

Plass Navn

Klasse

Tid

Damer 16 - 39 år

<b>1</b>	<b>Ingrid Lycke Austbø</b>	<b>109</b>	<b>19:56</b>									
01:24=	03:24=	05:23=	06:51=	10:18=	10:57=	12:30=	13:57=	14:40=	17:26=	19:33=	19:48=	19:56=
01:24=	02:00=	01:59=	01:28=	03:27=	00:39=	01:33=	01:27=	00:43=	02:46=	02:07=	00:15=	00:08=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Kjersti Fandrem Høivik</b>	<b>68</b>	<b>20:15</b>									
01:30+	03:19-	05:31+	07:03+	10:00-	10:37-	12:00-	13:45-	14:29-	17:40+	19:53+	20:05+	20:15+
01:30+	01:49-	02:12+	01:32+	02:57-	00:37-	01:23-	01:45+	00:44+	03:11+	02:13+	00:12-	00:10+
00:06+	00:11-	00:13#	00:04+	00:30-	00:02-	00:10-	00:18#	00:01+	00:25#	00:06+	00:03-	00:02#
<b>3</b>	<b>Tina Louise Langeland</b>	<b>117</b>	<b>20:23</b>									
01:14-	03:22-	05:36+	07:30+	10:09-	10:43-	12:04-	13:32-	14:22-	17:28+	19:52+	20:09+	20:23+
01:14-	02:08+	02:14+	01:54+	02:39-	00:34-	01:21-	01:28+	00:50+	03:06+	02:24+	00:17+	00:14+
00:10-	00:08+	00:15#	00:26&	00:48-	00:05-	00:12-	00:01+	00:07#	00:20#	00:17#	00:02#	00:06&
<b>4</b>	<b>Matilde Skjæveland Skår</b>	<b>114</b>	<b>20:24</b>									
01:18-	02:40-	05:12-	06:36-	10:53+	12:03+	13:18+	14:41+	15:25+	18:01+	20:01+	20:16+	20:24+
01:18-	01:22-	02:32+	01:24-	04:17+	01:10+	01:15-	01:23-	00:44+	02:36-	02:00-	00:15=	00:08=
00:06-	00:38-	00:33&	00:04-	00:50#	00:31&	00:18-	00:04-	00:01+	00:10-	00:07-	00:00=	00:00=
<b>5</b>	<b>Anina Iselin Hadland</b>	<b>29</b>	<b>20:35</b>									
01:16-	03:04-	05:21-	07:02+	09:48-	10:24-	11:50-	13:39-	14:33-	17:40+	20:14+	20:29+	20:35+
01:16-	01:48-	02:17+	01:41+	02:46-	00:36-	01:26-	01:49+	00:54+	03:07+	02:34+	00:15=	00:06-
00:08-	00:12-	00:18#	00:13#	00:41-	00:03-	00:07-	00:22&	00:11&	00:21#	00:27#	00:00=	00:02-
<b>6</b>	<b>Rebecca Briedis</b>	<b>53</b>	<b>20:35</b>									
01:15-	04:06+	06:32+	07:59+	10:46+	11:26+	12:48+	14:14+	15:04+	18:06+	20:10+	20:26+	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-	00:51&	00:27#	00:01-	00:40-	00:01+	00:11-	00:01-	00:07#	00:16+	00:03-	00:01+	00:01#
<b>7</b>	<b>Wibeke Lende</b>	<b>74</b>	<b>23:05</b>									
01:26+	04:58+	07:29+	09:12+	11:46+	12:49+	14:25+	15:53+	16:40+	19:29+	22:40+	22:56+	23:05+
01:26+	03:32+	02:31+	01:43+	02:34-	01:03+	01:36+	01:28+	00:47+	02:49+	03:11+	00:16+	00:09+
00:02+	01:32&	00:32&	00:15#	00:53-	00:24&	00:03+	00:01+	00:04+	00:03+	01:04&	00:01+	00:01#
<b>8</b>	<b>Maren Heradstveit</b>	<b>76</b>	<b>23:07</b>									
01:40+	03:34+	06:46+	08:28+	11:28+	12:08+	13:30+	15:58+	16:47+	19:42+	22:44+	23:00+	23:07+
01:40+	01:54-	03:12+	01:42+	03:00-	00:40+	01:22-	02:28+	00:49+	02:55+	03:02+	00:16+	00:07-
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-
<b>9</b>	<b>Marita Navjord Nicolaysen</b>	<b>71</b>	<b>23:46</b>									
01:50+	04:17+	07:21+	09:03+	12:33+	13:19+	15:02+	16:44+	17:34+	20:52+	23:23+	23:39+	23:46+
01:50+	02:27+	03:04+	01:42+	03:30+	00:46+	01:43+	01:42+	00:50+	03:18+	02:31+	00:16+	00:07-
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-
<b>10</b>	<b>Hanne Berg Aspøy</b>	<b>117</b>	<b>23:58</b>									
01:51+	03:52+	07:34+	09:22+	12:41+	13:21+	14:56+	16:21+	17:10+	20:07+	23:36+	23:50+	23:58+
01:51+	02:01+	03:42+	01:48+	03:19-	00:40+	01:35+	01:25-	00:49+	02:57+	03:29+	00:14-	00:08=
00:27&	00:01+	01:43&	00:20#	00:08-	00:01+	00:02+	00:02-	00:06#	00:11+	01:22&	00:01-	00:00=
<b>11</b>	<b>Ingunn Bergheim Landsnes</b>	<b>92</b>	<b>25:27</b>									
01:55+	04:27+	07:26+	09:17+	13:02+	13:41+	15:21+	17:15+	18:03+	21:45+	24:58+	25:18+	25:27+
01:55+	02:32+	02:59+	01:51+	03:45+	00:39=	01:40+	01:54+	00:48+	03:42+	03:13+	00:20+	00:09+
00:31&	00:32&	01:00&	00:23&	00:18+	00:00=	00:07+	00:27&	00:05#	00:56&	01:06&	00:05&	00:01#
<b>12</b>	<b>Ann Torill Bakken</b>	<b>116</b>	<b>25:43</b>									
02:23+	04:49+	07:16+	09:11+	12:59+	13:46+	15:36+	17:35+	18:30+	22:33+	25:19+	25:35+	25:43+
02:23+	02:26+	02:27+	01:55+	03:48+	00:47+	01:50+	01:59+	00:55+	04:03+	02:46+	00:16+	00:08=
00:59&	00:26#	00:28#	00:27&	00:21#	00:08#	00:17#	00:32&	00:12&	01:17&	00:39&	00:01+	00:00=
<b>13</b>	<b>Martine Halvorsen Sønju</b>	<b>66</b>	<b>25:43</b>									
02:09+	04:36+	07:28+	09:23+	14:29+	15:06+	16:22+	18:53+	19:45+	22:45+	25:11+	25:32+	25:43+
02:09+	02:27+	02:52+	01:55+	05:06+	00:37-	01:16-	02:31+	00:52+	03:00+	02:26+	00:21+	00:11+
00:45&	00:27#	00:53&	00:27&	01:39&	00:02-	00:17-	01:04&	00:09#	00:14+	00:19#	00:06&	00:03&
<b>14</b>	<b>Marita Skorpe Falnes</b>	<b>385</b>	<b>26:39</b>									
02:07+	04:07+	06:46+	09:35+	12:58+	13:38+	15:49+	17:57+	18:54+	23:23+	26:12+	26:30+	26:39+
02:07+	02:00=	02:39+	02:49+	03:23-	00:40+	02:11+	02:08+	00:57+	04:29+	02:49+	00:18+	00:09+
00:43&	00:00=	00:40&	01:21&	00:04-	00:01+	00:38&	00:41&	00:14&	01:43&	00:42&	00:03#	00:01#

Class	Navn	Klasse											Tid
<b>15</b>	<b>Helene Salte Håland</b>	<b>91</b>											<b>28:39</b>
01:43+	04:50+	08:05+	09:54+	13:08+	15:46+	17:47+	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#	03:16@	00:01+	00:53@	
<b>16</b>	<b>Maria Hapnes von Schack</b>	<b>91</b>											<b>29:35</b>
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#	06:18@	00:33#	00:02+	00:28#	00:06#	00:14-	00:35#	00:06#	00:33#	00:23#	00:01+	00:31@	
<b>17</b>	<b>Siv-Elin Bogfjelldal</b>	<b>66</b>											<b>32:13</b>
02:09+	06:15+	09:34+	11:47+	17:29+	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#	02:06@	01:20#	00:45#	02:15#	00:10#	00:57#	00:37#	00:22#	01:23#	01:14#	00:15#	00:08#	
<b>18</b>	<b>Katja Eliassen</b>	<b>105</b>											<b>36:18</b>
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#	11:08@	00:34#	00:31#	00:59#	00:07#	00:12#	00:35#	00:08#	00:23#	01:07#	00:02#	00:01#	
<b>Beste strekktid for klassen</b>													
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

<b>1</b>	<b>Agnes Haker</b>	<b>71</b>											<b>19:59</b>
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Agnes Elin Engen</b>	<b>116</b>											<b>20:50</b>
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-
<b>3</b>	<b>Randi Helen Ladsten</b>	<b>128</b>											<b>23:32</b>
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=
<b>4</b>	<b>Hege Anita H. Nielsen</b>	<b>48</b>											<b>23:54</b>
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#
<b>5</b>	<b>Helene Lie</b>	<b>228</b>											<b>25:39</b>
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=
<b>6</b>	<b>Helen Haneferd</b>	<b>27</b>											<b>27:50</b>
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#
<b>7</b>	<b>Maren Thu</b>	<b>386</b>											<b>30:27</b>
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-
<b>Beste strekktid for klassen</b>													
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

Class	Navn	Klasse														Tid
<b>1</b>	<b>Iren Undheim Øgreid</b>	<b>62</b>														<b>20:43</b>
	01:23=	03:17=	04:41=	06:45=	07:22=	09:17=	10:13=	11:22=	14:12=	16:40=	17:52=	19:58=	20:17=	20:43=		
	01:23=	01:54=	01:24=	02:04=	00:37=	01:55=	00:56=	01:09=	02:50=	02:28=	01:12=	02:06=	00:19=	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=		
<b>2</b>	<b>Anita Glenne Kallhovd</b>	<b>29</b>														<b>21:46</b>
	01:30+	03:39+	05:21+	07:33+	08:16+	10:07+	11:05+	12:14+	15:18+	17:32+	18:47+	21:23+	21:38+	21:46+		
	01:30+	02:09+	01:42+	02:12+	00:43+	01:51-	00:58+	01:09=	03:04+	02:14-	01:15+	02:36+	00:15-	00:08-		
	00:07+	00:15#	00:18#	00:08+	00:06#	00:04-	00:02+	00:00=	00:14+	00:14-	00:03+	00:30#	00:04-	00:18-		
<b>3</b>	<b>Irene Rummelhoff</b>	<b>116</b>														<b>21:54</b>
	01:27+	03:36+	05:13+	07:25+	08:03+	10:19+	11:14+	12:27+	15:40+	18:05+	19:17+	21:29+	21:45+	21:54+		
	01:27+	02:09+	01:37+	02:12+	00:38+	02:16+	00:55-	01:13+	03:13+	02:25-	01:12=	02:12+	00:16-	00:09-		
	00:04+	00:15#	00:13#	00:08+	00:01+	00:21#	00:01-	00:04+	00:23#	00:03-	00:00=	00:06+	00:03-	00:17-		
<b>4</b>	<b>Marianne Fuglestad</b>	<b>117</b>														<b>22:30</b>
	01:39+	04:03+	05:32+	07:56+	08:41+	10:39+	11:37+	12:48+	15:59+	18:37+	19:53+	21:55+	22:13+	22:30+		
	01:39+	02:24+	01:29+	02:24+	00:45+	01:58+	00:58+	01:11+	03:11+	02:38+	01:16+	02:02-	00:18-	00:17-		
	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-		
<b>5</b>	<b>Tone Cecilie Nystrøm</b>	<b>68</b>														<b>23:01</b>
	01:33+	03:46+	05:29+	07:49+	08:35+	10:32+	11:27+	12:49+	16:19+	18:45+	20:08+	22:34+	22:52+	23:01+		
	01:33+	02:13+	01:43+	02:20+	00:46+	01:57+	00:55-	01:22+	03:30+	02:26-	01:23+	02:26+	00:18-	00:09-		
	00:10#	00:19#	00:19#	00:16#	00:09#	00:02+	00:01-	00:13#	00:40#	00:02-	00:11#	00:20#	00:01-	00:17-		
<b>6</b>	<b>Keth Berggraf</b>	<b>116</b>														<b>23:35</b>
	01:23=	03:42+	05:34+	07:53+	08:47+	10:50+	11:50+	13:05+	16:21+	18:58+	20:31+	23:05+	23:24+	23:35+		
	01:23=	02:19+	01:52+	02:19+	00:54+	02:03+	01:00+	01:15+	03:16+	02:37+	01:33+	02:34+	00:19=	00:11-		
	00:00=	00:25#	00:28&	00:15#	00:17&	00:08+	00:04+	00:06+	00:26#	00:09+	00:21&	00:28#	00:00=	00:15-		
<b>7</b>	<b>Toril Dahle</b>	<b>116</b>														<b>24:26</b>
	01:52+	04:05+	06:07+	08:53+	09:39+	12:09+	13:11+	14:30+	17:47+	20:32+	21:45+	24:03+	24:18+	24:26+		
	01:52+	02:13+	02:02+	02:46+	00:46+	02:30+	01:02+	01:19+	03:17+	02:45+	01:13+	02:18+	00:15-	00:08-		
	00:29&	00:19#	00:38&	00:42&	00:09#	00:35&	00:06#	00:10#	00:27#	00:17#	00:01+	00:12+	00:04-	00:18-		
<b>8</b>	<b>Tonje Tiley</b>	<b>27</b>														<b>25:23</b>
	01:35+	04:00+	05:47+	08:21+	09:12+	11:13+	12:17+	13:35+	17:08+	19:49+	21:33+	24:50+	25:09+	25:23+		
	01:35+	02:25+	01:47+	02:34+	00:51+	02:01+	01:04+	01:18+	03:33+	02:41+	01:44+	03:17+	00:19=	00:14-		
	00:12#	00:31&	00:23&	00:30#	00:14&	00:06+	00:08#	00:09#	00:43&	00:13+	00:32&	01:11&	00:00=	00:12-		
<b>9</b>	<b>Signe Ottesen</b>	<b>116</b>														<b>26:24</b>
	01:45+	04:04+	05:56+	08:40+	09:33+	11:54+	13:00+	14:31+	18:02+	21:06+	22:29+	25:03+	25:18+	26:24+		
	01:45+	02:19+	01:52+	02:44+	00:53+	02:21+	01:06+	01:31+	03:31+	03:04+	01:23+	02:34+	00:15-	01:06+		
	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-	00:40&		
<b>10</b>	<b>Trude Katrine Hermanrud</b>	<b>117</b>														<b>26:51</b>
	02:02+	04:19+	06:32+	10:52+	11:54+	13:54+	14:59+	16:22+	19:41+	22:10+	23:42+	26:21+	26:43+	26:51+		
	02:02+	02:17+	02:13+	04:20+	01:02+	02:00+	01:05+	01:23+	03:19+	02:29+	01:32+	02:39+	00:22+	00:08-		
	00:39&	00:23#	00:49&	02:16&	00:25&	00:05+	00:09#	00:14#	00:29#	00:01+	00:20&	00:33&	00:03#	00:18-		
<b>11</b>	<b>Ragnhild Auglænd</b>	<b>62</b>														<b>27:16</b>
	01:40+	04:06+	05:45+	08:50+	09:40+	11:53+	12:58+	15:11+	19:17+	22:10+	23:46+	26:32+	26:49+	27:16+		
	01:40+	02:26+	01:39+	03:05+	00:50+	02:13+	01:05+	02:13+	04:06+	02:53+	01:36+	02:46+	00:17-	00:27+		
	00:17#	00:32&	00:15#	01:01&	00:13&	00:18#	00:09#	01:04&	01:16&	00:25#	00:24&	00:40&	00:02-	00:01+		
<b>12</b>	<b>Gøril Braut Aarsand</b>	<b>268</b>														<b>27:20</b>
	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+		
	01:46+	02:53+	02:01+	03:24+	00:48+	02:28+	01:01+	01:27+	03:29+	03:20+	01:40+	02:11+	00:20+	00:32+		
	00:23&	00:59&	00:37&	01:20&	00:11&	00:33&	00:05+	00:18&	00:39#	00:52&	00:28&	00:05+	00:01+	00:06#		
<b>13</b>	<b>Liv Omdal</b>	<b>116</b>														<b>27:21</b>
	01:48+	04:09+	06:04+	08:58+	09:44+	12:16+	13:23+	15:01+	20:16+	23:00+	24:29+	26:57+	27:13+	27:21+		
	01:48+	02:21+	01:55+	02:54+	00:46+	02:32+	01:07+	01:38+	05:15+	02:44+	01:29+	02:28+	00:16-	00:08-		
	00:25&	00:27#	00:31&	00:50&	00:09#	00:37&	00:11#	00:29&	02:25&	00:16#	00:17#	00:22#	00:03-	00:18-		
<b>14</b>	<b>Ingjerd Haddeland</b>	<b>66</b>														<b>27:57</b>
	02:46+	05:10+	07:32+	09:58+	10:52+	13:22+	14:22+	15:54+	19:10+	22:40+	24:44+	27:29+	27:46+	27:57+		
	02:46+	02:24+	02:22+	02:26+	00:54+	02:30+	01:00+	01:32+	03:16+	03:30+	02:04+	02:45+	00:17-	00:11-		
	01:23&	00:30&	00:58&	00:22#	00:17&	00:35&	00:04+	00:23&	00:26#	01:02&	00:52&	00:39&	00:02-	00:15-		
<b>15</b>	<b>Turid Alfsen</b>	<b>116</b>														<b>28:28</b>
	02:43+	04:59+	07:01+	09:48+	11:00+	13:32+	14:45+	16:13+	19:54+	23:25+	25:12+	27:48+	28:10+	28:28+		
	02:43+	02:16+	02:02+	02:47+	01:12+	02:32+	01:13+	01:28+	03:41+	03:31+	01:47+	02:36+	00:22+	00:18-		
	01:20&	00:22#	00:38&	00:43&	00:35&	00:37&	00:17&	00:19&	00:51&	01:03&	00:35&	00:30#	00:03#	00:08-		

Class	Navn	Klasse												Tid
<b>16</b>	<b>Margrethe Roalsø</b>	<b>93</b>												<b>30:08</b>
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#	06:28@	00:07#	00:15-	00:05+	00:13#	01:51&	00:08-	00:18#	00:31#	00:03-	00:15-	
<b>17</b>	<b>Tove Irene Asheim</b>	<b>116</b>												<b>31:54</b>
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&	02:16@	01:33&	00:29#	00:43&	00:42&	00:08&	00:06-	
<b>18</b>	<b>Brit Vivian Meling</b>	<b>116</b>												<b>33:17</b>
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&	01:59@	01:33&	00:20&	02:32@	00:43&	00:26&	01:49&	00:54&	00:16#	00:33&	00:01+	00:16-	
<b>19</b>	<b>Kristin Furre Owe</b>	<b>117</b>												<b>43:33</b>
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@	02:03@	03:37@	01:12@	01:16@	03:11@	01:59&	01:19@	01:44&	00:14&	00:12-	
<b>Beste strekktid for klassen</b>														
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

<b>1</b>	<b>Anne Siv Gjertsen</b>	<b>27</b>												<b>18:46</b>
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
<b>2</b>	<b>Ingunn Voilås</b>	<b>29</b>												<b>19:44</b>
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#			
<b>3</b>	<b>Ingrid Øxnevad</b>	<b>18</b>												<b>20:44</b>
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-			
<b>4</b>	<b>Ellinor Hoemsnes</b>	<b>116</b>												<b>23:27</b>
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#			
<b>5</b>	<b>Nidunn Sandvik</b>	<b>228</b>												<b>23:31</b>
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&			
<b>6</b>	<b>Anne Katrine Lycke</b>	<b>147</b>												<b>23:32</b>
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#			
<b>7</b>	<b>Hanne Hermanrud</b>	<b>115</b>												<b>24:53</b>
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#			
<b>Beste strekktid for klassen</b>														
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

Class	Navn	Klasse										Tid
<b>1</b>	<b>Ingrid Eik</b>	<b>88</b>										<b>17:20</b>
	01:35=	03:46=	05:21=	06:57=	08:52=	09:13=	10:51=	12:27=	14:51=	16:53=	17:10=	17:20=
	01:35=	02:11=	01:35=	01:36=	01:55=	00:21=	01:38=	01:36=	02:24=	02:02=	00:17=	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=
<b>2</b>	<b>Marit Karin Nygård</b>	<b>92</b>										<b>19:20</b>
	01:45+	04:18+	06:22+	08:05+	10:16+	10:36+	12:16+	14:06+	16:27+	18:49+	19:08+	19:20+
	01:45+	02:33+	02:04+	01:43+	02:11+	00:20-	01:40+	01:50+	02:21-	02:22+	00:19+	00:12+
	00:10#	00:22#	00:29#	00:07+	00:16#	00:01-	00:02+	00:14#	00:03-	00:20#	00:02#	00:02#
<b>3</b>	<b>Eli Frafjord</b>	<b>94</b>										<b>20:59</b>
	01:43+	04:23+	06:22+	08:11+	10:34+	11:04+	12:54+	15:00+	17:35+	20:26+	20:48+	20:59+
	01:43+	02:40+	01:59+	01:49+	02:23+	00:30+	01:50+	02:06+	02:35+	02:51+	00:22+	00:11+
	00:08+	00:29#	00:24#	00:13#	00:28#	00:09#	00:12#	00:30#	00:11+	00:49#	00:05#	00:01#
<b>4</b>	<b>May Elinor Meling</b>	<b>125</b>										<b>22:42</b>
	02:16+	04:57+	07:10+	09:04+	11:35+	12:00+	15:12+	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#
<b>5</b>	<b>Margot Asheim</b>	<b>105</b>										<b>25:52</b>
	01:23-	03:39-	05:25+	10:24+	13:47+	14:04+	15:44+	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#	03:23#	01:28#	00:04-	00:02+	00:36#	02:49#	00:20#	00:04-	00:02-
<b>6</b>	<b>Berit Gramstad</b>	<b>113</b>										<b>31:20</b>
	02:14+	05:30+	08:58+	12:29+	15:09+	15:34+	18:18+	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#	01:53#	01:55#	00:45#	00:04#	01:06#	00:53#	04:20#	01:03#	00:09#	00:08#
<b>Beste strekktid for klassen</b>												
	01:23	02:11	01:35	01:36	01:55	00:17	01:38	01:36	02:21	02:02	00:13	00:08

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

## Damer 70 - 74 år

<b>1</b>	<b>Inger Skretting Opstad</b>	<b>54</b>										<b>23:35</b>
	02:02=	05:07=	07:43=	09:43=	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=
<b>2</b>	<b>Hanne Eik</b>	<b>117</b>										<b>27:03</b>
	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#
<b>3</b>	<b>Lillian Dahl Fitjar</b>	<b>117</b>										<b>37:38</b>
	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#	06:03#	00:17-	00:18#	04:35#	00:32#	00:49#	00:35#	00:51#	00:03+	00:11#	00:06#

### Beste strekktid for klassen

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

## Damer 75 - 79 år

<b>1</b>	<b>Turid Nystrøm</b>	<b>68</b>										<b>19:31</b>
	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=
<b>2</b>	<b>Helga Aaslid</b>	<b>54</b>										<b>21:42</b>
	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#

Class	Navn	Klasse	Tid								
<b>3</b>	<b>Gry Vikhamar Thengs</b>	<b>68</b>	<b>25:56</b>								
02:57+	05:36+	07:36+	10:28+	12:45+	13:09+	15:46+	17:50+	25:23+	25:45+	25:56+	
02:57+	02:39+	02:00+	02:52+	02:17+	00:24-	02:37+	02:04+	04:47+	02:46+	00:22+	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#
<b>4</b>	<b>Haldis Glendrange</b>	<b>68</b>	<b>29:38</b>								
02:17+	04:47+	06:58+	15:42+	18:01+	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-
<b>5</b>	<b>Hedvig Anda</b>	<b>116</b>	<b>30:08</b>								
02:16+	05:14+	09:09+	11:33+	14:35+	15:05+	20:28+	22:41+	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#	03:39@	00:25#	00:17#	01:39&	00:04#	00:02#
<b>6</b>	<b>Helga Klausen</b>	<b>62</b>	<b>36:07</b>								
03:26+	06:40+	09:50+	13:49+	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@	02:09@	00:23&	01:21&	01:59@	02:23&	02:16&	00:17&	00:09&
<b>7</b>	<b>Aslaug Lura</b>	<b>94</b>	<b>38:51</b>								
02:22+	06:05+	08:51+	11:54+	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&	02:17@	00:08&	01:21&	01:19&	09:08@	01:14&	00:06&	00:03&

### Beste strekktid for klassen

02:01 02:30 01:59 01:39 01:59 00:22 01:44 01:48 02:27 02:24 00:19 00:09

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

## Damer 80 år og eldre

<b>1</b>	<b>Berit Ebbell Olsen</b>	<b>68</b>	<b>28:12</b>								
03:08=	06:37=	09:27=	13:07=	15:50=	17:39=	20:03=	21:59=	24:00=	27:28=	27:56=	28:12=
03:08=	03:29=	02:50=	03:40=	02:43=	01:49=	02:24=	01:56=	02:01=	03:28=	00:28=	00:16=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

### Beste strekktid for klassen

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

<b>1</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>	<b>22:40</b>											
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Trine Bolstad Scheie</b>	<b>62</b>	<b>26:48</b>											
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=
<b>3</b>	<b>Silje Skarpeid</b>	<b>101</b>	<b>32:51</b>											
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



Class	Navn	Klasse	Tid									
<b>2</b>	<b>Lynn Marie Galston</b>	<b>116</b>	<b>29:12</b>									
00:35-	04:35+	07:13+	08:41+	09:56-	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-	02:03@	00:20-	00:30-	00:28-	00:27&	00:03-	00:10-	06:50@	00:14#	00:40-	00:15-	00:07-
<b>3</b>	<b>Gulzhan Yegemberdiyeva</b>	<b>136</b>	<b>45:50</b>									
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&	05:11@	00:13-	00:05+	00:04+	00:49&	00:10-	00:14+	05:58@	08:40@	00:03-	00:46@

**Beste strekktid for klassen**

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

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

**Damer Trim**

<b>1</b>	<b>Hanne Thu</b>	<b>18</b>	<b>17:01</b>								
01:20=	03:28=	05:07=	07:45=	09:14=	10:23=	11:50=	13:08=	14:24=	16:33=	16:52=	17:01=
01:20=	02:08=	01:39=	02:38=	01:29=	01:09=	01:27=	01:18=	01:16=	02:09=	00:19=	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=
<b>2</b>	<b>Nina Bækkelund Christiansen</b>	<b>105</b>	<b>18:15</b>								
01:23+	03:37+	05:29+	09:52+	11:12+	12:15+	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#
<b>3</b>	<b>Siri Eppeland</b>	<b>74</b>	<b>18:15</b>								
01:37+	03:43+	05:16+	07:43-	09:27+	10:31+	12:00+	13:16+	15:00+	17:43+	18:00+	18:15+
01:37+	02:06-	01:33-	02:27-	01:44+	01:04-	01:29+	01:16-	01:44+	02:43+	00:17-	00:15+
00:17#	00:02-	00:06-	00:11-	00:15#	00:05-	00:02+	00:02-	00:28&	00:34&	00:02-	00:06&
<b>4</b>	<b>Ingvild Elin Ringodd</b>	<b>117</b>	<b>18:28</b>								
01:39+	03:43+	05:35+	09:54+	11:19+	12:18+	13:42+	14:51+	15:56+	17:58+	18:16+	18:28+
01:39+	02:04-	01:52+	04:19+	01:25-	00:59-	01:24-	01:09-	01:05-	02:02-	00:18-	00:12+
00:19#	00:04-	00:13#	01:41&	00:04-	00:10-	00:03-	00:09-	00:11-	00:07-	00:01-	00:03&
<b>5</b>	<b>Benedicte Kvalevåg</b>	<b>375</b>	<b>18:54</b>								
01:51+	04:15+	06:06+	08:53+	10:42+	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&
<b>6</b>	<b>Ann-Mari Vold</b>	<b>54</b>	<b>19:04</b>								
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=
<b>7</b>	<b>Maren Benjaminsen</b>	<b>43</b>	<b>19:29</b>								
01:38+	03:40+	05:16+	07:32-	09:02-	10:19-	11:55+	15:24+	16:36+	18:54+	19:13+	19:29+
01:38+	02:02-	01:36-	02:16-	01:30+	01:17+	01:36+	03:29+	01:12-	02:18+	00:19=	00:16+
00:18#	00:06-	00:03-	00:22-	00:01+	00:08#	00:09#	02:11@	00:04-	00:09+	00:00=	00:07&
<b>8</b>	<b>Anastasia Ollestad</b>	<b>93</b>	<b>19:48</b>								
01:53+	04:06+	05:48+	10:04+	12:11+	13:15+	14:49+	15:59+	17:17+	19:25+	19:41+	19:48+
01:53+	02:13+	01:42+	04:16+	02:07+	01:04-	01:34+	01:10-	01:18+	02:08-	00:16-	00:07-
00:33&	00:05+	00:03+	01:38&	00:38&	00:05-	00:07+	00:08-	00:02+	00:01-	00:03-	00:02-
<b>9</b>	<b>Ingrid O. Foss</b>	<b>117</b>	<b>20:00</b>								
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=
<b>10</b>	<b>Hanna Haaland Sømme</b>	<b>68</b>	<b>20:17</b>								
01:45+	03:57+	06:07+	08:36+	10:22+	13:06+	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#	01:35@	00:22&	00:09#	00:04-	00:03+	00:01+	00:02#
<b>11</b>	<b>Inger Johanne Klausen</b>	<b>54</b>	<b>20:23</b>								
01:44+	04:09+	06:11+	09:30+	11:07+	12:12+	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+	01:29@	00:02-	00:06+	00:03-	00:00=



Class	Navn	Klasse	Tid
<b>12</b>	<b>Grete Stokke Seljeskog</b>	<b>128</b>	<b>20:27</b>
02:10+	04:33+ 06:42+ 09:52+ 11:36+	12:58+	14:32+ 16:05+
02:10+	02:23+ 02:09+ 03:10+ 01:44+	01:22+	01:34+ 01:33+ 01:35+
00:50&	00:15# 00:30& 00:32# 00:15#	00:13#	00:07+ 00:15# 00:19#
00:03+	00:07& 00:07&	00:00=	
<b>13</b>	<b>Astri Sandanger</b>	<b>93</b>	<b>20:58</b>
01:39+	03:55+ 05:42+ 08:42+	10:09+	11:26+
01:39+	02:16+ 01:47+ 03:00+	01:27-	01:17+
00:19#	00:08+ 00:08+ 00:22#	00:02-	00:08#
00:21#	01:33@	00:21&	00:40& 00:01-
00:00=			
<b>14</b>	<b>Marianne Steinkopf</b>	<b>5</b>	<b>21:13</b>
02:08+	04:22+ 06:25+ 09:12+	11:06+	12:18+
02:08+	02:14+ 02:03+ 02:47+	01:54+	01:12+
00:48&	00:06+ 00:24#	00:09+	00:25& 00:03+
00:51&	00:10#	01:02&	00:07+
00:06&			00:06& 00:01#
<b>15</b>	<b>Kristin Yoon</b>	<b>372</b>	<b>21:42</b>
01:30+	03:26- 04:57- 09:18+	10:34+	11:31+
01:30+	01:56- 01:31- 04:21+	01:16-	00:57-
00:10#	00:12- 00:08- 01:43&	00:13-	00:12-
00:11-	03:34@	00:12-	00:26# 00:03-
00:01-			
<b>16</b>	<b>Marianne Høie</b>	<b>116</b>	<b>21:47</b>
01:48+	04:21+ 06:15+ 09:58+	11:55+	13:06+
01:48+	02:33+ 01:54+ 03:43+	01:57+	01:11+
00:28&	00:25# 00:15# 01:05&	00:28&	00:02+
00:30&	00:06+	00:18#	00:47& 00:17&
00:05&			
<b>17</b>	<b>Marie Engedal Svartsund</b>	<b>91</b>	<b>21:53</b>
01:38+	03:55+ 08:36+ 11:33+	13:10+	14:20+
01:38+	02:17+ 04:41+ 02:57+	01:37+	01:10+
00:18#	00:09+ 03:02@	00:19#	00:08+
00:01+			00:19# 00:01+
00:15#			00:13# 00:06&
00:01#			
<b>18</b>	<b>Silje H. Myklebust</b>	<b>54</b>	<b>22:03</b>
01:30+	04:14+ 07:16+ 10:29+	12:10+	13:25+
01:30+	02:44+ 03:02+ 03:13+	01:41+	01:15+
00:10#	00:36& 01:23& 00:35#	00:12#	00:06+
00:12#	00:49&	00:21&	00:31#
00:05&			00:02#
<b>19</b>	<b>Anne Turid Lian Vestbakke</b>	<b>116</b>	<b>22:12</b>
01:36+	04:59+ 07:07+ 10:49+	12:43+	14:00+
01:36+	03:23+ 02:08+ 03:42+	01:54+	01:17+
00:16#	01:15& 00:29& 01:04&	00:25&	00:08#
00:18#	00:18#	00:11#	00:42& 00:00=
00:05&			00:14+
<b>20</b>	<b>Sigrund Serigstad</b>	<b>128</b>	<b>22:30</b>
02:32+	04:42+ 07:06+ 11:21+	14:38+	16:18+
02:32+	02:10+ 02:24+ 04:15+	03:17+	01:40+
01:12&	00:02+ 00:45& 01:37&	01:48@	00:31&
00:09-	00:02-	00:04+	00:15-
00:04-			00:00=
<b>21</b>	<b>Kristin Barvik</b>	<b>92</b>	<b>22:33</b>
03:18+	05:50+ 07:52+ 11:02+	12:42+	14:30+
03:18+	02:32+ 02:02+ 03:10+	01:40+	01:48+
01:58@	00:24# 00:23# 00:32#	00:11#	00:39&
00:02+			00:02+
00:01-			00:32& 00:53&
00:01-			
<b>22</b>	<b>Esther Boenheim</b>	<b>268</b>	<b>22:38</b>
02:01+	04:46+ 06:37+ 10:20+	12:05+	14:07+
02:01+	02:45+ 01:51+ 03:43+	01:45+	02:02+
00:41&	00:37& 00:12# 01:05&	00:16#	00:53&
00:32&	00:19#	00:23&	00:37&
00:01-			00:03&
<b>23</b>	<b>Marta Bertolaso</b>	<b>43</b>	<b>24:03</b>
01:50+	04:09+ 06:06+ 12:17+	14:24+	15:27+
01:50+	02:19+ 01:57+ 06:11+	02:07+	01:03-
00:30&	00:11+ 00:18# 03:33@	00:38&	00:06-
00:11#	00:20&	00:41&	00:26#
00:03#			00:03# 00:17@
<b>24</b>	<b>Marit Lindtveit Undheim</b>	<b>54</b>	<b>24:13</b>
01:40+	04:04+ 05:48+ 14:13+	15:42+	16:46+
01:40+	02:24+ 01:44+ 08:25+	01:29+	01:04-
00:20#	00:16# 00:05+ 05:47@	00:00=	00:05-
00:00=			00:07-
00:57&			00:02-
00:01+			00:00=
<b>25</b>	<b>Solbjørg Borgersen</b>	<b>233</b>	<b>24:20</b>
02:07+	05:17+ 07:54+ 12:05+	13:52+	15:19+
02:07+	03:10+ 02:37+ 04:11+	01:47+	01:27+
00:47&	01:02& 00:58& 01:33&	00:18#	00:18&
00:29&	00:28&	00:25&	00:55&
00:02#			00:02# 00:04&
<b>26</b>	<b>Sarah Allen</b>	<b>7</b>	<b>24:25</b>
02:20+	05:22+ 08:19+ 11:44+	13:40+	15:08+
02:20+	03:02+ 02:57+ 03:25+	01:56+	01:28+
01:00&	00:54& 01:18& 00:47&	00:27&	00:19&
00:24&	00:11#	00:39&	01:12&
00:06&			00:06& 00:07&

















Class	Navn	Klasse										Tid
<b>3</b>	<b>Stein Sigbjørnsen</b>	<b>27</b>										<b>24:20</b>
01:27+	04:13+	06:48+	08:41+	11:53+	12:39+	14:15+	15:56+	17:02+	21:00+	23:56+	24:12+	24:20+
01:27+	02:46+	02:35-	01:53+	03:12+	00:46+	01:36+	01:41+	01:06+	03:58+	02:56+	00:16+	00:08-
00:08#	00:48&	00:23-	00:32&	00:32#	00:14&	00:21&	00:18#	00:13#	01:11&	00:44&	00:01+	00:01-
<b>4</b>	<b>Arnfinn Rømuld</b>	<b>116</b>										<b>24:33</b>
01:27+	05:23+	07:48+	09:32+	12:32+	13:06+	14:35+	16:35+	17:26+	20:46+	24:10+	24:25+	24:33+
01:27+	03:56+	02:25-	01:44+	03:00+	00:34+	01:29+	02:00+	00:51-	03:20+	03:24+	00:15=	00:08-
00:08#	01:58&	00:33-	00:23&	00:20#	00:02+	00:14#	00:37&	00:02-	00:33#	01:12&	00:00=	00:01-
<b>5</b>	<b>Per Ingar Hadland</b>	<b>7</b>										<b>24:34</b>
01:37+	03:49+	06:46+	08:50+	12:06+	12:45+	14:27+	16:20+	17:19+	21:10+	24:03+	24:24+	24:34+
01:37+	02:12+	02:57-	02:04+	03:16+	00:39+	01:42+	01:53+	00:59+	03:51+	02:53+	00:21+	00:10+
00:18#	00:14#	00:01-	00:43&	00:36#	00:07#	00:27&	00:30&	00:06#	01:04&	00:41&	00:06&	00:01#
<b>6</b>	<b>John C. Sinnes</b>	<b>93</b>										<b>24:49</b>
01:57+	04:51+	07:59+	10:05+	13:54+	14:31+	15:57+	17:59+	18:52+	21:56+	24:23+	24:39+	24:49+
01:57+	02:54+	03:08+	02:06+	03:49+	00:37+	01:26+	02:02+	00:53=	03:04+	02:27+	00:16+	00:10+
00:38&	00:56&	00:10+	00:45&	01:09&	00:05#	00:11#	00:39&	00:00=	00:17#	00:15#	00:01+	00:01#
<b>7</b>	<b>Ivar Knutsen</b>	<b>116</b>										<b>25:00</b>
01:39+	03:50+	07:08+	08:48+	11:47+	12:26+	13:53+	15:32+	19:00+	21:51+	24:27+	24:49+	25:00+
01:39+	02:11+	03:18+	01:40+	02:59+	00:39+	01:27+	01:39+	03:28+	02:51+	02:36+	00:22+	00:11+
00:20&	00:13#	00:20#	00:19#	00:07#	00:12#	00:12#	00:16#	02:35@	00:04+	00:24#	00:07&	00:02#
<b>8</b>	<b>Harald Kleveland</b>	<b>7</b>										<b>25:27</b>
02:09+	04:38+	07:42+	09:37+	13:40+	14:38+	16:22+	18:20+	19:19+	22:26+	24:52+	25:13+	25:27+
02:09+	02:29+	03:04+	01:55+	04:03+	00:58+	01:44+	01:58+	00:59+	03:07+	02:26+	00:21+	00:14+
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&
<b>9</b>	<b>Tor Inge Halvorsen</b>	<b>5</b>										<b>25:42</b>
01:26+	03:04-	06:25+	08:34+	11:34+	12:11+	13:40+	15:30+	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&
<b>10</b>	<b>Inge Skretting</b>	<b>165</b>										<b>26:22</b>
01:26+	03:22+	07:53+	09:51+	14:52+	15:21+	16:59+	18:52+	20:05+	23:17+	25:56+	26:13+	26:22+
01:26+	01:56-	04:31+	01:58+	05:01+	00:29-	01:38+	01:53+	01:13+	03:12+	02:39+	00:17+	00:09=
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=
<b>11</b>	<b>Kjell Lervik</b>	<b>239</b>										<b>27:09</b>
01:33+	03:59+	07:01+	09:14+	13:32+	14:29+	16:31+	18:44+	19:49+	23:34+	26:42+	27:00+	27:09+
01:33+	02:26+	03:02+	02:13+	04:18+	00:57+	02:02+	02:13+	01:05+	03:45+	03:08+	00:18+	00:09=
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=
<b>12</b>	<b>Sverre Magnar Nordal</b>	<b>116</b>										<b>27:42</b>
01:25+	04:09+	07:13+	09:21+	13:30+	15:52+	17:46+	19:38+	20:57+	24:22+	27:16+	27:33+	27:42+
01:25+	02:44+	03:04+	02:08+	04:09+	02:22+	01:54+	01:52+	01:19+	03:25+	02:54+	00:17+	00:09=
00:06+	00:46&	00:06+	00:47&	01:29&	01:50@	00:39&	00:29&	00:26&	00:38#	00:42&	00:02#	00:00=

### Beste strekktid for klassen

01:19 01:38 02:25 01:21 02:40 00:29 01:15 01:23 00:51 02:47 02:12 00:15 00:08

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

### Herrer 65 - 69 år

<b>1</b>	<b>Arne Kristian Espedal</b>	<b>68</b>										<b>17:45</b>
01:08=	02:35=	04:33=	05:56=	08:16=	08:45=	09:52=	11:11=	13:16=	15:28=	17:22=	17:37=	17:45=
01:08=	01:27=	01:58=	01:23=	02:20=	00:29=	01:07=	01:19=	02:05=	02:12=	01:54=	00:15=	00:08=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Torbjørn Evensen</b>	<b>108</b>										<b>20:49</b>
01:14+	03:00+	05:42+	07:26+	10:16+	10:53+	12:16+	13:55+	14:47+	18:04+	20:24+	20:40+	20:49+
01:14+	01:46+	02:42+	01:44+	02:50+	00:37+	01:23+	01:39+	00:52-	03:17+	02:20+	00:16+	00:09+
00:06+	00:19#	00:44&	00:21&	00:30#	00:08&	00:16#	00:20&	01:13-	01:05&	00:26#	00:01+	00:01#
<b>3</b>	<b>Frode Sandal</b>	<b>29</b>										<b>21:32</b>
01:20+	03:15+	05:39+	07:21+	10:01+	10:38+	12:01+	13:34+	15:22+	18:37+	20:51+	21:06+	21:32+
01:20+	01:55+	02:24+	01:42+	02:40+	00:37+	01:23+	01:33+	01:48-	03:15+	02:14+	00:15=	00:26+
00:12#	00:28&	00:26#	00:19#	00:20#	00:08&	00:16#	00:14#	00:17-	01:03&	00:20#	00:00=	00:18@

Class	Navn	Klasse										Tid
<b>4</b>	<b>Olav Tunheim</b>	<b>93</b>										<b>23:32</b>
01:23+	03:28+	05:50+	08:31+	12:45+	13:31+	14:59+	16:34+	17:26+	20:45+	23:07+	23:22+	23:32+
01:23+	02:05+	02:22+	02:41+	04:14+	00:46+	01:28+	01:35+	00:52-	03:19+	02:22+	00:15=	00:10+
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#
<b>5</b>	<b>Bjarne Gimre</b>	<b>88</b>										<b>23:42</b>
01:20+	03:47+	06:32+	08:14+	12:24+	13:05+	14:42+	16:39+	17:32+	21:00+	23:21+	23:34+	23:42+
01:20+	02:27+	02:45+	01:42+	04:10+	00:41+	01:37+	01:57+	00:53-	03:28+	02:21+	00:13-	00:08=
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=
<b>6</b>	<b>Bjørn Sivertsen</b>	<b>99</b>										<b>24:43</b>
01:41+	03:54+	06:43+	08:36+	12:16+	13:12+	14:42+	16:29+	17:31+	21:13+	24:15+	24:34+	24:43+
01:41+	02:13+	02:49+	01:53+	03:40+	00:56+	01:30+	01:47+	01:02-	03:42+	03:02+	00:19+	00:09+
00:33&	00:46&	00:51&	00:30&	01:20&	00:27&	00:23&	00:28&	01:03-	01:30&	01:08&	00:04&	00:01#
<b>7</b>	<b>Tom Hetland</b>	<b>5</b>										<b>24:53</b>
01:22+	03:42+	06:09+	07:52+	12:07+	12:53+	14:26+	16:38+	17:34+	21:08+	24:29+	24:46+	24:53+
01:22+	02:20+	02:27+	01:43+	04:15+	00:46+	01:33+	02:12+	00:56-	03:34+	03:21+	00:17+	00:07-
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-
<b>8</b>	<b>Jan Arendal</b>	<b>116</b>										<b>26:18</b>
01:39+	03:53+	06:48+	08:50+	12:13+	13:02+	15:47+	17:56+	19:05+	22:34+	25:42+	26:07+	26:18+
01:39+	02:14+	02:55+	02:02+	03:23+	00:49+	02:45+	02:09+	01:09-	03:29+	03:08+	00:25+	00:11+
00:31&	00:47&	00:57&	00:39&	01:03&	00:20&	01:38&	00:50&	00:56-	01:17&	01:14&	00:10&	00:03&
<b>9</b>	<b>Terje Stokkeland</b>	<b>69</b>										<b>26:49</b>
01:37+	03:41+	09:16+	11:24+	14:38+	15:38+	17:18+	18:54+	20:02+	23:21+	26:07+	26:25+	26:49+
01:37+	02:04+	05:35+	02:08+	03:14+	01:00+	01:40+	01:36+	01:08-	03:19+	02:46+	00:18+	00:24+
00:29&	00:37&	03:37@	00:45&	00:54&	00:31@	00:33&	00:17#	00:57-	01:07&	00:52&	00:03#	00:16@
<b>10</b>	<b>Arne Magne Handeland</b>	<b>92</b>										<b>28:44</b>
02:55+	05:31+	08:18+	10:24+	14:03+	14:44+	17:01+	19:20+	20:21+	24:02+	28:16+	28:34+	28:44+
02:55+	02:36+	02:47+	02:06+	03:39+	00:41+	02:17+	02:19+	01:01-	03:41+	04:14+	00:18+	00:10+
01:47@	01:09&	00:49&	00:43&	01:19&	00:12&	01:10@	01:00&	01:04-	01:29&	02:20@	00:03#	00:02#
<b>11</b>	<b>Ommund Bakkevold</b>	<b>68</b>										<b>30:55</b>
02:09+	05:03+	08:04+	11:01+	15:45+	16:35+	18:40+	20:54+	22:20+	26:25+	29:55+	30:19+	30:55+
02:09+	02:54+	03:01+	02:57+	04:44+	00:50+	02:05+	02:14+	01:26-	04:05+	03:30+	00:24+	00:36+
01:01&	01:27&	01:03&	01:34@	02:24@	00:21&	00:58&	00:55&	00:39-	01:53&	01:36&	00:09&	00:28@
<b>12</b>	<b>Bjørn Vidar Gunvaldsen</b>	<b>29</b>										<b>31:09</b>
02:07+	04:57+	08:02+	10:14+	16:32+	17:34+	20:07+	22:05+	23:06+	26:57+	30:40+	31:00+	31:09+
02:07+	02:50+	03:05+	02:12+	06:18+	01:02+	02:33+	01:58+	01:01-	03:51+	03:43+	00:20+	00:09+
00:59&	01:23&	01:07&	00:49&	03:58@	00:33@	01:26@	00:39&	01:04-	01:39&	01:49&	00:05&	00:01#
<b>13</b>	<b>Arnstein Skretting</b>	<b>54</b>										<b>31:12</b>
02:17+	04:15+	07:19+	09:23+	15:45+	16:31+	18:25+	20:33+	21:45+	25:36+	30:36+	30:58+	31:12+
02:17+	01:58+	03:04+	02:04+	06:22+	00:46+	01:54+	02:08+	01:12-	03:51+	05:00+	00:22+	00:14+
01:09@	00:31&	01:06&	00:41&	04:02@	00:17&	00:47&	00:49&	00:53-	01:39&	03:06@	00:07&	00:06&
<b>14</b>	<b>Bjørn Tore Aase</b>	<b>29</b>										<b>35:44</b>
02:54+	05:54+	09:49+	12:32+	17:26+	18:25+	20:44+	23:14+	24:33+	30:51+	34:59+	35:27+	35:44+
02:54+	03:00+	03:55+	02:43+	04:54+	00:59+	02:19+	02:30+	01:19-	06:18+	04:08+	00:28+	00:17+
01:46@	01:33@	01:57&	01:20&	02:34@	00:30@	01:12@	01:11&	00:46-	04:06@	02:14@	00:13&	00:09@
<b>15</b>	<b>Rolf Kleppe</b>	<b>63</b>										<b>35:44</b>
02:23+	05:17+	08:43+	11:33+	16:08+	16:57+	19:35+	22:02+	23:15+	27:50+	35:15+	35:33+	35:44+
02:23+	02:54+	03:26+	02:50+	04:35+	00:49+	02:38+	02:27+	01:13-	04:35+	07:25+	00:18+	00:11+
01:15@	01:27&	01:28&	01:27@	02:15&	00:20&	01:31@	01:08&	00:52-	02:23@	05:31@	00:03#	00:03&
<b>Beste strekktid for klassen</b>												
01:08	01:27	01:58	01:23	02:20	00:29	01:07	01:19	00:52	02:12	01:54	00:13	00:07
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.												
<b>Herrer 70 - 74 år</b>												
<b>1</b>	<b>Bjørn Alsaker</b>	<b>115</b>										<b>17:25</b>
01:08=	02:49=	05:04=	06:28=	08:50=	09:23=	10:37=	11:58=	12:40=	15:01=	17:04=	17:18=	17:25=
01:08=	01:41=	02:15=	01:24=	02:22=	00:33=	01:14=	01:21=	00:42=	02:21=	02:03=	00:14=	00:07=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=



Class	Navn	Klasse										Tid	
<b>17</b>	<b>Olav Habbestad</b>	<b>116</b>										<b>48:15</b>	
	01:50+	04:48+	08:07+	11:03+	18:15+	18:59+	20:53+	24:19+	25:52+	44:09+	47:39+	47:52+	48:15+
	01:50+	02:58+	03:19+	02:56+	07:12+	00:44+	01:54+	03:26+	01:33+	18:17+	03:30+	00:13-	00:23+
	00:42&	01:17&	01:04&	01:32@	04:50@	00:11&	00:40&	02:05@	00:51@	15:56@	01:27&	00:01-	00:16@
<b>Beste strekktid for klassen</b>													
	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 klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													
<b>Herrer 75 - 79 år</b>													
<b>1</b>	<b>Øyvind Egeskog</b>	<b>5</b>										<b>20:08</b>	
	01:51=	04:19=	06:20=	08:08=	10:14=	10:37=	12:32=	14:27=	17:08=	19:35=	19:59=	20:08=	
	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=	
<b>2</b>	<b>Hans Klausen</b>	<b>62</b>										<b>20:54</b>	
	01:48-	04:48+	07:08+	08:59+	11:09+	11:53+	13:35+	15:24+	18:08+	20:25+	20:42+	20:54+	
	01:48-	03:00+	02:20+	01:51+	02:10+	00:44+	01:42-	01:49-	02:44+	02:17-	00:17-	00:12+	
	00:03-	00:32#	00:19#	00:03+	00:04+	00:21&	00:13-	00:06-	00:03+	00:10-	00:07-	00:03&	
<b>3</b>	<b>Finn Morten Årstad</b>	<b>115</b>										<b>21:16</b>	
	02:00+	04:26+	06:24+	08:05-	10:13-	10:38+	13:30+	15:26+	17:58+	20:45+	21:05+	21:16+	
	02:00+	02:26-	01:58-	01:41-	02:08+	00:25+	02:52+	01:56+	02:32-	02:47+	00:20-	00:11+	
	00:09+	00:02-	00:03-	00:07-	00:02+	00:02+	00:57&	00:01+	00:09-	00:20#	00:04-	00:02#	
<b>4</b>	<b>Geir Husdal</b>	<b>93</b>										<b>21:23</b>	
	02:04+	04:21+	06:10-	08:34+	10:52+	11:16+	13:06+	14:55+	18:31+	20:50+	21:12+	21:23+	
	02:04+	02:17-	01:49-	02:24+	02:18+	00:24+	01:50-	01:49-	03:36+	02:19-	00:22-	00:11+	
	00:13#	00:11-	00:12-	00:36&	00:12+	00:01+	00:05-	00:06-	00:55&	00:08-	00:02-	00:02#	
<b>5</b>	<b>Tormod Aaslid</b>	<b>54</b>										<b>21:39</b>	
	02:02+	05:03+	07:30+	09:53+	12:12+	12:38+	14:22+	16:11+	18:38+	21:05+	21:28+	21:39+	
	02:02+	03:01+	02:27+	02:23+	02:19+	00:26+	01:44-	01:49-	02:27-	02:27=	00:23-	00:11+	
	00:11+	00:33#	00:26#	00:35&	00:13#	00:03#	00:11-	00:06-	00:14-	00:00=	00:01-	00:02#	
<b>6</b>	<b>Steinar Undheim</b>	<b>54</b>										<b>22:13</b>	
	02:02+	04:45+	06:58+	08:49+	11:07+	11:33+	13:45+	16:08+	18:55+	21:44+	22:04+	22:13+	
	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=	
<b>7</b>	<b>Norvald Skretting</b>	<b>43</b>										<b>23:33</b>	
	01:54+	04:33+	06:27+	08:32+	11:49+	12:13+	14:36+	16:57+	20:07+	22:45+	23:10+	23:33+	
	01:54+	02:39+	01:54-	02:05+	03:17+	00:24+	02:23+	02:21+	03:10+	02:38+	00:25+	00:23+	
	00:03+	00:11+	00:07-	00:17#	01:11&	00:01+	00:28#	00:26#	00:29#	00:11+	00:01+	00:14@	
<b>8</b>	<b>Hilmar Røthing</b>	<b>128</b>										<b>24:21</b>	
	01:35-	03:35-	05:18-	11:07+	13:12+	13:33+	15:24+	16:57+	19:43+	22:47+	23:12+	24:21+	
	01:35-	02:00-	01:43-	05:49+	02:05-	00:21-	01:51-	01:33-	02:46+	03:04+	00:25+	01:09+	
	00:16-	00:28-	00:18-	04:01@	00:01-	00:02-	00:04-	00:22-	00:05+	00:37&	00:01+	01:00@	
<b>9</b>	<b>Arvid Thorsen</b>	<b>5</b>										<b>25:55</b>	
	01:34-	03:42-	05:40-	13:39+	15:57+	16:18+	18:10+	19:50+	23:22+	25:27+	25:46+	25:55+	
	01:34-	02:08-	01:58-	07:59+	02:18+	00:21-	01:52-	01:40-	03:32+	02:05-	00:19-	00:09=	
	00:17-	00:20-	00:03-	06:11@	00:12+	00:02-	00:03-	00:15-	00:51&	00:22-	00:05-	00:00=	
<b>10</b>	<b>Kjell Svihus</b>	<b>154</b>										<b>26:23</b>	
	01:36-	04:03-	05:58-	12:07+	15:12+	16:56+	18:52+	20:41+	23:24+	25:55+	26:14+	26:23+	
	01:36-	02:27-	01:55-	06:09+	03:05+	01:44+	01:56+	01:49-	02:43+	02:31+	00:19-	00:09=	
	00:15-	00:01-	00:06-	04:21@	00:59&	01:21@	00:01+	00:06-	00:02+	00:04+	00:05-	00:00=	
<b>11</b>	<b>Olav Dag Borgersen</b>	<b>154</b>										<b>28:10</b>	
	01:33-	09:09+	11:08+	12:47+	15:16+	15:33+	20:15+	22:21+	24:48+	27:40+	28:01+	28:10+	
	01:33-	07:36+	01:59-	01:39-	02:29+	00:17-	04:42+	02:06+	02:27-	02:52+	00:21-	00:09=	
	00:18-	05:08@	00:02-	00:09-	00:23#	00:06-	02:47@	00:11+	00:14-	00:25#	00:03-	00:00=	
<b>12</b>	<b>Hermann Skogsholm</b>	<b>53</b>										<b>28:44</b>	
	01:53+	04:24+	06:19-	09:03+	10:54+	11:55+	13:51+	20:13+	26:21+	28:13+	28:32+	28:44+	
	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&	

Class	Navn	Klasse	Tid								
<b>13</b>	<b>Kjell Langvik</b>	<b>93</b>	<b>32:56</b>								
02:04+	05:08+	07:47+	11:10+	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#	07:03@	00:32&	00:46&	00:34#	00:07&	00:03&
<b>14</b>	<b>Svein Glendrange</b>	<b>68</b>	<b>35:36</b>								
01:41-	04:09-	06:01-	21:48+	24:22+	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-	13:59@	00:28#	00:05#	00:14#	00:28#	00:11+	00:22#	00:02-	00:02#
<b>15</b>	<b>Knut Jonas Espedal</b>	<b>53</b>	<b>42:21</b>								
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&	02:16@	01:58@	05:23@	00:23&	01:27&	01:48&	02:18&	02:43@	00:13&	00:09&
<b>16</b>	<b>Arne Karlsen</b>	<b>105</b>	<b>43:45</b>								
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&	02:09@	07:50@	02:51@	00:04#	00:04&

### Beste strekktid for klassen

01:33 02:00 01:43 01:39 01:51 00:17 01:42 01:33 02:27 01:52 00:17 00:09

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

## Herrer 80 år og eldre

<b>1</b>	<b>Terje Braut</b>	<b>92</b>	<b>22:37</b>								
01:49=	04:34=	06:46=	09:55=	11:56=	13:40=	15:38=	17:12=	18:59=	22:06=	22:28=	22:37=
01:49=	02:45=	02:12=	03:09=	02:01=	01:44=	01:58=	01:34=	01:47=	03:07=	00:22=	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=
<b>2</b>	<b>Harald Vatne</b>	<b>67</b>	<b>24:08</b>								
02:03+	04:54+	07:06+	10:01+	12:40+	14:20+	16:15+	18:11+	20:58+	23:34+	23:57+	24:08+
02:03+	02:51+	02:12=	02:55-	02:39+	01:40-	01:55-	01:56+	02:47+	02:36-	00:23+	00:11+
00:14#	00:06+	00:00=	00:14-	00:38&	00:04-	00:03-	00:22#	01:00&	00:31-	00:01+	00:02#
<b>3</b>	<b>Jan Bekkeheien</b>	<b>92</b>	<b>27:14</b>								
02:03+	05:07+	07:18+	11:04+	13:30+	15:02+	17:16+	19:36+	23:10+	26:40+	27:00+	27:14+
02:03+	03:04+	02:11-	03:46+	02:26+	01:32-	02:14+	02:20+	03:34+	03:30+	00:20-	00:14+
00:14#	00:19#	00:01-	00:37#	00:25#	00:12-	00:16#	00:46&	01:47&	00:23#	00:02-	00:05&
<b>4</b>	<b>Arne Brandsberg</b>	<b>29</b>	<b>28:26</b>								
02:31+	06:16+	09:03+	12:54+	15:47+	17:40+	20:09+	22:08+	24:10+	27:34+	28:06+	28:26+
02:31+	03:45+	02:47+	03:51+	02:53+	01:53+	02:29+	01:59+	02:02+	03:24+	00:32+	00:20+
00:42&	01:00&	00:35&	00:42#	00:52&	00:09+	00:31&	00:25&	00:15#	00:17+	00:10&	00:11@
<b>5</b>	<b>Kjell Maudal</b>	<b>63</b>	<b>32:35</b>								
03:47+	07:59+	10:16+	17:47+	20:21+	21:53+	24:18+	26:15+	28:19+	31:42+	32:15+	32:35+
03:47+	04:12+	02:17+	07:31+	02:34+	01:32-	02:25+	01:57+	02:04+	03:23+	00:33+	00:20+
01:58@	01:27&	00:05+	04:22@	00:33&	00:12-	00:27#	00:23#	00:17#	00:16+	00:11&	00:11@
<b>6</b>	<b>Torleiv Møgedal</b>	<b>68</b>	<b>35:53</b>								
03:06+	07:20+	11:46+	16:23+	20:44+	22:51+	25:31+	28:11+	31:10+	34:57+	35:37+	35:53+
03:06+	04:14+	04:26+	04:37+	04:21+	02:07+	02:40+	02:40+	02:59+	03:47+	00:40+	00:16+
01:17&	01:29&	02:14@	01:28&	02:20@	00:23#	00:42&	01:06&	01:12&	00:40#	00:18&	00:07&
<b>7</b>	<b>Sigurd Krosli</b>	<b>93</b>	<b>38:00</b>								
03:21+	06:38+	09:31+	14:50+	17:21+	25:53+	29:53+	32:12+	33:58+	37:20+	37:48+	38:00+
03:21+	03:17+	02:53+	05:19+	02:31+	08:32+	04:00+	02:19+	01:46-	03:22+	00:28+	00:12+
01:32&	00:32#	00:41&	02:10&	00:30#	06:48@	02:02@	00:45&	00:01-	00:15+	00:06&	00:03&
<b>8</b>	<b>Magne Westerheim</b>	<b>93</b>	<b>1:13:00</b>								
02:18+	17:47+	24:18+	27:56+	30:48+	32:17+	38:22+	55:47+	67:38+	72:16+	72:48+	73:00+
02:18+	15:29+	06:31+	03:38+	02:52+	01:29-	06:05+	17:25+	11:51+	04:38+	00:32+	00:12+
00:29&	12:44@	04:19@	00:29#	00:51&	00:15-	04:07@	15:51@	10:04@	01:31&	00:10&	00:03&

### Beste strekktid for klassen

01:49 02:45 02:11 02:55 02:01 01:29 01:55 01:34 01:46 02:36 00:20 00:09

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









Class	Navn	Klasse	Tid									
<b>3</b>	<b>Jonas Bolstad Scheie</b>	<b>62</b>	<b>43:02</b>									
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@	03:21@	00:56&	03:59@	00:30@	00:23@
<b>4</b>	<b>Asahi Cantu</b>	<b>136</b>	<b>45:56</b>									
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+
01:39@	01:28@	06:34@	00:15#	00:16#	00:31&	00:21&	00:12-	00:35#	06:00@	08:02@	00:19@	00:59@
<b>Beste strekktid for klassen</b>												
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 klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

## Herrer Trim

<b>1</b>	<b>Lars Kristian Aastvedt</b>	<b>43</b>	<b>13:46</b>								
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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Olav Magnus Eik Espedal</b>	<b>88</b>	<b>13:59</b>								
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-
<b>3</b>	<b>Stig Erlend Ollestad</b>	<b>51</b>	<b>14:48</b>								
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-
<b>4</b>	<b>Marius Bergstøl Hvidsten</b>	<b>372</b>	<b>15:35</b>								
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-
<b>5</b>	<b>Arne Magne Sondresen</b>	<b>105</b>	<b>17:01</b>								
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-
<b>6</b>	<b>Lars Kartevoll</b>	<b>376</b>	<b>17:30</b>								
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-
<b>7</b>	<b>Per-Olof Wallerstedt</b>	<b>18</b>	<b>17:32</b>								
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-
<b>8</b>	<b>Hans Olav Myskja</b>	<b>117</b>	<b>17:41</b>								
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=
<b>9</b>	<b>Truls Fretland</b>	<b>376</b>	<b>17:58</b>								
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&	00:29&	00:22&	00:23&	00:07-	00:30&	00:42&	00:38&	00:01+	00:03-
<b>10</b>	<b>Roger Nyseth</b>	<b>92</b>	<b>18:15</b>								
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-
<b>11</b>	<b>Nils Egil Lie</b>	<b>376</b>	<b>18:49</b>								
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-

Class	Navn	Klasse										Tid
<b>12</b>	<b>Frode Lund</b>	<b>18</b>										<b>18:52</b>
01:28-	03:40+	07:09+	09:17+	10:56+	11:50+	13:32+	14:37+	16:31+	18:26+	18:43+	18:52+	
01:28-	02:12+	03:29+	02:08+	01:39+	00:54+	01:42+	01:05+	01:54+	01:55+	00:17+	00:09-	
00:02-	00:32&	02:17@	00:29&	00:18#	00:14&	00:19#	00:14&	00:17#	00:28&	00:03#	00:03-	
<b>13</b>	<b>Carlos Lluna</b>	<b>287</b>										<b>19:11</b>
01:56+	04:19+	06:20+	08:56+	10:48+	11:56+	13:49+	15:00+	16:21+	18:29+	18:49+	19:11+	
01:56+	02:23+	02:01+	02:36+	01:52+	01:08+	01:53+	01:11+	01:21-	02:08+	00:20+	00:22+	
00:26&	00:43&	00:49&	00:57&	00:31&	00:28&	00:30&	00:20&	00:16-	00:41&	00:06&	00:10&	
<b>14</b>	<b>Ketil Vestbakke</b>	<b>116</b>										<b>19:15</b>
02:16+	05:05+	06:50+	09:30+	11:44+	12:48+	14:29+	15:46+	16:58+	18:48+	19:05+	19:15+	
02:16+	02:49+	01:45+	02:40+	02:14+	01:04+	01:41+	01:17+	01:12-	01:50+	00:17+	00:10-	
00:46&	01:09&	00:33&	01:01&	00:53&	00:24&	00:18#	00:26&	00:25-	00:23&	00:03#	00:02-	
<b>15</b>	<b>Inge Arild Leknes</b>	<b>376</b>										<b>19:41</b>
01:05-	03:04-	05:20+	10:55+	12:29+	13:27+	14:44+	15:43+	17:06+	19:00+	19:27+	19:41+	
01:05-	01:59+	02:16+	05:35+	01:34+	00:58+	01:17-	00:59+	01:23-	01:54+	00:27+	00:14+	
00:25-	00:19#	01:04&	03:56@	00:13#	00:18&	00:06-	00:08#	00:14-	00:27&	00:13&	00:02#	
<b>16</b>	<b>Jan Erik Syvertsen</b>	<b>51</b>										<b>19:47</b>
03:25+	05:39+	07:14+	10:11+	11:59+	13:11+	14:33+	15:57+	17:20+	19:23+	19:40+	19:47+	
03:25+	02:14+	01:35+	02:57+	01:48+	01:12+	01:22-	01:24+	01:23-	02:03+	00:17+	00:07-	
01:55@	00:34&	00:23&	01:18&	00:27&	00:32&	00:01-	00:33&	00:14-	00:36&	00:03#	00:05-	
<b>17</b>	<b>Frode Følgesvold</b>	<b>5</b>										<b>20:22</b>
01:41+	04:15+	06:16+	09:27+	11:44+	13:02+	14:40+	15:58+	17:21+	19:44+	20:07+	20:22+	
01:41+	02:34+	02:01+	03:11+	02:17+	01:18+	01:38+	01:18+	01:23-	02:23+	00:23+	00:15+	
00:11#	00:54&	00:49&	01:32&	00:56&	00:38&	00:15#	00:27&	00:14-	00:56&	00:09&	00:03#	
<b>18</b>	<b>Matthieu Pereira-Pires</b>	<b>42</b>										<b>20:44</b>
01:27-	03:39+	07:40+	09:40+	11:14+	12:11+	13:28+	17:11+	18:23+	20:19+	20:35+	20:44+	
01:27-	02:12+	04:01+	02:00+	01:34+	00:57+	01:17-	03:43+	01:12-	01:56+	00:16+	00:09-	
00:03-	00:32&	02:49@	00:21#	00:13#	00:17&	00:06-	02:52@	00:25-	00:29&	00:02#	00:03-	
<b>19</b>	<b>Svein Erik Bjørnsen</b>	<b>91</b>										<b>21:27</b>
01:28-	03:21+	04:59+	11:55+	13:25+	14:20+	15:45+	16:54+	18:18+	20:33+	20:48+	21:27+	
01:28-	01:53+	01:38+	06:56+	01:30+	00:55+	01:25+	01:09+	01:24-	02:15+	00:15+	00:39+	
00:02-	00:13#	00:26&	05:17@	00:09#	00:15&	00:02+	00:18&	00:13-	00:48&	00:01+	00:27@	
<b>20</b>	<b>Svein Sivertsen</b>	<b>115</b>										<b>21:49</b>
01:36+	04:46+	07:01+	09:58+	12:05+	13:20+	15:17+	16:58+	18:36+	21:19+	21:38+	21:49+	
01:36+	03:10+	02:15+	02:57+	02:07+	01:15+	01:57+	01:41+	01:38+	02:43+	00:19+	00:11-	
00:06+	01:30&	01:03&	01:18&	00:46&	00:35&	00:34&	00:50&	00:01+	01:16&	00:05&	00:01-	
<b>21</b>	<b>Hans Frode Andersen</b>	<b>376</b>										<b>22:23</b>
02:09+	04:50+	06:34+	09:25+	11:02+	15:00+	16:32+	18:12+	19:25+	21:40+	22:09+	22:23+	
02:09+	02:41+	01:44+	02:51+	01:37+	03:58+	01:32+	01:40+	01:13-	02:15+	00:29+	00:14+	
00:39&	01:01&	00:32&	01:12&	00:16#	03:18@	00:09#	00:49&	00:24-	00:48&	00:15@	00:02#	
<b>22</b>	<b>Leif Jarle Skåra</b>	<b>29</b>										<b>22:28</b>
01:44+	04:18+	06:23+	09:32+	11:45+	13:08+	15:03+	16:36+	18:15+	21:57+	22:16+	22:28+	
01:44+	02:34+	02:05+	03:09+	02:13+	01:23+	01:55+	01:33+	01:39+	03:42+	00:19+	00:12=	
00:14#	00:54&	00:53&	01:30&	00:52&	00:43@	00:32&	00:42&	00:02+	02:15@	00:05&	00:00=	
<b>23</b>	<b>Ivar Aalbu</b>	<b>29</b>										<b>22:40</b>
01:47+	04:18+	06:30+	09:51+	12:05+	13:23+	15:04+	16:28+	19:20+	22:14+	22:30+	22:40+	
01:47+	02:31+	02:12+	03:21+	02:14+	01:18+	01:41+	01:24+	02:52+	02:54+	00:16+	00:10-	
00:17#	00:51&	01:00&	01:42@	00:53&	00:38&	00:18#	00:33&	01:15&	01:27&	00:02#	00:02-	
<b>24</b>	<b>Kim Kverneland</b>	<b>376</b>										<b>23:27</b>
02:14+	04:30+	06:22+	09:30+	12:07+	13:51+	16:06+	18:00+	19:40+	22:47+	23:12+	23:27+	
02:14+	02:16+	01:52+	03:08+	02:37+	01:44+	02:15+	01:54+	01:40+	03:07+	00:25+	00:15+	
00:44&	00:36&	00:40&	01:29&	01:16&	01:04@	00:52&	01:03@	00:03+	01:40@	00:11&	00:03#	
<b>25</b>	<b>Sjur Bjerke</b>	<b>401</b>										<b>23:36</b>
02:10+	06:09+	08:27+	11:05+	13:57+	15:37+	17:33+	19:12+	20:49+	23:07+	23:28+	23:36+	
02:10+	03:59+	02:18+	02:38+	02:52+	01:40+	01:56+	01:39+	01:37=	02:18+	00:21+	00:08-	
00:40&	02:19@	01:06&	00:59&	01:31@	01:00@	00:33&	00:48&	00:00=	00:51&	00:07&	00:04-	
<b>26</b>	<b>John Helge Svdal</b>	<b>111</b>										<b>23:42</b>
01:42+	03:51+	05:45+	11:52+	13:49+	15:41+	17:27+	18:52+	20:27+	23:08+	23:30+	23:42+	
01:42+	02:09+	01:54+	06:07+	01:57+	01:52+	01:46+	01:25+	01:35-	02:41+	00:22+	00:12=	
00:12#	00:29&	00:42&	04:28@	00:36&	01:12@	00:23&	00:34&	00:02-	01:14&	00:08&	00:00=	

Class	Navn	Klasse								Tid	
<b>27</b>	<b>Anders Hagen</b>	<b>399</b>								<b>24:02</b>	
02:10+	06:08+	07:57+	11:06+	15:07+	16:10+	18:00+	19:19+	21:22+	23:27+	23:48+	24:02+
02:10+	03:58+	01:49+	03:09+	04:01+	01:03+	01:50+	01:19+	02:03+	02:05+	00:21+	00:14+
00:40&	02:18@	00:37&	01:30&	02:40@	00:23&	00:27&	00:28&	00:26&	00:38&	00:07&	00:02#
<b>28</b>	<b>Steinar Aase</b>	<b>268</b>								<b>24:40</b>	
01:48+	04:49+	08:10+	11:05+	14:06+	15:33+	17:37+	19:21+	20:59+	23:59+	24:28+	24:40+
01:48+	03:01+	03:21+	02:55+	03:01+	01:27+	02:04+	01:44+	01:38+	03:00+	00:29+	00:12=
00:18#	01:21&	02:09@	01:16&	01:40@	00:47@	00:41&	00:53@	00:01+	01:33@	00:15@	00:00=
<b>29</b>	<b>Arild Svihus</b>	<b>92</b>								<b>24:46</b>	
01:52+	04:30+	06:10+	08:44+	10:42+	11:57+	15:04+	16:31+	21:11+	24:03+	24:36+	24:46+
01:52+	02:38+	01:40+	02:34+	01:58+	01:15+	03:07+	01:27+	04:40+	02:52+	00:33+	00:10-
00:22#	00:58&	00:28&	00:55&	00:37&	00:35&	01:44@	00:36&	03:03@	01:25&	00:19@	00:02-
<b>30</b>	<b>Kjell Helge Husebø</b>	<b>43</b>								<b>25:14</b>	
02:42+	05:18+	09:34+	12:29+	14:32+	16:05+	17:57+	19:42+	21:29+	24:35+	25:02+	25:14+
02:42+	02:36+	04:16+	02:55+	02:03+	01:33+	01:52+	01:45+	01:47+	03:06+	00:27+	00:12=
01:12&	00:56&	03:04@	01:16&	00:42&	00:53@	00:29&	00:54@	00:10#	01:39@	00:13&	00:00=
<b>31</b>	<b>Tom Kåre Versland</b>	<b>105</b>								<b>25:24</b>	
01:37+	03:54+	05:45+	13:56+	16:23+	17:36+	19:11+	20:27+	22:02+	24:37+	25:07+	25:24+
01:37+	02:17+	01:51+	08:11+	02:27+	01:13+	01:35+	01:16+	01:35-	02:35+	00:30+	00:17+
00:07+	00:37&	00:39&	06:32@	01:06&	00:33&	00:12#	00:25&	00:02-	01:08&	00:16@	00:05&
<b>32</b>	<b>Frank Gulbrandsen</b>	<b>105</b>								<b>25:47</b>	
02:40+	05:36+	08:02+	11:05+	13:54+	15:52+	17:55+	19:30+	21:47+	24:59+	25:36+	25:47+
02:40+	02:56+	02:26+	03:03+	02:49+	01:58+	02:03+	01:35+	02:17+	03:12+	00:37+	00:11-
01:10&	01:16&	01:14@	01:24&	01:28@	01:18@	00:40&	00:44&	00:40&	01:45@	00:23@	00:01-
<b>33</b>	<b>Tor Harald Lunde</b>	<b>47</b>								<b>28:40</b>	
02:22+	05:02+	07:10+	15:54+	18:34+	20:08+	21:58+	23:28+	24:58+	28:00+	28:28+	28:40+
02:22+	02:40+	02:08+	08:44+	02:40+	01:34+	01:50+	01:30+	01:30-	03:02+	00:28+	00:12=
00:52&	01:00&	00:56&	07:05@	01:19&	00:54@	00:27&	00:39&	00:07-	01:35@	00:14&	00:00=
<b>34</b>	<b>Andre Forbergskog</b>	<b>117</b>								<b>29:24</b>	
03:08+	07:05+	09:53+	13:22+	16:31+	18:21+	20:52+	23:10+	25:11+	28:25+	28:57+	29:24+
03:08+	03:57+	02:48+	03:29+	03:09+	01:50+	02:31+	02:18+	02:01+	03:14+	00:32+	00:27+
01:38@	02:17@	01:36@	01:50@	01:48@	01:10@	01:08&	01:27@	00:24#	01:47@	00:18@	00:15@
<b>35</b>	<b>Asgeir Kleppa</b>	<b>47</b>								<b>29:37</b>	
02:01+	05:08+	07:24+	10:26+	17:10+	18:47+	22:09+	23:52+	25:49+	28:34+	29:07+	29:37+
02:01+	03:07+	02:16+	03:02+	06:44+	01:37+	03:22+	01:43+	01:57+	02:45+	00:33+	00:30+
00:31&	01:27&	01:04&	01:23&	05:23@	00:57@	01:59@	00:52@	00:20#	01:18&	00:19@	00:18@
<b>36</b>	<b>Rolf Øystein Kluge</b>	<b>7</b>								<b>30:18</b>	
02:13+	05:02+	08:55+	12:44+	15:21+	17:07+	19:10+	24:16+	26:21+	29:48+	30:08+	30:18+
02:13+	02:49+	03:53+	03:49+	02:37+	01:46+	02:03+	05:06+	02:05+	03:27+	00:20+	00:10-
00:43&	01:09&	02:41@	02:10@	01:16&	01:06@	00:40&	04:15@	00:28&	02:00@	00:06&	00:02-
<b>37</b>	<b>Erik Henriksen</b>	<b>116</b>								<b>31:04</b>	
03:32+	07:50+	10:12+	14:07+	17:41+	19:24+	21:56+	24:16+	26:28+	30:02+	30:39+	31:04+
03:32+	04:18+	02:22+	03:55+	03:34+	01:43+	02:32+	02:20+	02:12+	03:34+	00:37+	00:25+
02:02@	02:38@	01:10&	02:16@	02:13@	01:03@	01:09&	01:29@	00:35&	02:07@	00:23@	00:13@
<b>38</b>	<b>Per Bakken</b>	<b>5</b>								<b>31:32</b>	
02:12+	05:03+	09:29+	12:32+	21:19+	22:32+	24:25+	25:55+	27:36+	30:57+	31:19+	31:32+
02:12+	02:51+	04:26+	03:03+	08:47+	01:13+	01:53+	01:30+	01:41+	03:21+	00:22+	00:13+
00:42&	01:11&	03:14@	01:24&	07:26@	00:33&	00:30&	00:39&	00:04+	01:54@	00:08&	00:01+
<b>39</b>	<b>Joar Fandrem</b>	<b>94</b>								<b>31:38</b>	
02:04+	04:41+	07:09+	17:08+	19:10+	20:55+	23:58+	25:32+	28:33+	30:55+	31:21+	31:38+
02:04+	02:37+	02:28+	09:59+	02:02+	01:45+	03:03+	01:34+	03:01+	02:22+	00:26+	00:17+
00:34&	00:57&	01:16@	08:20@	00:41&	01:05@	01:40@	00:43&	01:24&	00:55&	00:12&	00:05&
<b>40</b>	<b>Jan Erik Rasmussen</b>	<b>51</b>								<b>32:26</b>	
01:57+	13:20+	16:07+	19:05+	21:36+	23:07+	25:17+	26:48+	28:20+	31:50+	32:14+	32:26+
01:57+	11:23+	02:47+	02:58+	02:31+	01:31+	02:10+	01:31+	01:32-	03:30+	00:24+	00:12=
00:27&	09:43@	01:35@	01:19&	01:10&	00:51@	00:47&	00:40&	00:05-	02:03@	00:10&	00:00=
<b>41</b>	<b>Svein Inge Sævereid</b>	<b>126</b>								<b>32:36</b>	
02:37+	06:35+	09:34+	13:39+	17:12+	19:00+	21:54+	24:11+	26:49+	31:30+	32:03+	32:36+
02:37+	03:58+	02:59+	04:05+	03:33+	01:48+	02:54+	02:17+	02:38+	04:41+	00:33+	00:33+
01:07&	02:18@	01:47@	02:26@	02:12@	01:08@	01:31@	01:26@	01:01&	03:14@	00:19@	00:21@

Class	Navn	Klasse										Tid
<b>42</b>	<b>Kjell-Ole Topnes</b>	<b>116</b>										<b>32:45</b>
	02:52+	05:42+	11:56+	17:59+	20:31+	22:18+	24:18+	26:30+	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&	05:02@	04:24@	01:11&	01:07@	00:37&	01:21@	00:26&	01:51@	00:06&	00:22@
<b>43</b>	<b>Eivind Tolo</b>	<b>111</b>										<b>33:13</b>
	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+
	01:53@	01:29&	01:32@	07:35@	00:08+	01:09@	00:22&	01:40@	02:07@	01:19&	00:09&	00:04&
<b>44</b>	<b>Bartlomiej Lenart</b>	<b>91</b>										<b>34:00</b>
	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&	16:33@	00:06+	00:18#	00:40&	00:44@	00:01-	00:41&	00:19-	00:34&	00:09&	00:00=
<b>45</b>	<b>Trond Vigedal</b>	<b>117</b>										<b>39:41</b>
	01:44+	04:22+	09:34+	16:55+	19:39+	21:00+	23:01+	34:36+	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&	04:00@	05:42@	01:23@	00:41@	00:38&	10:44@	00:03+	01:03&	00:18@	00:11&
<b>46</b>	<b>Inge Grødem</b>	<b>92</b>										<b>40:43</b>
	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&	02:27@	02:47@	03:02@	01:54@	01:31@	03:39@	03:29@	03:38@	02:44@	00:34@	00:03#
<b>47</b>	<b>Kenneth Eide</b>	<b>74</b>										<b>43:22</b>
	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&	02:11@	02:26@	13:03@	01:25@	01:25@	02:55@	01:41@	01:09&	01:42@	00:06&	00:16@
<b>48</b>	<b>Saad Akl</b>	<b>91</b>										<b>51:30</b>
	05:33+	10:44+	13:25+	22:23+	26:57+	40:22+	42:17+	44:38+	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+
	04:03@	03:31@	01:29@	07:19@	03:13@	12:45@	00:32&	01:30@	01:15&	01:58@	00:04&	00:05&
<b>Beste strekktid for klassen</b>												
	01:05	01:40	01:12	01:39	01:21	00:40	01:06	00:51	01:02	01:25	00:12	00:06

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