Smeaheia

Klasse

Plass Navn Damer 16 - 39 år

1	Inari	id Lvc	ke Aus	stbø			109						19:56
	03:24=	05:23=	06:51=	10:18=		12:30=	13:57=						
							01:27= 00:00=						
2		· · -	ndrem				68						20:15
	03:19-	05:31+	07:03+	10:00-	10:37-		13:45-						
							01:45+ 00:18#						
3			e Lano				117						20:23
	03:22-	05:36+	07:30+	10:09-	10:43-		13:32-						
							01:28+ 00:01+						
4			jævela				114						20:24
01:18-	02:40-	05:12-	06:36-	10:53+	12:03+		14:41+	15:25+	18:01+	20:01+	20:16+	20:24+	20121
							01:23- 00:04-						
5			n Had		00.514		29	00.011	00.10	00.07	00.00-	00.00-	20:35
01:16-					10:24-		13:39-	14:33-	17:40+	20:14+	20:29+	20:35+	20.00
							01:49+						
00:08- C		_		00:41-	00:03-		00:22& 53	00:11&	00:21#	00:2/#	00:00=	00:02-	20:35
01:15-			o7:59+	10:46+	11:26+		14:14+	15:04+	18:06+	20:10+	20:26+	20:35+	20.35
01:15-	02:51+	02:26+	01:27-	02:47-	00:40+	01:22-	01:26-	00:50+	03:02+	02:04-	00:16+	00:09+	
00:09-			-	00:40-	00:01+	_	00:01-	00:07#	00:16+	00:03-	00:01+	00:01#	00.05
01.26+				11.46+	12.49+		15:53+	16.40+	19.29+	22.40+	22.56+	23.05+	23:05
							01:28+						
00:02+					00:24&	_	00:01+	00:04+	00:03+	01:04&	00:01+	00:01#	
8			adstve		12.00		15:58+	16.471	10.401	22.44	22.001	22.07	23:07
							13:38+ 02:28+						
00:16#	00:06-	01:13&	00:14#	00:27-	00:01+	00:11-	01:01&	00:06#	00:09+	00:55&	00:01+	00:01-	
9			jord N			-	71					00.46	23:46
							16:44+ 01:42+						
00:26&	00:27#	01:05&	00:14#	00:03+	00:07#	00:10#	00:15#	00:07#	00:32#	00:24#	00:01+	00:01-	
10			g Asp				117						23:58
							16:21+ 01:25-						
							00:02-						
11			rghein				92						25:27
							17:15+ 01:54+						
							00:27&						
12	Ann	Torill	Bakke	n			116						25:43
							17:35+ 01:59+						
							01:59+						
13			lvorse	-			66						25:43
	04:36+	07:28+	09:23+	14:29+	15:06+	16:22+	18:53+						
							02:31+ 01:04&						
14			orpe Fa				385						26:39
02:07+	04:07+	06:46+	09:35+	12:58+		15:49+	17:57+						20100
							02:08+ 00:41&						
00.430	00.00-	50.40%	UI.210	00.04-	00.01+	00.000	00.410	00.140	01.40a	00.720	50.05#	00.01#	

Plass	Navı	n				I	Klasse)					Tid
15	Hele	ne Sa	te Hål	and		9	91						28:39
01:43+	04:50+	08:05+	09:54+	13:08+	13:53+	15:46+	17:47+	18:38+	21:59+	27:22+	27:38+	28:39+	
01:43+	03:07+	03:15+	01:49+	03:14-	00:45+	01:53+	02:01+	00:51+	03:21+	05:23+	00:16+	01:01+	
00:19#	01:07&	01:16&	00:21#	00:13-	00:06#	00:20#	00:34&	00:08#	00:35#	03:160	00:01+	00:530	
16	Mari	a Hap	nes vo	on Sch	ack	9	91						29:35
01:41+	09:59+	12:31+	14:01+	17:56+	18:41+	20:00+	22:02+	22:51+	26:10+	28:40+	28:56+	29:35+	
01:41+	08:18+	02:32+	01:30+	03:55+	00:45+	01:19-	02:02+	00:49+	03:19+	02:30+	00:16+	00:39+	
00:17#	06:180	00:33&	00:02+	00:28#	00:06#	00:14-	00:35&	00:06#	00:33#	00:23#	00:01+	00:310	
17	Siv-l	Elin Bo	ogfjell	dal		(66						32:13
02:09+					18:18+	20:48+	22:52+	23:57+	28:06+	31:27+	31:57+	32:13+	
02:09+	04:06+	03:19+	02:13+	05:42+	00:49+	02:30+	02:04+	01:05+	04:09+	03:21+	00:30+	00:16+	
00:45&	02:060	01:20&	00:45&	02:15&	00:10&	00:57&	00:37&	00:22&	01:23&	01:14&	00:15&	00:08&	
18	Katja	a Elias	sen				105						36:18
01:59+	15:07+	17:40+	19:39+	24:05+	24:51+	26:36+	28:38+	29:29+	32:38+	35:52+	36:09+	36:18+	
01:59+	13:08+	02:33+	01:59+	04:26+	00:46+	01:45+	02:02+	00:51+	03:09+	03:14+	00:17+	00:09+	
00:35&	11:080	00:34&	00:31&	00:59&	00:07#	00:12#	00:35&	00:08#	00:23#	01:07&	00:02#	00:01#	
Beste	strekk	tid for	[,] klass	en									
01.14	01.00	01.50	01.04	00.24	00.24	01.15	01.00	00.40	00.00	02.00	00.10	00.00	

01:14 01:22 01:59 01:24 02:34 00:34 01:15 01:23 00:43 02:36 02:00 00:12 00:06

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

Damer 40 - 49 år

19:59 1 Agnes Haker 71 01:29= 03:27= 04:53= 06:56= 07:36= 09:23= 10:14= 11:30= 14:14= 16:34= 17:38= 19:35= 19:51= 19:59= 01:29= 01:58= 01:26= 02:03= 00:40= 01:47= 00:51= 01:16= 02:44= 02:20= 01:04= 01:57= 00:16= 00:08= 00:00= 00: 2 20:50 Aanes Elin Engen 116 01:16- 03:17- 04:52- 06:49- 07:30- 09:56+ 11:00+ 12:07+ 15:00+ 17:11+ 18:28+ 20:30+ 20:43+ 20:50+ 01:16- 02:01+ 01:35+ 01:57- 00:41+ 02:26+ 01:04+ 01:07- 02:53+ 02:11- 01:17+ 02:02+ 00:13- 00:07-00:13- 00:03+ 00:09# 00:06- 00:01+ 00:39& 00:13& 00:09- 00:09+ 00:09- 00:13# 00:05+ 00:03- 00:01-3 Randi Helen Ladsten 128 23:32 02:04+ 04:13+ 05:54+ 08:18+ 09:04+ 11:18+ 12:20+ 13:40+ 17:07+ 19:48+ 21:04+ 23:07+ 23:24+ 23:32+ 02:04+ 02:09+ 01:41+ 02:24+ 00:46+ 02:14+ 01:02+ 01:20+ 03:27+ 02:41+ 01:16+ 02:03+ 00:17+ 00:08= 00:35& 00:11+ 00:15# 00:21# 00:06# 00:27& 00:11# 00:04+ 00:43& 00:21# 00:12# 00:06+ 00:01+ 00:00= Hege Anita H. Nielsen 48 23:54 4 01:38+ 03:57+ 05:38+ 08:01+ 08:46+ 10:55+ 11:53+ 13:27+ 16:54+ 19:24+ 20:53+ 23:28+ 23:45+ 23:54+ 01:38+ 02:19+ 01:41+ 02:23+ 00:45+ 02:09+ 00:58+ 01:34+ 03:27+ 02:30+ 01:29+ 02:35+ 00:17+ 00:09+ 00:09# 00:21# 00:15# 00:20# 00:05# 00:22# 00:07# 00:18# 00:43& 00:10+ 00:25& 00:38& 00:01+ 00:01# 228 25:39 5 Helene Lie 02:02+ 04:19+ 06:09+ 08:54+ 09:38+ 11:54+ 13:04+ 14:42+ 18:25+ 20:46+ 22:31+ 25:16+ 25:31+ 25:39+ 02:02+ 02:17+ 01:50+ 02:45+ 00:44+ 02:16+ 01:10+ 01:38+ 03:43+ 02:21+ 01:45+ 02:45+ 00:15- 00:08= 00:33& 00:19# 00:24& 00:42& 00:04# 00:29& 00:19& 00:22& 00:59& 00:01+ 00:41& 00:48& 00:01- 00:00= 27 6 Helen Haneferd 27:50 04:02+ 06:14+ 07:54+ 10:13+ 11:10+ 13:30+ 14:49+ 16:17+ 19:36+ 22:08+ 24:39+ 27:24+ 27:41+ 27:50+ 04:02+ 02:12+ 01:40+ 02:19+ 00:57+ 02:20+ 01:19+ 01:28+ 03:19+ 02:32+ 02:31+ 02:45+ 00:17+ 00:09+ 02:33@ 00:14# 00:14# 00:16# 00:17& 00:33& 00:28& 00:12# 00:35# 00:12+ 01:27@ 00:48& 00:01+ 00:01# 7 386 30:27 Maren Thu 01:49+ 03:52+ 07:23+ 15:59+ 16:39+ 18:20+ 19:08+ 20:19+ 23:18+ 25:39+ 27:07+ 29:03+ 30:20+ 30:27+ 01:49+ 02:03+ 03:31+ 08:36+ 00:40= 01:41- 00:48- 01:11- 02:59+ 02:21+ 01:28+ 01:56- 01:17+ 00:07-00:20# 00:05+ 02:05@ 06:33@ 00:00= 00:06- 00:03- 00:05- 00:15+ 00:01+ 00:24& 00:01- 01:01@ 00:01-Beste strekktid for klassen 01:16 01:58 01:26 01:57 00:40 01:41 00:48 01:07 02:44 02:11 01:04 01:56 00:13 00:07

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

Damer 50 - 59 år

Plass	Navi	า					Klasse	•					Tid
1	Iron	Undhe	im Øc	roid			52						20:43
-		04:41=			09:17=	-		14:12=	16:40=	17:52=	19:58=	20:17=	
		01:24=											
00:00=	00:00=	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	Anita	a Glen	ne Ka	llhovd		2	29						21:46
		05:21+											
		01:42+											
00:07+		00:18#			00:04-			00:14+	00:14-	00:03+	00:30#	00:04-	
3		e Rum					116						21:54
		05:13+ 01:37+											
		01:37+											
4		anne F					117						22:30
		05:32+			10:39+			15:59+	18:37+	19:53+	21:55+	22:13+	
		01:29+											
00:16#	00:30&	00:05+	00:20#	00:08#	00:03+	00:02+	00:02+	00:21#	00:10+	00:04+	00:04-	00:01-	00:09-
5	Tone	e Cecil	ie Nys	strøm			58						23:01
		05:29+										22:52+	
		01:43+ 00:19#											
00:10#				00:09#	00:02+			00:40#	00:02-	00:11#	00:20#	00:01-	
b	Ketn	05:34+	grat	00.47	10.50		116	16.01	10.50	20.21.	22.05.	22.241	23:35
		05:34+											
		00:28&											
7	Tori	Dahle	•				116						24:26
-		06:07+		09:39+	12:09+			17:47+	20:32+	21:45+	24:03+	24:18+	
		02:02+											
00:29&		00:38&		00:09#	00:35&			00:27#	00:17#	00:01+	00:12+	00:04-	
8		e Tiley				-	27						25:23
		05:47+											
		01:47+ 00:23&											
9		e Otte					116						26:24
-		05:56+		09:33+	11:54+			18:02+	21:06+	22:29+	25:03+	25:18+	
		01:52+											
00:22&	00:25#	00:28&	00:40&	00:16&	00:26#	00:10#	00:22&	00:41#	00:36#	00:11#	00:28#	00:04-	00:400
10	Truc	le Katr	rine He	ermanı	rud	-	117						26:51
		06:32+										26:43+	
		02:13+ 00:49&										00:22+	
	_		_	_	00:03+			00:29#	00:01+	00:20@	00:55%	00:03#	
11		nhild A 05:45+			11.53+		52 15.11+	10.17+	22.10⊥	23.46+	26.32+	26.19+	27:16
		01:39+											
		00:15#											
12	Gøri	I Brau	t Aars	and		2	268						27:20
01:46+	04:39+	06:40+	10:04+	10:52+	13:20+	14:21+	15:48+	19:17+	22:37+	24:17+	26:28+	26:48+	27:20+
		02:01+											
		00:37&	01:20&	00:11&	00:33&			00:39#	00:52&	00:28&	00:05+	00:01+	
13		Dmdal					116						27:21
		06:04+ 01:55+											
		00:31&											
14	Ingie	erd Ha	ddelar	hd		6	66						27:57
		07:32+			13:22+			19:10+	22:40+	24:44+	27:29+	27:46+	
		02:22+											
01:23&		00:58&		00:17&	00:35&			00:26#	01:02&	00:52&	00:39&	00:02-	00:15-
15		d Alfse					116						28:28
		07:01+											
		02:02+ 00:38&											
U1:20&	∪∪;∠∠#	00:30%	00:43&	00:338	00:378	UU:1/&	00:190	00:310	01:030	00:33%	00:30#	00:03#	00:00-

Plass	Navi	n				1	Klasse	•					Tid
16	Marg	grethe	Roals	ø		ç	93						30:08
01:25+	03:35+	05:14+	13:46+	14:30+	16:10+	17:11+	18:33+	23:14+	25:34+	27:04+	29:41+	29:57+	30:08+
01:25+	02:10+	01:39+	08:32+	00:44+	01:40-	01:01+	01:22+	04:41+	02:20-	01:30+	02:37+	00:16-	00:11-
00:02+	00:16#	00:15#	06:280	00:07#	00:15-	00:05+	00:13#	01:51&	00:08-	00:18#	00:31#	00:03-	00:15-
17	Tove	e Irene	Ashe	im		1	16						31:54
01:55+	04:47+	07:01+	11:23+	12:09+	14:20+	15:39+	19:04+	23:27+	26:24+	28:19+	31:07+	31:34+	31:54+
01:55+	02:52+	02:14+	04:22+	00:46+	02:11+	01:19+	03:25+	04:23+	02:57+	01:55+	02:48+	00:27+	00:20-
00:32&	00:58&	00:50&	02:18@	00:09#	00:16#	00:23&	02:160	01:33&	00:29#	00:43&	00:42&	00:08&	00:06-
18	Brit	Vivian	Melin	g		1	16						33:17
02:12+	05:01+	08:24+	12:01+	12:58+	17:25+	19:04+	20:39+	25:18+	28:40+	30:08+	32:47+	33:07+	33:17+
02:12+	02:49+	03:23+	03:37+	00:57+	04:27+	01:39+	01:35+	04:39+	03:22+	01:28+	02:39+	00:20+	00:10-
00:49&	00:55&	01:590	01:33&	00:20&	02:320	00:43&	00:26&	01:49&	00:54&	00:16#	00:33&	00:01+	00:16-
19	Kris	tin Fu	re Ow	е		1	17						43:33
02:40+	06:20+	08:58+	13:12+	15:52+	21:24+	23:32+	25:57+	31:58+	36:25+	38:56+	42:46+	43:19+	43:33+
02:40+	03:40+	02:38+	04:14+	02:40+	05:32+	02:08+	02:25+	06:01+	04:27+	02:31+	03:50+	00:33+	00:14-
01:17&	01:46&	01:14&	02:10@	02:030	03:370	01:120	01:160	03:110	01:59&	01:190	01:44&	00:14&	00:12-
Beste	strekk	tid for	[,] klass	en									
01:23	01:54	01:24	02:04	00:37	01:40	00:55	01:09	02:50	02:14	01:12	02:02	00:15	00:08

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

Damer 60 - 64 år

Anne Siv Giertsen 27 18:46 1 01:34= 03:53= 05:30= 07:13= 09:28= 09:57= 11:43= 13:33= 15:59= 18:18= 18:37= 18:46= 01:34= 02:19= 01:37= 01:43= 02:15= 00:29= 01:46= 01:50= 02:26= 02:19= 00:19= 00:09= 00:00= 00: 2 29 19:44 Ingunn Voilås 01:29- 03:58+ 05:40+ 07:26+ 10:06+ 10:27+ 12:18+ 14:13+ 16:43+ 19:16+ 19:34+ 19:44+ 01:29- 02:29+ 01:42+ 01:46+ 02:40+ 00:21- 01:51+ 01:55+ 02:30+ 02:33+ 00:18- 00:10+ 00:05- 00:10+ 00:05+ 00:03+ 00:25# 00:08- 00:05+ 00:05+ 00:04+ 00:14# 00:01- 00:01# Ingrid Øxnevad 18 20:44 3 01:34= 03:50- 05:28- 07:13= 09:20- 09:40- 12:38+ 15:25+ 18:04+ 20:21+ 20:37+ 20:44+ 01:34= 02:16- 01:38+ 01:45+ 02:07- 00:20- 02:58+ 02:47+ 02:39+ 02:17- 00:16- 00:07-00:00= 00:03- 00:01+ 00:02+ 00:08- 00:09- 01:12& 00:57& 00:13+ 00:02- 00:03- 00:02-Ellinor Hoemsnes 23:27 4 116 02:12+ 04:53+ 07:03+ 09:37+ 12:04+ 12:28+ 15:58+ 18:01+ 20:29+ 22:52+ 23:17+ 23:27+ 02:12+ 02:41+ 02:10+ 02:34+ 02:27+ 00:24- 03:30+ 02:03+ 02:28+ 02:23+ 00:25+ 00:10+ 00:38& 00:22# 00:33& 00:51& 00:12+ 00:05- 01:44& 00:13# 00:02+ 00:04+ 00:06& 00:01# Nidunn Sandvik 228 23:31 5 01:46+ 04:14+ 06:28+ 10:07+ 12:19+ 12:43+ 15:19+ 17:14+ 20:35+ 22:58+ 23:19+ 23:31+ 01:46+ 02:28+ 02:14+ 03:39+ 02:12- 00:24- 02:36+ 01:55+ 03:21+ 02:23+ 00:21+ 00:12+ 00:12# 00:09+ 00:37& 01:56@ 00:03- 00:05- 00:50& 00:05+ 00:55& 00:04+ 00:02# 00:03& 6 147 23:32 Anne Katrine Lvcke 01:47+ 04:19+ 08:10+ 10:22+ 13:20+ 13:49+ 15:51+ 17:37+ 20:44+ 23:00+ 23:22+ 23:32+ 01:47+ 02:32+ 03:51+ 02:12+ 02:58+ 00:29= 02:02+ 01:46- 03:07+ 02:16- 00:22+ 00:10+ 00:13# 00:13+ 02:14@ 00:29& 00:43& 00:00= 00:16# 00:04- 00:41& 00:03- 00:03# 00:01# 7 115 24:53 Hanne Hermanrud 02:06+ 05:33+ 08:06+ 10:07+ 12:33+ 12:56+ 15:08+ 17:40+ 21:10+ 24:16+ 24:42+ 24:53+ 02:06+ 03:27+ 02:33+ 02:01+ 02:26+ 00:23- 02:12+ 02:32+ 03:30+ 03:06+ 00:26+ 00:11+ 00:32& 01:08& 00:56& 00:18# 00:11+ 00:06- 00:26# 00:42& 01:04& 00:47& 00:07& 00:02# Beste strekktid for klassen 01:29 02:16 01:37 01:43 02:07 00:20 01:46 01:46 02:26 02:16 00:16 00:07

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

Damer 65 - 69 år

Plass	Navı	n				l	Klasse)				Tid
1	Ingri	id Eik				5	38					17:20
			06:57=	08:52=	09:13=	10:51=	12:27=	14:51=	16:53=	17:10=	17:20=	
							01:36=					
00:00=							00:00=	00:00=	00:00=	00:00=	00:00=	
2	Mari	t Karir	ו Nygå	rd		9	92					19:20
01:45+							14:06+	16:27+	18:49+	19:08+	19:20+	
							01:50+					
00:10#	00:22#	00:29&					00:14#	00:03-	00:20#	00:02#	00:02#	
3	Eli F	rafjor	k			9	94					20:59
							15:00+	17:35+	20:26+	20:48+	20:59+	
							02:06+					
00:08+	00:29#	00:24&	00:13#				00:30&	00:11+	00:49&	00:05&	00:01#	
4	May	Elinor	[.] Melin	q			125					22:42
02:16+							17:04+	19:56+	22:09+	22:30+	22:42+	
02:16+	02:41+	02:13+	01:54+	02:31+	00:25+	03:12+	01:52+	02:52+	02:13+	00:21+	00:12+	
00:41&	00:30#	00:38&	00:18#	00:36&	00:04#	01:34&	00:16#	00:28#	00:11+	00:04#	00:02#	
5	Marc	got As	heim				105					25:52
01:23-							17:56+	23:09+	25:31+	25:44+	25:52+	
01:23-	02:16+	01:46+	04:59+	03:23+	00:17-	01:40+	02:12+	05:13+	02:22+	00:13-	00:08-	
00:12-	00:05+	00:11#					00:36&	02:490	00:20#	00:04-	00:02-	
6	Berit	t Gram	nstad				113					31:20
02:14+							20:47+	27:31+	30:36+	31:02+	31:20+	• • • • • •
02:14+	03:16+	03:28+	03:31+	02:40+	00:25+	02:44+	02:29+	06:44+	03:05+	00:26+	00:18+	
00:39&	01:05&	01:530	01:550	00:45&	00:04#	01:06&	00:53&	04:200	01:03&	00:09&	380:00	
Beste	strekk	tid for	' klass	en								
					00:17	01:38	01:36	02:21	02:02	00:13	00:08	
= Som k	lassevin	iner, -	raskere,	+ ser	nere, #	10% tap	o, & 25	i% tap,	@ 100%	b tap.		

1	Inge	r Skre	tting C) pstad		5	54					23:35
02:02=	05:07=	07:43=		12:36=	13:02=	15:04=	17:21=	20:15=	23:03=	23:24=	23:35=	
02:02=	03:05=	02:36=	02:00=	02:53=	00:26=	02:02=	02:17=	02:54=	02:48=	00:21=	00:11=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Hanı	ne Eik				1	17					27:03
02:15+	04:58-	07:17-	09:43=	13:07+	13:34+	16:32+	20:08+	23:20+	26:24+	26:47+	27:03+	
02:15+	02:43-	02:19-	02:26+	03:24+	00:27+	02:58+	03:36+	03:12+	03:04+	00:23+	00:16+	
00:13#	00:22-	00:17-	00:26#	00:31#	00:01+	00:56&	01:19&	00:18#	00:16+	00:02+	00:05&	
3	Lillia	ın Dah	I Fitjai	r		1	17					37:38
02:19+	11:27+	13:46+	16:04+	23:32+	24:30+	27:21+	30:13+	33:58+	36:49+	37:21+	37:38+	
02:19+	09:08+	02:19-	02:18+	07:28+	00:58+	02:51+	02:52+	03:45+	02:51+	00:32+	00:17+	
00:17#	06:030	00:17-	00:18#	04:350	00:320	00:49&	00:35&	00:51&	00:03+	00:11&	00:06&	
Beste	strekk	tid for	klass	en								
02:02	02:43	02:19	02:00	02:53	00:26	02:02	02:17	02:54	02:48	00:21	00:11	
= Som k	lassevin	ner, -	raskere,	+ ser	nere, #	10% tap	o, & 25	% tap,	@ 100%	tap.		

Damer 75 - 79 år

1	Turi	d Nyst	røm			(68					19:31
02:01=	04:32=	06:31=	08:10=	10:09=	10:34=	12:18=	14:06=	16:37=	19:01=	19:21=	19:31=	
02:01=	02:31=	01:59=	01:39=	01:59=	00:25=	01:44=	01:48=	02:31=	02:24=	00:20=	00:10=	
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	Helg	a Aas	lid			ę	54					21:42
02:02+	04:59+	07:33+	09:51+	12:12+	12:42+	14:26+	16:15+	18:42+	21:09+	21:29+	21:42+	
02:02+	02:57+	02:34+	02:18+	02:21+	00:30+	01:44=	01:49+	02:27-	02:27+	00:20=	00:13+	
00:01+	00:26#	00:35&	00:39&	00:22#	00:05#	00:00=	00:01+	00:04-	00:03+	00:00=	00:03&	

2:42

Plass	Nav	n				I	Klasse	•				Tid
3	Gry	Vikhar	nar Th	engs		e	68					25:56
	05:36+											
02:57+	02:39+					02:37+			02:46+		00:11+	
00:56&	00:08+	00:01+	01:13&	00:18#	00:01-	00:53&	00:16#	02:16&	00:22#	00:02#	00:01#	
4	Hald	lis Gle	ndran	ae			58					29:38
02:17+	04:47+				18:23+	20:15+	22:09+	26:12+	29:10+	29:29+	29:38+	
02:17+	02:30-	02:11+	08:44+	02:19+	00:22-	01:52+	01:54+	04:03+	02:58+	00:19-	00:09-	
00:16#	00:01-	00:12#	07:05@	00:20#	00:03-	00:08+	00:06+	01:32&	00:34#	00:01-	00:01-	
5	Hed	vig An	da				116					30:08
-	05:14+			14:35+	15:05+			25:29+	29:32+	29:56+	30:08+	
02:16+	02:58+	03:55+	02:24+	03:02+	00:30+	05:23+	02:13+	02:48+	04:03+	00:24+	00:12+	
00:15#	00:27#	01:56&	00:45&	01:03&	00:05#	03:390	00:25#	00:17#	01:39&	00:04#	00:02#	
6	Hela	la Klaι	isen				62					36:07
03:26+	06:40+			17:57+	18:45+	21:50+	25:37+	30:31+	35:11+	35:48+	36:07+	
03:26+	03:14+	03:10+	03:59+	04:08+	00:48+	03:05+	03:47+	04:54+	04:40+	00:37+	00:19+	
01:25&	00:43&	01:11&	02:20@	02:090	00:23&	01:21&	01:590	02:23&	02:16&	00:17&	3e0:00	
7	Asla	ug Lu	ra			ç	94					38:51
02:22+	06:05+			16:10+	16:43+	19:48+	22:55+	34:34+	38:12+	38:38+	38:51+	
02:22+	03:43+	02:46+	03:03+	04:16+	00:33+	03:05+	03:07+	11:39+	03:38+	00:26+	00:13+	
00:21#	01:12&	00:47&	01:24&	02:170	00:08&	01:21&	01:19&	09:080	01:14&	00:06&	00:03&	
Beste	strekk	tid for	[,] klass	en								
02:01				01:59	00:22	01:44	01:48	02:27	02:24	00:19	00:09	
= Som k	lassevir	ner	raskere.	+ sei	nere. #	10% tar	b. & 25	5% tap.	@ 100%	tap.		
2 0		,			, "		.,	···· ••••				
Dama	00	å o										

Damer 80 år og eldre

 1
 Berit Ebbell Olsen
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 28:12

 03:08=
 06:37=
 09:27=
 13:07=
 15:50=
 17:39=
 20:03=
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03:08 03:29 02:50 03:40 02:43 01:49 02:24 01:56 02:01 03:28 00:28 00:16

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

Damer A

1 Aud Hognestad Taksdal 92 22:40 01:08= 02:33= 05:17= 06:39= 07:50= 09:42= 10:54= 15:02= 15:38= 18:23= 19:58= 20:52= 22:19= 22:33= 22:40= 01:08= 01:25= 02:44= 01:22= 01:11= 01:52= 01:12= 04:08= 00:36= 02:45= 01:35= 00:54= 01:27= 00:14= 00:07= 00:00= 00: 2 Trine Bolstad Scheie 62 26:48 01:25+ 03:09+ 06:28+ 08:00+ 09:14+ 11:26+ 12:56+ 17:59+ 18:47+ 21:38+ 23:36+ 24:41+ 26:26+ 26:41+ 26:48+ 01:25+ 01:44+ 03:19+ 01:32+ 01:14+ 02:12+ 01:30+ 05:03+ 00:48+ 02:51+ 01:58+ 01:05+ 01:45+ 00:15+ 00:07= 00:17# 00:19# 00:35# 00:10# 00:03+ 00:20# 00:18# 00:55# 00:12@ 00:06+ 00:23# 00:11# 00:18# 00:01+ 00:00= 3 Silie Skarpeid 101 32:51 01:37+ 03:30+ 06:29+ 08:01+ 09:26+ 11:37+ 13:02+ 22:08+ 23:30+ 26:39+ 28:44+ 30:49+ 32:27+ 32:43+ 32:51+ 01:37+ 01:53+ 02:59+ 01:32+ 01:25+ 02:11+ 01:25+ 09:06+ 01:22+ 03:09+ 02:05+ 02:05+ 01:38+ 00:16+ 00:08+ 00:29& 00:28& 00:15+ 00:10# 00:14# 00:19# 00:13# 04:58@ 00:46@ 00:24# 00:30& 01:11@ 00:11# 00:02# 00:01# Beste strekktid for klassen 01:08 01:25 02:44 01:22 01:11 01:52 01:12 04:08 00:36 02:45 01:35 00:54 01:27 00:14 00:07

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

Damer B

Plass	Navr	۱					Klasse)					Tid			
1	Inge	r Tone	Nygå	rd		2	29						24:30)		
				09:19=												
				01:26=												
00:00=			-	00:00=	00:00=			00:00=	00:00=	00:00=	00:00=	00:00=		_	00:00=	00:00=
2		ke Lar					16						25:26			
				08:51- 01:21-												
				00:05-												
2	_		Tiørho		00.01		93	00.001	00.00	00.074	00.10	00.00	26:55	_	00.01	00.01
01.53+				09:22+	10.15+			13.37+	18.21+	18.51+	21.20+	21.59+		-	26.46+	26.55+
				01:31+												
				00:05+												
4	Anne	e Sæb	ø Vik				116						27:28	3		
02:25+				09:16-	10:13+			13:42+	19:50+	20:10+	22:44+	23:21+			27:18+	27:28+
				01:21-												
00:41&	00:12#	00:49-	00:02-	00:05-	00:09#	00:11#	00:11#	00:10#	02:10&	00:01-	00:03-	00:01+	00:06+	00:09+	00:00=	00:02-
5	Mari	ann S	veinsv	oll		Ģ	94						28:01			
				09:58+												
				01:47+												
-				00:21#	00:01+			00:10%	01:33%	00:02-	00:13+	00:03+		_	00:01-	00:04-
6		n Tinde				-	27			4.0 55.			28:26	-		
				10:21+ 01:24-												
				01:24-												
7		Isach					165						29:12	-		
				08:01-	09.30-			12.11-	18.50+	19.11+	21.57+	22.33+			29.03+	29.12+
				01:10-												
00:01-	00:03+	00:50-	00:14-	00:16-	00:41&	00:09-	00:07-	00:00=	02:41&	00:00=	00:09+	00:00=	03:020	00:14-	00:00=	00:03-
8	Krist	in Bre	blovi			ç	92						30:08	3		
03:15+				11:01+	12:15+	13:04+	14:54+	15:50+	19:40+	20:10+	24:47+	26:09+	27:48+	29:45+	30:01+	30:08+
				01:24-												
01:31&	00:55&	00:46-	00:04+	00:02-	00:26&	00:01-	00:26&	00:13&	00:08-	00:09&	02:00&	00:460	00:00=	00:09+	00:01+	00:05-
9		e Gars					395						31:09			
				10:43+												
				01:50+ 00:24&												
		-		00:240	01:096			00:07#	03:200	00:04#	00:08-	00:01+		-	00:00-	00:03-
10			eland	14:56+	16.00		105	10.17	26.001	26.421	20.57	20.201	34:45		24.24	24.45.
				14:56+ 03:59+												
				02:330												
11	Inari	чw н	lestne				117						36:15			
				12:42+	13:50+			17:41+	22:39+	22:58+	31:01+	31:44+			36:04+	36:15+
				01:27+												
00:30&	01:28&	00:33-	01:57&	00:01+	00:20&	00:27&	00:16#	00:11&	01:00&	00:02-	05:260	00:07#	00:23#	00:10+	00:05&	00:01-
12	Tova	h Brå	tveit			4	13						37:26	3		
03:03+	05:17+	06:38+	09:32+	10:47+		12:34+	14:07+						35:00+	36:48+		
				01:15-												
				00:11-	00:15&	00:06-	00:09#	00:01+	09:100	00:02-	00:56&	00:05#	00:49&	00:00=	00:160	00:05-
Beste				-												
01:43	01:40	01:21	02:01	01:10	00:47	00:41	01:17	00:43	03:50	00:19	02:21	00:36	01:39	01:34	00:14	00:07
= Som k	lassevin	ner -	raskere	+ 501	nere #	10% tar	\ & ?⁼	i% tan	<i>ര</i> 100%	tan						
= Som k		ner, -	i askere,	+ ser	iere, #	10% tap), & 25	o‰ tap,	ധ 100%	ap.						

Damer Ny

 Mendy Morales
 91
 22:59

 01:23=
 03:20=
 06:18=
 08:16=
 09:59=
 11:07=
 12:07=
 14:11=
 17:03=
 19:09=
 22:10=
 22:43=
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 01:23=
 01:57=
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Plass	Navı	n					Klasse)					Tid
2	Lynr	n Marie	e Gals	ton		1	16						29:12
00:35-	04:35+				11:31+	12:28+	14:22+	24:04+	26:24+	28:45+	29:03+	29:12+	
00:35-	04:00+	02:38-	01:28-	01:15-	01:35+	00:57-	01:54-	09:42+	02:20+	02:21-	00:18-	00:09-	
00:48-	02:030	00:20-	00:30-	00:28-	00:27&	00:03-	00:10-	06:500	00:14#	00:40-	00:15-	00:07-	
3	Gulz	han Y	egemb	perdive	eva	1	36						45:50
02:18+	04:50+	12:59+	14:44+	16:32+	17:44+	19:33+	21:27+	24:33+	32:37+	44:18+	44:48+	45:50+	
02:18+	02:32+	08:09+	01:45-	01:48+	01:12+	01:49+	01:54-	03:06+	08:04+	11:41+	00:30-	01:02+	
00:55&	00:35&	05:110	00:13-	00:05+	00:04+	00:49&	00:10-	00:14+	05:580	08:400	00:03-	00:460	
Beste	strekk	tid for	[.] klass	en									
00:35	01:57	02:38	01:28	01:15	01:08	00:57	01:54	02:52	02:06	02:21	00:18	00:09	

Damer Trim

1	Han	ne Thu	J				18					17:01
01:20=	03:28=	05:07=	07:45=	09:14=	10:23=	11:50=	13:08=	14:24=	16:33=	16:52=	17:01=	
						01:27=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Nina	Bækk	celund	Chris	tianse	n 1	105					18:15
01:23+						13:35+	14:42+	15:47+	17:47+	18:04+	18:15+	
01:23+	02:14+	01:52+	04:23+	01:20-	01:03-	01:20-	01:07-	01:05-	02:00-	00:17-	00:11+	
00:03+	00:06+	00:13#	01:45&	00:09-	00:06-	00:07-	00:11-	00:11-	00:09-	00:02-	00:02#	
3	Siri l	Eppela	and			7	74					18:15
01:37+	03:43+	05:16+	07:43-	09:27+	10:31+	12:00+	13:16+	15:00+	17:43+	18:00+	18:15+	
						01:29+						
00:17#	00:02-	00:06-	00:11-	00:15#	00:05-	00:02+	00:02-	00:28&	00:34&	00:02-	00:06&	
4	Ingv	ild Eliı	n Ring	odd		-	117					18:28
						13:42+						
						01:24-						
00:19#	00:04-	00:13#	01:41&	00:04-	00:10-	00:03-	00:09-	00:11-	00:07-	00:01-	00:03&	
5	Ben	edicte	Kvale	våa		3	375					18:54
01:51+					11:42+	13:22+	14:42+	16:10+	18:21+	18:40+	18:54+	
01:51+	02:24+	01:51+	02:47+	01:49+	01:00-	01:40+	01:20+	01:28+	02:11+	00:19=	00:14+	
00:31&	00:16#	00:12#	00:09+	00:20#	00:09-	00:13#	00:02+	00:12#	00:02+	00:00=	00:05&	
6	Ann	-Mari \	/old			Ę	54					19:04
01:53+	04:13+	05:59+	09:12+	11:08+	12:31+	14:11+	15:21+	16:29+	18:35+	18:55+	19:04+	
01:53+	02:20+	01:46+	03:13+	01:56+	01:23+	01:40+	01:10-	01:08-	02:06-	00:20+	00:09=	
00:33&	00:12+	00:07+	00:35#	00:27&	00:14#	00:13#	00:08-	00:08-	00:03-	00:01+	00:00=	
7	Mare	en Ber	njamin	sen		4	43					19:29
01:38+	03:40+	05:16+	07:32-	09:02-	10:19-	11:55+	15:24+	16:36+	18:54+	19:13+	19:29+	
						01:36+						
00:18#	00:06-	00:03-	00:22-	00:01+	00:08#	00:09#	02:110	00:04-	00:09+	00:00=	00:07&	
8			Ollest				93					19:48
						14:49+						
						01:34+						
00:33&	00:05+	00:03+	01:38&	00:38&	00:05-	00:07+	00:08-	00:02+	00:01-	00:03-	00:02-	
9	Ingri	id O. F	oss				117					20:00
01:38+	04:08+	05:55+	08:48+	10:32+	11:50+	13:30+	14:56+	16:26+	19:31+	19:51+	20:00+	
01:38+	02:30+	01:47+	02:53+	01:44+	01:18+	01:40+	01:26+	01:30+	03:05+	00:20+	00:09=	
00:18#	00:22#	00:08+	00:15+	00:15#	00:09#	00:13#	00:08#	00:14#	00:56&	00:01+	00:00=	
10	Han	na Haa	aland S	Sømme	е	e	68					20:17
01:45+						14:55+	16:22+	17:34+	19:46+	20:06+	20:17+	-
01:45+	02:12+	02:10+	02:29-	01:46+	02:44+	01:49+	01:27+	01:12-	02:12+	00:20+	00:11+	
00:25&	00:04+	00:31&	00:09-	00:17#	01:350	00:22&	00:09#	00:04-	00:03+	00:01+	00:02#	
11	Inge	r Joha	nne K	lauser	า	Ę	54					20:23
01:44+						13:42+	16:29+	17:43+	19:58+	20:14+	20:23+	
01:44+	02:25+	02:02+	03:19+	01:37+	01:05-	01:30+	02:47+	01:14-	02:15+	00:16-	00:09=	
00:24&	00:17#	00:23#	00:41&	00:08+	00:04-	00:03+	01:290	00:02-	00:06+	00:03-	00:00=	

Plass	Navı	n					Klasse					Tid
12			ke Se	ljesko	a		128					20:27
02:10+				11:36+				17:40+	19:52+	20:18+	20:27+	20.21
				01:44+					02:12+		00:09=	
00:50&				00:15#	00:13#			00:19#	00:03+	00:07&	00:00=	
13	Astr	i Sand	langer			9	93					20:58
	03:55+	05:42+	08:42+	10:09+								
				01:27-								
				00:02-	00:08#			00:21&	00:40&	00:01-	00:00=	
14			Steink				5					21:13
02:08+				11:06+					20:38+	21:03+	21:13+	
				01:54+ 00:25&								
				00:23@	00:03+			01:02@	00:07+	00:00@	00:01#	04.40
15		tin Yo		10 04	11 01		372	10 42	01 10	01 04	01 40	21:42
				10:34+ 01:16-					21:18+			
				00:13-								
				00.10	00.12		116	00.12	00.201	00.00	00.01	21:47
16	-	annel		11:55+	12.061			10.01	20:57+	21:33+	21:47+	21.4/
01:48+				01:57+								
				00:28&								
17				vartsu			91					21:53
				13:10+				18.56+	21:18+	21:43+	21:53+	21.33
				01:37+								
				00:08+			00:01+					
18	Silia	H Mv	klebu	et		1	54					22:03
				12:10+	13:25+			18:48+	21:28+	21:52+	22:03+	22.00
				01:41+								
00:10#	00:36&	01:23&	00:35#	00:12#	00:06+	00:12#	00:49&	00:21&	00:31#	00:05&	00:02#	
19	Ann	e Turio	d I ian	Vestb	akke		116					22:12
				12:43+				18:48+	21:39+	21:58+	22:12+	
01:36+	03:23+	02:08+	03:42+	01:54+	01:17+	01:45+	01:36+	01:27+	02:51+	00:19=	00:14+	
00:16#	01:15&	00:29&	01:04&	00:25&	00:08#	00:18#	00:18#	00:11#	00:42&	00:00=	00:05&	
20	Sigr	und Se	erigsta	ad			128					22:30
02:32+				14:38+	16:18+	17:36+	18:52+	20:12+	22:06+	22:21+	22:30+	
				03:17+								
01:12&				01:480	00:31&			00:04+	00:15-	00:04-	00:00=	
21	Krist	tin Ba	rvik				92					22:33
				12:42+			17:16+		22:06+			
				01:40+								
		_		00:11#	00:39&			00:32&	00:53&	00:01-	00:00=	
22			enhein			_	268					22:38
			10:20+				17:43+		22:08+	22:26+	22:38+	
02:01+			03:43+	01:45+			01:37+ 00:19#					
				00.10#	00.550			00.230	00.578	00.01	00.030	04.00
23		a Bert			45.05		43		00.45.			24:03
				14:24+ 02:07+					23:15+		24:03+	
				02:07+								
								00.410	00.201	00.001	00.176	24.42
24	-			Indhei			54	01.07.	22.44	24.04	24.121	24:13
				15:42+ 01:29=								
				00:00=								
25			Borger				233					24:20
				13:52+	15.19+	-		20.42+	23.46+	24.07+	24.20+	24.20
				01:47+								
				00:18#								
26	-	h Alle				_	7					24:25
				13:40+	15:08+		-	20:23+	23:44+	24:09+	24:25+	24.20
				01:56+								
				00:27&								

Plass	Navr	า					Klasse					Tid
27	Silie	Wiik F	Rese				43					24:30
			12:22+	14:28+	15:32+			20:45+	23:15+	23:37+	24:30+	21100
			06:11+									
			03:330	00:37&	00:05-			00:42&	00:21#	00:03#	00:44@	
28		a Fjelo					105					24:34
			11:55+									
			03:33+ 00:55&									
29			levsen		00.121		117	00.000	00.174	00.02	00.004	24:40
			11:25+		15.51+			21.09+	24.07+	24.26+	24.40+	24.40
			03:30+									
01:04&	00:43&	01:01&	00:52&	01:12&	00:36&	00:30&	00:13#	00:34&	00:49&	00:00=	00:05&	
30	Ther	ese Ø	stbø				117					24:56
02:42+	05:32+	08:13+	11:44+	14:24+	16:09+	18:02+	19:37+	21:29+	24:22+	24:42+	24:56+	
			03:31+									
			00:53&	01:11&	00:36&			00:36&	00:44&	00:01+	00:05&	
31		Jacob					134					27:34
			13:58+ 03:51+								27:34+	
			01:13&									
32			Halsn				105					28:04
			12:35+	-	18.13+			24.05+	27.26+	27:53+	28.04+	20.04
			03:37+									
01:07&	00:55&	01:490	00:59&	01:21&	01:390	01:03&	00:26&	00:22&	01:12&	00:08&	00:02#	
33	Lind	a Hau	kås				113					28:50
			14:05+									
			04:36+									
			01:58&		00:30&			00:43&	01:41&	00:07&	00:03&	
34			Haala				66					28:56
			13:33+ 04:16+							28:39+		
			04:10+									
35			idjelar				105					29:57
			17:08+		19:59+			26:05+	28:16+	28:37+	29:57+	25.57
			08:27+								01:20+	
01:01&	00:04+	02:290	05:490	00:16#	00:03-	00:16#	00:23&	01:260	00:02+	00:02#	01:110	
36	Liv J	anne	Fandr	em Bil	and	9	92					29:57
			14:45+							29:45+		
			03:39+									
			01:01&	01:10%	00:27&			01:240	01:10%	00:02#	00:03&	00.00
37		i Balle	14:22+	17.201	10.00		105	25.24	20.401	30:09+	30:26+	30:26
			14:22+ 04:43+									
			02:05&									
38	Karo	lina L	enart			(91					31:56
			16:15+	18:53+	20:37+			27:41+	31:08+	31:44+	31:56+	01100
05:06+			05:11+									
03:460	00:48&	01:23&	02:33&	01:09&	00:35&			00:34&	01:18&	00:17&	00:03&	
39			ndelar				92					32:45
			16:14+									
06:21+			03:45+ 01:07&									
			01.0/α	00.070	00.200			01.210	01.43a	00.110	00.02#	22.40
40	Kate		15:40+	18.04.	21.07		92	28.20	32.20.	33.05.	33.161	33:16
			13:40+ 04:58+									
			02:20&									
41	Mon	ica Ne	esse			(92					33:20
			15:37+	18:26+	21:05+			28:24+	32:34+	33:06+	33:20+	00.20
			04:57+									
01:410	02:140	01:38&	02:19&	01:20&	01:300	01:17&	01:04&	00:57&	02:01&	00:13&	00:05&	

24:34

24:40

24:56

Plass	Navı	n				l	Klasse)				Tid
2	Ruth	ո Grød	em				105					34:36
02:26+	08:09+	10:45+	14:57+	17:58+	19:33+	21:49+	24:14+	31:00+	33:53+	34:22+	34:36+	
						02:16+						
01:06&	03:350	00:57&	01:34&	01:32@	00:26&	00:49&	01:07&	05:300	00:44&	00:10&	00:05&	
3	Tone	e Gisk	е				116					35:03
05:19+				24:52+	26:05+	28:14+	29:55+	31:36+	34:30+	34:53+	35:03+	
05:19+	03:33+	02:23+	11:48+	01:49+	01:13+	02:09+	01:41+	01:41+	02:54+	00:23+	00:10+	
03:590	01:25&	00:44&	09:100	00:20#	00:04+	00:42&	00:23&	00:25&	00:45&	00:04#	00:01#	
4	Anne	e Lill N	liå				105					40:42
01:47+				26:29+	29:55+	32:00+		37:17+	40:02+	40:32+	40:42+	
01:47+	02:53+	01:46+	18:41+	01:22-	03:26+	02:05+	01:29+	03:48+	02:45+	00:30+	00:10+	
00:27&	00:45&	00:07+	16:030	00:07-	02:170	00:38&	00:11#	02:32@	00:36&	00:11&	00:01#	
5	Sara	Dudz	inska			ç	91					41:20
•				17:30+	18:52+	20:19+		37:45+	40:27+	41:03+	41:20+	41.20
						01:27=						
00:02+	00:35&	02:170	04:510	00:31&	00:13#	00:00=	08:280	06:240	00:33&	00:17&	00:08&	
6	Indu	nn Fai	ndrem				17					43:06
-					18.15+	20:47+		33.521	12.33+	12.551	43.06+	45.00
						02:32+						
						01:05&						
7	Solu		aria Cu	ønnin	~		17					43:08
	3010			16.491	y	20:47+		22.661	12.241	12.571	42.001	43.00
				02:12+					42:34+ 08:39+			
						02:001						
8							105	01.004	00.000	00.01	00.021	55:26
-				elliese		45:45+		50.201	E4.001	EE . 1 4 .	EE.OC.	55.20
						45:45+ 01:55+						
						00:28&						
								01.176	01.120	00.020	00.054	4.04.4
9				n Stabe			101					1:01:4
						33:35+						
						02:21+ 00:54&						
					01:140	00:54&	03:100	10:306	03:130	00:02#	00:01#	
			' klass									
01:20	01:56	01:31	02:16	01:16	00:57	01:16	01:07	01:04	01:54	00:15	00:07	
Som k	lassevin	nner, -	raskere,	+ sei	nere, #	10% tap	o, & 25	5% tap,	@ 100%	tap.		
laws	- 40	າດ ≗										
16LL6	10 ·	- 39 å	I									

1	Bros	strup L	.andst	ad		e	66						20:12	2		
01:27=	02:51=	03:53=	05:54=	06:51=	07:31=	08:14=	09:28=	10:09=	14:01=	14:24=	16:35=	17:06=	18:27=	19:55=	20:07=	20:12=
01:27=	01:24=	01:02=	02:01=	00:57=	00:40=	00:43=	01:14=	00:41=	03:52=	00:23=	02:11=	00:31=	01:21=	01:28=	00:12=	00:05=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Mag	ne Hat	teland	1		3	399						20:44	1		
01:15-	02:57+	04:12+	06:06+	07:20+	07:59+	08:43+	10:03+	10:44+	14:16+	14:34+	16:47+	17:16+	18:46+	20:23+	20:36+	20:44+
01:15-	01:42+	01:15+	01:54-	01:14+	00:39-	00:44+	01:20+	00:41=	03:32-	00:18-	02:13+	00:29-	01:30+	01:37+	00:13+	00:08+
00:12-	00:18#	00:13#	00:07-	00:17&	00:01-	00:01+	00:06+	00:00=	00:20-	00:05-	00:02+	00:02-	00:09#	00:09#	00:01+	00:03&
3	Bern	hard H	laver	Vagle		•	126						20:50)		
01:35+	03:15+	04:26+	06:24+	07:29+	08:09+	08:50+	10:07+	10:50+	15:05+	15:20+	17:16+	17:49+	19:11+	20:31+	20:43+	20:50+
01:35+	01:40+	01:11+	01:58-	01:05+	00:40=	00:41-	01:17+	00:43+	04:15+	00:15-	01:56-	00:33+	01:22+	01:20-	00:12=	00:07+
00:08+	00:16#	00:09#	00:03-	00:08#	00:00=	00:02-	00:03+	00:02+	00:23+	00:08-	00:15-	00:02+	00:01+	00:08-	00:00=	00:02&
4	Sver	n Hatte	land			3	399						22:04	1		
01:16-	03:10+	04:20+	06:08+	07:15+	07:54+	08:41+	10:08+	12:10+	15:22+	15:41+	17:40+	18:13+	19:44+	21:30+	21:43+	22:04+
01:16-	01:54+	01:10+	01:48-	01:07+	00:39-	00:47+	01:27+	02:02+	03:12-	00:19-	01:59-	00:33+	01:31+	01:46+	00:13+	00:21+
00:11-	00:30&	00:08#	00:13-	00:10#	00:01-	00:04+	00:13#	01:21@	00:40-	00:04-	00:12-	00:02+	00:10#	00:18#	00:01+	00:160
5	Sone	dre As	pøy			-	117						22:45	5		
01:59+	03:39+	05:02+	07:18+	08:27+	09:09+	09:57+	11:11+	11:56+	16:12+	16:35+	18:44+	19:16+	20:46+	22:25+	22:38+	22:45+
01:59+	01:40+	01:23+	02:16+	01:09+	00:42+	00:48+	01:14=	00:45+	04:16+	00:23=	02:09-	00:32+	01:30+	01:39+	00:13+	00:07+
00:32&	00:16#	00:21&	00:15#	00:12#	00:02+	00:05#	00:00=	00:04+	00:24#	00:00=	00:02-	00:01+	00:09#	00:11#	00:01+	00:02&

Plass	Navı	า					Klasse	•					Tid				
6	Alek	sande	r Clau	ssen		-	74						22:46	3			
-				08:07+	08:54+			12:02+	15:30+	15:58+	18:47+	19:18+		-	22:32+	22:46+	
01:26-	02:03+	01:22+	02:04+	01:12+	00:47+	01:04+	01:22+	00:42+	03:28-	00:28+	02:49+	00:31=	01:31+	01:28=	00:15+	00:14+	
00:01-	00:39&	00:20&	00:03+	00:15&	00:07#	00:21&	00:08#	00:01+	00:24-	00:05#	00:38&	00:00=	00:10#	00:00=	00:03#	00:090	
7	Øiviı	nd Far	ndrem	Høivik	ζ.	(66						22:49)			
02:16+	04:09+	05:26+	07:19+	08:27+	09:04+	09:54+	11:05+	11:50+	15:45+	16:12+	18:52+	19:27+	20:56+	22:29+	22:42+	22:49+	
				01:08+													
00:49&	00:29&	00:15#	00:08-	00:11#	00:03-	00:07#	00:03-	00:04+	00:03+	00:04#	00:29#	00:04#			00:01+	00:02&	
8	Fran	k Terj	e Berg	je			126						24:12	2			
				09:43+													
				01:08+													
02:250				00:11#	00:04#			00:04+	00:25-	00:01+	00:04-	00:02+		_	00:11%	00:03&	
9			n Haala				399						24:2	-			
				09:24+													
				01:15+ 00:18&													
					00.00#			00.011	00.011	00.278	00.031	00.011		_	00.05#	00.040	
10			gland	09:08+	00.51		98	10.47	16.21	17.00	20.15	01.101	25:08	-	24.501	25.001	
				09:08+													
				00:14#													
11			kildse				39						25:12				
				08:02+	08:47+			12:08+	15:46+	18:57+	21:00+	21:31+			25:04+	25:12+	
				01:08+													
00:03-	00:46&	00:09#	00:08+	00:11#	00:05#	00:18&	00:24&	00:01+	00:14-	02:48@	00:08-	00:00=	00:17#	00:11#	00:04&	00:03&	
12	Håva	ard Ba	rkved			-	71						25:14	1			
				09:47+	10:42+			13:46+	17:30+	17:59+	20:17+	20:54+		-	24:46+	25:14+	
				01:46+													
00:23&	00:38&	00:14#	00:52&	00:49&	00:15&	00:06#	00:11#	00:09#	00:08-	00:06&	00:07+	00:06#	00:46&	00:01+	00:04&	00:23@	
13	Eivir	nd Brii	nsø				76						25:27	7			
				10:28+													
				01:13+													
		_		00:16&	00:10#	_		00:09#	00:08+	00:03-	00:10#	00:09&		_	00:05&	00:03&	
14			emen				76	45 05					26:49	-			
				11:26+ 01:17+													
				00:20&													
15		nd Ru					105						27:34				
				08:29+	09.51+			12.32+	17.55+	18.09+	20.04+	20.38+		-	27.26+	27.34+	
				01:14+													
				00:17&													
16	Thor	nas H	inna			-	287						27:48	3			
				10:36+	11:34+	-		15:06+	19:16+	19:41+	22:17+	23:01+		-	26:53+	27:03+	27:48+
03:36+	01:50+	01:30+	02:18+	01:22+	00:58+	01:11+	01:29+	00:52+	04:10+	00:25+	02:36+	00:44+	01:47+	01:41+	00:24+	00:10+	00:45+
02:090	00:26&	00:28&	00:17#	00:25&	00:18&	00:28&	00:15#	00:11&	00:18+	00:02+	00:25#	00:13&	00:26&	00:13#	00:12&	00:05&	00:45+
17	Eirik	Løvå	sen			9	98						28:51	1			
				09:17+													
				01:24+													
		_		00:27&	00:30&			00:04+	01:02&	00:06-	01:13&	01:020		_	00:04&	00:02&	
18		re Ber					105						29:02				
				10:52+													
				01:12+ 00:15&													
				00.130	00.128			00.01+	01.098	00.00-	02.000	00.03#			00.03#	00.044	
19		lav K		10 001	11 001		7	14 201	01 04	01 50	05 10	05 47	29:5		00.401	00 55	
				10:30+ 01:29+													
				00:32&													
20		nd Svs					76						30:20				
				12:30+	13.17+			16.13+	21.32+	22.12+	22.28+	25.12+		-	29.56+	30.12+	30.20+
				01:35+													
				00:38&													

Plass	Navn					Klasse	•					Tid				
21	Martin H	olet				74						30:50	۰			
	04:19+ 08:15		11:59+	12:41+		-	15:51+	21:03+	21:29+	24:59+	25:37+			30:31+	30:50+	
	01:52+ 03:56															
01:00&	00:28& 02:54	00:28#	00:18&	00:02+	00:03+	00:29&	00:00=	01:20&	00:03#	01:19&	00:07#	01:20&	00:26&	00:07&	00:140	
22	Maximilia	an Erlbe	eck		6	67						31:24	1			
	05:41+ 06:47			09:59+			12:42+	25:12+	25:37+	27:38+	28:24+		-	31:17+	31:24+	
	01:38+ 01:06															
02:360	00:14# 00:04	+ 00:20-	00:00=	00:06-	00:02-	00:14#	00:07-	08:380	00:02+	00:10-	00:15&	00:03-	00:04-	00:01-	00:02&	
23	Gaute Ha	luaen S	andne	S	4	13						31:33	3			
03:03+	05:43+ 07:41						17:01+	23:14+	23:31+	26:42+	27:24+	29:11+	31:08+	31:25+	31:33+	
	02:40+ 01:58															
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24	Sverre D	ørheim			•	136						32:5	5			
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	02:12+ 01:52															
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25	Bruno Pi					51						33:30	-			
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26	Anders F				_	263						36:02				
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			-	00.004			00.104	00.106	00.011	01.104	00.114		-	00.074	00.044	
27	Kjartan S			10.40		56	21.461	20.251	20.41.	25.14	26.121	40:36		40.001	40.201	
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28	Biarte Sc	_				192						46:44				
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4		as frici	1		-	116						Z3.ZI				

4	Ole-	Tobias	s Frich			1	16						25:27	7			
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5	Håva	ard Sv	ihus			2	267						26:04	1			

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8	Magn	e Hat	obesta	d		-	111						27:06	5		
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9	Erik	Bjørn	bom			-	76						27:48	3		
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18	Mag	nar Mø	øller			(62						31:10)		
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21	Tore	e Halse	et				114						31:53	3	
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25	Trya	ve Mi	chaels	en			117						36:47	7	
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			13:21+		18:54+			30:18+	32:43+	35:53+	36:39+	39:21+			42:47+
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		03:04+											
00:50&	00:31&	00:06+	00:34&	01:23&	00:26&	00:29&	00:35&	00:06#	00:20#	00:14#	00:06&	00:05&	
9	Tor	Inge H	alvors	en			5						25:42
01:26+		06:25+			12:11+		-	16:28+	22:39+	25:13+	25:30+	25:42+	
01:26+	01:38-	03:21+	02:09+	03:00+	00:37+	01:29+	01:50+	00:58+	06:11+	02:34+	00:17+	00:12+	
00:07+	00:20-	00:23#	00:48&	00:20#	00:05#	00:14#	00:27&	00:05+	03:24@	00:22#	00:02#	00:03&	
10	Inde	Skret	tina				165						26:22
		07:53+		14:52+	15:21+			20:05+	23:17+	25:56+	26:13+	26:22+	
		04:31+											
00:07+	00:02-	01:33&	00:37&	02:21&	00:03-	00:23&	00:30&	00:20&	00:25#	00:27#	00:02#	00:00=	
11	Kiel	l Lervi	k				239						27:09
	03:59+	07:01+	09:14+	13:32+	14:29+			19:49+	23:34+	26:42+	27:00+	27:09+	27.00
		03:02+											
00:14#	00:28#	00:04+	00:52&	01:38&	00:25&	00:47&	00:50&	00:12#	00:58&	00:56&	00:03#	00:00=	
12	Sve	rre Ma	anar N	lordal			116						27:42
		07:13+			15:52+			20:57+	24:22+	27:16+	27:33+	27:42+	£/.4£
		03:04+											
		00:06+											
Reste	strokk	tid for	, klass	en									
01:19	01:38			-	00:29	01:15	01:23	00:51	02:47	02:12	00:15	00:08	
01.10	01.00	02.20	01.21	02.10	00.20	01.10	01.20	00.01	02.17	02.12	00.10	00.00	
= Som k	lassevir	nner, -	raskere	+ sei	nere, #	10% tap	o, & 25	5% tap,	@ 100%	ώ tap.			
Herre	er 65	- 69 å	r										
1	Δrna	e Krist	ian Fe	lebon		6	68						17:45
		04:33=			08·45=			13.16=	15.28=	17.22=	17.37=	17.45=	17.45
		01:58=											
		00:00=											
ົ	Tork	siarn E	wonco	n			108						20:49
6		05:42+			10.52			11.17.	18.04.	20.24	20.40	20.40	20.43
		05:42+											
		02:42+											
20.001 2	_			50.50π	50.000			01.10	51.030	50.20π	00.011	00.0±π	04.00
5		le San					29	45.05	4.0.05				21:32
		05:39+											
		02:24+ 00:26#											
00:12#	00.20&	00:∠0#	00:19#	00:20#	00:08&	00:10#	00:14#	00:1/-	01:03%	00:20#	00:00=	00.106	

Klasse

Plass Navn

Tid

Plass	Navi	n					Klasse						Tid
4	Olav	, Tunh	eim				93						23:32
				12:45+	13:31+		16:34+	17:26+	20:45+	23:07+	23:22+	23:32+	20.02
							01:35+						
00:15#	00:38&	00:24#	01:18&	01:54&	00:17&	00:21&	00:16#	01:13-	01:07&	00:28#	00:00=	00:02#	
5	Biar	ne Gin	nre			8	38						23:42
01:20+				12:24+	13:05+		16:39+	17:32+	21:00+	23:21+	23:34+	23:42+	
							01:57+						
00:12#	01:00&	00:47&	00:19#	01:50&	00:12&	00:30&	00:38&	01:12-	01:16&	00:27#	00:02-	00:00=	
6	Bjør	n Sive	rtsen			9	99						24:43
	03:54+	06:43+	08:36+				16:29+						
							01:47+						
00:33&	00:46&	00:51&	00:30&	01:20&	00:27&		00:28&	01:03-	01:30&	01:08&	00:04&	00:01#	
7	Tom	Hetla	nd			Ę	5						24:53
							16:38+						
							02:12+						
00:14#	00:53&	00:29#	00:20#	01:55&	00:17&	00:26&	00:53&	01:09-	01:22&	01:27&	00:02#	00:01-	
8	Jan	Arenda	al				116						26:18
							17:56+						
							02:09+						
00:31&					00:20&	01:380	00:50&	00:56-	01:17&	01:14&	00:10&	00:03&	
9	Terje	e Stok	kelanc				69						26:49
							18:54+						
							01:36+						
00:29&	00:37&	03:370	00:45&	00:54&	00:310		00:17#	00:57-	01:07&	00:52&	00:03#	00:160	
10				deland			92						28:44
							19:20+						
							02:19+						
	-				00:12&		01:00&	01:04-	01:29&	02:200	00:03#	00:02#	
11		nund E					58						30:55
							20:54+						
							02:14+ 00:55&						
			-					00:39-	01:330	01:300	00:050	00:200	04.00
12				valdse			29						31:09
							22:05+ 01:58+						
							01:58+						
					00.550			01.04	01.390	01.490	00.030	00.01#	04.40
13		stein S					54						31:12
							20:33+ 02:08+						
							02:08+						
		_	_	01.020	00.174			00.00	01.004	00.000	00.074	00.004	25.44
14		n Tore		17.06.	10.05.		29	04 001	20 51	24 50	25 07	25 44	35:44
							23:14+ 02:30+						
							02:30+						
				02.010	00.000			00.10	01.000	02.110	00.100	00.000	35:44
15	RUIT	Klepp	11.221	16.00'	16.57		53 22:02+	23.151	27.50.	35.15	35.32	35.441	35.44
02:23+	02:54+	08:43+	11:33+	10:00+	10:3/+	19:33+	22:02+ 02:27+	23:13+	27:50+	35:15+ 07:25+	00·18+	35:44+ 00·11+	
							02:27+						
Beste													
01:08	01:27			02:20	00.29	01.07	01.10	00:52	02:12	01:54	00:13	00:07	
01.00	01.27	01.00	01.20	02.20	00.20	01.07	01.10	00.02	02.12	01.04	00.13	00.07	
= Som k	lassevir	ner, -	raskere,	+ sei	nere, #	10% tap	o, & 25	% tap,	@ 100%	b tap.			
		— • •											

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Herrer 70 - 74 år
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 Bjørn Alsaker
 115
 17:25

 01:08=
 02:49=
 05:04=
 06:28=
 08:50=
 09:23=
 10:37=
 11:58=
 12:40=
 15:01=
 17:04=
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Plass	Navi	n					Klasse	•					Tid
2	Svoi	n Bero	Δr				126						18:05
_				09:00+	09:31+		12:17+	13:00+	15:38+	17:42+	17:54+	18:05+	10.05
							01:25+						
00:04+	00:19-	00:09+	00:08+	00:08+	00:02-	00:07+	00:04+	00:01+	00:17#	00:01+	00:02-	00:04&	
3	Harr	y Brei	land			(66						19:25
01:20+	03:05+	05:50+	07:19+	10:01+	10:35+	11:53+	13:18+	14:06+	16:46+	19:01+	19:18+	19:25+	
							01:25+						
00:12#				00:20#	00:01+		00:04+	00:06#	00:19#	00:12+	00:03#	00:00=	
4		nd L. R					92						21:20
							14:04+						
							01:39+ 00:18#						
_	_				00.050			00.100	00.000	00.550	00.030	00.03&	04.00
5			Frøyla		11.40		128	15.37.	10.24	21.04	21.201	21.201	21:28
							14:43+ 01:38+					21:28+	
							00:17#					00:01#	
6	Δsad	eir Bel	I I				117						22:28
-				11:16+	11:50+		15:01+	15:51+	18:48+	22:01+	22:18+	22:28+	22.20
							01:51+						
00:24&	00:28&	00:07-	00:33&	01:08&	00:01+	00:06+	00:30&	00:08#	00:36&	01:10&	00:03#	00:03&	
7	Jost	ein Tu	nheim	1			116						22:31
							14:55+			21:58+			
							01:41+						
00:20&				01:32&	00:08#		00:20#	00:29&	01:07&	00:21#	00:02#	00:100	
8		A. Pa					117						22:50
							14:51+				22:41+		
							01:40+ 00:19#						
00:21&			-	00:33&	00:04#			00:210	00:37&	00:57&	00:03&	00:02&	04.40
9		Inge L		10 10	10.04	-	88	10 001	01 01	0.4 0.0 1	04.07	04.461	24:46
							17:05+ 01:58+						
							00:37&						
10	۸rno	Øster	neon				395						26:48
				11:35+	12:16+		20:01+	20:59+	23:56+	26:23+	26:39+	26:48+	20.40
							05:48+					00:09+	
00:48&	00:15#	00:28#	00:37&	00:37&	00:08#	00:43&	04:270	00:16&	00:36&	00:24#	00:02#	00:02&	
11	Svei	n Ims				(65						27:50
02:02+	04:06+	06:52+	09:06+	13:21+	14:07+	16:37+	18:24+	19:29+	23:19+	27:15+	27:34+	27:50+	
							01:47+						
00:54&	_		00:50&	01:53&	00:13&		00:26&	00:23&	01:29&	01:53&	00:05&	00:090	
12		e Hope					43						28:38
							19:51+						
							01:53+ 00:32&						
				02.220	00.556			00.000	01.200	01.120	00.100	00.03&	24.07
13		Kåre L		15.57.	16.41.		128 21:40+	00.51	0.0.51	21.01	21.10	21.07.	31:27
							21:40+ 02:57+						
							01:360						
14	Svoi	n Ovo	Horpe	hetad			62						32:33
					17:18+		22:23+	23:38+	27:46+	31:53+	32:19+	32:33+	02.00
							02:37+						
01:380	01:08&	01:50&	00:59&	02:02&	00:18&	01:14&	01:16&	00:33&	01:47&	02:040	00:12&	00:07&	
15	Kiell	Ingar	Olsen			Į	50						33:15
	04:49+	08:34+	10:58+	18:03+			23:28+						
							02:45+						
				04:430	00:09&		01:240	00:33&	01:48&	U1:20&	00:08&	00:01#	
		re Uhl					105						37:31
							25:04+ 02:50+						
							02:50+ 01:290						
01.016			51.000	22.200	20.106		51.256	20.006	20.000	22.206	20.200		

Plass	Navı	า					Klasse)					Tid
17	Olav	Habb	estad				116						48:15
			11:03+	18:15+	18:59+			25:52+	44:09+	47:39+	47:52+	48:15+	
			02:56+										
			01:320		00:11&	00:40&	02:050	00:510	15:560	01:27&	00:01-	00:160	
			r klass	•••	0.0 0.1	01 14	01 01	00.40	0.0 0.1	00.00	00 10	00 07	
01:08	01:22	02:08	01:24	02:22	00:31	01:14	01:21	00:42	02:21	02:03	00:12	00:07	
= Som k	lassevin	ner, -	raskere,	+ sei	nere, #	10% tap	o, & 25	5% tap,	@ 100%	b tap.			
Herre	er 75 -	- 79 å	r										
1	Øwvi	nd Fa	leskog				5						20:08
-			08:08=	10:14=	10:37=	-	-	17:08=	19:35=	19:59=	20:08=		20.00
01:51=	02:28=	02:01=	01:48=	02:06=	00:23=	01:55=	01:55=	02:41=	02:27=	00:24=	00:09=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2		s Klau				-	62						20:54
			08:59+										
			01:51+ 00:03+										
3			en Årst		00.214		115	00.001	00.10	00.07	00.054		21:16
			08:05-		10.38+			17.58+	20.45+	21.05+	21.16+		21.10
			01:41-										
00:09+	00:02-	00:03-	00:07-	00:02+	00:02+	00:57&	00:01+	00:09-	00:20#	00:04-	00:02#		
4	Geir	Husd	al			ç	93						21:23
			08:34+				14:55+			21:12+			
			02:24+										
_	_		00:36&	00:12+	00:01+	_		00:55&	00:08-	00:02-	00:02#		
5		nod Aa				-	54						21:39
			09:53+ 02:23+		12:38+						21:39+ 00:11+		
			00:35&										
6	Steir	har Un	dheim			ļ	54						22:13
-			08:49+		11:33+			18:55+	21:44+	22:04+	22:13+		22.10
02:02+	02:43+	02:13+	01:51+	02:18+	00:26+	02:12+	02:23+	02:47+	02:49+	00:20-	00:09=		
00:11+	00:15#	00:12+	00:03+	00:12+	00:03#	00:17#	00:28#	00:06+	00:22#	00:04-	00:00=		
7	Norv	ald Sl	krettin	g		4	43						23:33
			08:32+										
			02:05+ 00:17#										
00:03+				01:110	00:01+			00:29#	00.11+	00:01+	00:146		24.24
01.25		ar Røt	11:07+	12.121	12.221		128	10.421	22.471	22.121	24.21		24:21
			05:49+								01:09+		
00:16-	00:28-	00:18-	04:010	00:01-	00:02-	00:04-	00:22-	00:05+	00:37&	00:01+	01:00@		
9	Arvi	d Thoi	rsen			!	5						25:55
01:34-	03:42-	05:40-	13:39+	15:57+	16:18+	-	-	23:22+	25:27+	25:46+	25:55+		_0.00
			07:59+										
			06:110	00:12+	00:02-			00:51&	00:22-	00:05-	00:00=		
10	Kjell	Svihu	IS				154						26:23
			12:07+										
			06:09+ 04:210										
11			_				154						28:10
		11.08+	Borger 12:47+	3011 15·16+	15.33+			24.48+	27.40+	28·01+	28·10+		20.10
01:33-	07:36+	01:59-	01:39-	02:29+	00:17-	04:42+	02:06+	02:27-	02:52+	00:21-	00:09=		
			00:09-										
12	Hern	nann S	Skogsl	nolm			53						28:44
01:53+	04:24+	06:19-	09: <u>0</u> 3+	10:54+		13:51+	20:13+						
01.521	02·31+	01.55-	02.44+	01.51-	01.01+	01.56+	06.22+	06.08+	01.52-	00.19-	00.12+		

01:53+ 02:31+ 01:55- 02:44+ 01:51- 01:01+ 01:56+ 06:22+ 06:08+ 01:52- 00:19- 00:12+ 00:02+ 00:03+ 00:06- 00:56& 00:15- 00:38@ 00:01+ 04:27@ 03:27@ 00:35- 00:05- 00:03&

14.06.2023 22.19.20

Plass	Navn	1				l	Klasse	•				Tid
13	Kjell	Lang	vik			9	93					32:56
02:04+	05:08+			13:53+	14:20+	23:18+	25:45+	29:12+	32:13+	32:44+	32:56+	
02:04+	03:04+	02:39+	03:23+	02:43+	00:27+	08:58+	02:27+	03:27+	03:01+	00:31+	00:12+	
00:13#	00:36#	00:38&	01:35&	00:37&	00:04#	07:030	00:32&	00:46&	00:34#	00:07&	00:03&	
14	Sveir	n Gler	ndrang	le		(68					35:36
01:41-					24:50+	26:59+	29:22+	32:14+	35:03+	35:25+	35:36+	
01:41-	02:28=	01:52-	15:47+	02:34+	00:28+	02:09+	02:23+	02:52+	02:49+	00:22-	00:11+	
00:10-	00:00=	00:09-	13:590	00:28#	00:05#	00:14#	00:28#	00:11+	00:22#	00:02-	00:02#	
15	Knut	Jona	s Espe	edal		Į	53					42:21
03:13+	07:54+	12:11+	15:57+	23:26+	24:12+	27:34+	31:17+	36:16+	41:26+	42:03+	42:21+	
03:13+	04:41+	04:17+	03:46+	07:29+	00:46+	03:22+	03:43+	04:59+	05:10+	00:37+	00:18+	
01:22&	02:13&	02:160	01:580	05:230	00:23&	01:27&	01:48&	02:18&	02:430	00:13&	00:09&	
16	Arne	Karls	en				105					43:45
03:18+	07:05+	10:10+	13:27+	19:40+	20:20+	23:11+	27:15+	37:46+	43:04+	43:32+	43:45+	
03:18+	03:47+	03:05+	03:17+	06:13+	00:40+	02:51+	04:04+	10:31+	05:18+	00:28+	00:13+	
01:27&	01:19&	01:04&	01:29&	04:07@	00:17&	00:56&	02:090	07:500	02:510	00:04#	00:04&	
Beste	strekk	tid for	[,] klass	en								
01:33	02:00	01:43	01:39	01:51	00:17	01:42	01:33	02:27	01:52	00:17	00:09	
<u> </u>									~			

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

Herrer 80 år og eldre

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6	Steir	n Arne	Olsen	1		e	68						26:06	6					
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01:16+	00:50+	02:00+	01:20+	01:21-	02:09+	00:32+	01:29+	00:39+	01:17+	00:44+	04:48+	00:33-	01:36+	01:11+	01:40+	00:55+	01:27+	00:13+	00:06=
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01:15+				01:27-			01:24+						01:37+				01:25+	00:13+	00:06=	
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01:11+	00:50+	01:31-	01:19+	01:13-	02:05+	00:31+	01:28+	00:39+	01:10+	00:41+	04:39+	01:51+	01:33+	01:09+	01:48+	01:04+	01:38+	00:12=	00:09+	
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00:12#	00:01+	00:10+	00:16#	00:12-	00:04+	00:08&	00:14#	00:05#	00:13#	00:10&	00:49#	00:32-	00:11#	00:04+	00:04+	00:10#	00:30&	00:03#	00:03&	
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02:50+	00:42-	01:51+	01:23+	01:19-	01:51-	00:33+	01:24+	00:40+	01:12+	00:45+	04:44+	00:31-	01:34+	01:19+	01:42+	01:04+	01:39+	00:16+	00:09+	
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13	Øvvi	ind Ru	mmel	hoff		2	27						33:56	5						
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= Som klassevinner, - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

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1 116 22:53 Morten Aamodt 01:02= 02:13= 04:57= 06:20= 07:32= 09:28= 10:39= 14:52= 16:06= 18:09= 19:52= 20:50= 22:31= 22:46= 22:53= 01:02= 01:11= 02:44= 01:23= 01:12= 01:56= 01:11= 04:13= 01:14= 02:03= 01:43= 00:58= 01:41= 00:15= 00:07= 00:00= 00: 2 50 24:00 Jan Einar Øvremo 00:58- 02:19+ 05:20+ 06:49+ 08:04+ 10:00+ 11:16+ 15:39+ 16:16+ 18:28+ 21:02+ 22:01+ 23:39+ 23:53+ 24:00+ 00:58- 01:21+ 03:01+ 01:29+ 01:15+ 01:56= 01:16+ 04:23+ 00:37- 02:12+ 02:34+ 00:59+ 01:38- 00:14- 00:07= 00:04- 00:10# 00:17# 00:06+ 00:03+ 00:00= 00:05+ 00:10+ 00:37- 00:09+ 00:51& 00:01+ 00:03- 00:01- 00:00= 3 42 Bertrand Denieul 25:49 01:06+ 02:24+ 05:37+ 07:01+ 08:14+ 10:20+ 11:49+ 17:52+ 18:53+ 21:05+ 22:52+ 23:55+ 25:33+ 25:43+ 25:49+ 01:06+ 01:18+ 03:13+ 01:24+ 01:13+ 02:06+ 01:29+ 06:03+ 01:01- 02:12+ 01:47+ 01:03+ 01:38- 00:10- 00:06-00:04+ 00:07+ 00:29# 00:01+ 00:10+ 00:10+ 00:18& 01:50& 00:13- 00:09+ 00:04+ 00:05+ 00:03- 00:05- 00:01-230 26:33 4 Lars Drage 00:59- 02:18+ 05:00+ 06:20= 07:22- 09:11- 10:20- 17:35+ 18:48+ 19:36+ 21:59+ 23:37+ 24:36+ 26:13+ 26:26+ 26:33+ 00:59- 01:19+ 02:42- 01:20- 01:02- 01:49- 01:09- 07:15+ 01:13- 00:48- 02:23+ 01:38+ 00:59- 01:37+ 00:13+ 00:07+ 00:03- 00:08# 00:02- 00:03- 00:10- 00:07- 00:02- 03:02& 00:01- 01:15- 00:40& 00:40& 00:42- 01:22@ 00:06& 00:07+ 5 **Kietil Wirak** 26:57 114 01:07+ 02:55+ 05:50+ 07:11+ 08:25+ 10:18+ 11:29+ 15:42+ 17:15+ 22:36+ 24:16+ 25:09+ 26:31+ 26:43+ 26:57+ 01:07+ 01:48+ 02:55+ 01:21- 01:14+ 01:53- 01:11= 04:13= 01:33+ 05:21+ 01:40- 00:53- 01:22- 00:12- 00:14+ 00:05+ 00:37& 00:11+ 00:02- 00:02+ 00:03- 00:00= 00:19& 03:18@ 00:03- 00:05- 00:19- 00:03- 00:07& Pål Bårdsen 394 27:19 6 01:08+ 02:53+ 06:00+ 07:39+ 09:01+ 11:16+ 12:42+ 17:57+ 18:50+ 21:51+ 23:46+ 25:00+ 26:56+ 27:11+ 27:19+ 01:08+ 01:45+ 03:07+ 01:39+ 01:22+ 02:15+ 01:26+ 05:15+ 00:53- 03:01+ 01:55+ 01:14+ 01:56+ 00:15= 00:08+

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			01:59+											
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Klasse

Plass Navn

Tid

Plass	Nav	n				- I	Klasse	•					Tid
3	Jona	as Bol	stad S	cheie		e	62						43:02
01:12+	03:39+	06:07+	09:40+	12:30+	14:50+	18:28+	25:11+	31:12+	34:19+	41:37+	42:25+	43:02+	
01:12+	02:27+	02:28+	03:33+	02:50+	02:20+	03:38+	06:43+	06:01+	03:07+	07:18+	00:48+	00:37+	
00:33&	01:22@	00:56&	02:01@	01:21&	01:29@	02:18@	04:44@	03:210	00:56&	03:590	00:300	00:23@	
4	Asal	hi Can	tu			1	36						45:56
02:18+	04:51+	12:57+	14:44+	16:29+	17:51+	19:32+	21:19+	24:34+	32:45+	44:06+	44:43+	45:56+	
02:18+	02:33+	08:06+	01:47+	01:45+	01:22+	01:41+	01:47-	03:15+	08:11+	11:21+	00:37+	01:13+	
01:390	01:280	06:340	00:15#	00:16#	00:31&	00:21&	00:12-	00:35#	06:000	08:020	00:190	00:590	
Beste	strekk	tid for	r klass	en									
00:39	01:05	01:32	01:32	01:29	00:50	01:09	01:47	02:40	01:59	03:09	00:18	00:11	
= Som k	lassevir	nner, -	raskere,	+ ser	nere, #	10% tap	o, & 25	5% tap,	@ 100%	tap.			

Herrer Trim

13:46 1 Lars Kristian Aastvedt 43 01:30= 03:10= 04:22= 06:01= 07:22= 08:02= 09:25= 10:16= 11:53= 13:20= 13:34= 13:46= 01:30= 01:40= 01:12= 01:39= 01:21= 00:40= 01:23= 00:51= 01:37= 01:27= 00:14= 00:12= 00:00= 00: 2 Olav Magnus Eik Espedal 88 13:59 01:13- 02:56- 04:23+ 06:09+ 07:53+ 08:43+ 09:49+ 10:56+ 12:12+ 13:37+ 13:49+ 13:59+ 01:13- 01:43+ 01:27+ 01:46+ 01:44+ 00:50+ 01:06- 01:07+ 01:16- 01:25- 00:12- 00:10-00:17- 00:03+ 00:15# 00:07+ 00:23& 00:10# 00:17- 00:16& 00:21- 00:02- 00:02- 00:02-Stig Erlend Ollestad 51 14:48 3 01:22- 03:17+ 04:49+ 06:43+ 08:20+ 09:12+ 10:33+ 11:37+ 12:39+ 14:27+ 14:42+ 14:48+ 01:22- 01:55+ 01:32+ 01:54+ 01:37+ 00:52+ 01:21- 01:04+ 01:02- 01:48+ 00:15+ 00:06-00:08- 00:15# 00:20& 00:15# 00:16# 00:12& 00:02- 00:13& 00:35- 00:21# 00:01+ 00:06-4 15:35 Marius Bergstøl Hvidsten 372 01:21- 03:16+ 04:47+ 06:58+ 08:43+ 09:38+ 10:56+ 12:01+ 13:17+ 15:06+ 15:26+ 15:35+ 01:21- 01:55+ 01:31+ 02:11+ 01:45+ 00:55+ 01:18- 01:05+ 01:16- 01:49+ 00:20+ 00:09-00:09- 00:15# 00:19& 00:32& 00:24& 00:15& 00:05- 00:14& 00:21- 00:22& 00:06& 00:03-17:01 5 Arne Magne Sondresen 105 01:22- 03:32+ 05:11+ 08:01+ 09:43+ 10:37+ 12:02+ 13:09+ 14:29+ 16:34+ 16:51+ 17:01+ 01:22- 02:10+ 01:39+ 02:50+ 01:42+ 00:54+ 01:25+ 01:07+ 01:20- 02:05+ 00:17+ 00:10-00:08- 00:30& 00:27& 01:11& 00:21& 00:14& 00:02+ 00:16& 00:17- 00:38& 00:03# 00:02-6 Lars Kartevoll 376 17:30 01:41+ 03:59+ 05:42+ 08:25+ 10:00+ 11:10+ 12:31+ 13:36+ 15:04+ 17:01+ 17:22+ 17:30+ 01:41+ 02:18+ 01:43+ 02:43+ 01:35+ 01:10+ 01:21- 01:05+ 01:28- 01:57+ 00:21+ 00:08-00:11# 00:38& 00:31& 01:04& 00:14# 00:30& 00:02- 00:14& 00:09- 00:30& 00:07& 00:04-Per-Olof Wallerstedt 18 17:32 7 01:20- 03:25+ 04:59+ 08:05+ 09:50+ 10:51+ 12:07+ 13:12+ 15:13+ 17:02+ 17:22+ 17:32+ 01:20- 02:05+ 01:34+ 03:06+ 01:45+ 01:01+ 01:16- 01:05+ 02:01+ 01:49+ 00:20+ 00:10-00:10- 00:25# 00:22& 01:27& 00:24& 00:21& 00:07- 00:14& 00:24# 00:22& 00:06& 00:02-8 17:41 Hans Olav Myskia 117 01:51+ 05:37+ 07:06+ 09:06+ 10:58+ 11:57+ 13:15+ 14:24+ 15:35+ 17:11+ 17:29+ 17:41+ 01:51+ 03:46+ 01:29+ 02:00+ 01:52+ 00:59+ 01:18- 01:09+ 01:11- 01:36+ 00:18+ 00:12= 00:21# 02:06@ 00:17# 00:21# 00:31& 00:19& 00:05- 00:18& 00:26- 00:09# 00:04& 00:00= 9 17:58 Truls Fretland 376 02:07+ 04:07+ 05:39+ 07:47+ 09:30+ 10:33+ 11:49+ 13:10+ 15:29+ 17:34+ 17:49+ 17:58+ 02:07+ 02:00+ 01:32+ 02:08+ 01:43+ 01:03+ 01:16- 01:21+ 02:19+ 02:05+ 00:15+ 00:09-00:37& 00:20# 00:20& 00:22& 00:23& 00:07- 00:30& 00:42& 00:38& 00:01+ 00:03-92 18:15 10 Roger Nyseth 01:30= 03:48+ 05:36+ 08:03+ 09:53+ 10:52+ 12:34+ 13:52+ 15:22+ 17:46+ 18:05+ 18:15+ 01:30= 02:18+ 01:48+ 02:27+ 01:50+ 00:59+ 01:42+ 01:18+ 01:30- 02:24+ 00:19+ 00:10-00:00= 00:38& 00:36& 00:48& 00:29& 00:19& 00:19# 00:27& 00:07- 00:57& 00:05& 00:02-Nils Eail Lie 376 18:49 11 01:25- 03:28+ 05:09+ 08:39+ 10:10+ 11:30+ 13:11+ 14:30+ 15:52+ 18:23+ 18:41+ 18:49+ 01:25- 02:03+ 01:41+ 03:30+ 01:31+ 01:20+ 01:41+ 01:19+ 01:22- 02:31+ 00:18+ 00:08-00:05- 00:23# 00:29& 01:51@ 00:10# 00:40& 00:18# 00:28& 00:15- 01:04& 00:04& 00:04-

Plass	Navı	n					Klasse	•				Tid
12		le Lun					18					18:52
							14:37+					
							01:05+ 00:14&					
13	-	os Llu		00.101	00.144		287	00.171	00.204	00.001	00.05	19:11
				10.48+	11.56+	_	15:00+	16.21+	18.29+	18.49+	19.11+	19.11
							01:11+					
00:26&	00:43&	00:49&	00:57&	00:31&	00:28&	00:30&	00:20&	00:16-	00:41&	00:06&	00:10&	
14	Ketil	Vestb	oakke				116					19:15
							15:46+					
							01:17+					
					00:24&		00:26&	00:25-	00:23&	00:03#	00:02-	
15		Arild			4.0.07.		376	45.04		4.0.07.		19:41
							15:43+ 00:59+					
							00:03#					
16	lan	Erik S	worte	٥n		1	51					19:47
					13:11+		15:57+	17:20+	19:23+	19:40+	19:47+	10.47
							01:24+				00:07-	
01:550					00:32&	00:01-	00:33&	00:14-	00:36&	00:03#	00:05-	
17	Frod	le Følg	jesvol	d		ļ	5					20:22
	04:15+	06:16+	09:27+	11:44+			15:58+				20:22+	
							01:18+ 00:27&					
					00:38%			00:14-	00:268	00:09&	00:03#	00.44
18		hieu P			10.11.		12 17:11+	10.001	20.10	20.25.	20.44	20:44
							03:43+					
							02:520					
19	Svei	n Erik	Biørn	sen		(91					21:27
					14:20+		16:54+	18:18+	20:33+	20:48+	21:27+	
							01:09+					
	-			00:09#	00:15&		00:18&	00:13-	00:48&	00:01+	00:270	
20		n Sive					115					21:49
							16:58+		21:19+		21:49+	
							01:41+ 00:50&					
21		s Frod			00.004		376	00.01	01.104	00.054	00.01	22:23
					15.00+		18:12+	19.25+	21.40+	22.09+	22.23+	22.23
							01:40+				00:14+	
00:39&	01:01&	00:32&	01:12&	00:16#	03:180	00:09#	00:49&	00:24-	00:48&	00:150	00:02#	
22	Leif	Jarle S	Skåra			2	29					22:28
							16:36+		21:57+		22:28+	
							01:33+					
			01:30&	00:52&	00:430		00:42&	00:02+	02:150	00:05&	00:00=	
23		Aalbu				-	29					22:40
		06:30+					16:28+ 01:24+		22:14+			
							01:24+					
24		Kvern					376					23:27
				12:07+	13:51+		18:00+	19:40+	22:47+	23:12+	23:27+	25.27
							01:54+					
							01:030					
25	Sjur	Bjerke	e			4	401					23:36
02:10+	06:09+	08:27+	11:05+				19:12+					
							01:39+					
			-		01:000		00:48&	00:00=	00:51&	00:07&	00:04-	
26	Johr	n Helg	e Svar	ndal			111					23:42
							18:52+ 01:25+					
							01:25+ 00:34&					
00.12#	00.200	50.420	54.200	50.500	01.12G	50.250	50.540	00.02	01.140	50.000	00.00-	

14.06.2023 22.19.21

Plass	Navr	า					Klasse	•				Tid
27		ers Ha	aen				399					24:02
02:10+				15:07+	16:10+			21:22+	23:27+	23:48+	24:02+	2-1.02
				04:01+			01:19+		02:05+	00:21+	00:14+	
00:40&	02:180	00:37&	01:30&	02:40@	00:23&		00:28&	00:26&	00:38&	00:07&	00:02#	
28		nar Aa				_	268					24:40
01:48+				14:06+			19:21+		23:59+	24:28+	24:40+	
01:48+ 00:18#				03:01+ 01:400			01:44+ 00:530	01:38+ 00:01+	03:00+ 01:330	00:29+ 00:150	00:12=	
				01.406	00.478			00.011	01.556	00.106	00.00-	24.46
29				10:42+	11:57+		92 16:31+	21.11+	24:03+	24:36+	24:46+	24:46
				01:58+			01:27+		02:52+		00:10-	
00:22#	00:58&	00:28&	00:55&	00:37&	00:35&	01:44@	00:36&	03:03@	01:25&	00:190	00:02-	
30	Kiell	Helae	e Huse	bø			43					25:14
02:42+		09:34+		14:32+	16:05+		19:42+	21:29+	24:35+	25:02+	25:14+	
02:42+			02:55+		01:33+		01:45+		03:06+	00:27+	00:12=	
01:12&				00:42&	00:530		00:540	00:10#	01:390	00:13&	00:00=	
31			Versla				105					25:24
01:37+				16:23+					24:37+		25:24+	
			08:11+	02:27+			01:16+				00:17+ 00:05&	
	_		_		00.004			00.02	01.004	00.100	00.004	25,47
32 02:40+			brands	13:54+	15.52+		105 19:30+	21 • 47+	24:59+	25:36+	25:47+	25:47
				02:49+			01:35+		03:12+		20:47+	
			01:24&		01:180		00:44&		01:450	00:23@	00:01-	
33	Torl	Harald	Lund	e			47					28:40
	-			18:34+	20:08+	21:58+	23:28+	24:58+	28:00+	28:28+	28:40+	_00
02:22+				02:40+			01:30+			00:28+	00:12=	
00:52&				01:19&	00:540		00:39&	00:07-	01:350	00:14&	00:00=	
34	And	re Forl	bergsl	og			117					29:24
				16:31+			23:10+		28:25+	28:57+	29:24+	
				03:09+ 01:480		02:31+		02:01+	03:14+ 01:470		00:27+ 00:150	
				01.400	01.106		4 7	00.241	01.476	00.106	00.100	20.27
35 02:01+				17:10+	18:47+		+/ 23:52+	25.40+	28:34+	29:07+	29:37+	29:37
			03:02+		01:37+		23:J2+ 01:43+		20:34+		29:37+	
			01:23&				00:52@		01:18&		00:180	
36	Rolf	Øvste	in Klu	ae		-	7					30:18
				15:21+	17:07+	19:10+	24:16+	26:21+	29:48+	30:08+	30:18+	•••••
				02:37+			05:06+		03:27+	00:20+	00:10-	
00:43&				01:16&	01:060			00:28&	02:00@	00:06&	00:02-	
37		Henril					116					31:04
03:32+ 03:32+		10:12+ 02:22+		17:41+ 03:34+	19:24+ 01:43+		24:16+ 02:20+		30:02+ 03:34+	30:39+ 00:37+	31:04+ 00:25+	
03:32+		02:22+		02:130	01:43+		02:20+	02:12+	03:34+	00:37+	00:25+	
38		Bakke		02.200	01.000		5	00.000	02.070	00.200	00.100	31:32
	05:03+			21:19+	22:32+		25:55+	27:36+	30:57+	31:19+	31:32+	31.32
02:12+			03:03+	08:47+	01:13+	01:53+	01:30+		03:21+	00:22+	00:13+	
00:42&	01:11&	03:140	01:24&	07:260	00:33&	00:30&	00:39&	00:04+	01:540	00:08&	00:01+	
39	Joar	Fand	rem			9	94					31:38
02:04+				19:10+	20:55+	23:58+	25:32+	28:33+	30:55+	31:21+	31:38+	
				02:02+								
	-			00:41&	01:05@			01:24&	00:55&	00:12&	00:05&	
40			asmus				51					32:26
				21:36+								
				02:31+ 01:10&								
			-		00.016			00.00-	02.0000	00.100	00.00-	20.26
41				17:12+	19.00.		126 24·11+	26.10.	31.30.	32.03.	32.361	32:36
				03:33+								
				02:120								

24:40

24:46

- 25:14
- 25:24

25:47

- 28:40
- 29:24

Plass	Navı	n				l	Klasse)				Tid
42	Kiell	-Ole T	opnes				116					32:45
02:52+	05:42+	11:56+	17:59+	20:31+				28:33+	31:51+	32:11+	32:45+	
02:52+	02:50+	06:14+	06:03+	02:32+	01:47+	02:00+	02:12+	02:03+	03:18+	00:20+	00:34+	
01:22&	01:10&	05:020	04:24@	01:11&	01:070	00:37&	01:210	00:26&	01:510	00:06&	00:22@	
43	Eivir	nd Tol	0				111					33:13
03:23+	06:32+	09:16+	18:30+	19:59+	21:48+	23:33+	26:04+	29:48+	32:34+	32:57+	33:13+	
03:23+	03:09+	02:44+	09:14+	01:29+	01:49+	01:45+	02:31+	03:44+	02:46+	00:23+	00:16+	
01:530	01:29&	01:320	07:350	00:08+	01:090	00:22&	01:400	02:070	01:19&	00:09&	00:04&	
44	Bart	lomiei	Lenar	t		9	91					34:00
02:19+	20:32+	21:50+	23:47+	25:48+	27:12+	28:34+	30:06+	31:24+	33:25+	33:48+	34:00+	
02:19+	18:13+	01:18+	01:57+	02:01+	01:24+	01:22-	01:32+	01:18-	02:01+	00:23+	00:12=	
00:49&	16:330	00:06+	00:18#	00:40&	00:440	00:01-	00:41&	00:19-	00:34&	00:09&	00:00=	
45	Tron	nd Viae	esal				117					39:41
01:44+	04:22+	09:34+	16:55+					36:16+	38:46+	39:18+	39:41+	
01:44+	02:38+	05:12+	07:21+	02:44+	01:21+	02:01+	11:35+	01:40+	02:30+	00:32+	00:23+	
00:14#	00:58&	04:000	05:420	01:230	00:410	00:38&	10:440	00:03+	01:03&	00:180	00:11&	
46	Inae	Grøde	em			9	92					40:43
02:39+	06:46+	10:45+	15:26+	18:41+	20:52+	25:54+	30:14+	35:29+	39:40+	40:28+	40:43+	
02:39+	04:07+	03:59+	04:41+	03:15+	02:11+	05:02+	04:20+	05:15+	04:11+	00:48+	00:15+	
01:09&	02:270	02:47@	03:020	01:540	01:310	03:390	03:290	03:380	02:44@	00:340	00:03#	
47	Ken	neth E	ide			-	74					43:22
02:47+	06:38+	10:16+	24:58+	27:44+	29:49+	34:07+	36:39+	39:25+	42:34+	42:54+	43:22+	
02:47+	03:51+	03:38+	14:42+	02:46+	02:05+	04:18+	02:32+	02:46+	03:09+	00:20+	00:28+	
01:17&	02:110	02:260	13:030	01:250	01:250	02:550	01:410	01:09&	01:42@	00:06&	00:160	
48	Saad	d Akl				9	91					51:30
			22:23+	26:57+	40:22+			47:30+	50:55+	51:13+	51:30+	• • • • • •
05:33+	05:11+	02:41+	08:58+	04:34+	13:25+	01:55+	02:21+	02:52+	03:25+	00:18+	00:17+	
04:030	03:310	01:290	07:190	03:130	12:450	00:32&	01:300	01:15&	01:58@	00:04&	00:05&	
Beste	strekk	tid for	· klass	en								
01:05		01:12			00:40	01:06	00:51	01:02	01:25	00:12	00:06	
= Som k	lassevin	ner, -	raskere,	+ sei	nere, #	10% tap	o, & 25	5% tap,	@ 100%	ö tap.		

3:13

4:00

9:41