1	Nina	Karls	en				111						44:49	9									
00:18=	01:40=	04:09=	06:09=	08:16=	10:07=	11:27=	12:36=	14:24=	18:52=	20:43=	23:12=	24:48=	27:07=	29:59=	31:49=	32:56=	34:27=	39:20=	40:19=	42:47=	43:53=	44:27=	44:49=
00:18=					01:51=																		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Wibe	eke Le	nde			7	74						45:29	9									
00:18=	01:48+	03:51-	05:42-	07:36-	09:38-	11:04-	14:22+	15:48+	20:22+	22:04+	23:57+	25:30+	27:56+	30:32+	32:52+	33:29+	34:53+	39:18-	40:42+	43:04+	44:15+	45:12+	45:29+
00:18=	01:30+	02:03-	01:51-	01:54-	02:02+	01:26+	03:18+	01:26-	04:34+	01:42-	01:53-	01:33-	02:26+	02:36-	02:20+	00:37-	01:24-	04:25-	01:24+	02:22-	01:11+	00:57+	00:17-
00:00=	00:08+	00:26-	00:09-	00:13-	00:11+	00:06+	02:090	00:22-	00:06+	00:09-	00:36-	00:03-	00:07+	00:16-	00:30&	00:30-	00:07-	00:28-	00:25&	00:06-	00:05+	00:23&	00:05-
3	Mati	lde Sk	iævela	and Sk	år	•	114						46:1	5									
00:17-	02:41+	05:59+	07:49+	13:54+	15:50+	17:07+	18:53+	20:33+	24:53+	26:45+	28:30+	29:56+	31:59+	34:12+	35:22+	36:27+	37:37+	40:52+	41:49+	43:54+	45:18+	45:56+	46:15+
00:17-	02:24+	03:18+	01:50-	06:05+	01:56+	01:17-	01:46+	01:40-	04:20-	01:52+	01:45-	01:26-	02:03-	02:13-	01:10-	01:05-	01:10-	03:15-	00:57-	02:05-	01:24+	00:38+	00:19-
00:01-	01:02&	00:49&	00:10-	03:580	00:05+	00:03-	00:37&	00:08-	00:08-	00:01+	00:44-	00:10-	00:16-	00:39-	00:40-	00:02-	00:21-	01:38-	00:02-	00:23-	00:18&	00:04#	00:03-
4	Anin	a Iseli	n Had	land		2	29						46:27	7									
00:16-	03:42+	05:41+	07:44+	09:45+	16:07+	17:32+	18:29+	19:39+	22:16+	24:56+	26:27+	27:37+	30:18+	33:09+	34:48+	35:38+	37:03+	41:21+	42:05+	44:42+	45:44+	46:12+	46:27+
00:16-	03:26+	01:59-	02:03+	02:01-	06:22+	01:25+	00:57-	01:10-	02:37-	02:40+	01:31-	01:10-	02:41+	02:51-	01:39-	00:50-	01:25-	04:18-	00:44-	02:37+	01:02-	00:28-	00:15-
00:02-	02:04@	00:30-	00:03+	00:06-	04:31@	00:05+	00:12-	00:38-	01:51-	00:49&	00:58-	00:26-	00:22#	00:01-	00:11-	00:17-	00:06-	00:35-	00:15-	00:09+	00:04-	00:06-	00:07-
5	Hanı	ne Ber	a Asp	øν		•	117						48:40	3									
00:16-	02:14+	04:29+	06:30+	10:44+	12:54+	14:09+	16:17+	17:30+	21:01+	22:58+	24:33+	26:15+	28:32+	31:11+	33:19+	34:28+	35:56+	43:08+	43:56+	46:32+	47:50+	48:26+	48:46+
00:16-	01:58+	02:15-	02:01+	04:14+	02:10+	01:15-	02:08+	01:13-	03:31-	01:57+	01:35-	01:42+	02:17-	02:39-	02:08+	01:09+	01:28-	07:12+	00:48-	02:36+	01:18+	00:36+	00:20-
00:02-	00:36&	00:14-	00:01+	02:07&	00:19#	00:05-	00:59&	00:35-	00:57-	00:06+	00:54-	00:06+	00:02-	00:13-	00:18#	00:02+	00:03-	02:19&	00:11-	00:08+	00:12#	00:02+	00:02-
6	Mari	ta Sko	rpe Fa	alnes		;	385						59:2	5									
00:24+	01:47+	04:12+	06:32+	12:59+	14:50+	16:49+	18:37+	25:39+	29:30+	31:53+	34:46+	37:14+	39:55+	42:52+	44:29+	45:11+	46:56+	53:28+	54:30+	57:24+	58:31+	59:06+	59:25+
00:24+					01:51=															02:54+			
00:06&	00:01+	00:04-	00:20#	04:200	00:00=	00:39&	00:39&	05:140	00:37-	00:32&	00:24#	00:52&	00:22#	00:05+	00:13-	00:25-	00:14#	01:39&	00:03+	00:26#	00:01+	00:01+	00:03-
7	Mari	ta Nav	jord N	licolay	sen	7	71						1:05:	05									
00:20+	01:48+	04:14+	06:53+	16:58+	23:49+	26:40+	28:29+	32:20+	37:03+	38:58+	41:35+	43:24+	45:56+	48:47+	50:23+	51:06+	52:31+	58:55+	60:18+	62:54+	64:01+	64:41+	65:05+
00:20+					06:51+															02:36+	01:07+	00:40+	00:24+
00:02#	00:06+	00:03-	00:39&	07:58@	05:00@	01:310	00:40&	02:03@	00:15+	00:04+	+80:00	00:13#	00:13+	00:01-	00:14-	00:24-	00:06-	01:31&	00:24&	00:08+	00:01+	00:06#	00:02+
8	Mare	n Her	adstve	eit		7	76						1:13:	46									
03:28+	07:21+	21:14+	23:00+	32:42+	35:57+	37:31+	39:10+	41:08+	45:03+	46:51+	50:28+	52:03+	54:33+	56:48+	58:12+	58:48+	62:17+	67:52+	68:42+	71:04+	72:52+	73:26+	73:46+
03:28+	03:53+	13:53+	01:46-	09:42+	03:15+	01:34+	01:39+	01:58+	03:55-	01:48-	03:37+	01:35-	02:30+	02:15-	01:24-	00:36-	03:29+	05:35+	00:50-	02:22-	01:48+	00:34=	00:20-
03:10@	02:31@	11:240	00:14-	07:35@	01:24&	00:14#	00:30&	00:10+	00:33-	00:03-	01:08&	00:01-	00:11+	00:37-	00:26-	00:31-	01:58@	00:42#	00:09-	00:06-	00:42&	00:00=	00:02-
9	Katja	a Elias	sen			•	105						1:20:	10									
					25:16+															76:30+	79:05+	79:51+	80:10+
					08:42+															03:12+			
					06:51@	07:53@	03:27@	00:45&	00:05+	00:01-	01:14&	01:14&	01:36&	00:13-	00:05+	00:29-	00:49&	00:14+	01:110	00:44&	01:29@	00:12&	00:03-
Beste	strekk	tid for	klass	en																			
00:16	01:22	01:59	01:46	01:54	01:51	01:15	00:57	01:10	02:37	01:42	01:31	01:10	02:03	02:13	01:10	00:36	01:10	03:15	00:44	02:05	01:02	00:28	00:15

Damer 40 - 49 år

1	Agno	es Elin	Enge	n		•	116						42:55	5										
01:18=	03:09=	05:39=	07:32=	10:18=	11:59=	15:08=	16:16=	17:53=	19:42=	22:07=	23:17=	24:26=	27:30=	28:54=	31:18=	33:31=	34:31=	36:40=	38:15=	39:23=	40:18=	41:26=	42:33=	42:55=
01:18=	01:51=	02:30=	01:53=	02:46=	01:41=	03:09=	01:08=	01:37=	01:49=	02:25=	01:10=	01:09=	03:04=	01:24=	02:24=	02:13=	01:00=	02:09=	01:35=	01:08=	00:55=	01:08=	01:07=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Agno	es Hak	ær			-	71						43:31	1										
01:37+	03:38+	05:58+	07:11-	09:58-	11:34-	16:06+	17:25+	19:48+	21:36+	23:21+	24:21+	25:36+	28:39+	29:50+	32:15+	34:21+	35:40+	37:36+	39:07+	40:06+	41:20+	42:22+	43:11+	43:31+
01:37+	02:01+	02:20-	01:13-	02:47+	01:36-	04:32+	01:19+	02:23+	01:48-	01:45-	01:00-	01:15+	03:03-	01:11-	02:25+	02:06-	01:19+	01:56-	01:31-	00:59-	01:14+	01:02-	00:49-	00:20-
00:19#	00:10+	00:10-	00:40-	00:01+	00:05-	01:23&	00:11#	00:46&	00:01-	00:40-	00:10-	00:06+	00:01-	00:13-	00:01+	00:07-	00:19&	00:13-	00:04-	00:09-	00:19&	00:06-	00:18-	00:02-
3	Hege	e Anita	a H. Ni	elsen		4	48						54:58	3										
01:36+	03:31+	06:27+	12:43+	16:23+	18:10+	20:45+	22:24+	24:44+	28:14+	30:06+	31:18+	32:36+	37:00+	38:22+	41:22+	43:36+	44:31+	46:57+	48:52+	50:07+	52:01+	53:29+	54:38+	54:58+
01:36+	01:55+	02:56+	06:16+	03:40+	01:47+	02:35-	01:39+	02:20+	03:30+	01:52-	01:12+	01:18+	04:24+	01:22-	03:00+	02:14+	00:55-	02:26+	01:55+	01:15+	01:54+	01:28+	01:09+	00:20-
00:18#	00:04+	00:26#	04:23@	00:54&	00:06+	00:34-	00:31&	00:43&	01:41&	00:33-	00:02+	00:09#	01:20&	00:02-	00:36#	00:01+	00:05-	00:17#	00:20#	00:07#	00:59@	00:20&	00:02+	00:02-

Plass	Navr	1				ı	Klasse	•					Tid											
4	Heid	i Mart	by-Sko	ogshol	lm	•	105						58:17	7										
02:46+	05:18+	07:50+	09:13+	11:42+	17:49+	21:20+	22:48+	26:51+	31:07+	33:17+	34:46+	35:58+	40:08+	42:06+	44:37+	46:40+	47:55+	50:48+	52:43+	54:16+	55:28+	56:56+	57:58+	58:17+
02:46+	02:32+	02:32+	01:23-	02:29-	06:07+	03:31+	01:28+	04:03+	04:16+	02:10-	01:29+	01:12+	04:10+	01:58+	02:31+	02:03-	01:15+	02:53+	01:55+	01:33+	01:12+	01:28+	01:02-	00:19-
01:28@	00:41&	00:02+	00:30-	00:17-	04:260	00:22#	00:20&	02:26@	02:27@	00:15-	00:19&	00:03+	01:06&	00:34&	00:07+	00:10-	00:15#	00:44&	00:20#	00:25&	00:17&	00:20&	00:05-	00:03-
Beste :	strekk	tid for	r klass	en																				
01:18	01:51	02:20	01:13	02:29	01:36	02:35	01:08	01:37	01:48	01:45	01:00	01:09	03:03	01:11	02:24	02:03	00:55	01:56	01:31	00:59	00:55	01:02	00:49	00:19
= Som kl	assevin	ner	raskere.	+ ser	nere. #	10% tar	. & 25	5% tap.	@ 100%	tap.														

Damer 50 - 59 år

1	Gret	he And	da Fug	lestac	i		116						49:02	2											
	04:12=	06:40=	08:02=	10:57=	12:20=																				
		02:28=																							
00:00=		00:00=	_	00:00=	00:00=			00:00=	00:00=	00:00=	00:00=	00:00=			00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2		Berg	, .	00 00	11 16		116	05 00.	07 01	00 50	20.00.	21 04:	51:54	-	20 20 .	41 46	42.061	45 10:	47 00.	40.05	40 17.	F0 00:	F1 04:	F1 F4:	
		05:36- 02:38+																							
		00:10+																							
3		a Glen					29						52:14												
•		06:46+			17:27+	_		23:56+	25:53+	27:19+	28:59+	30:05+		-	38:14+	41:00+	42:23+	45:14+	47:18+	48:31+	49:37+	50:53+	51:55+	52:14+	
02:01+	01:53-	02:52+	03:53+	05:24+	01:24+	03:17+	01:17+	01:55+	01:57-	01:26-	01:40+	01:06-	04:12+	01:24+	02:33-	02:46+	01:23-	02:51+	02:04+	01:13-	01:06+	01:16+	01:02-	00:19-	
00:23#	00:41-	00:24#	02:31@	02:29&	00:01+	00:39#	00:07#	00:04+	03:22-	00:01-	00:33&	00:15-	00:37#	00:03+	00:28-	00:41&	01:33-	00:44&	00:13#	00:05-	00:14&	00:02+	00:06-	00:02-	
4	Rag	nhild <i>A</i>	luglær	nd		(62						52:45	5											
		06:43+																							
		02:51+ 00:23#																							
- -								00.17-	03.40-	03.366	00.30%	00:14#			01.30-	00.540	00.33-	01:00-	00.410	00.23@	00.23&	00:11-	00:1/#	00.416	00.21+
05.161		le Katr		-			117	24.241	20.101	20.041	21.001	22.501	56:38		12.161	45.401	47.061	10.121	E1.201	E2.471	E2.2E1	E4.EE1	56.111	56.201	
		02:57+																							
		00:29#																							
6	Sian	e Otte	sen				116						57:39)											
02:13+		07:20+		12:38+	15:59+			23:05+	26:29+	28:03+	30:04+	31:34+	36:04+	37:39+	40:51+	44:45+	46:22+	50:20+	52:10+	53:25+	54:31+	56:09+	57:17+	57:39+	
		02:48+																							
00:35&		00:20#		00:27#	01:58@			00:22#	01:55-	00:07+	00:54&	00:09#			00:11+	01:49&	01:19-	01:51&	00:01-	00:03-	00:14&	00:24&	00:00=	00:01+	
7		l Dahle					116						58:12	_											
		08:13+ 03:45+																							
		03:43+																							
8		anne F					117						1:05:												
01:45+		10:54+			24:39+			33:02+	37:07+	38:35+	40:08+	41:52+			51:59+	54:31+	55:34+	58:18+	60:13+	61:25+	62:22+	63:46+	64:42+	65:04+	
		02:07-																							
00:07+	04:28@	00:21-	00:17#	00:36#	07:12@	00:17#	01:03&	01:24&	01:14-	00:01+	00:26&	00:23&	02:08&	00:07-	00:09+	00:27#	01:53-	00:37&	00:04+	00:06-	00:05+	00:10#	00:12-	00:01+	
9	Tonj	e Tiley	,			2	27						1:06:	10											
		07:34+																							
		03:09+ 00:41&																							
								00.400	00.03	00.03	00.270	00.00			00.101	00.23π	01.10	00.500	00.25	00.420	02.200	00.031	00.00π	00.07&	
10		nhild E 07:37+					101	20.371	32.371	3/1.//1	35.5/⊥	37.18±	1:06:		10.55±	52 • 17±	5/1.00+	57.521	60.36+	61.50±	63.06+	64.28+	65.50+	66.15±	
		02:51+																							
		00:23#																							
11	Gøri	I Brau	t Aarsa	and			268						1:07:	14											
01:46+		08:31+			16:04+			29:52+	34:52+	36:41+	38:16+	40:12+	44:37+	46:24+	51:56+	54:08+	56:05+	59:19+	61:25+	62:57+	64:02+	65:33+	66:44+	67:14+	
		02:58+																							
		00:30#						06:24@	00:19-	00:22&	00:28&	00:35&			02:31&	00:07+	00:59-	01:07&	00:15#	00:14#	00:13#	00:17#	00:03+	00:09&	
12		anne (92						1:08:												
		09:54+ 04:07+																							
		01:39&																							

Plass	Navı	n					Klasse)					Tid											
13	Siri I	Bierkr	eim Ha	amre		9	93						1:11:	13										
02:36+				18:00+	20:57+			29:57+	33:23+	35:45+	37:21+	39:10+			51:30+	54:35+	56:04+	58:45+	63:56+	65:43+	67:09+	69:06+	70:40+	71:13+
02:36+				07:09+							01:36+					03:05+							01:34+	
00:58&	00:07-	01:38&	00:20#	04:14@	01:340	02:45@	00:02-	00:38&	01:53-	00:55&	00:29&	00:28&	00:58&	00:35&	02:50&	01:00&	01:27-	00:34&	03:200	00:29&	00:34&	00:43&	00:26&	00:12&
14	Hilde	e Frøy	tlog K	arlsen			71						1:13:	17										
02:27+	05:25+	09:10+	10:58+	20:48+	23:51+	28:04+	29:58+	33:26+	36:17+	38:41+	40:32+	43:30+	50:57+	52:53+	56:57+	60:05+	61:21+	64:06+	66:53+	68:28+	69:50+	71:26+	72:43+	73:17+
02:27+				09:50+												03:08+				01:35+	01:22+	01:36+	01:17+	
00:49&				06:550	01:400			01:37&	02:28-	00:57&	00:44&	01:37@			01:03&	01:03&	01:40-	00:38&	00:56&	00:17#	00:30&	00:22&	00:09#	00:13&
15	Turi	d Alfs	en			•	116					1:18:	07											
07:15+			16:50+													65:46+					74:49+		77:41+	
07:15+				13:29+		04:05+		04:30+		01:54+					03:22+		01:16-			01:45+			01:19+	
05:37@				10:340	00:01+			02:390	02:45-	00:27&	00:47&	00:58&			00:21#	00:55&	01:40-	01:20&	00:23-	00:27&	00:15&	00:19&	00:11#	00:05#
16	Ingje	erd Ha	ddelaı	nd		(66						1:22:	44										
05:03+				27:20+												68:47+							82:18+	82:44+
05:03+			02:15+		02:26+	08:02+		04:00+		02:45+					03:55+			03:21+	02:31+	01:26+			01:49+	
03:25@				04:230	01:03&			02:09@	02:46-	01:18&	00:45&	00:41&			00:54&	01:00&	01:03-	01:14&	00:40&	00:08#	00:21&	00:04+	00:41&	00:05#
17	Elisa	abeth	Melbø			•	128						1:28:	33										
02:13+			10:19+		24:04+																		87:49+	
02:13+			01:18-													02:49+				01:51+			01:37+	
00:35&				07:380	01:49@			01:01&	01:23-	00:40&	04:37@	00:44&	08:21@	00:05+	00:13+	00:44&	00:51&	02:08@	01:38&	00:33&	00:22&	01:05&	00:29&	00:23@
18	Brit '	Vivian	Melin	g		•	116						1:28:	37										
05:52+	10:09+	13:42+	15:47+	21:22+	24:22+	36:50+	39:12+	42:37+	46:58+	50:56+	53:38+					71:36+			81:12+	82:53+	84:14+	86:14+	87:57+	88:37+
05:52+				05:35+		12:28+										03:34+			02:36+	01:41+	01:21+		01:43+	
				02:40&	01:37@	09:50@	01:12@	01:34&	00:58-	02:31@	01:35@	00:53&	01:49&	01:00&	01:24&	01:29&	00:01-	01:58&	00:45&	00:23&	00:29&	00:46&	00:35&	00:19&
Beste	strekk	tid fo	' klass	en																				
01:18	01:40	02:07	01:13	01:54	01:23	01:40	01:08	01:34	01:39	01:24	01:04	01:06	01:45	01:14	01:31	02:05	01:03	01:07	01:26	01:12	00:48	01:03	00:56	00:19

Damer 60 - 64 år

1	Kari	Anste	nsrud				117						46:44	1								
00:31=	03:13=	04:07=	07:16=	09:19=	12:40=	14:08=	16:16=	19:15=	20:52=	23:07=	26:08=	28:23=	30:09=	33:15=	34:52=	39:46=	42:19=	43:51=	45:15=	46:19=	46:44=	
00:31=	02:42=	00:54=	03:09=	02:03=	03:21=	01:28=	02:08=	02:59=	01:37=	02:15=	03:01=	02:15=	01:46=	03:06=	01:37=	04:54=	02:33=	01:32=	01:24=	01:04=	00:25=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Anne	e Siv (Gjertse	n			27						46:47	7								
00:21-	02:11-	02:59-	05:45-	08:38-	12:17-	14:14+	16:02-	18:54-	20:52=	22:44-	26:05-	28:53+	31:09+	34:17+	35:48+	39:44-	42:22+	44:03+	45:17+	46:23+	46:47+	
00:21-	01:50-	00:48-	02:46-	02:53+	03:39+	01:57+	01:48-	02:52-	01:58+	01:52-	03:21+	02:48+	02:16+	03:08+	01:31-	03:56-	02:38+	01:41+	01:14-	01:06+	00:24-	
00:10-	00:52-	00:06-	00:23-	00:50&	00:18+	00:29&	00:20-	00:07-	00:21#	00:23-	00:20#	00:33#	00:30&	00:02+	00:06-	00:58-	00:05+	00:09+	00:10-	00:02+	00:01-	
3	Ama	nda R	ensha	W			101						56:36	3								
00:18-	02:25-	03:08-	06:27-	08:21-	15:17+	17:47+	19:41+	23:06+	25:18+	26:43+	29:26+	32:27+	36:31+	38:17+	42:30+	44:30+	48:26+	51:17+	53:16+	54:53+	56:11+	56:36+
00:18-			03:19+				01:54-													01:37+		00:25+
00:13-	00:35-	00:11-	00:10+	00:09-	03:35@	01:02&	00:14-	00:26#	00:35&	00:50-	00:18-	00:46&	02:18@	01:20-	02:36@	02:54-	01:23&	01:19&	00:35&	00:33&	00:53@	00:25+
4			ine Ly				147						59:35	-								
00:22-			06:58-																57:48+	59:03+	59:35+	
00:22-			02:58-									02:10-								01:15+		
00:09-	00:00=	00:02+	00:11-	00:14-	00:55-	01:08&	03:31@	04:11@	00:07+	00:57&	00:09+	00:05-	00:03+	01:26&	00:12-	01:15-	00:22#	03:380	00:00=	00:11#	00:07&	
5			Aanda				80						1:03:									
00:28-			11:13+				23:08+															
00:28-			06:52+																	01:32+		
00:03-	00:13+	00:04+	03:43@	00:39&	01:03&	00:34&	00:39&	02:50&	00:01+	00:55&	01:49&	00:04-	01:09&	01:03&	00:30&	00:02-	00:59&	00:22#	00:09#	00:28&	00:03-	
6			Christi				105						1:06:									
00:17-			05:17-																			
00:17-			02:54-														04:25+			01:50+		
00:14-	01:12-	00:18-	00:15-	01:20&	00:57-	00:16#	05:28@	02:11&	01:410	00:53&	01:20&	00:50&	01:20&	01:37&	00:39&	00:31#	01:52&	01:20&	00:49&	00:46&	00:18&	
7			ndvik			-	228						1:09:									
00:21-			07:28+				29:18+												68:09+	69:15+		
00:21-			03:14+				02:33+ 00:25#				03:46+	02:13-					04:05+ 01:32&		01:37+ 00:13#	01:06+ 00:02+	00:30+	

Plass	Navı	1					Klasse)					Tid								
8	Ellin	or Nes	se			•	116						1:10:	27							
00:23-	02:25-	03:40-	07:15-	16:54+	22:21+	24:55+	27:19+	31:47+	34:16+	38:53+	46:16+	49:03+	51:26+	55:55+	57:59+	61:51+	65:02+	67:01+	68:39+	69:54+	70:27+
00:23-	02:02-	01:15+	03:35+	09:39+	05:27+	02:34+	02:24+	04:28+	02:29+	04:37+	07:23+	02:47+	02:23+	04:29+	02:04+	03:52-	03:11+	01:59+	01:38+	01:15+	00:33+
00:08-	00:40-	00:21&	00:26#	07:36@	02:06&	01:06&	00:16#	01:29&	00:52&	02:22@	04:22@	00:32#	00:37&	01:23&	00:27&	01:02-	00:38#	00:27&	00:14#	00:11#	380:00
9	Ellin	or Ho	emsne	S		•	116						1:15:	46							
00:40+	04:26+	06:32+	09:39+	17:29+	21:12+	26:11+	28:32+	34:21+	35:51+	40:14+	44:30+	46:40+	56:40+	60:03+	61:55+	68:19+	70:54+	72:39+	74:12+	75:20+	75:46+
00:40+	03:46+	02:06+	03:07-	07:50+	03:43+	04:59+	02:21+	05:49+	01:30-	04:23+	04:16+	02:10-	10:00+	03:23+	01:52+	06:24+	02:35+	01:45+	01:33+	01:08+	00:26+
00:09&	01:04&	01:120	00:02-	05:47@	00:22#	03:31@	00:13#	02:50&	00:07-	02:08&	01:15&	00:05-	08:140	00:17+	00:15#	01:30&	00:02+	00:13#	00:09#	00:04+	00:01+
Beste	strekk	tid for	klass	en																	
00:17	01:30	00:36	02:46	01:49	02:24	01:28	01:48	02:52	01:30	01:25	02:43	02:10	01:46	01:46	01:25	02:00	02:33	01:32	01:14	01:04	00:22

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

Damer 65 - 69 år

	Mari	t Karir	า Nygå	rd		9	92						45:27	7							
00:18=	02:13=	03:01=	06:14=	07:32=	10:10=	11:47=	13:38=	16:35=	17:34=	19:46=	23:08=	26:03=	28:15=	31:29=	32:50=	37:22=	40:22=	42:24=	43:42=	45:00=	45:27=
00:18=	01:55=	00:48=	03:13=	01:18=	02:38=	01:37=	01:51=	02:57=	00:59=	02:12=	03:22=	02:55=	02:12=	03:14=	01:21=	04:32=	03:00=	02:02=	01:18=	01:18=	00:27=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Marc	ot As	heim			•	105						47:38	3							
00:16-				10:22+	13:41+	15:12+	17:12+	20:18+	21:49+	24:11+	27:11+	29:27+	31:10+	34:14+	35:57+	40:48+	43:17+	44:49+	46:13+	47:19+	47:38+
00:16-	03:57+	00:52+	03:09-	02:08+	03:19+	01:31-	02:00+	03:06+	01:31+	02:22+	03:00-	02:16-	01:43-	03:04-	01:43+	04:51+	02:29-	01:32-	01:24+	01:06-	00:19-
00:02-	02:020	00:04+	00:04-	00:50&	00:41&	00:06-	00:09+	00:09+	00:32&	00:10+	00:22-	00:39-	00:29-	00:10-	00:22&	00:19+	00:31-	00:30-	00:06+	00:12-	00:08-
3	May	Elinor	^r Melin	g		•	125						48:40)							
00:25+	02:57+	03:47+	06:36+	07:52+	09:50-	11:40-	13:56+	20:40+	21:45+	24:02+	27:48+	29:57+	32:18+	36:31+	38:03+	41:17+	43:50+	45:43+	47:09+	48:13+	48:40-
00:25+						01:50+								04:13+						01:04-	00:27=
00:07&	00:37&	00:02+	00:24-	00:02-	00:40-	00:13#	00:25#	03:47@	00:06#	00:05+	00:24#	00:46-	00:09+	00:59&	00:11#	01:18-	00:27-	00:09-	00:08#	00:14-	00:00=
4	Eli F	rafior	d			(94						53:29)							
02:57+	04:17+	05:22+	08:20+	14:21+	16:59+	19:55+	22:46+	25:56+	27:20+	29:48+	33:33+	35:37+	37:46+	41:12+	42:37+	45:43+	48:26+	50:21+	51:41+	53:03+	53:29-
						02:56+						02:04-			01:25+			01:55-		01:22+	00:26
02:39@	00:35-	00:17&	00:15-	04:43@	00:00=	01:19&	01:00&	00:13+	00:25&	00:16#	00:23#	00:51-	00:03-	00:12+	00:04+	01:26-	00:17-	00:07-	00:02+	00:04+	00:01-
5	Ingri	id Eik				8	38						55:19	9							
00:19+	02:09-	03:00-				21:33+														54:57+	55:19
		00:51+				01:33-														01:07-	
00:01+	00:05-	00:03+	00:04-	10:18@	00:23-	00:04-	01:13&	00:28-	03:170	00:23-	00:12-	01:05-	00:04+	00:12+	00:02+	01:27-	00:24-	00:23-	00:04-	00:11-	00:05-
6	Beri	t Gram	nstad			•	113						1:08:	48							
			07:43+							37:05+										68:16+	68:48+
			03:30+							04:42+									01:41+	01:27+	
00:14&	00:20#	00:38&	00:17+	05:58@	02:25&	01:13&	00:32&	01:43&	01:290	02:300	03:530	00:09-	00:12+	01:20&	00:36&	00:29-	00:07+	00:05-	00:23&	00:09#	00:05
7	Åse	Berg				•	105						1:24:	13							
00:28+	02:58+	04:45+	10:23+	12:14+	15:22+	21:52+	30:14+	36:33+	38:57+	41:55+	46:00+	48:37+	55:44+	60:13+	62:32+	73:55+	77:10+	79:47+	81:56+	83:11+	84:13+
			05:38+																02:09+	01:15-	
					00:30#	04:53@	06:310	03:220	01:25@	00:46&	00:43#	00:18-	04:55@	01:15&	00:58&	06:510	00:15+	00:35&	00:51&	00:03-	00:350
Beste:	strekk	tid for	[.] klass	en																	
00:16	01:20	00:48	02:49	01:16	01:58	01:31	01:51	02:29	00:59	01:49	03:00	01:50	01:43	03:04	01:21	03:05	02:29	01:32	01:14	01:04	00:1

Damer 70 - 74 år

1	Mett	e Dags	sland			•	88						53:59	•							
00:22=	02:40=	03:39=	08:27=	11:30=	14:02=	17:44=	21:30=	25:25=	27:45=	30:19=	33:57=	36:01=	37:55=	41:37=	42:59=	46:07=	48:47=	51:05=	52:26=	53:32=	53:59=
00:22=	02:18=	00:59=	04:48=	03:03=	02:32=	03:42=	03:46=	03:55=	02:20=	02:34=	03:38=	02:04=	01:54=	03:42=	01:22=	03:08=	02:40=	02:18=	01:21=	01:06=	00:27=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Lillia	ın Dah	l Fitjai	•		•	117						59:27	7							
00:29+	04:28+	05:27+	09:23+	12:24+	16:10+	19:00+	22:39+	26:34+	28:51+	31:17+	35:12+	37:26+	39:50+	43:52+	45:56+	49:54+	53:06+	55:33+	57:19+	58:53+	59:27+
00:29+	03:59+	00:59=	03:56-	03:01-	03:46+	02:50-	03:39-	03:55=	02:17-	02:26-	03:55+	02:14+	02:24+	04:02+	02:04+	03:58+	03:12+	02:27+	01:46+	01:34+	00:34+
00.076	01 • 41 c	$00 \cdot 00 =$	00.52-	00.02-	01 · 14 £	00.52-	00.07-	$00 \cdot 00 =$	00.03-	00.08-	00.17+	00.10+	305.00	00.20+	00.428	00.50%	00.32#	00:09+	00.258	00.288	00.078

Plass	Navn	Klasse	Tid	
Beste :	strekktid for klassen			
00:22	02:18 00:59 03:56 03:01 02:32 02:	50 03:39 03:55 02:17 02:26 03	3:38 02:04 01:54 03:42 01:22 03:08 02:40	02:18 01:21 01:06 00:27
= Som kl	lassevinner, - raskere, + senere, # 10%	tap, & 25% tap, @ 100% tap.		
D	7F 70 %			

Damer 75 - 79 år

Column C	1	Turio	d Nvst	røm				68						49:13	3							
Column C	00:25=	02:10=	03:13=	06:14=	09:25=	12:40=	14:28=	16:34=	20:30=	22:41=	25:05=	29:03=	31:18=	33:23=	36:34=	38:09=	41:03=	43:43=	46:01=	47:36=	48:44=	49:13=
Haldis Glendrange 688 00:24- 02:38+ 06:14+ 09:50+ 14:14+ 18:56+ 21:45+ 24:27+ 28:26+ 30:07+ 32:55+ 36:37+ 39:54+ 42:23+ 46:49+ 48:24+ 52:27+ 55:44+ 57:42+ 59:32+ 61:02+ 61:34+ 00:24+ 00:124+ 01:35+ 01:03* 00:24+ 00:24+ 01:35+ 01:03* 00:24+ 01:02* 00:31+ 01:35+ 01:04* 01:04+ 01:35+ 01:04* 01:04+ 01:35+ 01:04* 01:04+ 01:03+ 01:04+ 01:03+ 01:04+	00:25=	01:45=	01:03=	03:01=	03:11=	03:15=	01:48=	02:06=	03:56=	02:11=	02:24=	03:58=	02:15=	02:05=	03:11=	01:35=	02:54=	02:40=	02:18=	01:35=	01:08=	00:29=
00:24- 02:38+ 06:14+ 09:50+ 14:14+ 18:56+ 21:45+ 24:27+ 28:26+ 30:07+ 32:55+ 36:37+ 39:54+ 42:23+ 46:49+ 48:24+ 52:27+ 55:44+ 57:42+ 59:32+ 61:02+ 61:34 00:24- 02:14+ 03:36+ 03:36+ 04:24+ 04:42+ 02:49+ 02:42+ 03:59+ 01:41- 02:48+ 03:42- 03:17+ 02:29+ 04:26+ 01:35= 04:03+ 03:17+ 01:58- 01:50+ 01:50+ 01:00+ 00:32 3	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
00:24- 02:14+ 03:36+ 03:36+ 04:24+ 04:42+ 02:49+ 02:49+ 02:49+ 03:59+ 01:41- 02:48+ 03:42- 03:17+ 01:26 01:026 00:24# 01:156 00:00- 01:096 00:37# 00:20- 00:15# 00:226 00:33 3 Helga Aaslid 00:39+ 03:17+ 04:56+ 11:34+ 16:39+ 19:53+ 21:44+ 24:31+ 37:02+ 40:58+ 45:17+ 49:49+ 53:17+ 55:31+ 58:57+ 60:46+ 64:31+ 71:03+ 73:07+ 74:54+ 76:29+ 77:02 00:39+ 02:38+ 01:39+ 06:38+ 05:05+ 03:14- 01:51+ 02:47+ 12:31+ 03:56+ 04:19+ 04:32+ 03:28+ 02:14+ 03:26+ 01:49+ 03:45+ 06:32+ 02:04- 01:47+ 01:35+ 00:33+ 00:146 00:38+ 00:36+ 03:37* 01:54* 00:01- 00:03+ 00:41* 08:35* 01:45* 01:55* 00:34* 01:13* 01:99+ 03:45+ 06:32+ 00:14* 00:31+ 00:32* 00:41* 08:35* 01:45* 01:45* 01:55* 00:34* 01:36* 00:99+ 00:15+ 00:14* 00:51* 03:52* 00:14- 00:12* 00:27* 00:04 4 Hedvig Anda 00:28+ 02:51+ 04:03+ 07:38+ 09:35+ 14:27+ 17:52+ 20:47+ 37:58+ 41:54+ 46:12+ 50:38+ 54:09+ 56:21+ 59:49+ 61:44+ 65:21+ 71:56+ 74:03+ 75:52+ 77:26+ 77:57* 00:28+ 02:23+ 01:12+ 03:35+ 01:37+ 01:37* 01:37* 01:37* 01:37* 01:37* 01:37* 01:37* 01:37* 01:37* 01:48* 01:48* 01:48* 01:48* 01:48* 01:48* 01:48* 01:48* 01:48* 01:48* 01:48* 01:48* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:59* 01:48* 01:49* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:48* 01:49* 01:49* 01:49* 01:48* 01:49* 01:49* 01:49* 01:	2	Hald	is Gle	ndrang	ge			86						1:01:	34							
No.	00:24-	02:38+	06:14+	09:50+	14:14+	18:56+	21:45+	24:27+	28:26+	30:07+	32:55+	36:37+	39:54+	42:23+	46:49+	48:24+	52:27+	55:44+	57:42+	59:32+	61:02+	61:34+
Helga Aaslid	00:24-	02:14+	03:36+	03:36+	04:24+	04:42+	02:49+	02:42+	03:59+	01:41-	02:48+	03:42-	03:17+	02:29+	04:26+	01:35=	04:03+	03:17+	01:58-	01:50+	01:30+	00:32+
00:39+ 03:17+ 04:56+ 11:34+ 16:39+ 19:53+ 21:44+ 24:31+ 37:02+ 40:58+ 45:17+ 49:49+ 53:17+ 55:31+ 58:57+ 60:46+ 64:31+ 71:03+ 73:07+ 74:54+ 76:29+ 77:02 00:39+ 02:38+ 01:39+ 06:38+ 05:05+ 03:14- 01:51+ 02:47+ 12:31+ 03:56+ 04:19+ 04:32+ 03:28+ 02:14+ 03:26+ 01:49+ 03:45+ 06:32+ 02:04- 01:47+ 01:35+ 00:33 00:14& 00:53& 00:36& 03:370 01:54& 00:01- 00:03+ 00:41& 08:350 01:45& 01:55& 00:34+ 01:13& 00:09+ 00:15+ 00:14+ 00:51& 03:520 00:14- 00:12# 00:27& 00:04 Hedvig Anda 116 1:17:57 00:28+ 02:51+ 04:03+ 07:38+ 09:35+ 14:27+ 17:52+ 20:47+ 37:58+ 41:54+ 46:12+ 50:38+ 54:09+ 56:21+ 59:49+ 61:44+ 65:21+ 71:56+ 74:03+ 75:52+ 77:26+ 77:57 00:28+ 02:23+ 01:12+ 03:55+ 01:57- 04:52+ 03:25+ 02:55+ 17:11+ 03:56+ 04:18+ 04:26+ 03:31+ 02:12+ 03:28+ 01:55+ 03:37+ 06:35+ 02:07- 01:49+ 01:34+ 00:31 00:03# 00:38& 00:09# 00:34# 01:14- 01:37& 01:37& 00:49& 13:150 01:45& 01:54& 00:28# 01:16& 00:07+ 00:17+ 00:20# 00:43# 03:550 00:11- 00:14# 00:26& 00:02 5 Helga Klausen 62 1:25:23 00:31+ 03:44+ 04:53+ 10:19+ 13:02+ 16:59+ 20:03+ 22:39+ 37:19+ 40:01+ 43:41+ 49:33+ 53:42+ 56:56+ 62:49+ 65:00+ 73:16+ 77:38+ 80:36+ 82:48+ 84:45+ 85:23 00:31+ 03:13+ 01:09+ 05:26+ 02:43- 03:57+ 03:04+ 02:36+ 14:40+ 02:42+ 03:40+ 05:52+ 04:09+ 03:14+ 05:53+ 02:11+ 08:16+ 04:22+ 02:58+ 02:12+ 01:57+ 00:38 00:06# 01:28& 00:06+ 02:25& 00:28- 00:42# 01:16& 00:30# 10:40# 00:31# 01:16& 01:54& 01:54& 01:54& 01:54& 01:54& 01:54& 01:55+ 02:11+ 08:16+ 04:22+ 02:58+ 02:12+ 01:57+ 00:38 00:06# 01:28& 00:06+ 02:25& 00:28- 00:42# 01:16& 00:30# 10:40# 00:31# 01:16& 01:54& 01:54& 01:54& 01:54& 01:54& 01:54& 01:55+ 02:11+ 08:16+ 04:22+ 02:58+ 02:12+ 01:57+ 00:38 00:06# 01:28& 00:06+ 02:25& 00:28- 00:42# 01:16& 00:30# 10:40# 00:31# 01:16& 01:54& 01:54& 01:54& 01:55* 02:05 03:11 01:35 02:54 02:40 01:58 01:35 01:08 00:39# 00:49# 00:	00:01-	00:29&	02:33@	00:35#	01:13&	01:27&	01:01&	00:36&	00:03+	00:30-	00:24#	00:16-	01:02&	00:24#	01:15&	00:00=	01:09&	00:37#	00:20-	00:15#	00:22&	00:03#
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= Som klassevinner - raskere + senere # 10% tan & 25% tan @ 100% tan	00:28+ 00:03# 5 00:31+ 00:31+ 00:06#	02:23+ 00:38& Helg 03:44+ 03:13+ 01:28&	01:12+ 00:09# a Klau 04:53+ 01:09+ 00:06+	03:35+ 00:34# ISEN 10:19+ 05:26+ 02:25&	01:57- 01:14- 13:02+ 02:43- 00:28-	01:37& 16:59+ 03:57+	01:37& 20:03+ 03:04+	00:49& 62 22:39+ 02:36+	13:15@ 37:19+ 14:40+	01:45& 40:01+ 02:42+	01:54& 43:41+ 03:40+	00:28# 49:33+ 05:52+	01:16& 53:42+ 04:09+	00:07+ 1:25: 56:56+ 03:14+	00:17+ 23 62:49+ 05:53+	00:20# 65:00+ 02:11+	00:43# 73:16+ 08:16+	03:55@ 77:38+ 04:22+	00:11- 80:36+ 02:58+	00:14# 82:48+ 02:12+	00:26& 84:45+ 01:57+	00:02+ 85:23+ 00:38+
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Damer 80 år og eldre

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03:17=	04:00=	02:16=	05:29=	06:40=	03:32=	03:48=	04:53=	02:46=	04:18=	04:00=	05:53=	04:12=	01:48=	03:06=	03:08=	02:06=	02:34=	02:01=	02:23=	02:26=	00:44=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
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- Com l	منابده	nor	raakara		#	100/ tor	. 0 05	0/ tan	@ 1000/	ton											

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

Damer A

1	Aud	Hogne	estad [*]	Taksda	al	ç	92						46:24	Ļ											
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01:15=	01:01=	00:46=	02:59=	02:22=	01:56=	01:42=	01:51=	01:58=	01:17=	01:20=	01:46=	00:59=	02:42=	02:50=	02:18=	02:11=	02:27=	02:31=	03:13=	01:47=	02:32=	00:43=	00:55=	00:48=	00:15=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Tone	e Torg	ersen			2	27						55:37	7											
01:23+			06:44+		12:02+	14:18+	16:25+	18:33+	19:29+	20:54+	23:29+	25:58+	28:42+	32:04+	34:05+	36:51+	39:10+	41:52+	46:35+	49:06+	52:29+	53:20+	54:23+	55:16+	55:37+
01:23+	01:15+	00:49+	03:17+	02:51+	02:27+	02:16+	02:07+	02:08+	00:56-	01:25+	02:35+	02:29+	02:44+	03:22+	02:01-	02:46+	02:19-	02:42+	04:43+	02:31+	03:23+	00:51+	01:03+	00:53+	00:21+
00:08#	00:14#	00:03+	00:18#	00:29#	00:31&	00:34&	00:16#	00:10+	00:21-	00:05+	00:49&	01:30@	00:02+	00:32#	00:17-	00:35&	00:08-	00:11+	01:30&	00:44&	00:51&	00:08#	00:08#	00:05#	00:06&
3	Elin	Grane	land			3	39						56:55	5											
01:11-	02:32+	03:22+	06:54+	09:01+	11:59+	14:30+	16:47+	19:40+	20:39+	22:27+	24:33+	26:57+	30:01+	33:41+	36:04+	38:44+	41:24+	44:26+	48:38+	50:51+	53:49+	54:35+	55:39+	56:37+	56:55+
01:11-	01:21+	00:50+	03:32+	02:07-	02:58+	02:31+	02:17+	02:53+	00:59-	01:48+	02:06+	02:24+	03:04+	03:40+	02:23+	02:40+	02:40+	03:02+	04:12+	02:13+	02:58+	00:46+	01:04+	00:58+	00:18+
00:04-	00:20&	00:04+	00:33#	00:15-	01:02&	00:49&	00:26#	00:55&	00:18-	00:28&	00:20#	01:25@	00:22#	00:50&	00:05+	00:29#	00:13+	00:31#	00:59&	00:26#	00:26#	00:03+	00:09#	00:10#	00:03#

ame	er B																								
00:39=	02:07= 01:28=	03:06= 00:59=	02:31=	07:25= 01:48=	10:57= 03:32= 00:00=	12:41= 01:44=	01:37=	03:35=	00:53=	00:54=	01:41=	03:33=	02:10=	29:23= 02:19=	02:34=	03:54=	02:38=	02:28=	01:29=	02:31=	02:07=	02:02=	02:15=	01:04=	00:29
)1:35+)1:35+	03:13+ 01:38+	01:10+	08:24+ 04:01+	01:40-	14:56+ 04:52+ 01:20&	17:05+ 02:09+	02:29+	03:48+	00:53=	01:15+	01:33-	03:51+	02:23+	35:27+ 02:10-	04:54+	03:24-	02:20-	02:23-	01:34+	01:38-	01:46-	01:55-	01:57-	00:56-	00:32
00:58+	02:59+ 02:01+	01:04+	06:50+ 02:47+	02:03+	11:49+ 02:56- 00:36-	13:55+ 02:06+	01:52+	03:58+	01:16+	01:05+	02:36+	03:33=	02:39+	33:23+ 02:29+	02:53+	04:08+	03:22+	02:33+	01:28-	02:54+	02:32+	02:37+	02:31+	01:08+	00:33+
0:55+	02:28+ 01:33+	03:32+ 01:04+	02:48+	08:55+ 02:35+	13:21+ 04:26+ 00:54&	16:13+ 02:52+	01:53+	06:13+	00:54+	00:59+	01:53+	03:16-	02:45+	36:41+ 02:35+	02:37+	04:17+	03:02+	02:36+	01:28-	03:28+	01:59-	02:09+	02:11-	00:59-	00:31+
0:44+ 0:05# 2:15+ 0:31+	02:19+ 01:35+	03:23+ 01:04+	02:33+	01:49+	10:11- 02:26- 01:06-	14:52+ 04:41+	02:20+	01:37-	07:23+	01:20+	01:29-	02:27-	04:03+	37:23+ 01:52-	02:29-	02:10-	03:41+	02:37+	02:36+	01:26-	01:54-	02:12+	02:00-	02:13+	01:03
0:47+	02:27+ 01:40+	05:04+ 02:37+	03:02+	13:57+ 05:51+	16:55+ 02:58- 00:34-	18:51+ 01:56+	01:36-	03:06-	00:58+	00:57+	02:34+	04:37+	02:52+	38:29+ 02:58+	02:38+	04:48+	03:21+	02:34+	01:24-	02:24-	02:11+	02:21+	02:34+	01:15+	00:35
00:52+	02:38+ 01:46+	02:27+	08:06+ 03:01+	01:41-	15:06+ 05:19+ 01:47&	17:25+ 02:19+	02:11+	04:04+	00:53=	00:58+	02:17+	03:35+	02:54+	38:21+ 04:04+	04:07+	04:15+	03:18+	02:34+	01:56+	02:34+	02:41+	02:29+	02:33+	01:12+	00:35

Tid

 $01:53+ \quad 03:16+ \quad 04:03+ \quad 07:59+ \quad 11:00+ \quad 13:46+ \quad 16:33+ \quad 19:46+ \quad 22:33+ \quad 24:39+ \quad 26:19+ \quad 28:47+ \quad 30:19+ \quad 33:30+ \quad 37:07+ \quad 39:47+ \quad 42:46+ \quad 45:38+ \quad 48:17+ \quad 52:02+ \quad 54:16+ \quad 57:27+ \quad 58:25+ \quad 59:34+ \quad 60:35+ \quad 60:55+ \quad 60:153+ \quad 01:23+ \quad 00:47+ \quad 03:56+ \quad 03:01+ \quad 02:46+ \quad 02:47+ \quad 03:13+ \quad 02:47+ \quad 02:08+ \quad 01:32+ \quad 03:11+ \quad 03:37+ \quad 02:40+ \quad 02:59+ \quad 02:52+ \quad 02:52+ \quad 02:39+ \quad 03:45+ \quad 02:14+ \quad 03:11+ \quad 00:58+ \quad 01:09+ \quad 01:01+ \quad 00:20+ \quad 00:38+ \quad 00:28+ \quad 00:38+ \quad 00:28+ \quad$

 $01:11 \quad 01:01 \quad 00:46 \quad 02:59 \quad 02:07 \quad 01:56 \quad 01:42 \quad 01:51 \quad 01:58 \quad 00:56 \quad 01:20 \quad 01:46 \quad 00:59 \quad 02:42 \quad 02:50 \quad 02:01 \quad 02:11 \quad 02:19 \quad 02:31 \quad 03:13 \quad 01:47 \quad 02:32 \quad 00:43 \quad 00:55 \quad 00:48 \quad 00:15 \quad 00:48 \quad 00:19 \quad 02:19 \quad 02:1$

1:00:55

Navn

Silje Skarpeid

Beste strekktid for klassen

Plass

Klasse

101

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

Plass	Nav	n					Klasse						Tid													
8	Hele	n Lon	neland				105						1:08:	24												
00:41+ 00:41+	02:03- 01:22-		06:36+	08:19+	14:19+ 06:00+		18:05+	22:44+ 04:39+	23:46+ 01:02+	24:42+ 00:56+	26:17+ 01:35-	32:28+ 06:11+	35:05+	37:49+	44:16+ 06:27+	48:24+ 04:08+	51:32+ 03:08+	53:56+ 02:24-	56:01+ 02:05+	59:26+ 03:25+	61:21+ 01:55-	63:30+ 02:09+	66:03+ 02:33+	67:30+ 01:27+	68:05+ 00:35+	
00:02+	00:06-			00:05-					00:09#					00:25#	03:530						00:12-				00:06#	
68:24+ 00:19+																										
00:02#																										
9	Mari	iann S	veinsv	/oll		9	94						1:12:	12												
00:44+	02:28+		07:53+				19:16+		26:00+		29:17+		36:12+				52:37+			61:29+	63:46+	66:05+	68:48+	70:16+	71:48+	
00:44+ 00:05#	01:44+		04:10+ 01:39&			03:04+	02:45+ 01:08&	05:39+	01:05+	00:59+	02:18+ 00:37&		03:07+		03:43+	05:03+	04:20+	02:40+	02:13+ 00:44&	03:59+	02:17+	02:19+	02:43+	01:28+	01:32+ 01:03@	
72:12+																										
00:24+																										
00:07&	A	I/ a ui sa	Ti avada .				0.2						4.40	2.4												
10 00:59+	Ann 05:25+		Tjørho		18:31+		93 23:09+	30:02+	31:05+	32:20+	34 • 41 +	40.12+	1:12:	45:18+	48.29+	52:40+	55:49+	58:39+	60:56+	63:34+	65:47+	68:11+	70:34+	71:43+	72:14+	
00:59+	04:26+				02:59-			06:53+	01:03+			05:31+					03:09+	02:50+	02:17+	02:38+	02:13+	02:24+	02:23+	01:09+	00:31+	
00:20&	02:58@	00:03+	05:000	00:14-	00:33-	00:40&	00:37&	03:18&	00:10#	00:21&	00:40&	01:58&	00:15#	00:22#	00:37#	00:17+	00:31#	00:22#	00:48&	00:07+	00:06+	00:22#	00:08+	00:05+	00:02+	
72:34+ 00:20+																										
00:201																										
11	Beri	t Våg	Akslan	ıd			116						1:29:	34												
00:55+			14:57+		25:25+	29:06+	31:56+	36:47+	39:25+	41:36+	43:37+	48:54+	52:36+	56:43+	61:45+	66:36+	71:13+	73:53+	75:30+	78:45+	80:47+	83:11+	86:26+	88:08+	89:12+	
00:55+	08:36+		03:40+			03:41+		04:51+				05:17+			05:02+					03:15+	02:02-		03:15+			
00:16& 89:34+	07:080	00:4/&	01:09&	01:01&	04:070	01:5/0	01:13&	01:16&	01:450	01:1/@	00:20#	01:44&	01:32&	01:48&	02:28&	00:5/#	01:59&	00:12+	00:08+	00:44&	00:05-	00:22#	01:00&	00:38&	00:350	
00:22+																										
00:05&																										
Beste				-																						
00:39	01:22	00:59	02:31	01:34	02:26	01:44	01:36	01:37	00:53	00:54	01:29	02:27	02:10	01:52	02:29	02:10	02:20	02:23	01:24	01:26	01:46	01:55	01:57	00:56	00:29	00:17

Damer Ny

1	Mari	anne S	Strøm	Uthau	q	•	113						41:0	3				
00:24=	06:28=	07:37=	10:57=	12:02=	14:37=	18:29=	19:18=	21:21=	23:19=	29:48=	31:25=	33:22=	35:11=	37:14=	38:43=	39:37=	40:42=	41:03=
00:24=	06:04=	01:09=	03:20=	01:05=	02:35=	03:52=	00:49=	02:03=	01:58=	06:29=	01:37=	01:57=	01:49=	02:03=	01:29=	00:54=	01:05=	00:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Kjer	sti Sva	alland				5						49:1	3				
00:32+	02:28-	11:12+	14:09+	15:56+	17:56+	19:50+	21:55+	25:08+	29:28+	33:09+	36:00+	38:14+	41:02+	44:51+	46:14+	47:18+	48:48+	49:13+
00:32+	01:56-	08:44+	02:57-	01:47+	02:00-	01:54-	02:05+	03:13+	04:20+	03:41-	02:51+	02:14+	02:48+	03:49+	01:23-	01:04+	01:30+	00:25+
380:00	04:08-	07:35@	00:23-	00:42&	00:35-	01:58-	01:160	01:10&	02:22@	02:48-	01:14&	00:17#	00:59&	01:46&	00:06-	00:10#	00:25&	00:04#
3	Gulz	han Y	egemb	perdiye	eva	•	136						1:48	:39				
00:27+				35:47+		73:40+	75:05+	78:21+	80:24+	86:01+	88:32+	94:48+	97:18+	101:25+	104:29+	106:06+	108:08+	108:39+
00:27+	08:50+	01:23+	22:29+	02:38+	33:59+	03:54+	01:25+	03:16+	02:03+	05:37-	02:31+	06:16+	02:30+	04:07+	03:04+	01:37+	02:02+	00:31+
00:03#	02:46&	00:14#	19:09@	01:33@	31:24@	00:02+	00:36&	01:13&	00:05+	00:52-	00:54&	04:19@	00:41&	02:040	01:35@	00:43&	00:57&	00:10&
Beste	strekk	tid for	klass	en														
00:24	01:56	01:09	02:57	01:05	02:00	01:54	00:49	02:03	01:58	03:41	01:37	01:57	01:49	02:03	01:23	00:54	01:05	00:21

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

Damer Trim

1	Mare	n Ben	njamins	sen		4	13						33:21								
00:23=	01:57=	02:36=	05:56=	06:51=	10:00=	11:55=	12:34=	14:32=	16:25=	17:37=	20:33=	22:50=	23:45=	24:56=	27:05=	29:11=	30:20=	31:05=	32:10=	33:00=	33:21=
00:23=	01:34=	00:39=	03:20=	00:55=	03:09=	01:55=	00:39=	01:58=	01:53=	01:12=	02:56=	02:17=	00:55=	01:11=	02:09=	02:06=	01:09=	00:45=	01:05=	00:50=	00:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Mari	t Lind	tveit U	ndheir	n	Į.	54						38:03	3							
2 00:25+						•	5 4 13:02+	15:07+	17:26+	19:20+	21:32+	24:23+			30:09+	32:25+	34:10+	35:11+	36:24+	37:35+	38:03+
2 00:25+ 00:25+	02:08+	03:01+	06:38+		10:14+	12:14+	/ T						26:15+	28:09+							

Plass	Navı	า					Klasse						Tid								
3	Ann.	-Mari \	/old				54						40:55	•							
				11:38+	16:08+			20:21+	22:13+	23:18+	25:20+	28:12+	29:28+		33:02+	34:46+	36:51+	37:58+	39:15+	40:34+	40:55+
													01:16+								
	_				01:21&			00:19-	00:01-	00:07-	00:54-	00:35&	00:21&		00:02-	00:22-	00:56&	00:22&	00:12#	00:29&	00:00=
4			Kvale		16.491		375	23.201	25.48±	27.174	20.3/1	32.121	44:36 33:07+		37.21⊥	30.501	40·36±	/1·5/±	43·07±	44·10±	11.36±
													00:55=								
00:04#	00:01+	00:12&	05:10@	01:28@	00:06-	02:02@	00:16&	00:10-	00:26#	00:17#	00:39-	00:21#	00:00=	00:14#	00:40&	00:28-	00:28&	00:33&	00:08#	00:13&	00:05#
5	Jear	iette M	ljølhus	S		•	105						45:39)							
													33:39+								
													01:44+ 00:49&								
6	_	e Lill N	0	00.074	00.12		105	00.22	00.004	00.024	00.10	01.004	46:37	_	00.004	00.01	00.014	00.014	00.10	00.104	00.00
•				11:05+	13:31+			19:59+	23:17+	25:20+	27:44+	31:13+	32:38+		37:43+	39:42+	42:11+	43:30+	44:45+	46:14+	46:37+
00:31+	02:08+	02:53+	04:07+	01:26+	02:26-	04:08+	01:10+	01:10-	03:18+	02:03+	02:24-	03:29+	01:25+	01:54+	03:11+	01:59-	02:29+	01:19+	01:15+	01:29+	00:23+
_	_			00:31&	00:43-			00:48-	01:25&	00:51&	00:32-	01:12&	00:30&	_	01:02&	00:07-	01:20@	00:34&	00:10#	00:39&	00:02+
7		Gisk		40.44	45.00.		116	05.04.	00.44		00 54	0.5.00.	50:45	-	40.00.		46.00.	40.40.	40.55	50 45.	50 45.
													37:20+ 01:11+								
													00:16&								
8	Unn	i Bvbe	rg Mæ	stad		9	92						51:02	2							
	03:09+	04:19+	09:08+	10:52+									34:16+								
													01:13+ 00:18&								
9				_			114	00.23	01.300	00.554	00.52	01.000	51:14	_	01.200	00.550	02.100	00.240	00.514	01.100	00.07&
-			sdotte 09:25+					22:53+	25:39+	27:18+	30:18+	34:02+	36:48+	-	42:24+	44:28+	46:14+	47:37+	49:12+	50:47+	51:14+
													02:46+								
00:03#	00:54&	01:07@	01:25&	00:40&	02:36&	01:16&	00:11&	00:09+	00:53&	00:27&	00:04+	01:27&	01:510	00:47&	01:29&	00:02-	00:37&	00:38&	00:30&	00:45&	00:06&
10	-			_	tianse		105						51:59								
													41:13+ 01:52+								
													00:57@								
11	Astr	i Sand	anger			9	93						53:47	,							
	02:26+	03:25+	08:10+										40:49+								
													01:13+ 00:18&								
12		Svihus		00.03-	02:540	_	92	00.440	00:1/#	00.07+	00.50-	01:13@	54:33		00:19#	00.23-	02.000	00:11#	00.30%	00.240	00:00-
			-	13:51+	19:37+			25:25+	29:02+	31:34+	34:54+	38:25+	39:59+		44:50+	47:24+	49:01+	51:02+	52:41+	53:59+	54:33+
													01:34+								
480:00	02:01@	01:23@	02:27&	01:01@	02:37&	01:20&	00:31&	00:35-	01:44&	01:200	00:24#	01:14&	00:39&	00:41&	00:50&	00:28#	00:28&	01:160	00:34&	00:28&	00:13&
13			aland S				86						55:12	_							
													41:28+ 01:12+								
													00:17&								
14	Krist	tin Yo	on			:	372						55:15	5							
	02:38+	03:15+	07:07+										37:50+								
													00:51- 00:04-								
					10:370			00:58-	00:10#	00:14-	00:47-	00:34&			04:030	01:36%	01:300	00:134	00:02+	00:17&	00:00=
15 00 · 34 +			nd Sal		20.22+		2 56	25.45+	29.38+	31 • 27+	34.17+	38 • 15+	56:12 39:50+	_	45.08+	48.09+	50.10+	51 • 34+	53.40+	55.29+	56.12+
													01:35+								
00:11&	00:51&	00:30&	01:43&	04:25@	02:42&			00:19-	02:00@	00:37&	00:06-	01:41&	00:40&		01:05&	00:55&	00:52&	00:39&	01:01&	00:59@	00:22@
16			orger				233						56:27								
													41:52+ 01:24+								
													01:24+								
17		a Olse					39			-			56:40								
				12:44+	15:33+			25:59+	28:34+	30:29+	32:51+	36:12+	38:44+		46:39+	48:32+	51:37+	53:32+	55:01+	56:18+	56:40+
													02:32+								
U1:03@	UU:29&	01:460	02:11&	00:24&	00:20-	02:230	00:26&	03:05@	00:42&	00:43&	00:34-	01:04&	01:370	00:39&	03:560	00:13-	01:560	01:100	00:24&	00:27&	00:01+

Plass	Navı	า					Klasse						Tid								
18	Silie	Wiik I	Rese			-	43						57:07	7							
00:23=	02:56+	03:57+	08:10+			25:02+	25:52+						43:42+	45:35+							
													03:41+ 02:46@								
19		a Bert	-	03.396	02.550		43	01.014	00.474	00.334	00.40#	00.524	57:15	_	00.25π	00.10	00.434	00.420	00.204	00.500	00.03&
				15:14+	21:30+			28:52+	31:35+	33:17+	36:56+	40:09+	43:45+	-	48:19+	50:10+	52:08+	53:28+	54:59+	56:46+	57:15+
													03:36+								
				05:560	03:07&			00:51&	00:50&	00:30&	00:43#	00:56&	02:410		00:25#	00:15-	00:49&	00:35&	00:26&	00:57@	380:00
20		Grød		20.001	24.071		105	20.251	22.221	25.261	20.21.	42.221	59:02	_	40.071	51.15:	E2.001	54.521	56.211	50.201	50.021
													02:09+								
00:07&	01:33&	00:460	05:28@	05:24@	00:49&	01:18&	00:40@	00:12-	01:15&	00:41&	00:01-	01:44&	01:140	00:35&	00:41&	00:02+	00:44&	00:590	00:34&	01:09@	00:11&
21	Kari	ne Ditl	levsen			•	117						59:13	3							
													46:53+								
													01:25+ 00:30&								
22			rlotte .			-	117						59:18	_							
								36:27+	38:49+	40:21+	42:38+	45:32+	46:57+	-	51:25+	53:08+	55:07+	56:29+	57:45+	58:50+	59:18+
													01:25+								
		_		01:370	01:15%			01:08-	00:29&	00:20&	00:39-	00:37&	00:30& EO:2 4	_	00:50&	00:23-	00:50&	00:37&	00:11#	00:15%	00:07&
23 00:26+		'ese Ø		12:40+	17:20+		117 35:33+	36:33+	38:50+	40:22+	42:34+	45:36+	59:21	_	51:24+	53:11+	55:07+	56:23+	57:51+	58:54+	59:21+
													01:17+								
00:03#	01:00&	00:35&	02:41&	01:300	01:31&			00:58-	00:24#	00:20&	00:44-	00:45&	00:22&		00:47&	00:19-	00:47&	00:31&	00:23&	00:13&	00:06&
24	Eli V						117						1:01:								
													43:06+ 03:28+								
													02:33@								
25	Ritva	a Aiko	Halsn	е		•	105						1:02:	20							
													51:04+								
													01:47+ 00:52&								
26	Ω.	Kriste					94						1:02:								
				14:57+	18:54+			26:01+	30:51+	32:54+	36:39+	40:36+	44:12+		50:33+	54:41+	56:50+	58:20+	60:29+	62:16+	62:48+
													03:36+								
				01:000	00:48&			00:10#	02:570	00:314	00:49&	01:40&	02:410		01:39&	02:02&	01:00%	00:43&	01:04&	00:576	00:114
27		a Fjelo		31:04+	33:53+		105 37:32+	39:01+	43:02+	44:27+	46:38+	50:20+	1:03: 52:21+		55:58+	57:35+	59:08+	60:16+	61:42+	62:59+	63:22+
													02:01+								
00:02-	00:31&	00:16&	05:31@	17:570	00:20-	00:43&	00:22&	00:29-	02:08@	00:13#	00:45-	01:25&	01:060	00:14#	00:03+	00:29-	00:24&	00:23&	00:21&	00:27&	00:02+
28			ia Kull	00 14:	07 54		32	20 17.	40.00.	43 40 -	46 50	E0 20:	1:06:		57 54:	FO 41.	61 00:	60 27.	64 141	65 201	66.001
													53:16+ 02:38+								
													01:430								
29	Sigr	und S	erigsta	ıd		•	128						1:14:	50							
													57:31+								
													05:50+ 04:55@								
30	_	_	ndrem				17						1:21:								
		_			26:31+			41:40+	45:21+	47:24+	51:06+	55:47+	57:26+		63:20+	72:25+	75:02+	77:14+	79:20+	81:01+	81:33+
													01:39+								
	_							04:590	U1:48&	00:51&	UU:46&	UZ:Z40	00:44&		∪1:78¢	U0:590	∪1:78@	U1:2/6	OT:0T@	00:510	00:11%
31			arie Gr 13:16+				47 34:48+	41:46+	45:23+	47:30+	51:09+	55:50+	1:21: 57:28+		63:24+	72:27+	75:07+	77:18+	79:16+	81:04+	81:40+
													01:38+								
	01:28&	01:010	04:45@	01:08@	08:10@			05:00@	01:44&	00:55&	00:43#	02:240	00:43&		01:36&	06:57@	01:310	01:260	00:53&	00:58@	00:15&
32			Christi				93						1:23:								
													59:49+ 02:29+								
													01:340								

Plass	Navı	1					Klasse)					Tid								
33	Else	Marie	Furla	nd			93						1:23	:01							
00:49+					27:58+	34:30+	36:22+	39:04+	44:24+	47:47+	52:29+	57:31+			67:53+	71:30+	74:13+	76:14+	79:25+	81:59+	83:01+
00:49+	03:32+	02:05+	09:25+	07:02+	05:05+	06:32+	01:52+	02:42+	05:20+	03:23+	04:42+	05:02+	02:24+	02:42+	05:16+	03:37+	02:43+	02:01+	03:11+	02:34+	01:02+
00:26@	01:580	01:26@	06:05@	06:07@	01:56&	04:37@	01:130	00:44&	03:27@	02:11@	01:46&	02:45@	01:290	01:31@	03:07@	01:31&	01:340	01:160	02:06@	01:44@	00:410
34	Mari	t Kløv	stad E	Braut		!	92						1:23:	:05							
00:42+	04:09+	06:20+	15:47+	23:01+	27:53+	34:43+	36:14+	39:15+	44:29+	47:43+	52:34+	57:43+	60:00+	62:45+	67:47+	71:24+	74:06+	76:55+	79:35+	82:08+	83:05+
00:42+	03:27+	02:11+	09:27+	07:14+	04:52+	06:50+	01:31+	03:01+	05:14+	03:14+	04:51+	05:09+	02:17+	02:45+	05:02+	03:37+	02:42+	02:49+	02:40+	02:33+	00:57+
00:19&	01:53@	01:32@	06:07@	06:190	01:43&	04:55@	00:520	01:03&	03:21@	02:02@	01:55&	02:52@	01:220	01:340	02:53@	01:31&	01:330	02:04@	01:35@	01:43@	00:360
35	Sara	Dudz	inska			!	91						1:24:	:59							
00:33+	02:54+	04:15+	18:32+	20:38+	24:41+	36:46+	37:40+	41:45+	44:12+	46:50+	50:11+	54:05+	58:42+	60:27+	63:35+	73:13+	80:23+	81:59+	83:12+	84:38+	84:59+
00:33+	02:21+	01:21+	14:17+	02:06+	04:03+	12:05+	00:54+	04:05+	02:27+	02:38+	03:21+	03:54+	04:37+	01:45+	03:08+	09:38+	07:10+	01:36+	01:13+	01:26+	00:21=
00:10&	00:47&	00:42@	10:57@	01:11@	00:54&	10:10@	00:15&	02:07@	00:34&	01:260	00:25#	01:37&	03:420	00:34&	00:59&	07:32@	06:010	00:51@	00:08#	00:36&	00:00=
36	Kare	n Wo	ie				53						1:28:	:51							
00:27+	02:26+	03:51+	30:14+	34:54+	50:23+	52:58+	54:00+	55:57+	64:07+	65:34+	67:40+	73:37+	75:09+	76:44+	79:38+	82:14+	84:29+	85:43+	87:02+	88:24+	88:51+
00:27+	01:59+	01:25+	26:23+	04:40+	15:29+	02:35+	01:02+	01:57-	08:10+	01:27+	02:06-	05:57+	01:32+	01:35+	02:54+	02:36+	02:15+	01:14+	01:19+	01:22+	00:27+
00:04#	00:25&	00:46@	23:030	03:45@	12:20@	00:40&	00:23&	00:01-	06:17@	00:15#	00:50-	03:40@	00:37&	00:24&	00:45&	00:30#	01:06&	00:29&	00:14#	00:32&	00:06&
37	Nina	Paila					91						1:33	:18							
00:25+	02:41+	04:26+	12:56+	14:18+	42:03+	60:59+	61:57+	63:01+	66:28+	68:09+	71:57+	76:25+	78:55+	81:14+	84:20+	86:46+	88:39+	89:58+	91:21+	92:48+	93:18+
00:25+	02:16+	01:45+	08:30+	01:22+	27:45+	18:56+	00:58+	01:04-	03:27+	01:41+	03:48+	04:28+	02:30+	02:19+	03:06+	02:26+	01:53+	01:19+	01:23+	01:27+	00:30+
00:02+	00:42&	01:06@	05:100	00:27&	24:360	17:01@	00:19&	00:54-	01:34&	00:29&	00:52&	02:11&	01:350	01:08&	00:57&	00:20#	00:44&	00:34&	00:18&	00:37&	00:09&
38	Karo	lina L	.enart			!	91						1:43:	:16							
00:30+	05:47+	07:48+	17:45+	19:30+	62:25+	70:50+	72:00+	73:01+	76:27+	78:12+	81:56+	86:19+	88:57+	91:08+	94:25+	96:30+	98:32+	99:50+	101:22+	102:49+	103:16+
00:30+	05:17+	02:01+	09:57+	01:45+	42:55+	08:25+	01:10+	01:01-	03:26+	01:45+	03:44+	04:23+	02:38+	02:11+	03:17+	02:05-	02:02+	01:18+	01:32+	01:27+	00:27+
00:07&	03:43@	01:22@	06:370	00:50&	39:460	06:300	00:31&	00:57-	01:33&	00:33&	00:48&	02:06&	01:430	01:00&	01:08&	00:01-	00:53&	00:33&	00:27&	00:37&	30:06
39	Silie	Elise	Elstac	ı			62						1:46	:45							
01:03+					42:56+	58:07+	58:50+	65:36+	69:09+	71:58+	77:16+	82:42+	86:24+	89:26+	92:47+	95:52+	99:11+	101:31+	103:47+	106:18+	106:45+
01:03+	02:14+	01:02+	14:17+	15:15+	09:05+	15:11+	00:43+	06:46+	03:33+	02:49+	05:18+	05:26+	03:42+	03:02+	03:21+	03:05+	03:19+	02:20+	02:16+	02:31+	00:27+
00:40@	00:40&	00:23&	10:570	14:200	05:56@	13:160	00:04#	04:48@	01:40&	01:370	02:22&	03:09@	02:47@	01:51@	01:12&	00:59&	02:10@	01:350	01:11@	01:41@	00:06&
40	Heid	i Cam	illa Ho	vet			62						1:46:	:46							
01:05+	03:19+	04:24+	18:34+	33:58+	42:54+	57:59+	58:54+	65:32+	69:11+	71:54+	77:08+	82:38+	86:18+	89:23+	92:49+	95:59+	99:08+	101:26+	103:49+	106:21+	106:46+
01:05+	02:14+	01:05+	14:10+	15:24+	08:56+	15:05+	00:55+	06:38+	03:39+	02:43+	05:14+	05:30+	03:40+	03:05+	03:26+	03:10+	03:09+	02:18+	02:23+	02:32+	00:25+
00:42@	00:40&	00:26&	10:500	14:290	05:47@	13:10@	00:16&	04:40@	01:46&	01:310	02:18&	03:130	02:450	01:54@	01:17&	01:04&	02:00@	01:33@	01:18@	01:42@	00:04#
Beste	strekk	tid for	r klass	en																	
00:14	01:34	00:37	03:20	00:50	02:22	01:55	00:37	00:50	01:52	00:58	02:00	02:09	00:51	01:11	01:59	01:32	01:09	00:45	01:05	00:50	00:20
						400/ /		-0//	0 4000												
= Som k	lassevin	ner, -	raskere	, + se	nere, #	10% ta	p, & 25	o% tap,	@ 100%	tap.											

Herrer 16 - 39 år

Maximilian Erlbeck 67 43:00 00:37= 01:39= 02:19= 03:59= 05:31= 08:22= 09:55= 11:15= 15:43= 16:24= 17:07= 18:20= 21:03= 22:28= 24:23= 26:21= 29:02= 30:58= 32:54= 34:16= 35:34= 36:56= 40:01= 41:36= 42:26= 42:47= 42: 00:37 = 01:02 = 00:40 = 01:40 = 01:40 = 01:32 = 02:51 = 01:33 = 01:20 = 04:28 = 00:41 = 00:43 = 01:13 = 02:43 = 01:55 = 01:58 = 02:41 = 01:56 = 01:56 = 01:22 = 01:18 = 01:22 = 03:05 = 01:35 = 00:50 = 00:50 = 00:41 = 00:400:00 = 00:043:00= 00:13= 00:00= 2 Sven Hatteland 399 43:12 00:33 - 01:42 + 02:24 + 04:19 + 05:14 - 07:24 - 09:30 - 10:46 - 13:32 - 14:21 - 15:12 - 16:32 - 19:36 - 21:43 - 23:27 - 25:27 - 28:33 - 31:01 + 33:09 + 34:38 + 36:14 + 37:58 + 39:54 - 41:39 + 42:32 + 42:58 + 30:54 - 41:39 + 42:32 + 42:300:33 - 01:09 + 00:42 + 01:55 + 00:55 - 02:10 - 02:06 + 01:16 - 02:46 - 00:49 + 00:51 + 01:20 + 03:04 + 02:07 + 01:44 - 02:00 + 03:06 + 02:28 + 02:08 + 01:29 + 01:36 + 01:44 + 01:56 - 01:45 + 00:53 + 00:58 + 00:58 + 00:400:04 - 00:07 # 00:02 + 00:15 # 00:37 - 00:41 - 00:33 & 00:04 - 01:42 - 00:08 # 00:08 # 00:07 + 00:21 # 00:42 & 00:11 - 00:02 # 00:25 # 00:32 & 00:12 # 00:07 + 00:18 # 00:22 & 01:09 - 00:10 # 00:03 + 00:05 # 00:08 # 00:043:12+ 00:14+ 00:01+ Frank Terje Berge 126 55:14 00:49+ 02:02+ 02:53+ 05:21+ 06:48+ 09:41+ 12:05+ 13:36+ 17:24+ 18:31+ 19:31+ 21:44+ 25:53+ 28:17+ 30:49+ 33:13+ 37:05+ 40:21+ 42:35+ 43:52+ 45:41+ 48:35+ 50:42+ 53:12+ 54:26+ 54:56+00:12 & 00:11 # 00:11 & 00:11 & 00:11 & 00:11 & 00:05 - 00:02 + 00:51 & 00:11 # 00:40 - 00:26 & 00:17 & 01:00 & 01:26 & 00:59 & 00:37 & 00:26 # 01:11 & 01:20 & 00:18 # 00:05 - 00:31 & 01:32 & 00:58 - 00:55 & 00:24 & 00:09 & 00:055:14+ 00:18+ 00:05&

Plass	Navi	n					Klasse)					Tid												
4	Δnd	reas E	nte				66						57:0	3											
01:04+	02:31+ 01:27+	04:16+ 01:45+	06:38+ 02:22+	01:35+	03:45+	13:47+ 01:49+	15:16+ 01:29+	03:55-	00:54+	00:58+	01:20+	03:34+	28:26+ 02:29+	30:59+ 02:33+	04:08+	04:01+	42:01+ 02:53+ 00:57&	02:18+	01:19-	01:21+	01:50+	04:35+	01:54+	00:56+	00:32+
00:46+	02:04+ 01:18+	03:01+ 00:57+	04:53+	09:06+ 01:12-	05:27+	19:12+ 04:39+	01:59+	04:13-	00:51+	01:04+	01:28+	03:07+	02:02+	36:20+ 02:24+	02:43+	03:20+	45:12+ 02:49+ 00:53&	02:09+	01:13-	01:57+	01:45+	02:01-	02:04+	01:00+	00:39+
00:46+	02:12+ 01:26+	03:20+ 01:08+	02:13+	07:10+ 01:37+	07:16+	17:24+ 02:58+	01:26+	04:14-	00:51+	01:02+	01:40+	03:12+	02:17+	34:26+ 02:20+	02:09+	04:00+	43:17+ 02:42+ 00:46&	02:31+	01:51+	01:55+	01:54+	02:51-	02:15+	00:57+	00:28+
00:55+	03:44+ 02:49+	00:50+	08:06+ 03:32+	01:33+	04:00+	15:57+ 02:18+	02:11+	02:54-	00:59+	01:50+	01:56+	06:31+	02:26+	36:59+ 02:15+	02:41+	03:05+	47:23+ 04:38+ 02:42@	02:08+	01:41+	01:42+	01:55+	02:37-	01:50+	01:13+	00:43+
8	Alek	sande	r Clau	ssen		-	74						1:02	:51											
00:45+	02:11+ 01:26+	03:34+ 01:23+	05:42+ 02:08+	07:30+ 01:48+	04:53+	14:43+ 02:20+	16:41+ 01:58+	03:51-	02:27+	01:08+	01:57+	06:03+	34:55+ 02:48+	38:02+ 03:07+	03:21+	03:17+	47:16+ 02:36+ 00:40&	02:22+	03:07+	02:00+	01:52+	01:59-	02:20+	01:02+	00:34+
9	Tho	mas H	inna			:	287						1:03	:52											
00:44+	01:26+	01:42+	02:53+	01:58+	05:06+	02:43+	01:55+	04:49+	01:09+	01:20+	02:15+	03:35+	02:50+	02:45+	02:51+	04:26+	47:54+ 03:27+ 01:31&	02:53+	01:50+	01:50+	02:35+	02:26-	02:21+	01:10+	00:33+
00:46+	02:16+ 01:30+	03:32+ 01:16+	02:18+	07:53+ 02:03+	05:24+	18:10+ 04:53+	02:47+	03:53-	02:21+	01:20+	01:29+	03:09+	02:25+	38:09+ 02:35+	04:15+	04:21+	50:28+ 03:43+ 01:47&	02:24+	01:37+	01:57+	02:49+	02:10-	01:54+	00:52+	00:25+
11	Øivi	nd Ru	stan			•	105						1:05	:35											
00:59+	01:58+	01:54+	07:57+	01:43+	05:47+	02:05+	01:31+	05:06+	01:12+	00:48+	01:52+	03:19+	02:21+	02:29+	03:58+	03:40+	51:34+ 02:55+ 00:59&	02:05+	01:44+	01:46+	02:08+	02:26-	01:58+	01:03+	00:34+
12		dre As					117						1:06												
00:46+	01:35+	01:22+	04:33+	03:05+	07:17+	02:13+	01:38+	03:40-	00:59+	01:10+	02:10+	04:04+	02:24+	03:31+	02:23+	04:01+	50:02+ 03:11+ 01:15&	02:27+	01:34+	03:09+	02:47+	02:17-	02:20+	01:13+	00:32+

Plass	Navi	า				ı	Klasse						Tid												
13	Akse	el Jora	nger			•	192						1:08:	:43											
							21:12+ 01:41+																		
00:37& 68:43+	00:40&	00:22&	00:45&	00:11-	00:14+	07:09@	00:21&	00:17+	00:41&	00:38&	00:14#	02:33&	02:08@	00:27#	01:09&	00:42&	01:47&	00:19#	02:40@	00:41&	00:54&	00:56-	00:39&	00:35&	00:17&
00:14+																									
00:01+ 14	lone	Klem	o Øvo	rland			165						1:09:	32											
00:45+	02:26+	03:46+	06:33+	10:21+		19:09+	20:51+						40:03+	43:11+											
							01:42+ 00:22&																		
69:32+ 00:17+																									
00:04&																									
15 00:56+		Gunna		-	14:14+		116 18:30+	24:40+	25:48+	26:46+	29:17+	32:46+	1:09:		44:32+	48:13+	54:57+	57:33+	58:58+	60:44+	62:52+	65:03+	67:40+	68:47+	69:17+
00:56+	01:35+	01:55+	02:35+	01:45+	05:28+	02:19+	01:57+	06:10+	01:08+	00:58+	02:31+	03:29+	02:50+	03:40+	05:16+	03:41+	06:44+	02:36+	01:25+	01:46+	02:08+	02:11-	02:37+	01:07+	00:30+
00:19& 69:34+	00:33&	01:150	00:55&	00:13#	02:3/&	00:46&	00:37&	01:42&	00:27&	00:15&	01:18@	00:46&	01:25&	01:45&	03:180	01:00&	04:480	00:40&	00:03+	00:28&	00:46&	00:54-	01:02&	00:17&	00:09&
00:17+ 00:04&																									
16	Sver	re Dør	heim			•	136						1:10:	21											
							22:23+ 01:56+																		
00:41@							00:36&																		
70:21+ 00:25+																									
00:12& 17	End	re Bero	nο				105						1:12:	45											
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02:21+	03:31+	01:06+	02:49+	01:58+	03:20+	01:56+	02:11+	04:19-	01:09+	01:06+	02:52+	06:24+	03:49+	02:32+	10:34+	03:31+	02:52+	02:43+	01:31+	02:16+	02:01+	02:15-	02:29+	01:24+	00:39+
74:02+	02:290	00:26&	01:09%	00:26&	00:29#	00:23#	00:51&	00:09-	00:28&	00:23&	01:390	03:410	02:240	00:37&	08:360	00:50&	00:56&	00:47&	00:09#	00:58&	00:39&	00:50-	00:54&	00:34&	00:18%
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00:56+	01:19+	03:47+	08:16+	02:09+	13:15+	02:16+	03:52+	06:07+	01:18+	01:20+	02:00+	06:15+	02:45+	03:15+	03:29+	05:02+	03:18+	02:36+	02:12+	02:08+	02:12+	02:55-	02:00+	01:05+	00:57+
87:01+	UU:1/&	U3:U/@	U0:360	UU:3/&	10:240	UU:43&	UZ:32@	OT:38@	UU:3/&	UU:3/&	UU:4/&	∪3:3∠@	U1:2U&	∪⊥:∠∪&	OT:3T@	∪∠;∠1&	U1:22&	UU:4U&	00:5U&	UU:5U&	00:50&	00:10-	UU:25&	UU:15&	00:300
00:17+ 00:04&																									

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Tid

01:02 + 02:24 + 03:39 + 08:36 + 10:11 + 20:23 + 24:41 + 27:47 + 36:37 + 38:13 + 39:24 + 41:37 + 49:00 + 51:56 + 59:27 + 63:28 + 66:40 + 70:08 + 72:02 + 73:34 + 77:02 + 81:44 + 84:00 + 86:27 + 87:50 + 88:22 + 10:02 + 01:02 + 01:02 + 01:15 + 04:57 + 01:35 + 10:12 + 04:18 + 03:06 + 08:50 + 01:36 + 01:11 + 02:13 + 07:23 + 02:56 + 07:31 + 04:01 + 03:12 + 03:28 + 01:54 - 01:32 + 03:28 + 04:42 + 02:16 - 02:27 + 01:23 + 00:32 + 00:3

1:28:41

Klasse 98

Plass Navn

Eirik Løvåsen

Plass	Nav	n					Klasse)					Tid												
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00:58+	02:37+ 01:39+	01:16-	07:30+ 03:37+	03:26+	04:07-	17:22+ 02:19+	02:07-	04:36+	01:00-	01:12+	01:49+	04:21+	02:31+	:14 38:34+ 03:36+ 01:06&	02:30+	04:40+	03:12+	02:11+	01:21+	03:08+	03:20+	03:11+	02:39+	01:28+	00:39+
00:48+	02:03+ 01:15+	08:32+ 06:29+	07:27+	18:22+ 02:23+	24:38+ 06:16-	26:30+ 01:52-	28:40+ 02:10-	04:24+	02:04+	01:10+	02:43+	03:08+	02:03+	: 53 46:20+ 02:08- 00:22-	01:55-	03:11+	02:36+	02:17+	01:12+	02:14+	01:46+	02:01+	02:13+	01:14+	00:34+
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16			Gause		10.11:		67	26.55	27.52.	20.01.	21.21.	27.00.	1:12		16.15.	E0.53:	E4.10:	E0.10:	EQ. FF:	61.44:	64.11:	67.05.	70.20	71.51.	70.21.
00:50+	01:37+	01:27-	02:50+	02:02+	10:25+	01:52-	01:47-	04:05+	00:58-	01:08+	02:30+	05:51+	02:43+	42:41+ 02:36+ 00:06+	04:04+	04:08+	03:25+	04:00+	01:37+	01:49+	02:27+	03:14+	02:55+	01:31+	00:40+

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01:08+	01:28+	02:23+	04:08+	06:38+	06:42+	02:09-	02:03-	03:45+	01:18-	00:59-	03:04+	04:49+	03:34+	04:33+	04:27+	03:15+	04:16+	03:36+	01:23+	04:12+	01:50+	01:44+	03:15+	01:27+	00:53+	
00:26&	00:15#	00:54&	01:59&	05:02@	00:25+	00:07-	00:36-	00:29#	00:21-	00:02-	01:24&	02:12&	01:37&	02:03&	02:18@	00:28#	02:09@	01:48&	00:14#	02:47@	00:17#	00:08+	01:30&	00:34&	00:31@	
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Herrer 50 - 59 år

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00:57=	01:38=	00:40=	04:39=	04:12=	00:59=	03:45=	01:31=	02:48=	01:20=	02:24=	01:25=	01:07=	01:57=	02:27=	01:29=	00:57=	03:19=	01:24=	00:58=	01:27=	01:53=	01:00=	01:45=	01:59=	02:26=
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00:53-	01:05-	00:46+	06:41+	01:50-	01:01+	02:52-	01:48+	01:15-	01:26+	04:19+		01:40+	01:31-	02:19-	01:27-	01:41+	03:51+	01:05-	01:01+	02:05+	01:21-	01:08+	01:46+	02:55+	02:11-
	00:33-	00:06#	02:02&	02:22-	00:02+	00:53-	00:17#	01:33-	00:06+	01:55&	00:06+	00:33&	00:26-	00:08-	00:02-	00:44&	00:32#	00:19-	00:03+	00:38&	00:32-	00:08#	00:01+	00:56&	00:15-
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			04:47+																01:16+	02:11+	01:56+	01:30+	02:17+	02:39+	02:56+
	00:18-	00:21&	00:08+	02:43-	00:11#	01:06-	00:53&	01:33-	00:15#	00:41&	00:02-	00:27&	00:06-	00:25#	00:09#	00:08#	00:57&	00:03+	00:18&	00:44&	00:03+	00:30&	00:32&	00:40&	00:30#
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00:58+	01:18-		06:35+		01:01+	03:20-	02:44+		01:15-	03:10+				02:41+	01:23-	00:55-	03:51+		02:16+	02:04+	01:38-	01:26+	02:38+	02:16+	02:35+
	00:20-	00:24&	01:56&	01:58-	00:02+	00:25-	01:13&	00:13+	00:05-	00:46&	00:09-	00:05-	00:05+	00:14+	00:06-	00:02-	00:32#	00:15-	01:18@	00:37&	00:15-	00:26&	00:53&	00:17#	00:09+
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01:33+	01:19-	01:13+	03:35-	02:44-	01:23+	03:14-	17:35- 02:34+ 01:03&	06:02+	01:10-	03:48+	01:29+	01:26+	01:51-	02:35+	01:15-	00:58+	03:00-	01:11-	01:26+	02:16+	01:12-	01:14+	01:55+	03:47+	02:17-
00:54-	02:04- 01:10-	00:55+	08:26+ 05:27+	01:58-	01:12+	14:49- 03:13-	17:09- 02:20+ 00:49&	01:43-	01:53+	05:58+	01:50+	01:43+	01:29-	34:16+ 02:31+	01:13-	01:15+	06:33+	01:14-	01:14+	01:42+	01:23-	01:16+	02:13+	02:10+	02:29+
00:40-	01:39- 00:59-	01:35+	06:46- 03:32-	08:25- 01:39-	01:04+	12:07- 02:38-	192 14:14- 02:07+ 00:36&	03:33+	01:54+	03:24+	01:03-	01:22+	01:29-	29:52- 02:53+	00:58-	00:57=	04:13+	01:12-	01:14+	02:01+	01:24-	03:05+	06:52+	02:54+	02:17-
00:43-	02:00- 01:17-	01:02+	07:17- 04:15-	01:01-	01:09+	13:16- 03:49+	128 17:06- 03:50+ 02:19@	05:27+	01:16-	04:13+	01:09-	01:08+	01:55-	35:05+ 02:51+	01:20-	00:55-	03:52+	01:11-	01:45+	02:06+	01:44-	01:33+	02:50+	02:36+	02:18-
01:00+	02:14- 01:14-	00:59+	07:14- 04:01-	08:42- 01:28-	01:29+	13:23- 03:12-	117 19:07+ 05:44+ 04:13@	01:30-	02:41+	03:06+	01:18-	03:51+	02:30+	36:38+ 02:35+	01:19-	01:33+	03:35+	01:12-	01:19+	01:47+	01:31-	01:14+	01:56+	03:24+	02:28+
00:47-	02:23- 01:36-	01:13+	09:51+ 06:15+	02:18-	01:16+	17:04+ 03:39-	114 19:18+ 02:14+ 00:43&	01:37-	02:10+	03:45+	01:32+	01:21+	02:15+	34:38+ 02:40+	01:47+	01:06+	04:24+	01:22-	01:16+	03:03+	01:31-	01:15+	02:34+	03:45+	02:41+
01:23+	02:39+ 01:16-	00:58+	08:28+ 04:51+	01:56-	01:24+	14:34- 02:46-	76 16:34- 02:00+ 00:29&	01:25-	02:02+	05:22+	02:05+	02:48+	02:41+	35:51+ 02:54+	01:35+	01:02+	04:16+	01:42+	01:16+	02:46+	01:23-	01:14+	02:10+	04:09+	02:50+
01:13+	02:52+ 01:39+	01:27+	09:02+ 04:43+	03:01-	01:02+	17:15+ 04:10+	116 22:56+ 05:41+ 04:10@	01:20-	01:21+	04:58+	01:21-	01:07=	01:52-	39:17+ 04:22+	01:34+	01:13+	03:47+	01:17-	01:18+	01:52+	01:45-	01:12+	02:09+	04:11+	02:54+
14		Prims		15.20:	16.20.		62 22:13+	27.24:	20.12:	33.00:	3/1.26	25.15:	1:03:		/11.10:	12.21	16.12	17.06.	18.20.	50.221	51.47:	52.50:	55.04:	60.05.	62 • 41 4
00:44-	01:06-	01:53+	04:47+	07:09+	00:51-	04:07+	01:36+ 00:05+	05:11+	01:49+	03:55+	01:18-	00:49-	02:10+	02:52+	01:02-	01:05+	03:48+	00:54-	01:14+	02:13+	01:14-	01:12+	02:05+	05:01+	02:36+

Plass	Nav	n					Klasse)					Tid												
15	Run	e Pau	sen				98						1:03	:38											
00:50- 00:50-	02:34- 01:44+	03:47+ 01:13+	07:43- 03:56-	05:26+	01:05+	17:27+ 03:13-	19:22+ 01:55+	01:33-	22:33+ 01:38+ 00:18#	04:48+	01:32+	01:49+	33:17+ 02:35+	36:05+ 02:48+	03:25+	01:06+	04:55+	01:21-	01:38+	02:54+	02:01+	01:13+	02:30+	03:48+	02:27+
00:49-	04:02+ 03:13+	05:10+ 01:08+	04:02-	10:25- 01:13-	01:09+	21:38+ 10:04+	02:02+	04:30+	29:54+ 01:44+ 00:24&	02:33+	01:14-	01:36+	01:57=	39:48+ 02:34+	01:44+	01:12+	06:07+	01:19-	01:25+	02:01+	01:29-	02:19+	02:06+	02:31+	02:34+
01:10+	02:22- 01:12-	03:31+ 01:09+	05:59+	11:49- 02:19-	01:09+	17:17+ 04:19+	02:27+	02:12-	23:55+ 01:59+ 00:39&	05:35+	03:06+	02:18+	02:30+	40:10+ 02:46+	01:44+	01:25+	04:23+	01:32+	01:23+	03:20+	01:34-	01:38+	02:21+	03:35+	02:52+
18 00:59+ 00:59+	02:49+ 01:50+	01:12+	09:07+ 05:06+	01:58-	01:40+	19:57+ 07:12+	02:37+	02:15-	27:30+ 02:41+ 01:21@	03:30+	01:35+	01:26+	02:09+	39:29+ 03:19+	01:33+	01:33+	05:37+	01:46+	01:29+	02:09+	02:03+	01:32+	02:57+	03:21+	02:56+
19 00:49- 00:49-	02:07- 01:18-	00:51+	07:32- 04:34-	02:52-	01:20+	17:49+ 06:05+	01:58+	04:39+	27:30+ 03:04+ 01:44@	03:31+	00:58-	02:11+	02:46+	39:06+ 02:10-	01:50+	01:15+	03:21+	01:17-	01:08+	01:52+	01:18-	06:50+	03:30+	02:24+	02:50+
00:40-	01:49- 01:09-	01:34+	10:00+ 06:37+	02:11-	01:25+	16:57+ 03:21-	02:43+	01:52-	28:31+ 06:59+ 05:39@	07:03+	01:52+	01:06-	01:59+	43:28+ 02:57+	05:15+	00:54-	05:02+	01:06-	01:11+	01:48+	01:29-	01:17+	02:02+	02:31+	02:27+
00:51-	01:56- 01:05-	03:12- 01:16+	08:19+ 05:07+	02:34-	12:32- 01:39+	16:54+ 04:22+	02:37+	01:50-	23:21+ 02:00+ 00:40&	03:13+	01:44+	01:30+	02:39+	36:21+ 03:54+	01:37+	01:18+	05:28+	01:37+	01:32+	03:07+	02:18+	04:37+	03:14+	04:36+	03:45+
00:56-	02:38+ 01:42+	02:24+	10:39+ 05:37+	02:53-	01:24+	20:59+ 06:03+	02:53+	02:01-	28:26+ 02:33+ 01:13&	05:35+	01:32+	01:41+	02:11+	43:14+ 03:49+	01:50+	01:15+	04:54+	01:51+	01:44+	03:01+	01:55+	01:59+	02:54+	02:52+	03:06+
01:12+	02:57+ 01:45+	01:28+	08:43+ 04:18-	03:13-	01:11+	26:25+ 13:18+	02:29+	01:27-	31:54+ 01:33+ 00:13#	04:27+	02:59+	02:34+	01:59+	46:48+ 02:55+	01:26-	01:11+	04:36+	01:35+	01:20+	02:33+	01:51-	01:13+	02:22+	04:23+	03:06+

Plass	Nav	'n					Klasse	•					Tid													
24	Jarl	Steina	ar Berr	ntsen			27						1:19:	27												
01:03		03:35+			13:51+	22:55+	26:09+	33:57+	38:04+	42:21+	43:57+	47:20+			53:55+	55:09+	60:53+	62:19+	63:58+	67:17+	68:51+	70:07+	73:15+	76:04+	79:07+	
01:03			07:12+							04:17+		03:23+						01:26+	01:39+	03:19+			03:08+	02:49+	03:03+	
		00:24&	02:33&	02:27-	00:20&	05:190	01:430	05:00@	02:47@	01:53&	00:11#	02:160	00:05-	00:51&	00:04-	00:17&	02:25&	00:02+	00:41&	01:52@	00:19-	00:16&	01:23&	00:50&	00:37&	
79:27																										
00:20																										
	_						440						4.00													
25		Ivar H					116						1:22													
01:23	02:43+		11:45+ 08:03+				27:02+ 02:59+		34:37+ 03:21+			42:57+				51:59+ 01:23+		60:16+ 01:31+		65:37+		72:08+ 03:46+	76:12+ 04:04+	79:05+		
00:26							02:39+														02:45+					
82:01		00.134	03.244	01.114	00.204	01.404	01.204	01.204	02.016	02.416	00.204	00.13	00.001	01.494	00.00	00.204	03.276	00.071	00.244	02.526	00.024	02.400	02.136	00.514	00.121	
00:18																										
00:00																										
26	Ove	Mæst	ad				67						1:22	57												
00:54	02:39+	03:47+	10:01+	11:45-	13:12+	18:11+	20:39+	22:33+	28:00+	32:28+	34:34+	35:52+	37:32+	51:51+	53:58+	55:03+	60:47+	62:15+	64:51+	68:14+	70:54+	72:14+	76:27+	79:32+	82:37+	
00:54		01:08+																01:28+	02:36+	03:23+	02:40+	01:20+	04:13+	03:05+	03:05+	
00:03		00:28&	01:35&	02:28-	00:28&	01:14&	00:57&	00:54-	04:07@	02:04&	00:41&	00:11#	00:17-	11:520	00:38&	00:08#	02:25&	00:04+	01:38@	01:560	00:47&	00:20&	02:28@	01:06&	00:39&	
82:57 00:20																										
00:20																										
27		olas So	shinda	lor			42						2:55	12												
01:31	_		16:14+	-	23.56±		44 37:21+	44.21±	81.37±	03.02+	0/1·37±	96.26+			11/1.064	116.224	125.404	128:41+	133.3/1	136.07±	130.10+	1/15 - 19 +	15/1.364	165.364	17/1/04	
		02:20+								08:25+								02:52+								
							03:04@																			
175:12																										
00:23																										
00:05																										
Beste	strek	ktid fo	r klass	en																						
00:4	00:59	00:40	03:32	01:01	00:51	02:38	01:31	01:15	01:10	02:24	00:58	00:49	01:29	02:10	00:58	00:54	03:00	00:54	00:58	01:27	01:12	01:00	01:45	01:59	02:11	00:15

Herrer 60 - 64 år

1	Mort	ten Jo	hanne	ssen		7	7						40:58	В									
00:17=	01:43=	03:29=	05:13=	07:01=	08:52=	10:02=	11:12=	12:53=	16:00=	17:40=	19:24=	20:50=	23:01=	25:32=	27:49=	28:25=	30:21=	34:58=	35:45=	38:08=	40:08=	40:38=	40:58=
00:17=	01:26=	01:46=	01:44=	01:48=	01:51=	01:10=	01:10=	01:41=	03:07=	01:40=	01:44=	01:26=	02:11=	02:31=	02:17=	00:36=	01:56=	04:37=	00:47=	02:23=	02:00=	00:30=	00:20=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Øyst	tein Da	ahle			(93						43:50	0									
00:19+	01:36-	03:32+	05:27+	07:30+	09:35+	11:23+	12:29+	14:29+	18:02+	20:01+	22:06+	23:44+	26:10+	28:48+	30:46+	31:52+	33:37+	38:23+	39:12+	41:49+	42:52+	43:30+	43:50+
00:19+	01:17-	01:56+	01:55+	02:03+	02:05+	01:48+	01:06-	02:00+	03:33+	01:59+	02:05+	01:38+	02:26+	02:38+	01:58-	01:06+	01:45-	04:46+	00:49+	02:37+	01:03-	00:38+	00:20=
00:02#	00:09-	00:10+	00:11#	00:15#	00:14#	00:38&	00:04-	00:19#	00:26#	00:19#	00:21#	00:12#	00:15#	00:07+	00:19-	00:30&	00:11-	00:09+	00:02+	00:14+	00:57-	380:00	00:00=
3	Espe	en Kro	gh			7	7						44:34	4									
00:14-	01:19-	02:55-	04:40-	07:21+	09:05+	10:23+	16:35+	17:24+	21:42+	23:09+	24:36+	25:42+	27:43+	29:53+	31:32+	34:09+	35:52+	39:10+	40:34+	42:46+	43:49+	44:17+	44:34+
00:14-	01:05-	01:36-	01:45+	02:41+	01:44-	01:18+	06:12+	00:49-	04:18+	01:27-	01:27-	01:06-	02:01-	02:10-	01:39-	02:37+	01:43-	03:18-	01:24+	02:12-	01:03-	00:28-	00:17-
00:03-	00:21-	00:10-	00:01+	00:53&	00:07-	00:08#	05:02@	00:52-	01:11&	00:13-	00:17-	00:20-	00:10-	00:21-	00:38-	02:01@	00:13-	01:19-	00:37&	00:11-	00:57-	00:02-	00:03-
4	Arne	Øvst	ebø			7	71						46:50	0									
00:17=	01:41-	04:02+	06:13+	08:17+	10:46+	12:28+	13:44+	15:34+	19:15+	21:54+	23:58+	25:34+	28:06+	30:57+	33:16+	33:53+	35:27+	40:08+	41:11+	44:02+	45:46+	46:31+	46:50+
00:17=	01:24-	02:21+	02:11+	02:04+	02:29+	01:42+	01:16+	01:50+	03:41+	02:39+	02:04+	01:36+	02:32+	02:51+	02:19+	00:37+	01:34-	04:41+	01:03+	02:51+	01:44-	00:45+	00:19-
00:00=	00:02-	00:35&	00:27&	00:16#	00:38&	00:32&	00:06+	00:09+	00:34#	00:59&	00:20#	00:10#	00:21#	00:20#	00:02+	00:01+	00:22-	00:04+	00:16&	00:28#	00:16-	00:15&	00:01-
5	Kiell	Dale				9	93						47:0	1									
00:20+	01:51+	03:46+	05:50+	09:10+	11:11+	12:48+	13:51+	15:09+	19:28+	22:16+	25:20+	27:02+	29:38+	32:36+	34:27+	35:14+	36:41+	40:38+	41:57+	44:32+	45:51+	46:33+	47:01+
00:20+	01:31+	01:55+	02:04+	03:20+	02:01+	01:37+	01:03-	01:18-	04:19+	02:48+	03:04+	01:42+	02:36+	02:58+	01:51-	00:47+	01:27-	03:57-	01:19+	02:35+	01:19-	00:42+	00:28+
00:03#	00:05+	00:09+	00:20#	01:32&	00:10+	00:27&	00:07-	00:23-	01:12&	01:08&	01:20&	00:16#	00:25#	00:27#	00:26-	00:11&	00:29-	00:40-	00:32&	00:12+	00:41-	00:12&	00:08&
6	Kjeti	il Hera	dstvei	t		7	76						50:47	7									
00:20+	03:47+	05:51+	08:03+	10:06+	12:45+	14:42+	17:08+	19:31+	24:36+	26:57+	29:58+	31:25+	34:16+	36:38+	38:05+	38:40+	40:06+	44:42+	45:31+	48:05+	49:26+	50:30+	50:47+
00:20+	03:27+	02:04+	02:12+	02:03+	02:39+	01:57+	02:26+	02:23+	05:05+	02:21+	03:01+	01:27+	02:51+	02:22-	01:27-	00:35-	01:26-	04:36-	00:49+	02:34+	01:21-	01:04+	00:17-
00:03#	02:01@	00:18#	00:28&	00:15#	00:48&	00:47&	01:160	00:42&	01:58&	00:41&	01:17&	00:01+	00:40&	00:09-	00:50-	00:01-	00:30-	00:01-	00:02+	00:11+	00:39-	00:34@	00:03-
7	Per	lngar l	Hadlan	d		7	7						52:13	3									
00:18+			06:56+		12:52+	14:13+	15:42+	17:22+	22:20+	24:40+	26:32+	29:00+	32:03+	35:36+	37:40+	38:49+	40:43+	45:23+	46:21+	49:36+	51:05+	51:46+	52:13+
00:18+	01:50+	02:21+	02:27+	03:19+	02:37+	01:21+	01:29+	01:40-	04:58+	02:20+	01:52+	02:28+	03:03+	03:33+	02:04-	01:09+	01:54-	04:40+	00:58+	03:15+	01:29-	00:41+	00:27+
00:01+	00:24&	00:35&	00:43&	01:31&	00:46&	00:11#	00:19&	00:01-	01:51&	00:40&	00:08+	01:02&	00:52&	01:02&	00:13-	00:33&	00:02-	00:03+	00:11#	00:52&	00:31-	00:11&	00:07&

Plass	Nav	n					Klasse)					Tid											
8	Inge	Skret	tina				165						52:53	3										
00:19+				12:57+	14:59+			21:27+	25:13+	27:21+	29:26+	31:13+		-	38:53+	39:46+	41:11+	47:01+	47:44+	50:35+	51:59+	52:34+	52:53+	
00:19+	01:23-	05:56+	02:30+	02:49+	02:02+	01:30+	01:00-	03:58+	03:46+	02:08+	02:05+	01:47+	02:55+	02:44+	02:01-	00:53+	01:25-	05:50+	00:43-	02:51+	01:24-	00:35+	00:19-	
00:02#	00:03-	04:100	00:46&	01:01&	00:11+	00:20&	00:10-	02:17@	00:39#	00:28&	00:21#	00:21#	00:44&	00:13+	00:16-	00:17&	00:31-	01:13&	00:04-	00:28#	00:36-	00:05#	00:01-	
9	lvar	Knuts	en				116						58:01	1										
00:19+				21:05+	23:01+	26:28+	28:36+	30:07+	33:47+	35:55+	37:57+	39:28+		-	46:03+	46:40+	48:24+	52:17+	53:24+	55:42+	57:00+	57:38+	58:01+	
00:19+	01:54+	02:12+	02:05+	14:35+	01:56+	03:27+	02:08+	01:31-	03:40+	02:08+	02:02+	01:31+	02:22+	02:39+	01:34-	00:37+	01:44-	03:53-	01:07+	02:18-	01:18-	00:38+	00:23+	
00:02#	00:28&	00:26#	00:21#	12:47@	00:05+	02:17@	00:58&	00:10-	00:33#	00:28&	00:18#	00:05+	00:11+	00:08+	00:43-	00:01+	00:12-	00:44-	00:20&	00:05-	00:42-	380:00	00:03#	
10	Stei	n Sigb	jørnse	n		2	27						1:01:	05										
00:29+					13:55+	16:13+	19:13+	21:13+	28:21+	31:11+	33:44+	35:47+	38:59+	42:15+	44:49+	46:45+	48:50+	53:32+	55:39+	58:32+	60:03+	60:44+	61:05+	
00:29+						02:18+										01:56+								
00:12&	00:00=	00:50&	00:52&	02:06@	01:03&	01:08&	01:50@	00:19#	04:01@	01:10&	00:49&	00:37&	01:01&	00:45&	00:17#	01:200	00:09+	00:05+	01:200	00:30#	00:29-	00:11&	00:01+	
11	Johi	า C. Si	nnes			(93						1:01:	41										
00:19+	02:57+	05:14+	07:29+	10:49+	18:25+	19:45+	21:01+	22:46+	29:12+	31:24+	33:48+	35:30+	38:37+	41:10+	42:48+	43:26+	49:15+	55:50+	56:34+	59:18+	60:42+	61:19+	61:41+	
00:19+																00:38+								
00:02#	01:12&	00:31&	00:31&	01:32&	05:450	00:10#	00:06+	00:04+	03:19@	00:32&	00:40&	00:16#	00:56&	00:02+	00:39-	00:02+	03:530	01:58&	00:03-	00:21#	00:36-	00:07#	00:02#	
12	Svei	n Mag	ne Glo	oppen		(93						1:03:	49										
00:25+																49:05+						63:26+	63:49+	
00:25+																00:47+						00:33+	00:23+	
380:00	03:28@	05:22@	00:33&	01:29&	01:20&	01:160	01:14@	00:14#	02:22&	02:23@	00:24#	00:21#	00:14#	00:18#	00:37-	00:11&	01:35&	00:47#	00:16&	00:11+	00:44-	00:03#	00:03#	
13	Tork	ojørn S	althe			•	125						1:07:	10										
00:29+	02:32+	05:16+	08:47+	12:57+	16:34+	19:28+	21:29+	23:41+	28:52+	31:06+	34:55+	38:11+	41:16+	44:34+	47:11+	48:36+	52:52+	58:51+	60:46+	64:10+	65:58+	66:42+	67:10+	
00:29+																01:25+								
00:12&	00:37&	00:58&	01:47@	02:22@	01:46&	01:44@	00:51&	00:31&	02:04&	00:34&	02:05@	01:50@	00:54&	00:47&	00:20#	00:49@	02:200	01:22&	01:08@	01:01&	00:12-	00:14&	00:08&	
14	Johi	า Lage	Berga	an		•	116						1:13:	43										
00:19+	02:29+	06:32+	10:16+	14:01+	17:59+	19:38+	24:47+	29:32+	46:51+	48:43+	51:11+	53:09+	55:42+	58:16+	59:50+	61:13+	63:10+	67:11+	68:10+	70:46+	72:05+	73:17+	73:43+	
00:19+																01:23+								
00:02#	00:44&	02:17@	02:00@	01:57@	02:07@	00:29&	03:59@	03:04@	14:120	00:12#	00:44&	00:32&	00:22#	00:03+	00:43-	00:47@	00:01+	00:36-	00:12&	00:13+	00:41-	00:42@	00:06&	
15	Per	Kolbei	n Tons	stad		(66						1:23:	37										
00:25+																64:51+							83:04+	
																02:29+								
					02:45@	06:00@	05:57@	00:21#	01:10-	03:55@	00:37&	02:23@	00:04+	00:48&	01:45&	01:530	00:36-	02:19-	06:08@	00:58-	01:33&	01:17@	00:35@	00:33+
Beste	strekk	tid for	' klass	en																				
00:14	01:05	01:36	01:44	01:48	01:44	01:10	01:00	00:49	01:57	01:27	01:27	01:06	02:01	02:10	01:27	00:35	01:20	02:18	00:43	01:25	01:03	00:28	00:17	

Herrer 65 - 69 år

1	Arne	Kristi	ian Es	pedal		(68						33:46	3										
00:15=			04:40=		08:01=	09:15=	10:53=	11:44=	14:15=	15:39=	17:03=	18:23=	20:20=	22:35=	24:12=	25:01=	26:17=	29:45=	30:19=	32:06=	33:02=	33:28=	33:46=	
00:15=	01:18=	01:25=	01:42=	02:09=	01:12=	01:14=	01:38=	00:51=	02:31=	01:24=	01:24=	01:20=	01:57=	02:15=	01:37=	00:49=	01:16=	03:28=	00:34=	01:47=	00:56=	00:26=	00:18=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Torb	iørn E	vense	n			108						40:19	9										
00:14-					09:48+	11:02+	13:18+	14:39+	18:00+	19:51+	21:20+	23:05+	25:18+	27:57+	29:29+	30:06+	31:29+	35:14+	36:10+	38:21+	39:25+	39:59+	40:19+	
00:14-	01:13-	01:40+	01:45+	03:00+	01:56+	01:14=	02:16+	01:21+	03:21+	01:51+	01:29+	01:45+	02:13+	02:39+	01:32-	00:37-	01:23+	03:45+	00:56+	02:11+	01:04+	00:34+	00:20+	
00:01-	00:05-	00:15#	00:03+	00:51&	00:44&	00:00=	00:38&	00:30&	00:50&	00:27&	00:05+	00:25&	00:16#	00:24#	00:05-	00:12-	00:07+	00:17+	00:22&	00:24#	00:08#	380:00	00:02#	
3	Bjarı	ne Gin	nre			:	88						43:59	9										
00:17+	02:19+	06:22+	08:42+	10:19+	12:29+	13:46+	15:00+	16:48+	20:04+	21:54+	23:44+	25:18+	27:53+	30:29+	32:02+	32:39+	34:13+	38:36+	39:26+	42:02+	43:08+	43:40+	43:59+	
00:17+	02:02+	04:03+	02:20+	01:37-	02:10+	01:17+	01:14-	01:48+	03:16+	01:50+	01:50+	01:34+	02:35+	02:36+	01:33-	00:37-	01:34+	04:23+	00:50+	02:36+	01:06+	00:32+	00:19+	
00:02#	00:44&	02:380	00:38&	00:32-	00:58&	00:03+	00:24-	00:57@	00:45&	00:26&	00:26&	00:14#	00:38&	00:21#	00:04-	00:12-	00:18#	00:55&	00:16&	00:49&	00:10#	00:06#	00:01+	
4	Otte	Omda	al			(65						44:40	3										
01:00+	02:39+	03:45+	06:31+	08:06+	09:58+	12:46+	14:04+	15:14+	16:32+	20:52+	22:46+	24:18+	26:06+	28:26+	30:50+	32:16+	34:38+	35:50+	40:05+	41:21+	43:14+	44:05+	44:31+	44:46+
01:00+	01:39+	01:06-	02:46+	01:35-	01:52+	02:48+	01:18-	01:10+	01:18-	04:20+	01:54+	01:32+	01:48-	02:20+	02:24+	01:26+	02:22+	01:12-	04:15+	01:16-	01:53+	00:51+	00:26+	00:15+
00:45@	00:21&	00:19-	01:04&	00:34-	00:40&	01:34@	00:20-	00:19&	01:13-	02:56@	00:30&	00:12#	00:09-	00:05+	00:47&	00:37&	01:06&	02:16-	03:41@	00:31-	00:57@	00:25&	380:00	00:15+
5	Bjør	n Sive	rtsen			,	99						49:1	1										
00:25+	01:51+	04:05+	06:25+	08:42+	13:06+	15:19+	16:50+	18:22+	22:01+	24:02+	25:57+	27:26+	30:12+	33:13+	35:31+	36:19+	38:18+	42:34+	43:32+	46:07+	48:16+	48:49+	49:11+	
00:25+	01:26+	02:14+	02:20+	02:17+	04:24+	02:13+	01:31-	01:32+	03:39+	02:01+	01:55+	01:29+	02:46+	03:01+	02:18+	00:48-	01:59+	04:16+	00:58+	02:35+	02:09+	00:33+	00:22+	
00:10&	00:08#	00:49&	00:38&	00:08+	03:12@	00:59&	00:07-	00:41&	01:08&	00:37&	00:31&	00:09#	00:49&	00:46&	00:41&	00:01-	00:43&	00:48#	00:24&	00:48&	01:13@	00:07&	00:04#	

Plass	Navi	n					Klasse)					Tid										
6	Arne	Magr	ne Han	delan	d		92						50:20	3									
00:20+				13:25+		16:53+	17:57+	19:46+	23:16+	25:02+	26:54+	28:24+		-	36:26+	37:39+	39:10+	44:31+	45:21+	48:06+	49:22+	50:04+	50:26+
00:20+				04:35+			01:04-											05:21+	00:50+	02:45+	01:16+	00:42+	00:22+
00:05&	00:12#	03:07@	00:46&	02:260	01:02&	00:00=	00:34-	00:58@	00:59&	00:22&	00:28&	00:10#	00:44&	00:52&	00:37&	00:24&	00:15#	01:53&	00:16&	00:58&	00:20&	00:16&	00:04#
7	Tom	Hetla	nd				5						50:47	7									
00:23+	01:58+		06:51+		14:42+		18:32+									38:33+			45:25+	48:24+	49:54+	50:29+	50:47+
00:23+	01:35+	02:05+					01:26-									00:38-		04:18+	01:03+	02:59+	01:30+		00:18=
380:00					02:490		00:12-	00:41&	01:23&	01:13&	01:08&	00:26&			00:08+	00:11-	00:15#	00:50#	00:29&	01:12&	00:34&	00:09&	00:00=
8	Terje	e Stok	keland	t		(69						56:02	2									
00:40+				11:06+			19:46+											49:49+	50:53+	53:38+	54:58+	55:37+	56:02+
00:40+				03:25+			02:54+		05:33+	03:49+				02:43+					01:04+	02:45+	01:20+		00:25+
00:25@			00:59&	01:16&	02:370		01:16&	01:35@	03:020	02:250	01:15&	00:25&			00:35&	00:05-	00:13#	00:31#	00:30&	00:58&	00:24&	00:13&	00:07&
9	Steii	nar Ba	rmen				105						58:30	-									
00:18+				11:43+			20:25+													55:48+			58:30+
00:18+	01:34+	02:17+					03:21+			02:18+		01:52+				02:27+			01:52+	02:56+	01:17+	00:59+	
00:03#			00:54&		01:420		01:430	01:020	02:19&	00:54&	01:19&	00:32&			00:20#	01:380	00:27&	01:10&	01:180	01:09&	00:21&	00:33@	380:00
10	Omr	nund l	Bakke	vold			68						1:07:	01									
00:30+			09:13+		16:03+		22:06+														65:45+		
00:30+		04:05+		03:36+			03:08+												02:11+	03:40+	01:38+		00:26+
00:15&				01:27&	02:020		01:30&	01:40@	03:07@	01:480	01:46@	00:45&			00:48&	00:15&	02:010	02:07&	01:370	01:53@	00:42&	00:24&	380:00
11		Klepp				(63						1:19:	36									
00:40+			10:06+		28:51+		34:12+									62:28+			72:44+	76:39+	78:14+	79:11+	
00:40+				03:33+			01:47+			02:34+				04:10+		01:11+			01:29+	03:55+	01:35+		00:25+
00:25@				01:24&	14:00@	02:20@	00:09+	01:18@	U2:28&	01:10&	U2:08@	00:40&	U2:37@	U1:55&	01:30&	00:22&	00:57&	03:06&	00:55@	02:08@	00:39&	UU:31@	00:07&
Beste	strekk	tid for	' klass	en																			
00:14	01:13	01:06	01:42	01:35	01:12	01:14	01:04	00:51	01:18	01:24	01:24	01:20	01:48	02:15	01:32	00:37	01:16	01:12	00:34	01:16	00:56	00:26	00:18

Herrer 70 - 74 år

1	Biør	n Alsa	ker				115						38:20)									
00:15=			05:32=	08:08=	09:42=	10:46=	11:37=	12:44=	16:24=	18:14=	19:45=	21:05=	23:09=	25:28=	26:58=	27:34=	28:46=	33:35=	34:21=	36:29=	37:32=	38:03=	38:20=
00:15=	01:11=	02:01=	02:05=	02:36=	01:34=	01:04=	00:51=	01:07=	03:40=	01:50=	01:31=	01:20=	02:04=	02:19=	01:30=	00:36=	01:12=	04:49=	00:46=	02:08=	01:03=	00:31=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Gun	nar Sa	kseid				116						44:38	3									
00:24+	02:05+	04:14+	06:26+	08:36+	10:54+	12:29+	13:55+	15:49+	20:30+	22:19+	24:33+	26:39+	28:57+	31:27+	32:54+	33:31+	34:55+	39:07+	40:02+	42:33+	43:35+	44:13+	44:38+
00:24+	01:41+	02:09+	02:12+	02:10-	02:18+	01:35+	01:26+	01:54+	04:41+	01:49-	02:14+	02:06+	02:18+	02:30+	01:27-	00:37+	01:24+	04:12-	00:55+	02:31+	01:02-	00:38+	00:25+
00:09&	00:30&	00:08+	00:07+	00:26-	00:44&	00:31&	00:35&	00:47&	01:01&	00:01-	00:43&	00:46&	00:14#	00:11+	00:03-	00:01+	00:12#	00:37-	00:09#	00:23#	00:01-	00:07#	380:00
3	Harr	v Brei	land			(66						44:58	3									
00:17+				07:43-	09:37-	11:02+	12:10+	13:35+	17:09+	18:55+	24:27+	25:52+	28:29+	31:26+	33:12+	33:47+	35:27+	39:21+	40:19+	42:39+	43:50+	44:36+	44:58+
00:17+	01:41+	01:55-	01:58-	01:52-	01:54+	01:25+	01:08+	01:25+	03:34-	01:46-	05:32+	01:25+	02:37+	02:57+	01:46+	00:35-	01:40+	03:54-	00:58+	02:20+	01:11+	00:46+	00:22+
00:02#	00:30&	00:06-	00:07-	00:44-	00:20#	00:21&	00:17&	00:18&	00:06-	00:04-	04:01@	00:05+	00:33&	00:38&	00:16#	00:01-	00:28&	00:55-	00:12&	00:12+	00:08#	00:15&	00:05&
4	Jan	Inge L	unde				88						46:25	5									
00:21+	03:02+	05:30+	07:53+	09:35+	11:51+	13:08+	14:11+	15:53+	19:13+	21:16+	23:04+	24:37+	27:28+	30:30+	32:52+	33:39+	35:16+	40:16+	41:10+	43:58+	45:16+	46:01+	46:25+
00:21+	02:41+	02:28+	02:23+	01:42-	02:16+	01:17+	01:03+	01:42+	03:20-	02:03+	01:48+	01:33+	02:51+	03:02+	02:22+	00:47+	01:37+	05:00+	00:54+	02:48+	01:18+	00:45+	00:24+
00:06&	01:30@	00:27#	00:18#	00:54-	00:42&	00:13#	00:12#	00:35&	00:20-	00:13#	00:17#	00:13#	00:47&	00:43&	00:52&	00:11&	00:25&	00:11+	00:08#	00:40&	00:15#	00:14&	00:07&
5	Ragi	nvald l	Frøyla	nd			128						47:51	1									
00:17+			05:57+		13:40+	15:19+	16:31+	18:14+	21:48+	23:31+	25:53+	27:30+	29:55+	32:30+	34:05+	34:45+	37:25+	42:18+	43:13+	45:41+	46:57+	47:32+	47:51+
00:17+	01:21+	02:12+	02:07+	02:43+	05:00+	01:39+	01:12+	01:43+	03:34-	01:43-	02:22+	01:37+	02:25+	02:35+	01:35+	00:40+	02:40+	04:53+	00:55+	02:28+	01:16+	00:35+	00:19+
00:02#	00:10#	00:11+	00:02+	00:07+	03:26@	00:35&	00:21&	00:36&	00:06-	00:07-	00:51&	00:17#	00:21#	00:16#	00:05+	00:04#	01:28@	00:04+	00:09#	00:20#	00:13#	00:04#	00:02#
6	Asg	eir Bel	I				117						47:55	5									
00:18+			09:38+	12:06+	13:42+	15:01+	18:58+	20:24+	23:30+	25:37+	27:22+	28:57+	31:17+	33:59+	35:41+	36:26+	38:09+	42:48+	43:40+	45:56+	47:02+	47:34+	47:55+
00:18+	01:19+	06:03+	01:58-	02:28-	01:36+	01:19+	03:57+	01:26+	03:06-	02:07+	01:45+	01:35+	02:20+	02:42+	01:42+	00:45+	01:43+	04:39-	00:52+	02:16+	01:06+	00:32+	00:21+
00:03#	00:08#	04:02@	00:07-	00:08-	00:02+	00:15#	03:06@	00:19&	00:34-	00:17#	00:14#	00:15#	00:16#	00:23#	00:12#	00:09#	00:31&	00:10-	00:06#	00:08+	00:03+	00:01+	00:04#
7	Kiell	Ivar S	kjøres	tad		9	92						51:52	2									
00:21+			06:16+		13:25+	14:49+	16:06+	17:40+	22:16+	24:16+	26:46+	28:10+	33:04+	35:56+	38:00+	38:38+	41:07+	46:20+	47:15+	49:41+	50:54+	51:33+	51:52+
00:21+	01:16+	02:12+	02:27+	02:47+	04:22+	01:24+	01:17+	01:34+	04:36+	02:00+	02:30+	01:24+	04:54+	02:52+	02:04+	00:38+	02:29+	05:13+	00:55+	02:26+	01:13+	00:39+	00:19+
00:06&	00:05+	00:11+	00:22#	00:11+	02:48@	00:20&	00:26&	00:27&	00:56&	00:10+	00:59&	00:04+	02:50@	00:33#	00:34&	00:02+	01:17@	00:24+	00:09#	00:18#	00:10#	380:00	00:02#

Plass	Navı	1					Klasse)					Tid											
8	Paul	A. Pa	ulsen				117						54:02	2										
00:21+				11:48+	13:32+	19:14+	22:11+	23:43+	27:57+	29:53+	31:42+	33:12+		_	40:38+	41:47+	43:42+	47:51+	49:00+	51:41+	53:04+	53:41+	54:02+	
00:21+			02:12+		01:44+											01:09+			01:09+	02:41+		00:37+		
00:06&	02:370			00:49&	00:10#			00:25&	00:34#	00:06+	00:18#	00:10#	00:25#	00:28#	00:40&	00:33&	00:43&	00:40-	00:23&	00:33&	00:20&	00:06#	00:04#	
9	Jan	Hetlan	ıd			2	29						58:51											
00:14-	02:38+	08:28+	10:21+	20:08+	22:20+	23:47+	25:00+	29:52+	33:27+	35:02+	37:08+	38:29+	40:34+	43:05+	44:37+	45:09+	47:13+	54:12+	54:47+	56:59+	57:57+	58:31+	58:51+	
	02:24+				02:12+		01:13+									00:32-				02:12+		00:34+		
00:01-	01:130	03:49@	00:12-	07:11@	00:38&			03:45@	00:05-	00:15-	00:35&	00:01+	00:01+	00:12+	00:02+	00:04-	00:52&	02:10&	00:11-	00:04+	00:05-	00:03+	00:03#	
10	Arne	Øste	nsen				395						1:00:	05										
00:19+	01:29+	05:02+	07:42+	09:20+	20:25+														53:31+	55:07+	57:52+	59:06+	59:40+	60:05+
	01:10-				11:05+											01:49+			03:46+					
00:04&				00:58-	09:31@			00:02+	01:48-	02:060	00:17#	00:24&			01:19&	01:13@	00:22-	03:20-	03:00@	00:32-	01:42@	00:43@	00:17&	00:25+
11	Svei	n Ove	Horpe	estad		(62						1:10:	19										
00:40+				17:03+												54:27+						69:45+		
00:40+					03:59+											00:50+				02:50+	01:25+			
00:25@				06:140	02:25@			02:40@	02:15&	01:24&	02:59@	01:17&			00:34&	00:14&	00:42&	02:02&	00:39&	00:42&	00:22&	00:22&	00:17&	
12	Olav	Habb	estad			•	116						1:16:	59										
00:25+				22:09+																				
00:25+	01:30+				02:12+											01:07+			00:44-	03:06+		01:06+	00:20+	
	00:19&			05:53@	00:38&			01:00&	00:32#	03:58@	01:50@	00:59&			01:08&	00:31&	00:15#	04:19&	00:02-	00:58&	00:14#	00:35@	00:03#	
13	Arne	Hope)			4	43						1:46:	14										
00:23+			09:24+																				105:39+	
00:23+				04:24+												06:00+							01:17+	
					01:19&	02:00@	03:410	19:460	02:35&	03:02@	02:26@	02:08@	04:30@	01:12&	00:27&	05:24@	00:48&	07:02@	01:06@	01:23&	01:02&	00:48@	01:00@	00:35+
Beste	strekk	tid for	' klass	en																				
00:14	01:10	01:55	01:53	01:38	01:34	01:04	00:51	01:07	01:52	01:35	01:31	01:20	01:34	02:19	01:27	00:32	00:50	01:29	00:35	01:36	00:58	00:31	00:17	

Herrer 75 - 79 år

1	Svei	n Gler	ıdrang	е		(86						44:58	3								
00:24=	02:10=	03:06=	05:52=	09:08=	10:57=	12:15=	14:01=	18:04=	19:17=	21:35=	24:52=	27:01=	29:11=	32:42=	34:21=	37:11=	40:00=	41:50=	43:17=	44:29=	44:58=	
00:24=	01:46=	00:56=	02:46=	03:16=	01:49=	01:18=	01:46=	04:03=	01:13=	02:18=	03:17=	02:09=	02:10=	03:31=	01:39=	02:50=	02:49=	01:50=	01:27=	01:12=	00:29=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Kjell	Svihu	IS			1	154						49:03	3								
00:19-	02:00-	05:13+	07:55+	09:18+	11:12+	12:52+	14:34+	18:36+	19:41+	26:43+	29:45+	31:22+	33:43+	37:08+	38:16+	41:25+	44:12+	46:01+	47:39+	48:41+	49:03+	
00:19-	01:41-	03:13+	02:42-	01:23-	01:54+	01:40+	01:42-	04:02-	01:05-	07:02+	03:02-	01:37-	02:21+	03:25-	01:08-	03:09+	02:47-	01:49-	01:38+	01:02-	00:22-	
00:05-	00:05-	02:17@	00:04-	01:53-	00:05+	00:22&	00:04-	00:01-	00:08-	04:44@	00:15-	00:32-	00:11+	00:06-	00:31-	00:19#	00:02-	00:01-	00:11#	00:10-	00:07-	
3	Knut	Skjæ	veland	i		ç	93						49:23	3								
00:24=	02:15+	03:09+	05:48-	07:24-	09:18-	11:16-	13:36-	17:15-	20:41+	24:28+	27:52+	29:39+	31:47+	35:07+	36:38+	40:50+	44:18+	46:17+	47:44+	48:57+	49:23+	
00:24=	01:51+																					
00:00=	00:05+	00:02-	00:07-	01:40-	00:05+	00:40&	00:34&	00:24-	02:13@	01:29&	00:07+	00:22-	00:02-	00:11-	00:08-	01:22&	00:39#	00:09+	00:00=	00:01+	00:03-	
4	Arvio	d Thor	sen			Ę	5						51:55	5								
00:21-	02:17+	03:05-	06:20+	07:35-	09:51-	11:29-	17:24+	19:31+	22:15+	23:30+	26:41+	29:34+	31:24+	34:48+	38:12+	39:26+	44:31+	47:09+	49:02+	50:23+	51:31+	51:55+
00:21-	01:56+	00:48-	03:15+	01:15-	02:16+	01:38+	05:55+	02:07-	02:44+	01:15-	03:11-	02:53+	01:50-	03:24-	03:24+	01:14-	05:05+	02:38+	01:53+	01:21+	01:08+	00:24+
00:03-	00:10+	00:08-	00:29#	02:01-	00:27#	00:20&	04:090	01:56-	01:31@	01:03-	00:06-	00:44&	00:20-	00:07-	01:45@	01:36-	02:16&	00:48&	00:26&	00:09#	00:390	00:24+
5	Olav	Dag E	Borger	sen		•	154						54:50)								
00:19-	01:55-	02:49-	05:47-	08:04-	11:54+	17:35+	19:04+	20:37+	24:39+	25:32+	32:47+	35:34+	37:24+	39:36+	42:57+	44:20+	47:18+	50:01+	51:54+	53:17+	54:28+	54:50+
00:19-	01:36-	00:54-	02:58+	02:17-	03:50+	05:41+	01:29-	01:33-	04:02+	00:53-	07:15+	02:47+	01:50-	02:12-	03:21+	01:23-	02:58+	02:43+	01:53+	01:23+	01:11+	00:22+
00:05-	00:10-	00:02-	00:12+	00:59-	02:01@	04:230	00:17-	02:30-	02:49@	01:25-	03:58@	00:38&	00:20-	01:19-	01:42@	01:27-	00:09+	00:53&	00:26&	00:11#	00:420	00:22+
6	Hern	nann S	Skogsh	nolm		ţ	53						56:49	9								
00:21-	02:16+	03:10+	05:54+	07:17-	08:55-	11:01-	13:08-	20:49+	24:21+	25:59+	30:26+	34:29+	36:35+	38:29+	41:41+	43:41+	48:48+	51:30+	53:16+	54:52+	56:18+	56:49+
00:21-	01:55+	00:54-	02:44-	01:23-	01:38-	02:06+	02:07+	07:41+	03:32+	01:38-	04:27+	04:03+	02:06-	01:54-	03:12+	02:00-	05:07+	02:42+	01:46+	01:36+	01:26+	00:31+
00:03-	00:09+	00:02-	00:02-	01:53-	00:11-	00:48&	00:21#	03:38&	02:190	00:40-	01:10&	01:54&	00:04-	01:37-	01:33&	00:50-	02:18&	00:52&	00:19#	00:24&	00:57@	00:31+
7	Øyvi	nd Eg	eskog			Į.	5						56:50)								
00:20-	02:42+	04:30+	07:39+	11:23+	20:28+	22:28+	24:40+	27:20+	28:26+	31:21+	34:41+	36:31+	39:07+	42:40+	44:09+	47:31+	51:12+	53:38+	55:06+	56:26+	56:50+	
00:20-	02:22+	01:48+	03:09+	03:44+	09:05+	02:00+	02:12+	02:40-	01:06-	02:55+	03:20+	01:50-	02:36+	03:33+	01:29-	03:22+	03:41+	02:26+	01:28+	01:20+	00:24-	
00:04-	00:36&	00:52&	00:23#	00:28#	07:16@	00:42&	00:26#	01:23-	00:07-	00:37&	00:03+	00:19-	00:26#	00:02+	00:10-	00:32#	00:52&	00:36&	00:01+	00:08#	00:05-	

Plass	Navı	า				İ	Klasse	•					Tid								
8	Norv	ald SI	crettin	a		-	43						1:03	:23							
00:25+					17:01+	19:33+	22:10+	25:57+	29:22+	33:54+	37:44+	40:40+		47:34+	49:39+	54:48+	57:54+	59:54+	61:27+	62:51+	63:23+
00:25+							02:37+							03:54+	02:05+	05:09+	03:06+	02:00+	01:33+	01:24+	00:32+
00:01+	00:25#	00:11#	02:23&	01:34-	04:380	01:14&	00:51&	00:16-	02:120	02:14&	00:33#	00:47&	00:50&	00:23#	00:26&	02:19&	00:17#	00:10+	00:06+	00:12#	00:03#
9	Kiell	Lang	vik			9	93						1:05	:02							
00:51+	03:05+	04:02+	07:29+	11:27+	16:01+	19:14+	24:55+	29:42+	34:01+	38:39+	42:46+	44:56+	47:46+	51:46+	53:28+	56:40+	59:44+	61:36+	63:07+	64:36+	65:02+
00:51+	02:14+	00:57+	03:27+	03:58+	04:34+	03:13+	05:41+	04:47+	04:19+	04:38+	04:07+	02:10+	02:50+	04:00+	01:42+	03:12+	03:04+	01:52+	01:31+	01:29+	00:26-
00:27@	00:28&	00:01+	00:41#	00:42#	02:45@	01:55@	03:55@	00:44#	03:06@	02:20@	00:50&	00:01+	00:40&	00:29#	00:03+	00:22#	00:15+	00:02+	00:04+	00:17#	00:03-
10	Reid	ar Ma	gne Li	land		(66						1:15	:06							
00:31+	03:10+	04:46+	09:01+	16:04+	20:51+	23:59+	26:35+	30:29+	32:20+	35:18+	43:28+	48:19+	50:55+	57:12+	59:25+	62:50+	68:11+	70:43+	72:37+	74:24+	75:06+
00:31+	02:39+	01:36+	04:15+	07:03+	04:47+	03:08+	02:36+	03:54-	01:51+	02:58+	08:10+	04:51+	02:36+	06:17+	02:13+	03:25+	05:21+	02:32+	01:54+	01:47+	00:42+
00:07&	00:53&	00:40&	01:29&	03:47@	02:58@	01:50@	00:50&	00:09-	00:38&	00:40&	04:53@	02:42@	00:26#	02:46&	00:34&	00:35#	02:32&	00:42&	00:27&	00:35&	00:13&
11	Olav	Hogn	estad			(92						1:16	:03							
00:22-				14:14+	23:16+	25:19+	26:57+	39:48+	41:56+	46:11+	53:10+	55:23+	57:51+	61:49+	63:24+	66:43+	69:54+	72:21+	74:13+	75:37+	76:03+
00:22-	01:59+	04:38+	04:11+	03:04-	09:02+	02:03+	01:38-	12:51+	02:08+	04:15+	06:59+	02:13+		03:58+	01:35-	03:19+	03:11+	02:27+	01:52+	01:24+	00:26-
00:02-	00:13#	03:420	01:25&	00:12-	07:13@	00:45&	00:08-	08:48@	00:55&	01:57&	03:420	00:04+	00:18#	00:27#	00:04-	00:29#	00:22#	00:37&	00:25&	00:12#	00:03-
12	Torn	nod Aa	aslid				54						1:17	:05							
00:31+	03:20+	04:48+	11:29+	16:47+	19:48+	21:41+	24:34+	37:11+	41:03+	45:21+	49:45+	53:16+	55:27+	58:54+	60:50+	64:35+	71:09+	73:12+	74:59+	76:32+	77:05+
00:31+			06:41+											03:27-					01:47+	01:33+	00:33+
00:07&	01:03&	00:32&	03:55@	02:02&	01:12&	00:35&	01:07&	08:34@	02:39@	02:00&	01:07&	01:22&	00:01+	00:04-	00:17#	00:55&	03:45@	00:13#	00:20#	00:21&	00:04#
13	Man	gor Ei	keland	1		(92						1:33	:08							
00:37+	03:39+	05:32+	11:43+	14:47+	21:07+	24:33+	28:09+	34:31+	38:59+	45:55+	52:47+	56:32+	60:11+	65:41+	68:17+	79:23+	84:04+	87:28+	90:02+	92:12+	93:08+
00:37+	03:02+	01:53+	06:11+	03:04-	06:20+	03:26+	03:36+	06:22+	04:28+	06:56+	06:52+	03:45+	03:39+	05:30+	02:36+	11:06+	04:41+	03:24+	02:34+	02:10+	00:56+
00:13&	01:16&	00:57@	03:25@	00:12-	04:310	02:08@	01:50@	02:19&	03:150	04:380	03:35@	01:36&	01:29&	01:59&	00:57&	08:160	01:52&	01:34&	01:07&	00:58&	00:27&
Beste	strekk	tid for	klass	en																	
00:19	01:36	00:48	02:39	01:15	01:38	01:18	01:29	01:33	01:05	00:53	03:02	01:37	01:50	01:54	01:08	01:14	02:47	01:49	01:27	01:02	00:22

Herrer 80 år og eldre

1	Alf G	yland				,	92						47:58	В							
01:08=			07:46=	09:44=	11:43=	14:29=	18:32=	20:21=	23:46=	26:41=	29:25=	33:12=	35:20=	37:24=	38:59=	40:39=	43:08=	44:18=	46:01=	47:26=	47:58=
01:08=	01:55=	01:13=	03:30=	01:58=	01:59=	02:46=	04:03=	01:49=	03:25=	02:55=	02:44=	03:47=	02:08=	02:04=	01:35=	01:40=	02:29=	01:10=	01:43=	01:25=	00:32=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Hara	ıld Vat	ne			(67						52:2°	1							
01:09+	04:06+	05:00+	08:07+	15:38+	17:31+	19:32+	22:25+	24:05+	26:42+	30:21+	32:56+	36:11+	38:21+	40:08+	41:53+	43:35+	45:23+	48:53+	50:23+	51:56+	52:21+
01:09+	02:57+	00:54-	03:07-	07:31+	01:53-	02:01-	02:53-	01:40-	02:37-	03:39+	02:35-	03:15-	02:10+	01:47-	01:45+	01:42+	01:48-	03:30+	01:30-	01:33+	00:25-
00:01+	01:02&	00:19-	00:23-	05:33@	00:06-	00:45-	01:10-	00:09-	00:48-	00:44&	00:09-	00:32-	00:02+	00:17-	00:10#	00:02+	00:41-	02:20@	00:13-	00:08+	00:07-
3	Arne	Bran	dsberd	1		1	29						59:50	6							
01:16+	03:21+	04:34+	08:50+	14:58+	17:17+	19:28+	24:09+	26:12+	31:17+	34:44+	37:54+	42:08+	45:45+	47:59+	50:11+	51:57+	54:17+	55:52+	57:50+	59:16+	59:56+
01:16+	02:05+	01:13=	04:16+	06:08+	02:19+	02:11-	04:41+	02:03+	05:05+	03:27+	03:10+	04:14+	03:37+	02:14+	02:12+	01:46+	02:20-	01:35+	01:58+	01:26+	00:40+
00:08#	00:10+	00:00=	00:46#	04:10@	00:20#	00:35-	00:38#	00:14#	01:40&	00:32#	00:26#	00:27#	01:29&	00:10+	00:37&	00:06+	00:09-	00:25&	00:15#	00:01+	00:08#
4	Sigu	rd Kro	sli			(93						1:04:	:03							
01:55+	03:58+	05:05+	09:46+	11:52+	21:16+	24:31+	28:58+	30:51+	33:35+	37:46+	40:42+	44:24+	45:30+	47:40+	49:48+	55:59+	57:59+	59:31+	61:37+	63:20+	64:03+
01:55+	02:03+	01:07-	04:41+	02:06+	09:24+	03:15+	04:27+	01:53+	02:44-	04:11+	02:56+	03:42-	01:06-	02:10+	02:08+	06:11+	02:00-	01:32+	02:06+	01:43+	00:43+
00:47&	00:08+	00:06-	01:11&	+80:00	07:25@	00:29#	00:24+	00:04+	00:41-	01:16&	00:12+	00:05-	01:02-	00:06+	00:33&	04:310	00:29-	00:22&	00:23#	00:18#	00:11&
5	Jan	Bekke	heien			9	92						1:06:	40							
01:27+	03:56+	05:33+	09:15+	20:40+	23:19+	25:57+	29:46+	32:00+	36:20+	42:22+	45:58+	49:52+	51:20+	54:26+	56:36+	58:46+	60:53+	62:46+	64:34+	66:07+	66:40+
01:27+	02:29+	01:37+	03:42+	11:25+	02:39+	02:38-	03:49-	02:14+	04:20+	06:02+	03:36+	03:54+	01:28-	03:06+	02:10+	02:10+	02:07-	01:53+	01:48+	01:33+	00:33+
00:19&	00:34&	00:24&	00:12+	09:27@	00:40&	00:08-	00:14-	00:25#	00:55&	03:07@	00:52&	00:07+	00:40-	01:02&	00:35&	00:30&	00:22-	00:43&	00:05+	00:08+	00:01+
6	Terje	Brau	t			9	92						1:10:	:10							
01:06-	03:10+	04:25+	08:45+	22:09+	27:53+	30:51+	38:04+	39:17+	41:57+	44:40+	46:38+	54:27+	57:06+	59:02+	60:53+	62:53+	65:00+	66:31+	68:21+	69:40+	70:10+
01:06-	02:04+	01:15+	04:20+	13:24+	05:44+	02:58+	07:13+	01:13-	02:40-	02:43-	01:58-	07:49+	02:39+	01:56-	01:51+	02:00+	02:07-	01:31+	01:50+	01:19-	00:30-
00:02-	00:09+	00:02+	00:50#	11:260	03:45@	00:12+	03:10&	00:36-	00:45-	00:12-	00:46-	04:02@	00:31#	00:08-	00:16#	00:20#	00:22-	00:21&	00:07+	00:06-	00:02-
7	Kjell	Maud	lal				63						1:10:	46							
02:53+	06:22+	08:26+	13:21+	24:47+	27:26+	30:06+	33:52+	36:02+	40:19+	46:17+	50:04+	53:56+	55:23+	58:34+	60:39+	62:46+	64:57+	66:48+	68:41+	70:10+	70:46+
02:53+	03:29+	02:04+	04:55+	11:26+	02:39+	02:40-	03:46-	02:10+	04:17+	05:58+	03:47+	03:52+	01:27-	03:11+	02:05+	02:07+	02:11-	01:51+	01:53+	01:29+	00:36+
01:45@	01:34&	00:51&	01:25&	09:28@	00:40&	00:06-	00:17-	00:21#	00:52&	03:03@	01:03&	00:05+	00:41-	01:07&	00:30&	00:27&	00:18-	00:41&	00:10+	00:04+	00:04#

гіаээ	IVavi	•					Niasse	7					Hu												
			r klass		01:53	02:01	02:53	01:13	02:37	02:43	01:58	03:15	01:06	01:47	01:35	01:40	01:48	01:10	01:30	01:19	00:25				
= Som k	lassevin	ner, -	- raskere	, + se	nere, #	10% ta	p, & 25	5% tap,	@ 100%	₀́ tap.															
Herre	r A																								
00:32=	01:30= 00:58= 00:00= 41:09= 00:14=	01:00=	05:14= 02:44=	01:18=	01:50=	09:39= 01:17=	01:43=	01:33=	00:38=	01:18=	01:03=	01:35=	01:10=	19:29= 00:50=	02:11=	01:21=	01:44=	01:49=	02:24=	03:01=	03:26=	01:29=	01:33=	39:32= 01:05= 00:00=	00:45=
00:38+ 00:06# 48:40+ 00:48+	01:42+ 01:04+	02:39+ 00:57- 00:03- 49:36+ 00:17+	- 03:20+ - 00:36#	08:09+ 02:10+	01:56+	11:28+ 01:23+	00:33-	01:41+	02:07+	00:35-	01:09+	01:11-	01:46+	21:45+ 01:15+	01:01-	02:27+	02:08+	01:55+	03:28+	02:47-	03:27+	03:47+	01:41+	46:27+ 02:01+ 00:56&	01:25+
00:50+	01:47+ 00:57- 00:01- 50:53+ 00:17+	02:58+ 01:11+	03:02+	09:53+ 03:53+	11:53+ 02:00+	13:08+ 01:15-	02:31+	02:12+	00:38=	01:20+	01:08+	01:46+	01:32+	25:25+ 01:10+	02:19+	02:18+	02:00+	02:26+	03:00+	03:11+	03:43+	01:42+	01:31-	49:07+ 01:32+ 00:27&	00:50+
00:34+	01:53+ 01:19+ 00:21& 55:06+ 00:13-	03:06+ 01:13+	03:46+	02:01+	02:22+	12:56+ 01:41+	02:10+	02:23+	00:43+	01:48+	01:32+	02:01+	01:32+	26:11+ 01:06+	02:33+	02:06+	02:22+	02:39+	03:16+	05:06+	04:01+	01:48+	01:43+	53:18+ 01:33+ 00:28&	00:56+
01:12+	02:31+ 01:19+ 00:21& 61:41+ 00:14=	01:15+	- 07:45+ - 03:59+	02:07+	03:24+	16:36+ 03:20+	02:07+	02:43+	00:44+	01:33+	01:17+	01:58+	02:25+	31:17+ 01:54+	02:39+	02:26+	02:42+	02:57+	04:59+	03:32+	04:15+	01:53+	01:49+	59:52+ 01:23+ 00:18&	00:51+
00:51+ 00:51+ 00:19& 65:19+ 00:49+	Håkc 02:09+ 01:18+	03:32+ 01:23+ 00:23& 66:09+ 00:14+	03:49+ 01:05&	05:04+	02:01+	16:19+ 01:53+	02:36+	04:37+	00:42+	01:59+	01:42+	02:14+	01:05-	36:03+ 04:49+	01:06-	02:39+	02:06+	02:13+	02:48+	04:10+	03:15-	05:07+	01:34+	63:00+ 01:59+ 00:54&	01:30+
7 00:42+ 00:42+	Andr 01:53+ 01:11+ 00:13# 68:37+ 00:15+	eas N 03:36+ 01:43+	Mykkel 07:11+ 03:35+	10:13+ 03:02+	14:00+ 03:47+	21:20+ 07:20+	02:00+	02:32+	01:16+	01:37+	01:20+	01:58+	02:07+	35:37+ 01:27+	02:29+	03:26+	03:32+	03:08+	07:09+	03:09+	03:48+	01:42+	01:21-	66:47+ 01:26+ 00:21&	00:52+
00:44+	01:55+ 01:11+ 00:13#	03:14+ 01:19+	04:00+	13:02+ 05:48+	02:49+	17:36+ 01:45+	06:34+	02:18+	00:56+	01:38+	01:40+	02:03+	01:53+	35:50+ 01:12+	02:39+	05:05+	04:04+	03:33+	03:40+	03:53+	04:15+	02:46+	04:52+	72:19+ 01:42+ 00:37&	00:59+

Tid

Plass Navn

74:06+ 74:27+ 00:48+ 00:21+ 00:10& 00:07& Klasse

Herre	er B			
00:32= 00:00= 48:48=	01:07= 01:04= 03:10= 02:15=	02:03= 01:18= 01:55= 02:21= 00:42= 0	01:50= 01:02= 01:43= 01:38= 00:57= 02	5:51= 28:22= 30:35= 33:36= 36:08= 39:32= 42:56= 44:32= 45:59= 47:10= 48:04= 2:14= 02:31= 02:13= 03:01= 02:32= 03:24= 03:24= 01:36= 01:27= 01:11= 00:54= 0:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
2 00:36+ 00:36+ 00:04# 51:34+ 00:48+	01:23+ 01:12+ 04:04+ 01:38-	01:54- 01:25+ 01:36- 02:22+ 00:59+ 0	01:25- 01:46+ 02:05+ 01:24- 01:07+ 02	7:28+ 29:26+ 31:26+ 34:08+ 37:18+ 40:48+ 44:53+ 46:48+ 48:21+ 49:48+ 50:46+ 2:32+ 01:58- 02:00- 02:42- 03:10+ 03:30+ 04:05+ 01:55+ 01:33+ 01:27+ 00:58+ 0:18# 00:33- 00:13- 00:19- 00:38# 00:06+ 00:41# 00:19# 00:06+ 00:16# 00:04+
3 00:42+ 00:42+ 00:10& 52:02+	Stein Arne Olsen 01:59+ 03:20+ 07:13+ 08:44+ 01:17+ 01:21+ 03:53+ 01:31- 00:10# 00:17@ 00:43# 00:44- 52:18+ 00:16-	01:52- 01:41+ 01:49- 02:35+ 00:44+ 0	01:22- 01:29+ 01:59+ 01:35- 01:56+ 02:	8:21+ 30:12+ 32:24+ 35:15+ 38:10+ 41:32+ 45:25+ 47:17+ 48:54+ 50:16+ 51:14+ 2:35+ 01:51- 02:12- 02:51- 02:55+ 03:22- 03:53+ 01:52+ 01:37+ 01:22+ 00:58+ 0:21# 00:40- 00:01- 00:10- 00:23# 00:02- 00:29# 00:16# 00:10# 00:11# 00:04+
00:37+ 00:05# 52:21+ 00:43-	01:06- 01:00- 03:18+ 01:49-	02:11+ 01:22+ 02:16+ 02:28+ 00:48+ 0	01:11- 01:20+ 01:56+ 01:25- 01:10+ 02	6:26+ 31:10+ 33:20+ 35:42+ 38:41+ 41:54+ 45:46+ 47:40+ 49:14+ 50:35+ 51:38+ 2:29+ 04:44+ 02:10- 02:22- 02:59+ 03:13- 03:52+ 01:54+ 01:34+ 01:21+ 01:03+ 0:15# 02:13& 00:03- 00:39- 00:27# 00:11- 00:28# 00:18# 00:07+ 00:10# 00:09#
00:44+ 00:12& 53:07+ 00:51+	01:02- 01:07+ 03:37+ 06:02+ 00:05- 00:03+ 00:27# 03:47@ 53:22+	02:33+ 01:28+ 02:13+ 01:57- 00:43+ 0	01:20- 01:15+ 01:46+ 01:19- 01:09+ 02	1:00+ 33:03+ 34:56+ 37:01+ 39:41+ 42:56+ 46:31+ 48:39+ 50:12+ 51:27+ 52:16+ 2:45+ 02:03- 01:53- 02:05- 02:40+ 03:15- 03:35+ 02:08+ 01:33+ 01:15+ 00:49- 0:31# 00:28- 00:20- 00:56- 00:08+ 00:09- 00:11+ 00:32& 00:06+ 00:04+ 00:05-
00:40+ 00:08# 58:08+ 00:44=	01:26+ 01:15+ 04:00+ 02:37+	02:58+ 03:14+ 02:42+ 02:17- 00:47+ 0	01:20- 01:38+ 01:55+ 01:21- 01:01+ 02:	2:02+ 34:49+ 37:56+ 40:59+ 44:21+ 47:38+ 51:16+ 52:53+ 54:45+ 56:32+ 57:24+ 2:51+ 02:47+ 03:07+ 03:03+ 03:22+ 03:17- 03:38+ 01:37+ 01:52+ 01:47+ 00:52- 0:37& 00:16# 00:54& 00:02+ 00:50& 00:07- 00:14+ 00:01+ 00:25& 00:36& 00:02-
00:52+ 00:20&	01:18+ 01:15+ 03:13+ 01:15- 00:11# 00:11# 00:03+ 01:00- 58:33+ 00:20+	01:46- 01:50+ 01:28- 02:08- 00:37- 0	01:24- 01:22+ 01:50+ 01:11- 01:07+ 03	5:42- 33:24+ 36:21+ 39:57+ 42:52+ 46:35+ 50:26+ 52:32+ 54:37+ 56:21+ 57:25+ 3:06+ 07:42+ 02:57+ 03:36+ 02:55+ 03:43+ 03:51+ 02:06+ 02:05+ 01:44+ 01:04+ 0:52& 05:11@ 00:44& 00:35# 00:23# 00:19+ 00:27# 00:30& 00:38& 00:33& 00:10#
00:33+ 00:01+ 57:59+ 00:55+	01:03- 01:07+ 03:18+ 01:39-	03:33+ 01:21+ 00:54- 02:53+ 02:08+ 0	00:39- 01:19+ 01:12- 01:49+ 01:24+ 00	5:51= 28:13- 30:04- 33:14- 36:34+ 39:18- 42:16- 45:49+ 47:41+ 54:20+ 57:04+ 0:59- 02:22- 01:51- 03:10+ 03:20+ 02:44- 02:58- 03:33+ 01:52+ 06:39+ 02:44+ 1:15- 00:09- 00:22- 00:09+ 00:48& 00:40- 00:26- 01:57@ 00:25& 05:28@ 01:50@

21.06.2023 23.06.34

Side:24

Tid

Beste strekktid for klassen
00:32 00:57 00:57 02:44 01:18 01:50 01:15 00:33 01:33 00:38 00:35 01:03 01:11 01:05 00:50 01:01 01:21 01:44 01:49 02:24 02:47 03:15 01:29 01:21 01:05 00:45 00:38 00:13

Plass Navn

Klasse

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

Plass	Navn	Klasse	Tid
00:40+ 00:08# 61:24+ 01:00+	01:20+ 01:11+ 03:35+ 02:58+ 02:15+ 01:3	76 4+ 19:32+ 21:29+ 22:30+ 23:07+ 24:43+ 26:34+ 5+ 05:58+ 01:57- 01:01+ 00:37- 01:36+ 01:51+ 7# 04:03@ 00:24- 00:19@ 01:13- 00:34@ 00:08+	
10 00:50+ 00:50+ 00:18& 67:09+ 00:46+	Geir Sand 02:09+ 03:37+ 07:00+ 12:20+ 14:40+ 16:3 01:19+ 01:28+ 03:23+ 05:20+ 02:20+ 01:5	1+ 01:40- 03:25+ 00:44+ 01:36- 01:20+ 01:57+	1:07:26 28:39+ 29:52+ 38:24+ 41:58+ 44:27+ 47:13+ 53:09+ 56:35+ 60:20+ 62:04+ 63:33+ 65:25+ 66:23+ 01:26- 01:13+ 08:32+ 03:34+ 02:29+ 02:46- 05:56+ 03:26+ 03:45+ 01:44+ 01:29+ 01:52+ 00:58+ 00:12- 00:16\(\alpha \) 06:18\(\alpha \) 01:03\(\alpha \) 00:16\(\alpha \) 00:15- 03:24\(\alpha \) 00:02+ 00:21\(\alpha \) 00:08+ 00:02+ 00:04+ \(\alpha \)
01:02+ 00:30& 68:26+ 01:02+	01:51+ 01:47+ 04:33+ 02:20+ 02:43+ 02:1	4+ 02:55+ 02:45+ 01:08+ 01:58+ 01:36+ 02:38+	1:08:49 31:19+ 33:16+ 37:10+ 40:19+ 43:01+ 46:14+ 50:03+ 54:48+ 59:47+ 62:10+ 64:11+ 66:11+ 67:24+ 01:49+ 01:57+ 03:54+ 03:09+ 02:42+ 03:13+ 03:49+ 04:45+ 04:59+ 02:23+ 02:01+ 02:00+ 01:13+ 00:11# 01:00@ 01:40& 00:38& 00:29# 00:12+ 01:17& 01:21& 01:35& 00:47& 00:34& 00:49& 00:19&
00:57+ 00:25& 74:45+ 00:56+	01:08+ 01:18+ 07:50+ 05:44+ 03:36+ 02:2	2+ 02:13+ 04:14+ 00:54+ 01:25- 01:37+ 02:07+	1:15:01 37:43+ 39:02+ 42:56+ 45:34+ 48:25+ 51:49+ 56:27+ 59:59+ 64:48+ 67:25+ 70:54+ 72:36+ 73:49+ 02:18+ 01:19+ 03:54+ 02:38+ 02:51+ 03:24+ 04:38+ 03:32+ 04:49+ 02:37+ 03:29+ 01:42+ 01:13+ 00:40& 00:22& 01:40& 00:07+ 00:38& 00:23# 02:06& 00:08+ 01:25& 01:01& 02:02@ 00:31& 00:19&
13 00:41+ 00:41+ 00:09& 78:46+ 00:45+	Thomas Johansen 02:09+ 03:44+ 11:30+ 15:02+ 18:32+ 24:30 01:28+ 01:35+ 07:46+ 03:32+ 03:30+ 05:50	8+ 03:43+ 04:43+ 00:51+ 01:35- 01:31+ 02:08+	1:19:02 41:15+ 42:33+ 49:43+ 52:06+ 54:33+ 57:29+ 62:15+ 65:47+ 71:14+ 73:19+ 75:13+ 77:00+ 78:01+ 02:14+ 01:18+ 07:10+ 02:23- 02:27+ 02:56- 04:46+ 03:32+ 05:27+ 02:05+ 01:54+ 01:47+ 01:01+ 00:36& 00:21& 04:56@ 00:08- 00:14# 00:05- 02:14& 00:08+ 02:03& 00:29& 00:27& 00:36& 00:07#
	strekktid for klassen	18 00:54 01:57 00:37 00:37 01:02 01:12	01:11 00:57 00:59 01:51 01:51 02:05 02:25 02:44 02:58 01:36 01:27 01:11 00:49 00:43 00:1

Herrer C

1	Kieti	il Wira	k				114						48:21												
00:49=		02:30=		07:10=	09:24=	11:11=	13:19=	15:39=	16:28=	17:46=	19:43=	20:54=		28:47=	30:47=	32:47=	35:03=	37:33=	40:51=	43:00=	45:39=	46:22=	47:18=	48:03=	48:21=
00:49=	00:57=	00:44=	02:43=	01:57=	02:14=	01:47=	02:08=							05:19=		02:00=	02:16=	02:30=	03:18=	02:09=	02:39=	00:43=	00:56=	00:45=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Terio	e Mich	aelser	1		4	17						51:39	9											
01:09+		02:53+	05:58+	08:00+	09:53+	11:53+	13:34+	15:17-	16:09-	17:30-	19:36-	21:05+	23:48+	32:54+	34:26+	36:27+	38:48+	41:20+	44:45+	46:37+	49:12+	49:49+	50:41+	51:21+	51:39+
01:09+	01:03+	00:41-	03:05+	02:02+	01:53-	02:00+	01:41-	01:43-	00:52+	01:21+	02:06+	01:29+	02:43+	09:06+	01:32-	02:01+	02:21+	02:32+	03:25+	01:52-	02:35-	00:37-	00:52-	00:40-	00:18=
00:20&	00:06#	00:03-	00:22#	00:05+	00:21-	00:13#	00:27-	00:37-	00:03+	00:03+	00:09+	00:18&	00:09+	03:47&	00:28-	00:01+	00:05+	00:02+	00:07+	00:17-	00:04-	00:06-	00:04-	00:05-	00:00=
3	Mort	ten Aa	modt			•	116						54:24	1											
01:53+	02:49+	03:29+	06:16+	07:44+	10:04+	11:52+	16:04+	18:36+	20:00+	21:45+	24:06+	26:43+	29:44+	32:50+	34:58+	37:14+	39:35+	42:17+	46:14+	48:24+	51:22+	52:08+	53:09+	54:01+	54:24+
01:53+	00:56-	00:40-	02:47+	01:28-	02:20+	01:48+	04:12+	02:32+	01:24+	01:45+	02:21+	02:37+	03:01+	03:06-	02:08+	02:16+	02:21+	02:42+	03:57+	02:10+	02:58+	00:46+	01:01+	00:52+	00:23+
01:04@	00:01-	00:04-	00:04+	00:29-	00:06+	00:01+	02:04&	00:12+	00:35&	00:27&	00:24#	01:26@	00:27#	02:13-	00:08+	00:16#	00:05+	00:12+	00:39#	00:01+	00:19#	00:03+	00:05+	00:07#	00:05&
4	Svei	n Odd	var Ne	tland		1	116						56:07	7											
01:09+	02:19+	03:16+	06:32+	08:27+	11:09+	13:31+	16:11+	18:38+	20:12+	22:13+	24:42+	26:12+	29:20+	32:55+	35:00+	37:39+	40:33+	43:20+	47:29+	49:51+	52:56+	53:58+	54:56+	55:52+	56:07+
01:09+	01:10+	00:57+	03:16+	01:55-	02:42+	02:22+	02:40+	02:27+	01:34+	02:01+	02:29+	01:30+	03:08+	03:35-	02:05+	02:39+	02:54+	02:47+	04:09+	02:22+	03:05+	01:02+	00:58+	00:56+	00:15-
00:20&	00:13#	00:13&	00:33#	00:02-	00:28#	00:35&	00:32#	00:07+	00:45&	00:43&	00:32&	00:19&	00:34#	01:44-	00:05+	00:39&	00:38&	00:17#	00:51&	00:13#	00:26#	00:19&	00:02+	00:11#	00:03-
5	Leif	Kjetil I	Hinna	Gause	el	1	116						56:27	7											
01:12+	02:17+			08:08+	10:18+	13:47+	15:52+	18:14+	19:03+	20:16+	22:54+	23:58+	28:05+	36:18+	38:09+	40:26+	42:54+	45:31+	49:08+	51:02+	53:44+	54:38+	55:29+	56:12+	56:27+
01:12+	01:05+	00:43-	03:02+	02:06+	02:10-	03:29+	02:05-	02:22+	00:49=	01:13-	02:38+	01:04-	04:07+	08:13+	01:51-	02:17+	02:28+	02:37+	03:37+	01:54-	02:42+	00:54+	00:51-	00:43-	00:15-
00:23&	00:08#	00:01-	00:19#	00:09+	00:04-	01:42&	00:03-	00:02+	00:00=	00:05-	00:41&	00:07-	01:33&	02:54&	00:09-	00:17#	00:12+	00:07+	00:19+	00:15-	00:03+	00:11&	00:05-	00:02-	00:03-

												Tid						Klasse	ŀ				n	Nav	Plass
											•	56:49						116	1			ggraf	nd Ber	Øivi	6
																							03:34+		
																							01:13+ 00:29&		
											9	57:09						46	2		nark	en Lan	nd Nils	Tror	7
											33:45+	28:42+						15:05+	12:41+		08:03+	06:32+	03:04+	02:22+	01:01+
																							00:42- 00:02-		
00:02#	00:12&	00:07#	00:10#	00:25#	00:06+	00:39#	00:35#	00:10#	00:40&	00:20#	_	57:39	00:40&	00:33&	00:29&	00:46&	00:1/#			00:14#	00:26-		ein Ha		00:12#
57:39+	57:15+	56:21+	55:14+	54:25+	51:25+	49:06+	45:20+	42:26+	39:53+	37:06+	-	• • • • •	28:24+	26:36+	24:27+	22:44+	21:41+	116 17:48+	-	13:14+	10:52+		ен па 03:56+		01:27+
00:24+	00:54+	01:07+	00:49+	03:00+	02:19+	03:46+	02:54+	02:33+	02:47+	02:17+	03:25-	03:00+	01:48+	02:09+	01:43+	01:03+	03:53+	02:19+	02:15+	02:22+	03:20+	03:36+	01:03+	01:26+	01:27+
00:06&	00:09#	00:11#	00:06#	00:21#	00:10+	00:28#	00:24#	00:17#	00:47&	00:17#	_		00:37&	00:12#	00:25&	00:14&	01:33&		_	00:08+	01:23&		00:19&		00:38&
E7.401	E7.201	EC. 27.	EE - 2.C.	E4-001	E1.141	40.001	45.101	40 - 41 +	20.51.	27.261		57:48	26.201	24.541	22.221	20.551	10.541	33		10.50	10.451		John \		9
																							05:39+ 00:47+		
																							00:03+		
												57:51						32	E				l Terje		10
																							03:32+		
											_								_						
											38:43+	26:27+						14:26+	12:25+		08:01+	06:10+	02:53+	02:07+	01:02+
00:02-	00:02+	00:03-	00:03+	00:31#	00:16-	00:08+	00:11+	00:04+	00:25#	00:10-			00:13-	00:01+	00:01-	00:1/&	01:30%			00:19#			_		
61:31+	61:14+	60:31+	59:10+	58:12+	54:59+	52:39+	48:25+	45:28+	42:40+	40:19+	• -		30:10+	26:40+	24:23+	21:24+	20:26+		·	13:36+					
																							00:50+		
00:01-	00:02-	00:25&	00:15&	00:34#	00:11+	00:56&	00:27#	00:32#	00:21#	00:11+			02:190	00:20#	01:41@	00:09#	00:02-			00:26#	02:460		00:06#		
60.041	67 16	66 15:	65 00.	60.00.	FO 01:	FF 10:	FO 16:	40 10	40.00.	20 10.			00 01	07 40	05.061	00 05:	01 04			12 05.	00 10.				
																							00:14&		00:23&
																									00:19+
											10	1.12.						116	,		^	Kyami	in Erik	Svoi	
72:18+	71:53+	70:54+	69:43+	68:41+	65:21+	62:42+	58:11+	54:29+	49:46+	46:55+			30:43+	29:15+	26:49+	24:48+	23:35+		·	13:01+			03:28+		
																							00:53+		
00:07&	00:14&	00:15&	00:19&	00:41&	00:30#	01:13&	01:12&	02:27@	00:51&	00:30#			00:17#	00:29#	00:43&	00:24&	00:25#			00:21#	01:23&	_		_	
72.041	72.421	71.2/1	70.101	60.01.	65.21.	62.201	57.401	54.021	10.561	45.101			24.551	22.221	21.01.	20.451	27.21.		·	10.001	15.01.				
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												1:16:						46					tein Fu		16
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	00:08# 58:54+ 00:47+ 00:02+ 61:14+ 00:43- 00:02- 67:16+ 01:01+ 00:166 71:53+ 00:59+ 00:146 72:43+ 01:09+ 00:246 76:12+ 01:04+ 00:196 81:13+ 01:10+	01:14@ 58:07+ 00:53- 00:03- 60:31+ 01:21+ 00:25& 66:15+ 00:53- 00:03- 70:54+ 01:11+ 00:15& 71:34+ 01:24+ 00:28& 75:08+ 01:29+ 00:33& 80:03+ 01:21+	00:05# 57:14+ 00:46+ 00:03+ 59:10+ 00:58+ 00:15& 65:22+ 03:19+ 02:36@ 69:43+ 01:02+ 00:19& 70:10+ 01:09+ 00:26& 73:39+ 01:01+ 00:18& 78:42+ 01:02+	00:29# 56:28+ 03:10+ 00:31# 58:12+ 03:13+ 00:34# 62:03+ 02:42+ 00:03+ 68:41+ 03:20+ 00:41& 69:01+ 03:40+ 01:01& 72:38+ 03:54+ 01:15& 77:40+ 03:57+	00:07+ 53:18+ 01:53- 00:16- 54:59+ 02:20+ 00:11+ 59:21+ 04:02+ 01:53& 65:21+ 02:39+ 00:30# 65:21+ 02:53+ 00:44& 68:44+ 02:35+ 00:26# 73:43+ 02:46+	01:16& 51:25+ 03:26+ 00:08+ 52:39+ 04:14+ 00:56& 55:19+ 03:03- 00:15- 62:42+ 04:31+ 01:13& 62:28+ 04:39+ 01:21& 66:09+ 04:20+ 01:02& 70:57+ 04:49+	00:38& 47:59+ 02:41+ 00:11+ 48:25+ 02:57+ 00:27# 52:16+ 03:03+ 00:33# 58:11+ 03:42+ 01:12& 57:49+ 03:47+ 01:17% 61:49+ 03:23+ 00:53& 66:08+ 03:42+	00:11+ 45:18+ 02:20+ 00:04+ 45:28+ 02:48+ 00:32# 49:13+ 06:35+ 04:19@ 54:29+ 04:43+ 02:27@ 54:02+ 05:06+ 02:50@ 58:26+ 04:10+ 01:54& 62:26+ 03:00+	42:58+ 02:25+ 00:25# 42:40+ 02:21+ 00:21# 42:38+ 03:20+ 01:20& 49:46+ 02:51+ 00:51& 48:56+ 03:46+ 01:46& 54:16+ 03:24+ 01:24& 59:26+ 03:35+	00:10+ 40:33+ 01:50- 00:10- 40:19+ 02:11+ 00:11+ 39:18+ 02:40+ 00:40& 46:55+ 02:30+ 00:30# 45:10+ 02:42+ 00:42& 50:52+ 02:22+ 00:22# 55:51+ 11:12+	02:01-) 38:43+ 12:16+ 06:576 31 38:08+ 04:47- 00:32- 23 36:38+ 04:04- 01:15- 18 44:25+ 08:20+ 03:01& 04 42:28+ 03:01& 04 42:28+ 03:01- 00:18- 40 44:39+ 11:02+	00:26# 59:10 26:27+ 02:32- 00:02- 1:01: 33:21+ 00:37# 1:08: 32:34+ 03:33+ 00:59& 1:12: 36:05+ 02:48e 1:13: 38:44+ 03:49+ 01:15& 1:16: 43:29+ 03:24+ 00:50& 1:21: 33:37+ 03:19+	00:26& 23:55+ 00:58- 00:13- 30:10+ 03:30+ 02:19@ 29:01+ 01:19+ 00:08# 30:43+ 01:28+ 00:17# 34:55+ 01:22+ 00:11# 40:05+ 01:29+ 00:18& 30:18+ 01:33+	22:57+ 01:58+ 00:01+ 26:40+ 02:17+ 00:20# 27:42+ 02:36+ 00:39% 29:15+ 02:26+ 00:29# 33:33+ 02:32+ 00:35% 38:36+ 02:32+ 00:35%	20:59+ 01:17- 00:01- 24:23+ 02:59+ 01:41@ 25:06+ 02:31+ 01:13& 26:49+ 02:01+ 00:43& 31:01+ 02:16+ 00:58& 36:04+ 01:44+ 00:26& 25:58+ 01:33+	00:14& 19:42+ 01:06+ 00:17& 21:24+ 00:58+ 00:09# 22:35+ 01:01+ 00:12# 24:48+ 01:13+ 00:24& 28:45+ 01:24+ 00:35& 34:20+ 01:50+ 01:01e 24:25+ 01:08+	00:54& 18:36+ 04:10+ 01:50& 20:26+ 02:18- 00:02- 21:34+ 02:28+ 00:08+ 23:35+ 22:45+ 00:25# 27:21+ 03:02+ 00:42& 32:30+ 03:23+ 01:03& 23:17+ 02:54+	01:45& 114	00:24# 11:2:51+ 00:04+ 11:5:50+ 02:14+ 00:278 15:38+ 02:13+ 00:26# 16:20+ 03:19+ 01:32% 21:31+ 01:36% 42:33+ 00:52% 17:58+ 02:23+	10:07+ 10:34+ 02:33+ 00:19# 13:36+ 02:40+ 00:26# 13:25+ 04:06+ 01:526 13:01+ 02:35+ 00:21# 18:08+ 03:07+ 00:536 23:10+ 02:33+ 00:19# 15:35+ 02:42+	00:21- 08:01+ 01:51- 00:06- ård 10:56+ 04:43+ 02:46@ 09:19+ 01:50- 00:07- 8 15:01+ 03:20+ 01:23& 15:01+ 03:40+ 11:46@ 12:53+ 11:46@ 12:53+ 02:41+ 00:44&	00:50& undby 06:10+ 03:17+ 00:34* Nordg 06:13+ 03:14+ 00:31# land 07:29+ 03:48+ 01:05& Kvame 07:06+ 03:38+ 00:50& den 10:12+ 03:40+ 00:57&	00:46+ 00:02+ mund 02:59+ 00:50+ 00:06# ng Mau 03:41+ 00:58+ 00:144 in Erik 03:28+ 00:53+ 00:09# Oalan 06:38+ 01:00+ 00:168 tein Fu 00:58+ 00:144 H. Gjer 06:324+ 00:224	00:29& Hen 02:07+ 01:05+ 00:08# Odd 02:09+ 01:04+ 00:07# Erlin 02:43+ 01:31+ 00:34& Svei 02:35+ 01:21+ 00:24& Ove 05:38+ 01:19+ 00:22& Øysi 02:23+ 01:10+ 00:13# Pål I 05:26+ 01:13+ 00:16&	00:33& 11 01:02+ 01:02+ 01:05+ 01:05+ 01:05+ 00:16& 13 01:12+ 01:12+ 00:23& 68:23+ 00:19+ 01:14+ 01:14+ 01:25& 15 04:19+ 03:30@ 16 01:13+ 01:13+ 00:24& 17 04:13+ 04:13+ 03:24@

Herrer Ny

1	Hava	ard Jel	ktnes			1	111						43:13	3				
00:33=	03:05=	04:17=	08:28=	10:05=	11:52=	14:05=	15:40=	19:02=	21:33=	24:24=	26:39=	29:22=	31:18=	37:19=	39:20=	40:56=	42:30=	43:13=
00:33=	02:32=	01:12=	04:11=	01:37=	01:47=	02:13=	01:35=	03:22=	02:31=	02:51=	02:15=	02:43=	01:56=	06:01=	02:01=	01:36=	01:34=	00:43=
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2	Elga	F. Sila	aban			•	136						54:1	8				
00:32-				11:16+	13:41+	27:54+	28:37+	32:03+	33:20+	40:06+	42:07+	44:58+	47:15+	50:05+	51:32+	52:36+	53:49+	54:18+
00:32-	02:33+	01:16+	04:42+	02:13+	02:25+	14:13+	00:43-	03:26+	01:17-	06:46+	02:01-	02:51+	02:17+	02:50-	01:27-	01:04-	01:13-	00:29-
00:01-	00:01+	00:04+	00:31#	00:36&	00:38&	12:00@	00:52-	00:04+	01:14-	03:55@	00:14-	00:08+	00:21#	03:11-	00:34-	00:32-	00:21-	00:14-
3	Asal	ni Can	tu			•	136						1:48	:44				
00:25-	09:15+	10:33+	33:02+	35:43+	69:44+	73:45+	75:10+	78:39+	80:22+	85:58+	88:30+	94:51+	97:23+	101:28+	104:33+	106:13+	108:15+	108:44+
00:25-	08:50+	01:18+	22:29+	02:41+	34:01+	04:01+	01:25-	03:29+	01:43-	05:36+	02:32+	06:21+	02:32+	04:05-	03:05+	01:40+	02:02+	00:29-
00:08-	06:18@	00:06+	18:18@	01:04&	32:14@	01:48&	00:10-	00:07+	00:48-	02:45&	00:17#	03:38@	00:36&	01:56-	01:04&	00:04+	00:28&	00:14-
Beste	strekk	tid for	klass	en														
00:25	02:32	01:12	04:11	01:37	01:47	02:13	00:43	03:22	01:17	02:51	02:01	02:43	01:56	02:50	01:27	01:04	01:13	00:29

Herrer Trim

1	Arne	Magr	ne Son	drese	n		105						36:00	0								
00:56=	02:10=	03:15=	05:36=	07:35=	09:23=	10:56=	14:28=	15:37=	17:41=	19:44=	21:42=	24:10=	25:09=	26:25=	28:24=	29:39=	31:23=	33:07=	34:32=	35:34=	36:00=	
00:56=	01:14=	01:05=	02:21=	01:59=	01:48=	01:33=	03:32=	01:09=	02:04=	02:03=	01:58=	02:28=	00:59=	01:16=	01:59=	01:15=	01:44=	01:44=	01:25=	01:02=	00:26=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Inae	Arild	Lekne	S		;	376						37:3	1								
01:12+	02:28+	03:18+	06:28+	08:44+	10:46+	12:16+	16:23+	17:21+	19:22+	21:44+	23:00+	25:40+	27:25+	29:07+	30:25+	31:55+	33:27+	34:46+	36:00+	37:00+	37:31+	
01:12+	01:16+	00:50-	03:10+	02:16+	02:02+	01:30-	04:07+	00:58-	02:01-	02:22+	01:16-	02:40+	01:45+	01:42+	01:18-	01:30+	01:32-	01:19-	01:14-	01:00-	00:31+	
00:16&	00:02+	00:15-	00:49&	00:17#	00:14#	00:03-	00:35#	00:11-	00:03-	00:19#	00:42-	00:12+	00:46&	00:26&	00:41-	00:15#	00:12-	00:25-	00:11-	00:02-	00:05#	
3	Lars	Karte	voll			;	376						38:24	4								
00:58+	02:35+	03:23+	06:54+	11:49+	13:02+	14:59+	17:02+	18:07+	20:00+	22:14+	23:33+	26:11+	29:15+	30:28+	31:49+	32:49+	34:36+	35:58+	37:08+	38:07+	38:24+	
00:58+	01:37+	00:48-	03:31+	04:55+	01:13-	01:57+	02:03-	01:05-	01:53-	02:14+	01:19-	02:38+	03:04+	01:13-	01:21-	01:00-	01:47+	01:22-	01:10-	00:59-	00:17-	
00:02+	00:23&	00:17-	01:10&	02:56@	00:35-	00:24&	01:29-	00:04-	00:11-	00:11+	00:39-	00:10+	02:05@	00:03-	00:38-	00:15-	00:03+	00:22-	00:15-	00:03-	00:09-	
4	Nils	Egil L	ie			;	376						39:39	9								
01:05+				08:21+	10:19+	12:17+	15:29+	16:43+	19:10+	22:35+	25:14+	28:09+	29:28+	30:54+	32:38+	34:00+	35:42+	36:47+	38:03+	39:18+	39:39+	
01:05+																	01:42-					
00:09#	00:33&	00:19-	00:21#	00:02+	00:10+	00:25&	00:20-	00:05+	00:23#	01:22&	00:41&	00:27#	00:20&	00:10#	00:15-	00:07+	00:02-	00:39-	00:09-	00:13#	00:05-	
5	Jero	me Re	enoult			(63						39:4	1								
00:53-	02:16+	03:06-	06:04+	11:23+	14:32+	16:38+	18:43+	19:49+	22:00+	24:08+	25:45+	28:34+	29:40+	30:59+	32:54+	34:03+	35:44+	36:50+	38:12+	39:17+	39:41+	
00:53-	01:23+	00:50-	02:58+	05:19+	03:09+	02:06+	02:05-	01:06-	02:11+	02:08+	01:37-	02:49+	01:06+	01:19+	01:55-	01:09-	01:41-	01:06-	01:22-	01:05+	00:24-	
00:03-	00:09#	00:15-	00:37&	03:20@	01:21&	00:33&	01:27-	00:03-	00:07+	00:05+	00:21-	00:21#	00:07#	00:03+	00:04-	00:06-	00:03-	00:38-	00:03-	00:03+	00:02-	
6	Bartl	omiej	Lenar	t		,	91						39:59	9								
01:38+	04:09+	04:39+	06:59+	14:16+	15:45+	17:24+	19:08+	22:55+	24:43+	26:30+	27:41+	30:21+	31:21+	32:35+	33:44+	34:55+	36:12+	37:22+	38:33+	39:40+	39:59+	
01:38+																	01:17-					
00:42&	01:170	00:35-	00:01-	05:18@	00:19-			02:38@	00:16-	00:16-	00:47-	00:12+	00:01+	00:02-	00:50-	00:04-	00:27-	00:34-	00:14-	00:05+	00:07-	
7	Mari	us Be	rgstøl	Hvids	ten	;	372						40:07	7								
01:20+																	34:11+					
01:20+																	01:32-					
00:24&	_			00:19-	00:44&			01:280	01:32-	00:22#	01:00%	00:41-		_	00:45-	00:01-	00:12-	00:13#	00:18-	00:19&	00:460	00:19+
8		er Nys					92						40:43	-								
																	36:38+					
01:08+																	01:41- 00:03-					
00:12#	_			00:04-	00:09+			00:31%	00:10+	00:33&	00:03-	00:36#		_	00:32-	00:01+	00:03-	00:35-	00:02-	00:05+	00:00=	
9		Salve					50						40:40	-								
																	37:14+					
																	03:15+					
	0		_		00:04+			00:01+	00:11+	03:106	00:21-	00:05-			00:18-	00:11-	01:31&	00:48-	00:10-	00:03+	00:04-	
10		-	geber	_			43						41:28	-								
01:28+																	38:27+					
01:28+																	01:29-					
					00:15#			00:44&	00:09-	00:12-	00:30-	00:25-			00:15-	00:14-	00:15-	00:4/-	00:27-	00:14-	00:08-	
11			an Aas				43						41:3	-								
																	38:23+					
																	01:18-					
00:02-	01:200	00:25-	01:38%	00:26-	00:3/&	02:310	U3:33@	00:05-	00:20-	U1:35&	UU:46-	00:33-	00:06#	00:09-	U1:U4-	00:04-	00:26-	00:30-	00:25-	00:18-	00:12-	

Plass	Navr	1					Klasse						Tid								
12	Svei	n Erik	Bjørn	sen		9	91						41:57	7							
00:51-	01:57-	02:41-	04:45-	06:55-		10:31-	14:56+						31:52+	33:15+							
													00:56- 00:03-								
			_		00:42-			01:336	00:17-	00:33&	00:23-	04:280		_	00:23#	00:04+	00:14-	00:50-	00:20-	00:08#	00:04-
13			e Svar		11.54+		111	18.33+	21 • 13+	23.35+	25 • 43+	28.39+	46:32 29:53+	_	33.55+	35.59+	38.08+	42.23+	44.26+	45.56+	46.32+
													01:14+								
00:12#	00:21&	00:08-	00:40&	01:06&	00:20#	00:30&	00:33-	00:28&	00:36&	00:19#	00:10+	00:28#	00:15&	00:30&	00:17#	00:49&	00:25#	02:31@	00:38&	00:28&	00:10&
14				ensen			268						49:18	-							
													37:41+ 04:25+								
													03:260								
15	Jan I	Henrik	. Neue	nkirch	en		117						50:03	3							
								23:16+	26:12+	29:46+	32:16+	35:07+	36:54+	-	42:07+	43:49+	45:46+	46:57+	48:25+	49:36+	50:03+
													01:47+								
				02:320	01:48&			00:18&	00:52&	01:31&	00:32&	00:23#	00:48&	_	01:54&	00:27&	00:13#	00:33-	00:03+	00:09#	00:01+
16		n Sive		10.001	12.041		115	22.541	26.221	20.521	22.471	25.501	50:17 37:13+		41.021	42.251	44.221	16.551	10.201	10.101	50.171
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00:30&	00:38&	00:06+	00:37&	00:42&	00:08+	00:24&	04:55@	00:17#	00:35&	02:160	00:03-	00:43&	00:16&	00:49&	00:14-	00:07+	00:13#	00:49&	00:08+	00:18&	00:03#
17	Sjur	Bernt	sen			•	105						52:46	3							
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18		0	_	erntse			126						53:24	_	****	****			****		
								28:43+	31:05+	33:51+	35:29+	41:00+	41:40+		45:38+	47:14+	49:15+	50:33+	51:48+	52:54+	53:24+
													00:40-								
					01:25&			01:52@	00:18#	00:43&	00:20-	03:03@	00:19-		00:29#	00:21&	00:17#	00:26-	00:10-	00:04+	00:04#
19			e And		10 01		376	06 56	00.061	20 01 .	24 10	26 51.	54:11	_	46.40.	40 14:	FO 01:	F1 40.	FO FF.	FO F1.	F4 11:
													39:30+ 02:39+								
01:50@	00:37&	00:07-	00:39&	00:19-	06:18@	00:31&	01:57&	00:07-	00:26#	00:32&	00:19#	00:05+	01:400	00:07+	03:57@	00:10#	00:23#	00:17-	00:18-	00:06-	00:06-
20	Johr	1 Thor	snæs				51						55:12	2							
													38:08+								
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21			tzerse				136						56:02	_			****				
		-			14:39+			29:38+	31:48+	34:06+	35:51+	39:10+	43:18+	_	46:45+	48:33+	51:32+	53:10+	54:29+	55:38+	56:02+
													04:08+								
	_	_		01:32&	01:23&			00:01-	00:06+	00:15#	00:13-	00:51&	03:09@		00:15#	00:33&	01:15&	00:06-	00:06-	00:07#	00:02-
22		Leve		12.521	22.521		93	21.201	24.041	27.261	20.261	42.201	56:42 45:06+	_	40.251	50.401	52.201	52.461	55.061	56.151	56.421
													02:27+								
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23	Matt	hieu F	ereira	-Pires		4	42						57:00)							
													43:56+								
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					11:01+		•	19:02+	21:46+	34:16+	37:23+	40:58+	42:20+		45:40+	48:29+	50:10+	54:07+	55:32+	56:46+	57:11+
													01:22+								
				00:08+	00:12#	00:20#	01:08&	00:19&	00:40&	10:27@	01:09&	01:07&	00:23&		00:25-	01:340	00:03-	02:130	00:00=	00:12#	00:01-
25		or Klip		20.04:	22.50:	25.17.	30.00	40.25	40.10:	45.01:	46.51:	40.26:	1:00:		E2.EC:	EE.17:	EC. 27:	E7.E3:	E0-1E:	C0 - 22 ·	60-411
													51:20+ 01:54+								
													00:55&								
26	Kiell	Helae	Huse	bø			43						1:02:	51							
01:57+	04:29+	05:24+	09:41+	13:15+		19:25+	30:11+						46:55+	48:46+							
													01:19+								
01:01@	01:186	00:10-	0T:20@	OT:32@	01:20G	UU:53&	U/:140	00:35&	OT:00@	03:0/0	00:41&	00:14+	00:20&	00:35&	00:24-	U3:220	00:08+	UU:54&	00:01-	00:316	00:00=

Plass	Navi	n					Klasse						Tid								
27	Jan	Erik R	asmus	ssen			51						1:04	:49							
01:42+					17:32+			28:19+	32:04+	35:51+	38:57+	42:46+	44:26+	46:19+	48:44+	55:47+	59:32+	60:53+	62:48+	64:20+	64:49+
																		01:21-			
				01:02&	01:24&			00:25&	01:41&	01:44&	01:08&	01:21&			00:26#	05:480	02:01@	00:23-	00:30&	00:30&	00:03#
28		s Freti					376						1:04								
																		62:18+ 01:10-			
																		00:34-			
29	Δrilc	Svih	ıe				92						1:05	17							
	2			20:06+	25:33+			34:12+	37:44+	41:09+	44:26+	47:45+			53:40+	55:52+	58:17+	60:49+	63:04+	64:42+	65:17+
																		02:32+			
00:39&	00:45&	00:12#	02:02&	08:53@	03:390	01:08&	00:58&	00:19&	01:28&	01:22&	01:19&	00:51&	00:48&	00:44&	00:09+	00:57&	00:41&	00:48&	00:50&	00:36&	00:09&
30			in Klu				7						1:07								
																		63:20+			
																		01:25- 00:19-			
	_	Fand		03.236	02.026		94	00.104	00.104	01.204	01.114	00.554	1:07		00.11	00.204	03.206	00.13	00.17	00.204	00.04
31 01 · 32 +				15.23+	18.24+			30.16+	33.20+	42.35+	47.14+	52.20+			56.50+	60.00+	62.28+	64:42+	66.19+	67.26+	67.53+
																		02:14+			
00:36&	01:32@	00:13#	02:06&	03:210	01:13&	02:560	02:05&	00:37&	01:00&	07:12@	02:410	02:380	00:21&	00:25&	00:30-	01:55@	00:44&	00:30&	00:12#	00:05+	00:01+
32	Fran	k Gull	brands	sen			105						1:10	:32							
																		66:14+			
																		01:34-			
					01:29&			01:280	01:34&	01:40&	01:03%	01:41&			01:02&	03:030	00:21#	00:10-	00:43&	00:44&	00:02-
33			ne Nils		22.021		115	24-01-	20.071	42-021	46.11.	10-161	1:12		E0.11.	61.331	CE - 10 I	66:59+	C0-101	71.41.	70.061
																		00:39+			
																		00:03+			
34	Tom	Kåre	Versla	nd			105						1:35	45							
					31:57+			54:51+	57:26+	62:30+	65:46+	69:05+		•	78:05+	79:52+	89:21+	90:51+	93:12+	95:19+	95:45+
																		01:30-			
				16:450	00:38-			02:45@	00:31#	03:01@	01:18&	00:51&			01:07&	00:32&	07:45@	00:14-	00:56&	01:05@	00:00=
35		Henri					116						1:42								
																		97:39+ 03:01+			
																		03:01+			
36		Bakke					5						1:46								
				40:27+	51:33+	64:30+	71:11+	75:29+	78:57+	82:43+	86:29+	90:11+		•	96:46+	98:47+	101:18+	103:08+	104:45+	106:17+	106:46+
																		01:50+			
00:18&	01:21@	00:27&	20:24@	10:220	09:180	11:240	03:09&	03:09@	01:24&	01:43&	01:48&	01:14&	00:57&	00:47&	00:37&	00:46&	00:47&	00:06+	00:12#	00:30&	00:03#
37	Svei	n Inge	Sæve	ereid			126						1:48	:30							
																		103:12+			
																		02:42+			
					04:530	01:200	19:430	01:5/6	UZ:260	03:530	07:080	∪∠:420	05:1/0	01:390	00:5/&	01:18@	01:09&	00:58&	U1:U4&	30:50	∪∪:∠5&
Beste				-	01.00	01.10	01.44	00.51	00.20	01.47	01.00	01.47	00.40	01.07	00.55	01.00	01.10	00.54	00.50	00.44	00.14
00:51	U1:U4	00:30	02:04	U1:33	OT:06	01:18	01:44	00:51	00:32	U1:4/	01:08	U1:4/	00:40	OT:0/	00:55	01:00	UT:T0	00:54	00:58	00:44	00:14