=		
02:20=	01:25= 02:37= 02:08= 02:33= 02:28= 01:53= 01:26=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Eivind Baltzersen</b>	<b>136</b>	<b>20:37</b>
01:42-	03:16- 06:18- 09:07+ 11:47+ 17:12+ 19:00+ 20:37+		
01:42-	01:34+ 03:02+ 02:49+ 02:40+ 05:25+ 01:48- 01:37+		
00:38-	00:09# 00:25# 00:41& 00:07+ 02:57@ 00:05- 00:11#		

Class	Navn	Klasse	Tid
<b>3</b>	<b>Elga F. Silaban</b>	<b>136</b>	<b>42:18</b>
	02:15- 04:32+ 16:05+ 20:17+ 30:37+ 34:41+ 38:02+ 42:18+		
	02:15- 02:17+ 11:33+ 04:12+ 10:20+ 04:04+ 03:21+ 04:16+		
	00:05- 00:52& 08:56@ 02:04& 07:47@ 01:36& 01:28& 02:50@		

**Beste strekktid for klassen**

01:42 01:25 02:37 02:08 02:33 02:28 01:48 01:26

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

**Herrer Trim**

<b>1</b>	<b>Ole Morten Haaland</b>	<b>399</b>	<b>25:59</b>
	00:57= 01:53= 03:28= 04:19= 05:57= 09:19= 11:05= 13:55= 15:23= 19:26= 22:28= 24:00= 25:37= 25:59=		
	00:57= 00:56= 01:35= 00:51= 01:38= 03:22= 01:46= 02:50= 01:28= 04:03= 03:02= 01:32= 01:37= 00:22=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
<b>2</b>	<b>Øyvind Madland</b>	<b>134</b>	<b>26:14</b>
	00:45- 01:44- 05:14+ 05:55+ 07:33+ 10:53+ 12:39+ 15:12+ 16:39+ 18:40- 20:01- 21:48- 23:37- 25:48- 26:14+		
	00:45- 00:59+ 03:30+ 00:41- 01:38= 03:20- 01:46= 02:33- 01:27- 02:01- 01:21- 01:47+ 01:49+ 02:11+ 00:26+		
	00:12- 00:03+ 01:55@ 00:10- 00:00= 00:02- 00:00= 00:17- 00:01- 02:02- 01:41- 00:15# 00:12# 01:49@ 00:26+		
<b>3</b>	<b>Arne Magne Sondresen</b>	<b>105</b>	<b>26:45</b>
	01:04+ 02:26+ 04:24+ 05:20+ 08:48+ 12:19+ 14:18+ 17:13+ 19:03+ 20:37+ 22:21- 24:20+ 26:13+ 26:45+		
	01:04+ 01:22+ 01:58+ 00:56+ 03:28+ 03:31+ 01:59+ 02:55+ 01:50+ 01:34- 01:44- 01:59+ 01:53+ 00:32+		
	00:07# 00:26& 00:23# 00:05+ 01:50@ 00:09+ 00:13# 00:05+ 00:22# 02:29- 01:18- 00:27& 00:16# 00:10&		
<b>4</b>	<b>Thomas Hinna</b>	<b>287</b>	<b>26:49</b>
	00:53- 01:58+ 03:50+ 05:02+ 06:53+ 10:26+ 12:13+ 14:32+ 19:26+ 21:21+ 22:59+ 24:47+ 26:23+ 26:49+		
	00:53- 01:05+ 01:52+ 01:12+ 01:51+ 03:33+ 01:47+ 02:19- 04:54+ 01:55- 01:38- 01:48+ 01:36- 00:26+		
	00:04- 00:09# 00:17# 00:21& 00:13# 00:11+ 00:01+ 00:31- 03:26@ 02:08- 01:24- 00:16# 00:01- 00:04#		
<b>5</b>	<b>Daniel Thu</b>	<b>384</b>	<b>27:07</b>
	01:10+ 02:23+ 04:08+ 05:01+ 07:34+ 10:58+ 13:19+ 15:47+ 17:52+ 19:12- 23:45+ 25:06+ 26:46+ 27:07+		
	01:10+ 01:13+ 01:45+ 00:53+ 02:33+ 03:24+ 02:21+ 02:28- 02:05+ 01:20- 04:33+ 01:21- 01:40+ 00:21-		
	00:13# 00:17& 00:10# 00:02+ 00:55& 00:02+ 00:35& 00:22- 00:37& 02:43- 01:31& 00:11- 00:03+ 00:01-		
<b>6</b>	<b>Roger Nyseth</b>	<b>92</b>	<b>28:03</b>
	01:02+ 02:14+ 05:56+ 06:45+ 08:57+ 13:21+ 15:33+ 18:17+ 20:02+ 21:46+ 23:28+ 25:26+ 27:31+ 28:03+		
	01:02+ 01:12+ 03:42+ 00:49- 02:12+ 04:24+ 02:12+ 02:44- 01:45+ 01:44- 01:42- 01:58+ 02:05+ 00:32+		
	00:05+ 00:16& 02:07@ 00:02- 00:34& 01:02& 00:26# 00:06- 00:17# 02:19- 01:20- 00:26& 00:28& 00:10&		
<b>7</b>	<b>Sjur Bjerke</b>	<b>401</b>	<b>28:27</b>
	01:04+ 02:32+ 04:32+ 05:33+ 07:55+ 11:50+ 15:16+ 18:02+ 20:17+ 21:59+ 23:41+ 26:08+ 27:55+ 28:27+		
	01:04+ 01:28+ 02:00+ 01:01+ 02:22+ 03:55+ 03:26+ 02:46- 02:15+ 01:42- 01:42- 02:27+ 01:47+ 00:32+		
	00:07# 00:32& 00:25& 00:10# 00:44& 00:33# 01:40& 00:04- 00:47& 02:21- 01:20- 00:55& 00:10# 00:10&		
<b>8</b>	<b>Hans Olav Myskja</b>	<b>117</b>	<b>28:35</b>
	01:23+ 02:47+ 05:13+ 06:22+ 09:18+ 12:47+ 14:32+ 17:03+ 19:54+ 22:43+ 24:58+ 26:40+ 28:14+ 28:35+		
	01:23+ 01:24+ 02:26+ 01:09+ 02:56+ 03:29+ 01:45- 02:31- 02:51+ 02:49- 02:15- 01:42+ 01:34- 00:21-		
	00:26& 00:28& 00:51& 00:18& 01:18& 00:07+ 00:01- 00:19- 01:23& 01:14- 00:47- 00:10# 00:03- 00:01-		
<b>9</b>	<b>Per-Olof Wallerstedt</b>	<b>18</b>	<b>28:57</b>
	01:00+ 02:03+ 04:43+ 05:27+ 08:44+ 11:34+ 13:35+ 16:05+ 17:44+ 19:00- 20:30- 22:27- 28:29+ 28:57+		
	01:00+ 01:03+ 02:40+ 00:44- 03:17+ 02:50- 02:01+ 02:30- 01:39+ 01:16- 01:30- 01:57+ 06:02+ 00:28+		
	00:03+ 00:07# 01:05& 00:07- 01:39@ 00:32- 00:15# 00:20- 00:11# 02:47- 01:32- 00:25& 04:25@ 00:06&		
<b>10</b>	<b>Lars Salvesen</b>	<b>50</b>	<b>29:35</b>
	01:20+ 02:33+ 05:12+ 05:53+ 08:15+ 11:54+ 14:11+ 17:23+ 22:05+ 23:37+ 25:13+ 27:14+ 29:09+ 29:35+		
	01:20+ 01:13+ 02:39+ 00:41- 02:22+ 03:39+ 02:17+ 03:12+ 04:42+ 01:32- 01:36- 02:01+ 01:55+ 00:26+		
	00:23& 00:17& 01:04& 00:10- 00:44& 00:17+ 00:31& 00:22# 03:14@ 02:31- 01:26- 00:29& 00:18# 00:04#		
<b>11</b>	<b>Are Fosså</b>	<b>287</b>	<b>29:39</b>
	04:29+ 05:19+ 07:15+ 07:56+ 11:11+ 13:56+ 15:48+ 18:17+ 21:08+ 22:30+ 25:23+ 27:12+ 29:14+ 29:39+		
	04:29+ 00:50- 01:56+ 00:41- 03:15+ 02:45- 01:52+ 02:29- 02:51+ 01:22- 02:53- 01:49+ 02:02+ 00:25+		
	03:32@ 00:06- 00:21# 00:10- 01:37& 00:37- 00:06+ 00:21- 01:23& 02:41- 00:09- 00:17# 00:25& 00:03#		
<b>12</b>	<b>Trym Bjørnsen</b>	<b>91</b>	<b>29:48</b>
	00:52- 01:45- 05:43+ 06:27+ 08:28+ 11:19+ 13:07+ 15:32+ 17:55+ 22:34+ 26:45+ 28:08+ 29:31+ 29:48+		
	00:52- 00:53- 03:58+ 00:44- 02:01+ 02:51- 01:48+ 02:25- 02:23+ 04:39+ 04:11+ 01:23- 01:23- 00:17-		
	00:05- 00:03- 02:23@ 00:07- 00:23# 00:31- 00:02+ 00:25- 00:55& 00:36# 01:09& 00:09- 00:14- 00:05-		

Class	Navn	Klasse											Tid
<b>13</b>	<b>Vidar Haus</b>	<b>399</b>											<b>30:58</b>
01:15+	02:47+	04:46+	05:28+	07:34+	14:49+	16:52+	20:52+	23:48+	25:02+	26:50+	28:26+	30:38+	30:58+
01:15+	01:32+	01:59+	00:42-	02:06+	07:15+	02:03+	04:00+	02:56+	01:14-	01:48-	01:36+	02:12+	00:20-
00:18&	00:36&	00:24&	00:09-	00:28&	03:53@	00:17#	01:10&	01:28&	02:49-	01:14-	00:04+	00:35&	00:02-
<b>14</b>	<b>Svein Erik Bjørnsen</b>	<b>91</b>											<b>31:39</b>
01:16+	02:19+	04:07+	04:55+	10:29+	13:34+	16:06+	18:41+	21:49+	23:45+	28:11+	29:47+	31:18+	31:39+
01:16+	01:03+	01:48+	00:48-	05:34+	03:05-	02:32+	02:35-	03:08+	01:56-	04:26+	01:36+	01:31-	00:21-
00:19&	00:07#	00:13#	00:03-	03:56@	00:17-	00:46&	00:15-	01:40@	02:07-	01:24&	00:04+	00:06-	00:01-
<b>15</b>	<b>Jerome Renoult</b>	<b>63</b>											<b>32:11</b>
01:05+	02:27+	06:22+	07:24+	09:31+	13:15+	15:36+	21:58+	23:45+	25:40+	27:54+	29:53+	31:45+	32:11+
01:05+	01:22+	03:55+	01:02+	02:07+	03:44+	02:21+	06:22+	01:47+	01:55-	02:14-	01:59+	01:52+	00:26+
00:08#	00:26&	02:20@	00:11#	00:29&	00:22#	00:35&	03:32@	00:19#	02:08-	00:48-	00:27&	00:15#	00:04#
<b>16</b>	<b>Leif Jarle Skåra</b>	<b>29</b>											<b>32:56</b>
01:27+	02:39+	05:46+	06:49+	09:05+	13:17+	15:52+	20:38+	22:51+	24:38+	27:15+	29:22+	32:26+	32:56+
01:27+	01:12+	03:07+	01:03+	02:16+	04:12+	02:35+	04:46+	02:13+	01:47-	02:37-	02:07+	03:04+	00:30+
00:30&	00:16&	01:32&	00:12#	00:38&	00:50#	00:49&	01:56&	00:45&	02:16-	00:25-	00:35&	01:27&	00:08&
<b>17</b>	<b>Aksel Joranger</b>	<b>192</b>											<b>33:26</b>
01:05+	02:07+	07:58+	08:54+	12:30+	15:32+	17:21+	19:56+	21:46+	27:26+	29:42+	31:28+	33:07+	33:26+
01:05+	01:02+	05:51+	00:56+	03:36+	03:02-	01:49+	02:35-	01:50+	05:40+	02:16-	01:46+	01:39+	00:19-
00:08#	00:06#	04:16@	00:05+	01:58@	00:20-	00:03#	00:15-	00:22#	01:37&	00:46-	00:14#	00:02+	00:03-
<b>18</b>	<b>Torbjørn Dahle</b>	<b>92</b>											<b>33:34</b>
01:09+	02:30+	09:03+	09:38+	11:54+	15:30+	17:40+	20:42+	22:24+	24:49+	29:04+	31:13+	33:06+	33:34+
01:09+	01:21+	06:33+	00:35-	02:16+	03:36+	02:10+	03:02+	01:42+	02:25-	04:15+	02:09+	01:53+	00:28+
00:12#	00:25&	04:58@	00:16-	00:38&	00:14+	00:24#	00:12+	00:14#	01:38-	01:13&	00:37&	00:16#	00:06&
<b>19</b>	<b>Jan Erik Syvertsen</b>	<b>51</b>											<b>34:15</b>
02:24+	03:38+	05:29+	06:36+	09:34+	14:04+	15:55+	19:52+	21:55+	23:33+	28:07+	30:05+	33:54+	34:15+
02:24+	01:14+	01:51+	01:07+	02:58+	04:30+	01:51+	03:57+	02:03+	01:38-	04:34+	01:58+	03:49+	00:21-
01:27@	00:18&	00:16#	00:16&	01:20&	01:08&	00:05+	01:07&	00:35&	02:25-	01:32&	00:26&	02:12@	00:01-
<b>20</b>	<b>Ivar Aalbu</b>	<b>29</b>											<b>34:24</b>
01:32+	03:06+	07:04+	07:58+	10:41+	16:59+	19:45+	22:59+	24:45+	27:24+	29:11+	31:36+	33:57+	34:24+
01:32+	01:34+	03:58+	00:54+	02:43+	06:18+	02:46+	03:14+	01:46+	02:39-	01:47-	02:25+	02:21+	00:27+
00:35&	00:38&	02:23@	00:03+	01:05&	02:56&	01:00&	00:24#	00:18#	01:24-	01:15-	00:53&	00:44&	00:05#
<b>21</b>	<b>Jan Henrik Neuenkirchen</b>	<b>117</b>											<b>34:48</b>
01:16+	02:32+	05:00+	06:21+	10:23+	14:45+	17:53+	22:27+	24:28+	26:46+	29:56+	32:20+	34:21+	34:48+
01:16+	01:16+	02:28+	01:21+	04:02+	04:22+	03:08+	04:34+	02:01+	02:18-	03:10+	02:24+	02:01+	00:27+
00:19&	00:20&	00:53&	00:30&	02:24@	01:00&	01:22&	01:44&	00:33&	01:45-	00:08+	00:52&	00:24#	00:05#
<b>22</b>	<b>Nils Egil Lie</b>	<b>376</b>											<b>34:57</b>
01:15+	02:21+	04:42+	05:29+	08:07+	12:32+	15:31+	20:20+	24:17+	28:28+	30:08+	32:12+	34:28+	34:57+
01:15+	01:06+	02:21+	00:47-	02:38+	04:25+	02:59+	04:49+	03:57+	04:11+	01:40-	02:04+	02:16+	00:29+
00:18&	00:10#	00:46&	00:04-	01:00&	01:03&	01:13&	01:59&	02:29@	00:08+	01:22-	00:32&	00:39&	00:07&
<b>23</b>	<b>Sveinung Skjørsæter</b>	<b>129</b>											<b>35:55</b>
01:31+	02:37+	04:50+	05:31+	09:06+	12:21+	21:25+	24:28+	26:16+	28:09+	31:03+	33:45+	35:31+	35:55+
01:31+	01:06+	02:13+	00:41-	03:35+	03:15-	09:04+	03:03+	01:48+	01:53-	02:54-	02:42+	01:46+	00:24+
00:34&	00:10#	00:38&	00:10-	01:57@	00:07-	07:18@	00:13+	00:20#	02:10-	00:08-	01:10&	00:09+	00:02+
<b>24</b>	<b>Tor Harald Lunde</b>	<b>47</b>											<b>36:22</b>
01:25+	02:45+	06:29+	07:44+	11:05+	15:33+	18:04+	21:27+	23:32+	25:51+	28:06+	33:27+	35:56+	36:22+
01:25+	01:20+	03:44+	01:15+	03:21+	04:28+	02:31+	03:23+	02:05+	02:19-	02:15-	05:21+	02:29+	00:26+
00:28&	00:24&	02:09@	00:24&	01:43@	01:06&	00:45&	00:33#	00:37&	01:44-	00:47-	03:49@	00:52&	00:04#
<b>25</b>	<b>Arild Svihus</b>	<b>92</b>											<b>36:25</b>
01:32+	02:48+	05:16+	06:16+	08:41+	14:32+	16:46+	22:00+	27:01+	29:18+	31:21+	34:05+	35:59+	36:25+
01:32+	01:16+	02:28+	01:00+	02:25+	05:51+	02:14+	05:14+	05:01+	02:17-	02:03-	02:44+	01:54+	00:26+
00:35&	00:20&	00:53&	00:09#	00:47&	02:29&	00:28&	02:24&	03:33@	01:46-	00:59-	01:12&	00:17#	00:04#
<b>26</b>	<b>Bjørn Morten B Brunstøl</b>	<b>192</b>											<b>37:32</b>
01:36+	03:43+	08:07+	08:33+	11:28+	15:45+	17:42+	21:25+	23:37+	28:30+	34:07+	35:34+	37:09+	37:32+
01:36+	02:07+	04:24+	00:26-	02:55+	04:17+	01:57+	03:43+	02:12+	04:53+	05:37+	01:27-	01:35-	00:23+
00:39&	01:11@	02:49@	00:25-	01:17&	00:55&	00:11#	00:53&	00:44&	00:50#	02:35&	00:05-	00:02-	00:01+
<b>27</b>	<b>Rolf Øystein Kluge</b>	<b>7</b>											<b>39:13</b>
02:07+	03:48+	07:47+	09:13+	11:58+	17:57+	21:03+	24:49+	28:36+	30:51+	33:12+	35:39+	38:34+	39:13+
02:07+	01:41+	03:59+	01:26+	02:45+	05:59+	03:06+	03:46+	03:47+	02:15-	02:21-	02:27+	02:55+	00:39+
01:10@	00:45&	02:24@	00:35&	01:07&	02:37&	01:20&	00:56&	02:19@	01:48-	00:41-	00:55&	01:18&	00:17&

Class	Navn	Klasse											Tid
<b>28</b>	<b>John Helge Svandal</b>	<b>111</b>											<b>39:15</b>
01:25+	02:57+	06:38+	07:43+	11:30+	17:10+	19:53+	23:48+	27:15+	29:19+	32:29+	36:07+	38:42+	39:15+
01:25+	01:32+	03:41+	01:05+	03:47+	05:40+	02:43+	03:55+	03:27+	02:04-	03:10+	03:38+	02:35+	00:33+
00:28&	00:36&	02:06@	00:14&	02:09@	02:18&	00:57&	01:05&	01:59@	01:59-	00:08+	02:06@	00:58&	00:11&
<b>29</b>	<b>Eivind Gjesteland</b>	<b>136</b>											<b>40:38</b>
01:08+	02:26+	04:10+	04:55+	10:35+	13:44+	15:24+	17:42+	29:00+	34:01+	35:28+	37:20+	40:16+	40:38+
01:08+	01:18+	01:44+	00:45-	05:40+	03:09-	01:40-	02:18-	11:18+	05:01+	01:27-	01:52+	02:56+	00:22=
00:11#	00:22&	00:09+	00:06-	04:02@	00:13-	00:06-	00:32-	09:50@	00:58#	01:35-	00:20#	01:19&	00:00=
<b>30</b>	<b>Frode Følgesvold</b>	<b>5</b>											<b>41:34</b>
01:04+	02:50+	05:58+	07:20+	09:50+	18:51+	22:32+	27:46+	32:29+	35:26+	37:29+	39:26+	41:07+	41:34+
01:04+	01:46+	03:08+	01:22+	02:30+	09:01+	03:41+	05:14+	04:43+	02:57-	02:03-	01:57+	01:41+	00:27+
00:07#	00:50&	01:33&	00:31&	00:52&	05:39@	01:55@	02:24&	03:15@	01:06-	00:59-	00:25&	00:04+	00:05#
<b>31</b>	<b>Inge Arild Leknes</b>	<b>376</b>											<b>41:56</b>
00:57=	01:57+	04:06+	05:22+	06:59+	21:02+	23:03+	25:19+	35:19+	37:03+	38:29+	40:06+	41:31+	41:56+
00:57=	01:00+	02:09+	01:16+	01:37-	14:03+	02:01+	02:16-	10:00+	01:44-	01:26-	01:37+	01:25-	00:25+
00:00=	00:04+	00:34&	00:25&	00:01-	10:41@	00:15#	00:34-	08:32@	02:19-	01:36-	00:05+	00:12-	00:03#
<b>32</b>	<b>Per Marthon Mæland</b>	<b>5</b>											<b>43:16</b>
01:09+	02:39+	05:11+	06:22+	08:58+	21:52+	24:05+	29:22+	31:30+	33:54+	37:39+	40:29+	42:41+	43:16+
01:09+	01:30+	02:32+	01:11+	02:36+	12:54+	02:13+	05:17+	02:08+	02:24-	03:45+	02:50+	02:12+	00:35+
00:12#	00:34&	00:57&	00:20&	00:58&	09:32@	00:27&	02:27&	00:40&	01:39-	00:43#	01:18&	00:35&	00:13&
<b>33</b>	<b>Tom Kåre Versland</b>	<b>105</b>											<b>44:41</b>
01:29+	02:52+	07:49+	08:33+	13:55+	17:39+	24:46+	28:21+	31:44+	35:26+	37:19+	40:17+	44:12+	44:41+
01:29+	01:23+	04:57+	00:44-	05:22+	03:44+	07:07+	03:35+	03:42-	01:53-	02:58+	03:55+	00:29+	00:29+
00:32&	00:27&	03:22@	00:07-	03:44@	00:22#	05:21@	00:45&	01:55@	00:21-	01:09-	01:26&	02:18@	00:07&
<b>34</b>	<b>John Thorsnæs</b>	<b>51</b>											<b>44:48</b>
01:23+	03:19+	07:09+	08:18+	12:03+	17:27+	22:00+	26:29+	29:40+	33:04+	37:25+	41:23+	44:18+	44:48+
01:23+	01:56+	03:50+	01:09+	03:45+	05:24+	04:33+	04:29+	03:11+	03:24-	04:21+	03:58+	02:55+	00:30+
00:26&	01:00@	02:15@	00:18&	02:07@	02:02&	02:47@	01:39&	01:43@	00:39-	01:19&	02:26@	01:18&	00:08&
<b>35</b>	<b>Joar Fandrem</b>	<b>94</b>											<b>44:52</b>
01:48+	03:18+	08:51+	09:51+	13:03+	21:10+	24:00+	30:05+	33:11+	36:32+	38:51+	41:31+	44:16+	44:52+
01:48+	01:30+	05:33+	01:00+	03:12+	08:07+	02:50+	06:05+	03:06+	03:21-	02:19-	02:40+	02:45+	00:36+
00:51&	00:34&	03:58@	00:09#	01:34&	04:45@	01:04&	03:15@	01:38@	00:42-	00:43-	01:08&	01:08&	00:14&
<b>36</b>	<b>Trond Vigedal</b>	<b>117</b>											<b>44:58</b>
06:16+	07:22+	12:58+	14:30+	17:58+	23:49+	27:18+	31:08+	33:55+	36:18+	38:12+	40:54+	44:26+	44:58+
06:16+	01:06+	05:36+	01:32+	03:28+	05:51+	03:29+	03:50+	02:47+	02:23-	01:54-	02:42+	03:32+	00:32+
05:19@	00:10#	04:01@	00:41&	01:50@	02:29&	01:43&	01:00&	01:19&	01:40-	01:08-	01:10&	01:55@	00:10&
<b>37</b>	<b>Jens Arve Nygård</b>	<b>116</b>											<b>46:54</b>
01:12+	02:31+	23:32+	24:03+	28:33+	31:49+	33:41+	36:28+	39:06+	41:05+	42:32+	44:31+	46:29+	46:54+
01:12+	01:19+	21:01+	00:31-	04:30+	03:16-	01:52+	02:47-	02:38+	01:59-	01:27-	01:59+	01:58+	00:25+
00:15&	00:23&	19:26@	00:20-	02:52@	00:06-	00:06+	00:03-	01:10&	02:04-	01:35-	00:27&	00:21#	00:03#
<b>38</b>	<b>Andreas Kristiansen</b>	<b>167</b>											<b>48:17</b>
01:11+	02:26+	05:52+	07:05+	10:37+	16:45+	19:46+	30:31+	32:09+	34:27+	42:48+	45:19+	47:51+	48:17+
01:11+	01:15+	03:26+	01:13+	03:32+	06:08+	03:01+	10:45+	01:38+	02:18-	08:21+	02:31+	02:32+	00:26+
00:14#	00:19&	01:51@	00:22&	01:54@	02:46&	01:15&	07:55@	00:10#	01:45-	05:19@	00:59&	00:55&	00:04#
<b>39</b>	<b>Steinar Aase</b>	<b>268</b>											<b>48:45</b>
01:40+	03:28+	07:04+	08:18+	13:31+	20:35+	24:51+	29:59+	34:11+	36:41+	41:52+	45:11+	47:55+	48:45+
01:40+	01:48+	03:36+	01:14+	05:13+	07:04+	04:16+	05:08+	04:12+	02:30-	05:11+	03:19+	02:44+	00:50+
00:43&	00:52&	02:01@	00:23&	03:35@	03:42@	02:30@	02:18&	02:44@	01:33-	02:09&	01:47@	01:07&	00:28@
<b>40</b>	<b>Eivind Tolo</b>	<b>111</b>											<b>51:38</b>
02:47+	04:42+	08:32+	10:44+	13:31+	18:50+	29:54+	32:14+	34:53+	37:12+	43:49+	48:30+	51:06+	51:38+
02:47+	01:55+	03:50+	02:12+	02:47+	05:19+	11:04+	02:20-	02:39+	02:19-	06:37+	04:41+	02:36+	00:32+
01:50@	00:59@	02:15@	01:21@	01:09&	01:57&	09:18@	00:30-	01:11&	01:44-	03:35@	03:09@	00:59&	00:10&
<b>41</b>	<b>Jon Vikse</b>	<b>386</b>											<b>51:40</b>
01:19+	02:27+	04:04+	04:53+	07:56+	10:50+	12:59+	39:34+	42:24+	44:20+	47:01+	48:54+	51:02+	51:40+
01:19+	01:08+	01:37+	00:49-	03:03+	02:54-	02:09+	26:35+	02:50+	01:56-	02:41-	01:53+	02:08+	00:38+
00:22&	00:12#	00:02+	00:02-	01:25&	00:28-	00:23#	23:45@	01:22&	02:07-	00:21-	00:21#	00:31&	00:16&
<b>42</b>	<b>Hans Frode Andersen</b>	<b>376</b>											<b>53:54</b>
01:28+	03:22+	08:01+	09:02+	17:36+	21:44+	24:15+	41:14+	43:31+	44:53+	47:42+	50:26+	53:14+	53:54+
01:28+	01:54+	04:39+	01:01+	08:34+	04:08+	02:31+	16:59+	02:17+	01:22-	02:49-	02:44+	02:48+	00:40+
00:31&	00:58@	03:04@	00:10#	06:56@	00:46#	00:45&	14:09@	00:49&	02:41-	00:13-	01:12&	01:11&	00:18&

Class	Navn	Klasse												Tid
<b>43</b>	<b>Svein Inge Sævereid</b>	<b>126</b>												<b>57:07</b>
02:02+	04:20+	12:13+	13:56+	18:44+	26:15+	31:03+	36:56+	41:34+	45:03+	48:14+	52:17+	56:03+	57:07+	
02:02+	02:18+	07:53+	01:43+	04:48+	07:31+	04:48+	05:53+	04:38+	03:29-	03:11+	04:03+	03:46+	01:04+	
01:05@	01:22@	06:18@	00:52@	03:10@	04:09@	03:02@	03:03@	03:10@	00:34-	00:09+	02:31@	02:09@	00:42@	
<b>44</b>	<b>Kjell-Ole Topnes</b>	<b>116</b>												<b>1:00:00</b>
02:03+	03:43+	16:50+	18:17+	24:10+	32:00+	35:27+	41:12+	44:20+	47:42+	51:42+	55:24+	59:18+	60:00+	
02:03+	01:40+	13:07+	01:27+	05:53+	07:50+	03:27+	05:45+	03:08+	03:22-	04:00+	03:42+	03:54+	00:42+	
01:06@	00:44&	11:32@	00:36&	04:15@	04:28@	01:41&	02:55@	01:40@	00:41-	00:58&	02:10@	02:17@	00:20&	
<b>45</b>	<b>Erik Henriksen</b>	<b>116</b>												<b>1:02:17</b>
03:09+	05:29+	09:28+	12:33+	18:04+	24:40+	28:22+	35:50+	45:07+	49:18+	52:00+	55:27+	61:33+	62:17+	
03:09+	02:20+	03:59+	03:05+	05:31+	06:36+	03:42+	07:28+	09:17+	04:11+	02:42-	03:27+	06:06+	00:44+	
02:12@	01:24@	02:24@	02:14@	03:53@	03:14&	01:56@	04:38@	07:49@	00:08+	00:20-	01:55@	04:29@	00:22&	
<b>46</b>	<b>Andre Forbergskog</b>	<b>117</b>												<b>1:03:40</b>
02:10+	03:48+	06:45+	07:51+	10:50+	15:44+	18:52+	38:27+	43:21+	47:03+	49:53+	57:24+	62:48+	63:40+	
02:10+	01:38+	02:57+	01:06+	02:59+	04:54+	03:08+	19:35+	04:54+	03:42-	02:50-	07:31+	05:24+	00:52+	
01:13@	00:42&	01:22&	00:15&	01:21&	01:32&	01:22&	16:45@	03:26@	00:21-	00:12-	05:59@	03:47@	00:30@	
<b>47</b>	<b>Tom Leveraas</b>	<b>93</b>												<b>1:08:15</b>
01:14+	02:51+	14:38+	15:18+	20:41+	28:27+	31:56+	50:49+	53:48+	56:54+	62:39+	65:36+	67:42+	68:15+	
01:14+	01:37+	11:47+	00:40-	05:23+	07:46+	03:29+	18:53+	02:59+	03:06-	05:45+	02:57+	02:06+	00:33+	
00:17&	00:41&	10:12@	00:11-	03:45@	04:24@	01:43&	16:03@	01:31@	00:57-	02:43&	01:25&	00:29&	00:11&	
<b>48</b>	<b>Per Bakken</b>	<b>5</b>												<b>1:11:56</b>
02:11+	04:21+	08:23+	09:25+	12:35+	20:00+	23:08+	28:24+	59:06+	61:24+	64:32+	68:02+	71:08+	71:56+	
02:11+	02:10+	04:02+	01:02+	03:10+	07:25+	03:08+	05:16+	30:42+	02:18-	03:08+	03:30+	03:06+	00:48+	
01:14@	01:14@	02:27@	00:11#	01:32&	04:03@	01:22&	02:26&	29:14@	01:45-	00:06+	01:58@	01:29&	00:26@	
<b>49</b>	<b>Endre Gabrielsen</b>	<b>126</b>												<b>1:14:58</b>
02:21+	03:42+	08:36+	09:31+	14:30+	19:40+	23:04+	49:23+	59:54+	62:34+	65:16+	70:11+	74:08+	74:58+	
02:21+	01:21+	04:54+	00:55+	04:59+	05:10+	03:24+	26:19+	10:31+	02:40-	02:42-	04:55+	03:57+	00:50+	
01:24@	00:25&	03:19@	00:04+	03:21@	01:48&	01:38&	23:29@	09:03@	01:23-	00:20-	03:23@	02:20@	00:28@	
<b>Beste strekktid for klassen</b>														
00:45	00:50	01:35	00:26	01:37	02:45	01:40	02:16	01:27	01:14	01:21	01:21	01:23	00:17	

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