

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1	Nina Karlsen	111	34:19											
01:36=	07:27=	09:38=	12:07=	14:04=	16:36=	18:23=	20:29=	23:40=	25:26=	28:49=	30:07=	31:50=	33:31=	34:19=
01:36=	05:51=	02:11=	02:29=	01:57=	02:32=	01:47=	02:06=	03:11=	01:46=	03:23=	01:18=	01:43=	01:41=	00:48=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Anina Iselin Hadland	29	38:45											
01:38+	07:50+	10:14+	12:48+	14:42+	18:20+	21:14+	23:54+	27:04+	28:52+	32:09+	33:39+	36:26+	38:04+	38:45+
01:38+	06:12+	02:24+	02:34+	01:54-	03:38+	02:54+	02:40+	03:10-	01:48+	03:17-	01:30+	02:47+	01:38-	00:41-
00:02+	00:21+	00:13+	00:05+	00:03-	01:06&	01:07&	00:34&	00:01-	00:02+	00:06-	00:12#	01:04&	00:03-	00:07-
3	Marie Brolev	397	39:07											
01:43+	08:19+	10:51+	13:00+	17:49+	21:13+	23:05+	25:36+	28:58+	30:47+	34:16+	35:29+	36:46+	38:36+	39:07+
01:43+	06:36+	02:32+	02:09-	04:49+	03:24+	01:52+	02:31+	03:22+	01:49+	03:29+	01:13-	01:17-	01:50+	00:31-
00:07+	00:45#	00:21#	00:20-	02:52@	00:52&	00:05+	00:25#	00:11+	00:03+	00:06+	00:05-	00:26-	00:09+	00:17-
4	Matilde Skjæveland Skår	114	41:17											
01:40+	07:02-	09:17-	11:28-	16:58+	24:34+	26:14+	29:45+	32:04+	33:56+	36:41+	38:00+	39:12+	40:43+	41:17+
01:40+	05:22-	02:15+	02:11-	05:30+	07:36+	01:40-	03:31+	02:19-	01:52+	02:45-	01:19+	01:12-	01:31-	00:34-
00:04+	00:29-	00:04+	00:18-	03:33@	05:04@	00:07-	01:25&	00:52-	00:06+	00:38-	00:01+	00:31-	00:10-	00:14-
5	Marie Sigvaldsen	392	41:56											
02:07+	10:31+	13:13+	15:48+	18:35+	21:51+	23:52+	26:50+	30:11+	31:51+	35:44+	36:55+	38:57+	41:19+	41:56+
02:07+	08:24+	02:42+	02:35+	02:47+	03:16+	02:01+	02:58+	03:21+	01:40-	03:53+	01:11-	02:02+	02:22+	00:37-
00:31&	02:33&	00:31#	00:06+	00:50&	00:44&	00:14#	00:52&	00:10+	00:06-	00:30#	00:07-	00:19#	00:41&	00:11-
6	Heidi Nordaunet	126	45:33											
02:12+	08:58+	11:48+	14:50+	17:33+	21:40+	23:56+	27:30+	31:26+	33:46+	38:50+	40:23+	42:36+	44:43+	45:33+
02:12+	06:46+	02:50+	03:02+	02:43+	04:07+	02:16+	03:34+	03:56+	02:20+	05:04+	01:33+	02:13+	02:07+	00:50+
00:36&	00:55#	00:39&	00:33#	00:46&	01:35&	00:29&	01:28&	00:45#	00:34&	01:41&	00:15#	00:30&	00:26&	00:02+
7	Ingrid Lycke Austbø	109	45:40											
01:59+	07:15-	09:26-	11:55-	19:04+	21:43+	27:33+	30:30+	33:47+	35:33+	39:09+	41:46+	43:11+	45:05+	45:40+
01:59+	05:16-	02:11=	02:29=	07:09+	02:39+	05:50+	02:57+	03:17+	01:46=	03:36+	02:37+	01:25-	01:54+	00:35-
00:23#	00:35-	00:00=	00:00=	05:12@	00:07+	04:03@	00:51&	00:06+	00:00=	00:13+	01:19@	00:18-	00:13#	00:13-
8	Tina Louise Langland	117	46:17											
01:48+	09:37+	12:04+	20:01+	22:20+	26:57+	28:45+	30:33+	34:09+	35:50+	41:18+	42:36+	44:00+	45:35+	46:17+
01:48+	07:49+	02:27+	07:57+	02:19+	04:37+	01:48+	01:48-	03:36+	01:41-	05:28+	01:18=	01:24-	01:35-	00:42-
00:12#	01:58&	00:16#	05:28@	00:22#	02:05&	00:01+	00:18-	00:25#	00:05-	02:05&	00:00=	00:19-	00:06-	00:06-
9	Wibeke Lende	74	46:36											
02:33+	08:27+	11:13+	14:34+	19:50+	26:24+	29:29+	32:19+	34:47+	37:08+	41:21+	42:55+	44:20+	46:03+	46:36+
02:33+	05:54+	02:46+	03:21+	05:16+	06:34+	03:05+	02:50+	02:28-	02:21+	04:13+	01:34+	01:25-	01:43+	00:33-
00:57&	00:03+	00:35&	00:52&	03:19@	04:02@	01:18&	00:44&	00:43-	00:35&	00:50#	00:16#	00:18-	00:02+	00:15-
10	Rebecca Briedis	53	47:11											
01:45+	08:25+	11:26+	15:29+	18:21+	26:44+	28:42+	30:49+	34:11+	35:57+	39:45+	41:00+	44:34+	46:36+	47:11+
01:45+	06:40+	03:01+	04:03+	02:52+	08:23+	01:58+	02:07+	03:22+	01:46=	03:48+	01:15-	03:34+	02:02+	00:35-
00:09+	00:49#	00:50&	01:34&	00:55&	05:51@	00:11#	00:01+	00:11+	00:00=	00:25#	00:03-	01:51@	00:21#	00:13-
11	Hanne Berg Aspøy	117	52:23											
02:40+	08:59+	12:39+	21:30+	23:59+	32:02+	35:22+	37:28+	41:07+	42:58+	47:25+	48:39+	50:02+	51:43+	52:23+
02:40+	06:19+	03:40+	08:51+	02:29+	08:03+	03:20+	02:06=	03:39+	01:51+	04:27+	01:14-	01:23-	01:41=	00:40-
01:04&	00:28+	01:29&	06:22@	00:32&	05:31@	01:33&	00:00=	00:28#	00:05+	01:04&	00:04-	00:20-	00:00=	00:08-
12	Marita Skorpe Falnes	385	52:31											
02:29+	09:51+	12:43+	15:51+	24:54+	29:58+	31:58+	36:20+	40:32+	42:44+	46:33+	47:59+	49:44+	51:51+	52:31+
02:29+	07:22+	02:52+	03:08+	09:03+	05:04+	02:00+	04:22+	04:12+	02:12+	03:49+	01:26+	01:45+	02:07+	00:40-
00:53&	01:31&	00:41&	00:39&	07:06@	02:32&	00:13#	02:16@	01:01&	00:26#	00:26#	00:08#	00:02+	00:26&	00:08-
13	Maren Heradstveit	76	53:44											
01:44+	11:57+	14:50+	23:36+	26:11+	33:19+	35:27+	37:45+	41:15+	43:03+	47:20+	49:03+	50:41+	53:08+	53:44+
01:44+	10:13+	02:53+	08:46+	02:35+	07:08+	02:08+	02:18+	03:30+	01:48+	04:17+	01:43+	01:38-	02:27+	00:36-
00:08+	04:22&	00:42&	06:17@	00:38&	04:36@	00:21#	00:12+	00:19+	00:02+	00:54&	00:25&	00:05-	00:46&	00:12-
14	Hege Bakken	53	56:30											
02:33+	09:25+	12:40+	18:52+	25:51+	31:20+	38:07+	40:48+	44:17+	46:02+	50:24+	51:58+	53:32+	55:39+	56:30+
02:33+	06:52+	03:15+	06:12+	06:59+	05:29+	06:47+	02:41+	03:29+	01:45-	04:22+	01:34+	01:34-	02:07+	00:51+
00:57&	01:01#	01:04&	03:43@	05:02@	02:57@	05:00@	00:35&	00:18+	00:01-	00:59&	00:16#	00:09-	00:26&	00:03+

Class	Navn	Klasse	Tid															
15	Marita Navjord Nicolaysen	71	58:24															
02:17+	09:20+	12:36+	22:06+	31:19+	36:43+	39:12+	42:12+	45:49+	48:10+	52:33+	53:56+	55:44+	57:44+	58:24+				
02:17+	07:03+	03:16+	09:30+	09:13+	05:24+	02:29+	03:00+	03:37+	02:21+	04:23+	01:23+	01:48+	02:00+	00:40-				
00:41&	01:12#	01:05&	07:01@	07:16@	02:52@	00:42&	00:54&	00:26#	00:35&	01:00&	00:05+	00:05+	00:19#	00:08-				
16	Ingrid Dagsland Halderaker	11	1:02:53															
01:59+	08:22+	13:51+	17:00+	33:14+	36:54+	39:12+	42:35+	46:23+	52:58+	56:17+	58:12+	59:39+	62:12+	62:53+				
01:59+	06:23+	05:29+	03:09+	16:14+	03:40+	02:18+	03:23+	03:48+	06:35+	03:19-	01:55+	01:27-	02:33+	00:41-				
00:23#	00:32+	03:18@	00:40&	14:17@	01:08&	00:31&	01:17&	00:37#	04:49@	00:04-	00:37&	00:16-	00:52&	00:07-				
17	Aina Kalsaas Urstad	356	1:06:48															
11:58+	17:31+	19:58+	26:51+	30:06+	41:00+	44:19+	48:27+	51:55+	53:55+	57:57+	59:19+	63:59+	66:12+	66:48+				
11:58+	05:33-	02:27+	06:53+	03:15+	10:54+	03:19+	04:08+	03:28+	02:00+	04:02+	01:22+	04:40+	02:13+	00:36-				
10:22@	00:18-	00:16#	04:24@	01:18&	08:22@	01:32&	02:02&	00:17+	00:14#	00:39#	00:04+	02:57@	00:32&	00:12-				
Beste strekktid for klassen				01:36	05:16	02:11	02:09	01:54	02:32	01:40	01:48	02:19	01:40	02:45	01:11	01:12	01:31	00:31

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

Damer 40 - 49 år

1	Agnes Haker	71	49:47												
01:38=	06:35=	10:28=	13:36=	16:06=	17:39=	24:18=	27:56=	30:52=	33:19=	36:00=	40:41=	42:14=	43:28=	49:13=	49:47=
01:38=	04:57=	03:53=	03:08=	02:30=	01:33=	06:39=	03:38=	02:56=	02:27=	02:41=	04:41=	01:33=	01:14=	05:45=	00:34=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Helene Lie	228	54:26												
02:21+	05:19-	10:31+	14:04+	17:03+	21:16+	27:36+	31:49+	35:46+	38:48+	43:00+	47:36+	49:35+	51:16+	53:31+	54:26+
02:21+	02:58-	05:12+	03:33+	02:59+	04:13+	06:20-	04:13+	03:57+	03:02+	04:12+	04:36-	01:59+	01:41+	02:15-	00:55+
00:43&	01:59-	01:19&	00:25#	00:29#	02:40@	00:19-	00:35#	01:01&	00:35#	01:31&	00:05-	00:26&	00:27&	03:30-	00:21&
3	Heidi Martby-Skogsholm	105	55:25												
02:15+	05:41-	09:47-	12:47-	16:26+	18:49+	29:11+	33:46+	38:06+	41:12+	45:05+	49:42+	51:45+	53:05+	54:50+	55:25+
02:15+	03:26-	04:06+	03:00-	03:39+	02:23+	10:22+	04:35+	04:20+	03:06+	03:53+	04:37-	02:03+	01:20+	01:45-	00:35+
00:37&	01:31-	00:13+	00:08-	01:09&	00:50&	03:43&	00:57&	01:24&	00:39&	01:12&	00:04-	00:30&	00:06+	04:00-	00:01+
4	Randi Helen Ladsten	128	57:47												
02:19+	07:25+	12:11+	15:22+	19:10+	21:12+	29:04+	34:17+	40:00+	42:40+	45:51+	50:51+	53:15+	54:51+	57:07+	57:47+
02:19+	05:06+	04:46+	03:11+	03:48+	02:02+	07:52+	05:13+	05:43+	02:40+	03:11+	05:00+	02:24+	01:36+	02:16-	00:40+
00:41&	00:09+	00:53#	00:03+	01:18&	00:29&	01:13#	01:35&	02:47&	00:13+	00:30#	00:19+	00:51&	00:22&	03:29-	00:06#
5	Helen Haneferd	27	1:05:08												
02:32+	05:44-	11:23+	15:58+	20:25+	23:27+	28:02+	40:28+	44:33+	47:03+	51:53+	57:46+	60:25+	62:02+	64:21+	65:08+
02:32+	03:12-	05:39+	04:35+	04:27+	03:02+	04:35-	12:26+	04:05+	02:30+	04:50+	05:53+	02:39+	01:37+	02:19-	00:47+
00:54&	01:45-	01:46&	01:27&	01:57&	01:29&	02:04-	08:48@	01:09&	00:03+	02:09&	01:12&	01:06&	00:23&	03:26-	00:13&
6	Elin Norveel	105	1:11:31												
03:04+	07:10+	12:48+	16:23+	20:40+	24:30+	37:02+	44:07+	50:33+	53:31+	57:40+	63:18+	65:21+	67:08+	70:14+	71:31+
03:04+	04:06-	05:38+	03:35+	04:17+	03:50+	12:32+	07:05+	06:26+	02:58+	04:09+	05:38+	02:03+	01:47+	03:06-	01:17+
01:26&	00:51-	01:45&	00:27#	01:47&	02:17@	05:53&	03:27&	03:30@	00:31#	01:28&	00:57#	00:30&	00:33&	02:39-	00:43@

Beste strekktid for klassen				01:38	02:58	03:53	03:00	02:30	01:33	04:35	03:38	02:56	02:27	02:41	04:36	01:33	01:14	01:45	00:34
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer 50 - 59 år

1	Grethe Anda Fuglestad	116	44:18												
01:57=	04:28=	08:53=	12:46=	15:17=	16:56=	22:51=	26:35=	28:57=	31:17=	34:52=	38:42=	40:28=	41:44=	43:38=	44:18=
01:57=	02:31=	04:25=	03:53=	02:31=	01:39=	05:55=	03:44=	02:22=	02:20=	03:35=	03:50=	01:46=	01:16=	01:54=	00:40=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Keth Berggraf	116	46:42												
01:46-	04:12-	08:43-	11:54-	14:10-	18:54+	21:40-	26:46+	30:29+	33:25+	36:41+	41:21+	42:55+	44:09+	46:03+	46:42+
01:46-	02:26-	04:31+	03:11-	02:16-	04:44+	02:46-	05:06+	03:43+	02:56+	03:16-	04:40+	01:34-	01:14-	01:54=	00:39-
00:11-	00:05-	00:06+	00:42-	00:15-	03:05@	03:09-	01:22&	01:21&	00:36&	00:19-	00:50#	00:12-	00:02-	00:00=	00:01-

Class	Navn	Klasse	Tid
3	Trude Katrine Hermanrud	117	47:57
03:27+	06:06+ 11:43+ 15:00+ 18:05+ 19:52+	23:42+ 27:14+ 29:59+ 32:45+ 36:45+	42:18+ 44:03+ 45:23+ 47:12+ 47:57+
03:27+	02:39+ 05:37+ 03:17- 03:05+ 01:47+	03:50- 03:32- 02:45+ 02:46+ 04:00+	05:33+ 01:45- 01:20+ 01:49- 00:45+
01:30&	00:08+ 01:12& 00:36- 00:34# 00:08+	02:05- 00:12- 00:23# 00:26# 00:25#	01:43& 00:01- 00:04+ 00:05- 00:05#
4	Irene Rummelhoff	116	49:39
02:10+	06:20+ 10:56+ 16:09+ 18:53+ 21:09+	24:41+ 29:44+ 33:14+ 35:43+ 38:42+	43:08+ 45:26+ 47:01+ 48:57+ 49:39+
02:10+	04:10+ 04:36+ 05:13+ 02:44+ 02:16+	03:32- 05:03+ 03:30+ 02:29+ 02:59-	04:26+ 02:18+ 01:35+ 01:56+ 00:42+
00:13#	01:39& 00:11+ 01:20& 00:13+ 00:37&	02:23- 01:19& 01:08& 00:09+ 00:36-	00:36# 00:32& 00:19# 00:02+ 00:02+
5	Anita Glenne Kallhovd	29	52:39
02:19+	05:36+ 09:48+ 13:26+ 16:02+ 22:39+	28:32+ 33:43+ 36:20+ 39:06+ 41:51+	46:43+ 48:33+ 50:01+ 52:04+ 52:39+
02:19+	03:17+ 04:12- 03:38- 02:36+ 06:37+	05:53- 05:11+ 02:37+ 02:46+ 02:45-	04:52+ 01:50+ 01:28+ 02:03+ 00:35-
00:22#	00:46& 00:13- 00:15- 00:05+ 04:58@	00:02- 01:27& 00:15# 00:26# 00:50-	01:02& 00:04+ 00:12# 00:09+ 00:05-
6	Margrethe Roalsø	93	54:40
02:06+	09:41+ 14:33+ 17:49+ 20:21+ 25:06+	28:03+ 33:14+ 35:59+ 39:57+ 43:18+	47:40+ 50:05+ 51:25+ 54:03+ 54:40+
02:06+	07:35+ 04:52+ 03:16- 02:32+ 04:45+	02:57- 05:11+ 02:45+ 03:58+ 03:21-	04:22+ 02:25+ 01:20+ 02:38+ 00:37-
00:09+	05:04@ 00:27# 00:37- 00:01+ 03:06@	02:58- 01:27& 00:23# 01:38& 00:14-	00:32# 00:39& 00:04+ 00:44& 00:03-
7	Liv Omdal	116	54:42
02:27+	06:06+ 11:15+ 14:29+ 17:40+ 20:23+	26:00+ 30:11+ 34:00+ 36:29+ 41:22+	46:29+ 48:57+ 50:29+ 53:56+ 54:42+
02:27+	03:39+ 05:09+ 03:14- 03:11+ 02:43+	05:37- 04:11+ 03:49+ 02:29+ 04:53+	05:07+ 02:28+ 01:32+ 03:27+ 00:46+
00:30&	01:08& 00:44# 00:39- 00:40& 01:04&	00:18& 00:27# 01:27& 00:09+ 01:18&	01:17& 00:42& 00:16# 01:33& 00:06#
8	Ragnhild Auglænd	62	56:32
02:22+	05:57+ 11:02+ 14:26+ 17:45+ 19:53+	31:07+ 35:55+ 38:44+ 41:29+ 44:56+	50:10+ 52:05+ 53:43+ 55:46+ 56:32+
02:22+	03:35+ 05:05+ 03:24- 03:19+ 02:08+	11:14+ 04:48+ 02:49+ 02:45+ 03:27-	05:14+ 01:55+ 01:38+ 02:03+ 00:46+
00:25#	01:04& 00:40# 00:29- 00:48& 00:29&	05:19& 01:04& 00:27# 00:25# 00:08-	01:24& 00:09+ 00:22& 00:09+ 00:06#
9	Signe Ottesen	116	1:02:53
02:37+	08:17+ 13:26+ 16:51+ 19:46+ 28:35+	35:13+ 40:14+ 43:10+ 46:37+ 49:53+	55:34+ 58:12+ 59:44+ 62:00+ 62:53+
02:37+	05:40+ 05:09+ 03:25- 02:55+ 08:49+	06:38+ 05:01+ 02:56+ 03:27+ 03:16-	05:41+ 02:38+ 01:32+ 02:16+ 00:53+
00:40&	03:09@ 00:44# 00:28- 00:24# 07:10@	00:43# 01:17& 00:34# 01:07& 00:19-	01:51& 00:52& 00:16# 00:22# 00:13&
10	Andrea Tapken	54	1:04:17
02:50+	06:56+ 12:59+ 17:00+ 20:33+ 25:59+	29:19+ 34:47+ 38:44+ 41:59+ 46:28+	52:32+ 58:18+ 60:10+ 63:17+ 64:17+
02:50+	04:06+ 06:03+ 04:01+ 03:33+ 05:26+	03:20- 05:28+ 03:57+ 03:15+ 04:29+	06:04+ 05:46+ 01:52+ 03:07+ 01:00+
00:53&	01:35& 01:38& 00:08+ 01:02& 03:47@	02:35- 01:44& 01:35& 00:55& 00:54&	02:14& 04:00@ 00:36& 01:13& 00:20&
11	Marie-Elizabeth Reinseth	27	1:06:31
02:23+	05:48+ 10:40+ 14:00+ 16:53+ 25:25+	36:55+ 40:50+ 44:13+ 46:53+ 51:09+	56:36+ 58:56+ 60:32+ 65:57+ 66:31+
02:23+	03:25+ 04:52+ 03:20- 02:53+ 08:32+	11:30+ 03:55+ 03:23+ 02:40+ 04:16+	05:27+ 02:20+ 01:36+ 05:25+ 00:34-
00:26#	00:54& 00:27# 00:33- 00:22# 06:53@	05:35& 00:11+ 01:01& 00:20# 00:41#	01:37& 00:34& 00:20& 03:31@ 00:06-
12	Toril Dahle	116	1:06:56
02:30+	06:18+ 11:42+ 15:06+ 19:13+ 23:14+	37:45+ 46:02+ 48:39+ 51:21+ 55:00+	60:14+ 62:13+ 63:45+ 66:20+ 66:56+
02:30+	03:48+ 05:24+ 03:24- 04:07+ 04:01+	14:31+ 08:17+ 02:37+ 02:42+ 03:39+	05:14+ 01:59+ 01:32+ 02:35+ 00:36-
00:33&	01:17& 00:59# 00:29- 01:36& 02:22@	08:36@ 04:33@ 00:15# 00:22# 00:04+	01:24& 00:13# 00:16# 00:41& 00:04-
13	Torill Andersen	116	1:07:00
02:10+	07:06+ 12:49+ 16:46+ 20:29+ 29:26+	36:51+ 41:40+ 45:48+ 48:55+ 52:01+	56:33+ 59:15+ 60:53+ 66:16+ 67:00+
02:10+	04:56+ 05:43+ 03:57+ 03:43+ 08:57+	07:25+ 04:49+ 04:08+ 03:07+ 03:06-	04:32+ 02:42+ 01:38+ 05:23+ 00:44+
00:13#	02:25& 01:18& 00:04+ 01:12& 07:18@	01:30& 01:05& 01:46& 00:47& 00:29-	00:42# 00:56& 00:22& 03:29@ 00:04#
14	Elisabeth Melbø	128	1:07:26
02:21+	08:33+ 13:25+ 27:11+ 30:23+ 35:01+	37:47+ 43:55+ 47:23+ 50:08+ 54:53+	59:58+ 62:25+ 63:56+ 66:23+ 67:26+
02:21+	06:12+ 04:52+ 13:46+ 03:12+ 04:38+	02:46- 06:08+ 03:28+ 02:45+ 04:45+	05:05+ 02:27+ 01:31+ 02:27+ 01:03+
00:24#	03:41@ 00:27# 09:53@ 00:41& 02:59@	03:09- 02:24& 01:06& 00:25# 01:10&	01:15& 00:41& 00:15# 00:33& 00:23&
15	Synnøve Westermoen	116	1:07:38
02:24+	05:26+ 10:28+ 17:08+ 24:07+ 27:43+	37:58+ 42:04+ 45:27+ 47:59+ 52:15+	57:34+ 60:08+ 61:34+ 67:00+ 67:38+
02:24+	03:02+ 05:02+ 06:40+ 06:59+ 03:36+	10:15+ 04:06+ 03:23+ 02:32+ 04:16+	05:19+ 02:34+ 01:26+ 05:26+ 00:38-
00:27#	00:31# 00:37# 02:47& 04:28@ 01:57@	04:20& 00:22+ 01:01& 00:12+ 00:41#	01:29& 00:48& 00:10# 03:32@ 00:02-
16	Tonje Tiley	27	1:08:40
02:12+	06:47+ 11:42+ 15:17+ 19:13+ 24:16+	29:10+ 44:49+ 48:20+ 51:07+ 54:37+	60:33+ 63:56+ 65:32+ 68:00+ 68:40+
02:12+	04:35+ 04:55+ 03:35- 03:56+ 05:03+	04:54- 15:39+ 03:31+ 02:47+ 03:30-	05:56+ 03:23+ 01:36+ 02:28+ 00:40=
00:15#	02:04& 00:30# 00:18- 01:25& 03:24@	01:01- 11:55@ 01:09& 00:27# 00:05-	02:06& 01:37& 00:20& 00:34& 00:00=
17	Ragnhild Båtnes Berntsen	101	1:12:26
02:40+	07:01+ 12:23+ 15:49+ 19:46+ 23:59+	42:01+ 48:25+ 52:25+ 55:14+ 59:58+	65:04+ 67:30+ 69:01+ 71:21+ 72:26+
02:40+	04:21+ 05:22+ 03:26- 03:57+ 04:13+	18:02+ 06:24+ 04:00+ 02:49+ 04:44+	05:06+ 02:26+ 01:31+ 02:20+ 01:05+
00:43&	01:50& 00:57# 00:27- 01:26& 02:34@	12:07@ 02:40& 01:38& 00:29# 01:09&	01:16& 00:40& 00:15# 00:26# 00:25&

Class	Navn	Klasse	Tid												
18	Gøril Braut Aarsand	268	1:15:48												
02:14+	06:01+	11:32+	15:06+	18:33+	21:13+	47:28+	53:26+	56:36+	59:37+	63:37+	68:55+	71:01+	72:43+	75:00+	75:48+
02:14+	03:47+	05:31+	03:34-	03:27+	02:40+	26:15+	05:58+	03:10+	03:01+	04:00+	05:18+	02:06+	01:42+	02:17+	00:48+
00:17#	01:16&	01:06#	00:19-	00:56&	01:01&	20:20@	02:14&	00:48&	00:41&	00:25#	01:28&	00:20#	00:26&	00:23#	00:08#
19	Hilde Frøytlog Karlsen	71	1:20:37												
03:10+	07:06+	13:22+	17:39+	22:13+	41:21+	45:42+	51:08+	55:47+	59:51+	64:43+	71:00+	74:14+	76:35+	79:37+	80:37+
03:10+	03:56+	06:16+	04:17+	04:34+	19:08+	04:21-	05:26+	04:39+	04:04+	04:52+	06:17+	03:14+	02:21+	03:02+	01:00+
01:13&	01:25&	01:51&	00:24#	02:03&	17:29@	01:34-	01:42&	02:17&	01:44&	01:17&	02:27&	01:28&	01:05&	01:08&	00:20&
20	Brit Vivian Meling	116	1:24:23												
03:11+	11:06+	17:55+	22:05+	26:41+	32:39+	44:58+	51:34+	56:59+	60:24+	66:33+	74:40+	78:11+	80:13+	82:53+	84:23+
03:11+	07:55+	06:49+	04:10+	04:36+	05:58+	12:19+	06:36+	05:25+	03:25+	06:09+	08:07+	03:31+	02:02+	02:40+	01:30+
01:14&	05:24@	02:24&	00:17+	02:05&	04:19@	06:24@	02:52&	03:03@	01:05&	02:34&	04:17@	01:45&	00:46&	00:46&	00:50@
21	Ingjerd Haddeland	66	1:25:31												
06:20+	09:56+	15:00+	18:58+	22:33+	26:11+	48:00+	54:31+	57:57+	62:34+	67:06+	76:35+	79:18+	81:17+	84:05+	85:31+
06:20+	03:36+	05:04+	03:58+	03:35+	03:38+	21:49+	06:31+	03:26+	04:37+	04:32+	09:29+	02:43+	01:59+	02:48+	01:26+
04:23@	01:05&	00:39#	00:05+	01:04&	01:59@	15:54@	02:47&	01:04&	02:17&	00:57&	05:39@	00:57&	00:43&	00:54&	00:46@
22	Liv Margot Sviland	54	1:31:00												
02:25+	05:59+	11:22+	36:18+	39:39+	42:35+	46:40+	61:57+	65:39+	68:31+	72:50+	78:01+	80:17+	82:00+	89:55+	91:00+
02:25+	03:34+	05:23+	24:56+	03:21+	02:56+	04:05-	15:17+	03:42+	02:52+	04:19+	05:11+	02:16+	01:43+	07:55+	01:05+
00:28#	01:03&	00:58#	21:03@	00:50&	01:17&	01:50-	11:33@	01:20&	00:32#	00:44#	01:21&	00:30&	00:27&	06:01@	00:25&
Beste strekktid for klassen															
01:46	02:26	04:12	03:11	02:16	01:39	02:46	03:32	02:22	02:20	02:45	03:50	01:34	01:14	01:49	00:34

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

Damer 60 - 64 år

1	Elisabeth Christie Ørke	105	34:18												
02:03=	05:03=	08:28=	10:53=	13:48=	18:02=	21:38=	23:19=	27:15=	30:25=	31:47=	33:28=	34:18=			
02:03=	03:00=	03:25=	02:25=	02:55=	04:14=	03:36=	01:41=	03:56=	03:10=	01:22=	01:41=	00:50=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Ingunn Voilås	29	39:31												
02:37+	06:13+	10:43+	13:12+	16:21+	20:11+	23:50+	25:45+	31:23+	35:09+	36:35+	38:34+	39:31+			
02:37+	03:36+	04:30+	02:29+	03:09+	03:50-	03:39+	01:55+	05:38+	03:46+	01:26+	01:59+	00:57+			
00:34&	00:36#	01:05&	00:04+	00:14+	00:24-	00:03+	00:14#	01:42&	00:36#	00:04+	00:18#	00:07#			
3	Amanda Renshaw	101	47:21												
03:06+	07:28+	14:36+	17:20+	20:53+	24:19+	30:21+	33:48+	38:37+	43:06+	44:36+	46:36+	47:21+			
03:06+	04:22+	07:08+	02:44+	03:33+	03:26-	06:02+	03:27+	04:49+	04:29+	01:30+	02:00+	00:45-			
01:03&	01:22&	03:43@	00:19#	00:38#	00:48-	02:26&	01:46@	00:53#	01:19&	00:08+	00:19#	00:05-			
4	Ingrid Øxnevad	18	47:32												
05:09+	08:14+	11:54+	15:28+	18:49+	25:06+	30:14+	32:38+	37:31+	42:07+	43:52+	46:49+	47:32+			
05:09+	03:05+	03:40+	03:34+	03:21+	06:17+	05:08+	02:24+	04:53+	04:36+	01:45+	02:57+	00:43-			
03:06@	00:05+	00:15+	01:09&	00:26#	02:03&	01:32&	00:43&	00:57#	01:26&	00:23&	01:16&	00:07-			
5	Kari Anstensrud	117	48:14												
03:06+	06:14+	10:47+	17:04+	22:47+	27:25+	31:09+	32:59+	38:17+	41:59+	43:26+	47:17+	48:14+			
03:06+	03:08+	04:33+	06:17+	05:43+	04:38+	03:44+	01:50+	05:18+	03:42+	01:27+	03:51+	00:57+			
01:03&	00:08+	01:08&	03:52@	02:48&	00:24+	00:08+	00:09+	01:22&	00:32#	00:05+	02:10@	00:07#			
6	Nidunn Sandvik	228	48:23												
02:08+	05:41+	09:49+	13:14+	17:01+	27:30+	32:17+	34:33+	39:22+	43:33+	45:15+	47:31+	48:23+			
02:08+	03:33+	04:08+	03:25+	03:47+	10:29+	04:47+	02:16+	04:49+	04:11+	01:42+	02:16+	00:52+			
00:05+	00:33#	00:43#	01:00&	00:52&	06:15@	01:11&	00:35&	00:53#	01:01&	00:20#	00:35&	00:02+			
7	Anne Siv Gjertsen	27	54:26												
03:22+	06:38+	10:52+	13:30+	16:25+	33:29+	37:27+	39:37+	45:51+	49:46+	51:26+	53:42+	54:26+			
03:22+	03:16+	04:14+	02:38+	02:55=	17:04+	03:58+	02:10+	06:14+	03:55+	01:40+	02:16+	00:44-			
01:19&	00:16+	00:49#	00:13+	00:00=	12:50@	00:22#	00:29&	02:18&	00:45#	00:18#	00:35&	00:06-			
8	Anne Katrine Lycke	147	1:01:35												
02:37+	06:18+	10:32+	24:47+	29:51+	33:03+	39:20+	43:18+	50:27+	54:53+	57:01+	60:50+	61:35+			
02:37+	03:41+	04:14+	14:15+	05:04+	03:12-	06:17+	03:58+	07:09+	04:26+	02:08+	03:49+	00:45-			
00:34&	00:41#	00:49#	11:50@	02:09&	01:02-	02:41&	02:17@	03:13&	01:16&	00:46&	02:08@	00:05-			

Class	Navn	Klasse										Tid	
9	Ellinor Hoemsnes	116										1:06:16	
	04:46+	08:33+	12:44+	16:33+	31:51+	36:38+	43:05+	49:31+	55:26+	60:19+	62:46+	65:25+	66:16+
	04:46+	03:47+	04:11+	03:49+	15:18+	04:47+	06:27+	06:26+	05:55+	04:53+	02:27+	02:39+	00:51+
	02:43@	00:47&	00:46#	01:24&	12:23@	00:33#	02:51&	04:45@	01:59&	01:43&	01:05&	00:58&	00:01+

Beste strekktid for klassen

02:03 03:00 03:25 02:25 02:55 03:12 03:36 01:41 03:56 03:10 01:22 01:41 00:43

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

Damer 65 - 69 år

1	Ingrid Eik	88										41:36	
	01:54=	05:29=	09:33=	12:20=	14:49=	20:56=	24:46=	27:54=	32:27=	35:57=	38:54=	40:56=	41:36=
	01:54=	03:35=	04:04=	02:47=	02:29=	06:07=	03:50=	03:08=	04:33=	03:30=	02:57=	02:02=	00:40=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Liv-Grete Obrestad	113										43:11	
	01:52-	05:05-	08:52-	11:41-	14:43-	24:03+	29:26+	31:14+	35:56+	39:05+	40:39+	42:28+	43:11+
	01:52-	03:13-	03:47-	02:49+	03:02+	09:20+	05:23+	01:48-	04:42+	03:09-	01:34-	01:49-	00:43+
	00:02-	00:22-	00:17-	00:02+	00:33#	03:13&	01:33&	01:20-	00:09+	00:21-	01:23-	00:13-	00:03+

3	May Elinor Meling	125										47:04	
	02:18+	06:37+	11:00+	14:41+	19:21+	23:48+	28:52+	32:03+	38:12+	41:59+	43:59+	46:10+	47:04+
	02:18+	04:19+	04:23+	03:41+	04:40+	04:27-	05:04+	03:11+	06:09+	03:47+	02:00-	02:11+	00:54+
	00:24#	00:44#	00:19+	00:54&	02:11&	01:40-	01:14&	00:03+	01:36&	00:17+	00:57-	00:09+	00:14&

4	Margot Asheim	105										49:19	
	02:16+	05:08-	09:09-	11:58-	16:17+	20:42-	26:28+	31:58+	36:50+	42:21+	45:47+	48:27+	49:19+
	02:16+	02:52-	04:01-	02:49+	04:19+	04:25-	05:46+	05:30+	04:52+	05:31+	03:26+	02:40+	00:52+
	00:22#	00:43-	00:03-	00:02+	01:50&	01:42-	01:56&	02:22&	00:19+	02:01&	00:29#	00:38&	00:12&

5	Berit Gramstad	113										52:33	
	03:20+	07:50+	13:00+	17:32+	24:55+	29:18+	33:04+	34:55+	41:48+	46:13+	48:14+	51:30+	52:33+
	03:20+	04:30+	05:10+	04:32+	07:23+	04:23-	03:46-	01:51-	06:53+	04:25+	02:01-	03:16+	01:03+
	01:26&	00:55&	01:06&	01:45&	04:54@	01:44-	00:04-	01:17-	02:20&	00:55&	00:56-	01:14&	00:23&

6	Eli Frafjord	94										53:00	
	02:14+	08:47+	13:27+	16:41+	19:24+	27:47+	33:02+	35:21+	40:16+	44:11+	45:39+	52:08+	53:00+
	02:14+	06:33+	04:40+	03:14+	02:43+	08:23+	05:15+	02:19-	04:55+	03:55+	01:28-	06:29+	00:52+
	00:20#	02:58&	00:36#	00:27#	00:14+	02:16&	01:25&	00:49-	00:22+	00:25#	01:29-	04:27@	00:12&

7	Marit Karin Nygård	92										1:01:03	
	02:44+	06:14+	11:30+	20:20+	23:49+	39:15+	43:56+	46:25+	51:41+	55:55+	57:43+	60:09+	61:03+
	02:44+	03:30-	05:16+	08:50+	03:29+	15:26+	04:41+	02:29-	05:16+	04:14+	01:48-	02:26+	00:54+
	00:50&	00:05-	01:12&	06:03@	01:00&	09:19@	00:51#	00:39-	00:43#	00:44#	01:09-	00:24#	00:14&

8	Maria Haukalid	47										1:02:14	
	03:42+	07:16+	12:34+	21:18+	24:46+	40:15+	44:57+	47:28+	52:46+	56:58+	58:45+	61:11+	62:14+
	03:42+	03:34-	05:18+	08:44+	03:28+	15:29+	04:42+	02:31-	05:18+	04:12+	01:47-	02:26+	01:03+
	01:48&	00:01-	01:14&	05:57@	00:59&	09:22@	00:52#	00:37-	00:45#	00:42#	01:10-	00:24#	00:23&

9	Kari Blixhavn	228										1:08:36	
	03:01+	07:45+	14:01+	18:15+	32:50+	36:28+	48:28+	51:08+	57:37+	62:07+	64:18+	67:30+	68:36+
	03:01+	04:44+	06:16+	04:14+	14:35+	03:38-	12:00+	02:40-	06:29+	04:30+	02:11-	03:12+	01:06+
	01:07&	01:09&	02:12&	01:27&	12:06@	02:29-	08:10@	00:28-	01:56&	01:00&	00:46-	01:10&	00:26&

Beste strekktid for klassen

01:52 02:52 03:47 02:47 02:29 03:38 03:46 01:48 04:33 03:09 01:28 01:49 00:40

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

Damer 70 - 74 år

1	Hanne Eik	117										46:11	
	02:13=	05:54=	10:54=	14:20=	19:51=	22:18=	27:45=	30:08=	35:42=	40:42=	42:32=	45:11=	46:11=
	02:13=	03:41=	05:00=	03:26=	05:31=	02:27=	05:27=	02:23=	05:34=	05:00=	01:50=	02:39=	01:00=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse											Tid
2	Inger Skretting Opstad	54											48:59
	03:46+	07:53+	13:50+	17:20+	20:37+	23:40+	29:04+	31:32+	37:27+	41:54+	43:51+	48:02+	48:59+
	03:46+	04:07+	05:57+	03:30+	03:17-	03:03+	05:24-	02:28+	05:55+	04:27-	01:57+	04:11+	00:57-
	01:33&	00:26#	00:57#	00:04+	02:14-	00:36#	00:03-	00:05+	00:21+	00:33-	00:07+	01:32&	00:03-
3	Mette Dagsland	68											1:01:39
	02:23+	06:28+	10:43-	14:31+	17:56-	26:02+	34:08+	38:02+	46:33+	50:55+	57:49+	59:53+	61:39+
	02:23+	04:05+	04:15-	03:48+	03:25-	08:06+	08:06+	03:54+	08:31+	04:22-	06:54+	02:04-	01:46+
	00:10+	00:24#	00:45-	00:22#	02:06-	05:39@	02:39&	01:31&	02:57&	00:38-	05:04@	00:35-	00:46&
Beste strekktid for klassen													
	02:13	03:41	04:15	03:26	03:17	02:27	05:24	02:23	05:34	04:22	01:50	02:04	00:57

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

Damer 75 - 79 år

1	Gry Vikhamar Thengs	68											46:34
	02:29=	06:31=	11:40=	15:13=	17:56=	22:04=	27:23=	29:54=	36:51=	41:06=	42:46=	44:58=	46:34=
	02:29=	04:02=	05:09=	03:33=	02:43=	04:08=	05:19=	02:31=	06:57=	04:15=	01:40=	02:12=	01:36=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Turid Nystrøm	68											52:12
	02:17-	06:03-	10:37-	14:13-	17:45-	20:31-	34:32+	37:10+	42:49+	46:55+	48:44+	51:26+	52:12+
	02:17-	03:46-	04:34-	03:36+	03:32+	02:46-	14:01+	02:38+	05:39-	04:06-	01:49+	02:42+	00:46-
	00:12-	00:16-	00:35-	00:03+	00:49&	01:22-	08:42@	00:07+	01:18-	00:09-	00:09+	00:30#	00:50-
3	Haldis Glendrange	68											53:09
	03:17+	06:54+	12:03+	15:41+	18:04+	24:59+	33:12+	36:18+	42:50+	47:29+	49:24+	52:10+	53:09+
	03:17+	03:37-	05:09=	03:38+	02:23-	06:55+	08:13+	03:06+	06:32-	04:39+	01:55+	02:46+	00:59-
	00:48&	00:25-	00:00=	00:05+	00:20-	02:47&	02:54&	00:35#	00:25-	00:24+	00:15#	00:34&	00:37-
4	Hedvig Anda	116											54:39
	03:21+	07:12+	12:21+	16:28+	21:31+	29:36+	36:01+	38:52+	44:22+	48:47+	50:42+	53:17+	54:39+
	03:21+	03:51-	05:09=	04:07+	05:03+	08:05+	06:25+	02:51+	05:30-	04:25+	01:55+	02:35+	01:22-
	00:52&	00:11-	00:00=	00:34#	02:20&	03:57&	01:06#	00:20#	01:27-	00:10+	00:15#	00:23#	00:14-
5	Helga Aaslid	54											1:02:11
	05:08+	10:54+	16:58+	20:34+	23:44+	27:09+	32:43+	35:08+	42:25+	50:34+	52:40+	60:38+	62:11+
	05:08+	05:46+	06:04+	03:36+	03:10+	03:25-	05:34+	02:25-	07:17+	08:09+	02:06+	07:58+	01:33-
	02:39@	01:44&	00:55#	00:03+	00:27#	00:43-	00:15+	00:06-	00:20+	03:54&	00:26&	05:46@	00:03-
6	Helga Klausen	62											1:04:33
	04:38+	08:59+	14:44+	19:18+	24:03+	31:56+	37:49+	40:17+	51:26+	57:14+	59:37+	63:29+	64:33+
	04:38+	04:21+	05:45+	04:34+	04:45+	07:53+	05:53+	02:28-	11:09+	05:48+	02:23+	03:52+	01:04-
	02:09&	00:19+	00:36#	01:01&	02:02&	03:45&	00:34#	00:03-	04:12&	01:33&	00:43&	01:40&	00:32-
7	Aslaug Lura	94											1:04:49
	03:38+	09:20+	16:27+	21:35+	25:50+	29:59+	37:39+	41:28+	51:26+	57:27+	60:07+	63:43+	64:49+
	03:38+	05:42+	07:07+	05:08+	04:15+	04:09+	07:40+	03:49+	09:58+	06:01+	02:40+	03:36+	01:06-
	01:09&	01:40&	01:58&	01:35&	01:32&	00:01+	02:21&	01:18&	03:01&	01:46&	01:00&	01:24&	00:30-
Beste strekktid for klassen													
	02:17	03:37	04:34	03:33	02:23	02:46	05:19	02:25	05:30	04:06	01:40	02:12	00:46

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

Damer 80 år og eldre

1	Berit Ebbell Olsen	68											1:07:23
	05:38=	09:21=	14:59=	20:55=	25:04=	32:34=	43:02=	46:57=	54:21=	57:07=	64:13=	67:23=	
	05:38=	03:43=	05:38=	05:56=	04:09=	07:30=	10:28=	03:55=	07:24=	02:46=	07:06=	03:10=	
	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											1:27:18
	03:27-	07:26-	14:15-	21:54+	25:59+	35:01+	52:23+	56:12+	68:00+	71:08+	78:30+	87:18+	
	03:27-	03:59+	06:49+	07:39+	04:05-	09:02+	17:22+	03:49-	11:48+	03:08+	07:22+	08:48+	
	02:11-	00:16+	01:11#	01:43&	00:04-	01:32#	06:54&	00:06-	04:24&	00:22#	00:16+	05:38@	

Class	Navn	Klasse										Tid				
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Beste strekktid for klassen

03:27 03:43 05:38 05:56 04:05 07:30 10:28 03:49 07:24 02:46 07:06 03:10

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

Damer A

1	Aud Hognestad Taksdal	92	35:20												
02:13=	05:50=	07:57=	09:36=	10:52=	14:57=	17:35=	20:20=	21:55=	24:02=	28:05=	30:15=	32:22=	33:52=	34:54=	35:20=
02:13=	03:37=	02:07=	01:39=	01:16=	04:05=	02:38=	02:45=	01:35=	02:07=	04:03=	02:10=	02:07=	01:30=	01:02=	00:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Tone Torgersen	27	42:10												
02:30+	07:14+	09:50+	11:47+	13:19+	17:07+	19:29+	22:58+	25:02+	27:04+	31:53+	34:37+	37:08+	38:52+	41:36+	42:10+
02:30+	04:44+	02:36+	01:57+	01:32+	03:48-	02:22-	03:29+	02:04+	02:02-	04:49+	02:44+	02:31+	01:44+	02:44+	00:34+
00:17#	01:07&	00:29#	00:18#	00:16#	00:17-	00:16-	00:44&	00:29&	00:05-	00:46#	00:34&	00:24#	00:14#	01:42@	00:08&

3	Elin Graneland	39	43:32												
02:38+	08:04+	10:50+	13:18+	14:58+	17:20+	20:54+	24:50+	27:48+	30:05+	35:11+	37:36+	40:05+	41:53+	43:02+	43:32+
02:38+	05:26+	02:46+	02:28+	01:40+	02:22-	03:34+	03:56+	02:58+	02:17+	05:06+	02:25+	02:29+	01:48+	01:09+	00:30+
00:25#	01:49&	00:39&	00:49&	00:24&	01:43-	00:56&	01:11&	01:23&	00:10+	01:03&	00:15#	00:22#	00:18#	00:07#	00:04#

4	Silje Skarpeid	101	45:43												
02:48+	07:00+	09:11+	11:17+	14:14+	17:34+	21:53+	25:13+	27:16+	29:30+	35:26+	38:15+	41:19+	43:05+	44:50+	45:43+
02:48+	04:12+	02:11+	02:06+	02:57+	03:20-	04:19+	03:20+	02:03+	02:14+	05:56+	02:49+	03:04+	01:46+	01:45+	00:53+
00:35&	00:35#	00:04+	00:27&	01:41@	00:45-	01:41&	00:35#	00:28&	00:07+	01:53&	00:39&	00:57&	00:16#	00:43&	00:27@

5	Pernille Melleby	18	59:46												
03:42+	10:15+	15:04+	19:06+	21:39+	25:13+	29:21+	33:40+	36:14+	39:27+	47:20+	50:54+	54:44+	57:25+	59:05+	59:46+
03:42+	06:33+	04:49+	04:02+	02:33+	03:34-	04:08+	04:19+	02:34+	03:13+	07:53+	03:34+	03:50+	02:41+	01:40+	00:41+
01:29&	02:56&	02:42@	02:23@	01:17@	00:31-	01:30&	01:34&	00:59&	01:06&	03:50&	01:24&	01:43&	01:11&	00:38&	00:15&

Beste strekktid for klassen

02:13 03:37 02:07 01:39 01:16 02:22 02:22 02:45 01:35 02:02 04:03 02:10 02:07 01:30 01:02 00:26

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

Damer B

1	Inger Tone Nygård	29	38:25												
01:35=	04:24=	09:18=	11:52=	14:54=	16:45=	19:55=	21:55=	23:54=	27:37=	29:25=	31:57=	34:47=	36:38=	37:54=	38:25=
01:35=	02:49=	04:54=	02:34=	03:02=	01:51=	03:10=	02:00=	01:59=	03:43=	01:48=	02:32=	02:50=	01:51=	01:16=	00:31=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Jorunn Johannesen	116	41:21												
02:05+	05:01+	10:18+	13:25+	16:32+	18:21+	21:04+	22:51+	24:54+	29:06+	31:14+	33:47+	36:51+	38:49+	40:47+	41:21+
02:05+	02:56+	05:17+	03:07+	03:07+	01:49-	02:43-	01:47-	02:03+	04:12+	02:08+	02:33+	03:04+	01:58+	01:58+	00:34+
00:30&	00:07+	00:23+	00:33#	00:05+	00:02-	00:27-	00:13-	00:04+	00:29#	00:20#	00:01+	00:14+	00:07+	00:42&	00:03+

3	Vibeke Lamark	46	43:44												
01:59+	04:54+	10:35+	13:19+	16:35+	18:29+	22:49+	25:36+	27:25+	31:27+	33:55+	36:36+	39:31+	41:34+	43:10+	43:44+
01:59+	02:55+	05:41+	02:44+	03:16+	01:54+	04:20+	02:47+	01:49-	04:02+	02:28+	02:41+	02:55+	02:03+	01:36+	00:34+
00:24&	00:06+	00:47#	00:10+	00:14+	00:03+	01:10&	00:47&	00:10-	00:19+	00:40&	00:09+	00:05+	00:12#	00:20&	00:03+

4	Anne Sæbø Vik	116	44:25												
02:19+	06:28+	11:42+	14:31+	17:39+	19:40+	23:51+	25:28+	27:54+	32:31+	34:33+	37:06+	40:07+	41:57+	43:23+	44:25+
02:19+	04:09+	05:14+	02:49+	03:08+	02:01+	04:11+	01:37-	02:26+	04:37+	02:02+	02:33+	03:01+	01:50-	01:26+	01:02+
00:44&	01:20&	00:20+	00:15+	00:06+	00:10+	01:01&	00:23-	00:27#	00:54#	00:14#	00:01+	00:11+	00:01-	00:10#	00:31&

5	Anne Marie Gausel	105	44:32												
02:00+	06:30+	11:34+	14:19+	17:19+	23:12+	26:27+	28:07+	29:49+	34:07+	36:11+	38:56+	41:16+	42:53+	44:01+	44:32+
02:00+	04:30+	05:04+	02:45+	03:00-	05:53+	03:15+	01:40-	01:42-	04:18+	02:04+	02:45+	02:20-	01:37-	01:08-	00:31=
00:25&	01:41&	00:10+	00:11+	00:02-	04:02@	00:05+	00:20-	00:17-	00:35#	00:16#	00:13+	00:30-	00:14-	00:08-	00:00=

6	Anne Garsrud	395	44:43												
01:51+	05:42+	09:59+	12:32+	15:25+	17:15+	23:24+	25:47+	29:08+	33:06+	35:34+	37:42+	40:33+	42:29+	44:10+	44:43+
01:51+	03:51+	04:17-	02:33-	02:53-	01:50-	06:09+	02:23+	03:21+	03:58+	02:28+	02:08-	02:51+	01:56+	01:41+	00:33+
00:16#	01:02&	00:37-	00:01-	00:09-	00:01-	02:59&	00:23#	01:22&	00:15+	00:40&	00:24-	00:01+	00:05+	00:25&	00:02+

Class	Navn	Klasse												Tid	
7	Ingrid W. Hestness	117												46:29	
01:46+	08:02+	12:39+	15:06+	17:58+	19:48+	26:27+	28:32+	30:23+	35:13+	37:09+	40:05+	42:44+	44:41+	45:56+	46:29+
01:46+	06:16+	04:37-	02:27-	02:52-	01:50-	06:39+	02:05+	01:51-	04:50+	01:56+	02:56+	02:39-	01:57+	01:15-	00:33+
00:11#	03:27@	00:17-	00:07-	00:10-	00:01-	03:29@	00:05+	00:08-	01:07&	00:08+	00:24#	00:11-	00:06+	00:01-	00:02+
8	Ellen Tindeland	27												49:44	
01:48+	04:38+	09:51+	12:42+	15:46+	22:48+	25:38+	27:19+	30:35+	37:36+	40:00+	42:45+	45:21+	47:41+	49:06+	49:44+
01:48+	02:50+	05:13+	02:51+	03:04+	07:02+	02:50-	01:41-	03:16+	07:01+	02:24+	02:45+	02:36-	02:20+	01:25+	00:38+
00:13#	00:01+	00:19+	00:17#	00:02+	05:11@	00:20-	00:19-	01:17&	03:18&	00:36&	00:13+	00:14-	00:29&	00:09#	00:07#
9	Kristin Breivold	92												51:07	
02:12+	08:37+	15:19+	18:17+	21:59+	24:01+	29:05+	30:53+	33:10+	37:56+	40:17+	43:10+	47:01+	48:59+	50:28+	51:07+
02:12+	06:25+	06:42+	02:58+	03:42+	02:02+	05:04+	01:48-	02:17+	04:46+	02:21+	02:53+	03:51+	01:58+	01:29+	00:39+
00:37&	03:36@	01:48&	00:24#	00:40#	00:11+	01:54&	00:12-	00:18#	01:03&	00:33&	00:21#	01:01&	00:07+	00:13#	00:08&
10	Toyah Bråtveit	43												52:12	
01:34-	05:42+	10:43+	13:46+	20:14+	23:48+	28:00+	31:08+	33:19+	39:24+	41:35+	43:59+	47:53+	50:00+	51:18+	52:12+
01:34-	04:08+	05:01+	03:03+	06:28+	03:34+	04:12+	03:08+	02:11+	06:05+	02:11+	02:24-	03:54+	02:07+	01:18+	00:54+
00:01-	01:19&	00:07+	00:29#	03:26@	01:43&	01:02&	01:08&	00:12#	02:22&	00:23#	00:08-	01:04&	00:16#	00:02+	00:23&
11	Ann Karin Tjørhom	93												55:56	
01:57+	06:00+	11:06+	13:58+	17:21+	30:02+	34:04+	35:53+	38:02+	42:56+	45:07+	47:57+	51:20+	53:32+	55:10+	55:56+
01:57+	04:03+	05:06+	02:52+	03:23+	12:41+	04:02+	01:49-	02:09+	04:54+	02:11+	02:50+	03:23+	02:12+	01:38+	00:46+
00:22#	01:14&	00:12+	00:18#	00:21#	10:50@	00:52&	00:11-	00:10+	01:11&	00:23#	00:18#	00:33#	00:21#	00:22&	00:15&
12	Helen Lomeland	105												56:01	
01:43+	05:24+	09:51+	12:41+	15:33+	22:57+	26:06+	28:43+	37:18+	42:10+	44:18+	47:19+	50:04+	53:13+	55:23+	56:01+
01:43+	03:41+	04:27-	02:50+	02:52+	07:24+	03:09-	02:37+	08:35+	04:52+	02:08+	03:01+	02:45-	03:09+	02:10+	00:38+
00:08+	00:52&	00:27-	00:16#	00:10-	05:33@	00:01-	00:37&	06:36@	01:09&	00:20#	00:29#	00:05-	01:18&	00:54&	00:07#
13	Mariann Sveinsvoll	94												56:48	
02:06+	09:35+	15:35+	18:51+	22:43+	25:43+	30:13+	34:01+	36:30+	41:49+	44:06+	47:17+	50:48+	53:47+	56:10+	56:48+
02:06+	07:29+	06:00+	03:16+	03:52+	03:00+	04:30+	03:48+	02:29+	05:19+	02:17+	03:11+	03:31+	02:59+	02:23+	00:38+
00:31&	04:40@	01:06#	00:42&	00:50&	01:09&	01:20&	01:48&	00:30&	01:36&	00:29&	00:39&	00:41#	01:08&	01:07&	00:07#
14	Ida K. Kolstø	29												1:01:32	
02:04+	12:09+	18:13+	21:08+	25:04+	28:46+	33:53+	35:56+	39:00+	45:31+	48:20+	52:06+	56:34+	59:21+	60:53+	61:32+
02:04+	10:05+	06:04+	02:55+	03:56+	03:42+	05:07+	02:03+	03:04+	06:31+	02:49+	03:46+	04:28+	02:47+	01:32+	00:39+
00:29&	07:16@	01:10#	00:21#	00:54&	01:51&	01:57&	00:03+	01:05&	02:48&	01:01&	01:14&	01:38&	00:56&	00:16#	00:08&
Beste strekktid for klassen															
01:34	02:49	04:17	02:27	02:52	01:49	02:43	01:37	01:42	03:43	01:48	02:08	02:20	01:37	01:08	00:31

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

Damer Ny

1	Laura Maria Kull	92												32:48	
02:05=	12:14=	15:31=	18:57=	22:45=	27:10=	28:35=	31:24=	32:48=							
02:05=	10:09=	03:17=	03:26=	03:48=	04:25=	01:25=	02:49=	01:24=							
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=							
2	Stephanie Thomsen	27												44:14	
06:40+	21:50+	25:43+	29:13+	31:04+	37:20+	39:01+	42:16+	44:14+							
06:40+	15:10+	03:53+	03:30+	01:51-	06:16+	01:41+	03:15+	01:58+							
04:35@	05:01&	00:36#	00:04+	01:57-	01:51&	00:16#	00:26#	00:34&							

Beste strekktid for klassen

02:05 10:09 03:17 03:26 01:51 04:25 01:25 02:49 01:24

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

Damer Trim

1	Heidi Langeland	117												30:23	
02:30=	06:23=	08:51=	11:43=	15:43=	19:02=	22:38=	25:31=	27:30=	29:37=	30:23=					
02:30=	03:53=	02:28=	02:52=	04:00=	03:19=	03:36=	02:53=	01:59=	02:07=	00:46=					
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
2	Maren Benjaminsen	43	32:01
06:24+	10:14+ 12:10+ 14:15+ 17:39+	20:33+ 23:59+ 27:23+ 31:10+	32:01+
06:24+	03:50- 01:56- 02:05- 03:24-	02:54- 03:26- 03:24+ 01:38-	02:09+ 00:51+
03:54@	00:03- 00:32- 00:47- 00:36-	00:25- 00:10- 00:31# 00:21-	00:02+ 00:05#
3	Astri Sandanger	93	32:02
02:25-	05:57- 08:21- 11:38- 16:42+	19:34+ 23:37+ 27:27+ 29:19+	31:21+ 32:02+
02:25-	03:32- 02:24- 03:17+ 05:04+	02:52- 04:03+ 03:50+ 01:52-	02:02- 00:41-
00:05-	00:21- 00:04- 00:25# 01:04&	00:27- 00:27# 00:57& 00:07-	00:05- 00:05-
4	Elise Auberg Vagle	366	32:43
03:23+	06:35+ 08:40- 10:51- 14:54-	20:18+ 23:50+ 28:36+ 30:11+	32:08+ 32:43+
03:23+	03:12- 02:05- 02:11- 04:03+	05:24+ 03:32- 04:46+ 01:35-	01:57- 00:35-
00:53&	00:41- 00:23- 00:41- 00:03+	02:05& 00:04- 01:53& 00:24-	00:10- 00:11-
5	Tine Frantzen	66	33:08
02:43+	07:11+ 09:36+ 12:00+ 16:42+	19:36+ 23:10+ 27:25+ 29:06+	32:20+ 33:08+
02:43+	04:28+ 02:25- 02:24- 04:42+	02:54- 03:34- 04:15+ 01:41-	03:14+ 00:48+
00:13+	00:35# 00:03- 00:28- 00:42#	00:25- 00:02- 01:22& 00:18-	01:07& 00:02+
6	Ingvil Øvestad	47	33:08
04:49+	10:19+ 13:38+ 15:39+ 19:10+	22:01+ 24:56+ 28:14+ 29:52+	32:25+ 33:08+
04:49+	05:30+ 03:19+ 02:01- 03:31-	02:51- 02:55- 03:18+ 01:38-	02:33+ 00:43-
02:19&	01:37& 00:51& 00:51- 00:29-	00:28- 00:41- 00:25# 00:21-	00:26# 00:03-
7	Anastasia Ollestad	93	33:09
02:01-	05:16- 08:19- 10:11- 15:29-	20:02+ 23:17+ 26:45+ 28:48+	32:21+ 33:09+
02:01-	03:15- 03:03+ 01:52- 05:18+	04:33+ 03:15- 03:28+ 02:03+	03:33+ 00:48+
00:29-	00:38- 00:35# 01:00- 01:18&	01:14& 00:21- 00:35# 00:04+	01:26& 00:02+
8	Marit Lindtveit Undheim	54	33:30
05:00+	08:17+ 10:23+ 12:37+ 16:05+	19:39+ 23:40+ 26:50+ 30:00+	32:49+ 33:30+
05:00+	03:17- 02:06- 02:14- 03:28+	03:34+ 04:01+ 03:10+ 03:10+	02:49+ 00:41-
02:30&	00:36- 00:22- 00:38- 00:32-	00:15+ 00:25# 00:17+ 01:11&	00:42& 00:05-
9	Nina Bækkelund Christiansen	105	33:45
04:22+	07:30+ 09:46+ 11:40- 14:35-	18:03- 24:37+ 28:24+ 30:49+	32:49+ 33:45+
04:22+	03:08- 02:16- 01:54- 02:55-	03:28+ 06:34+ 03:47+ 02:25+	02:00- 00:56+
01:52&	00:45- 00:12- 00:58- 01:05-	00:09+ 02:58& 00:54& 00:26#	00:07- 00:10#
10	Marianne Steinkopf	5	35:40
02:34+	06:26+ 09:49+ 12:16+ 19:58+	23:47+ 27:35+ 30:49+ 32:57+	34:51+ 35:40+
02:34+	03:52- 03:23+ 02:27- 07:42+	03:49+ 03:48+ 03:14+ 02:08+	01:54- 00:49+
00:04+	00:01- 00:55& 00:25- 03:42&	00:30# 00:12+ 00:21# 00:09+	00:13- 00:03+
11	Ingrid Terjesen	134	36:04
06:35+	10:15+ 12:57+ 18:29+ 21:58+	24:32+ 27:22+ 30:21+ 32:08+	35:31+ 36:04+
06:35+	03:40- 02:42+ 05:32+ 03:29-	02:34- 02:50- 02:59+ 01:47-	03:23+ 00:33-
04:05@	00:13- 00:14+ 02:40& 00:31-	00:45- 00:46- 00:06+ 00:12-	01:16& 00:13-
12	Inga Borge	43	36:23
04:53+	09:29+ 11:41+ 14:40+ 19:17+	22:23+ 26:00+ 31:13+ 33:10+	35:30+ 36:23+
04:53+	04:36+ 02:12- 02:59+ 04:37+	03:06- 03:37+ 05:13+ 01:57-	02:20+ 00:53+
02:23&	00:43# 00:16- 00:07+ 00:37#	00:13- 00:01+ 02:20& 00:02-	00:13# 00:07#
13	Inger Johanne Klausen	54	36:38
02:02-	05:27- 08:02- 10:09- 15:18-	18:59- 22:47+ 31:29+ 33:51+	35:54+ 36:38+
02:02-	03:25- 02:35+ 02:07- 05:09+	03:41+ 03:48+ 08:42+ 02:22+	02:03- 00:44-
00:28-	00:28- 00:07+ 00:45- 01:09&	00:22# 00:12+ 05:49@ 00:23#	00:04- 00:02-
14	Hege Karlsen	370	36:53
02:55+	06:57+ 10:55+ 13:05+ 19:35+	23:15+ 27:14+ 31:03+ 33:15+	36:09+ 36:53+
02:55+	04:02+ 03:58+ 02:10- 06:30+	03:40+ 03:59+ 03:49+ 02:12+	02:54+ 00:44-
00:25#	00:09+ 01:30& 00:42- 02:30&	00:21# 00:23# 00:56& 00:13#	00:47& 00:02-
15	Esther Boenheim	268	37:02
02:59+	11:20+ 13:48+ 16:25+ 20:29+	23:34+ 27:13+ 31:09+ 33:31+	36:16+ 37:02+
02:59+	08:21+ 02:28= 02:37- 04:04+	03:05- 03:39+ 03:56+ 02:22+	02:45+ 00:46=
00:29#	04:28@ 00:00= 00:15- 00:04+	00:14- 00:03+ 01:03& 00:23#	00:38& 00:00=
16	Linn Bringeland	375	37:49
02:24-	07:50+ 10:53+ 13:07+ 20:07+	23:11+ 28:06+ 31:41+ 33:46+	37:09+ 37:49+
02:24-	05:26+ 03:03+ 02:14- 07:00+	03:04- 04:55+ 03:35+ 02:05+	03:23+ 00:40-
00:06-	01:33& 00:35# 00:38- 03:00&	00:15- 01:19& 00:42# 00:06+	01:16& 00:06-

Class	Navn	Klasse										Tid
17	Karine Ditlevsen	117										37:54
02:55+	08:58+	12:37+	14:55+	19:59+	23:21+	27:05+	30:56+	33:49+	36:47+	37:54+		
02:55+	06:03+	03:39+	02:18-	05:04+	03:22+	03:44+	03:51+	02:53+	02:58+	01:07+		
00:25#	02:10&	01:11&	00:34-	01:04&	00:03+	00:08+	00:58&	00:54&	00:51&	00:21&		
18	Kristin Yoon	372										38:36
02:15-	05:13-	07:21-	13:36+	16:41+	22:37+	26:12+	32:40+	35:54+	37:50+	38:36+		
02:15-	02:58-	02:08-	06:15+	03:05-	05:56+	03:35-	06:28+	03:14+	01:56-	00:46=		
00:15-	00:55-	00:20-	03:23@	00:55-	02:37&	00:01-	03:35@	01:15&	00:11-	00:00=		
19	Anne Turid Lian Vestbakke	116										38:40
03:24+	08:10+	10:36+	13:04+	18:19+	22:31+	26:22+	31:50+	35:05+	37:48+	38:40+		
03:24+	04:46+	02:26-	02:28-	05:15+	04:12+	03:51+	05:28+	03:15+	02:43+	00:52+		
00:54&	00:53#	00:02-	00:24-	01:15&	00:53&	00:15+	02:35&	01:16&	00:36&	00:06#		
20	Solbjørg Borgersen	233										38:41
03:33+	08:38+	11:23+	14:13+	20:44+	25:19+	29:27+	33:24+	35:20+	37:42+	38:41+		
03:33+	05:05+	02:45+	02:50-	06:31+	04:35+	04:08+	03:57+	01:56-	02:22+	00:59+		
01:03&	01:12&	00:17#	00:02-	02:31&	01:16&	00:32#	01:04&	00:03-	00:15#	00:13&		
21	Ellen Vaage Grimnes	117										39:01
02:33+	07:34+	10:21+	12:47+	18:01+	22:27+	27:44+	32:18+	34:33+	38:00+	39:01+		
02:33+	05:01+	02:47+	02:26-	05:14+	04:26+	05:17+	04:34+	02:15+	03:27+	01:01+		
00:03+	01:08&	00:19#	00:26-	01:14&	01:07&	01:41&	01:41&	00:16#	01:20&	00:15&		
22	Guro Grimnes	126										39:04
02:32+	07:15+	10:33+	12:52+	18:00+	22:25+	27:47+	32:16+	34:37+	37:59+	39:04+		
02:32+	04:43+	03:18+	02:19-	05:08+	04:25+	05:22+	04:29+	02:21+	03:22+	01:05+		
00:02+	00:50#	00:50&	00:33-	01:08&	01:06&	01:46&	01:36&	00:22#	01:15&	00:19&		
23	Grete Sveinsvoll	370										40:05
04:18+	08:48+	11:32+	14:43+	20:43+	24:28+	28:07+	34:42+	36:50+	39:05+	40:05+		
04:18+	04:30+	02:44+	03:11+	06:00+	03:45+	03:39+	06:35+	02:08+	02:15+	01:00+		
01:48&	00:37#	00:16#	00:19#	02:00&	00:26#	00:03+	03:42@	00:09+	00:08+	00:14&		
24	Eli Våge	117										40:49
04:10+	08:26+	11:18+	14:28+	19:33+	24:03+	28:21+	34:26+	36:53+	39:51+	40:49+		
04:10+	04:16+	02:52+	03:10+	05:05+	04:30+	04:18+	06:05+	02:27+	02:58+	00:58+		
01:40&	00:23+	00:24#	00:18#	01:05&	01:11&	00:42#	03:12@	00:28#	00:51&	00:12&		
25	Mona Berntsen	43										41:02
03:32+	13:43+	15:32+	17:49+	21:40+	28:41+	32:09+	36:22+	38:07+	40:11+	41:02+		
03:32+	10:11+	01:49-	02:17-	03:51-	07:01+	03:28-	04:13+	01:45-	02:04-	00:51+		
01:02&	06:18@	00:39-	00:35-	00:09-	03:42@	00:08-	01:20&	00:14-	00:03-	00:05#		
26	Ritva Aiko Halsne	105										41:32
03:56+	08:37+	12:41+	15:39+	20:06+	23:24+	28:03+	34:03+	36:26+	40:40+	41:32+		
03:56+	04:41+	04:04+	02:58+	04:27+	03:18-	04:39+	06:00+	02:23+	04:14+	00:52+		
01:26&	00:48#	01:36&	00:06+	00:27#	00:01-	01:03&	03:07@	00:24#	02:07&	00:06#		
27	Ingrid Aarstad	105										41:43
05:15+	12:23+	15:02+	17:11+	23:13+	26:34+	30:23+	33:45+	36:29+	41:05+	41:43+		
05:15+	07:08+	02:39+	02:09-	06:02+	03:21+	03:49+	03:22+	02:44+	04:36+	00:38-		
02:45@	03:15&	00:11+	00:43-	02:02&	00:02+	00:13+	00:29#	00:45&	02:29@	00:08-		
28	Ruth Grødem	105										41:47
02:46+	07:06+	09:47+	12:38+	18:35+	22:21+	26:42+	31:37+	37:19+	40:44+	41:47+		
02:46+	04:20+	02:41+	02:51-	05:57+	03:46+	04:21+	04:55+	05:42+	03:25+	01:03+		
00:16#	00:27#	00:13+	00:01-	01:57&	00:27#	00:45#	02:02&	03:43@	01:18&	00:17&		
29	Marie Volline Nessler	18										42:12
02:51+	06:55+	09:53+	12:49+	18:16+	22:06+	27:14+	33:40+	36:08+	41:15+	42:12+		
02:51+	04:04+	02:58+	02:56+	05:27+	03:50+	05:08+	06:26+	02:28+	05:07+	00:57+		
00:21#	00:11+	00:30#	00:04+	01:27&	00:31#	01:32&	03:33@	00:29#	03:00@	00:11#		
30	Siv-Elin Bogfjelldal	66										42:23
03:35+	07:32+	10:08+	13:22+	18:19+	21:55+	26:14+	32:32+	37:37+	41:38+	42:23+		
03:35+	03:57+	02:36+	03:14+	04:57+	03:36+	04:19+	06:18+	05:05+	04:01+	00:45-		
01:05&	00:04+	00:08+	00:22#	00:57#	00:17+	00:43#	03:25@	03:06@	01:54&	00:01-		
31	Kirsti Strand Salvesen	256										42:48
03:22+	08:32+	11:35+	14:47+	20:27+	25:19+	29:33+	35:56+	38:17+	41:50+	42:48+		
03:22+	05:10+	03:03+	03:12+	05:40+	04:52+	04:14+	06:23+	02:21+	03:33+	00:58+		
00:52&	01:17&	00:35#	00:20#	01:40&	01:33&	00:38#	03:30@	00:22#	01:26&	00:12&		

Class	Navn	Klasse	Tid							
32	Halldis Handeland	92	44:08							
04:26+	08:37+	13:48+	16:39+	21:26+	25:35+	31:53+	36:52+	39:24+	43:16+	44:08+
04:26+	04:11+	05:11+	02:51-	04:47+	04:09+	06:18+	04:59+	02:32+	03:52+	00:52+
01:56&	00:18+	02:43@	00:01-	00:47#	00:50&	02:42&	02:06&	00:33&	01:45&	00:06#
33	Martine Halvorsen Sønju	66	44:50							
02:29-	06:23=	10:05+	12:39+	16:48+	24:12+	28:17+	33:05+	41:32+	44:07+	44:50+
02:29-	03:54+	03:42+	02:34-	04:09+	07:24+	04:05+	04:48+	08:27+	02:35+	00:43-
00:01-	00:01+	01:14&	00:18-	00:09+	04:05@	00:29#	01:55&	06:28@	00:28#	00:03-
34	Gro Skadberg Helliesen	105	45:55							
04:32+	09:37+	12:27+	15:16+	21:33+	27:22+	31:54+	37:07+	39:57+	45:04+	45:55+
04:32+	05:05+	02:50+	02:49-	06:17+	05:49+	04:32+	05:13+	02:50+	05:07+	00:51+
02:02&	01:12&	00:22#	00:03-	02:17&	02:30&	00:56&	02:20&	00:51&	03:00@	00:05#
35	Unni Byberg Mæstad	92	45:58							
03:53+	08:14+	12:11+	14:56+	20:45+	24:57+	29:47+	38:36+	40:53+	45:11+	45:58+
03:53+	04:21+	03:57+	02:45-	05:49+	04:12+	04:50+	08:49+	02:17+	04:18+	00:47+
01:23&	00:28#	01:29&	00:07-	01:49&	00:53&	01:14&	05:56@	00:18#	02:11@	00:01+
36	Gunhild Nordbø	117	46:00							
05:41+	10:38+	13:36+	16:32+	21:43+	26:41+	32:15+	39:23+	41:47+	44:54+	46:00+
05:41+	04:57+	02:58+	02:56+	05:11+	04:58+	05:34+	07:08+	02:24+	03:07+	01:06+
03:11@	01:04&	00:30#	00:04+	01:11&	01:39&	01:58&	04:15@	00:25#	01:00&	00:20&
37	Ingvild Marthinussen	63	46:37							
11:25+	14:41+	18:10+	20:45+	26:08+	29:59+	33:33+	37:22+	43:31+	45:49+	46:37+
11:25+	03:16-	03:29+	02:35-	05:23+	03:51+	03:34-	03:49+	06:09+	02:18+	00:48+
08:55@	00:37-	01:01&	00:17-	01:23&	00:32#	00:02-	00:56&	04:10@	00:11+	00:02+
38	Hanna Haaland Sømme	68	46:54							
10:19+	14:07+	17:59+	20:58+	26:16+	29:25+	35:14+	39:11+	43:10+	45:37+	46:54+
10:19+	03:48-	03:52+	02:59+	05:18+	03:09-	05:49+	03:57+	03:59+	02:27+	01:17+
07:49@	00:05-	01:24&	00:07+	01:18&	00:10-	02:13&	01:04&	02:00@	00:20#	00:31&
39	Juliane Tylandsvik Nødland	392	47:02							
03:27+	08:33+	12:11+	15:41+	22:58+	30:51+	35:51+	40:22+	42:35+	45:56+	47:02+
03:27+	05:06+	03:38+	03:30+	07:17+	07:53+	05:00+	04:31+	02:13+	03:21+	01:06+
00:57&	01:13&	01:10&	00:38#	03:17&	04:34@	01:24&	01:38&	00:14#	01:14&	00:20&
40	Karianne Skogland Enerstvedt	105	47:04							
07:51+	11:43+	13:52+	16:22+	19:55+	32:44+	37:17+	41:15+	43:09+	46:22+	47:04+
07:51+	03:52-	02:09-	02:30-	03:33-	12:49+	04:33+	03:58+	01:54-	03:13+	00:42-
05:21@	00:01-	00:19-	00:22-	00:27-	09:30@	00:57&	01:05&	00:05-	01:06&	00:04-
41	Jeanette Mjølhøus	105	47:58							
02:34+	13:50+	15:35+	18:15+	23:20+	28:23+	32:00+	38:41+	43:41+	47:24+	47:58+
02:34+	11:16+	01:45-	02:40-	05:05+	05:03+	03:37+	06:41+	05:00+	03:43+	00:34-
00:04+	07:23@	00:43-	00:12-	01:05&	01:44&	00:01+	03:48@	03:01@	01:36&	00:12-
42	Ann-Mari Vold	54	48:26							
06:22+	10:17+	17:47+	20:29+	27:39+	31:37+	39:37+	43:31+	45:35+	47:47+	48:26+
06:22+	03:55+	07:30+	02:42-	07:10+	03:58+	08:00+	03:54+	02:04+	02:12+	00:39-
03:52@	00:02+	05:02@	00:10-	03:10&	00:39#	04:24@	01:01&	00:05+	00:05+	00:07-
43	Sara Engevik	126	48:50							
05:29+	13:24+	17:16+	21:02+	27:08+	31:19+	36:39+	41:46+	44:07+	47:48+	48:50+
05:29+	07:55+	03:52+	03:46+	06:06+	04:11+	05:20+	05:07+	02:21+	03:41+	01:02+
02:59@	04:02@	01:24&	00:54&	02:06&	00:52&	01:44&	02:14&	00:22#	01:34&	00:16&
44	Kristin Harbo	92	48:51							
02:48+	07:09+	12:09+	16:50+	22:12+	26:29+	32:54+	38:44+	45:13+	47:56+	48:51+
02:48+	04:21+	05:00+	04:41+	05:22+	04:17+	06:25+	05:50+	06:29+	02:43+	00:55+
00:18#	00:28#	02:32@	01:49&	01:22&	00:58&	02:49&	02:57@	04:30@	00:36&	00:09#
45	Linda Charlotte Jahren Mørch	117	48:54							
05:35+	11:05+	13:46+	16:40+	23:46+	28:42+	33:44+	38:55+	43:21+	47:44+	48:54+
05:35+	05:30+	02:41+	02:54+	07:06+	04:56+	05:02+	05:11+	04:26+	04:23+	01:10+
03:05@	01:37&	00:13+	00:02+	03:06&	01:37&	01:26&	02:18&	02:27@	02:16@	00:24&
46	Therese Østbø	117	48:57							
05:41+	11:06+	13:54+	16:47+	23:51+	28:36+	33:51+	39:04+	43:36+	47:57+	48:57+
05:41+	05:25+	02:48+	02:53+	07:04+	04:45+	05:15+	05:13+	04:32+	04:21+	01:00+
03:11@	01:32&	00:20#	00:01+	03:04&	01:26&	01:39&	02:20&	02:33@	02:14@	00:14&

Class	Navn	Klasse										Tid
47	Maria Fjelde	105										48:59
03:42+	14:56+	19:22+	23:09+	27:17+	31:16+	35:04+	40:43+	43:23+	48:11+	48:59+		
03:42+	11:14+	04:26+	03:47+	04:08+	03:59+	03:48+	05:39+	02:40+	04:48+	00:48+		
01:12&	07:21@	01:58&	00:55&	00:08+	00:40#	00:12+	02:46&	00:41&	02:41@	00:02+		
48	Brit Svihus	92										49:18
02:56+	07:11+	10:53+	13:58+	21:45+	30:22+	34:47+	40:50+	43:31+	48:23+	49:18+		
02:56+	04:15+	03:42+	03:05+	07:47+	08:37+	04:25+	06:03+	02:41+	04:52+	00:55+		
00:26#	00:22+	01:14&	00:13+	03:47&	05:18@	00:49#	03:10@	00:42&	02:45@	00:09#		
49	Linda Haukås	113										49:19
04:51+	09:42+	14:37+	17:39+	23:41+	27:51+	32:49+	40:59+	44:33+	48:14+	49:19+		
04:51+	04:51+	04:55+	03:02+	06:02+	04:10+	04:58+	08:10+	03:34+	03:41+	01:05+		
02:21&	00:58#	02:27&	00:10+	02:02&	00:51&	01:22&	05:17@	01:35&	01:34&	00:19&		
50	Anne Lill Njå	105										50:07
03:31+	13:59+	16:46+	19:17+	24:12+	29:27+	32:56+	41:35+	44:17+	49:30+	50:07+		
03:31+	10:28+	02:47+	02:31-	04:55+	05:15+	03:29-	08:39+	02:42+	05:13+	00:37-		
01:01&	06:35@	00:19#	00:21-	00:55#	01:56&	00:07-	05:46@	00:43&	03:06@	00:09-		
51	Sarah Allen	7										50:26
02:39+	07:23+	11:44+	14:55+	20:50+	31:06+	35:14+	42:17+	45:50+	49:28+	50:26+		
02:39+	04:44+	04:21+	03:11+	05:55+	10:16+	04:08+	07:03+	03:33+	03:38+	00:58+		
00:09+	00:51#	01:53&	00:19#	01:55&	06:57@	00:32#	04:10@	01:34&	01:31&	00:12&		
52	Sigrund Serigstad	128										51:03
02:44+	06:19-	13:20+	15:34+	20:31+	34:27+	37:42+	44:53+	47:09+	50:23+	51:03+		
02:44+	03:35-	07:01+	02:14-	04:57+	13:56+	03:15-	07:11+	02:16+	03:14+	00:40-		
00:14+	00:18-	04:33@	00:38-	00:57#	10:37@	00:21-	04:18@	00:17#	01:07&	00:06-		
53	Sølvi Ballestad	105										51:50
03:35+	12:34+	16:59+	20:13+	26:07+	30:54+	36:20+	43:12+	47:04+	50:46+	51:50+		
03:35+	08:59+	04:25+	03:14+	05:54+	04:47+	05:26+	06:52+	03:52+	03:42+	01:04+		
01:05&	05:06@	01:57&	00:22#	01:54&	01:28&	01:50&	03:59@	01:53&	01:35&	00:18&		
54	Grethe Wathne	109										51:52
06:18+	11:27+	18:40+	21:27+	28:30+	32:32+	37:01+	45:43+	48:15+	50:54+	51:52+		
06:18+	05:09+	07:13+	02:47-	07:03+	04:02+	04:29+	08:42+	02:32+	02:39+	00:58+		
03:48@	01:16&	04:45@	00:05-	03:03&	00:43#	00:53#	05:49@	00:33&	00:32&	00:12&		
55	Linda Strøm	105										54:17
05:56+	12:18+	15:49+	19:05+	26:16+	31:45+	37:06+	44:32+	49:29+	53:00+	54:17+		
05:56+	06:22+	03:31+	03:16+	07:11+	05:29+	05:21+	07:26+	04:57+	03:31+	01:17+		
03:26@	02:29&	01:03&	00:24#	03:11&	02:10&	01:45&	04:33@	02:58@	01:24&	00:31&		
56	Bente Cecilie Lio	136										55:15
04:04+	08:20+	12:43+	16:11+	27:43+	32:32+	37:07+	43:22+	51:55+	54:29+	55:15+		
04:04+	04:16+	04:23+	03:28+	11:32+	04:49+	04:35+	06:15+	08:33+	02:34+	00:46=		
01:34&	00:23+	01:55&	00:36#	07:32@	01:30&	00:59&	03:22@	06:34@	00:27#	00:00=		
57	Sara Dudzinska	91										55:35
02:29-	07:24+	11:46+	16:15+	23:15+	27:31+	36:35+	41:28+	48:59+	54:54+	55:35+		
02:29-	04:55+	04:22+	04:29+	07:00+	04:16+	09:04+	04:53+	07:31+	05:55+	00:41-		
00:01-	01:02&	01:54&	01:37&	03:00&	00:57&	05:28@	02:00&	05:32@	03:48@	00:05-		
58	Helga Sandve Helgøy	111										56:17
04:07+	13:48+	16:26+	19:25+	39:08+	42:23+	46:45+	50:35+	52:49+	55:12+	56:17+		
04:07+	09:41+	02:38+	02:59+	19:43+	03:15-	04:22+	03:50+	02:14+	02:23+	01:05+		
01:37&	05:48@	00:10+	00:07+	15:43@	00:04-	00:46#	00:57&	00:15#	00:16#	00:19&		
59	Kristin Barvik	92										57:26
06:04+	12:41+	14:43+	17:42+	22:05+	25:14+	30:29+	36:37+	53:18+	55:43+	57:26+		
06:04+	06:37+	02:02-	02:59+	04:23+	03:09-	05:15+	06:08+	16:41+	02:25+	01:43+		
03:34@	02:44&	00:26-	00:07+	00:23+	00:10-	01:39&	03:15@	14:42@	00:18#	00:57@		
60	Ingunn Fandrem	47										58:18
04:49+	10:29+	13:50+	17:54+	26:02+	31:19+	36:33+	44:56+	52:52+	57:10+	58:18+		
04:49+	05:40+	03:21+	04:04+	08:08+	05:17+	05:14+	08:23+	07:56+	04:18+	01:08+		
02:19&	01:47&	00:53&	01:12&	04:08@	01:58&	01:38&	05:30@	05:57@	02:11@	00:22&		
61	Solveig Marie Grønning	47										58:20
04:56+	10:33+	13:57+	18:00+	26:07+	31:26+	36:40+	45:03+	52:56+	57:19+	58:20+		
04:56+	05:37+	03:24+	04:03+	08:07+	05:19+	05:14+	08:23+	07:53+	04:23+	01:01+		
02:26&	01:44&	00:56&	01:11&	04:07@	02:00&	01:38&	05:30@	05:54@	02:16@	00:15&		

Class	Navn	Klasse										Tid
62	Heidi Camilla Hovet	62										58:23
06:27+	13:04+	18:03+	21:25+	28:23+	34:02+	39:30+	46:32+	53:57+	57:21+	58:23+		
06:27+	06:37+	04:59+	03:22+	06:58+	05:39+	05:28+	07:02+	07:25+	03:24+	01:02+		
03:57@	02:44&	02:31@	00:30#	02:58&	02:20&	01:52&	04:09@	05:26@	01:17&	00:16&		
63	May Kristin Haaland	47										59:01
06:09+	11:25+	14:59+	18:34+	26:13+	31:02+	36:21+	46:21+	53:01+	57:34+	59:01+		
06:09+	05:16+	03:34+	03:35+	07:39+	04:49+	05:19+	10:00+	06:40+	04:33+	01:27+		
03:39@	01:23&	01:06&	00:43#	03:39&	01:30&	01:43&	07:07@	04:41@	02:26@	00:41&		
64	Liv Janne Fandrem Biland	92										59:01
03:45+	08:18+	11:04+	13:34+	30:16+	35:49+	40:36+	46:13+	53:57+	58:11+	59:01+		
03:45+	04:33+	02:46+	02:30-	16:42+	05:33+	04:47+	05:37+	07:44+	04:14+	00:50+		
01:15&	00:40#	00:18#	00:22-	12:42@	02:14&	01:11&	02:44&	05:45@	02:07&	00:04+		
65	Silje Elise Elstad	62										59:08
07:14+	13:47+	18:45+	22:13+	29:10+	34:58+	40:13+	47:14+	54:46+	57:59+	59:08+		
07:14+	06:33+	04:58+	03:28+	06:57+	05:48+	05:15+	07:01+	07:32+	03:13+	01:09+		
04:44@	02:40&	02:30@	00:36#	02:57&	02:29&	01:39&	04:08@	05:33@	01:06&	00:23&		
66	Siri Jacobsen	134										59:19
04:20+	10:01+	13:21+	16:59+	30:18+	34:56+	42:14+	50:06+	52:44+	57:34+	59:19+		
04:20+	05:41+	03:20+	03:38+	13:19+	04:38+	07:18+	07:52+	02:38+	04:50+	01:45+		
01:50&	01:48&	00:52&	00:46&	09:19@	01:19&	03:42@	04:59@	00:39&	02:43@	00:59@		
67	Grete Stokke Seljeskog	128										59:30
02:26-	06:34+	13:54+	16:42+	21:20+	28:59+	32:15+	37:23+	55:25+	58:40+	59:30+		
02:26-	04:08+	07:20+	02:48-	04:38+	07:39+	03:16-	05:08+	18:02+	03:15+	00:50+		
00:04-	00:15+	04:52@	00:04-	00:38#	04:20@	00:20-	02:15&	16:03@	01:08&	00:04+		
68	Fride Wirak	88										1:00:04
04:31+	11:13+	15:39+	19:30+	27:46+	33:45+	39:14+	47:27+	53:14+	58:09+	60:04+		
04:31+	06:42+	04:26+	03:51+	08:16+	05:59+	05:29+	08:13+	05:47+	04:55+	01:55+		
02:01&	02:49&	01:58&	00:59&	04:16@	02:40&	01:53&	05:20@	03:48@	02:48@	01:09@		
69	Nhu Ha Neuyen	92										1:06:04
05:19+	13:15+	17:16+	21:54+	30:34+	38:17+	45:23+	56:27+	59:26+	64:49+	66:04+		
05:19+	07:56+	04:01+	04:38+	08:40+	07:43+	07:06+	11:04+	02:59+	05:23+	01:15+		
02:49@	04:03@	01:33&	01:46&	04:40@	04:24@	03:30&	08:11@	01:00&	03:16@	00:29&		
70	Kate Lie	92										1:07:59
07:07+	15:20+	19:24+	23:46+	32:30+	40:23+	47:20+	58:23+	61:15+	66:41+	67:59+		
07:07+	08:13+	04:04+	04:22+	08:44+	07:53+	06:57+	11:03+	02:52+	05:26+	01:18+		
04:37@	04:20@	01:36&	01:30&	04:44@	04:34@	03:21&	08:10@	00:53&	03:19@	00:32&		
71	Monica Nesse	92										1:08:46
08:04+	16:20+	20:07+	24:50+	33:25+	41:10+	48:05+	59:19+	62:00+	67:24+	68:46+		
08:04+	08:16+	03:47+	04:43+	08:35+	07:45+	06:55+	11:14+	02:41+	05:24+	01:22+		
05:34@	04:23@	01:19&	01:51&	04:35@	04:26@	03:19&	08:21@	00:42&	03:17@	00:36&		
72	Elisabeth Horpestad	117										1:09:58
03:14+	08:56+	11:03+	18:30+	35:18+	36:47+	40:35+	60:51+	65:17+	69:17+	69:58+		
03:14+	05:42+	02:07-	07:27+	16:48+	01:29-	03:48+	20:16+	04:26+	04:00+	00:41-		
00:44&	01:49&	00:21-	04:35@	12:48@	01:50-	00:12+	17:23@	02:27@	01:53&	00:05-		
73	Ragnhild Christiansen	93										1:11:02
04:05+	10:58+	17:28+	22:13+	29:56+	35:42+	44:15+	57:42+	63:16+	68:56+	71:02+		
04:05+	06:53+	06:30+	04:45+	07:43+	05:46+	08:33+	13:27+	05:34+	05:40+	02:06+		
01:35&	03:00&	04:02@	01:53&	03:43&	02:27&	04:57@	10:34@	03:35@	03:33@	01:20@		
74	Marit Kløvstad Braut	92										1:11:04
04:07+	11:06+	17:20+	22:20+	29:51+	35:48+	44:54+	57:51+	63:13+	69:01+	71:04+		
04:07+	06:59+	06:14+	05:00+	07:31+	05:57+	09:06+	12:57+	05:22+	05:48+	02:03+		
01:37&	03:06&	03:46@	02:08&	03:31&	02:38&	05:30@	10:04@	03:23@	03:41@	01:17@		
75	Hazel Grayston	263										1:14:09
12:58+	20:59+	27:15+	31:24+	38:55+	45:21+	52:35+	61:41+	66:39+	72:23+	74:09+		
12:58+	08:01+	06:16+	04:09+	07:31+	06:26+	07:14+	09:06+	04:58+	05:44+	01:46+		
10:28@	04:08@	03:48@	01:17&	03:31&	03:07&	03:38@	06:13@	02:59@	03:37@	01:00@		
76	Ingvild Elin Ringodd	117										1:14:48
24:19+	30:03+	34:24+	36:44+	42:25+	47:12+	57:35+	64:10+	70:05+	74:04+	74:48+		
24:19+	05:44+	04:21+	02:20-	05:41+	04:47+	10:23+	06:35+	05:55+	03:59+	00:44-		
21:49@	01:51&	01:53&	00:32-	01:41&	01:28&	06:47@	03:42@	03:56@	01:52&	00:02-		

Class	Navn	Klasse										Tid
77	Karolina Lenart	91										1:16:03
02:11-	19:25+	22:39+	25:17+	32:31+	45:30+	49:52+	56:21+	71:53+	75:05+	76:03+		
02:11-	17:14+	03:14+	02:38-	07:14+	12:59+	04:22+	06:29+	15:32+	03:12+	00:58+		
00:19-	13:21@	00:46&	00:14-	03:14&	09:40@	00:46#	03:36@	13:33@	01:05&	00:12&		
78	Roy Liao	136										1:33:28
31:33+	35:15+	53:06+	55:47+	67:52+	71:47+	78:39+	83:09+	85:51+	92:32+	93:28+		
31:33+	03:42-	17:51+	02:41-	12:05+	03:55+	06:52+	04:30+	02:42+	06:41+	00:56+		
29:03@	00:11-	15:23@	00:11-	08:05@	00:36#	03:16&	01:37&	00:43&	04:34@	00:10#		
79	Agnete Dedekam Stabel	101										1:46:41
45:12+	54:29+	58:29+	64:37+	72:51+	81:29+	87:04+	97:16+	100:06+	104:51+	106:41+		
45:12+	09:17+	04:00+	06:08+	08:14+	08:38+	05:35+	10:12+	02:50+	04:45+	01:50+		
42:42@	05:24@	01:32&	03:16@	04:14@	05:19@	01:59&	07:19@	00:51&	02:38@	01:04@		

Beste strekktid for klassen

02:01 02:58 01:45 01:52 02:55 01:29 02:50 02:53 01:35 01:54 00:33

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

Herrer 16 - 39 år

1	Magne Hatteland	399										33:47			
01:10=	03:06=	07:22=	09:32=	12:18=	13:45=	17:03=	19:50=	21:14=	24:38=	26:19=	28:25=	30:56=	32:22=	33:22=	33:47=
01:10=	01:56=	04:16=	02:10=	02:46=	01:27=	03:18=	02:47=	01:24=	03:24=	01:41=	02:06=	02:31=	01:26=	01:00=	00:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Sven Hatteland	399										34:58			
01:16+	03:02-	07:07-	10:09+	13:33+	15:05+	18:14+	20:36+	22:04+	25:09+	26:47+	30:00+	32:03+	33:33+	34:31+	34:58+
01:16+	01:46-	04:05-	03:02+	03:24+	01:32+	03:09-	02:22-	01:28+	03:05-	01:38-	03:13+	02:03-	01:30+	00:58-	00:27+
00:06+	00:10-	00:11-	00:52&	00:38#	00:05+	00:09-	00:25-	00:04+	00:19-	00:03-	01:07&	00:28-	00:04+	00:02-	00:02+
3	Bernhard Haver Vagle	126										39:36			
01:30+	05:01+	08:40+	10:53+	13:44+	15:22+	19:48+	22:45+	25:11+	29:27+	31:20+	33:32+	36:03+	37:46+	39:12+	39:36+
01:30+	03:31+	03:39-	02:13+	02:51+	01:38+	04:26+	02:57+	02:26+	04:16+	01:53+	02:12+	02:31=	01:43+	01:26+	00:24-
00:20&	01:35&	00:37-	00:03+	00:05+	00:11#	01:08&	00:10+	01:02&	00:52&	00:12#	00:06+	00:00=	00:17#	00:26&	00:01-
4	Brostrup Landstad	66										43:04			
01:25+	03:19+	06:56-	09:03-	11:56-	15:30+	22:18+	24:48+	26:40+	30:24+	32:04+	37:11+	39:49+	41:26+	42:43+	43:04+
01:25+	01:54-	03:37-	02:07-	02:53+	03:34+	06:48+	02:30-	01:52+	03:44+	01:40-	05:07+	02:38+	01:37+	01:17+	00:21-
00:15#	00:02-	00:39-	00:03-	00:07+	02:07@	03:30@	00:17-	00:28&	00:20+	00:01-	03:01@	00:07+	00:11#	00:17&	00:04-
5	Audun Rostad	126										43:56			
01:37+	05:00+	09:34+	12:09+	16:19+	19:39+	25:40+	27:47+	30:03+	33:36+	35:24+	37:58+	40:11+	42:01+	43:23+	43:56+
01:37+	03:23+	04:34+	02:35+	04:10+	03:20+	06:01+	02:07-	02:16+	03:33+	01:48+	02:34+	02:13-	01:50+	01:22+	00:33+
00:27&	01:27&	00:18+	00:25#	01:24&	01:53@	02:43&	00:40-	00:52&	00:09+	00:07+	00:28#	00:18-	00:24&	00:22&	00:08&
6	Eivind Brimsø	76										46:04			
01:32+	04:50+	09:09+	12:15+	18:05+	19:24+	25:38+	27:37+	29:36+	33:02+	34:52+	38:53+	41:43+	44:18+	45:30+	46:04+
01:32+	03:18+	04:19+	03:06+	05:50+	01:19-	06:14+	01:59-	01:59+	03:26+	01:50+	04:01+	02:50+	02:35+	01:12+	00:34+
00:22&	01:22&	00:03+	00:56&	03:04@	00:08-	02:56&	00:48-	00:35&	00:02+	00:09+	01:55&	00:19#	01:09&	00:12#	00:09&
7	Maximilian Erlbeck	67										46:10			
01:02-	07:33+	12:54+	16:44+	19:27+	23:14+	30:05+	31:42+	33:18+	36:13+	37:31+	39:41+	42:01+	44:11+	45:39+	46:10+
01:02-	06:31+	05:21+	03:50+	02:43-	03:47+	06:51+	01:37-	01:36+	02:55-	01:18-	02:10+	02:20-	02:10+	01:28+	00:31+
00:08-	04:35@	01:05&	01:40&	00:03-	02:20@	03:33@	01:10-	00:12#	00:29-	00:23-	00:04+	00:11-	00:44&	00:28&	00:06#
8	Sondre Aspøy	117										47:10			
02:01+	06:38+	10:59+	13:40+	17:10+	19:09+	22:56+	25:04+	28:21+	33:56+	36:13+	39:33+	42:50+	45:33+	46:41+	47:10+
02:01+	04:37+	04:21+	02:41+	03:30+	01:59+	03:47+	02:08-	03:17+	05:35+	02:17+	03:20+	03:17+	02:43+	01:08+	00:29+
00:51&	02:41@	00:05+	00:31#	00:44&	00:32&	00:29#	00:39-	01:53@	02:11&	00:36&	01:14&	00:46&	01:17&	00:08#	00:04#
9	Rune Svihus	62										48:19			
01:22+	04:04+	08:22+	10:34+	13:03+	18:00+	26:41+	33:03+	34:35+	38:17+	39:48+	41:44+	44:17+	46:13+	47:30+	48:19+
01:22+	02:42+	04:18+	02:12+	02:29-	04:57+	08:41+	06:22+	01:32+	03:42+	01:31-	01:56-	02:33+	01:56+	01:17+	00:49+
00:12#	00:46&	00:02+	00:02+	00:17-	03:30@	05:23@	03:35@	00:08+	00:18+	00:10-	00:10-	00:02+	00:30&	00:17&	00:24&
10	Truls Thorkildsen	39										48:20			
01:45+	06:20+	11:33+	14:22+	19:17+	20:58+	25:46+	30:16+	32:08+	35:51+	37:51+	40:56+	43:35+	46:14+	47:56+	48:20+
01:45+	04:35+	05:13+	02:49+	04:55+	01:41+	04:48+	04:30+	01:52+	03:43+	02:00+	03:05+	02:39+	02:39+	01:42+	00:24-
00:35&	02:39@	00:57#	00:39&	02:09&	00:14#	01:30&	01:43&	00:28&	00:19+	00:19#	00:59&	00:08+	01:13&	00:42&	00:01-

Class	Navn	Klasse											Tid		
11	Øivind Fandrem Høivik	66											48:22		
01:44+	05:34+	10:30+	12:58+	16:43+	22:01+	25:50+	28:03+	32:18+	36:29+	38:03+	41:48+	44:48+	46:31+	47:52+	48:22+
01:44+	03:50+	04:56+	02:28+	03:45+	05:18+	03:49+	02:13-	04:15+	04:11+	01:34-	03:45+	03:00+	01:43+	01:21+	00:30+
00:34&	01:54&	00:40#	00:18#	00:59&	03:51@	00:31#	00:34-	02:51@	00:47#	00:07-	01:39&	00:29#	00:17#	00:21&	00:05#
12	Frank Terje Berge	126											48:25		
01:27+	04:53+	09:30+	12:35+	15:49+	17:33+	23:45+	26:26+	29:37+	33:52+	35:53+	39:23+	42:53+	45:21+	47:06+	48:25+
01:27+	03:26+	04:37+	03:05+	03:14+	01:44+	06:12+	02:41-	03:11+	04:15+	02:01+	03:30+	03:30+	02:28+	01:45+	01:19+
00:17#	01:30&	00:21+	00:55&	00:28#	00:17#	02:54&	00:06-	01:47@	00:51#	00:20#	01:24&	00:59&	01:02&	00:45&	00:54@
13	Håvard Barkved	71											49:10		
01:41+	13:22+	17:17+	20:10+	22:58+	25:37+	28:48+	30:52+	32:54+	36:42+	38:33+	41:35+	44:50+	47:10+	48:18+	49:10+
01:41+	11:41+	03:55-	02:53+	02:48+	02:39+	03:11-	02:04-	02:02+	03:48+	01:51+	03:02+	03:15+	02:20+	01:08+	00:52+
00:31&	09:45@	00:21-	00:43&	00:02+	01:12&	00:07-	00:43-	00:38&	00:24#	00:10+	00:56&	00:44&	00:54&	00:08#	00:27@
14	Jone Klemo Øverland	165											52:24		
01:53+	09:22+	14:36+	18:46+	22:08+	26:53+	30:19+	32:07+	33:39+	38:31+	40:53+	43:47+	46:41+	50:24+	51:46+	52:24+
01:53+	07:29+	05:14+	04:10+	03:22+	04:45+	03:26+	01:48-	01:32+	04:52+	02:22+	02:54+	02:54+	03:43+	01:22+	00:38+
00:43&	05:33@	00:58#	02:00&	00:36#	03:18@	00:08+	00:59-	00:08+	01:28&	00:41&	00:48&	00:23#	02:17@	00:22&	00:13&
15	Erlend Syse	76											52:53		
01:37+	05:35+	10:55+	14:01+	22:38+	24:37+	28:46+	32:01+	33:48+	38:13+	40:27+	43:56+	49:00+	51:08+	52:17+	52:53+
01:37+	03:58+	05:20+	03:06+	08:37+	01:59+	04:09+	03:15+	01:47+	04:25+	02:14+	03:29+	05:04+	02:08+	01:09+	00:36+
00:27&	02:02@	01:04#	00:56&	05:51@	00:32&	00:51&	00:28#	00:23&	01:01&	00:33&	01:23&	02:33@	00:42&	00:09#	00:11&
16	Sverre Dørheim	136											52:59		
02:21+	05:25+	11:13+	15:30+	19:03+	21:38+	29:15+	31:22+	33:37+	39:26+	41:37+	44:51+	48:43+	50:50+	52:26+	52:59+
02:21+	03:04+	05:48+	04:17+	03:33+	02:35+	07:37+	02:07-	02:15+	05:49+	02:11+	03:14+	03:52+	02:07+	01:36+	00:33+
01:11@	01:08&	01:32&	02:07&	00:47&	01:08&	04:19@	00:40-	00:51&	02:25&	00:30&	01:08&	01:21&	00:41&	00:36&	00:08&
17	Vegard Hausken	116											53:06		
01:36+	04:52+	09:13+	12:57+	19:06+	21:12+	27:43+	31:24+	33:31+	37:39+	40:09+	46:05+	48:51+	50:45+	52:39+	53:06+
01:36+	03:16+	04:21+	03:44+	06:09+	02:06+	06:31+	03:41+	02:07+	04:08+	02:30+	05:56+	02:46+	01:54+	01:54+	00:27+
00:26&	01:20&	00:05+	01:34&	03:23@	00:39&	03:13&	00:54&	00:43&	00:44#	00:49&	03:50@	00:15+	00:28&	00:54&	00:02+
18	Gaute Haugen Sandnes	43											54:04		
01:41+	05:03+	10:17+	13:09+	17:45+	19:52+	25:24+	28:19+	31:55+	38:55+	40:45+	43:46+	47:00+	49:00+	53:44+	54:04+
01:41+	03:22+	05:14+	02:52+	04:36+	02:07+	05:32+	02:55+	03:36+	07:00+	01:50+	03:01+	03:14+	02:00+	04:44+	00:20-
00:31&	01:26&	00:58#	00:42&	01:50&	00:40&	02:14&	00:08+	02:12@	03:36@	00:09+	00:55&	00:43&	00:34&	03:44@	00:05-
19	Aksel Joranger	192											58:24		
01:55+	05:24+	10:19+	16:50+	20:19+	22:37+	30:33+	32:32+	34:27+	38:01+	39:47+	46:57+	49:49+	56:39+	58:03+	58:24+
01:55+	03:29+	04:55+	06:31+	03:29+	02:18+	07:56+	01:59-	01:55+	03:34+	01:46+	07:10+	02:52+	06:50+	01:24+	00:21-
00:45&	01:33&	00:39#	04:21@	00:43&	00:51&	04:38@	00:48-	00:31&	00:10+	00:05+	05:04@	00:21#	05:24@	00:24&	00:04-
20	Endre Berge	105											58:36		
01:38+	10:13+	14:38+	18:46+	22:38+	33:18+	36:23+	38:11+	40:12+	46:31+	48:11+	50:49+	53:39+	56:43+	58:05+	58:36+
01:38+	08:35+	04:25+	04:08+	03:52+	10:40+	03:05-	01:48-	02:01+	06:19+	01:40-	02:38+	02:50+	03:04+	01:22+	00:31+
00:28&	06:39@	00:09+	01:58&	01:06&	09:13@	00:13-	00:59-	00:37&	02:55&	00:01-	00:32&	00:19#	01:38@	00:22&	00:06#
21	Arthur Fayemendy	76											1:02:20		
01:37+	09:07+	13:48+	16:12+	20:36+	39:48+	44:12+	46:18+	48:33+	52:40+	54:20+	56:24+	58:50+	60:23+	61:54+	62:20+
01:37+	07:30+	04:41+	02:24+	04:24+	19:12+	04:24+	02:06-	02:15+	04:07+	01:40-	02:04-	02:26-	01:33+	01:31+	00:26+
00:27&	05:34@	00:25+	00:14#	01:38&	17:45@	01:06&	00:41-	00:51&	00:43#	00:01-	00:02-	00:05-	00:07+	00:31&	00:01+
22	Andreas Ente	66											1:02:39		
01:34+	07:43+	12:55+	15:51+	18:34+	23:55+	36:59+	40:48+	42:48+	49:20+	51:29+	54:49+	57:27+	59:44+	62:05+	62:39+
01:34+	06:09+	05:12+	02:56+	02:43+	05:21+	13:04+	03:49+	02:00+	06:32+	02:09+	03:20+	02:38+	02:17+	02:21+	00:34+
00:24&	04:13@	00:56#	00:46&	00:03-	03:54@	09:46@	01:02&	00:36&	03:08&	00:28&	01:14&	00:07+	00:51&	01:21@	00:09&
23	Thomas Hinna	287											1:03:02		
01:40+	10:45+	15:32+	18:47+	22:12+	24:37+	27:52+	30:23+	36:27+	40:09+	41:56+	46:39+	58:12+	60:43+	62:31+	63:02+
01:40+	09:05+	04:47+	03:15+	03:25+	02:25+	03:15-	02:31-	06:04+	03:42+	01:47+	04:43+	11:33+	02:31+	01:48+	00:31+
00:30&	07:09@	00:31#	01:05&	00:39#	00:58&	00:03-	00:16-	04:40@	00:18+	00:06+	02:37@	09:02@	01:05&	00:48&	00:06#
24	Bruno Pierfelice	51											1:03:51		
02:18+	06:35+	12:40+	15:47+	20:18+	23:11+	35:29+	41:28+	44:38+	49:15+	51:42+	55:13+	58:17+	61:35+	63:20+	63:51+
02:18+	04:17+	06:05+	03:07+	04:31+	02:53+	12:18+	05:59+	03:10+	04:37+	02:27+	03:31+	03:04+	03:18+	01:45+	00:31+
01:08&	02:21@	01:49&	00:57&	01:45&	01:26&	09:00@	03:12@	01:46@	01:13&	00:46&	01:25&	00:33#	01:52@	00:45&	00:06#
25	Anders H Foss	263											1:07:47		
02:04+	10:44+	17:05+	20:31+	24:57+	30:16+	34:29+	37:17+	47:22+	53:06+	56:01+	59:11+	63:02+	65:19+	67:03+	67:47+
02:04+	08:40+	06:21+	03:26+	04:26+	05:19+	04:13+	02:48+	10:05+	05:44+	02:55+	03:10+	03:51+	02:17+	01:44+	00:44+
00:54&	06:44@	02:05&	01:16&	01:40&	03:52@	00:55&	00:01+	08:41@	02:20&	01:14&	01:04&	01:20&	00:51&	00:44&	00:19&

Class	Navn	Klasse	Tid
26	Kjartan Stavland	66	1:08:39
01:25+	04:11+	09:56+	16:02+
01:25+	02:46+	05:45+	06:06+
00:15#	00:50&	01:29&	03:56@
20:37+	30:01+	38:45+	40:35+
09:24+	08:44+	01:50-	06:47+
07:57@	05:26@	00:57-	05:23@
52:17+	54:04+	56:58+	61:48+
04:55+	01:47+	02:54+	04:50+
01:31&	00:06+	00:48&	02:19&
65:56+	68:12+	68:39+	02:42@
01:16@	00:02+		
27	Martin Holst	74	1:13:30
01:39+	06:21+	10:54+	16:30+
01:39+	04:42+	04:33+	05:36+
00:29&	02:46@	00:17+	03:26@
25:04+	27:33+	39:57+	46:52+
08:34+	02:29+	12:24+	06:55+
01:02&	09:06@	04:08@	00:22&
53:53+	55:23+	66:51+	69:30+
01:30-	11:28+	02:39+	02:18+
00:11-	09:22@	00:08+	00:52&
71:48+	72:52+	73:30+	01:04+
00:04+	00:13&		
28	Håvard Høie	378	1:22:21
05:34+	10:16+	16:14+	19:25+
05:34+	04:42+	05:58+	03:11+
04:24@	02:46@	01:42&	01:01&
24:25+	36:04+	44:12+	49:53+
05:00+	11:39+	08:08+	05:41+
10:12@	04:50@	02:54@	02:16@
53:33+	59:08+	61:27+	65:04+
03:40+	05:35+	02:19+	03:37+
02:11&	00:38&	01:31&	06:47@
77:52+	81:30+	82:21+	02:04@
03:30+	03:38+	00:51+	02:38@
00:26@			
Beste strekktid for klassen			
01:02	01:46	03:37	02:07
02:29	01:19	03:05	01:37
01:24	02:55	01:18	01:56
02:03	01:26	00:58	00:20

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

Herrer 40 - 49 år

1	Tallak Langmyr	370	38:04
01:23=	04:06=	08:28=	10:54=
01:23=	02:43=	04:22=	02:26=
00:00=	00:00=	00:00=	00:00=
13:37=	17:04=	19:31=	20:56=
02:27=	01:25=	01:27=	03:31=
00:00=	00:00=	00:00=	00:00=
22:23=	25:54=	27:47=	31:12=
03:31=	03:25=	03:31=	01:48=
00:00=	00:00=	00:00=	00:00=
34:43=	36:31=	37:37=	38:04=
01:48=	01:06=	00:27=	
2	Ove Nygaard	116	40:13
01:32+	05:46+	09:26+	11:28+
01:32+	04:14+	03:40-	02:02-
00:09#	01:31&	00:42-	00:24-
18:01+	21:00+	23:42+	25:24+
06:33+	02:59-	02:42+	01:42+
00:28-	00:15#	00:17#	00:58&
30:51+	32:13+	34:33+	37:00+
03:02-	01:22-	02:20-	02:27-
00:29-	00:31-	01:05-	01:04-
38:29+	39:49+	40:13+	00:19-
01:20+	00:24-	00:03-	00:14#
3	Rune Dahl Fitjar	53	41:23
01:52+	04:48+	10:32+	13:31+
01:52+	02:56+	05:44+	02:59+
00:29&	00:13+	01:22&	00:33#
16:48+	19:11+	22:35+	24:17+
03:17+	02:23-	03:24+	01:42+
01:04-	00:57&	00:17#	00:14#
25:58+	29:53+	32:08+	35:03+
02:15+	02:55-	02:16-	02:00+
00:22#	00:30-	01:15-	00:12#
39:19+	40:39+	41:23+	00:14#
01:20+	00:44+	00:17&	
4	Emmanuel Mondesert	116	41:58
03:05+	05:51+	09:55+	11:57+
03:05+	02:46+	04:04-	02:02-
01:42@	00:03+	00:18-	00:24-
20:34+	23:15+	25:02+	26:34+
18:34+	29:27+	31:06+	35:53+
01:27-	00:14+	00:22&	00:05+
38:19+	40:22+	41:26+	41:58+
02:26-	02:03+	01:04-	00:32+
01:05-	00:15#	00:02-	00:05#
5	Christian Ask	180	44:24
01:24+	03:56-	11:47+	14:04+
01:24+	02:32-	07:51+	02:17-
00:01+	00:11-	03:29&	00:09-
17:11+	19:10+	22:16+	24:06+
03:07+	01:59-	03:06+	01:50+
01:28-	00:39&	00:25&	01:40@
32:41+	34:39+	37:39+	40:11+
05:28+	01:58+	03:00-	02:32-
00:05+	00:25-	00:59-	00:09=
42:12+	43:57+	44:24+	00:13#
01:45+	00:27=	00:39&	00:00=
6	Jan-Kenneth Polle	83	46:05
01:39+	04:38+	12:41+	15:59+
01:39+	02:59+	08:03+	03:18+
00:16#	00:16+	03:41&	00:52&
19:46+	21:53+	25:20+	28:12+
02:07-	03:27+	02:52+	02:18+
01:20-	01:00&	01:27@	00:51&
30:30+	35:01+	37:25+	39:51+
02:24+	02:26-	02:23-	02:05+
00:31&	00:59-	01:08-	00:17#
42:14+	44:19+	45:36+	46:05+
01:17+	00:29+	00:02+	00:02+
7	Ole-Tobias Frich	116	47:16
01:38+	05:56+	11:01+	13:21+
01:38+	04:18+	05:05+	02:20-
00:15#	01:35&	00:43#	00:06-
16:25+	22:20+	25:41+	27:39+
03:04+	05:55+	03:21+	01:58+
02:28&	00:54&	00:33&	00:27&
29:33+	34:07+	35:54+	39:24+
01:54+	04:34+	01:47-	03:30+
01:03&	00:06-	00:05+	00:46-
42:09+	45:04+	46:42+	47:16+
02:45-	02:55+	01:38+	00:34+
00:32&	01:07&	00:32&	00:07&
8	Gunnar Thorset	117	50:40
01:53+	05:33+	10:45+	13:24+
01:53+	03:40+	05:12+	02:39+
00:30&	00:57&	00:50#	00:13+
16:49+	18:58+	30:40+	32:20+
02:09-	11:42+	01:40+	02:07+
01:18-	09:15@	00:15#	00:40&
38:26+	40:40+	43:21+	46:16+
02:14+	02:41-	02:55-	02:24+
00:21#	00:44-	00:36-	00:36&
48:40+	50:07+	50:40+	00:21&
01:27+	00:33+	00:06#	
9	Magnus Langvik	18	51:51
01:59+	05:40+	11:32+	14:27+
01:59+	03:41+	05:52+	02:55+
00:36&	00:58&	01:30&	00:29#
17:44+	25:27+	29:38+	31:17+
03:17+	07:43+	04:11+	01:39+
04:16@	01:44&	00:14#	00:28&
38:16+	40:33+	43:34+	46:06+
02:17+	03:01-	02:32-	03:18+
00:24#	00:24-	00:59-	01:30&
49:24+	51:05+	51:51+	00:35&
01:41+	00:46+	00:19&	
10	Sjur Eirik Gausel	67	53:05
02:15+	05:27+	10:45+	14:02+
02:15+	03:12+	05:18+	03:17+
00:52&	00:29#	00:56#	00:51&
23:15+	26:03+	29:36+	33:18+
02:48-	03:33+	03:42+	02:06+
00:39-	01:06&	02:17@	00:39&
35:24+	39:33+	41:53+	44:46+
04:09+	02:20+	02:53-	03:28-
00:38#	00:27#	00:32-	00:03-
48:14+	51:14+	52:30+	53:05+
02:20+	02:53-	03:00+	01:16+
00:08#	00:08#	00:08#	00:08#

Class	Navn	Klasse										Tid				
11	Antal Jansen	115										53:32				
01:35+	06:26+	14:30+	16:58+	22:10+	24:45+	28:40+	30:55+	33:11+	39:41+	41:35+	45:30+	48:57+	51:20+	53:06+	53:32+	
01:35+	04:51+	08:04+	02:28+	05:12+	02:35-	03:55+	02:15+	02:16+	06:30+	01:54+	03:55+	03:27-	02:23+	01:46+	00:26-	
00:12#	02:08&	03:42&	00:02+	02:29&	00:52-	01:28&	00:50&	00:49&	02:59&	00:01+	00:30#	00:04-	00:35&	00:40&	00:01-	
12	Håvard Svihus	267										54:03				
01:50+	06:07+	11:06+	14:01+	17:40+	19:57+	24:14+	26:41+	31:40+	37:53+	40:08+	44:05+	48:07+	50:59+	52:55+	54:03+	
01:50+	04:17+	04:59+	02:55+	03:39+	02:17-	04:17+	02:27+	04:59+	06:13+	02:15+	03:57+	04:02+	02:52+	01:56+	01:08+	
00:27&	01:34&	00:37#	00:29#	00:56&	01:10-	01:50&	01:02&	03:32@	02:42&	00:22#	00:32#	00:31#	01:04&	00:50&	00:41@	
13	Rune Hatle	65										54:55				
01:42+	05:34+	10:53+	13:27+	16:36+	24:13+	27:34+	33:40+	35:52+	42:34+	44:49+	47:48+	50:55+	52:56+	54:21+	54:55+	
01:42+	03:52+	05:19+	02:34+	03:09+	07:37+	03:21+	06:06+	02:12+	06:42+	02:15+	02:59-	03:07-	02:01+	01:25+	00:34+	
00:19#	01:09&	00:57#	00:08+	00:26#	04:10@	00:54&	04:41@	00:45&	03:11&	00:22#	00:26-	00:24-	00:13#	00:19&	00:07&	
14	Andreas Molin Edlund	67										58:11				
01:48+	05:40+	11:36+	14:37+	18:27+	21:05+	30:13+	33:19+	36:49+	41:54+	44:49+	47:47+	52:42+	55:32+	57:29+	58:11+	
01:48+	03:52+	05:56+	03:01+	03:50+	02:38-	09:08+	03:06+	03:30+	05:05+	02:55+	02:58-	04:55+	02:50+	01:57+	00:42+	
00:25&	01:09&	01:34&	00:35#	01:07&	00:49-	06:41@	01:41@	02:03@	01:34&	01:02&	00:27-	01:24&	01:02&	00:51&	00:15&	
15	Kristoffer Buchholz Johannessen	88										59:42				
02:03+	04:01-	07:40-	09:48-	31:47+	38:19+	41:32+	43:17+	46:45+	49:51+	51:28+	53:55+	55:55+	57:39+	58:53+	59:42+	
02:03+	01:58-	03:39-	02:08-	21:59+	06:32+	03:13+	01:45+	03:28+	03:06-	01:37-	02:27-	02:00-	01:44-	01:14+	00:49+	
00:40&	00:45-	00:43-	00:18-	19:16@	03:05&	00:46&	00:20#	02:01@	00:25-	00:16-	00:58-	01:31-	00:04-	00:08#	00:22&	
16	Cedric Fayemendy	76										1:00:28				
01:40+	07:14+	13:08+	15:50+	20:02+	27:33+	36:25+	40:00+	43:25+	50:35+	52:20+	54:33+	56:55+	58:50+	60:00+	60:28+	
01:40+	05:34+	05:54+	02:42+	04:12+	07:31+	08:52+	03:35+	03:25+	07:10+	01:45-	02:13-	02:22-	01:55+	01:10+	00:28+	
00:17#	02:51@	01:32&	00:16#	01:29&	04:04@	06:25@	02:10@	01:58@	03:39@	00:08-	01:12-	01:09-	00:07+	00:04+	00:01+	
17	Per Jan Ersland	43										1:01:34				
02:17+	09:54+	14:30+	17:06+	20:39+	25:22+	32:40+	36:45+	41:37+	45:38+	47:31+	53:27+	55:47+	58:57+	60:57+	61:34+	
02:17+	07:37+	04:36+	02:36+	03:33+	04:43+	07:18+	04:05+	04:52+	04:01+	01:53=	05:56+	02:20-	03:10+	02:00+	00:37+	
00:54&	04:54@	00:14+	00:10+	00:50&	01:16&	04:51@	02:40@	03:25@	00:30#	00:00=	02:31&	01:11-	01:22&	00:54&	00:10&	
18	Thomas Chruickshank	48										1:09:38				
01:31+	08:18+	12:44+	14:58+	29:03+	41:14+	49:37+	51:25+	53:11+	56:57+	59:00+	61:17+	63:27+	67:36+	68:54+	69:38+	
01:31+	06:47+	04:26+	02:14-	14:05+	12:11+	08:23+	01:48+	01:46+	03:46+	02:03+	02:17-	02:10-	04:09+	01:18+	00:44+	
00:08+	04:04@	00:04+	00:12-	11:22@	08:44@	05:56@	00:23&	00:19#	00:15+	00:10+	01:08-	01:21-	02:21@	00:12#	00:17&	
19	Kristian Bjo	165										1:15:43				
01:44+	08:50+	13:26+	16:18+	19:19+	41:18+	48:36+	57:32+	59:28+	63:37+	66:19+	68:49+	71:11+	73:21+	75:09+	75:43+	
01:44+	07:06+	04:36+	02:52+	03:01+	21:59+	07:18+	08:56+	01:56+	04:09+	02:42+	02:30-	02:22-	02:10+	01:48+	00:34+	
00:21&	04:23@	00:14+	00:26#	00:18#	18:32@	04:51@	07:31@	00:29&	00:38#	00:49&	00:55-	01:09-	00:22#	00:42&	00:07&	
Beste strekktid for klassen																
01:23	01:58	03:39	02:02	02:43	01:59	02:27	01:25	01:27	02:53	01:22	02:13	02:00	01:29	01:04	00:24	

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

Herrer 50 - 59 år

1	Kevin Thomas Foust	192										39:25				
02:37=	09:11=	10:40=	14:07=	18:59=	21:30=	24:54=	26:50=	29:42=	33:00=	35:39=	36:42=	38:57=	39:25=			
02:37=	06:34=	01:29=	03:27=	04:52=	02:31=	03:24=	01:56=	02:52=	03:18=	02:39=	01:03=	02:15=	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=	00:00=	00:00=			
2	Anders Glenne	7										39:42				
02:35-	08:05-	09:57-	13:09-	15:32-	21:00-	24:09-	26:10-	29:55+	33:29+	36:31+	37:44+	39:12+	39:42+			
02:35-	05:30-	01:52+	03:12-	02:23-	05:28+	03:09-	02:01+	03:45+	03:34+	03:02+	01:13+	01:28-	00:30+			
00:02-	01:04-	00:23&	00:15-	02:29-	02:57@	00:15-	00:05+	00:53&	00:16+	00:23#	00:10#	00:47-	00:02+			
3	Jørgen Nilsen	116										40:00				
02:41+	09:00-	10:35-	13:44-	15:28-	18:30-	22:17-	24:21-	27:51-	32:19-	36:13+	37:32+	39:18+	40:00+			
02:41+	06:19-	01:35+	03:09-	01:44-	03:02+	03:47+	02:04+	03:30+	04:28+	03:54+	01:19+	01:46-	00:42+			
00:04+	00:15-	00:06+	00:18-	03:08-	00:31#	00:23#	00:08+	00:38#	01:10&	01:15&	00:16&	00:29-	00:14&			
4	Bjørnar André Haug	80										42:00				
02:21-	08:01-	09:46-	12:20-	17:23-	22:47+	25:47+	28:57+	31:59+	35:13+	38:23+	39:31+	41:33+	42:00+			
02:21-	05:40-	01:45+	02:34-	05:03+	05:24+	03:00-	03:10+	03:02+	03:14-	03:10+	01:08+	02:02-	00:27-			
00:16-	00:54-	00:16#	00:53-	00:11+	02:53@	00:24-	01:14&	00:10+	00:04-	00:31#	00:05+	00:13-	00:01-			

Class	Navn	Klasse										Tid	
5	Sindre Dyrstad	53										42:00	
02:22-	07:49-	09:50-	12:25-	19:08+	21:53+	25:48+	27:47+	33:11+	35:57+	38:44+	39:57+	41:27+	42:00+
02:22-	05:27-	02:01+	02:35-	06:43+	02:45+	03:55+	01:59+	05:24+	02:46-	02:47+	01:13+	01:30-	00:33+
00:15-	01:07-	00:32&	00:52-	01:51&	00:14+	00:31#	00:03+	02:32&	00:32-	00:08+	00:10#	00:45-	00:05#
6	Trygve Michaelsen	117										43:12	
02:50+	08:39-	10:26-	13:45-	15:26-	21:32+	25:09+	27:30+	30:42+	36:09+	39:39+	41:00+	42:39+	43:12+
02:50+	05:49-	01:47+	03:19-	01:41-	06:06+	03:37+	02:21+	03:12+	05:27+	03:30+	01:21+	01:39-	00:33+
00:13+	00:45-	00:18#	00:08-	03:11-	03:35@	00:13+	00:25#	00:20#	02:09&	00:51&	00:18&	00:36-	00:05#
7	Erik Bjørnbom	76										44:08	
02:46+	08:46-	10:51+	13:46-	15:36-	22:07+	26:04+	28:09+	32:11+	35:45+	40:00+	41:41+	43:33+	44:08+
02:46+	06:00-	02:05+	02:55-	01:50-	06:31+	03:57+	02:05+	04:02+	03:34+	04:15+	01:41+	01:52-	00:35+
00:09+	00:34-	00:36&	00:32-	03:02-	04:00@	00:33#	00:09+	01:10&	00:16+	01:36&	00:38&	00:23-	00:07#
8	Asbjørn Brådland	297										45:25	
02:48+	11:08+	13:03+	16:10+	19:40+	22:56+	26:55+	29:06+	32:57+	36:44+	40:05+	43:09+	44:56+	45:25+
02:48+	08:20+	01:55+	03:07-	03:30-	03:16+	03:59+	02:11+	03:51+	03:47+	03:21+	03:04+	01:47-	00:29+
00:11+	01:46&	00:26&	00:20-	01:22-	00:45&	00:35#	00:15#	00:59&	00:29#	00:42&	02:01@	00:28-	00:01+
9	Lars Primstad	62										45:59	
03:19+	08:38-	10:30-	13:41-	17:27-	23:24+	27:04+	28:59+	32:27+	39:30+	42:18+	43:39+	45:29+	45:59+
03:19+	05:19-	01:52+	03:11-	03:46-	05:57+	03:40+	01:55-	03:28+	07:03+	02:48+	01:21+	01:50-	00:30+
00:42&	01:15-	00:23&	00:16-	01:06-	03:26@	00:16+	00:01-	00:36#	03:45@	00:09+	00:18&	00:25-	00:02+
10	Håvard Håland	66										46:07	
02:46+	09:23+	11:25+	14:34+	18:56-	24:18+	27:33+	31:03+	34:21+	38:19+	41:40+	43:09+	45:33+	46:07+
02:46+	06:37+	02:02+	03:09-	04:22-	05:22+	03:15-	03:30+	03:18+	03:58+	03:21+	01:29+	02:24+	00:34+
00:09+	00:03+	00:33&	00:18-	00:30-	02:51@	00:09-	01:34&	00:26#	00:40#	00:42&	00:26&	00:09+	00:06#
11	Svend Vihovde	116										46:08	
03:17+	10:37+	12:43+	16:49+	19:14+	22:22+	26:26+	28:55+	34:01+	38:19+	42:13+	43:38+	45:27+	46:08+
03:17+	07:20+	02:06+	04:06+	02:25-	03:08+	04:04+	02:29+	05:06+	04:18+	03:54+	01:25+	01:49-	00:41+
00:40&	00:46#	00:37&	00:39#	02:27-	00:37#	00:40#	00:33&	02:14&	01:00&	01:15&	00:22&	00:26-	00:13&
12	Kjell Seland	236										46:21	
04:19+	10:40+	12:45+	15:48+	18:38-	23:15+	28:54+	31:19+	35:02+	38:40+	42:04+	44:00+	45:38+	46:21+
04:19+	06:21-	02:05+	03:03-	02:50-	04:37+	05:39+	02:25+	03:43+	03:38+	03:24+	01:56+	01:38-	00:43+
01:42&	00:13-	00:36&	00:24-	02:02-	02:06&	02:15&	00:29#	00:51&	00:20#	00:45&	00:53&	00:37-	00:15&
13	Tore Halset	114										46:21	
02:58+	09:43+	11:33+	15:06+	17:03-	22:18+	26:58+	29:55+	34:36+	38:23+	42:22+	43:38+	45:44+	46:21+
02:58+	06:45+	01:50+	03:33+	01:57-	05:15+	04:40+	02:57+	04:41+	03:47+	03:59+	01:16+	02:06-	00:37+
00:21#	00:11+	00:21#	00:06+	02:55-	02:44@	01:16&	01:01&	01:49&	00:29#	01:20&	00:13#	00:09-	00:09&
14	Geir Inge Høivik	194										46:38	
02:39+	09:21+	10:54+	15:02+	18:23-	24:35+	28:04+	30:08+	33:42+	37:10+	40:59+	43:49+	46:03+	46:38+
02:39+	06:42+	01:33+	04:08+	03:21-	06:12+	03:29+	02:04+	03:34+	03:28+	03:49+	02:50+	02:14-	00:35+
00:02+	00:08+	00:04+	00:41#	01:31-	03:41@	00:05+	00:08+	00:42#	00:10+	01:10&	01:47@	00:01-	00:07#
15	Erling Knutzen	128										46:44	
02:56+	09:23+	11:10+	14:46+	17:41-	24:34+	28:31+	30:44+	33:51+	37:36+	41:03+	42:56+	46:03+	46:44+
02:56+	06:27-	01:47+	03:36+	02:55-	06:53+	03:57+	02:13+	03:07+	03:45+	03:27+	01:53+	03:07+	00:41+
00:19#	00:07-	00:18#	00:09+	01:57-	04:22@	00:33#	00:17#	00:15+	00:27#	00:48&	00:50&	00:52&	00:13&
16	Rune Paulsen	98										47:30	
03:37+	10:09+	13:43+	16:36+	18:31-	25:40+	29:40+	33:00+	35:55+	40:47+	43:49+	45:01+	47:02+	47:30+
03:37+	06:32-	03:34+	02:53-	01:55-	07:09+	04:00+	03:20+	02:55+	04:52+	03:02+	01:12+	02:01-	00:28#
01:00&	00:02-	02:05@	00:34-	02:57-	04:38@	00:36#	01:24&	00:03+	01:34&	00:23#	00:09#	00:14-	00:00=
17	Geir Rune Seldal	192										48:04	
03:31+	10:58+	13:02+	17:06+	19:04+	23:09+	27:26+	29:44+	33:35+	37:29+	43:38+	45:11+	47:18+	48:04+
03:31+	07:27+	02:04+	04:04+	01:58-	04:05+	04:17+	02:18+	03:51+	03:54+	06:09+	01:33+	02:07-	00:46+
00:54&	00:53#	00:35&	00:37#	02:54-	01:34&	00:53&	00:22#	00:59&	00:36#	03:30@	00:30&	00:08-	00:18&
18	Frank Hansen	29										48:06	
02:44+	09:29+	11:20+	15:44+	20:12+	26:31+	30:09+	32:30+	35:40+	41:08+	44:32+	45:44+	47:30+	48:06+
02:44+	06:45+	01:51+	04:24+	04:28-	06:19+	03:38+	02:21+	03:10+	05:28+	03:24+	01:12+	01:46-	00:36+
00:07+	00:11+	00:22#	00:57&	00:24-	03:48@	00:14+	00:25#	00:18#	02:10&	00:45&	00:09#	00:29-	00:08&
19	Tor Sverre Skåra	266										48:54	
03:02+	10:43+	13:28+	17:20+	19:29+	23:09+	26:50+	31:27+	35:32+	39:54+	43:50+	46:00+	48:21+	48:54+
03:02+	07:41+	02:45+	03:52+	02:09-	03:40+	03:41+	04:37+	04:05+	04:22+	03:56+	02:10+	02:21+	00:33+
00:25#	01:07#	01:16&	00:25#	02:43-	01:09&	00:17+	02:41@	01:13&	01:04&	01:17&	01:07@	00:06+	00:05#

Class	Navn	Klasse												Tid
20	Geir Haugvaldstad	116												48:57
02:15-	07:00-	08:39-	19:45+	21:58+	26:52+	30:13+	33:23+	36:06+	41:15+	45:45+	46:50+	48:26+	48:57+	
02:15-	04:45-	01:39+	11:06+	02:13-	04:54+	03:21-	03:10+	02:43-	05:09+	04:30+	01:05+	01:36-	00:31+	
00:22-	01:49-	00:10#	07:39#	02:39-	02:23&	00:03-	01:14&	00:09-	01:51&	01:51&	00:02+	00:39-	00:03#	
21	Stein Arve Finnstad	287												50:04
03:12+	10:01+	12:28+	16:14+	19:09+	24:25+	29:32+	31:49+	36:16+	40:53+	44:44+	46:10+	49:27+	50:04+	
03:12+	06:49+	02:27+	03:46+	02:48-	05:23+	05:07+	02:17+	04:27+	04:37+	03:51+	01:26+	03:17+	00:37+	
00:35#	00:15+	00:58&	00:19+	02:04-	02:52@	01:43&	00:21#	01:35&	01:19&	01:12&	00:23&	01:02&	00:09&	
22	Jarl Steinar Berntsen	27												51:55
04:20+	11:23+	13:04+	16:38+	19:09+	24:33+	29:53+	32:37+	38:18+	43:00+	47:10+	48:43+	51:06+	51:55+	
04:20+	07:03+	01:41+	03:34+	02:31-	05:24+	05:20+	02:44+	05:41+	04:42+	04:10+	01:33+	02:23+	00:49+	
01:43&	00:29+	00:12#	00:07+	02:21-	02:53@	01:56&	00:48&	02:49&	01:24&	01:31&	00:30&	00:08+	00:21&	
23	Jone Kalheim	93												52:57
03:08+	12:29+	16:44+	20:11+	23:20+	26:53+	30:03+	32:01+	36:03+	39:11+	42:31+	43:47+	52:25+	52:57+	
03:08+	09:21+	04:15+	03:27#	03:09-	03:33+	03:10-	01:58+	04:02+	03:08-	03:20+	01:16+	08:38+	00:32+	
00:31#	02:47&	02:46@	00:00=	01:43-	01:02&	00:14-	00:02+	01:10&	00:10-	00:41&	00:13#	06:23@	00:04#	
24	Per Ivar Hovstad	116												55:13
03:06+	13:50+	21:04+	24:20+	26:11+	31:26+	35:48+	38:45+	42:50+	47:44+	50:56+	52:28+	54:41+	55:13+	
03:06+	10:44+	07:14+	03:16-	01:51-	05:15+	04:22+	02:57+	04:05+	04:54+	03:12+	01:32+	02:13-	00:32+	
00:29#	04:10&	05:45@	00:11-	03:01-	02:44@	00:58&	01:01&	01:13&	01:36&	00:33#	00:29&	00:02-	00:04#	
25	Christof Schätz	239												55:54
04:09+	12:09+	14:43+	18:40+	25:40+	29:44+	34:20+	37:18+	42:04+	46:38+	51:08+	52:55+	55:07+	55:54+	
04:09+	08:00+	02:34+	03:57+	07:00+	04:04+	04:36+	02:58+	04:46+	04:34+	04:30+	01:47+	02:12-	00:47+	
01:32&	01:26#	01:05&	00:30#	02:08&	01:33&	01:12&	01:02&	01:54&	01:16&	01:51&	00:44&	00:03-	00:19&	
26	Harald Taksdal	236												58:40
03:44+	11:49+	14:06+	18:41+	21:27+	30:15+	35:24+	37:49+	42:38+	50:11+	53:48+	55:32+	57:54+	58:40+	
03:44+	08:05+	02:17+	04:35+	02:46-	08:48+	05:09+	02:25+	04:49+	07:33+	03:37+	01:44+	02:22+	00:46+	
01:07&	01:31#	00:48&	01:08&	02:06-	06:17@	01:45&	00:29#	01:57&	04:15@	00:58&	00:41&	00:07+	00:18&	
27	Magnar Møller	62												58:51
03:13+	09:52+	11:49+	15:35+	17:29-	31:39+	36:45+	38:56+	43:08+	48:08+	52:27+	56:03+	58:09+	58:51+	
03:13+	06:39+	01:57+	03:46+	01:54-	14:10+	05:06+	02:11+	04:12+	05:00+	04:19+	03:36+	02:06-	00:42+	
00:36#	00:05+	00:28&	00:19+	02:58-	11:39@	01:42&	00:15#	01:20&	01:42&	01:40&	02:33@	00:09-	00:14&	
28	Arnstein Hoff	116												59:44
04:03+	10:19+	16:37+	20:12+	26:13+	32:43+	36:24+	38:58+	47:02+	50:34+	54:09+	55:47+	59:10+	59:44+	
04:03+	06:16-	06:18+	03:35+	06:01+	06:30+	03:41+	02:34+	08:04+	03:32+	03:35+	01:38+	03:23+	00:34+	
01:26&	00:18-	04:49@	00:08+	01:09#	03:59@	00:17+	00:38&	05:12@	00:14+	00:56&	00:35&	01:08&	00:06#	
29	Raymond B. Pettersen	105												59:55
02:58+	11:29+	13:25+	18:03+	20:48+	32:22+	37:34+	40:40+	45:27+	49:58+	53:57+	55:38+	59:20+	59:55+	
02:58+	08:31+	01:56+	04:38+	02:45-	11:34+	05:12+	03:06+	04:47+	04:31+	03:59+	01:41+	03:42+	00:35+	
00:21#	01:57&	00:27&	01:11&	02:07-	09:03@	01:48&	01:10&	01:55&	01:13&	01:20&	00:38&	01:27&	00:07#	
30	Ingve Vold	54												1:03:52
03:47+	12:15+	14:09+	17:35+	21:01+	25:14+	37:49+	40:03+	43:47+	52:49+	56:09+	57:42+	63:18+	63:52+	
03:47+	08:28+	01:54+	03:26-	03:26-	04:13+	12:35+	02:14+	03:44+	09:02+	03:20+	01:33+	05:36+	00:34+	
01:10&	01:54&	00:25&	00:01-	01:26-	01:42&	09:11@	00:18#	00:52&	05:44@	00:41&	00:30&	03:21@	00:06#	
31	Ove Mæstad	67												1:22:28
11:10+	18:52+	21:28+	28:47+	35:13+	41:48+	46:40+	50:54+	54:55+	69:28+	73:41+	76:04+	81:42+	82:28+	
11:10+	07:42+	02:36+	07:19+	06:26+	06:35+	04:52+	04:14+	04:01+	14:33+	04:13+	02:23+	05:38+	00:46+	
08:33@	01:08#	01:07&	03:52@	01:34&	04:04@	01:28&	02:18@	01:09&	11:15@	01:34&	01:20@	03:23@	00:18&	
Beste strekktid for klassen														
02:15	04:45	01:29	02:34	01:41	02:31	03:00	01:55	02:43	02:46	02:39	01:03	01:28	00:27	

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

Herrer 60 - 64 år

1	Geir Bjaanes	116												31:18
01:32=	06:17=	08:20=	10:12=	12:00=	15:00=	16:32=	18:12=	20:37=	22:10=	25:07=	27:44=	29:02=	30:27=	31:18=
01:32=	04:45=	02:03=	01:52=	01:48=	03:00=	01:32=	01:40=	02:25=	01:33=	02:57=	02:37=	01:18=	01:25=	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=	00:00=	00:00=

Class	Navn	Klasse										Tid		
2	Harald Jansen	289										35:59		
02:22+	07:35+	09:32+	12:19+	14:23+	21:12+	22:47+	24:30+	26:51+	28:21+	31:30+	32:39+	33:52+	35:24+	35:59+
02:22+	05:13+	01:57-	02:47+	02:04+	06:49+	01:35+	01:43+	02:21-	01:30-	03:09+	01:09-	01:13-	01:32+	00:35-
00:50&	00:28+	00:06-	00:55&	00:16#	03:49@	00:03+	00:03+	00:04-	00:03-	00:12+	01:28-	00:05-	00:07+	00:16-
3	Lars Bergersen	116										36:37		
01:51+	08:33+	11:09+	13:11+	15:08+	18:20+	20:16+	22:17+	25:18+	27:16+	30:46+	32:16+	33:36+	35:53+	36:37+
01:51+	06:42+	02:36+	02:02+	01:57+	03:12+	01:56+	02:01+	03:01+	01:58+	03:30+	01:30-	01:20+	02:17+	00:44-
00:19#	01:57&	00:33&	00:10+	00:09+	00:12+	00:24&	00:21#	00:36#	00:25&	00:33#	01:07-	00:02+	00:52&	00:07-
4	Sveinung Svebestad	46										43:39		
01:56+	08:16+	10:49+	15:30+	18:10+	22:14+	24:45+	27:00+	30:40+	32:32+	36:27+	38:17+	40:32+	42:56+	43:39+
01:56+	06:20+	02:33+	04:41+	02:40+	04:04+	02:31+	02:15+	03:40+	01:52+	03:55+	01:50-	02:15+	02:24+	00:43-
00:24&	01:35&	00:30#	02:49@	00:52&	01:04&	00:59&	00:35&	01:15&	00:19#	00:58&	00:47-	00:57&	00:59&	00:08-
5	Tor Inge Halvorsen	5										43:59		
01:53+	08:12+	10:48+	12:50+	14:33+	18:38+	20:34+	24:02+	27:07+	29:03+	38:44+	40:01+	41:47+	43:18+	43:59+
01:53+	06:19+	02:36+	02:02+	01:43-	04:05+	01:56+	03:28+	03:05+	01:56+	09:41+	01:17-	01:46+	01:31+	00:41-
00:21#	01:34&	00:33&	00:10+	00:05-	01:05&	00:24&	01:48@	00:40&	00:23#	06:44@	01:20-	00:28&	00:06+	00:10-
6	Inge Skretting	165										45:31		
01:44+	08:06+	10:49+	13:38+	15:42+	20:32+	23:49+	25:52+	29:02+	30:46+	34:13+	39:46+	43:06+	44:55+	45:31+
01:44+	06:22+	02:43+	02:49+	02:04+	04:50+	03:17+	02:03+	03:10+	01:44+	03:27+	05:33+	03:20+	01:49+	00:36-
00:12#	01:37&	00:40&	00:57&	00:16#	01:50&	01:45@	00:23#	00:45&	00:11#	00:30#	02:56@	02:02@	00:24&	00:15-
7	Torbjørn Dahle	92										46:12		
02:11+	09:10+	11:50+	14:29+	19:07+	22:42+	25:00+	28:19+	31:33+	34:01+	38:20+	41:03+	43:18+	45:24+	46:12+
02:11+	06:59+	02:40+	02:39+	04:38+	03:35+	02:18+	03:19+	03:14+	02:28+	04:19+	02:43+	02:15+	02:06+	00:48-
00:39&	02:14&	00:37&	00:47&	02:50@	00:35#	00:46&	01:39&	00:49&	00:55&	01:22&	00:06+	00:57&	00:41&	00:03-
8	Arne Øvstebø	71										47:25		
06:52+	13:43+	17:06+	19:26+	21:56+	26:19+	29:10+	31:26+	35:02+	37:28+	41:29+	43:16+	44:53+	46:50+	47:25+
06:52+	06:51+	03:23+	02:20+	02:30+	04:23+	02:51+	02:16+	03:36+	02:26+	04:01+	01:47-	01:37+	01:57+	00:35-
05:20@	02:06&	01:20&	00:28#	00:42&	01:23&	01:19&	00:36&	01:11&	00:53&	01:04&	00:50-	00:19#	00:32&	00:16-
9	Ivar Knutsen	116										48:31		
02:00+	08:28+	11:03+	13:44+	17:01+	23:46+	28:32+	32:37+	36:00+	38:20+	42:14+	43:47+	45:25+	47:47+	48:31+
02:00+	06:28+	02:35+	02:41+	03:17+	06:45+	04:46+	04:05+	03:23+	02:20+	03:54+	01:33-	01:38+	02:22+	00:44-
00:28&	01:43&	00:32&	00:49&	01:29&	03:45@	03:14@	02:25@	00:58&	00:47&	00:57&	01:04-	00:20&	00:57&	00:07-
10	Torbjørn Salthe	125										48:40		
01:59+	07:47+	10:53+	13:33+	17:50+	26:54+	29:17+	32:51+	35:53+	37:52+	42:33+	44:29+	46:00+	48:01+	48:40+
01:59+	05:48+	03:06+	02:40+	04:17+	09:04+	02:23+	03:34+	03:02+	01:59+	04:41+	01:56-	01:31+	02:01+	00:39-
00:27&	01:03#	01:03&	00:48&	02:29@	06:04@	00:51&	01:54@	00:37&	00:26&	01:44&	00:41-	00:13#	00:36&	00:12-
11	Per Ingar Hadland	7										49:08		
02:21+	10:25+	13:48+	16:20+	18:30+	25:30+	28:01+	30:57+	34:55+	37:16+	41:50+	43:49+	45:54+	48:14+	49:08+
02:21+	08:04+	03:23+	02:32+	02:10+	07:00+	02:31+	02:56+	03:58+	02:21+	04:34+	01:59-	02:05+	02:20+	00:54+
00:49&	03:19&	01:20&	00:40&	00:22#	04:00@	00:59&	01:16&	01:33&	00:48&	01:37&	00:38-	00:47&	00:55&	00:03+
12	Svein Magne Gloppen	93										50:50		
03:26+	11:20+	15:08+	21:03+	24:07+	27:49+	31:36+	34:25+	38:03+	40:18+	43:49+	45:45+	47:39+	49:46+	50:50+
03:26+	07:54+	03:48+	05:55+	03:04+	03:42+	03:47+	02:49+	03:38+	02:15+	03:31+	01:56-	01:54+	02:07+	01:04+
01:54@	03:09&	01:45&	04:03@	01:16&	00:42#	02:15@	01:09&	01:13&	00:42&	00:34#	00:41-	00:36&	00:42&	00:13&
13	Arne Mong Birkeland	39										51:31		
09:04+	14:13+	16:09+	24:52+	27:38+	33:52+	35:40+	37:23+	39:54+	41:18+	44:22+	45:30+	49:16+	50:58+	51:31+
09:04+	05:09+	01:56-	08:43+	02:46+	06:14+	01:48+	01:43+	02:31+	01:24-	03:04+	01:08-	03:46+	01:42+	00:33-
07:32@	00:24+	00:07-	06:51@	00:58&	03:14@	00:16#	00:03+	00:06+	00:09-	00:07+	01:29-	02:28@	00:17#	00:18-
14	Morten Johannessen	7										51:50		
02:04+	07:15+	09:29+	14:15+	25:25+	29:21+	31:57+	33:44+	36:12+	37:45+	40:42+	43:45+	48:53+	51:02+	51:50+
02:04+	05:11+	02:14+	04:46+	11:10+	03:56+	02:36+	01:47+	02:28+	01:33=	02:57=	03:03+	05:08+	02:09+	00:48-
00:32&	00:26+	00:11+	02:54@	09:22@	00:56&	01:04&	00:07+	00:03+	00:00=	00:00=	00:26#	03:50@	00:44&	00:03-
15	John C. Sinnes	93										54:53		
02:18+	10:30+	14:07+	23:39+	26:16+	34:29+	37:03+	40:25+	43:24+	45:26+	48:47+	50:45+	52:14+	54:16+	54:53+
02:18+	08:12+	03:37+	09:32+	02:37+	08:13+	02:34+	03:22+	02:59+	02:02+	03:21+	01:58-	01:29+	02:02+	00:37-
00:46&	03:27&	01:34&	07:40@	00:49&	05:13@	01:02&	01:42@	00:34#	00:29&	00:24#	00:39-	00:11#	00:37&	00:14-
16	Kjell Lervik	239										56:23		
02:58+	11:06+	14:40+	17:33+	25:33+	29:40+	32:02+	35:09+	39:17+	41:44+	46:11+	48:07+	53:40+	55:30+	56:23+
02:58+	08:08+	03:34+	02:53+	08:00+	04:07+	02:22+	03:07+	04:08+	02:27+	04:27+	01:56-	05:33+	01:50+	00:53+
01:26&	03:23&	01:31&	01:01&	06:12@	01:07&	00:50&	01:27&	01:43&	00:54&	01:30&	00:41-	04:15@	00:25&	00:02+

Class	Navn	Klasse												Tid
17	Arne Nygaard	66												57:48
03:43+	11:09+	14:31+	23:06+	30:21+	34:31+	37:22+	41:49+	45:25+	47:46+	51:57+	53:34+	55:07+	57:10+	57:48+
03:43+	07:26+	03:22+	08:35+	07:15+	04:10+	02:51+	04:27+	03:36+	02:21+	04:11+	01:37-	01:33+	02:03+	00:38-
02:11@	02:41&	01:19&	06:43@	05:27@	01:10&	01:19&	02:47@	01:11&	00:48&	01:14&	01:00-	00:15#	00:38&	00:13-

Beste strekktid for klassen

01:32 04:45 01:56 01:52 01:43 03:00 01:32 01:40 02:21 01:24 02:57 01:08 01:13 01:25 00:33

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

Herrer 65 - 69 år

1	Arne Kristian Espedal	68												30:52
01:49=	06:32=	08:30=	10:23=	11:39=	16:13=	18:40=	20:09=	22:21=	23:38=	26:17=	27:30=	28:34=	30:18=	30:52=
01:49=	04:43=	01:58=	01:53=	01:16=	04:34=	02:27=	01:29=	02:12=	01:17=	02:39=	01:13=	01:04=	01:44=	00:34=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Bjarne Gimre	88												38:05
02:19+	09:23+	11:44+	14:07+	15:54+	19:44+	21:40+	24:57+	27:57+	29:37+	33:00+	34:20+	35:52+	37:30+	38:05+
02:19+	07:04+	02:21+	02:23+	01:47+	03:50-	01:56-	03:17+	03:00+	01:40+	03:23+	01:20+	01:32+	01:38-	00:35+
00:30&	02:21&	00:23#	00:30&	00:31&	00:44-	00:31-	01:48@	00:48&	00:23&	00:44&	00:07+	00:28&	00:06-	00:01+
3	Ivar Johan Larsen	46												41:17
01:50+	09:01+	12:09+	15:44+	17:50+	21:45+	24:03+	26:30+	29:38+	31:38+	35:31+	37:07+	38:40+	40:33+	41:17+
01:50+	07:11+	03:08+	03:35+	02:06+	03:55-	02:18-	02:27+	03:08+	02:00+	03:53+	01:36+	01:33+	01:53+	00:44+
00:01+	02:28&	01:10&	01:42&	00:50&	00:39-	00:09-	00:58&	00:56&	00:43&	01:14&	00:23&	00:29&	00:09+	00:10&
4	Arne Magne Handeland	92												42:03
01:53+	08:32+	12:14+	15:31+	17:29+	22:42+	25:00+	27:17+	30:18+	32:25+	36:08+	37:23+	39:00+	41:15+	42:03+
01:53+	06:39+	03:42+	03:17+	01:58+	05:13+	02:18-	02:17+	03:01+	02:07+	03:43+	01:15+	01:37+	02:15+	00:48+
00:04+	01:56&	01:44&	01:24&	00:42&	00:39#	00:09-	00:48&	00:49&	00:50&	01:04&	00:02+	00:33&	00:31&	00:14&
5	Bjørn Sivertsen	99												42:24
01:55+	08:39+	11:22+	13:38+	15:50+	20:41+	22:43+	26:33+	29:58+	31:57+	35:40+	37:27+	39:35+	41:49+	42:24+
01:55+	06:44+	02:43+	02:16+	02:12+	04:51+	02:02-	03:50+	03:25+	01:59+	03:43+	01:47+	02:08+	02:14+	00:35+
00:06+	02:01&	00:45&	00:23#	00:56&	00:17+	00:25-	02:21@	01:13&	00:42&	01:04&	00:34&	01:04&	00:30&	00:01+
6	Torbjørn Evensen	108												42:32
02:42+	08:05+	10:29+	13:09+	18:42+	22:09+	24:44+	27:13+	30:13+	32:00+	35:26+	36:48+	40:12+	41:50+	42:32+
02:42+	05:23+	02:24+	02:40+	05:33+	03:27-	02:35+	02:29+	03:00+	01:47+	03:26+	01:22+	03:24+	01:38-	00:42+
00:53&	00:40#	00:26#	00:47&	04:17@	01:07-	00:08+	01:00&	00:48&	00:30&	00:47&	00:09#	02:20@	00:06-	00:08#
7	Olav Tunheim	93												43:28
02:40+	08:52+	11:44+	15:22+	18:08+	25:02+	27:37+	29:36+	32:37+	34:30+	37:53+	39:20+	41:04+	42:55+	43:28+
02:40+	06:12+	02:52+	03:38+	02:46+	06:54+	02:35+	01:59+	03:01+	01:53+	03:23+	01:27+	01:44+	01:51+	00:33-
00:51&	01:29&	00:54&	01:45&	01:30@	02:20&	00:08+	00:30&	00:49&	00:36&	00:44&	00:14#	00:40&	00:07+	00:01-
8	Jan Arendal	116												45:49
02:25+	09:51+	13:05+	15:36+	18:04+	22:39+	24:54+	28:00+	32:01+	34:15+	38:47+	40:40+	42:30+	44:55+	45:49+
02:25+	07:26+	03:14+	02:31+	02:28+	04:35+	02:15-	03:06+	04:01+	02:14+	04:32+	01:53+	01:50+	02:25+	00:54+
00:36&	02:43&	01:16&	00:38&	01:12&	00:01+	00:12-	01:37@	01:49&	00:57&	01:53&	00:40&	00:46&	00:41&	00:20&
9	Tor Geir Espedal	115												47:38
02:12+	09:03+	14:36+	20:03+	22:27+	27:41+	29:42+	32:36+	35:57+	38:05+	41:50+	43:28+	45:01+	46:50+	47:38+
02:12+	06:51+	05:33+	05:27+	02:24+	05:14+	02:01-	02:54+	03:21+	02:08+	03:45+	01:38+	01:33+	01:49+	00:48+
00:23#	02:08&	03:35@	03:34@	01:08&	00:40#	00:26-	01:25&	01:09&	00:51&	01:06&	00:25&	00:29&	00:05+	00:14&
10	Bjørn Tore Aase	29												53:41
02:48+	10:35+	14:22+	17:44+	20:12+	27:51+	30:26+	34:03+	38:14+	41:03+	45:52+	47:52+	50:09+	52:46+	53:41+
02:48+	07:47+	03:47+	03:22+	02:28+	07:39+	02:35+	03:37+	04:11+	02:49+	04:49+	02:00+	02:17+	02:37+	00:55+
00:59&	03:04&	01:49&	01:29&	01:12&	03:05&	00:08+	02:08@	01:59&	01:32@	02:10&	00:47&	01:13@	00:53&	00:21&
11	Arnstein Skretting	54												53:56
02:39+	09:48+	13:46+	16:42+	20:01+	27:51+	30:28+	35:24+	39:03+	41:15+	45:15+	48:17+	50:25+	53:03+	53:56+
02:39+	07:09+	03:58+	02:56+	03:19+	07:50+	02:37+	04:56+	03:39+	02:12+	04:00+	03:02+	02:08+	02:38+	00:53+
00:50&	02:26&	02:00@	01:03&	02:03@	03:16&	00:10+	03:27@	01:27&	00:55&	01:21&	01:49@	01:04&	00:54&	00:19&
12	Bjørn Vidar Gunvaldsen	29												1:01:57
06:28+	13:26+	16:25+	18:42+	26:13+	30:53+	33:47+	37:48+	41:10+	44:17+	48:27+	50:00+	59:22+	61:05+	61:57+
06:28+	06:58+	02:59+	02:17+	07:31+	04:40+	02:54+	04:01+	03:22+	03:07+	04:10+	01:33+	09:22+	01:43-	00:52+
04:39@	02:15&	01:01&	00:24#	06:15@	00:06+	00:27#	02:32@	01:10&	01:50@	01:31&	00:20&	08:18@	00:01-	00:18&

Class	Navn	Klasse												Tid
13	Sveinung Tveit	236												1:04:07
07:18+	15:01+	17:58+	21:50+	25:03+	31:09+	33:29+	35:51+	43:25+	45:43+	50:09+	58:03+	61:18+	63:16+	64:07+
07:18+	07:43+	02:57+	03:52+	03:13+	06:06+	02:20-	02:22+	07:34+	02:18+	04:26+	07:54+	03:15+	01:58+	00:51+
05:29@	03:00&	00:59&	01:59@	01:57@	01:32&	00:07-	00:53&	05:22@	01:01&	01:47&	06:41@	02:11@	00:14#	00:17&
14	Ommund Bakkevold	68												1:04:28
02:27+	10:47+	14:39+	19:19+	22:48+	29:31+	32:26+	37:18+	42:10+	44:50+	49:56+	52:06+	61:08+	63:28+	64:28+
02:27+	08:20+	03:52+	04:40+	03:29+	06:43+	02:55+	04:52+	04:52+	02:40+	05:06+	02:10+	09:02+	02:20+	01:00+
00:38&	03:37&	01:54&	02:47@	02:13@	02:09&	00:28#	03:23@	02:40@	01:23@	02:27&	00:57&	07:58@	00:36&	00:26&
15	Terje Stokkeland	69												1:05:09
10:09+	17:01+	19:57+	22:56+	25:39+	34:12+	36:35+	39:20+	45:10+	47:16+	51:25+	55:26+	61:01+	64:10+	65:09+
10:09+	06:52+	02:56+	02:59+	02:43+	08:33+	02:23-	02:45+	05:50+	02:06+	04:09+	04:01+	05:35+	03:09+	00:59+
08:20@	02:09&	00:58&	01:06&	01:27@	03:59&	00:04-	01:16&	03:38@	00:49&	01:30&	02:48@	04:31@	01:25&	00:25&
16	Rolf Kleppe	63												1:16:59
08:57+	17:18+	20:52+	26:05+	31:20+	46:25+	51:30+	55:29+	60:26+	62:31+	68:41+	70:32+	73:14+	75:47+	76:59+
08:57+	08:21+	03:34+	05:13+	05:15+	15:05+	05:05+	03:59+	04:57+	02:05+	06:10+	01:51+	02:42+	02:33+	01:12+
07:08@	03:38&	01:36&	03:20@	03:59@	10:31@	02:38@	02:30@	02:45@	00:48&	03:31@	00:38&	01:38@	00:49&	00:38@
Beste strekktid for klassen														
01:49	04:43	01:58	01:53	01:16	03:27	01:56	01:29	02:12	01:17	02:39	01:13	01:04	01:38	00:33

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

Herrer 70 - 74 år

1	Bjørn Alsaker	115												30:59
01:41=	06:57=	09:04=	10:38=	12:26=	14:53=	17:45=	19:29=	22:09=	23:47=	26:40=	27:51=	28:58=	30:32=	30:59=
01:41=	05:16=	02:07=	01:34=	01:48=	02:27=	02:52=	01:44=	02:40=	01:38=	02:53=	01:11=	01:07=	01:34=	00:27=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Asgeir Bell	117												34:55
01:49+	08:10+	10:33+	12:17+	14:02+	16:53+	18:30+	20:23+	23:49+	25:53+	29:30+	31:01+	32:32+	34:15+	34:55+
01:49+	06:21+	02:23+	01:44+	01:45-	02:51+	01:37-	01:53+	03:26+	02:04+	03:37+	01:31+	01:31+	01:43+	00:40+
00:08+	01:05#	00:16#	00:10#	00:03-	00:24#	01:15-	00:09+	00:46&	00:26&	00:44&	00:20&	00:24&	00:09+	00:13&
3	Arne Østensen	395												40:00
02:08+	08:00+	11:00+	13:33+	15:32+	19:01+	20:57+	23:53+	27:12+	29:06+	34:10+	35:26+	37:03+	39:17+	40:00+
02:08+	05:52+	03:00+	02:33+	01:59+	03:29+	01:56-	02:56+	03:19+	01:54+	05:04+	01:16+	01:37+	02:14+	00:43+
00:27&	00:36#	00:53&	00:59&	00:11#	01:02&	00:56-	01:12&	00:39#	00:16#	02:11&	00:05+	00:30&	00:40&	00:16&
4	Ragnvald Frøyland	128												40:40
02:39+	08:56+	11:33+	13:58+	15:56+	19:41+	21:59+	25:43+	29:41+	31:36+	35:03+	36:27+	38:09+	40:01+	40:40+
02:39+	06:17+	02:37+	02:25+	01:58+	03:45+	02:18-	03:44+	03:58+	01:55+	03:27+	01:24+	01:42+	01:52+	00:39+
00:58&	01:01#	00:30#	00:51&	00:10+	01:18&	00:34-	02:00@	01:18&	00:17#	00:34#	00:13#	00:35&	00:18#	00:12&
5	Gunnar Sakseid	116												40:43
01:56+	07:59+	10:27+	13:09+	17:14+	22:06+	24:10+	27:27+	30:07+	31:58+	35:06+	36:36+	38:09+	39:52+	40:43+
01:56+	06:03+	02:28+	02:42+	04:05+	04:52+	02:04-	03:17+	02:40=	01:51+	03:08+	01:30+	01:33+	01:43+	00:51+
00:15#	00:47#	00:21#	01:08&	02:17@	02:25&	00:48-	01:33&	00:00=	00:13#	00:15+	00:19&	00:26&	00:09+	00:24&
6	Kjell Ivar Skjørestad	92												41:47
02:49+	09:12+	12:06+	15:12+	17:37+	21:29+	23:10+	26:04+	28:49+	30:42+	34:05+	36:31+	39:02+	41:00+	41:47+
02:49+	06:23+	02:54+	03:06+	02:25+	03:52+	01:41-	02:54+	02:45+	01:53+	03:23+	02:26+	02:31+	01:58+	00:47+
01:08&	01:07#	00:47&	01:32&	00:37&	01:25&	01:11-	01:10&	00:05+	00:15#	00:30#	01:15@	01:24@	00:24&	00:20&
7	Svein Berge	126												41:51
01:34-	07:14+	09:47+	13:08+	15:19+	21:37+	26:54+	28:54+	31:27+	32:55+	36:18+	37:39+	39:13+	40:57+	41:51+
01:34-	05:40+	02:33+	03:21+	02:11+	06:18+	05:17+	02:00+	02:33-	01:28-	03:23+	01:21+	01:34+	01:44+	00:54+
00:07-	00:24+	00:26#	01:47@	00:23#	03:51@	02:25&	00:16#	00:07-	00:10-	00:30#	00:10#	00:27&	00:10#	00:27&
8	Jan Hetland	29												42:29
02:32+	08:28+	11:03+	13:35+	15:53+	19:51+	22:18+	25:23+	32:07+	33:52+	37:02+	38:19+	39:47+	41:55+	42:29+
02:32+	05:56+	02:35+	02:32+	02:18+	03:58+	02:27-	03:05+	06:44+	01:45+	03:10+	01:17+	01:28+	02:08+	00:34+
00:51&	00:40#	00:28#	00:58&	00:30&	01:31&	00:25-	01:21&	04:04@	00:07+	00:17+	00:06+	00:21&	00:34&	00:07&
9	Jan Inge Lunde	88												43:25
02:12+	09:12+	13:48+	16:12+	17:59+	21:48+	23:47+	27:05+	30:14+	32:26+	36:41+	38:16+	40:28+	42:32+	43:25+
02:12+	07:00+	04:36+	02:24+	01:47-	03:49+	01:59-	03:18+	03:09+	02:12+	04:15+	01:35+	02:12+	02:04+	00:53+
00:31&	01:44&	02:29@	00:50&	00:01-	01:22&	00:53-	01:34&	00:29#	00:34&	01:22&	00:24&	01:05&	00:30&	00:26&

Class	Navn	Klasse												Tid
10	Gudmund Gausel	115												44:19
02:10+	09:31+	12:20+	14:25+	16:02+	20:19+	24:21+	27:16+	33:43+	38:06+	39:45+	41:30+	43:36+	44:19+	
02:10+	07:21+	02:49+	02:05+	01:37-	04:17+	04:02+	02:55+	03:56+	02:31+	04:23+	01:39+	01:45+	02:06+	
00:29&	02:05&	00:42&	00:31&	00:11-	01:50&	01:10&	01:11&	01:16&	00:53&	01:30&	00:28&	00:38&	00:32&	
11	Eivind L. Rake	92												45:57
03:40+	10:34+	13:10+	15:48+	19:30+	22:28+	24:28+	28:15+	31:44+	33:39+	39:26+	40:52+	42:38+	44:42+	
03:40+	06:54+	02:36+	02:38+	03:42+	02:58+	02:00-	03:47+	03:29+	01:55+	05:47+	01:26+	01:46+	02:04+	
01:59@	01:38&	00:29#	01:04&	01:54@	00:31#	00:52-	02:03@	00:49&	00:17#	02:54@	00:15#	00:39&	00:30&	
12	Harry Breiland	66												49:15
02:53+	10:27+	13:57+	16:42+	20:47+	25:36+	28:05+	31:00+	34:31+	36:43+	40:37+	42:33+	46:08+	48:26+	
02:53+	07:34+	03:30+	02:45+	04:05+	04:49+	02:29-	02:55+	03:31+	02:12+	03:54+	01:56+	03:35+	02:18+	
01:12&	02:18&	01:23&	01:11&	02:17@	02:22&	00:23-	01:11&	00:51&	00:34&	01:01&	00:45&	02:28@	00:44&	
13	Jostein Tunheim	116												50:21
02:19+	11:13+	13:48+	19:57+	22:37+	30:03+	32:13+	35:12+	38:42+	40:43+	44:39+	46:02+	47:50+	49:44+	
02:19+	08:54+	02:35+	06:09+	02:40+	07:26+	02:10-	02:59+	03:30+	02:01+	03:56+	01:23+	01:48+	01:54+	
00:38&	03:38&	00:28#	04:35@	00:52&	04:59@	00:42-	01:15&	00:50&	00:23#	01:03&	00:12#	00:41&	00:20#	
14	Leif Kåre Lende	128												59:28
02:00+	10:36+	25:19+	30:17+	32:54+	38:34+	40:23+	42:39+	45:52+	47:46+	51:22+	53:14+	55:19+	58:58+	
02:00+	08:36+	14:43+	04:58+	02:37+	05:40+	01:49-	02:16+	03:13+	01:54+	03:36+	01:52+	02:05+	03:39+	
00:19#	03:20&	12:36@	03:24@	00:49&	03:13@	01:03-	00:32&	00:33#	00:16#	00:43#	00:41&	00:58&	02:05@	
15	Arne Hope	43												1:01:13
02:16+	10:12+	13:58+	17:26+	31:57+	37:13+	40:14+	43:26+	47:22+	49:41+	54:04+	56:07+	58:04+	60:23+	
02:16+	07:56+	03:46+	03:28+	14:31+	05:16+	03:01+	03:12+	03:56+	02:19+	04:23+	02:03+	01:57+	02:19+	
00:35&	02:40&	01:39&	01:54@	12:43@	02:49@	00:09+	01:28&	01:16&	00:41&	01:30&	00:52&	00:50&	00:45&	
16	Tore R. Tvedt	395												1:02:13
02:16+	10:35+	13:44+	20:01+	26:39+	34:36+	37:43+	40:51+	44:22+	47:06+	51:50+	53:51+	58:31+	61:10+	
02:16+	08:19+	03:09+	06:17+	06:38+	07:57+	03:07+	03:08+	03:31+	02:44+	04:44+	02:01+	04:40+	02:39+	
00:35&	03:03&	01:02&	04:43@	04:50@	05:30@	00:15+	01:24&	00:51&	01:06&	01:51&	00:50&	03:33@	01:05&	
17	Svein Ims	65												1:03:59
05:13+	12:15+	15:35+	18:56+	37:53+	42:04+	44:05+	47:05+	50:50+	53:08+	56:59+	59:44+	61:16+	63:20+	
05:13+	07:02+	03:20+	03:21+	18:57+	04:11+	02:01-	03:00+	03:45+	02:18+	03:51+	02:45+	01:32+	02:04+	
03:32@	01:46&	01:13&	01:47@	17:09@	01:44&	00:51-	01:16&	01:05&	00:40&	00:58&	01:34@	00:25&	00:30&	
18	Kjell Ingar Olsen	50												1:15:14
02:57+	10:44+	13:54+	23:57+	39:11+	44:04+	46:40+	52:45+	58:31+	61:13+	65:17+	69:44+	71:30+	74:25+	
02:57+	07:47+	03:10+	10:03+	15:14+	04:53+	02:36-	06:05+	05:46+	02:42+	04:04+	04:27+	01:46+	02:55+	
01:16&	02:31&	01:03&	08:29@	13:26@	02:26&	00:16-	04:21@	03:06@	01:04&	01:11&	03:16@	00:39&	01:21&	
19	Torgeir Færevåg	125												1:26:16
04:06+	11:29+	27:21+	34:14+	45:01+	50:59+	55:11+	61:36+	67:12+	71:24+	77:09+	78:47+	81:19+	85:10+	
04:06+	07:23+	15:52+	06:53+	10:47+	05:58+	04:12+	06:25+	05:36+	04:12+	05:45+	01:38+	02:32+	03:51+	
02:25@	02:07&	13:45@	05:19@	08:59@	03:31@	01:20&	04:41@	02:56@	02:34@	02:52&	00:27&	01:25@	02:17@	
20	Olav Habbestad	116												1:42:55
01:58+	33:27+	36:37+	47:02+	55:14+	64:19+	69:01+	72:09+	76:02+	78:09+	83:06+	92:55+	99:21+	102:20+	
01:58+	31:29+	03:10+	10:25+	08:12+	09:05+	04:42+	03:08+	03:53+	02:07+	04:57+	09:49+	06:26+	02:59+	
00:17#	26:13@	01:03&	08:51@	06:24@	06:38@	01:50&	01:24&	01:13&	00:29&	02:04&	08:38@	05:19@	01:25&	
Beste strekktid for klassen														
01:34	05:16	02:07	01:34	01:37	02:27	01:37	01:44	02:33	01:28	02:53	01:11	01:07	01:34	

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

Herrer 75 - 79 år

1	Finn Morten Årstad	115												35:35
02:02=	05:41=	09:47=	12:14=	14:24=	17:45=	21:26=	23:11=	27:43=	31:09=	32:41=	34:53=	35:35=		
02:02=	03:39=	04:06=	02:27=	02:10=	03:21=	03:41=	01:45=	04:32=	03:26=	01:32=	02:12=	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=		
2	Kjell Svihus	154												37:13
03:24+	06:42+	10:46+	13:23+	15:43+	18:49+	21:58+	24:16+	28:42+	32:18+	33:41+	36:32+	37:13+		
03:24+	03:18-	04:04-	02:37+	02:20+	03:06-	03:09-	02:18+	04:26-	03:36+	01:23-	02:51+	00:41-		
01:22&	00:21-	00:02-	00:10+	00:10+	00:15-	00:32-	00:33&	00:06-	00:10+	00:09-	00:39&	00:01-		

Class	Navn	Klasse										Tid	
3	Arvid Thorsen	5										38:24	
	02:24+	05:38-	09:30-	12:28+	16:20+	19:48+	23:49+	25:49+	30:15+	33:56+	35:23+	37:29+	38:24+
	02:24+	03:14-	03:52-	02:58+	03:52+	03:28+	04:01+	02:00+	04:26-	03:41+	01:27-	02:06-	00:55+
	00:22#	00:25-	00:14-	00:31#	01:42&	00:07+	00:20+	00:15#	00:06-	00:15+	00:05-	00:06-	00:13&
4	Knut Skjæveland	93										39:49	
	04:18+	07:18+	11:35+	14:31+	17:34+	19:47+	23:41+	26:16+	31:05+	35:12+	36:56+	38:57+	39:49+
	04:18+	03:00-	04:17+	02:56+	03:03+	02:13-	03:54+	02:35+	04:49+	04:07+	01:44+	02:01-	00:52+
	02:16@	00:39-	00:11+	00:29#	00:53&	01:08-	00:13+	00:50&	00:17+	00:41#	00:12#	00:11-	00:10#
5	Hermann Skogsholm	53										42:59	
	02:21+	06:06+	10:10+	13:07+	16:27+	19:10+	24:52+	28:24+	33:40+	37:44+	39:38+	42:06+	42:59+
	02:21+	03:45+	04:04-	02:57+	03:20+	02:43-	05:42+	03:32+	05:16+	04:04+	01:54+	02:28+	00:53+
	00:19#	00:06+	00:02-	00:30#	01:10&	00:38-	02:01&	01:47@	00:44#	00:38#	00:22#	00:16#	00:11&
6	Øyvind Egeskog	5										43:03	
	02:42+	06:41+	11:10+	17:35+	19:34+	22:32+	26:36+	29:37+	34:41+	38:28+	40:07+	42:20+	43:03+
	02:42+	03:59+	04:29+	06:25+	01:59-	02:58-	04:04+	03:01+	05:04+	03:47+	01:39+	02:13+	00:43+
	00:40&	00:20+	00:23+	03:58@	00:11-	00:23-	00:23#	01:16&	00:32#	00:21#	00:07+	00:01+	00:01+
7	Hilmar Røthing	128										43:48	
	05:28+	09:02+	13:21+	15:52+	18:59+	22:10+	25:15+	27:14+	31:44+	35:13+	40:48+	43:06+	43:48+
	05:28+	03:34-	04:19+	02:31+	03:07+	03:11-	03:05-	01:59+	04:30-	03:29+	05:35+	02:18+	00:42=
	03:26@	00:05-	00:13+	00:04+	00:57&	00:10-	00:36-	00:14#	00:02-	00:03+	04:03@	00:06+	00:00=
8	Olav Dag Borgersen	154										47:11	
	02:37+	07:05+	11:49+	15:28+	18:20+	24:40+	29:05+	31:22+	37:53+	41:45+	43:38+	46:18+	47:11+
	02:37+	04:28+	04:44+	03:39+	02:52+	06:20+	04:25+	02:17+	06:31+	03:52+	01:53+	02:40+	00:53+
	00:35&	00:49#	00:38#	01:12&	00:42&	02:59&	00:44#	00:32&	01:59&	00:26#	00:21#	00:28#	00:11&
9	Kjell Langvik	93										50:54	
	02:20+	06:41+	14:49+	18:59+	22:07+	27:20+	34:01+	36:17+	42:25+	46:12+	47:53+	50:08+	50:54+
	02:20+	04:21+	08:08+	04:10+	03:08+	05:13+	06:41+	02:16+	06:08+	03:47+	01:41+	02:15+	00:46+
	00:18#	00:42#	04:02&	01:43&	00:58&	01:52&	03:00&	00:31&	01:36&	00:21#	00:09+	00:03+	00:04+
10	Geir Husdal	93										52:10	
	02:27+	05:57+	10:44+	13:52+	23:04+	25:38+	30:40+	33:28+	38:26+	42:21+	48:29+	51:17+	52:10+
	02:27+	03:30-	04:47+	03:08+	09:12+	02:34-	05:02+	02:48+	04:58+	03:55+	06:08+	02:48+	00:53+
	00:25#	00:09-	00:41#	00:41&	07:02@	00:47-	01:21&	01:03&	00:26+	00:29#	04:36@	00:36&	00:11&
11	Steinar Undheim	54										55:55	
	04:53+	09:09+	13:30+	16:31+	26:47+	29:19+	35:55+	41:10+	47:01+	50:58+	52:31+	54:57+	55:55+
	04:53+	04:16+	04:21+	03:01+	10:16+	02:32-	06:36+	05:15+	05:51+	03:57+	01:33+	02:26+	00:58+
	02:51@	00:37#	00:15+	00:34#	08:06@	00:49-	02:55&	03:30@	01:19&	00:31#	00:01+	00:14#	00:16&
12	Tormod Aaslid	54										1:02:15	
	05:11+	11:10+	17:01+	20:27+	23:45+	27:02+	32:38+	35:09+	42:43+	50:41+	52:47+	60:53+	62:15+
	05:11+	05:59+	05:51+	03:26+	03:18+	03:17-	05:36+	02:31+	07:34+	07:58+	02:06+	08:06+	01:22+
	03:09@	02:20&	01:45&	00:59&	01:08&	00:04-	01:55&	00:46&	03:02&	04:32@	00:34&	05:54@	00:40&
13	Norvald Skretting	43										1:04:21	
	01:59-	05:31-	09:59+	14:56+	37:57+	42:21+	47:03+	49:22+	54:36+	59:16+	61:00+	63:25+	64:21+
	01:59-	03:32-	04:28+	04:57+	23:01+	04:24+	04:42+	02:19+	05:14+	04:40+	01:44+	02:25+	00:56+
	00:03-	00:07-	00:22+	02:30@	20:51@	01:03&	01:01&	00:34&	00:42#	01:14&	00:12#	00:13+	00:14&
14	Arne Karlsen	105										1:10:53	
	03:22+	09:00+	15:54+	20:00+	24:29+	28:58+	36:04+	45:40+	54:14+	61:13+	63:44+	69:26+	70:53+
	03:22+	05:38+	06:54+	04:06+	04:29+	04:29+	07:06+	09:36+	08:34+	06:59+	02:31+	05:42+	01:27+
	01:20&	01:59&	02:48&	01:39&	02:19@	01:08&	03:25&	07:51@	04:02&	03:33@	00:59&	03:30@	00:45@
Beste strekktid for klassen													
	01:59	03:00	03:52	02:27	01:59	02:13	03:05	01:45	04:26	03:26	01:23	02:01	00:41
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													
Herrer 80 år og eldre													
1	Terje Braut	92										41:51	
	01:37=	04:45=	09:05=	13:55=	16:46=	22:21=	27:43=	30:13=	35:03=	37:11=	39:49=	41:51=	
	01:37=	03:08=	04:20=	04:50=	02:51=	05:35=	05:22=	02:30=	04:50=	02:08=	02:38=	02:02=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

Class	Navn	Klasse										Tid
2	Arne Brandsberg	29										49:39
02:01+	04:38-	11:03+	16:25+	19:43+	25:10+	32:20+	35:30+	41:42+	44:14+	46:51+	49:39+	
02:01+	02:37-	06:25+	05:22+	03:18+	05:27-	07:10+	03:10+	06:12+	02:32+	02:37-	02:48+	
00:24#	00:31-	02:05&	00:32#	00:27#	00:08-	01:48&	00:40&	01:22&	00:24#	00:01-	00:46&	
3	Magne Jakobsen	63										50:30
02:22+	06:33+	11:38+	19:18+	24:32+	29:13+	36:05+	38:46+	43:35+	45:47+	48:02+	50:30+	
02:22+	04:11+	05:05+	07:40+	05:14+	04:41-	06:52+	02:41+	04:49-	02:12+	02:15-	02:28+	
00:45&	01:03&	00:45#	02:50&	02:23&	00:54-	01:30&	00:11+	00:01-	00:04+	00:23-	00:26#	
4	Sigurd Krosli	93										50:56
02:47+	05:53+	10:20+	17:39+	20:31+	25:36+	32:21+	35:05+	41:06+	42:51+	48:32+	50:56+	
02:47+	03:06-	04:27+	07:19+	02:52+	05:05-	06:45+	02:44+	06:01+	01:45-	05:41+	02:24+	
01:10&	00:02-	00:07+	02:29&	00:01+	00:30-	01:23&	00:14+	01:11#	00:23-	03:03@	00:22#	
5	Jan Bekkeheien	92										51:40
02:45+	05:01+	09:23+	15:08+	18:19+	23:14+	30:18+	36:01+	42:48+	44:43+	48:51+	51:40+	
02:45+	02:16-	04:22+	05:45+	03:11+	04:55-	07:04+	05:43+	06:47+	01:55-	04:08+	02:49+	
01:08&	00:52-	00:02+	00:55#	00:20#	00:40-	01:42&	03:13@	01:57&	00:13-	01:30&	00:47&	
6	Alf Gyland	92										53:25
01:55+	04:21-	08:31-	15:25+	26:01+	30:29+	36:37+	39:19+	45:39+	47:49+	50:13+	53:25+	
01:55+	02:26-	04:10-	06:54+	10:36+	04:28-	06:08+	02:42+	06:20+	02:10+	02:24-	03:12+	
00:18#	00:42-	00:10-	02:04&	07:45@	01:07-	00:46#	00:12+	01:30&	00:02+	00:14-	01:10&	
7	Kjell Maudal	63										56:37
04:25+	09:09+	14:25+	20:15+	23:15+	28:22+	35:25+	41:01+	47:55+	49:49+	54:00+	56:37+	
04:25+	04:44+	05:16+	05:50+	03:00+	05:07-	07:03+	05:36+	06:54+	01:54-	04:11+	02:37+	
02:48@	01:36&	00:56#	01:00#	00:09+	00:28-	01:41&	03:06@	02:04&	00:14-	01:33&	00:35&	
8	Magne Westerheim	93										59:06
05:36+	09:25+	14:29+	21:12+	24:26+	30:24+	41:09+	44:25+	51:23+	53:31+	55:44+	59:06+	
05:36+	03:49+	05:04+	06:43+	03:14+	05:58+	10:45+	03:16+	06:58+	02:08=	02:13-	03:22+	
03:59@	00:41#	00:44#	01:53&	00:23#	00:23+	05:23@	00:46&	02:08&	00:00=	00:25-	01:20&	
9	Torleiv Møgedal	68										1:29:10
07:59+	12:18+	18:26+	24:34+	30:20+	48:39+	56:21+	60:15+	67:51+	76:24+	85:58+	89:10+	
07:59+	04:19+	06:08+	06:08+	05:46+	18:19+	07:42+	03:54+	07:36+	08:33+	09:34+	03:12+	
06:22@	01:11&	01:48&	01:18&	02:55@	12:44@	02:20&	01:24&	02:46&	06:25@	06:56@	01:10&	
Beste strekktid for klassen												
01:37	02:16	04:10	04:50	02:51	04:28	05:22	02:30	04:49	01:45	02:13	02:02	

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

Herrer A

1	Fredrik Omdal	375										30:53				
01:11=	03:03=	07:23=	10:15=	12:18=	13:44=	14:58=	16:24=	19:05=	20:31=	22:39=	26:20=	27:20=	28:28=	29:41=	30:33=	30:53=
01:11=	01:52=	04:20=	02:52=	02:03=	01:26=	01:14=	01:26=	02:41=	01:26=	02:08=	03:41=	01:00=	01:08=	01:13=	00:52=	00:20=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Harald Kalager	7										33:52				
01:13+	03:03=	08:05+	11:04+	13:09+	14:29+	15:50+	17:53+	21:01+	22:32+	24:40+	28:40+	29:47+	31:08+	32:32+	33:27+	33:52+
01:13+	01:50-	05:02+	02:59+	02:05+	01:20-	01:21+	02:03+	03:08+	01:31+	02:08=	04:00+	01:07+	01:21+	01:24+	00:55+	00:25+
00:02+	00:02-	00:42#	00:07+	00:02+	00:06-	00:07+	00:37&	00:27#	00:05+	00:00=	00:19+	00:07#	00:13#	00:11#	00:03+	00:05#
3	Fredrik Sandal	88										35:00				
01:19+	03:25+	08:12+	11:22+	13:19+	14:50+	17:04+	18:43+	21:29+	22:44+	25:34+	29:37+	30:51+	32:15+	33:37+	34:35+	35:00+
01:19+	02:06+	04:47+	03:10+	01:57-	01:31+	02:14+	01:39+	02:46+	01:15-	02:50+	04:03+	01:14+	01:24+	01:22+	00:58+	00:25+
00:08#	00:14#	00:27#	00:18#	00:06-	00:05+	01:00&	00:13#	00:05+	00:11-	00:42&	00:22+	00:14#	00:16#	00:09#	00:06#	00:05#
4	Thomas Olsen Schive	126										35:15				
01:00-	03:02-	08:41+	12:13+	14:29+	15:57+	17:24+	19:08+	21:56+	23:10+	25:22+	29:54+	30:58+	32:24+	33:47+	34:46+	35:15+
01:00-	02:02+	05:39+	03:32+	02:16+	01:28+	01:27+	01:44+	02:48+	01:14-	02:12+	04:32+	01:04+	01:26+	01:23+	00:59+	00:29+
00:11-	00:10+	01:19&	00:40#	00:13#	00:02+	00:13#	00:18#	00:07+	00:12-	00:04+	00:51#	00:04+	00:18&	00:10#	00:07#	00:09&
5	Stian Haugvaldstad	116										37:25				
01:14+	03:03=	07:54+	11:19+	13:55+	15:33+	17:17+	19:02+	22:17+	24:18+	27:01+	31:22+	33:00+	34:24+	35:59+	36:57+	37:25+
01:14+	01:49-	04:51+	03:25+	02:36+	01:38+	01:44+	01:45+	03:15+	02:01+	02:43+	04:21+	01:38+	01:24+	01:35+	00:58+	00:28+
00:03+	00:03-	00:31#	00:33#	00:33&	00:12#	00:30&	00:19#	00:34#	00:35&	00:35&	00:40#	00:38&	00:16#	00:22&	00:06#	00:08&

Class	Navn	Klasse														Tid
6	Andreas Mykkeltveit Terjesen	43														37:57
01:27+	04:23+	09:12+	13:15+	15:36+	17:08+	18:54+	20:42+	23:22+	25:19+	27:28+	32:04+	33:31+	34:44+	36:27+	37:34+	37:57+
01:27+	02:56+	04:49+	04:03+	02:21+	01:32+	01:46+	01:48+	02:40-	01:57+	02:09+	04:36+	01:27+	01:13+	01:43+	01:07+	00:23+
00:16#	01:04#	00:29#	01:11#	00:18#	00:06+	00:32#	00:22#	00:01-	00:31#	00:01+	00:55#	00:27#	00:05+	00:30#	00:15#	00:03#
7	Martin Blystad	115														39:29
01:14+	03:26+	08:50+	11:56+	14:57+	16:33+	18:16+	20:07+	23:38+	25:19+	28:00+	32:46+	34:52+	36:18+	38:00+	39:03+	39:29+
01:14+	02:12+	05:24+	03:06+	03:01+	01:36+	01:43+	01:51+	03:31+	01:41+	02:41+	04:46+	02:06+	01:26+	01:42+	01:03+	00:26+
00:03+	00:20#	01:04#	00:14+	00:58#	00:10#	00:29#	00:25#	00:50#	00:15#	00:33#	01:05#	01:06#	00:18#	00:29#	00:11#	00:06#
8	Marius Stene	27														41:25
01:32+	03:24+	08:47+	12:17+	14:32+	16:38+	20:48+	23:18+	26:40+	28:14+	31:08+	36:00+	37:10+	38:30+	40:03+	40:58+	41:25+
01:32+	01:52=	05:23+	03:30+	02:15+	02:06+	04:10+	02:30+	03:22+	01:34+	02:54+	04:52+	01:10+	01:20+	01:33+	00:55+	00:27+
00:21#	00:00=	01:03#	00:38#	00:12+	00:40#	02:56#	01:04#	00:41#	00:08+	00:46#	01:11#	00:10#	00:12#	00:20#	00:03+	00:07#
9	Joakim B. Enne Haug	71														42:34
01:32+	04:28+	10:26+	14:07+	17:24+	19:58+	22:03+	24:05+	27:09+	28:43+	31:42+	36:26+	37:46+	39:17+	40:56+	42:06+	42:34+
01:32+	02:56+	05:58+	03:41+	03:17+	02:34+	02:05+	02:02+	03:04+	01:34+	02:59+	04:44+	01:20+	01:31+	01:39+	01:10+	00:28+
00:21#	01:04#	01:38#	00:49#	01:14#	01:08#	00:51#	00:36#	00:23#	00:08+	00:51#	01:03#	00:20#	00:23#	00:26#	00:18#	00:08#
10	Svein Kyllingstad	71														44:14
01:06-	05:24+	11:29+	14:58+	17:51+	19:46+	21:37+	23:38+	26:43+	28:41+	31:42+	37:10+	39:22+	40:44+	42:26+	43:42+	44:14+
01:06-	04:18+	06:05+	03:29+	02:53+	01:55+	01:51+	02:01+	03:05+	01:58+	03:01+	05:28+	02:12+	01:22+	01:42+	01:16+	00:32+
00:05-	02:26#	01:45#	00:37#	00:50#	00:29#	00:37#	00:35#	00:24#	00:32#	00:53#	01:47#	01:12#	00:14#	00:29#	00:24#	00:12#
11	Torbjørn Ims Østby	66														44:45
01:17+	03:43+	09:48+	14:10+	20:59+	22:29+	24:27+	26:46+	29:56+	31:37+	33:58+	39:10+	40:19+	41:41+	43:14+	44:19+	44:45+
01:17+	02:26+	06:05+	04:22+	06:49+	01:30+	01:58+	02:19+	03:10+	01:41+	02:21+	05:12+	01:09+	01:22+	01:33+	01:05+	00:26+
00:06+	00:34#	01:45#	01:30#	04:46#	00:04+	00:44#	00:53#	00:29#	00:15#	00:13#	01:31#	00:09#	00:14#	00:20#	00:13#	00:06#
12	Håkon Eggebø	71														48:20
01:34+	04:04+	10:06+	17:25+	22:26+	24:11+	25:59+	28:18+	31:39+	33:12+	37:20+	42:25+	43:36+	45:02+	46:36+	47:54+	48:20+
01:34+	02:30+	06:02+	07:19+	05:01+	01:45+	01:48+	02:19+	03:21+	01:33+	04:08+	05:05+	01:11+	01:26+	01:34+	01:18+	00:26+
00:23#	00:38#	01:42#	04:27#	02:58#	00:19#	00:34#	00:53#	00:40#	00:07+	02:00#	01:24#	00:11#	00:18#	00:21#	00:26#	00:06#

Beste strekktid for klassen

01:00 01:49 04:20 02:52 01:57 01:20 01:14 01:26 02:40 01:14 02:08 03:41 01:00 01:08 01:13 00:52 00:20

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

Herrer B

1	Aart Joakim in't Veld	93														33:43
01:11=	02:46=	07:31=	11:10=	13:01=	14:31=	15:55=	17:32=	20:17=	21:25=	23:44=	28:02=	29:02=	30:39=	32:06=	33:02=	33:43=
01:11=	01:35=	04:45=	03:39=	01:51=	01:30=	01:24=	01:37=	02:45=	01:08=	02:19=	04:18=	01:00=	01:37=	01:27=	00:56=	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=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Magnus Landstad	66														35:30
01:15+	03:22+	08:10+	11:09-	13:55+	15:19+	16:43+	18:28+	21:32+	23:02+	25:32+	29:46+	31:00+	32:25+	34:03+	35:00+	35:30+
01:15+	02:07+	04:48+	02:59-	02:46+	01:24-	01:24=	01:45+	03:04+	01:30+	02:30+	04:14-	01:14+	01:25-	01:38+	00:57+	00:30-
00:04+	00:32#	00:03+	00:40-	00:55#	00:06-	00:00=	00:08+	00:19#	00:22#	00:11+	00:04-	00:14#	00:12-	00:11#	00:01+	00:11-
3	Odd Ivar Karlsen	76														36:15
01:35+	03:39+	08:48+	12:08+	14:11+	15:59+	17:24+	19:06+	22:10+	23:43+	26:07+	30:48+	31:51+	33:15+	34:50+	35:50+	36:15+
01:35+	02:04+	05:09+	03:20-	02:03+	01:48+	01:25+	01:42+	03:04+	01:33+	02:24+	04:41+	01:03+	01:24-	01:35+	01:00+	00:25-
00:24#	00:29#	00:24+	00:19-	00:12#	00:18#	00:01+	00:05+	00:19#	00:25#	00:05+	00:23+	00:03+	00:13-	00:08+	00:04+	00:16-
4	Øyvind Rummelhoff	27														39:12
01:33+	03:44+	09:19+	13:45+	16:20+	17:51+	19:30+	21:18+	24:27+	26:04+	28:51+	33:39+	34:52+	36:16+	37:41+	38:42+	39:12+
01:33+	02:11+	05:35+	04:26+	02:35+	01:33+	01:39+	01:48+	03:09+	01:37+	02:47+	04:48+	01:13+	01:24-	01:25-	01:01+	00:30-
00:22#	00:36#	00:50#	00:47#	00:44#	00:01+	00:15#	00:11#	00:24#	00:29#	00:28#	00:30#	00:13#	00:13-	00:02-	00:05+	00:11-
5	Tor Gunnar Aksland	116														39:20
01:31+	03:54+	08:59+	13:34+	16:03+	17:46+	19:48+	22:08+	25:01+	26:23+	29:07+	33:26+	34:37+	35:58+	37:28+	38:51+	39:20+
01:31+	02:23+	05:05+	04:35+	02:29+	01:43+	02:02+	02:20+	02:53+	01:22+	02:44+	04:19+	01:11+	01:21-	01:30+	01:23+	00:29-
00:20#	00:48#	00:20+	00:56#	00:38#	00:13#	00:38#	00:43#	00:08+	00:14#	00:25#	00:01+	00:11#	00:16-	00:03+	00:27#	00:12-
6	Oddgeir Eikeskog	93														39:22
01:26+	03:24+	08:39+	12:01+	15:36+	17:15+	18:49+	20:36+	23:39+	25:16+	28:03+	33:42+	34:46+	36:04+	37:45+	38:48+	39:22+
01:26+	01:58+	05:15+	03:22-	03:35+	01:39+	01:34+	01:47+	03:03+	01:37+	02:47+	05:39+	01:04+	01:18-	01:41+	01:03+	00:34-
00:15#	00:23#	00:30#	00:17-	01:44#	00:09#	00:10#	00:10#	00:18#	00:29#	00:28#	01:21#	00:04+	00:19-	00:14#	00:07#	00:07-

Class	Navn	Klasse												Tid			
7	Arne Eirk Nielsen	386												39:25			
01:20+	03:13+	08:38+	13:53+	16:35+	18:04+	19:49+	21:54+	24:37+	26:14+	29:23+	33:44+	34:53+	36:16+	38:01+	39:01+	39:25+	
01:20+	01:53+	05:25+	05:15+	02:42+	01:29-	01:45+	02:05+	02:43-	01:37+	03:09+	04:21+	01:09+	01:23-	01:45+	01:00+	00:24-	
00:09#	00:18#	00:40#	01:36&	00:51&	00:01-	00:21#	00:28&	00:02-	00:29&	00:50&	00:03+	00:09#	00:14-	00:18#	00:04+	00:17-	
8	Joar Eilevstjønn	67												40:06			
01:21+	03:12+	08:23+	12:26+	14:51+	17:04+	18:45+	20:35+	24:16+	26:24+	29:59+	34:19+	35:41+	36:59+	38:28+	39:39+	40:06+	
01:21+	01:51+	05:11+	04:03+	02:25+	02:13+	01:41+	01:50+	03:41+	02:08+	03:35+	04:20+	01:22+	01:18-	01:29+	01:11+	00:27-	
00:10#	00:16#	00:26+	00:24#	00:34&	00:43&	00:17#	00:13#	00:56&	01:00&	01:16&	00:02+	00:22&	00:19-	00:02+	00:15&	00:14-	
9	Geir Sand	105												40:36			
01:26+	03:39+	08:43+	13:57+	16:54+	18:43+	20:37+	22:29+	25:24+	27:07+	29:59+	34:40+	35:44+	37:18+	39:03+	40:06+	40:36+	
01:26+	02:13+	05:04+	05:14+	02:57+	01:49+	01:54+	01:52+	02:55+	01:43+	02:52+	04:41+	01:04+	01:34-	01:45+	01:03+	00:30-	
00:15#	00:38&	00:19+	01:35&	01:06&	00:19#	00:30&	00:15#	00:10+	00:35&	00:33#	00:23+	00:04+	00:03-	00:18#	00:07#	00:11-	
10	Trond Sigurd Fotland	66												41:06			
01:33+	03:30+	09:21+	12:58+	16:08+	17:54+	21:00+	22:49+	25:51+	27:26+	30:13+	35:07+	36:21+	37:45+	39:24+	40:34+	41:06+	
01:33+	01:57+	05:51+	03:37-	03:10+	01:46+	03:06+	01:49+	03:02+	01:35+	02:47+	04:54+	01:14+	01:24-	01:39+	01:10+	00:32-	
00:22&	00:22#	01:06#	00:02-	01:19&	00:16#	01:42#	00:12#	00:17#	00:27&	00:28#	00:36#	00:14#	00:13-	00:12#	00:14#	00:09-	
11	Tom Furland	62												42:32			
01:59+	04:12+	10:17+	13:33+	16:26+	18:29+	19:52+	23:12+	26:38+	28:01+	30:43+	36:06+	37:22+	39:10+	40:52+	41:54+	42:32+	
01:59+	02:13+	06:05+	03:16-	02:53+	02:03+	01:23-	03:20+	03:26+	01:23+	02:42+	05:23+	01:16+	01:48+	01:42+	01:02+	00:38-	
00:48&	00:38&	01:20&	00:23-	01:02&	00:33&	00:01-	01:43@	00:41#	00:15#	00:23#	01:05&	00:16&	00:11#	00:15#	00:06#	00:03-	
12	Thomas Johansen	111												46:30			
01:28+	03:58+	09:46+	14:07+	17:51+	19:50+	21:56+	25:03+	28:38+	30:44+	34:08+	39:34+	41:06+	42:49+	44:40+	45:57+	46:30+	
01:28+	02:30+	05:48+	04:21+	03:44+	01:59+	02:06+	03:07+	03:35+	02:06+	03:24+	05:26+	01:32+	01:43+	01:51+	01:17+	00:33-	
00:17#	00:55&	01:03#	00:42#	01:53@	00:29&	00:42&	01:30&	00:50&	00:58&	01:05&	01:08&	00:32&	00:06+	00:24&	00:21&	00:08-	
13	Espen Fyhn Nilsen	116												51:04			
02:08+	04:38+	12:18+	16:37+	19:37+	21:48+	23:58+	27:14+	31:08+	33:05+	36:42+	42:48+	44:34+	46:36+	48:37+	50:29+	51:04+	
02:08+	02:30+	07:40+	04:19+	03:00+	02:11+	02:10+	03:16+	03:54+	01:57+	03:37+	06:06+	01:46+	02:02+	02:01+	01:52+	00:35-	
00:57&	00:55&	02:55&	00:40#	01:09&	00:41&	00:46&	01:39@	01:09&	00:49&	01:18&	01:48&	00:46&	00:25&	00:34&	00:56&	00:06-	
14	Jørgen Breivold	54												51:32			
01:26+	05:17+	10:51+	16:52+	23:05+	25:01+	27:09+	29:24+	32:28+	34:11+	37:12+	42:06+	43:49+	48:04+	49:48+	51:02+	51:32+	
01:26+	03:51+	05:34+	06:01+	06:13+	01:56+	02:08+	02:15+	03:04+	01:43+	03:01+	04:54+	01:43+	04:15+	01:44+	01:14+	00:30-	
00:15#	02:16@	00:49#	02:22&	04:22@	00:26&	00:44&	00:38&	00:19#	00:35&	00:42&	00:36#	00:43&	02:38@	00:17#	00:18&	00:11-	
Beste strekktid for klassen																	
	01:11	01:35	04:45	02:59	01:51	01:24	01:23	01:37	02:43	01:08	02:19	04:14	01:00	01:18	01:25	00:56	00:24

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

Herrer C

1	Kjetil Wirak	114												32:22			
02:09=	05:36=	07:49=	09:35=	10:46=	12:30=	15:17=	18:00=	19:27=	21:24=	25:14=	27:16=	29:26=	30:55=	31:56=	32:22=		
02:09=	03:27=	02:13=	01:46=	01:11=	01:44=	02:47=	02:43=	01:27=	01:57=	03:50=	02:02=	02:10=	01:29=	01:01=	00:26=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Nils John Vestøl	83												35:47			
02:04-	05:50+	08:10+	10:02+	11:22+	13:02+	15:40+	18:49+	20:27+	22:28+	27:22+	29:38+	32:02+	33:49+	35:20+	35:47+		
02:04-	03:46+	02:20+	01:52+	01:20+	01:40-	02:38-	03:09+	01:38+	02:01+	04:54+	02:16+	02:24+	01:47+	01:31+	00:27+		
00:05-	00:19+	00:07+	00:06+	00:09#	00:04-	00:09-	00:26#	00:11#	00:04+	01:04&	00:14#	00:14#	00:18#	00:30&	00:01+		
3	Morten Aamodt	116												35:48			
03:15+	07:09+	09:24+	11:24+	13:39+	15:09+	17:11+	20:04+	21:34+	23:41+	28:41+	30:36+	32:34+	34:03+	35:13+	35:48+		
03:15+	03:54+	02:15+	02:00+	02:15+	01:30-	02:02-	02:53+	01:30+	02:07+	05:00+	01:55-	01:58-	01:29=	01:10+	00:35+		
01:06&	00:27#	00:02+	00:14#	01:04&	00:14-	00:45-	00:10+	00:03+	00:10+	01:10&	00:07-	00:12-	00:00=	00:09#	00:09&		
4	Terje Michaelsen	47												36:30			
02:03-	05:26-	07:28-	09:18-	11:36+	13:50+	17:57+	20:46+	22:12+	24:08+	28:48+	30:55+	33:31+	35:00+	36:06+	36:30+		
02:03-	03:23-	02:02-	01:50+	02:18+	02:14+	04:07+	02:49+	01:26-	01:56-	04:40+	02:07+	02:36+	01:29=	01:06+	00:24-		
00:06-	00:04-	00:11-	00:04+	01:07&	00:30&	01:20&	00:06+	00:01-	00:01-	00:50#	00:05+	00:26#	00:00=	00:05+	00:02-		
5	Leif Kjetil Hinna Gausel	116												37:32			
02:02-	05:44+	07:54+	09:49+	10:59+	13:28+	17:05+	21:45+	23:20+	25:26+	29:50+	32:02+	34:15+	35:44+	37:02+	37:32+		
02:02-	03:42+	02:10-	01:55+	01:10-	02:29+	03:37+	04:40+	01:35+	02:06+	04:24+	02:12+	02:13+	01:29=	01:18+	00:30+		
00:07-	00:15+	00:03-	00:09+	00:01-	00:45&	00:50&	01:57&	00:08+	00:09+	00:34#	00:10+	00:03+	00:00=	00:17&	00:04#		

Class	Navn	Klasse											Tid			
6	Jan Einar Øvremo	50											37:48			
02:09=	06:07+	08:25+	10:30+	11:51+	13:35+	17:00+	20:30+	22:15+	24:16+	29:29+	31:34+	33:55+	35:50+	37:19+	37:48+	
02:09=	03:58+	02:18+	02:05+	01:21+	01:44=	03:25+	03:30+	01:45+	02:01+	05:13+	02:05+	02:21+	01:55+	01:29+	00:29+	
00:00=	00:31#	00:05+	00:19#	00:10#	00:00=	00:38#	00:47&	00:18#	00:04+	01:23&	00:03+	00:11+	00:26&	00:28&	00:03#	
7	Trond Nilsen Lamark	46											39:36			
02:54+	07:15+	10:09+	12:05+	13:28+	16:17+	18:44+	21:40+	23:26+	25:38+	30:55+	33:14+	35:47+	37:36+	39:01+	39:36+	
02:54+	04:21+	02:54+	01:56+	01:23+	02:49+	02:27-	02:56+	01:46+	02:12+	05:17+	02:19+	02:33+	01:49+	01:25+	00:35+	
00:45&	00:54&	00:41&	00:10+	00:12#	01:05&	00:20-	00:13+	00:19#	00:15#	01:27&	00:17#	00:23#	00:20#	00:24&	00:09&	
8	Pål H. Gjerden	116											41:36			
02:23+	06:56+	09:22+	11:42+	13:08+	17:11+	19:35+	22:23+	25:05+	27:39+	33:00+	35:20+	37:29+	39:25+	40:55+	41:36+	
02:23+	04:33+	02:26+	02:20+	01:26+	04:03+	02:24-	02:48+	02:42+	02:34+	05:21+	02:20+	02:09-	01:56+	01:30+	00:41+	
00:14#	01:06&	00:13+	00:34&	00:15#	02:19@	00:23-	00:05+	01:15&	00:37&	01:31&	00:18#	00:01-	00:27&	00:29&	00:15&	
9	Pål Bårdsen	394											42:08			
04:16+	09:02+	11:45+	13:38+	16:10+	18:43+	21:23+	24:54+	26:31+	28:59+	33:55+	36:33+	38:40+	40:32+	41:39+	42:08+	
04:16+	04:46+	02:43+	01:53+	02:32+	02:33+	02:40-	03:31+	01:37+	02:28+	04:56+	02:38+	02:07-	01:52+	01:07+	00:29+	
02:07&	01:19&	00:30#	00:07+	01:21@	00:49&	00:07-	00:48&	00:10#	00:31&	01:06&	00:36&	00:03-	00:23&	00:06+	00:03#	
10	Oddmund Nordgård	105											42:14			
02:41+	06:44+	09:13+	11:41+	13:25+	16:51+	20:11+	23:40+	25:41+	29:41+	34:10+	36:16+	38:48+	40:35+	41:42+	42:14+	
02:41+	04:03+	02:29+	02:28+	01:44+	03:26+	03:20+	03:29+	02:01+	04:00+	04:29+	02:06+	02:32+	01:47+	01:07+	00:32+	
00:32#	00:36#	00:16#	00:42&	00:33&	01:42&	00:33#	00:46&	00:34&	02:03@	00:39#	00:04+	00:22#	00:18#	00:06+	00:06#	
11	Paul Terje Haarr	62											43:09			
02:39+	07:04+	09:29+	11:36+	13:09+	15:35+	18:46+	24:48+	26:40+	29:22+	34:48+	36:58+	39:36+	41:27+	42:41+	43:09+	
02:39+	04:25+	02:25+	02:07+	01:33+	02:26+	01:33+	06:02+	01:52+	02:42+	05:26+	02:10+	02:38+	01:51+	01:14+	00:28+	
00:30#	00:58&	00:12+	00:21#	00:22&	00:42&	00:24#	03:19@	00:25&	00:45&	01:36&	00:08+	00:28#	00:22#	00:13#	00:02+	
12	Bertrand Denieul	42											46:10			
02:33+	07:05+	09:23+	11:25+	12:53+	20:52+	24:00+	27:08+	30:11+	32:24+	37:07+	39:53+	42:29+	44:07+	45:43+	46:10+	
02:33+	04:32+	02:18+	02:02+	01:28+	07:59+	03:08+	03:08+	03:03+	02:13+	04:43+	02:46+	02:36+	01:38+	01:36+	00:27+	
00:24#	01:05&	00:05+	00:16#	00:17#	06:15@	00:21#	00:25#	01:36@	00:16#	00:53#	00:44&	00:26#	00:09#	00:35&	00:01+	
13	Øistein Haaland	116											46:23			
02:55+	07:29+	10:52+	12:56+	14:25+	18:22+	22:21+	25:38+	28:00+	31:24+	37:07+	39:36+	42:12+	44:11+	45:42+	46:23+	
02:55+	04:34+	03:23+	02:04+	01:29+	03:57+	03:59+	03:17+	02:22+	03:24+	05:43+	02:29+	02:36+	01:59+	01:31+	00:41+	
00:46&	01:07&	01:10&	00:18#	00:18&	02:13@	01:12&	00:34#	00:55&	01:27&	01:53&	00:27#	00:26#	00:30&	00:30&	00:15&	
14	Sturle Omdal	116											46:30			
03:56+	08:51+	11:19+	13:30+	15:20+	20:07+	23:20+	26:19+	28:31+	30:46+	35:53+	39:26+	41:59+	43:37+	45:30+	46:30+	
03:56+	04:55+	02:28+	02:11+	01:50+	04:47+	03:13+	02:59+	02:12+	02:15+	05:07+	03:33+	02:33+	01:38+	01:53+	01:00+	
01:47&	01:28&	00:15#	00:25#	00:39&	03:03@	00:26#	00:16+	00:45&	00:18#	01:17&	01:31&	00:23#	00:09#	00:52&	00:34@	
15	Øystein Fuglestad	46											49:10			
02:28+	06:51+	09:30+	11:45+	13:10+	21:09+	24:48+	28:59+	31:18+	35:17+	40:09+	42:43+	45:13+	47:05+	48:30+	49:10+	
02:28+	04:23+	02:39+	02:15+	01:25+	07:59+	03:39+	04:11+	02:19+	03:59+	04:52+	02:34+	02:30+	01:52+	01:25+	00:40+	
00:19#	00:56&	00:26#	00:29&	00:14#	06:15@	00:52&	01:28&	00:52&	02:02@	01:02&	00:32&	00:20#	00:23&	00:24&	00:14&	
16	Erling Mauland	83											53:56			
02:48+	07:15+	09:48+	12:02+	13:44+	23:46+	28:02+	32:03+	34:29+	38:28+	43:46+	46:51+	49:32+	51:43+	53:14+	53:56+	
02:48+	04:27+	02:33+	02:14+	01:42+	10:02+	04:16+	04:01+	02:26+	03:59+	05:18+	03:05+	02:41+	02:11+	01:31+	00:42+	
00:39&	01:00&	00:20#	00:28&	00:31&	08:18@	01:29&	01:18&	00:59&	02:02@	01:28&	01:03&	00:31#	00:42&	00:30&	00:16&	
17	Øivind Berggraf	116											54:05			
03:36+	08:10+	10:34+	12:39+	15:11+	18:12+	21:11+	33:24+	35:46+	37:59+	42:44+	45:24+	48:55+	51:39+	52:57+	54:05+	
03:36+	04:34+	02:24+	02:05+	02:32+	03:01+	02:59+	12:13+	02:22+	02:13+	04:45+	02:40+	03:31+	02:44+	01:18+	01:08+	
01:27&	01:07&	00:11+	00:19#	01:21@	01:17&	00:12+	09:30@	00:55&	00:16#	00:55#	00:38&	01:21&	01:15&	00:17&	00:42@	
18	Ove Oaland	116											54:23			
03:18+	08:01+	10:51+	13:28+	19:34+	25:10+	29:53+	33:45+	35:56+	38:40+	44:00+	47:15+	49:52+	52:18+	53:52+	54:23+	
03:18+	04:43+	02:50+	02:37+	06:06+	05:36+	04:43+	03:52+	02:11+	02:44+	05:20+	03:15+	02:37+	02:26+	01:34+	00:31+	
01:09&	01:16&	00:37&	00:51&	04:55@	03:52@	01:56&	01:09&	00:44&	00:47&	01:30&	01:13&	00:27#	00:57&	00:33&	00:05#	
19	Svein Oddvar Netland	116											58:21			
15:20+	19:51+	22:28+	24:42+	27:16+	29:50+	33:14+	36:54+	40:12+	42:43+	48:02+	50:57+	54:34+	56:27+	57:52+	58:21+	
15:20+	04:31+	02:37+	02:14+	02:34+	02:34+	03:24+	03:40+	03:18+	02:31+	05:19+	02:55+	03:37+	01:53+	01:25+	00:29+	
13:11@	01:04&	00:24#	00:28&	01:23@	00:50&	00:37#	00:57&	01:51@	00:34&	01:29&	00:53&	01:27&	00:24&	00:24&	00:03#	
Beste strekktid for klassen																
	02:02	03:23	02:02	01:46	01:10	01:30	02:02	02:43	01:26	01:56	03:50	01:55	01:58	01:29	01:01	00:24

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

Herrer Ny

1 Vegard Madland 405 39:13

01:07= 09:36= 13:44= 17:34= 22:02= 29:25= 35:37= 38:09= 39:13=
 01:07= 08:29= 04:08= 03:50= 04:28= 07:23= 06:12= 02:32= 01:04=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Jacek Jagodzinski 114 39:58

05:02+ 12:25+ 16:21+ 21:50+ 25:36+ 30:31+ 33:17- 37:35- 39:58+
 05:02+ 07:23- 03:56- 05:29+ 03:46- 04:55- 02:46- 04:18+ 02:23+
 03:55@ 01:06- 00:12- 01:39& 00:42- 02:28- 03:26- 01:46& 01:19@

3 John Olav Molin 239 45:34

04:09+ 11:18+ 14:04+ 28:26+ 30:34+ 33:16+ 34:21- 43:58+ 45:34+
 04:09+ 07:09- 02:46- 14:22+ 02:08- 02:42- 01:05- 09:37+ 01:36+
 03:02@ 01:20- 01:22- 10:32@ 02:20- 04:41- 05:07- 07:05@ 00:32&

Beste strekktid for klassen

01:07 07:09 02:46 03:50 02:08 02:42 01:05 02:32 01:04

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

Herrer Trim

1 Øyvind Madland 134 28:27

00:43= 02:32= 05:15= 07:51= 09:34= 12:22= 17:00= 18:42= 21:56= 24:09= 25:37= 28:27=
 00:43= 01:49= 02:43= 02:36= 01:43= 02:48= 04:38= 01:42= 03:14= 02:13= 01:28= 02:50=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Ole Morten Haaland 399 29:13

00:57+ 02:39+ 05:34+ 10:57+ 12:38+ 15:33+ 18:51+ 20:41+ 23:10+ 26:24+ 27:30+ 29:13+
 00:57+ 01:42- 02:55+ 05:23+ 01:41- 02:55+ 03:18- 01:50+ 02:29- 03:14+ 01:06- 01:43-
 00:14& 00:07- 00:12+ 02:47@ 00:02- 00:07+ 01:20- 00:08+ 00:45- 01:01& 00:22- 01:07-

3 Svein Erik Bjørnsen 91 29:49

01:31+ 04:56+ 07:32+ 10:29+ 12:26+ 15:48+ 19:57+ 21:42+ 25:20+ 26:33+ 27:59+ 29:49+
 01:31+ 03:25+ 02:36- 02:57+ 01:57+ 03:22+ 04:09- 01:45+ 03:38+ 01:13- 01:26- 01:50-
 00:48@ 01:36& 00:07- 00:21# 00:14# 00:34# 00:29- 00:03+ 00:24# 01:00- 00:02- 01:00-

4 Arne Magne Sondresen 105 30:56

01:27+ 02:52+ 05:56+ 09:52+ 11:55+ 15:30+ 20:48+ 22:46+ 26:09+ 27:36+ 29:08+ 30:56+
 01:27+ 01:25- 03:04+ 03:56+ 02:03+ 03:35+ 05:18+ 01:58+ 03:23+ 01:27- 01:32+ 01:48-
 00:44@ 00:24- 00:21# 01:20& 00:20# 00:47& 00:40# 00:16# 00:09+ 00:46- 00:04+ 01:02-

5 Eivind Gjesteland 136 31:00

02:59+ 05:29+ 08:17+ 11:16+ 13:57+ 17:01+ 21:15+ 23:00+ 25:48+ 27:19+ 29:08+ 31:00+
 02:59+ 02:30+ 02:48+ 02:59+ 02:41+ 03:04+ 04:14- 01:45+ 02:48- 01:31- 01:49+ 01:52-
 02:16@ 00:41& 00:05+ 00:23# 00:58& 00:16+ 00:24- 00:03+ 00:26- 00:42- 00:21# 00:58-

6 Trym Bjørnsen 91 31:28

00:45+ 03:52+ 06:08+ 08:37+ 10:30+ 12:53+ 17:08+ 19:46+ 22:53+ 23:59- 30:33+ 31:28+
 00:45+ 03:07+ 02:16- 02:29- 01:53+ 02:23- 04:15- 02:38+ 03:07- 01:06- 06:34+ 00:55-
 00:02+ 01:18& 00:27- 00:07- 00:10+ 00:25- 00:23- 00:56& 00:07- 01:07- 05:06@ 01:55-

7 Stig Erlend Ollestad 51 31:53

00:59+ 03:41+ 06:45+ 10:52+ 13:43+ 16:53+ 21:43+ 23:38+ 27:20+ 28:35+ 30:29+ 31:53+
 00:59+ 02:42+ 03:04+ 04:07+ 02:51+ 03:10+ 04:50+ 01:55+ 03:42+ 01:15- 01:54+ 01:24-
 00:16& 00:53& 00:21# 01:31& 01:08& 00:22# 00:12+ 00:13# 00:28# 00:58- 00:26& 01:26-

8 Roger Nyseth 92 33:24

01:34+ 03:18+ 07:01+ 10:26+ 12:23+ 16:17+ 20:54+ 23:31+ 28:02+ 29:42+ 31:24+ 33:24+
 01:34+ 01:44- 03:43+ 03:25+ 01:57+ 03:54+ 04:37- 02:37+ 04:31+ 01:40- 01:42+ 02:00-
 00:51@ 00:05- 01:00& 00:49& 00:14# 01:06& 00:01- 00:55& 01:17& 00:33- 00:14# 00:50-

9 Håvard Hageberg 43 34:07

01:24+ 04:32+ 07:54+ 10:54+ 13:57+ 18:50+ 24:44+ 26:20+ 29:44+ 31:04+ 32:30+ 34:07+
 01:24+ 03:08+ 03:22+ 03:00+ 03:03+ 04:53+ 05:54+ 01:36- 03:24+ 01:20- 01:26- 01:37-
 00:41& 01:19& 00:39# 00:24# 01:20& 02:05& 01:16& 00:06- 00:10+ 00:53- 00:02- 01:13-

Class	Navn	Klasse										Tid
10	Frode Følgesvold	5										34:23
01:02+	03:19+	06:37+	10:49+	12:47+	16:43+	22:47+	24:42+	28:32+	30:02+	32:02+	34:23+	
01:02+	02:17+	03:18+	04:12+	01:58+	03:56+	06:04+	01:55+	03:50+	01:30-	02:00+	02:21-	
00:19&	00:28&	00:35#	01:36&	00:15#	01:08&	01:26&	00:13#	00:36#	00:43-	00:32&	00:29-	
11	Tor Harald Lunde	47										34:29
01:21+	03:35+	06:56+	10:28+	12:59+	17:14+	22:43+	24:34+	28:19+	30:12+	32:46+	34:29+	
01:21+	02:14+	03:21+	03:32+	02:31+	04:15+	05:29+	01:51+	03:45+	01:53-	02:34+	01:43-	
00:38&	00:25#	00:38#	00:56&	00:48&	01:27&	00:51#	00:09+	00:31#	00:20-	01:06&	01:07-	
12	Jan Erik Syvertsen	51										34:54
03:17+	05:17+	08:21+	11:46+	13:52+	18:27+	24:23+	26:32+	29:50+	31:17+	33:15+	34:54+	
03:17+	02:00+	03:04+	03:25+	02:06+	04:35+	05:56+	02:09+	03:18+	01:27-	01:58+	01:39-	
02:34@	00:11#	00:21#	00:49&	00:23#	01:47&	01:18&	00:27&	00:04+	00:46-	00:30&	01:11-	
13	Hans Olav Myskja	117										35:31
01:54+	03:30+	07:47+	12:18+	14:38+	17:53+	24:06+	27:04+	30:58+	32:13+	33:56+	35:31+	
01:54+	01:36-	04:17+	04:31+	02:20+	03:15+	06:13+	02:58+	03:54+	01:15-	01:43+	01:35-	
01:11@	00:13-	01:34&	01:55&	00:37&	00:27#	01:35&	01:16&	00:40#	00:58-	00:15#	01:15-	
14	Jerome Renoult	63										39:10
01:15+	04:27+	07:49+	12:32+	15:30+	22:15+	27:08+	29:20+	32:57+	34:28+	37:28+	39:10+	
01:15+	03:12+	03:22+	04:43+	02:58+	06:45+	04:53+	02:12+	03:37+	01:31-	03:00+	01:42-	
00:32&	01:23&	00:39#	02:07&	01:15&	03:57@	00:15+	00:30&	00:23#	00:42-	01:32@	01:08-	
15	Adam Alfred Brennhagen	392										39:51
01:01+	03:59+	07:02+	13:13+	15:16+	18:55+	24:28+	31:44+	35:09+	36:32+	37:54+	39:51+	
01:01+	02:58+	03:03+	06:11+	02:03+	03:39+	05:33+	07:16+	03:25+	01:23-	01:22-	01:57-	
00:18&	01:09&	00:20#	03:35@	00:20#	00:51&	00:55#	05:34@	00:11+	00:50-	00:06-	00:53-	
16	David Torgersen	287										39:56
02:58+	05:32+	09:21+	14:02+	16:19+	23:46+	28:45+	30:10+	33:48+	35:12+	38:05+	39:56+	
02:58+	02:34+	03:49+	04:41+	02:17+	07:27+	04:59+	01:25-	03:38+	01:24-	02:53+	01:51-	
02:15@	00:45&	01:06&	02:05&	00:34&	04:39@	00:21+	00:17-	00:24#	00:49-	01:25&	00:59-	
17	Arild Svihus	92										40:32
01:35+	03:41+	08:03+	11:41+	13:35+	22:10+	26:42+	29:29+	33:01+	34:30+	37:58+	40:32+	
01:35+	02:06+	04:22+	03:38+	01:54+	08:35+	04:32-	02:47+	03:32+	01:29-	03:28+	02:34-	
00:52@	00:17#	01:39&	01:02&	00:11#	05:47@	00:06-	01:05&	00:18+	00:44-	02:00@	00:16-	
18	Marius Bergstøl Hvidsten	372										40:42
01:17+	04:06+	07:10+	10:42+	21:42+	24:41+	30:02+	32:33+	35:44+	37:18+	39:09+	40:42+	
01:17+	02:49+	03:04+	03:32+	11:00+	02:59+	05:21+	02:31+	03:11-	01:34-	01:51+	01:33-	
00:34&	01:00&	00:21#	00:56&	09:17@	00:11+	00:43#	00:49&	00:03-	00:39-	00:23&	01:17-	
19	Lars Salvesen	50										41:57
03:25+	05:38+	08:29+	11:53+	16:40+	21:36+	29:56+	32:04+	35:45+	38:40+	40:11+	41:57+	
03:25+	02:13+	02:51+	03:24+	04:47+	04:56+	08:20+	02:08+	03:41+	02:55+	01:31+	01:46-	
02:42@	00:24#	00:08+	00:48&	03:04@	02:08&	03:42&	00:26&	00:27#	00:42&	00:03+	01:04-	
20	Geir Sperre Jørgensen	268										42:16
01:23+	06:15+	10:53+	14:54+	17:49+	21:54+	27:55+	30:07+	34:50+	36:27+	39:07+	42:16+	
01:23+	04:52+	04:38+	04:01+	02:55+	04:05+	06:01+	02:12+	04:43+	01:37-	02:40+	03:09+	
00:40&	03:03@	01:55&	01:25&	01:12&	01:17&	01:23&	00:30&	01:29&	00:36-	01:12&	00:19#	
21	Ivar Aalbu	29										42:18
01:24+	03:31+	07:12+	11:18+	14:42+	19:39+	27:20+	30:19+	35:01+	36:57+	39:22+	42:18+	
01:24+	02:07+	03:41+	04:06+	03:24+	04:57+	07:41+	02:59+	04:42+	01:56-	02:25+	02:56+	
00:41&	00:18#	00:58&	01:30&	01:41&	02:09&	03:03&	01:17&	01:28&	00:17-	00:57&	00:06+	
22	Leif Jarle Skåra	29										42:57
01:17+	04:56+	08:35+	14:05+	16:32+	21:19+	28:11+	30:45+	35:25+	37:31+	40:45+	42:57+	
01:17+	03:39+	03:39+	05:30+	02:27+	04:47+	06:52+	02:34+	04:40+	02:06-	03:14+	02:12-	
00:34&	01:50@	00:56&	02:54@	00:44&	01:59&	02:14&	00:52&	01:26&	00:07-	01:46@	00:38-	
23	Morten Fossen	136										43:50
01:49+	10:00+	13:55+	18:16+	20:37+	24:21+	30:57+	33:00+	37:07+	39:02+	41:57+	43:50+	
01:49+	08:11+	03:55+	04:21+	02:21+	03:44+	06:36+	02:03+	04:07+	01:55-	02:55+	01:53-	
01:06@	06:22@	01:12&	01:45&	00:38&	00:56&	01:58&	00:21#	00:53&	00:18-	01:27&	00:57-	
24	Truls Fretland	376										44:30
01:44+	04:49+	09:27+	15:00+	16:55+	29:21+	35:05+	36:56+	39:40+	40:44+	43:02+	44:30+	
01:44+	03:05+	04:38+	05:33+	01:55+	12:26+	05:44+	01:51+	02:44-	01:04-	02:18+	01:28-	
01:01@	01:16&	01:55&	02:57@	00:12#	09:38@	01:06#	00:09+	00:30-	01:09-	00:50&	01:22-	

Class	Navn	Klasse										Tid
25	Svein Sivertsen	115										45:21
01:14+	03:39+	07:28+	12:05+	16:07+	21:13+	31:33+	33:58+	41:17+	43:17+	45:21+		
01:14+	02:25+	03:49+	04:37+	04:02+	05:06+	10:20+	02:25+	04:50+	02:29+	02:00+	02:04-	
00:31&	00:36&	01:06&	02:01&	02:19&	02:18&	05:42@	00:43&	01:36&	00:16#	00:32&	00:46-	
26	Per Marthon Møland	5										45:55
01:19+	03:23+	06:39+	10:17+	12:04+	23:34+	32:13+	34:11+	39:18+	41:16+	43:59+	45:55+	
01:19+	02:04+	03:16+	03:38+	01:47+	11:30+	08:39+	01:58+	05:07+	01:58-	02:43+	01:56-	
00:36&	00:15#	00:33#	01:02&	00:04+	08:42@	04:01&	00:16#	01:53&	00:15-	01:15&	00:54-	
27	Asgeir Kleppa	47										46:17
03:46+	05:56+	09:42+	19:33+	22:38+	26:51+	33:24+	35:41+	39:36+	41:18+	43:37+	46:17+	
03:46+	02:10+	03:46+	09:51+	03:05+	04:13+	06:33+	02:17+	03:55+	01:42-	02:19+	02:40-	
03:03@	00:21#	01:03&	07:15@	01:22&	01:25&	01:55&	00:35&	00:41#	00:31-	00:51&	00:10-	
28	Rolf Øystein Kluge	7										46:24
01:40+	04:05+	08:24+	13:14+	16:08+	23:19+	29:41+	32:08+	37:04+	41:03+	44:08+	46:24+	
01:40+	02:25+	04:19+	04:50+	02:54+	07:11+	06:22+	02:27+	04:56+	03:59+	03:05+	02:16-	
00:57@	00:36&	01:36&	02:14&	01:11&	04:23@	01:44&	00:45&	01:42&	01:46&	01:37@	00:34-	
29	John Helge Svandal	111										47:22
01:13+	03:27+	06:50+	10:37+	20:03+	25:25+	31:34+	34:59+	40:04+	41:59+	44:08+	47:22+	
01:13+	02:14+	03:23+	03:47+	09:26+	05:22+	06:09+	03:25+	05:05+	01:55-	02:09+	03:14+	
00:30&	00:25#	00:40#	01:11&	07:43@	02:34&	01:31&	01:43@	01:51&	00:18-	00:41&	00:24#	
30	Aslak Ihle Vike	117										47:24
03:46+	05:53+	08:15+	17:54+	19:31+	25:09+	29:37+	31:29+	35:15+	36:39+	45:14+	47:24+	
03:46+	02:07+	02:22-	09:39+	01:37-	05:38+	04:28-	01:52+	03:46+	01:24-	08:35+	02:10-	
03:03@	00:18#	00:21-	07:03@	00:06-	02:50@	00:10-	00:10+	00:32#	00:49-	07:07@	00:40-	
31	Steinar Aase	268										47:42
01:19+	03:24+	07:27+	12:12+	15:41+	21:57+	29:23+	32:11+	39:48+	41:50+	44:44+	47:42+	
01:19+	02:05+	04:03+	04:45+	03:29+	06:16+	07:26+	02:48+	07:37+	02:02-	02:54+	02:58+	
00:36&	00:16#	01:20&	02:09&	01:46@	03:28@	02:48&	01:06&	04:23@	00:11-	01:26&	00:08+	
32	Torkel Schibevaag	114										48:51
00:54+	03:05+	06:11+	09:33+	25:47+	29:03+	37:47+	39:48+	43:24+	44:51+	47:00+	48:51+	
00:54+	02:11+	03:06+	03:22+	16:14+	03:16+	08:44+	02:01+	03:36+	01:27-	02:09+	01:51-	
00:11&	00:22#	00:23#	00:46&	14:31@	00:28#	04:06&	00:19#	00:22#	00:46-	00:41&	00:59-	
33	Daniel Thu	384										48:51
00:58+	03:25+	05:51+	08:45+	19:28+	31:09+	37:57+	39:24+	42:09+	45:22+	47:14+	48:51+	
00:58+	02:27+	02:26-	02:54+	10:43+	11:41+	06:48+	01:27-	02:45-	03:13+	01:52+	01:37-	
00:15&	00:38&	00:17-	00:18#	09:00@	08:53@	02:10&	00:15-	00:29-	01:00&	00:24&	01:13-	
34	Christoffer Soma	286										49:29
01:16+	03:45+	07:18+	12:50+	16:43+	21:52+	30:44+	36:59+	42:05+	43:59+	46:28+	49:29+	
01:16+	02:29+	03:33+	05:32+	03:53+	05:09+	08:52+	06:15+	05:06+	01:54-	02:29+	03:01+	
00:33&	00:40&	00:50&	02:56@	02:10@	02:21&	04:14&	04:33@	01:52&	00:19-	01:01&	00:11+	
35	Tom Kåre Versland	105										49:45
01:09+	04:48+	09:01+	18:19+	20:49+	25:43+	32:08+	34:25+	38:28+	40:12+	47:49+	49:45+	
01:09+	03:39+	04:13+	09:18+	02:30+	04:54+	06:25+	02:17+	04:03+	01:44-	07:37+	01:56-	
00:26&	01:50@	01:30&	06:42@	00:47&	02:06&	01:47&	00:35&	00:49&	00:29-	06:09@	00:54-	
36	Ketil Vestbakke	116										50:30
06:32+	08:50+	13:10+	18:12+	20:51+	25:30+	33:26+	39:12+	43:52+	45:52+	48:21+	50:30+	
06:32+	02:18+	04:20+	05:02+	02:39+	04:39+	07:56+	05:46+	04:40+	02:00-	02:29+	02:09-	
05:49@	00:29&	01:37&	02:26&	00:56&	01:51&	03:18&	04:04@	01:26&	00:13-	01:01&	00:41-	
37	Audun Sjøen	111										50:31
05:00+	06:30+	10:48+	16:11+	18:39+	24:08+	30:24+	33:11+	39:11+	40:52+	47:50+	50:31+	
05:00+	01:30-	04:18+	05:23+	02:28+	05:29+	06:16+	02:47+	06:00+	01:41-	06:58+	02:41-	
04:17@	00:19-	01:35&	02:47@	00:45&	02:41&	01:38&	01:05&	02:46&	00:32-	05:30@	00:09-	
38	Are Fosså	287										50:48
01:15+	04:24+	08:09+	10:55+	13:22+	20:32+	25:14+	28:40+	36:39+	39:01+	48:52+	50:48+	
01:15+	03:09+	03:45+	02:46+	02:27+	07:10+	04:42+	03:26+	07:59+	02:22+	09:51+	01:56-	
00:32&	01:20&	01:02&	00:10+	00:44&	04:22@	00:04+	01:44@	04:45@	00:09+	08:23@	00:54-	
39	Lars Kartevoll	376										50:51
00:58+	02:27-	05:27+	11:56+	13:37+	33:50+	39:51+	41:35+	44:40+	46:08+	47:51+	50:51+	
00:58+	01:29-	03:00+	06:29+	01:41-	20:13+	06:01+	01:44+	03:05-	01:28-	01:43+	03:00+	
00:15&	00:20-	00:17#	03:53@	00:02-	17:25@	01:23&	00:02+	00:09-	00:45-	00:15#	00:10+	

Class	Navn	Klasse										Tid
40	Kjell Helge Husebø	43										52:40
01:41+	04:42+	08:38+	14:06+	16:48+	21:36+	29:08+	40:18+	44:25+	46:52+	50:52+	52:40+	
01:41+	03:01+	03:56+	05:28+	02:42+	04:48+	07:32+	11:10+	04:07+	02:27+	04:00+	01:48-	
00:58@	01:12&	01:13&	02:52@	00:59&	02:00&	02:54&	09:28@	00:53&	00:14#	02:32@	01:02-	
41	Per-Olof Wallerstedt	18										54:13
00:53+	04:29+	07:19+	10:51+	12:30+	22:55+	40:53+	42:52+	46:50+	49:23+	51:40+	54:13+	
00:53+	03:36+	02:50+	03:32+	01:39-	10:25+	17:58+	01:59+	03:58+	02:33+	02:17+	02:33-	
00:10#	01:47&	00:07+	00:56&	00:04-	07:37@	13:20@	00:17#	00:44#	00:20#	00:49&	00:17-	
42	Per Bakken	5										54:34
01:44+	05:30+	09:56+	15:00+	18:04+	23:47+	36:10+	38:47+	44:48+	46:47+	50:24+	54:34+	
01:44+	03:46+	04:26+	05:04+	03:04+	05:43+	12:23+	02:37+	06:01+	01:59-	03:37+	04:10+	
01:01@	01:57@	01:43&	02:28&	01:21&	02:55@	07:45@	00:55&	02:47&	00:14-	02:09@	01:20&	
43	Kim Kverneland	376										54:43
01:11+	05:14+	09:58+	15:34+	17:52+	30:10+	37:25+	40:08+	45:40+	47:56+	52:26+	54:43+	
01:11+	04:03+	04:44+	05:36+	02:18+	12:18+	07:15+	02:43+	05:32+	02:16+	04:30+	02:17-	
00:28&	02:14@	02:01&	03:00@	00:35&	09:30@	02:37&	01:01&	02:18&	00:03+	03:02@	00:33-	
44	Matthieu Pereira-Pires	42										54:53
20:34+	21:36+	24:32+	27:59+	30:19+	37:57+	43:08+	45:11+	48:21+	50:53+	53:04+	54:53+	
20:34+	01:02-	02:56+	03:27+	02:20+	07:38+	05:11+	02:03+	03:10-	02:32+	02:11+	01:49-	
19:51@	00:47-	00:13+	00:51&	00:37&	04:50@	00:33#	00:21#	00:04-	00:19#	00:43&	01:01-	
45	Eivind Baltzersen	136										55:35
05:13+	16:36+	19:54+	24:15+	26:30+	32:18+	40:06+	42:46+	47:30+	49:02+	51:41+	55:35+	
05:13+	11:23+	03:18+	04:21+	02:15+	05:48+	07:48+	02:40+	04:44+	01:32-	02:39+	03:54+	
04:30@	09:34@	00:35#	01:45&	00:32&	03:00@	03:10&	00:58&	01:30&	00:41-	01:11&	01:04&	
46	Frank Gulbrandsen	105										58:12
01:34+	06:43+	13:42+	18:48+	27:43+	33:06+	42:00+	45:34+	51:02+	53:00+	54:57+	58:12+	
01:34+	05:09+	06:59+	05:06+	08:55+	05:23+	08:54+	03:34+	05:28+	01:58-	01:57+	03:15+	
00:51@	03:20@	04:16@	02:30&	07:12@	02:35&	04:16&	01:52@	02:14&	00:15-	00:29&	00:25#	
47	Endre Gabrielsen	126										58:26
03:26+	08:14+	12:32+	21:04+	26:04+	32:05+	40:03+	42:52+	49:26+	52:02+	54:41+	58:26+	
03:26+	04:48+	04:18+	08:32+	05:00+	06:01+	07:58+	02:49+	06:34+	02:36+	02:39+	03:45+	
02:43@	02:59@	01:35&	05:56@	03:17@	03:13@	03:20&	01:07&	03:20@	00:23#	01:11&	00:55&	
48	Steinar Amundsen	115										59:14
01:20+	06:40+	11:33+	16:25+	18:57+	24:17+	32:16+	35:01+	39:33+	47:24+	56:45+	59:14+	
01:20+	05:20+	04:53+	04:52+	02:32+	05:20+	07:59+	02:45+	04:32+	07:51+	09:21+	02:29-	
00:37&	03:31@	02:10&	02:16&	00:49&	02:32&	03:21&	01:03&	01:18&	05:38@	07:53@	00:21-	
49	Kjell-Ole Topnes	116										59:19
04:14+	09:29+	14:47+	23:00+	26:02+	36:32+	44:25+	46:58+	51:48+	53:45+	56:05+	59:19+	
04:14+	05:15+	05:18+	08:13+	03:02+	10:30+	07:53+	02:33+	04:50+	01:57-	02:20+	03:14+	
03:31@	03:26@	02:35&	05:37@	01:19&	07:42@	03:15&	00:51&	01:36&	00:16-	00:52&	00:24#	
50	Truls Kolnes	392										1:00:01
06:25+	08:01+	11:25+	14:49+	16:31+	41:45+	46:56+	50:05+	53:51+	56:31+	58:23+	60:01+	
06:25+	01:36-	03:24+	03:24+	01:42-	25:14+	05:11+	03:09+	03:46+	02:40+	01:52+	01:38-	
05:42@	00:13-	00:41&	00:48&	00:01-	22:26@	00:33#	01:27&	00:32#	00:27#	00:24&	01:12-	
51	John Thorsnæs	51										1:00:18
01:44+	05:57+	09:44+	21:03+	24:09+	29:05+	35:55+	39:00+	43:40+	45:38+	58:22+	60:18+	
01:44+	04:13+	03:47+	11:19+	03:06+	04:56+	06:50+	03:05+	04:40+	01:58-	12:44+	01:56-	
01:01@	02:24@	01:04&	08:43@	01:23&	02:08&	02:12&	01:23&	01:26&	00:15-	11:16@	00:54-	
52	Paul Jarvis	397										1:00:56
06:20+	08:51+	11:16+	24:38+	26:16+	29:58+	36:42+	38:22+	42:08+	43:29+	59:22+	60:56+	
06:20+	02:31+	02:25-	13:22+	01:38-	03:42+	06:44+	01:40-	03:46+	01:21-	15:53+	01:34-	
05:37@	00:42&	00:18-	10:46@	00:05-	00:54&	02:06&	00:02-	00:32#	00:52-	14:25@	01:16-	
53	Trond Vigedal	117										1:01:39
01:22+	11:14+	14:47+	18:55+	21:59+	32:27+	42:33+	44:30+	48:30+	50:34+	59:20+	61:39+	
01:22+	09:52+	03:33+	04:08+	03:04+	10:28+	10:06+	01:57+	04:00+	02:04-	08:46+	02:19-	
00:39&	08:03@	00:50&	01:32&	01:21&	07:40@	05:28@	00:15#	00:46#	00:09-	07:18@	00:31-	
54	Bent Horpestad	105										1:03:31
14:29+	17:09+	20:34+	25:28+	33:04+	37:43+	44:51+	52:53+	57:01+	59:10+	61:35+	63:31+	
14:29+	02:40+	03:25+	04:54+	07:36+	04:39+	07:08+	08:02+	04:08+	02:09-	02:25+	01:56-	
13:46@	00:51&	00:42&	02:18&	05:53@	01:51&	02:30&	06:20@	00:54&	00:04-	00:57&	00:54-	

Class	Navn	Klasse										Tid
55	Sveinung Skjørsæter	129										1:05:42
00:51+	02:46+	06:40+	10:07+	18:12+	30:54+	37:02+	38:52+	43:53+	45:09+	63:28+	65:42+	
00:51+	01:55+	03:54+	03:27+	08:05+	12:42+	06:08+	01:50+	05:01+	01:16-	18:19+	02:14-	
00:08#	00:06+	01:11&	00:51&	06:22@	09:54@	01:30&	00:08+	01:47&	00:57-	16:51@	00:36-	
56	Jan Henrik Neuenkirchen	117										1:09:32
01:24+	04:10+	07:54+	12:02+	14:12+	39:56+	54:28+	57:24+	62:48+	64:50+	67:05+	69:32+	
01:24+	02:46+	03:44+	04:08+	02:10+	25:44+	14:32+	02:56+	05:24+	02:02-	02:15+	02:27-	
00:41&	00:57&	01:01&	01:32&	00:27&	22:56@	09:54@	01:14&	02:10&	00:11-	00:47&	00:23-	
57	Svein Inge Sævereid	126										1:18:03
05:49+	09:00+	15:50+	24:54+	28:26+	38:07+	49:36+	53:17+	64:20+	68:17+	73:10+	78:03+	
05:49+	03:11+	06:50+	09:04+	03:32+	09:41+	11:29+	03:41+	11:03+	03:57+	04:53+	04:53+	
05:06@	01:22&	04:07@	06:28@	01:49@	06:53@	06:51@	01:59@	07:49@	01:44&	03:25@	02:03&	
58	Inge Grødem	92										1:33:12
03:24+	10:26+	18:02+	25:55+	32:26+	42:28+	61:37+	65:42+	73:49+	77:22+	87:40+	93:12+	
03:24+	07:02+	07:36+	07:53+	06:31+	10:02+	19:09+	04:05+	08:07+	03:33+	10:18+	05:32+	
02:41@	05:13@	04:53@	05:17@	04:48@	07:14@	14:31@	02:23@	04:53@	01:20&	08:50@	02:42&	
59	Bartłomiej Lenart	91										1:37:46
17:39+	19:20+	23:49+	37:48+	42:42+	49:16+	72:22+	75:14+	80:46+	90:40+	93:46+	97:46+	
17:39+	01:41-	04:29+	13:59+	04:54+	06:34+	23:06+	02:52+	05:32+	09:54+	03:06+	04:00+	
16:56@	00:08-	01:46&	11:23@	03:11@	03:46@	18:28@	01:10&	02:18&	07:41@	01:38@	01:10&	
60	Ashwin Ashok	91										1:37:50
17:35+	19:28+	23:58+	37:57+	43:04+	49:16+	72:30+	75:35+	81:05+	90:54+	93:52+	97:50+	
17:35+	01:53+	04:30+	13:59+	05:07+	06:12+	23:14+	03:05+	05:30+	09:49+	02:58+	03:58+	
16:52@	00:04+	01:47&	11:23@	03:24@	03:24@	18:36@	01:23&	02:16&	07:36@	01:30@	01:08&	
61	Saad Akl	91										2:08:54
02:15+	07:31+	61:10+	66:27+	69:23+	76:22+	96:51+	104:12+	110:23+	115:32+	126:25+	128:54+	
02:15+	05:16+	53:39+	05:17+	02:56+	06:59+	20:29+	07:21+	06:11+	05:09+	10:53+	02:29-	
01:32@	03:27@	50:56@	02:41@	01:13&	04:11@	15:51@	05:39@	02:57&	02:56@	09:25@	00:21-	
Beste strekktid for klassen												
00:43	01:02	02:16	02:29	01:37	02:23	03:18	01:25	02:29	01:04	01:06	00:55	

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