

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1 Matilde Skjæveland Skår

114

36:20

01:31= 05:22= 06:32= 08:42= 10:09= 12:46= 13:55= 15:40= 16:30= 17:51= 19:32= 21:31= 24:42= 25:58= 27:18= 28:47= 31:02= 32:04= 33:17= 35:34= 36:20=
 01:33= 03:51= 01:10= 02:10= 01:27= 02:37= 01:09= 01:45= 00:50= 01:21= 01:41= 01:59= 03:11= 01:16= 01:20= 01:29= 02:15= 01:02= 01:13= 02:17= 00:46=
 00:00=

Beste strekketid for klassen

01:31 03:51 01:10 02:10 01:27 02:37 01:09 01:45 00:50 01:21 01:41 01:59 03:11 01:16 01:20 01:29 02:15 01:02 01:13 02:17 00:46

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

Damer 50 - 59 år

1 Anita Glenne Kallhovd

29

36:41

01:28= 02:41= 05:24= 06:32= 07:43= 09:21= 10:38= 11:57= 13:27= 14:35= 17:54= 19:31= 20:01= 22:08= 23:32= 25:59= 28:38= 29:52= 32:31= 35:10= 36:12= 36:41=
 01:28= 01:13= 02:43= 01:08= 01:11= 01:38= 01:17= 01:19= 01:30= 01:08= 03:19= 01:37= 00:30= 02:07= 01:24= 02:27= 02:39= 01:14= 02:39= 02:39= 01:02= 00:29=
 00:00=

2 Ragnhild Auglænd

62

42:52

02:01+ 03:38+ 06:24+ 07:49+ 10:01+ 11:39+ 13:04+ 14:49+ 16:33+ 18:22+ 21:58+ 23:37+ 24:14+ 26:20+ 28:11+ 30:54+ 33:21+ 34:53+ 38:21+ 41:13+ 42:19+ 42:52+
 02:01+ 01:37+ 02:46+ 01:25+ 02:12+ 01:38= 01:25+ 01:45+ 01:44+ 01:49+ 03:36+ 01:39+ 00:37+ 02:06- 01:51+ 02:43+ 02:27- 01:32+ 03:28+ 02:52+ 01:06+ 00:33+
 00:33& 00:24& 00:03+ 00:17# 01:01& 00:00= 00:08# 00:26& 00:14# 00:41& 00:17+ 00:02+ 00:07# 00:01- 00:27& 00:16# 00:12- 00:18# 00:49& 00:13+ 00:04+ 00:04#

3 Elisabeth Melbø

128

47:02

03:30+ 06:47+ 09:39+ 11:34+ 14:30+ 15:54+ 17:12+ 18:50+ 20:25+ 22:15+ 26:15+ 27:52+ 28:25+ 30:35+ 32:23+ 34:59+ 37:29+ 38:53+ 42:23+ 45:21+ 46:29+ 47:02+
 03:30+ 03:17+ 02:52+ 01:55+ 02:56+ 01:24- 01:18+ 01:38+ 01:35+ 01:50+ 04:00+ 01:37= 00:33+ 02:10+ 01:48+ 02:36+ 02:30- 01:24+ 03:30+ 02:58+ 01:08+ 00:33+
 02:02@ 02:04@ 00:09+ 00:47& 01:45@ 00:14- 00:01+ 00:19# 00:05+ 00:42& 00:41# 00:00= 00:03# 00:03+ 00:24& 00:09+ 00:09- 00:10# 00:51& 00:19# 00:06+ 00:04#

4 Trude Katrine Hermanrud

117

48:42

02:19+ 04:22+ 07:09+ 08:48+ 10:15+ 11:52+ 14:46+ 16:40+ 18:22+ 19:40+ 23:15+ 24:51+ 25:30+ 27:39+ 30:37+ 35:18+ 38:22+ 40:31+ 43:17+ 46:36+ 48:12+ 48:42+
 02:19+ 02:03+ 02:47+ 01:39+ 01:27+ 01:37- 02:54+ 01:54+ 01:42+ 01:18+ 03:35+ 01:36- 00:39+ 02:09+ 02:58+ 04:41+ 03:04+ 02:09+ 02:46+ 03:19+ 01:36+ 00:30+
 00:51& 00:50& 00:04+ 00:31& 00:16# 00:01- 01:37@ 00:35& 00:12# 00:10# 00:16+ 00:01- 00:09& 00:02+ 01:34@ 02:14& 00:25# 00:55& 00:07+ 00:40& 00:34& 00:01+

5 Torill Andersen

116

50:20

02:14+ 04:22+ 07:10+ 09:11+ 11:04+ 13:06+ 15:03+ 17:05+ 20:24+ 23:25+ 26:50+ 28:32+ 29:15+ 31:26+ 33:17+ 36:03+ 38:42+ 40:38+ 44:09+ 48:21+ 49:44+ 50:20+
 02:14+ 02:08+ 02:48+ 02:01+ 01:53+ 02:02+ 01:57+ 02:02+ 03:19+ 03:01+ 03:25+ 01:42+ 00:43+ 02:11+ 01:51+ 02:46+ 02:39= 01:56+ 03:31+ 04:12+ 01:23+ 00:36+
 00:46& 00:55& 00:05+ 00:53& 00:42& 00:24# 00:40& 00:43& 01:49@ 01:53@ 00:06+ 00:05+ 00:13& 00:04+ 00:27& 00:19# 00:00= 00:42& 00:52& 01:33& 00:21& 00:07#

6 Liv Margot Sviland

54

51:59

02:24+ 05:11+ 07:55+ 09:49+ 11:45+ 13:13+ 15:13+ 16:54+ 18:53+ 21:50+ 26:05+ 27:38+ 28:19+ 30:12+ 32:11+ 34:45+ 37:18+ 39:05+ 43:26+ 49:12+ 50:47+ 51:59+
 02:24+ 02:47+ 02:44+ 01:54+ 01:56+ 01:28- 02:00+ 01:41+ 01:59+ 02:57+ 04:15+ 01:33- 00:41+ 01:53- 01:59+ 02:34+ 02:33- 01:47+ 04:21+ 05:46+ 01:35+ 01:12+
 00:56& 01:34@ 00:01+ 00:46& 00:45& 00:10- 00:43& 00:22& 00:29& 01:49@ 00:56& 00:04- 00:11& 00:14- 00:35& 00:07+ 00:06- 00:33& 01:42& 03:07@ 00:33& 00:43@

7 Hilde Frøytlog Karlsen

71

52:39

02:19+ 04:39+ 07:48+ 09:56+ 12:09+ 14:16+ 15:59+ 18:05+ 20:09+ 21:42+ 26:10+ 28:14+ 28:57+ 31:30+ 33:41+ 36:53+ 40:12+ 43:08+ 47:13+ 50:40+ 51:58+ 52:39+
 02:19+ 02:20+ 03:09+ 02:08+ 02:13+ 02:07+ 01:43+ 02:06+ 02:04+ 01:33+ 04:28+ 02:04+ 00:43+ 02:33+ 02:11+ 03:12+ 03:19+ 02:56+ 04:05+ 03:27+ 01:18+ 00:41+
 00:51& 01:07& 00:26# 01:00& 01:02& 00:29& 00:26& 00:47& 00:34& 00:25& 01:09& 00:27& 00:13& 00:26# 00:47& 00:45& 00:40& 01:42@ 01:26& 00:48& 00:16& 00:12&

8 Signe Ottesen

116

53:00

02:20+ 04:22+ 07:29+ 09:53+ 12:04+ 13:42+ 15:18+ 17:40+ 19:32+ 20:58+ 24:45+ 26:30+ 27:12+ 29:39+ 31:41+ 34:40+ 37:43+ 39:55+ 47:43+ 51:24+ 52:30+ 53:00+
 02:20+ 02:02+ 03:07+ 02:24+ 02:11+ 01:38= 01:36+ 02:22+ 01:52+ 01:26+ 03:47+ 01:45+ 00:42+ 02:27+ 02:02+ 02:59+ 03:03+ 02:12+ 07:48+ 03:41+ 01:06+ 00:30+
 00:52& 00:49& 00:24# 01:16@ 01:00& 00:00= 00:19# 01:03& 00:22# 00:18& 00:28# 00:08+ 00:12& 00:20# 00:38& 00:32# 00:24# 00:58& 05:09@ 01:02& 00:04+ 00:01+

9 Andrea Tapken

54

59:40

04:33+ 06:32+ 09:38+ 11:38+ 13:47+ 15:41+ 17:32+ 20:00+ 21:57+ 24:54+ 29:07+ 31:04+ 31:44+ 34:09+ 36:11+ 39:45+ 43:31+ 45:46+ 53:57+ 57:31+ 59:00+ 59:40+
 04:33+ 01:59+ 03:06+ 02:00+ 02:09+ 01:54+ 01:51+ 02:28+ 01:57+ 02:57+ 04:13+ 01:57+ 00:40+ 02:25+ 02:02+ 03:34+ 03:46+ 02:15+ 08:11+ 03:34+ 01:29+ 00:40+
 03:05@ 00:46& 00:23# 00:52& 00:58& 00:16# 00:34& 01:09& 00:27& 01:49@ 00:54& 00:20# 00:10& 00:18# 00:38& 01:07& 01:07& 01:01& 05:32@ 00:55& 00:27& 00:11&

10 Brit Vivian Meling

116

1:13:28

06:09+ 11:44+ 15:06+ 17:30+ 20:09+ 22:00+ 24:14+ 26:41+ 29:32+ 31:27+ 37:39+ 39:42+ 40:29+ 42:56+ 46:42+ 50:23+ 56:31+ 59:47+ 66:37+ 70:31+ 72:32+ 73:28+
 06:09+ 05:35+ 03:22+ 02:24+ 02:39+ 01:51+ 02:14+ 02:27+ 02:51+ 01:55+ 06:12+ 02:03+ 00:47+ 02:27+ 03:46+ 03:41+ 06:08+ 03:16+ 06:50+ 03:54+ 02:01+ 00:56+
 04:41@ 04:22@ 00:39# 01:16@ 01:28@ 00:13# 00:57& 01:08& 01:21& 00:47& 02:53& 00:26& 00:17& 00:20# 02:22@ 01:14& 03:29@ 02:02@ 04:11@ 01:15& 00:59& 00:27&

Beste strekketid for klassen

01:28 01:13 02:43 01:08 01:11 01:24 01:17 01:19 01:30 01:08 03:19 01:33 00:30 01:53 01:24 02:27 02:27 01:14 02:39 02:39 01:02 00:29

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

Damer 60 - 64 år

1	Ingunn Voilås	29	33:30															
01:09=	02:37=	04:49=	07:41=	09:45=	10:44=	12:31=	13:08=	15:16=	17:00=	18:33=	20:20=	22:10=	27:02=	28:11=	29:20=	31:03=	32:39=	33:30=
01:09=	01:28=	02:12=	02:52=	02:04=	00:59=	01:47=	00:37=	02:08=	01:44=	01:33=	01:47=	01:50=	04:52=	01:09=	01:09=	01:43=	01:36=	00:51=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Anne Siv Gjertsen	27	36:14															
01:28+	02:52+	06:09+	07:53+	09:57+	11:02+	12:41+	13:19+	16:02+	17:53+	21:00+	23:01+	24:23+	28:53+	30:11+	31:26+	33:39+	35:27+	36:14+
01:28+	01:24-	03:17+	01:44-	02:04=	01:05+	01:39-	00:38+	02:43+	01:51+	03:07+	02:01+	01:22-	04:30-	01:18+	01:15+	02:13+	01:48+	00:47-
00:19&	00:04-	01:05&	01:08-	00:00=	00:06#	00:08-	00:01+	00:35&	00:07+	01:34@	00:14#	00:28-	00:22-	00:09#	00:06+	00:30&	00:12#	00:04-
3	Ingrid Øxnevad	18	38:47															
01:42+	02:58+	06:46+	08:33+	10:15+	11:09+	12:22-	13:04-	14:58-	16:48-	19:32+	21:36+	23:58+	27:34+	28:49+	33:43+	35:19+	37:59+	38:47+
01:42+	01:16-	03:48+	01:47-	01:42-	00:54-	01:13-	00:42+	01:54-	01:50+	02:44+	02:04+	02:22+	03:36-	01:15+	04:54+	01:36-	02:40+	00:48-
00:33&	00:12-	01:36&	01:05-	00:22-	00:05-	00:34-	00:05#	00:14-	00:06+	01:11&	00:17#	00:32&	01:16-	00:06+	03:45@	00:07-	01:04&	00:03-
4	Ellinor Hoemsnes	116	41:35															
02:00+	04:26+	07:45+	09:50+	12:04+	13:08+	14:41+	15:24+	17:30+	19:47+	25:04+	27:39+	28:59+	33:30+	34:56+	36:25+	38:43+	40:37+	41:35+
02:00+	02:26+	03:19+	02:05-	02:14+	01:04+	01:33-	00:43+	02:06-	02:17+	05:17+	02:35+	01:20-	04:31-	01:26+	01:29+	02:18+	01:54+	00:58+
00:51&	00:58&	01:07&	00:47-	00:10+	00:05+	00:14-	00:06#	00:02-	00:33&	03:44@	00:48&	00:30-	00:21-	00:17#	00:20&	00:35&	00:18#	00:07#
5	Ellinor Nesse	116	44:04															
01:30+	03:13+	09:10+	11:37+	14:04+	15:12+	17:02+	17:52+	20:31+	22:51+	24:48+	27:32+	30:04+	35:12+	36:38+	38:20+	41:04+	43:05+	44:04+
01:30+	01:43+	05:57+	02:27-	02:27+	01:08+	01:50+	00:50+	02:39+	02:20+	01:57+	02:44+	02:32+	05:08+	01:26+	01:42+	02:44+	02:01+	00:59+
00:21&	00:15#	03:45@	00:25-	00:23#	00:09#	00:03+	00:13&	00:31#	00:36&	00:24&	00:57&	00:42&	00:16+	00:17#	00:33&	01:01&	00:25&	00:08#

Beste strekktid for klassen

01:09 01:16 02:12 01:44 01:42 00:54 01:13 00:37 01:54 01:44 01:33 01:47 01:20 03:36 01:09 01:09 01:36 01:36 00:47

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

Damer 65 - 69 år

1	May Elinor Meling	125	36:10															
01:23=	02:49=	05:25=	07:12=	09:11=	10:14=	11:46=	12:20=	14:18=	16:09=	17:54=	19:40=	21:11=	25:12=	26:25=	28:12=	31:21=	33:09=	36:10=
01:23=	01:26=	02:36=	01:47=	01:59=	01:03=	01:32=	00:34=	01:58=	01:51=	01:45=	01:46=	01:31=	04:01=	01:13=	01:47=	03:09=	01:48=	03:01=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ingrid Eik	88	38:09															
01:19-	02:40-	06:49+	10:19+	12:20+	13:19+	14:47+	15:24+	17:33+	20:54+	23:02+	25:20+	27:00+	31:35+	32:38+	33:47+	35:31+	37:11+	38:09+
01:19-	01:21-	04:09+	03:30+	02:01+	00:59-	01:28-	00:37+	02:09+	03:21+	02:08+	02:18+	01:40+	04:35+	01:03-	01:09-	01:44-	01:40-	00:58-
00:04-	00:05-	01:33&	01:43&	00:02+	00:04-	00:04-	00:03+	00:11+	01:30&	00:23#	00:32&	00:09+	00:34#	00:10-	00:38-	01:25-	00:08-	02:03-
3	Eli Frafjord	94	38:23															
01:32+	03:07+	05:43+	08:03+	10:27+	11:31+	13:17+	13:59+	16:35+	18:38+	20:43+	22:58+	24:52+	29:56+	31:05+	32:21+	35:39+	37:25+	38:23+
01:32+	01:35+	02:36=	02:20+	02:24+	01:04+	01:46+	00:42+	02:36+	02:03+	02:05+	02:15+	01:54+	05:04+	01:09-	01:16-	03:18+	01:46-	00:58-
00:09#	00:09#	00:00=	00:33&	00:25#	00:01+	00:14#	00:08#	00:38&	00:12#	00:20#	00:29&	00:23&	01:03&	00:04-	00:31-	00:09+	00:02-	02:03-
4	Margot Asheim	105	41:32															
00:58-	02:26-	07:24+	09:08+	11:19+	12:19+	13:51+	14:30+	16:38+	18:51+	20:57+	23:17+	26:34+	30:41+	31:48+	33:03+	39:02+	40:41+	41:32+
00:58-	01:28+	04:58+	01:44-	02:11+	01:00-	01:32=	00:39+	02:08+	02:13+	02:06+	02:20+	03:17+	04:07+	01:07-	01:15-	05:59+	01:39-	00:51-
00:25-	00:02+	02:22&	00:03-	00:12#	00:03-	00:00=	00:05#	00:10+	00:22#	00:21#	00:34&	01:46@	00:06+	00:06-	00:32-	02:50&	00:09-	02:10-
5	Berit Gramstad	113	45:29															
07:17+	10:16+	12:53+	15:01+	17:20+	18:41+	20:41+	21:29+	24:05+	26:13+	28:04+	30:03+	31:37+	37:22+	38:57+	40:24+	42:46+	44:33+	45:29+
07:17+	02:59+	02:37+	02:08+	02:19+	01:21+	02:00+	00:48+	02:36+	02:08+	01:51+	01:59+	01:34+	05:45+	01:35+	01:27-	02:22-	01:47-	00:56-
05:54@	01:33@	00:01+	00:21#	00:20#	00:18&	00:28&	00:14&	00:38&	00:17#	00:06+	00:13#	00:03+	01:44&	00:22&	00:20-	00:47-	00:01-	02:05-
6	Kari Blixhavn	228	47:00															
01:47+	03:41+	06:46+	09:30+	12:15+	13:43+	15:57+	16:40+	19:21+	21:42+	27:13+	30:05+	31:44+	37:40+	39:10+	40:53+	43:47+	46:00+	47:00+
01:47+	01:54+	03:05+	02:44+	02:45+	01:28+	02:14+	00:43+	02:41+	02:21+	05:31+	02:52+	01:39+	05:56+	01:30+	01:43-	02:54-	02:13+	01:00-
00:24&	00:28&	00:29#	00:57&	00:46&	00:25&	00:42&	00:09&	00:43&	00:30&	03:46@	01:06&	00:08+	01:55&	00:17#	00:04-	00:15-	00:25#	02:01-

Beste strekktid for klassen

00:58 01:21 02:36 01:44 01:59 00:59 01:28 00:34 01:58 01:51 01:45 01:46 01:31 04:01 01:03 01:09 01:44 01:39 00:51

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

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

Damer 75 - 79 år

1	Turid Nystrøm	68	38:22															
01:33=	03:01=	05:41=	08:00=	10:13=	11:25=	13:05=	13:49=	15:56=	18:05=	20:29=	22:43=	25:20=	29:59=	31:35=	32:48=	35:47=	37:26=	38:22=
01:33=	01:28=	02:40=	02:19=	02:13=	01:12=	01:40=	00:44=	02:07=	02:09=	02:24=	02:14=	02:37=	04:39=	01:36=	01:13=	02:59=	01:39=	00:56=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Haldis Glendrange	68	39:27															
01:34+	04:10+	06:47+	08:58+	11:17+	12:37+	14:37+	15:24+	17:59+	20:14+	21:59+	23:57+	25:33+	31:26+	32:51+	34:22+	36:38+	38:30+	39:27+
01:34+	02:36+	02:37-	02:11-	02:19+	01:20+	02:00+	00:47+	02:35+	02:15+	01:45-	01:58-	01:36-	05:53+	01:25-	01:31+	02:16-	01:52+	00:57+
00:01+	01:08&	00:03-	00:08-	00:06+	00:08#	00:20#	00:03+	00:28#	00:06+	00:39-	00:16-	01:01-	01:14&	00:11-	00:18#	00:43-	00:13#	00:01+
3	Hedvig Anda	116	44:24															
02:03+	03:39+	06:18+	08:35+	10:57+	12:16+	14:02+	14:39+	17:02+	20:25+	23:05+	25:27+	27:46+	32:56+	34:37+	35:57+	39:56+	43:19+	44:24+
02:03+	01:36+	02:39-	02:17-	02:22+	01:19+	01:46+	00:37-	02:23+	03:23+	02:40+	02:22+	02:19-	05:10+	01:41+	01:20+	03:59+	03:23+	01:05+
00:30&	00:08+	00:01-	00:02-	00:09+	00:07+	00:06+	00:07-	00:16#	01:14&	00:16#	00:08+	00:18-	00:31#	00:05+	00:07+	01:00&	01:44&	00:09#
4	Gry Vikhamar Thengs	68	53:14															
03:18+	05:27+	08:44+	11:08+	13:39+	15:00+	16:48+	17:37+	23:09+	26:39+	30:24+	33:38+	35:21+	40:44+	42:57+	44:49+	49:06+	51:30+	53:14+
03:18+	02:09+	03:17+	02:24+	02:31+	01:21+	01:48+	00:49+	05:32+	03:30+	03:45+	03:14+	01:43-	05:23+	02:13+	01:52+	04:17+	02:24+	01:44+
01:45&	00:41&	00:37#	00:05+	00:18#	00:09#	00:08+	00:05#	03:25&	01:21&	01:21&	01:00&	00:54-	00:44#	00:37&	00:39&	01:18&	00:45&	00:48&
5	Helga Klausen	62	59:31															
03:12+	05:26+	09:19+	12:57+	16:33+	18:28+	21:46+	22:59+	26:42+	30:00+	34:13+	38:17+	40:12+	47:02+	49:05+	51:18+	55:02+	57:48+	59:31+
03:12+	02:14+	03:53+	03:38+	03:36+	01:55+	03:18+	01:13+	03:43+	03:18+	04:13+	04:04+	01:55-	06:50+	02:03+	02:13+	03:44+	02:46+	01:43+
01:39&	00:46&	01:13&	01:19&	01:23&	00:43&	01:38&	00:29&	01:36&	01:09&	01:49&	01:50&	00:42-	02:11&	00:27&	01:00&	00:45&	01:07&	00:47&
6	Helga Aaslid	54	1:13:28															
01:32-	03:20+	34:30+	37:18+	39:48+	41:12+	43:05+	44:16+	47:18+	51:08+	53:43+	57:09+	58:39+	63:51+	65:06+	66:44+	70:09+	72:27+	73:28+
01:32-	01:48+	31:10+	02:48+	02:30+	01:24+	01:53+	01:11+	03:02+	03:50+	02:35+	03:26+	01:30-	05:12+	01:15-	01:38+	03:25+	02:18+	01:01+
00:01-	00:20#	28:30&	00:29#	00:17#	00:12#	00:13#	00:27&	00:55&	01:41&	00:11+	01:12&	01:07-	00:33#	00:21-	00:25&	00:26#	00:39&	00:05+

Beste strekktid for klassen

01:32 01:28 02:37 02:11 02:13 01:12 01:40 00:37 02:07 02:09 01:45 01:58 01:30 04:39 01:15 01:13 02:16 01:39 00:56

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

Damer 80 år og eldre

1	Berit Ebbell Olsen	68	45:48													
02:22=	04:56=	07:26=	10:04=	12:20=	15:03=	17:01=	19:58=	22:06=	23:44=	26:47=	30:00=	33:18=	40:23=	42:19=	44:18=	45:48=
02:22=	02:34=	02:30=	02:38=	02:16=	02:43=	01:58=	02:57=	02:08=	01:38=	03:03=	03:13=	03:18=	07:05=	01:56=	01:59=	01:30=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
Beste strekktid for klassen																
02:22	02:34	02:30	02:38	02:16	02:43	01:58	02:57	02:08	01:38	03:03	03:13	03:18	07:05	01:56	01:59	01:30

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

Damer A

1	Aud Hognestad Taksdal	92	39:14																						
01:25=	02:53=	05:53=	07:47=	09:54=	10:37=	11:54=	13:48=	15:47=	16:45=	18:42=	20:31=	21:20=	22:03=	22:55=	25:28=	26:06=	26:55=	28:28=	30:51=	33:50=	35:20=	36:01=	36:52=	38:08=	38:50=
01:25=	01:28=	03:00=	01:54=	02:07=	00:43=	01:17=	01:54=	01:59=	00:58=	01:57=	01:49=	00:49=	00:43=	00:52=	02:33=	00:38=	00:49=	01:33=	02:23=	02:59=	01:30=	00:41=	00:51=	01:16=	00:42=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
39:14=	00:24=	00:00=																							
2	Jorunn Hadland	29	40:10																						
01:28+	02:57+	06:21+	08:15+	10:35+	11:21+	12:46+	14:45+	16:34+	17:40+	19:41+	21:37+	22:31+	23:20+	25:08+	27:01+	27:37+	28:21+	30:01+	32:26+	35:19+	36:33+	37:09+	37:58+	39:09+	39:46+
01:28+	01:29+	03:24+	01:54=	02:20+	00:46+	01:25+	01:59+	01:49-	01:06+	02:01+	01:56+	00:54+	00:49+	01:48+	01:53-	00:36-	00:44-	01:40+	02:25+	02:53-	01:14-	00:36-	00:49-	01:11-	00:37-
00:03+	00:01+	00:24#	00:00=	00:13#	00:03+	00:08#	00:05+	00:10-	00:08#	00:04+	00:07+	00:05#	00:06#	00:56&	00:40-	00:02-	00:05-	00:07+	00:02+	00:06-	00:16-	00:05-	00:02-	00:05-	00:05-
40:10+	00:24=	00:00=																							

Class	Navn	Klasse	Tid																						
3	Katrine Haaland Leveraas	117	49:34																						
03:26+	05:37+	10:58+	13:14+	15:48+	16:33+	18:13+	20:23+	22:08+	23:58+	25:52+	27:42+	28:59+	29:59+	31:07+	34:04+	35:29+	36:26+	38:12+	40:39+	43:38+	44:53+	45:47+	47:09+	47:55+	49:07+
03:26+	02:11+	05:21+	02:16+	02:34+	00:45+	01:40+	02:10+	01:45-	01:50+	01:54-	01:50+	01:17+	01:00+	01:08+	02:57+	01:25+	00:57+	01:46+	02:27+	02:59=	01:15-	00:54+	01:22+	00:46-	01:12+
02:01@	00:43&	02:21&	00:22#	00:27#	00:02+	00:23&	00:16#	00:14-	00:52&	00:03-	00:01+	00:28&	00:17&	00:16&	00:24#	00:47@	00:08#	00:13#	00:04+	00:00=	00:15-	00:13&	00:31&	00:30-	00:30&
49:34+																									
00:27+																									
00:03#																									

Beste strekktid for klassen

01:25 01:28 03:00 01:54 02:07 00:43 01:17 01:54 01:45 00:58 01:54 01:49 00:49 00:43 00:52 01:53 00:36 00:44 01:33 02:23 02:53 01:14 00:36 00:49 00:46 00:37 00:24

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

Damer B

1	Inger Tone Nygård	29	38:29																					
01:44=	04:42=	05:53=	07:17=	09:00=	10:13=	11:20=	13:12=	14:11=	15:13=	16:49=	18:30=	20:07=	22:04=	23:30=	27:16=	28:59=	29:59=	31:17=	33:25=	34:44=	35:38=	36:53=	38:01=	38:29=
01:44=	02:58=	01:11=	01:24=	01:43=	01:13=	01:07=	01:52=	00:59=	01:02=	01:36=	01:41=	01:37=	01:57=	01:26=	03:46=	01:43=	01:00=	01:18=	02:08=	01:19=	00:54=	01:15=	01:08=	00:28=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Ida K. Kolstø	29	39:49																					
01:53+	05:53+	07:14+	08:37+	10:15+	11:39+	12:32+	14:20+	15:19+	16:32+	18:18+	20:47+	22:45+	24:14+	25:26+	29:31+	31:10+	32:09+	33:19+	34:37+	35:51+	36:50+	38:17+	39:24+	39:49+
01:53+	04:00+	01:21+	01:23-	01:38-	01:24+	00:53-	01:48-	00:59-	01:13+	01:46+	02:29+	01:58+	01:29-	01:12-	04:05+	01:39-	00:59-	01:10-	01:18-	01:14-	00:59+	01:27+	01:07-	00:25-
00:09+	01:02&	00:10#	00:01-	00:05-	00:11#	00:14-	00:04-	00:00=	00:11#	00:10#	00:48&	00:21#	00:28-	00:14-	00:19+	00:04-	00:01-	00:08-	00:50-	00:05-	00:05+	00:12#	00:01-	00:03-

3	Toyah Bråtveit	43	47:40																					
01:57+	08:38+	10:52+	12:54+	14:34+	15:49+	16:48+	18:50+	19:46+	20:54+	22:18+	24:21+	26:19+	28:27+	29:47+	34:04+	36:11+	37:20+	38:37+	40:04+	42:06+	44:27+	46:15+	47:14+	47:40+
01:57+	06:41+	02:14+	02:02+	01:40-	01:15+	00:59-	02:02+	00:56-	01:08+	01:24-	02:03+	01:58+	02:08+	01:20-	04:17+	02:07+	01:09+	01:17-	01:27-	02:02+	02:21+	01:48+	00:59-	00:26-
00:13#	03:43@	01:03&	00:38&	00:03-	00:02+	00:08-	00:10+	00:03-	00:06+	00:12-	00:22#	00:21#	00:11+	00:06-	00:31#	00:24#	00:09#	00:01-	00:41-	00:43&	01:27@	00:33&	00:09-	00:02-

4	Ann Karin Tjørhom	93	48:09																					
02:38+	08:14+	09:46+	11:30+	13:27+	14:55+	15:59+	18:07+	19:02+	20:20+	22:15+	24:25+	26:11+	28:43+	30:33+	34:57+	37:03+	38:17+	39:49+	41:19+	43:26+	44:32+	46:15+	47:35+	48:09+
02:38+	05:36+	01:32+	01:44+	01:57+	01:28+	01:04-	02:08+	00:55-	01:18+	01:55+	02:10+	01:46+	02:32+	01:50+	04:24+	02:06+	01:14+	01:32+	01:30-	02:07+	01:06+	01:43+	01:20+	00:34+
00:54&	02:38&	00:21&	00:20#	00:14#	00:15#	00:03-	00:16#	00:04-	00:16&	00:19#	00:29&	00:09+	00:35&	00:24&	00:38#	00:23#	00:14#	00:14#	00:38-	00:48&	00:12#	00:28&	00:12#	00:06#

5	Berit Våg Aksland	116	51:57																					
02:07+	06:23+	08:15+	11:18+	13:07+	14:28+	15:40+	17:45+	20:41+	22:57+	24:41+	26:49+	30:00+	32:51+	34:38+	39:33+	41:23+	42:47+	44:03+	45:37+	47:33+	48:31+	50:06+	51:29+	51:57+
02:07+	04:16+	01:52+	03:03+	01:49+	01:21+	01:12+	02:05+	02:56+	02:16+	01:44+	02:08+	03:11+	02:51+	01:47+	04:55+	01:50+	01:24+	01:16-	01:34-	01:56+	00:58+	01:35+	01:23+	00:28=
00:23#	01:18&	00:41&	01:39@	00:06+	00:08#	00:05+	00:13#	01:57@	01:14@	00:08+	00:27&	01:34&	00:54&	00:21#	01:09&	00:07+	00:24&	00:02-	00:34-	00:37&	00:04+	00:20&	00:15#	00:00=

6	Mariann Sveinsson	94	53:44																					
02:22+	06:41+	08:01+	09:37+	11:32+	12:58+	14:07+	16:55+	18:11+	20:54+	23:23+	27:38+	29:55+	32:55+	34:35+	38:51+	40:52+	42:08+	43:39+	45:15+	46:39+	50:11+	51:56+	53:09+	53:44+
02:22+	04:19+	01:20+	01:36+	01:55+	01:26+	01:09+	02:48+	01:16+	02:43+	02:29+	04:15+	02:17+	03:00+	01:40+	04:16+	02:01+	01:16+	01:31+	01:36-	01:24+	03:32+	01:45+	01:13+	00:35+
00:38&	01:21&	00:09#	00:12#	00:12#	00:13#	00:02+	00:56&	00:17&	01:41@	00:53&	02:34@	00:40&	01:03&	00:14#	00:30#	00:18#	00:16&	00:13#	00:32-	00:05+	02:38@	00:30&	00:05+	00:07#

Beste strekktid for klassen

01:44 02:58 01:11 01:23 01:38 01:13 00:53 01:48 00:55 01:02 01:24 01:41 01:37 01:29 01:12 03:46 01:39 00:59 01:10 01:18 01:14 00:54 01:15 00:59 00:25

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

Damer Trim

1	Maren Benjaminsen	43	23:52												
01:05=	02:12=	07:20=	08:36=	09:47=	10:32=	11:26=	12:57=	15:15=	16:43=	17:48=	19:19=	20:33=	21:57=	23:06=	23:52=
01:05=	01:07=	05:08=	01:16=	01:11=	00:45=	00:54=	01:31=	02:18=	01:28=	01:05=	01:31=	01:14=	01:24=	01:09=	00:46=
00:00=	00:00=	00:00=	00:00=	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	Ann-Mari Vold	54	25:25												
01:07+	02:46+	04:49-	06:36-	08:10-	08:51-	10:09-	12:07-	14:47-	17:33+	18:43+	20:24+	21:48+	23:06+	24:33+	25:25+
01:07+	01:39+	02:03-	01:47+	01:34+	00:41-	01:18+	01:58+	02:40+	02:46+	01:10+	01:24+	01:41+	01:18-	01:27+	00:52+
00:02+	00:32&	03:05-	00:31&	00:23&	00:04-	00:24&	00:27&	00:22#	01:18&	00:05+	00:10#	00:10#	00:06-	00:18&	00:06#

3	Nina Bækkelund Christiansen	105	25:31												
01:32+	02:58+	05:12-	06:53-	08:06-	08:50-	10:04-	11:47-	14:13-	15:50-	17:12-	18:36-	19:56-	22:19+	23:23+	25:31+
01:32+	01:26+	02:14-	01:41+	01:13+	00:44-	01:14+	01:43+	02:26+	01:37+	01:22+	01:24-	01:20+	02:23+	01:04-	02:08+
00:27&	00:19&	02:54-	00:25&	00:02+	00:01-	00:20&	00:12#	00:08+	00:09#	00:17&	00:07-	00:06+	00:59&	00:05-	01:22@

4	Åshild Iversen	29	25:57												
01:20+	03:07+	05:03-	06:44-	08:12-	08:56-	10:00-	12:17-	15:08-	16:59+	18:20+	20:16+	21:59+	23:24+	24:58+	25:57+
01:20+	01:47+	01:56-	01:41+	01:28+	00:44-	01:04+	02:17+	02:51+	01:51+	01:21+	01:56+	01:43+	01:25+	01:34+	00:59+
00:15#	00:40&	03:12-	00:25&	00:17#	00:01-	00:10#	00:46&	00:33#	00:23&	00:16#	00:25&	00:29&	00:01+	00:25&	00:13&

Class	Navn	Klasse											Tid			
5	Astri Sandanger	93											26:44			
01:21+	02:58+	05:32-	07:19-	09:06-	09:59-	11:13-	13:09+	16:40+	18:35+	20:03+	21:38+	23:12+	24:30+	25:56+	26:44+	
01:21+	01:37+	02:34-	01:47+	01:47+	00:53+	01:14+	01:56+	03:31+	01:55+	01:28+	01:35+	01:34+	01:18-	01:26+	00:48+	
00:16#	00:30&	02:34-	00:31&	00:36&	00:08#	00:20&	00:25&	01:13&	00:27&	00:23&	00:04+	00:20&	00:06-	00:17#	00:02+	
6	Maria Fjelde	105											26:51			
01:17+	02:34+	04:46-	06:24-	07:40-	08:30-	09:42-	11:24-	14:04-	16:04-	17:36-	19:19=	21:50+	22:56+	26:07+	26:51+	
01:17+	01:17+	02:12-	01:38+	01:16+	00:50+	01:12+	01:42+	02:40+	02:00+	01:32+	01:43+	02:31+	01:06-	03:11+	00:44-	
00:12#	00:10#	02:56-	00:22&	00:05+	00:05#	00:18&	00:11#	00:22#	00:32&	00:27&	00:12#	01:17@	00:18-	02:02@	00:02-	
7	Marta Bertolaso	43											26:52			
01:17+	02:30+	07:07-	08:47+	10:13+	11:07+	12:06+	13:53+	16:27+	18:15+	19:26+	20:53+	22:24+	24:42+	25:57+	26:52+	
01:17+	01:13+	04:37-	01:40+	01:26+	00:54+	00:59+	01:47+	02:34+	01:48+	01:11+	01:27-	01:31+	02:18+	01:15+	00:55+	
00:12#	00:06+	00:31-	00:24&	00:15#	00:09#	00:05+	00:16#	00:16#	00:20#	00:06+	00:04-	00:17#	00:54&	00:06+	00:09#	
8	Marit Lindtveit Undheim	54											27:50			
05:36+	07:12+	08:51+	10:19+	11:34+	12:27+	13:24+	15:01+	17:50+	19:52+	21:05+	22:44+	24:17+	25:33+	26:41+	27:50+	
05:36+	01:36+	01:39-	01:28+	01:15+	00:53+	00:57+	01:37+	02:49+	02:02+	01:13+	01:39+	01:33+	01:16-	01:08-	01:09+	
04:31@	00:29&	03:29-	00:12#	00:04+	00:08#	00:03+	00:06+	00:31#	00:34&	00:08#	00:08+	00:19&	00:08-	00:01-	00:23&	
9	Ritva Aiko Halsne	105											28:47			
01:47+	04:51+	07:16-	09:00+	10:49+	11:47+	12:57+	15:26+	18:10+	20:02+	21:47+	23:51+	25:27+	26:37+	27:50+	28:47+	
01:47+	03:04+	02:25-	01:44+	01:49+	00:58+	01:10+	02:29+	02:44+	01:52+	01:45+	02:04+	01:36+	01:10-	01:13+	00:57+	
00:42&	01:57@	02:43-	00:28&	00:38&	00:13&	00:16&	00:58&	00:26#	00:24&	00:40&	00:33&	00:22&	00:14-	00:04+	00:11#	
10	Inger Johanne Klausen	54											36:16			
01:10+	02:47+	12:44+	14:20+	15:38+	16:26+	17:36+	19:25+	21:53+	23:40+	25:06+	26:51+	28:07+	29:15+	33:28+	36:16+	
01:10+	01:37+	09:57+	01:36+	01:18+	00:48+	01:10+	01:49+	02:28+	01:47+	01:26+	01:45+	01:16+	01:08-	04:13+	02:48+	
00:05+	00:30&	04:49&	00:20&	00:07+	00:03+	00:16&	00:18#	00:10+	00:19#	00:21&	00:14#	00:02+	00:16-	03:04@	02:02@	
11	Karine Ditlevsen	117											36:16			
02:07+	03:36+	10:36+	12:30+	14:06+	14:59+	16:19+	18:16+	21:06+	23:20+	29:22+	31:28+	32:59+	34:06+	35:23+	36:16+	
02:07+	01:29+	07:00+	01:54+	01:36+	00:53+	01:20+	01:57+	02:50+	02:14+	06:02+	02:06+	01:31+	01:07-	01:17+	00:53+	
01:02&	00:22&	01:52&	00:38&	00:25&	00:08#	00:26&	00:26&	00:32#	00:46&	04:57@	00:35&	00:17#	00:17-	00:08#	00:07#	
12	Therese Østbø	117											36:19			
02:06+	03:34+	10:38+	12:29+	14:04+	15:01+	16:21+	18:18+	21:16+	23:23+	29:25+	31:30+	32:58+	34:08+	35:26+	36:19+	
02:06+	01:28+	07:04+	01:51+	01:35+	00:57+	01:20+	01:57+	02:58+	02:07+	06:02+	02:05+	01:28+	01:10-	01:18+	00:53+	
01:01&	00:21&	01:56&	00:35&	00:24&	00:12&	00:26&	00:26&	00:40&	00:39&	04:57@	00:34&	00:14#	00:14-	00:09#	00:07#	
13	Silje H. Myklebust	54											36:38			
01:17+	02:44+	12:48+	14:24+	15:43+	16:34+	17:45+	19:31+	22:08+	23:57+	25:14+	27:08+	29:01+	30:08+	33:34+	36:38+	
01:17+	01:27+	10:04+	01:36+	01:19+	00:51+	01:11+	01:46+	02:37+	01:49+	01:17+	01:54+	01:53+	01:07-	03:26+	03:04+	
00:12#	00:20&	04:56&	00:20&	00:08#	00:06#	00:17&	00:15#	00:19#	00:21#	00:12#	00:23&	00:39&	00:17-	02:17@	02:18@	
14	Eli Våge	117											38:55			
04:36+	08:36+	11:27+	13:42+	15:53+	17:01+	18:35+	23:10+	26:41+	29:05+	30:47+	33:03+	34:50+	36:32+	37:46+	38:55+	
04:36+	04:00+	02:51-	02:15+	02:11+	01:08+	01:34+	04:35+	03:31+	02:24+	01:42+	02:16+	01:47+	01:42+	01:14+	01:09+	
03:31@	02:53@	02:17-	00:59&	01:00&	00:23&	00:40&	03:04@	01:13&	00:56&	00:37&	00:45&	00:33&	00:18#	00:05+	00:23&	
15	Linda Haukås	113											43:16			
02:03+	04:08+	07:27+	10:06+	12:06+	13:14+	14:58+	17:42+	21:14+	24:21+	26:28+	28:43+	34:06+	36:41+	42:00+	43:16+	
02:03+	02:05+	03:19-	02:39+	02:00+	01:08+	01:44+	02:44+	03:32+	03:07+	02:07+	02:15+	05:23+	02:35+	05:19+	01:16+	
00:58&	00:58&	01:49-	01:23@	00:49&	00:23&	00:50&	01:13&	01:14&	01:39@	01:02&	00:44&	04:09@	01:11&	04:10@	00:30&	
16	Linda Strøm	105											44:21			
03:49+	06:00+	09:31+	12:34+	15:15+	16:39+	19:09+	22:55+	26:47+	29:25+	31:37+	34:48+	37:07+	39:53+	42:38+	44:21+	
03:49+	02:11+	03:31-	03:03+	02:41+	01:24+	02:30+	03:46+	03:52+	02:38+	02:12+	03:11+	02:19+	02:46+	02:45+	01:43+	
02:44@	01:04&	01:37-	01:47@	01:30@	00:39&	01:36@	02:15@	01:34&	01:10&	01:07@	01:40@	01:05&	01:22&	01:36@	00:57@	
17	Anna Langlo	105											44:31			
03:50+	06:02+	09:29+	12:35+	15:16+	16:40+	19:10+	22:50+	26:48+	29:26+	31:33+	34:52+	37:10+	39:54+	42:34+	44:31+	
03:50+	02:12+	03:27-	03:06+	02:41+	01:24+	02:30+	03:40+	03:58+	02:38+	02:07+	03:19+	02:18+	02:44+	02:40+	01:57+	
02:45@	01:05&	01:41-	01:50@	01:30@	00:39&	01:36@	02:09@	01:40&	01:10&	01:02&	01:48@	01:04&	01:20&	01:31@	01:11@	
18	Sigrund Serigstad	128											44:49			
01:10+	03:11+	19:52+	21:19+	23:15+	24:07+	25:20+	29:58+	32:53+	34:57+	36:42+	38:40+	40:02+	42:51+	44:09+	44:49+	
01:10+	02:01+	16:41+	01:27+	01:56+	00:52+	01:13+	04:38+	02:55+	02:04+	01:45+	01:58+	01:22+	02:49+	01:18+	00:40-	
00:05+	00:54&	11:33@	00:11#	00:45&	00:07#	00:19&	03:07@	00:37&	00:36&	00:40&	00:27&	00:08#	01:25@	00:09#	00:06-	
19	May Kristin Haaland	47											45:10			
02:26+	04:37+	11:45+	14:30+	17:03+	18:49+	20:43+	23:41+	28:34+	31:49+	34:07+	37:26+	39:47+	41:58+	43:52+	45:10+	
02:26+	02:11+	07:08+	02:45+	02:33+	01:46+	01:54+	02:58+	04:53+	03:15+	02:18+	03:19+	02:21+	02:11+	01:54+	01:18+	
01:21@	01:04&	02:00&	01:29@	01:22@	01:01@	01:00@	01:27&	02:35@	01:47@	01:13@	01:48@	01:07&	00:47&	00:45&	00:32&	

Class	Navn	Klasse										Tid				
20	Brit Svihus	92										49:02				
01:35+	03:25+	06:51-	09:18+	12:46+	13:50+	15:19+	19:33+	25:57+	28:24+	36:30+	38:59+	41:53+	44:05+	47:53+	49:02+	
01:35+	01:50+	03:26-	02:27+	03:28+	01:04+	01:29+	04:14+	06:24+	02:27+	08:06+	02:29+	02:54+	02:12+	03:48+	01:09+	
00:30&	00:43&	01:42-	01:11&	02:17@	00:19&	00:35&	02:43@	04:06@	00:59&	07:01@	00:58&	01:40@	00:48&	02:39@	00:23&	
21	Elisabeth Horpestad	117										49:53				
07:19+	08:55+	25:02+	26:52+	28:22+	29:12+	30:27+	32:42+	37:33+	39:55+	41:39+	43:51+	45:18+	47:59+	49:09+	49:53+	
07:19+	01:36+	16:07+	01:50+	01:30+	00:50+	01:15+	02:15+	04:51+	02:22+	01:44+	02:12+	01:27+	02:41+	01:10+	00:44-	
06:14@	00:29&	10:59@	00:34&	00:19&	00:05#	00:21&	00:44&	02:33@	00:54&	00:39&	00:41&	00:13#	01:17&	00:01+	00:02-	
22	Bente Karin Dirdal	54										57:53				
02:11+	04:10+	06:42-	08:40+	10:38+	11:43+	13:35+	16:11+	25:53+	28:29+	46:23+	48:12+	49:45+	51:40+	54:51+	57:53+	
02:11+	01:59+	02:32-	01:58+	01:58+	01:05+	01:52+	02:36+	09:42+	02:36+	17:54+	01:49+	01:33+	01:55+	03:11+	03:02+	
01:06@	00:52&	02:36-	00:42&	00:47&	00:20&	00:58@	01:05&	07:24@	01:08&	16:49@	00:18#	00:19&	00:31&	02:02@	02:16@	

Beste strekktid for klassen

01:05	01:07	01:39	01:16	01:11	00:41	00:54	01:31	02:18	01:28	01:05	01:24	01:14	01:06	01:04	00:40
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

Herrer 16 - 39 år

1	Sven Hatteland	399										32:29												
01:08=	04:05=	04:59=	06:14=	07:44=	08:52=	09:38=	11:17=	11:50=	12:43=	14:15=	15:51=	17:47=	19:07=	20:23=	23:57=	25:39=	26:35=	27:43=	28:43=	29:32=	30:19=	31:18=	32:08=	32:29=
01:08=	02:57=	00:54=	01:15=	01:30=	01:08=	00:46=	01:39=	00:33=	00:53=	01:32=	01:36=	01:56=	01:20=	01:16=	03:34=	01:42=	00:56=	01:08=	01:00=	00:49=	00:47=	00:59=	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=	00:00=	00:00=	00:00=
2	Thomas Hinna	287										50:39												
02:09+	15:59+	17:16+	18:58+	20:41+	22:01+	23:01+	24:49+	25:40+	27:02+	28:41+	30:28+	32:35+	34:09+	35:46+	39:39+	41:20+	42:34+	43:46+	45:26+	46:46+	47:44+	49:04+	50:11+	50:39+
02:09+	13:50+	01:17+	01:42+	01:43+	01:20+	01:00+	01:48+	00:51+	01:22+	01:39+	01:47+	02:07+	01:34+	01:37+	03:53+	01:41-	01:14+	01:12+	01:40+	01:20+	00:58+	01:20+	01:07+	00:28+
01:01&	10:53@	00:23&	00:27&	00:13#	00:12#	00:14&	00:09+	00:18&	00:29&	00:07+	00:11#	00:11+	00:14#	00:21&	00:19+	00:01-	00:18&	00:04+	00:40&	00:31&	00:11#	00:21&	00:17&	00:07&
3	Jone Klemo Øverland	165										54:23												
03:37+	09:17+	11:43+	14:38+	16:34+	18:08+	19:13+	21:22+	22:26+	23:34+	25:39+	28:11+	33:01+	34:53+	36:50+	41:39+	43:46+	44:52+	46:54+	48:42+	49:58+	50:57+	52:33+	53:51+	54:23+
03:37+	05:40+	02:26+	02:55+	01:56+	01:34+	01:05+	02:09+	01:04+	01:08+	02:05+	02:32+	04:50+	01:52+	01:57+	04:49+	02:07+	01:06+	02:02+	01:48+	01:16+	00:59+	01:36+	01:18+	00:32+
02:29@	02:43&	01:32@	01:40@	00:26&	00:26&	00:19&	00:30&	00:31&	00:15&	00:33&	00:56&	02:54@	00:32&	00:41&	01:15&	00:25#	00:10#	00:54&	00:48&	00:27&	00:12&	00:37&	00:28&	00:11&
4	Torbjørn Fuglestad	46										54:34												
02:21+	07:39+	09:43+	11:24+	13:55+	15:42+	16:50+	19:34+	20:42+	22:05+	25:15+	27:25+	29:59+	32:14+	33:58+	39:39+	42:07+	43:58+	45:43+	47:27+	49:11+	50:45+	52:15+	54:01+	54:34+
02:21+	05:18+	02:04+	01:41+	02:31+	01:47+	01:08+	02:44+	01:08+	01:23+	03:10+	02:10+	02:34+	02:15+	01:44+	05:41+	02:28+	01:51+	01:45+	01:44+	01:44+	01:34+	01:30+	01:46+	00:33+
01:13@	02:21&	01:10@	00:26&	01:01&	00:39&	00:22&	01:05&	00:35@	00:30&	01:38@	00:34&	00:38&	00:55&	00:28&	02:07&	00:46&	00:55&	00:37&	00:44&	00:55@	00:47&	00:31&	00:56@	00:12&
5	Bjarte Sola	192										1:28:12												
03:05+	09:54+	11:55+	15:13+	18:02+	20:37+	22:13+	25:38+	27:12+	29:06+	32:05+	35:38+	43:32+	46:39+	49:34+	67:40+	71:11+	73:07+	75:25+	78:03+	80:56+	82:37+	84:58+	87:37+	88:12+
03:05+	06:49+	02:01+	03:18+	02:49+	02:35+	01:36+	03:25+	01:34+	01:54+	02:59+	03:33+	07:54+	03:07+	02:55+	18:06+	03:31+	01:56+	02:18+	02:38+	02:53+	01:41+	02:21+	02:39+	00:35+
01:57@	03:52@	01:07@	02:03@	01:19&	01:27@	00:50@	01:46@	01:01@	01:01@	01:27&	01:57@	05:58@	01:47@	01:39@	14:32@	01:49@	01:00@	01:10@	01:38@	02:04@	00:54@	01:22@	01:49@	00:14&

Beste strekktid for klassen

01:08	02:57	00:54	01:15	01:30	01:08	00:46	01:39	00:33	00:53	01:32	01:36	01:56	01:20	01:16	03:34	01:41	00:56	01:08	01:00	00:49	00:47	00:59	00:50	00:21
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

Herrer 40 - 49 år

1	Magne Habbestad	111										42:00													
01:40=	04:35=	05:35=	06:58=	08:35=	09:49=	10:48=	12:36=	13:31=	14:40=	16:23=	18:15=	21:18=	22:54=	24:41=	29:01=	30:51=	31:56=	33:12=	34:44=	37:46=	38:57=	40:18=	41:29=	42:00=	
01:40=	02:55=	01:00=	01:23=	01:37=	01:14=	00:59=	01:48=	00:55=	01:09=	01:43=	01:52=	03:03=	01:36=	01:47=	04:20=	01:50=	01:05=	01:16=	01:32=	03:02=	01:11=	01:21=	01:11=	00:31=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Jan-Kenneth Polle	83										42:33													
01:33-	06:00+	07:07+	08:34+	10:11+	11:28+	12:22+	14:15+	15:26+	16:34+	18:03+	19:49+	22:14+	23:51+	25:26+	28:55-	30:48-	31:59+	33:20+	35:40+	37:59+	39:01+	39:35-	40:58-	42:08+	42:33+
01:33-	04:27+	01:07+	01:27+	01:37=	01:17+	00:54-	01:53+	01:11+	01:08-	01:29-	01:46-	02:25-	01:37+	01:35-	03:29-	01:53+	01:11+	01:21+	02:20+	02:19-	01:02-	00:34-	01:23+	01:10+	00:25+
00:07-	01:32&	00:07#	00:04+	00:00=	00:03+	00:05-	00:05+	00:16&	00:01-	00:14-	00:06-	00:38-	00:01+	00:12-	00:51-	00:03+	00:06+	00:05+	00:48&	00:43-	00:09-	00:47-	00:12#	00:39@	00:25+
3	Gunnar Thorset	117										43:59													
01:38-	06:35+	08:08+	09:39+	11:18+	12:46+	13:45+	15:39+	16:41+	17:53+	19:31+	21:21+	23:06+	24:47+	27:44+	31:57+	33:45+	34:56+	36:22+	38:36+	40:05+	41:02+	42:26+	43:31+	43:59+	
01:38-	04:57+	01:33+	01:31+	01:39+	01:28+	00:59=	01:54+	01:02+	01:12+	01:38-	01:50-	01:45-	01:41+	02:57+	04:13-	01:48-	01:11+	01:26+	02:14+	01:29-	00:57-	01:24+	01:05-	00:28-	
00:02-	02:02&	00:33&	00:08+	00:02+	00:14#	00:00=	00:06+	00:07#	00:03+	00:05-	00:02-	01:18-	00:05+	01:10&	00:07-	00:02-	00:06+	00:10#	00:42&	01:33-	00:14-	00:03+	00:06-	00:03-	

Class	Navn	Klasse										Tid														
4	Anders Hagen	399										51:53														
		02:15+	08:15+	09:18+	10:46+	12:29+	13:44+	15:00+	16:45+	17:40+	19:09+	22:18+	24:07+	26:34+	28:21+	29:50+	35:13+	37:03+	41:30+	43:08+	44:59+	46:25+	47:24+	49:15+	51:32+	51:53+
		02:15+	06:00+	01:03+	01:28+	01:43+	01:15+	01:16+	01:45-	00:55+	01:29+	03:09+	01:49-	02:27-	01:47+	01:29-	05:23+	01:50=	04:27+	01:38+	01:51+	01:26-	00:59-	01:51+	02:17+	00:21-
		00:35&	03:05&	00:03+	00:05+	00:06+	00:01+	00:17&	00:03-	00:00=	00:20&	01:26&	00:03-	00:36-	00:11#	00:18-	01:03#	00:00=	03:22&	00:22&	00:19#	01:36-	00:12-	00:30&	01:06&	00:10-

Beste strekktid for klassen

01:33 02:55 01:00 01:23 01:37 01:14 00:54 01:45 00:55 01:08 01:29 01:46 01:45 01:36 01:29 03:29 01:48 01:05 01:16 01:32 01:26 00:57 00:34 01:05 00:21

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

Herrer 50 - 59 år

1	Bjørnar André Haug	80										32:11													
		01:04=	02:48=	03:52=	05:25=	06:30=	07:40=	09:48=	11:05=	12:32=	15:06=	16:01=	17:46=	18:38=	19:19=	20:00=	21:25=	23:29=	25:22=	26:37=	29:00=	29:46=	31:30=	32:11=	
		01:04=	01:44=	01:04=	01:33=	01:05=	01:10=	02:08=	01:17=	01:27=	02:34=	00:55=	01:45=	00:52=	00:41=	00:41=	01:25=	02:04=	01:53=	01:15=	02:23=	00:46=	01:44=	00:41=	
		00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Nils Tore Puntervold	7										34:54												
		00:59-	02:23-	03:56+	05:39+	07:08+	08:24+	10:41+	12:04+	13:56+	16:00+	16:55+	18:58+	19:48+	20:37+	21:17+	23:01+	25:28+	27:23+	28:42+	31:07+	31:53+	34:11+	34:54+
		00:59-	01:24-	01:33+	01:43+	01:29+	01:16+	02:17+	01:23+	01:52+	02:04-	00:55=	02:03+	00:50-	00:49+	00:40-	01:44+	02:27+	01:55+	01:19+	02:25+	00:46=	02:18+	00:43+
		00:05-	00:20-	00:29&	00:10#	00:24&	00:06+	00:09+	00:06+	00:25&	00:30-	00:00=	00:18#	00:02-	00:08#	00:01-	00:19#	00:23#	00:02+	00:04+	00:02+	00:00=	00:34&	00:02+

3	Lars Primstad	62										35:03												
		01:00-	02:09-	03:30-	05:06-	06:17-	07:30-	09:37-	10:55-	12:15-	14:21-	15:13-	16:51-	17:39-	18:14-	19:42-	21:08-	23:25-	25:10-	28:02+	31:09+	32:07+	34:21+	35:03+
		01:00-	01:09-	01:21+	01:36+	01:11+	01:13+	02:07-	01:18+	01:20-	02:06-	00:52-	01:38-	00:48-	00:35-	01:28+	01:26+	02:17+	01:45-	02:52+	03:07+	00:58+	02:14+	00:42+
		00:04-	00:35-	00:17&	00:03+	00:06+	00:03+	00:01-	00:01+	00:07-	00:28-	00:03-	00:07-	00:04-	00:06-	00:47&	00:01+	00:13#	00:08-	01:37&	00:44&	00:12&	00:30&	00:01+

4	Jone Kalheim	93										37:48												
		01:08+	02:21-	03:31-	05:33+	08:49+	10:09+	13:11+	14:54+	16:19+	18:31+	19:42+	21:24+	22:57+	23:52+	24:30+	26:02+	28:18+	30:10+	31:26+	34:09+	34:51+	37:10+	37:48+
		01:08+	01:13-	01:10+	02:02+	03:16+	01:20+	03:02+	01:43+	01:25-	02:12-	01:11+	01:42-	01:33+	00:55+	00:38-	01:32+	02:16+	01:52-	01:16+	02:43+	00:42-	02:19+	00:38-
		00:04+	00:31-	00:06+	00:29&	02:11&	00:10#	00:54&	00:26&	00:02-	00:22-	00:16&	00:03-	00:41&	00:14&	00:03-	00:07+	00:12+	00:01-	00:01+	00:20#	00:04-	00:35&	00:03-

5	Håvard Håland	66										37:55												
		01:32+	03:01+	04:40+	06:20+	07:29+	09:13+	11:43+	13:47+	15:16+	17:49+	18:48+	20:37+	21:45+	23:24+	24:06+	25:45+	28:15+	30:42+	31:52+	34:15+	35:03+	37:14+	37:55+
		01:32+	01:29-	01:39+	01:40+	01:09+	01:44+	02:30+	02:04+	01:29+	02:33-	00:59+	01:49+	01:08+	01:39+	00:42+	01:39+	02:30+	02:27+	01:10-	02:23=	00:48+	02:11+	00:41=
		00:28&	00:15-	00:35&	00:07+	00:04+	00:34&	00:22#	00:47&	00:02+	00:01-	00:04+	00:04+	00:16&	00:58&	00:01+	00:14#	00:26#	00:34&	00:05-	00:00=	00:02+	00:27&	00:00=

6	Kjell Seland	236										39:55												
		01:45+	03:20+	04:53+	06:54+	08:22+	10:58+	14:28+	15:55+	17:17+	19:57+	21:02+	22:54+	23:58+	25:00+	25:46+	27:35+	30:22+	32:29+	33:44+	36:11+	36:56+	39:16+	39:55+
		01:45+	01:35-	01:33+	02:01+	01:28+	02:36+	03:30+	01:27+	01:22-	02:40+	01:05+	01:52+	01:04+	01:02+	00:46+	01:49+	02:47+	02:07+	01:15=	02:27+	00:45-	02:20+	00:39-
		00:41&	00:09-	00:29&	00:28&	00:23&	01:26&	01:22&	00:10#	00:05-	00:06+	00:10#	00:07+	00:12#	00:21&	00:05#	00:24&	00:43&	00:14#	00:00=	00:04+	00:01-	00:36&	00:02-

7	Asbjørn Bråndland	297										40:47												
		01:15+	02:37-	04:10+	05:54+	07:06+	09:19+	12:10+	13:46+	15:56+	18:31+	19:33+	21:46+	23:15+	24:23+	25:44+	27:35+	30:20+	32:30+	34:14+	36:35+	37:19+	40:00+	40:47+
		01:15+	01:22-	01:33+	01:44+	01:12+	02:13+	02:51+	01:36+	02:10+	02:35+	01:02+	02:13+	01:29+	01:08+	01:21+	01:51+	02:45+	02:10+	01:44+	02:21-	00:44-	02:41+	00:47+
		00:11#	00:22-	00:29&	00:11#	00:07#	01:03&	00:43&	00:19#	00:43&	00:01+	00:07#	00:28&	00:37&	00:27&	00:40&	00:26&	00:41&	00:17#	00:29&	00:02-	00:02-	00:57&	00:06#

8	Jørgen Nilsen	116										41:13												
		01:05+	02:21-	03:51-	05:57+	07:11+	08:36+	12:13+	14:01+	15:26+	17:55+	19:03+	21:22+	22:29+	23:41+	24:42+	26:42+	29:34+	31:50+	33:45+	36:31+	37:33+	40:19+	41:13+
		01:05+	01:16-	01:30+	02:06+	01:14+	01:25+	03:37+	01:48+	01:25-	02:29-	01:08+	02:19+	01:07+	01:12+	01:01+	02:00+	02:52+	02:16+	01:55+	02:46+	01:02+	02:46+	00:54+
		00:01+	00:28-	00:26&	00:33&	00:09#	00:15#	01:29&	00:31&	00:02-	00:05-	00:13#	00:34&	00:15&	00:31&	00:20&	00:35&	00:48&	00:23#	00:40&	00:23#	00:16&	01:02&	00:13&

9	Erling Knutzen	128										41:39												
		01:27+	02:45-	04:22+	06:17+	08:06+	09:29+	11:49+	14:06+	15:45+	18:31+	19:35+	22:00+	23:28+	24:15+	25:18+	27:24+	30:15+	32:40+	34:01+	36:37+	37:28+	40:48+	41:39+
		01:27+	01:18-	01:37+	01:55+	01:49+	01:23+	02:20+	02:17+	01:39+	02:46+	01:04+	02:25+	01:28+	00:47+	01:03+	02:06+	02:51+	02:25+	01:21+	02:36+	00:51+	03:20+	00:51+
		00:23&	00:26&	00:18-	00:33&	00:22#	00:44&	00:13#	00:12+	01:00&	00:12+	00:09#	00:40&	00:36&	00:06#	00:22&	00:41&	00:47&	00:32&	00:06+	00:13+	00:05#	01:36&	00:10#

10	Anders Glenne	7										41:46												
		01:45+	02:55+	04:20+	06:02+	07:14+	08:38+	12:40+	14:01+	15:52+	18:50+	20:03+	22:00+	23:36+	24:51+	26:06+	27:50+	30:24+	33:31+	35:03+	37:33+	38:32+	41:00+	41:46+
		01:45+	01:10-	01:25+	01:42+	01:12+	01:24+	04:02+	01:21+	01:51+	02:58+	01:13+	01:57+	01:36+	01:15+	01:15+	01:44+	02:34+	03:07+	01:32+	02:30+	00:59+	02:28+	00:46+
		00:41&	00:34-	00:21&	00:09+	00:07#	00:14#	01:54&	00:04+	00:24&	00:24#	00:18&	00:12#	00:44&	00:34&	00:34&	00:19#	00:30#	01:14&	00:17#	00:07+	00:13&	00:44&	00:05#

11	John Breiland	352										42:09												
		03:27+	04:51+	06:18+	07:56+	09:21+	11:00+	14:28+	16:12+	17:31+	19:45+	20:40+	22:39+	23:54+	24:38+	25:35+	27:22+	29:53+	33:12+	34:41+	38:19+	39:09+	41:18+	42:09+
		03:27+	01:24-	01:27+	01:38+	01:25+	01:39+	03:28+	01:44+	01:19-	02:14-	00:55=	01:59+	01:15+	00:44+	00:57+	01:47+	02:31+	03:19+	01:29+	03:38+	00:50+	02:09+	00:51+
		02:23&	00:20-	00:23&	00:05+	00:20&	00:29&	01:20&	00:27&	00:08-	00:20-	00:00=	00:14#	00:23&	00:03+	00:16&	00:22&	00:27#	01:26&	00:14#	01:15&	00:04+	00:25#	00:10#

12	Kevin Thomas Foust	192										43:08												
		01:04=	02:29-	03:55+	05:37+	06:43+	08:12+	15:26+	17:13+	18:33+	21:45+	22:43+	24:59+	25:54+	26:37+	27:31+	29:36+	32:37+	35:02+	36:35+	38:47+	39:28+	42:18+	43:08+
		01:04=	01:25-	01:26+	01:42+	01:06+	01:29+	07:14+	01:47+	01:20-	03:12+	00:58+	02:16+	00:55+	00:43+	00:54+	02:05+	03:01+	02:25+	01:33+	02:12-	00:41-	02:50+	00:50+
		00:00=	00:19-	00:22&	00:09+	00:01+	00:19&	05:06&	00:30&	00:07-	00:38#	00:03+	00:31&	00:03+	00:02+	00:13&	00:40&	00:57&	00:32&	00:18#	00:11-	00:05-	01:06&	00:09#

Class	Navn	Klasse										Tid										
13	Frank Hansen	29										43:34										
01:03-	02:52+	04:23+	06:17+	08:31+	10:14+	13:19+	14:46+	16:22+	19:25+	20:31+	22:35+	23:47+	25:14+	26:16+	28:09+	30:51+	33:21+	35:09+	38:01+	39:14+	42:51+	43:34+
01:03-	01:49+	01:31+	01:54+	02:14+	01:43+	03:05+	01:27+	01:36+	03:03+	01:06+	02:04+	01:12+	01:27+	01:02+	01:53+	02:42+	02:30+	01:48+	02:52+	01:13+	03:37+	00:43+
00:01-	00:05+	00:27&	00:21#	01:09#	00:33&	00:57&	00:10#	00:09#	00:29#	00:11#	00:19#	00:20&	00:46#	00:21&	00:28&	00:38&	00:37&	00:33&	00:29#	00:27&	01:53#	00:02+
14	Arne Hetlelid	98										44:03										
01:16+	03:23+	05:05+	06:55+	08:04+	09:41+	12:31+	14:15+	17:08+	19:55+	20:54+	22:54+	24:31+	25:14+	26:07+	28:10+	31:08+	33:34+	35:51+	39:34+	40:27+	43:00+	44:03+
01:16+	02:07+	01:42+	01:50+	01:09+	01:37+	02:50+	01:44+	02:53+	02:47+	00:59+	02:00+	01:37+	00:43+	00:53+	02:03+	02:58+	02:26+	02:17+	03:43+	00:53+	02:33+	01:03+
00:12#	00:23#	00:38&	00:17#	00:04+	00:27&	00:42&	00:27&	01:26&	00:13+	00:04+	00:15#	00:45&	00:02+	00:12&	00:38&	00:54&	00:33&	01:02&	01:20&	00:07#	00:49&	00:22&
15	Steinar Hansen	27										44:50										
01:03-	03:05+	04:33+	06:16+	08:33+	09:44+	12:47+	14:17+	15:49+	18:50+	19:51+	21:42+	23:08+	23:54+	24:44+	26:30+	28:59+	31:48+	33:36+	36:45+	37:26+	44:04+	44:50+
01:03-	02:02+	01:28+	01:43+	02:17+	01:11+	03:03+	01:30+	01:32+	03:01+	01:01+	01:51+	01:26+	00:46+	00:50+	01:46+	02:29+	02:49+	01:48+	03:09+	00:41-	06:38+	00:46+
00:01-	00:18#	00:24&	00:10#	01:12#	00:01+	00:55&	00:13#	00:05+	00:27#	00:06#	00:06+	00:34&	00:05#	00:09#	00:21#	00:25#	00:56&	00:33&	00:46&	00:05-	04:54#	00:05#
16	Magnar Møller	62										45:08										
01:40+	03:07+	04:43+	06:40+	08:03+	09:29+	12:02+	13:36+	16:26+	19:33+	20:34+	22:42+	23:57+	25:01+	26:03+	28:04+	30:47+	33:00+	34:22+	40:26+	41:21+	44:08+	45:08+
01:40+	01:27-	01:36+	01:57+	01:23+	01:26+	02:33+	01:34+	02:50+	03:07+	01:01+	02:08+	01:15+	01:04+	01:02+	02:01+	02:43+	02:13+	01:22+	06:04+	00:55+	02:47+	01:00+
00:36&	00:17-	00:32&	00:24&	00:18&	00:16#	00:25#	00:17#	01:23&	00:33#	00:06#	00:23#	00:23&	00:23&	00:21&	00:36&	00:39&	00:20#	00:07+	03:41#	00:09#	01:03&	00:19&
17	Harald Taksdal	236										46:04										
01:40+	04:31+	06:16+	08:17+	09:42+	11:37+	14:48+	17:42+	19:27+	22:12+	23:31+	25:44+	27:10+	28:53+	29:52+	31:52+	34:52+	37:20+	38:49+	41:49+	42:39+	45:07+	46:04+
01:40+	02:51+	01:45+	02:01+	01:25+	01:55+	03:11+	02:54+	01:45+	02:45+	01:19+	02:13+	01:26+	01:43+	00:59+	02:00+	03:00+	02:28+	01:29+	03:00+	00:50+	02:28+	00:57+
00:36&	01:07&	00:41&	00:28&	00:20&	00:45&	01:03&	01:37#	00:18#	00:11+	00:24&	00:28&	00:34&	01:02#	00:18&	00:35&	00:56&	00:35&	00:14#	00:37&	00:04+	00:44&	00:16&
18	Arnstein Hoff	116										46:23										
01:15+	03:06+	04:48+	07:07+	09:03+	10:34+	14:33+	16:11+	21:21+	24:19+	25:30+	27:25+	28:25+	29:07+	30:11+	32:13+	35:04+	37:46+	39:06+	41:40+	42:23+	45:29+	46:23+
01:15+	01:51+	01:42+	02:19+	01:56+	01:31+	03:59+	01:38+	05:10+	02:58+	01:11+	01:55+	01:00+	00:42+	01:04+	02:02+	02:51+	02:42+	01:20+	02:34+	00:43-	03:06+	00:54+
00:11#	00:07+	00:38&	00:46&	00:51&	00:21&	01:51&	00:21&	03:43#	00:24#	00:16&	00:10+	00:08#	00:01+	00:23&	00:37&	00:47&	00:49&	00:05+	00:11+	00:03-	01:22&	00:13&
19	Terje Undheim	54										46:24										
04:37+	05:47+	09:16+	10:47+	13:43+	15:09+	19:27+	20:59+	22:23+	24:28+	25:32+	27:26+	28:43+	29:54+	30:44+	32:08+	34:20+	36:37+	37:55+	42:37+	43:33+	45:42+	46:24+
04:37+	01:10-	03:29+	01:31-	02:56+	01:26+	04:18+	01:32+	01:24-	02:05-	01:04+	01:54+	01:17+	01:11+	00:50+	01:24-	02:12+	02:17+	01:18+	04:42+	00:56+	02:09+	00:42+
03:33#	00:34-	02:25#	00:02-	01:51#	00:16#	02:10#	00:15#	00:03-	00:29-	00:09#	00:09+	00:25&	00:30&	00:09#	00:01-	00:08+	00:24#	00:03+	02:19&	00:10#	00:25#	00:01+
20	Svend Vihovde	116										46:27										
01:21+	03:02+	04:57+	07:08+	08:39+	10:22+	13:11+	15:40+	17:33+	20:30+	21:41+	24:12+	25:31+	26:20+	27:23+	29:34+	32:52+	35:27+	37:33+	41:21+	42:50+	45:21+	46:27+
01:21+	01:41-	01:55+	02:11+	01:31+	01:43+	02:49+	02:29+	01:53+	02:57+	01:11+	02:31+	01:19+	00:49+	01:03+	02:11+	03:18+	02:35+	02:06+	03:48+	01:29+	02:31+	01:06+
00:17&	00:03-	00:51&	00:38&	00:26&	00:33&	00:41&	01:12&	00:26&	00:23#	00:16&	00:46&	00:27&	00:08#	00:22&	00:46&	01:14&	00:42&	00:51&	01:25&	00:43&	00:47&	00:25&
21	Ådne Hausberg	7										47:13										
02:08+	03:30+	05:17+	07:09+	08:30+	10:20+	15:05+	16:46+	20:15+	22:57+	24:13+	27:14+	28:40+	29:42+	31:07+	33:25+	36:31+	38:57+	40:24+	43:25+	44:17+	46:16+	47:13+
02:08+	01:22-	01:47+	01:52+	01:21+	01:50+	04:45+	01:41+	03:29+	02:42+	01:16+	03:01+	01:26+	01:02+	01:25+	02:18+	03:06+	02:26+	01:27+	03:01+	00:52+	01:59+	00:57+
01:04&	00:22-	00:43&	00:19#	00:16#	00:40&	02:37#	00:24&	02:02#	00:08+	00:21&	01:16&	00:34&	00:21&	00:44#	00:53&	01:02&	00:33&	00:12#	00:38&	00:06#	00:15#	00:16&
22	Tor Sverre Skåra	266										48:47										
01:28+	03:53+	05:57+	08:00+	09:21+	13:02+	16:34+	18:51+	21:18+	24:03+	25:04+	27:16+	28:59+	31:13+	32:11+	34:22+	37:14+	39:53+	41:45+	44:27+	45:22+	47:49+	48:47+
01:28+	02:25+	02:04+	02:03+	01:21+	03:41+	03:32+	02:17+	02:27+	02:45+	01:01+	02:12+	01:43+	02:14+	00:58+	02:11+	02:52+	02:39+	01:52+	02:42+	00:55+	02:27+	00:58+
00:24&	00:41&	00:10#	00:30&	00:16#	02:31#	01:24&	01:00&	01:00&	00:11+	00:06#	00:27&	00:51&	01:33#	00:17&	00:46&	00:48&	00:46&	00:37&	00:19#	00:09#	00:43&	00:17&
23	Christof Schätz	239										51:21										
03:04+	05:49+	07:38+	09:48+	11:17+	13:49+	16:33+	18:51+	21:18+	24:44+	26:01+	28:37+	30:30+	31:47+	33:13+	35:26+	38:30+	41:46+	43:23+	46:30+	47:40+	50:17+	51:21+
03:04+	02:45+	01:49+	02:10+	01:29+	02:32+	02:44+	02:18+	02:27+	03:26+	01:17+	02:36+	01:53+	01:17+	01:26+	02:13+	03:04+	03:16+	01:37+	03:07+	01:10+	02:37+	01:04+
02:00#	01:01&	00:45&	00:37&	00:24&	01:22#	00:36&	01:01&	01:00&	00:52&	00:22&	00:51&	01:01#	00:36&	00:45#	00:48&	01:00&	01:23&	00:22&	00:44&	00:24&	00:53&	00:23&
24	Geir Rune Seldal	192										53:43										
01:12+	04:34+	06:15+	08:29+	10:08+	11:41+	14:46+	16:35+	22:38+	25:58+	27:06+	30:03+	31:24+	32:10+	33:19+	36:09+	39:42+	42:15+	44:13+	48:45+	49:51+	52:22+	53:43+
01:12+	03:22+	01:41+	02:14+	01:39+	01:33+	03:05+	01:49+	06:03+	03:20+	01:08+	02:57+	01:21+	00:46+	01:09+	02:50+	03:33+	02:33+	01:58+	04:32+	01:06+	02:31+	01:21+
00:08#	01:38&	00:37&	00:41&	00:34&	00:23&	00:57&	00:32&	04:36#	00:46&	00:13#	01:12&	00:29&	00:05#	00:28&	01:25&	01:29&	00:40&	00:43&	02:09&	00:20&	00:47&	00:40&
25	Raymond B. Pettersen	105										54:02										
01:16+	02:50+	04:48+	07:08+	10:34+	12:15+	15:30+	18:21+	20:26+	23:44+	24:53+	27:24+	28:57+	30:12+	31:13+	33:44+	37:30+	40:24+	42:03+	50:04+	50:56+	53:11+	54:02+
01:16+	01:34-	01:58+	02:20+	03:26+	01:41+	03:15+	02:51+	02:05+	03:18+	01:09+	02:31+	01:33+	01:15+	01:01+	02:31+	03:46+	02:54+	01:39+	08:01+	00:52+	02:15+	00:51+
00:12#	00:10-	00:54&	00:47&	02:21#	00:31&	01:07&	01:34#	00:38&	00:44&	00:14&	00:46&	00:41&	00:34&	00:20&	01:06&	01:42&	01:01&	00:24&	05:38#	00:06#	00:31&	00:10#
26	Trygve Michaelsen	117										55:13										
01:10+	02:35-	04:16+	06:25+	07:47+	09:56+	12:27+	14:49+	23:53+	26:32+	27:42+	30:28+	32:00+	33:27+	34:16+	36:09+	39:28+	44:59+	46:23+	48:56+	50:29+	54:17+	55:13+
01:10+	01:25-	01:41+	02:09+	01:22+	02:09+	02:31+	02:22+	09:04+	02:39+	01:10+	02:46+	01:32+	01:27+	00:49+	01:53+	03:19+	05:31+	01:24+	02:33+	01:33+	03:48+	00:56+
00:06+	00:19-	00:37&	00:36&	00:17&	00:59&	00:23#	01:05&	07:37#	00:05+	00:15&	01:01&	00:40&	00:46#	00:08#	00:28&	01:15&	03:38#	00:09#	00:10+	00:47#	02:04#	00:15&
27	Ingve Vold	54										55:50										
01:41+	06:35+	08:16+	10:14+	12:23+</																		

Class	Navn	Klasse										Tid										
28	Stein Arve Finnestad	287										1:00:16										
03:26+	06:01+	07:51+	09:57+	12:21+	14:55+	19:48+	21:45+	27:48+	31:04+	32:22+	34:41+	36:06+	38:00+	39:08+	41:11+	44:00+	46:24+	51:46+	54:33+	55:29+	59:23+	60:16+
03:26+	02:35+	01:50+	02:06+	02:24+	02:34+	04:53+	01:57+	06:03+	03:16+	01:18+	02:19+	01:25+	01:54+	01:08+	02:03+	02:49+	02:24+	05:22+	02:47+	00:56+	03:54+	00:53+
02:22@	00:51&	00:46&	00:33&	01:19@	01:24@	02:45@	00:40&	04:36@	00:42&	00:23&	00:34&	00:33&	01:13@	00:27&	00:38&	00:45&	00:31&	04:07@	00:24#	00:10#	02:10@	00:12&

Beste strekktid for klassen

00:59 01:09 01:04 01:31 01:05 01:10 02:07 01:17 01:19 02:04 00:52 01:38 00:48 00:35 00:38 01:24 02:04 01:45 01:10 02:12 00:41 01:44 00:38

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

Herrer 60 - 64 år

1	Sturle Omdal	116										34:28												
01:55=	05:09=	06:31=	08:38=	09:58=	12:19=	13:31=	15:14=	16:32=	18:08=	19:42=	21:42=	25:05=	26:11=	27:15=	28:33=	30:31=	31:26=	32:33=	33:49=	34:28=				
01:55=	03:14=	01:22=	02:07=	01:20=	02:21=	01:12=	01:43=	01:18=	01:36=	01:34=	02:00=	03:23=	01:06=	01:04=	01:18=	01:58=	00:55=	01:07=	01:16=	00:39=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Espen Krogh	7										35:15												
01:22-	04:57-	06:01-	07:53-	09:11-	11:26-	12:31-	15:15+	16:01-	17:05-	18:39-	20:42-	23:46-	25:21-	26:30-	27:53-	31:00+	31:58+	33:06+	34:26+	35:15+				
01:22-	03:35+	01:04-	01:52-	01:18-	02:15-	01:05-	02:44+	00:46-	01:04-	01:34=	02:03+	03:04-	01:35+	01:09+	01:23+	03:07+	00:58+	01:08+	01:20+	00:49+				
00:33-	00:21#	00:18-	00:15-	00:02-	00:06-	00:07-	01:01&	00:32-	00:32-	00:00=	00:03+	00:19-	00:29&	00:05+	00:05+	01:09&	00:03+	00:01+	00:04+	00:10&				
3	Harald Klippenberg	59										35:22												
01:30-	04:59-	06:09-	08:22-	09:49-	12:14-	13:21-	15:16+	16:00-	17:04-	18:51-	21:03-	24:30-	25:48-	26:49-	28:28-	30:47+	31:52+	33:20+	34:37+	35:22+				
01:30-	03:29+	01:10-	02:13+	01:27+	02:25+	01:07-	01:55+	00:44-	01:04-	01:47+	02:12+	03:27+	01:18+	01:01-	01:39+	02:19+	01:05+	01:28+	01:17+	00:45+				
00:25-	00:15+	00:12-	00:06+	00:07+	00:04+	00:05-	00:12#	00:34-	00:32-	00:13#	00:12#	00:04+	00:12#	00:03-	00:21&	00:21#	00:10#	00:21&	00:01+	00:06#				
4	Morten Johannessen	7										37:32												
01:23-	05:27+	07:27+	09:35+	11:04+	12:57+	14:03+	16:02+	16:58+	18:07-	19:49+	21:58+	25:11+	26:25+	27:33+	29:43+	32:06+	33:00+	35:17+	36:33+	37:32+				
01:23-	04:04+	02:00+	02:08+	01:29+	01:53-	01:06-	01:59+	00:56-	01:09-	01:42+	02:09+	03:13-	01:14+	01:08+	02:10+	02:23+	00:54-	02:17+	01:16=	00:59+				
00:32-	00:50&	00:38&	00:01+	00:09#	00:28-	00:06-	00:16#	00:22-	00:27-	00:08+	00:09+	00:10-	00:08#	00:04+	00:52&	00:25#	00:01-	01:10@	00:00=	00:20&				
5	Per Ingar Hadland	7										47:33												
01:31-	05:28+	06:36+	09:19+	15:41+	19:00+	20:15+	22:32+	23:26+	24:39+	27:17+	30:07+	34:52+	36:21+	37:32+	39:41+	42:12+	43:25+	44:56+	46:34+	47:33+				
01:31-	03:57+	01:08-	02:43+	06:22+	03:19+	01:15+	02:17+	00:54-	01:13-	02:38+	02:50+	04:45+	01:29+	01:11+	02:09+	02:31+	01:13+	01:31+	01:38+	00:59+				
00:24-	00:43#	00:14-	00:36&	05:02@	00:58&	00:03+	00:34&	00:24-	00:23-	01:04&	00:50&	01:22&	00:23&	00:07#	00:51&	00:33&	00:18&	00:24&	00:22&	00:20&				
6	John C. Sinnes	93										51:23												
02:39+	10:54+	12:58+	15:49+	19:09+	22:25+	23:49+	25:54+	27:01+	28:33+	30:30+	33:01+	37:55+	39:50+	41:03+	43:04+	46:08+	47:24+	48:46+	50:15+	51:23+				
02:39+	08:15+	02:04+	02:51+	03:20+	03:16+	01:24+	02:05+	01:07-	01:32-	01:57+	02:31+	04:54+	01:55+	01:13+	02:01+	03:04+	01:16+	01:22+	01:29+	01:08+				
00:44&	05:01@	00:42&	00:44&	02:00@	00:55&	00:12#	00:22#	00:11-	00:04-	00:23#	00:31&	01:31&	00:49&	00:09#	00:43&	01:06&	00:21&	00:15#	00:13#	00:29&				
7	John Lage Bergan	116										51:39												
02:12+	07:18+	08:54+	12:38+	18:57+	21:35+	22:56+	24:49+	25:51+	27:28+	29:22+	31:48+	35:13+	37:13+	38:47+	40:46+	44:54+	46:10+	47:30+	50:34+	51:39+				
02:12+	05:06+	01:36+	03:44+	06:19+	02:38+	01:21+	01:53+	01:02-	01:37+	01:54+	02:26+	03:25+	02:00+	01:34+	01:59+	04:08+	01:16+	01:20+	03:04+	01:05+				
00:17#	01:52&	00:14#	01:37&	04:59@	00:17#	00:09#	00:10+	00:16-	00:01+	00:20#	00:26#	00:02+	00:54&	00:30&	00:41&	02:10@	00:21&	00:13#	01:48@	00:26&				
8	Svein Magne Gloppe	93										57:50												
02:58+	09:45+	11:11+	13:46+	15:26+	17:43+	19:12+	21:19+	22:58+	24:14+	26:10+	28:42+	32:45+	40:22+	42:13+	44:17+	48:10+	50:00+	55:26+	56:47+	57:50+				
02:58+	06:47+	01:26+	02:35+	01:40+	02:17-	01:29+	02:07+	01:39+	01:16-	01:56+	02:32+	04:03+	07:37+	01:51+	02:04+	03:53+	01:50+	05:26+	01:21+	01:03+				
01:03&	03:33@	00:04+	00:28#	00:20#	00:04-	00:17#	00:24#	00:21&	00:20-	00:22#	00:32&	00:40#	06:31@	00:47&	00:46&	01:55&	00:55&	04:19@	00:05+	00:24&				
9	Stein Sigbjørnsen	27										57:51												
02:37+	11:07+	13:01+	15:35+	17:33+	20:29+	21:54+	24:18+	26:40+	28:55+	31:03+	33:56+	38:58+	40:55+	42:29+	44:49+	48:04+	49:24+	51:12+	53:19+	57:51+				
02:37+	08:30+	01:54+	02:34+	01:58+	02:56+	01:25+	02:24+	02:22+	02:15+	02:08+	02:53+	05:02+	01:57+	01:34+	02:20+	03:15+	01:20+	01:48+	02:07+	04:32+				
00:42&	05:16@	00:32&	00:27#	00:38&	00:35#	00:13#	00:41&	01:04&	00:39&	00:34&	00:53&	01:39&	00:51&	00:30&	01:02&	01:17&	00:25&	00:41&	00:51&	03:53@				

Beste strekktid for klassen

01:22 03:14 01:04 01:52 01:18 01:53 01:05 01:43 00:44 01:04 01:34 02:00 03:04 01:06 01:01 01:18 01:58 00:54 01:07 01:16 00:39

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

Herrer 65 - 69 år

1	Arvid Mydland	29										31:27												
01:25=	04:28=	05:20=	07:06=	08:25=	10:52=	11:52=	13:41=	14:16=	15:22=	17:02=	19:06=	22:09=	23:08=	24:07=	25:37=	27:27=	28:36=	29:39=	30:37=	31:27=				
01:25=	03:03=	00:52=	01:46=	01:19=	02:27=	01:00=	01:49=	00:35=	01:06=	01:40=	02:04=	03:03=	00:59=	00:59=	01:30=	01:50=	01:09=	01:03=	00:58=	00:50=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse										Tid									
2	Arne Kristian Espedal	68										32:02									
01:44+	04:09-	05:22+	07:07+	08:15-	10:24-	11:24-	13:04-	13:39-	14:36-	16:08-	18:04-	20:49-	21:54-	23:07-	24:27-	26:41-	27:25-	30:32+	31:13+	32:02+	
01:44+	02:25-	01:13+	01:45-	01:08-	02:09-	01:00=	01:40-	00:35=	00:57-	01:32-	01:56-	02:45-	01:05+	01:13+	01:20-	02:14+	00:44-	03:07+	00:41-	00:49-	
00:19#	00:38-	00:21&	00:01-	00:11-	00:18-	00:00=	00:09-	00:00=	00:09-	00:08-	00:08-	00:18-	00:06#	00:14#	00:10-	00:24#	00:25-	02:04@	00:17-	00:01-	
3	Torbjørn Evensen	108										38:18									
01:41+	06:26+	07:36+	09:58+	12:14+	14:27+	15:57+	17:55+	18:57+	20:08+	21:56+	24:08+	27:27+	28:58+	29:58+	31:30+	34:18+	35:16+	36:21+	37:26+	38:18+	
01:41+	04:45+	01:10+	02:22+	02:16+	02:13-	01:30+	01:58+	01:02+	01:11+	01:48+	02:12+	03:19+	01:31+	01:00+	01:32+	02:48+	00:58-	01:05+	01:05+	00:52+	
00:16#	01:42&	00:18&	00:36&	00:57&	00:14-	00:30&	00:09+	00:27&	00:05+	00:08+	00:08+	00:16+	00:32&	00:01+	00:02+	00:58&	00:11-	00:02+	00:07#	00:02+	
4	Bjarne Gimre	88										41:30									
01:52+	05:37+	07:03+	09:39+	11:28+	13:55+	15:15+	17:24+	18:38+	19:51+	22:03+	24:31+	29:02+	30:35+	31:42+	33:25+	36:14+	37:35+	39:11+	40:40+	41:30+	
01:52+	03:45+	01:26+	02:36+	01:49+	02:27=	01:20+	02:09+	01:14+	01:13+	02:12+	02:28+	04:31+	01:33+	01:07+	01:43+	02:49+	01:21+	01:36+	01:29+	00:50=	
00:27&	00:42#	00:34&	00:50&	00:30&	00:00=	00:20&	00:20#	00:39@	00:07#	00:32&	00:24#	01:28&	00:34&	00:08#	00:13#	00:59&	00:12#	00:33&	00:31&	00:00=	
5	Frode Sandal	29										44:39									
01:33+	05:00+	06:10+	08:19+	11:30+	14:07+	15:17+	17:31+	18:26+	19:39+	21:35+	23:56+	27:55+	29:13+	30:23+	32:12+	38:30+	39:43+	42:30+	43:41+	44:39+	
01:33+	03:27+	01:10+	02:09+	03:11+	02:37+	01:10+	02:14+	00:55+	01:13+	01:56+	02:21+	03:59+	01:18+	01:10+	01:49+	06:18+	01:13+	02:47+	01:11+	00:58+	
00:08+	00:24#	00:18&	00:23#	01:52@	00:10+	00:10#	00:25#	00:20&	00:07#	00:16#	00:17#	00:56&	00:19&	00:11#	00:19#	04:28@	00:04+	01:44@	00:13#	00:08#	
6	Sveinung Tveit	236										45:04									
02:28+	06:16+	07:36+	10:26+	12:22+	15:29+	16:47+	18:54+	19:45+	20:57+	23:26+	26:16+	30:42+	32:28+	34:01+	35:20+	37:12+	39:36+	40:50+	42:22+	44:01+	45:04+
02:28+	03:48+	01:20+	02:50+	01:56+	03:07+	01:18+	02:07+	00:51+	01:12+	02:29+	02:50+	04:26+	01:46+	01:33+	01:19-	01:52+	02:24+	01:14+	01:32+	01:39+	01:03+
01:03&	00:45#	00:28&	01:04&	00:37&	00:40&	00:18&	00:18#	00:16&	00:06+	00:49&	00:46&	01:23&	00:47&	00:34&	00:11-	00:02+	01:15@	00:11#	00:34&	00:49&	01:03+
7	Bjørn Sivertsen	99										46:20									
01:58+	09:00+	10:40+	13:17+	15:06+	17:45+	19:17+	21:37+	22:33+	23:53+	26:22+	28:55+	33:10+	35:03+	36:25+	38:30+	41:04+	42:28+	43:58+	45:19+	46:20+	
01:58+	07:02+	01:40+	02:37+	01:49+	02:39+	01:32+	02:20+	00:56+	01:20+	02:29+	02:33+	04:15+	01:53+	01:22+	02:05+	02:34+	01:24+	01:30+	01:21+	01:01+	
00:33&	03:59@	00:48&	00:51&	00:30&	00:12+	00:32&	00:31&	00:21&	00:14#	00:49&	00:29#	01:12&	00:54&	00:23&	00:35&	00:44&	00:15#	00:27&	00:23&	00:11#	
8	Tom Hetland	5										46:22									
02:11+	07:11+	08:42+	11:18+	14:17+	17:05+	18:24+	20:40+	21:36+	23:43+	25:42+	28:12+	32:07+	33:47+	35:11+	37:08+	40:03+	41:06+	43:48+	45:11+	46:22+	
02:11+	05:00+	01:31+	02:36+	02:59+	02:48+	01:19+	02:16+	00:56+	02:07+	01:59+	02:30+	03:55+	01:40+	01:24+	01:57+	02:55+	01:03-	02:42+	01:23+	01:11+	
00:46&	01:57&	00:39&	00:50&	01:40@	00:21#	00:19&	00:27#	00:21&	01:01&	00:19#	00:26#	00:52&	00:41&	00:25&	00:27&	01:05&	00:06-	01:39@	00:25&	00:21&	
9	Jan Arendal	116										49:19									
02:07+	07:06+	08:43+	11:47+	13:50+	16:41+	18:20+	20:58+	22:21+	23:52+	26:15+	29:21+	33:41+	35:41+	37:07+	39:16+	43:00+	44:22+	46:08+	48:07+	49:19+	
02:07+	04:59+	01:37+	03:04+	02:03+	02:51+	01:39+	02:38+	01:23+	01:31+	02:23+	03:06+	04:20+	02:00+	01:26+	02:09+	03:44+	01:22+	01:46+	01:59+	01:12+	
00:42&	01:56&	00:45&	01:18&	00:44&	00:24#	00:39&	00:49&	00:48@	00:25&	00:43&	01:02&	01:17&	01:01@	00:27&	00:39&	01:54@	00:13#	00:43&	01:01@	00:22&	
10	Tor Geir Espedal	115										49:56									
05:04+	09:18+	10:48+	13:30+	17:19+	20:26+	21:50+	24:02+	24:55+	26:26+	28:40+	31:29+	36:07+	37:39+	38:58+	41:16+	44:17+	45:33+	47:06+	48:55+	49:56+	
05:04+	04:14+	01:30+	02:42+	03:49+	03:07+	01:24+	02:12+	00:53+	01:31+	02:14+	02:49+	04:38+	01:32+	01:19+	02:18+	03:01+	01:16+	01:33+	01:49+	01:01+	
03:39@	01:11&	00:38&	00:56&	02:30@	00:40&	00:24&	00:23#	00:18&	00:25&	00:34&	00:45&	01:35&	00:33&	00:20&	00:48&	01:11&	00:07#	00:30&	00:51&	00:11#	
11	Arnstein Skretting	54										51:23									
02:12+	07:05+	08:36+	11:27+	13:19+	16:44+	18:22+	20:52+	22:57+	24:13+	26:46+	29:56+	34:15+	36:43+	38:37+	41:14+	44:59+	46:17+	48:46+	50:29+	51:23+	
02:12+	04:53+	01:31+	02:51+	01:52+	03:25+	01:38+	02:30+	02:05+	01:16+	02:33+	03:10+	04:19+	02:28+	01:54+	02:37+	03:45+	01:18+	02:29+	01:43+	00:54+	
00:47&	01:50&	00:39&	01:05&	00:33&	00:58&	00:38&	00:41&	01:30@	00:10#	00:53&	01:06&	01:16&	01:29@	00:55&	01:07&	01:55@	00:09#	01:26@	00:45&	00:04+	
12	Bjørn Tore Aase	29										57:05									
03:04+	09:44+	11:42+	15:05+	17:13+	20:27+	22:14+	25:09+	26:23+	27:49+	30:30+	34:17+	39:30+	42:00+	43:23+	45:54+	49:21+	51:27+	53:53+	55:48+	57:05+	
03:04+	06:40+	01:58+	03:23+	02:08+	03:14+	01:47+	02:55+	01:14+	01:26+	02:41+	03:47+	05:13+	02:30+	01:23+	02:31+	03:27+	02:06+	02:26+	01:55+	01:17+	
01:39@	03:37@	01:06@	01:37&	00:49&	00:47&	00:47&	01:06&	00:39@	00:20&	01:01&	01:43&	02:10&	01:31@	00:24&	01:01&	01:37&	00:57&	01:23@	00:57&	00:27&	
13	Steinar Barmen	105										57:06									
01:36+	10:36+	12:21+	15:15+	18:31+	21:47+	23:20+	25:52+	26:59+	28:39+	30:42+	33:16+	37:38+	39:53+	41:32+	46:15+	50:42+	51:57+	54:12+	56:10+	57:06+	
01:36+	09:00+	01:45+	02:54+	03:16+	03:16+	01:33+	02:32+	01:07+	01:40+	02:03+	02:34+	04:22+	02:15+	01:39+	04:43+	04:27+	01:15+	02:15+	01:58+	00:56+	
00:11#	05:57@	00:53@	01:08&	01:57@	00:49&	00:33&	00:43&	00:32&	00:34&	00:23#	00:30#	01:19&	01:16@	00:40&	03:13@	02:37@	00:06+	01:12@	01:00@	00:06#	
14	Rolf Kleppe	63										1:00:19									
02:48+	09:31+	11:46+	14:50+	17:03+	20:10+	22:36+	25:48+	27:20+	29:03+	31:37+	34:54+	40:07+	43:45+	45:03+	47:51+	52:18+	54:03+	56:22+	59:13+	60:19+	
02:48+	06:43+	02:15+	03:04+	02:13+	03:07+	02:26+	03:12+	01:32+	01:43+	02:34+	03:17+	05:13+	03:38+	01:18+	02:48+	04:27+	01:45+	02:19+	02:51+	01:06+	
01:23&	03:40@	01:23@	01:18&	00:54&	00:40&	01:26@	01:23&	00:57@	00:37&	00:54&	01:13&	02:10&	02:39@	00:19&	01:18&	02:37@	00:36&	01:16@	01:53@	00:16&	
15	Tore Karlsen	105										1:08:31									
02:36+	11:53+	13:58+	18:15+	20:20+	23:41+	25:24+	28:17+	29:27+	31:11+	33:53+	36:51+	42:54+	45:05+	52:02+	56:55+	60:26+	62:10+	64:03+	67:08+	68:31+	
02:36+	09:17+	02:05+	04:17+	02:05+	03:21+	01:43+	02:53+	01:10+	01:44+	02:42+	02:58+	06:03+	02:11+	06:57+	04:53+	03:31+	01:44+	01:53+	03:05+	01:23+	
01:11&	06:14@	01:13@	02:31@	00:46&	00:54&	00:43&	01:04&	00:35&	00:38&	01:02&	00:54&	03:00&	01:12@	05:58@	03:23@	01:41&	00:35&	00:50&	02:07@	00:33&	
Beste strekktid for klassen																					
01:25	02:25	00:52	01:45	01:08	02:09	01:00	01:40	00:35	00:57	01:32	01:56	02:45	00:59	00:59	01:19	01:50	00:44	01:03	00:41	00:49	

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

Herrer 70 - 74 år

1	Jan Hetland	29	37:37																	
02:02=	05:24=	06:47=	08:53=	10:13=	12:24=	13:40=	15:43=	16:43=	18:07=	19:57=	22:16=	25:48=	27:13=	28:20=	30:05=	32:46=	33:53=	35:17=	36:51=	37:37=
02:02=	03:22=	01:23=	02:06=	01:20=	02:11=	01:16=	02:03=	01:00=	01:24=	01:50=	02:19=	03:32=	01:25=	01:07=	01:45=	02:41=	01:07=	01:24=	01:34=	00:46=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Svein Berge	126	39:09																	
01:53-	04:55-	09:25+	11:44+	13:10+	15:19+	16:59+	18:47+	19:54+	21:02+	22:44+	24:59+	28:24+	29:52+	30:53+	32:21+	35:10+	36:06+	37:12+	38:23+	39:09+
01:53-	03:02-	04:30+	02:19+	01:26+	02:09-	01:40+	01:48-	01:07+	01:08-	01:42-	02:15-	03:25-	01:28+	01:01-	01:28-	02:49+	00:56-	01:06-	01:11-	00:46=
00:09-	00:20-	03:07@	00:13#	00:06+	00:02-	00:24&	00:15-	00:07#	00:16-	00:08-	00:04-	00:07-	00:03+	00:06-	00:17-	00:08+	00:11-	00:18-	00:23-	00:00=
3	Ola Brox	29	39:34																	
03:22+	07:18+	09:48+	12:21+	13:47+	15:55+	17:12+	19:15+	20:03+	21:20+	23:13+	25:30+	28:40+	29:51+	30:51+	32:31+	35:08+	36:14+	37:34+	38:39+	39:34+
03:22+	03:56+	02:30+	02:33+	01:26+	02:08-	01:17+	02:03=	00:48-	01:17-	01:53+	02:17-	03:10-	01:11-	01:00-	01:40-	02:37-	01:06-	01:20-	01:05-	00:55+
01:20&	00:34#	01:07&	00:27#	00:06+	00:03-	00:01+	00:00=	00:12-	00:07-	00:03+	00:02-	00:22-	00:14-	00:07-	00:05-	00:04-	00:01-	00:04-	00:29-	00:09#
4	Ragnvald Frøyland	128	42:55																	
02:41+	08:13+	09:48+	12:23+	14:00+	16:26+	17:45+	19:45+	20:42+	21:56+	23:50+	26:20+	30:21+	31:44+	33:14+	35:14+	37:46+	38:59+	40:26+	41:59+	42:55+
02:41+	05:32+	01:35+	02:35+	01:37+	02:26+	01:19+	02:00-	00:57-	01:14-	01:54+	02:30+	04:01+	01:23-	01:30+	02:00+	02:32-	01:13+	01:27+	01:33-	00:56+
00:39&	02:10&	00:12#	00:29#	00:17#	00:15#	00:03+	00:03-	00:03-	00:10-	00:04+	00:11+	00:29#	00:02-	00:23&	00:15#	00:09-	00:06+	00:03+	00:01-	00:10#
5	Harry Breiland	66	43:18																	
02:17+	06:21+	07:59+	10:45+	12:49+	16:03+	17:30+	19:43+	20:43+	21:54+	23:48+	26:11+	29:36+	31:14+	32:25+	34:21+	38:34+	39:48+	41:00+	42:18+	43:18+
02:17+	04:04+	01:38+	02:46+	02:04+	03:14+	01:27+	02:13+	01:00=	01:11-	01:54+	02:23+	03:25-	01:38+	01:11+	01:56+	04:13+	01:14+	01:12-	01:18-	01:00+
00:15#	00:42#	00:15#	00:40&	00:44&	01:03&	00:11#	00:10+	00:00=	00:13-	00:04+	00:04+	00:07-	00:13#	00:04+	00:11#	01:32&	00:07#	00:12-	00:16-	00:14&
6	Paul A. Paulsen	117	44:48																	
01:57-	06:09+	07:36+	10:09+	12:43+	16:02+	17:28+	19:38+	20:37+	22:00+	24:16+	26:57+	31:18+	32:56+	34:14+	36:20+	39:11+	40:39+	42:04+	43:48+	44:48+
01:57-	04:12+	01:27+	02:33+	02:34+	03:19+	01:26+	02:10+	00:59-	01:23-	02:16+	02:41+	04:21+	01:38+	01:18+	02:06+	02:51+	01:28+	01:25+	01:44+	01:00+
00:05-	00:50#	00:04+	00:27#	01:14&	01:08&	00:10#	00:07+	00:01-	00:01-	00:26#	00:22#	00:49#	00:13#	00:11#	00:21#	00:10+	00:21&	00:01+	00:10#	00:14&
7	Leif Kåre Lende	128	50:37																	
01:44-	07:00+	10:24+	13:00+	15:01+	18:15+	19:46+	23:00+	23:48+	25:04+	27:11+	29:50+	34:07+	39:40+	40:32+	42:49+	45:47+	46:56+	48:23+	49:38+	50:37+
01:44-	05:16+	03:24+	02:36+	02:01+	03:14+	01:31+	03:14+	00:48-	01:16-	02:07+	02:39+	04:17+	05:33+	00:52-	02:17+	02:58+	01:09+	01:27+	01:15-	00:59+
00:18-	01:54&	02:01@	00:30#	00:41&	01:03&	00:15#	01:11&	00:12-	00:08-	00:17#	00:20#	00:45#	04:08@	00:15-	00:32&	00:17#	00:02+	00:03+	00:19-	00:13&
8	Jan Inge Lunde	88	54:37																	
01:55-	06:34+	08:02+	10:38+	13:27+	22:35+	23:59+	27:16+	28:11+	29:35+	32:01+	34:49+	39:34+	41:22+	43:14+	45:43+	48:45+	50:03+	51:42+	53:32+	54:37+
01:55-	04:39+	01:28+	02:36+	02:49+	09:08+	01:24+	03:17+	00:55-	01:24=	02:26+	02:48+	04:45+	01:48+	01:52+	02:29+	03:02+	01:18+	01:39+	01:50+	01:05+
00:07-	01:17&	00:05+	00:30#	01:29@	06:57@	00:08#	01:14&	00:05-	00:00=	00:36&	00:29#	01:13&	00:23&	00:45&	00:44&	00:21#	00:11#	00:15#	00:16#	00:19&
9	Kjell Ivar Skjørestad	92	55:28																	
03:54+	10:16+	11:20+	13:57+	16:15+	19:28+	21:04+	23:31+	24:34+	26:53+	28:44+	31:21+	35:54+	38:05+	39:54+	43:34+	47:06+	48:50+	51:21+	54:00+	55:28+
03:54+	06:22+	01:04-	02:37+	02:18+	03:13+	01:36+	02:27+	01:03+	02:19+	01:51+	02:37+	04:33+	02:11+	01:49+	03:40+	03:32+	01:44+	02:31+	02:39+	01:28+
01:52&	03:00&	00:19-	00:31#	00:58&	01:02&	00:20&	00:24#	00:03+	00:55&	00:01+	00:18#	01:01&	00:46&	00:42&	01:55@	00:51&	00:37&	01:07&	01:05&	00:42&
10	Svein Ims	65	1:06:41																	
02:23+	06:51+	08:59+	13:53+	20:20+	22:59+	24:30+	29:05+	36:41+	38:22+	40:38+	43:35+	48:12+	51:54+	53:33+	55:50+	59:35+	60:58+	62:38+	65:44+	66:41+
02:23+	04:28+	02:08+	04:54+	06:27+	02:39+	01:31+	04:35+	07:36+	01:41+	02:16+	02:57+	04:37+	03:42+	01:39+	02:17+	03:45+	01:23+	01:40+	03:06+	00:57+
00:21#	01:06&	00:45&	02:48@	05:07@	00:28#	00:15#	02:32@	06:36@	00:17#	00:26#	00:38&	01:05&	02:17@	00:32&	00:32&	01:04&	00:16#	00:16#	01:32&	00:11#

Beste strekktid for klassen

01:44 03:02 01:04 02:06 01:20 02:08 01:16 01:48 00:48 01:08 01:42 02:15 03:10 01:11 00:52 01:28 02:32 00:56 01:06 01:05 00:46

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

Herrer 75 - 79 år

1	Finn Morten Årstad	115	32:48															
01:19=	02:55=	05:14=	06:59=	09:07=	10:09=	11:43=	12:23=	14:29=	17:24=	19:23=	21:19=	22:33=	26:35=	27:48=	28:51=	30:35=	32:04=	32:48=
01:19=	01:36=	02:19=	01:45=	02:08=	01:02=	01:34=	00:40=	02:06=	02:55=	01:59=	01:56=	01:14=	04:02=	01:13=	01:03=	01:44=	01:29=	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=
2	Knut Skjæveland	93	35:05															
01:31+	02:56+	06:05+	07:58+	10:06+	11:05+	12:38+	13:18+	15:16+	17:17-	19:08-	21:13-	23:43+	27:51+	29:07+	30:21+	32:30+	34:07+	35:05+
01:31+	01:25-	03:09+	01:53+	02:08=	00:59-	01:33-	00:40=	01:58-	02:01-	01:51-	02:05+	02:30+	04:08+	01:16+	01:14+	02:09+	01:37+	00:58+
00:12#	00:11-	00:50&	00:08+	00:00=	00:03-	00:01-	00:00=	00:08-	00:54-	00:08-	00:09+	01:16@	00:06+	00:03+	00:11#	00:25#	00:08+	00:14&

Class	Navn	Klasse												Tid					
3	Kjell Svihus	154												35:23					
01:16-	02:59+	05:27+	07:33+	09:46+	10:47+	12:38+	13:18+	15:37+	17:30+	19:21-	21:28+	23:36+	28:21+	29:41+	31:00+	32:54+	34:37+	35:23+	
01:16-	01:43+	02:28+	02:06+	02:13+	01:01-	01:51+	00:40=	02:19+	01:53-	01:51-	02:07+	02:08+	04:45+	01:20+	01:19+	01:54+	01:43+	00:46+	
00:03-	00:07+	00:09+	00:21#	00:05+	00:01-	00:17#	00:00=	00:13#	01:02-	00:08-	00:11+	00:54&	00:43#	00:07+	00:16&	00:10+	00:14#	00:02+	
4	Hilmar Røthing	128												37:27					
01:04-	03:52+	07:02+	08:48+	10:42+	11:39+	13:04+	13:40+	15:48+	17:31+	20:33+	22:22+	23:42+	30:00+	31:00+	32:01+	34:55+	36:41+	37:27+	
01:04-	02:48+	03:10+	01:46+	01:54-	00:57-	01:25-	00:36-	02:08+	01:43-	03:02+	01:49-	01:20+	06:18+	01:00-	01:01-	02:54+	01:46+	00:46+	
00:15-	01:12&	00:51&	00:01+	00:14-	00:05-	00:09-	00:04-	00:02+	01:12-	01:03&	00:07-	00:06+	02:16&	00:13-	00:02-	01:10&	00:17#	00:02+	
5	Svein Glendrange	68												38:24					
01:32+	03:05+	05:33+	07:28+	09:46+	10:54+	12:35+	13:19+	15:27+	17:37+	20:05+	25:11+	26:34+	30:46+	32:07+	33:26+	35:44+	37:29+	38:24+	
01:32+	01:33-	02:28+	01:55+	02:18+	01:08+	01:41+	00:44+	02:08+	02:10-	02:28+	05:06+	01:23+	04:12+	01:21+	01:19+	02:18+	01:45+	00:55+	
00:13#	00:03-	00:09+	00:10+	00:10+	00:06+	00:07+	00:04#	00:02+	00:45-	00:29#	03:10&	00:09#	00:10+	00:08#	00:16&	00:34&	00:16#	00:11#	
6	Steinar Undheim	54												39:30					
01:37+	03:16+	09:32+	11:46+	14:01+	15:05+	16:47+	17:29+	19:38+	21:35+	23:33+	25:44+	28:00+	32:34+	33:43+	35:00+	36:55+	38:34+	39:30+	
01:37+	01:39+	06:16+	02:14+	02:15+	01:04+	01:42+	00:42+	02:09+	01:57-	01:58-	02:11+	02:16+	04:34+	01:09-	01:17+	01:55+	01:39+	00:56+	
00:18#	00:03+	03:57&	00:29&	00:07+	00:02+	00:08+	00:02+	00:03+	00:58-	00:01-	00:15#	01:02&	00:32#	00:04-	00:14#	00:11#	00:10#	00:12&	
7	Arvid Thorsen	5												39:41					
01:05-	02:30-	05:49+	07:38+	09:37+	10:32+	13:06+	13:39+	15:34+	19:16+	22:09+	24:07+	25:28+	32:05+	33:20+	34:28+	37:04+	38:53+	39:41+	
01:05-	01:25-	03:19+	01:49+	01:59-	00:55-	02:34+	00:33-	01:55-	03:42+	02:53+	01:58+	01:21+	06:37+	01:15+	01:08+	02:36+	01:49+	00:48+	
00:14-	00:11-	01:00&	00:04+	00:09-	00:07-	01:00&	00:07-	00:11-	00:47&	00:54&	00:02+	00:07+	02:35&	00:02+	00:05+	00:52&	00:20#	00:04+	
8	Øyvind Egeskog	5												41:49					
01:22+	04:23+	06:57+	08:53+	11:06+	12:55+	14:47+	15:27+	17:36+	20:03+	22:07+	24:13+	25:49+	31:37+	32:51+	35:46+	38:39+	40:51+	41:49+	
01:22+	03:01+	02:34+	01:56+	02:13+	01:49+	01:52+	00:40=	02:07+	02:27-	02:04+	02:06+	01:36+	05:48+	01:14+	02:55+	02:53+	02:12+	00:58+	
00:03+	01:25&	00:15#	00:11#	00:05+	00:47&	00:18#	00:00=	00:03+	00:28-	00:05+	00:10+	00:22&	01:46&	00:01+	01:52&	01:09&	00:43&	00:14&	
9	Hermann Skogsholm	53												42:12					
01:58+	03:42+	07:19+	09:30+	11:44+	12:51+	14:33+	15:24+	17:43+	19:54+	22:32+	26:00+	27:26+	32:33+	33:51+	35:42+	39:15+	41:18+	42:12+	
01:58+	01:44+	03:37+	02:11+	02:14+	01:07+	01:42+	00:51+	02:19+	02:11-	02:38+	03:28+	01:26+	05:07+	01:18+	01:51+	03:33+	02:03+	00:54+	
00:39&	00:08+	01:18&	00:26#	00:06+	00:05+	00:08+	00:11&	00:13#	00:44-	00:39&	01:32&	00:12#	01:05&	00:05+	00:48&	01:49&	00:34&	00:10#	
10	Hans Klausen	62												44:59					
01:26+	03:01+	05:53+	07:45+	09:51+	10:56+	12:31+	13:13+	19:36+	22:07+	25:47+	27:45+	29:26+	36:05+	37:35+	39:06+	42:14+	43:57+	44:59+	
01:26+	01:35-	02:52+	01:52+	02:06-	01:05+	01:35+	00:42+	06:23+	02:31-	03:40+	01:58+	01:41+	06:39+	01:30+	01:31+	03:08+	01:43+	01:02+	
00:07+	00:01-	00:33#	00:07+	00:02-	00:03+	00:01+	00:02+	04:17&	00:24-	01:41&	00:02+	00:27&	02:37&	00:17#	00:28&	01:24&	00:14#	00:18&	
11	Reidar Magne Liland	66												57:47					
01:41+	03:49+	08:13+	10:55+	14:17+	16:01+	18:24+	19:28+	24:12+	27:20+	29:30+	31:58+	33:50+	39:51+	41:47+	51:53+	54:01+	56:28+	57:47+	
01:41+	02:08+	04:24+	02:42+	03:22+	01:44+	02:23+	01:04+	04:44+	03:08+	02:10+	02:28+	01:52+	06:01+	01:56+	10:06+	02:08+	02:27+	01:19+	
00:22&	00:32&	02:05&	00:57&	01:14&	00:42&	00:49&	00:24&	02:38&	00:13+	00:11+	00:32&	00:38&	01:59&	00:43&	09:03&	00:24#	00:58&	00:35&	
12	Olav Hognestad	92												1:03:33					
08:50+	10:23+	13:01+	15:18+	17:54+	19:04+	20:57+	21:51+	24:14+	28:26+	30:52+	45:42+	47:12+	52:09+	54:39+	56:36+	59:58+	62:34+	63:33+	
08:50+	01:33-	02:38+	02:17+	02:36+	01:10+	01:53+	00:54+	02:23+	04:12+	02:26+	14:50+	01:30+	04:57+	02:30+	01:57+	03:22+	02:36+	00:59+	
07:31&	00:03-	00:19#	00:32&	00:28#	00:08#	00:19#	00:14&	00:17#	01:17&	00:27#	12:54&	00:16#	00:55#	01:17&	00:54&	01:38&	01:07&	00:15&	
13	Tormod Aaslid	54												1:13:23					
01:28+	03:17+	34:33+	37:24+	39:52+	41:10+	43:10+	44:22+	47:13+	51:01+	53:38+	57:06+	58:33+	63:46+	65:00+	66:49+	70:26+	72:27+	73:23+	
01:28+	01:49+	31:16+	02:51+	02:28+	01:18+	02:00+	01:12+	02:51+	03:48+	02:37+	03:28+	01:27+	05:13+	01:14+	01:49+	03:37+	02:01+	00:56+	
00:09#	00:13#	28:57&	01:06&	00:20#	00:16&	00:26&	00:32&	00:45&	00:53&	00:38&	01:32&	00:13#	01:11&	00:01+	00:46&	01:53&	00:32&	00:12&	
Beste strekktid for klassen																			
01:04	01:25	02:19	01:45	01:54	00:55	01:25	00:33	01:55	01:43	01:51	01:49	01:14	04:02	01:00	01:01	01:44	01:29	00:44	

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

Herrer 80 år og eldre

1	Harald Vatne	67												43:16		
01:18=	04:02=	07:17=	09:43=	11:32=	13:41=	15:00=	18:01=	19:42=	21:00=	22:45=	25:13=	27:44=	30:35=	31:45=	41:44=	43:16=
01:18=	02:44=	03:15=	02:26=	01:49=	02:09=	01:19=	03:01=	01:41=	01:18=	01:45=	02:28=	02:31=	02:51=	01:10=	09:59=	01:32=
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=
2	Sigurd Krosli	93												43:21		
01:35+	03:38-	05:53-	09:24-	11:38+	14:29+	16:09+	21:15+	23:08+	24:37+	26:36+	29:28+	32:40+	36:02+	37:39+	41:03-	43:21+
01:35+	02:03-	02:15-	03:31+	02:14+	02:51+	01:40+	05:06+	01:53+	01:29+	01:59+	02:52+	03:12+	03:22+	01:37+	03:24-	02:18+
00:17#	00:41-	01:00-	01:05&	00:25#	00:42&	00:21&	02:05&	00:12#	00:11#	00:14#	00:24#	00:41&	00:31#	00:27&	06:35-	00:46&

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

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

Herrer A

1	Fredrik Sandal	88												37:17													
01:08=	04:12=	06:00=	07:51=	08:52=	10:15=	11:02=	12:09=	12:55=	13:58=	16:00=	16:46=	18:10=	18:51=	19:23=	21:11=	22:04=	22:44=	24:15=	25:33=	29:15=	30:15=	31:46=	33:16=	33:58=	35:01=		
01:08=	03:04=	01:48=	01:51=	01:01=	01:23=	00:47=	01:07=	00:46=	01:03=	02:02=	00:46=	01:24=	00:41=	00:32=	01:48=	00:53=	00:40=	01:31=	01:18=	03:42=	01:00=	01:31=	01:30=	00:42=	01:03=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
35:47=	36:35=	37:17=																									
00:46=	00:48=	00:42=																									
00:00=	00:00=	00:00=																									
2	Thomas Olsen Schive	126												37:37													
00:54-	04:24+	05:49-	08:31+	09:24+	10:52+	11:45+	12:52+	13:41+	14:47+	16:53+	17:43+	19:16+	20:08+	20:46+	22:38+	23:31+	24:08+	25:23+	26:45+	30:44+	31:47+	32:41+	33:39+	34:19+	35:17+		
00:54-	03:30+	01:25-	02:42+	00:53-	01:28+	00:53+	01:07=	00:49+	01:06+	02:06+	00:50+	01:33+	00:52+	00:38+	01:52+	00:53=	00:37-	01:15-	01:22+	03:59+	01:03+	00:54-	00:58-	00:40-	00:58-		
00:14-	00:26#	00:23-	00:51&	00:08-	00:05+	00:06#	00:00=	00:03+	00:03+	00:04+	00:04+	00:09#	00:11&	00:06#	00:04+	00:00=	00:03-	00:16-	00:04+	00:17+	00:03+	00:37-	00:32-	00:02-	00:05-		
36:05+	36:55+	37:37+																									
00:48+	00:50+	00:42=																									
00:02+	00:02+	00:00=																									
3	Martin Blystad	115												41:48													
01:00-	04:46+	06:28+	08:50+	09:52+	11:16+	12:05+	13:16+	14:43+	16:26+	18:27+	19:15+	20:50+	21:48+	22:22+	24:45+	25:58+	26:39+	28:49+	30:10+	34:34+	35:32+	36:23+	37:28+	38:11+	39:18+		
01:00-	03:46+	01:42-	02:22+	01:02+	01:24+	00:49+	01:11+	01:27+	01:43+	02:01-	00:48+	01:35+	00:58+	00:34+	02:23+	01:13+	00:41+	02:10+	01:21+	04:24+	00:58-	00:51-	01:05-	00:43+	01:07+		
00:08-	00:42#	00:06-	00:31&	00:01+	00:01+	00:02+	00:04+	00:41&	00:40&	00:01-	00:02+	00:11#	00:17&	00:02+	00:35&	00:20&	00:01+	00:39&	00:03+	00:42#	00:02-	00:40-	00:25-	00:01+	00:04+		
40:16+	41:08+	41:48+																									
00:58+	00:52+	00:40-																									
00:12&	00:04+	00:02-																									
4	Erik Lima	43												41:56													
01:17+	04:44+	07:15+	09:20+	10:29+	11:57+	12:46+	13:59+	14:47+	15:55+	18:08+	18:59+	20:35+	21:16+	21:47+	23:35+	24:35+	25:33+	27:18+	28:44+	33:18+	34:36+	35:36+	36:50+	37:38+	38:59+		
01:17+	03:27+	02:31+	02:05+	01:09+	01:28+	00:49+	01:13+	00:48+	01:08+	02:13+	00:51+	01:36+	00:41=	00:31-	01:48=	01:00+	00:58+	01:45+	01:26+	04:34+	01:18+	01:00-	01:14-	00:48+	01:21+		
00:09#	00:23#	00:43&	00:14#	00:08#	00:05+	00:02+	00:06+	00:02+	00:05+	00:11+	00:05#	00:12#	00:00=	00:01-	00:00=	00:07#	00:18&	00:14#	00:08#	00:52#	00:18&	00:31-	00:16-	00:06#	00:18&		
40:08+	41:10+	41:56+																									
01:09+	01:02+	00:46+																									
00:23&	00:14&	00:04+																									
5	Svein Magnus Halsne	71												43:11													
02:17+	05:13+	07:01+	08:56+	10:01+	11:18+	12:02+	13:08+	13:53+	15:29+	18:33+	19:19+	20:50+	21:48+	22:30+	24:19+	25:14+	25:58+	28:10+	29:25+	33:26+	34:32+	35:18+	36:17+	36:57+	37:58+		
02:17+	02:56-	01:48=	01:55+	01:05+	01:17-	00:44-	01:06-	00:45-	01:36+	03:04+	00:46=	01:31+	00:58+	00:42+	01:49+	00:55+	00:44+	02:12+	01:15-	04:01+	01:06+	00:46-	00:59-	00:40-	01:01-		
01:09#	00:08-	00:00=	00:04+	00:04+	00:06-	00:03-	00:01-	00:01-	00:33&	01:02&	00:00=	00:07+	00:17&	00:10&	00:01+	00:02+	00:04#	00:41&	00:03-	00:19+	00:06#	00:45-	00:31-	00:02-	00:02-		
38:52+	42:34+	43:11+																									
00:54+	03:42+	00:37-																									
00:08#	02:54#	00:05-																									
Beste strekktid for klassen																											
00:54	02:56	01:25	01:51	00:53	01:17	00:44	01:06	00:45	01:03	02:01	00:46	01:24	00:41	00:31	01:48	00:53	00:37	01:15	01:15	03:42	00:58	00:46	00:58	00:40	00:58	00:46	00:48

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

Herrer B

1	Magnus Landstad	66	38:33																						
00:54=	04:22=	06:01=	08:10=	09:18=	10:46=	11:34=	12:46=	13:37=	15:01=	17:14=	18:02=	19:31=	20:18=	20:50=	22:42=	23:41=	24:36=	26:09=	27:24=	31:35=	32:27=	33:16=	34:17=	34:58=	35:54=
00:54=	03:28=	01:39=	02:09=	01:08=	01:28=	00:48=	01:12=	00:51=	01:24=	02:13=	00:48=	01:29=	00:47=	00:32=	01:52=	00:59=	00:55=	01:33=	01:15=	04:11=	00:52=	00:49=	01:01=	00:41=	00:56=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
36:50=	37:43=	38:33=																							
00:56=	00:53=	00:50=																							
00:00=	00:00=	00:00=																							

2	Geir Sand	105	42:15																						
01:35+	05:22+	06:54+	09:25+	10:25+	11:49+	12:37+	13:45+	14:29+	15:53+	17:51+	18:39+	20:07+	21:00+	21:38+	24:50+	25:52+	26:34+	29:06+	30:29+	34:34+	35:42+	36:46+	37:56+	38:38+	39:43+
01:35+	03:47+	01:32-	02:31+	01:00-	01:24-	00:48-	01:08-	00:44-	01:24=	01:58-	00:48-	01:28-	00:53+	00:38+	03:12+	01:02+	00:42-	02:32+	01:23+	04:05-	01:08+	01:04+	01:10+	00:42+	01:05+
00:41&	00:19+	00:07-	00:22#	00:08-	00:04-	00:00=	00:04-	00:07-	00:00=	00:15-	00:00=	00:01-	00:06#	00:06#	01:20&	00:03+	00:13-	00:59&	00:08#	00:06-	00:16&	00:15&	00:09#	00:01+	00:09#
40:40+	41:33+	42:15+																							
00:57+	00:53=	00:42-																							
00:01+	00:00=	00:08-																							

3	Joar Eilevstjønn	67	42:50																						
01:20+	05:16+	06:54+	08:53+	09:59+	11:25+	12:15+	13:43+	14:26+	15:57+	18:03+	18:48+	20:19+	21:13+	21:50+	24:09+	25:02+	25:41+	28:09+	29:44+	34:01+	35:04+	36:48+	38:36+	39:16+	40:23+
01:20+	03:56+	01:32-	01:59-	01:06-	01:26-	00:50+	01:28+	00:43-	01:31+	02:06-	00:45-	01:31+	00:54+	00:37+	02:19+	00:53-	00:39-	02:28+	01:35+	04:17+	01:03+	01:44+	01:48+	00:40-	01:07+
00:26&	00:28#	00:01-	00:10-	00:02-	00:02-	00:02+	00:16#	00:08-	00:07+	00:07-	00:03-	00:02+	00:07#	00:05#	00:27#	00:06-	00:16-	00:55&	00:20&	00:06+	00:11#	00:55&	00:47&	00:01-	00:11#
41:13+	42:05+	42:50+																							
00:50-	00:52-	00:45-																							
00:06-	00:01-	00:05-																							

4	Jan-Rune L. Basso	91	42:56																						
01:07+	03:57-	05:31-	07:22-	08:29-	10:04-	10:51-	12:02-	12:52-	14:15-	16:22-	17:12-	18:50-	19:35-	20:10-	22:07-	23:05-	24:40+	26:38+	27:56+	35:39+	36:38+	37:31+	38:34+	39:23+	40:22+
01:07+	02:50-	01:34-	01:51-	01:07-	01:35+	00:47-	01:11-	00:50-	01:23-	02:07-	00:50+	01:38+	00:45-	00:35+	01:57+	00:58-	01:35+	01:58+	01:18+	07:43+	00:59+	00:53+	01:03+	00:49+	00:59+
00:13#	00:38-	00:05-	00:18-	00:01-	00:07+	00:01-	00:01-	00:01-	00:01-	00:06-	00:02+	00:09#	00:02-	00:03+	00:05+	00:01-	00:40&	00:25&	00:03+	03:32&	00:07#	00:04+	00:02+	00:08#	00:03+
41:22+	42:16+	42:56+																							
01:00+	00:54+	00:40-																							
00:04+	00:01+	00:10-																							

5	Trond Sigurd Fotland	66	43:09																						
01:08+	05:06+	06:44+	08:50+	10:00+	11:36+	12:28+	13:42+	14:35+	15:53+	18:13+	19:08+	21:00+	22:00+	22:40+	25:08+	26:11+	26:56+	28:27+	29:57+	34:46+	35:59+	36:49+	38:15+	39:05+	40:13+
01:08+	03:58+	01:38-	02:06-	01:10+	01:36+	00:52+	01:14+	00:53+	01:18-	02:20+	00:55+	01:52+	01:00+	00:40+	02:28+	01:03+	00:45-	01:31-	01:30+	04:49+	01:13+	00:50+	01:26+	00:50+	01:08+
00:14&	00:30#	00:01-	00:03-	00:02+	00:08+	00:04+	00:02+	00:02+	00:06-	00:07+	00:07#	00:23&	00:13&	00:08#	00:36&	00:04+	00:10-	00:02-	00:15#	00:38#	00:21&	00:01+	00:25&	00:09#	00:12#
41:18+	42:26+	43:09+																							
01:05+	01:08+	00:43-																							
00:09#	00:15&	00:07-																							

6	Arne Eirik Nielsen	386	43:30																						
01:03+	05:32+	08:00+	10:17+	11:22+	13:09+	13:59+	15:10+	15:57+	17:12+	19:24+	20:12+	21:44+	22:52+	23:37+	25:31+	26:31+	27:11+	29:24+	30:52+	35:33+	36:35+	37:51+	38:59+	39:48+	40:57+
01:03+	04:29+	02:28+	02:17+	01:05-	01:47+	00:50+	01:11-	00:47-	01:15-	02:12-	00:48=	01:32+	01:08+	00:45+	01:54+	01:00+	00:40-	02:13+	01:28+	04:41+	01:02+	01:16+	01:08+	00:49+	01:09+
00:09#	01:01&	00:49&	00:08+	00:03-	00:19#	00:02+	00:01-	00:04-	00:09-	00:01-	00:00=	00:03+	00:21&	00:13&	00:02+	00:01+	00:15-	00:40&	00:13#	00:30#	00:10#	00:27&	00:07#	00:08#	00:13#
41:50+	42:41+	43:30+																							
00:53-	00:51-	00:49-																							
00:03-	00:02-	00:01-																							

7	Per Olav Haarr	62	43:31																						
01:51+	05:23+	08:19+	10:46+	11:47+	13:14+	14:04+	15:24+	16:16+	17:55+	20:12+	21:00+	22:41+	23:26+	23:57+	25:52+	26:53+	27:33+	29:48+	31:12+	35:33+	36:47+	37:37+	38:50+	39:36+	40:55+
01:51+	03:32+	02:56+	02:27+	01:01-	01:27-	00:50+	01:20+	00:52+	01:39+	02:17+	00:48=	01:41+	00:45-	00:31-	01:55+	01:01+	00:40-	02:15+	01:24+	04:21+	01:14+	00:50+	01:13+	00:46+	01:19+
00:57@	00:04+	01:17&	00:18#	00:07-	00:01-	00:02+	00:08#	00:01+	00:15#	00:04+	00:00=	00:12#	00:02-	00:01-	00:03+	00:02+	00:15-	00:42&	00:09#	00:10+	00:22&	00:01+	00:12#	00:05#	00:23&
41:48+	42:47+	43:31+																							
00:53-	00:59+	00:44-																							
00:03-	00:06#	00:06-																							

8	Tor Gunnar Aksland	116	43:48																						
02:44+	05:40+	07:24+	10:29+	11:31+	13:15+	14:05+	15:30+	16:21+	17:57+	20:06+	20:57+	22:32+	23:21+	23:53+	25:43+	26:46+	27:31+	28:54+	30:12+	34:57+	35:54+	37:34+	38:51+	39:39+	40:59+
02:44+	02:56-	01:44+	03:05+	01:02-	01:44+	00:50+	01:25+	00:51=	01:36+	02:09-	00:51+	01:35+	00:49+	00:32=	01:50-	01:03+	00:45-	01:23-	01:18+	04:45+	00:57+	01:40+	01:17+	00:48+	01:20+
01:50@	00:32-	00:05+	00:56&	00:06-	00:16#	00:02+	00:13#	00:00=	00:12#	00:04-	00:03+	00:06+	00:02+	00:00=	00:02-	00:04+	00:10-	00:10-	00:03+	00:34#	00:05+	00:51@	00:16&	00:07#	00:24&
42:06+	43:03+	43:48+																							
01:07+	00:57+	00:45-																							
00:11#	00:04+	00:05-																							

Class	Navn	Klasse										Tid													
9	Tom Furland	62										46:03													
02:00+	06:16+	08:31+	11:18+	12:34+	14:16+	15:15+	16:36+	17:36+	18:54+	21:20+	22:19+	24:07+	24:55+	25:30+	27:43+	28:47+	29:28+	31:42+	33:07+	37:52+	39:07+	39:58+	41:15+	42:00+	43:06+
02:00+	04:16+	02:15+	02:47+	01:16+	01:42+	00:59+	01:21+	01:00+	01:18-	02:26+	00:59+	01:48+	00:48+	00:35+	02:13+	01:04+	00:41-	02:14+	01:25+	04:45+	01:15+	00:51+	01:17+	00:45+	01:06+
01:06@	00:48#	00:36&	00:38&	00:08#	00:14#	00:11#	00:09#	00:09#	00:06-	00:13+	00:11#	00:19#	00:01+	00:03+	00:21#	00:05+	00:14-	00:41&	00:10#	00:34#	00:23&	00:02+	00:16&	00:04+	00:10#
44:08+	45:11+	46:03+																							
01:02+	01:03+	00:52+																							
00:06#	00:10#	00:02+																							

10	Øyvind Rummelhoff	27										49:38													
01:15+	07:03+	09:00+	11:19+	12:26+	14:05+	14:58+	16:16+	17:09+	18:49+	21:02+	21:54+	24:09+	25:15+	25:54+	28:17+	29:13+	29:51+	33:58+	35:26+	40:14+	41:16+	42:33+	44:54+	45:39+	46:49+
01:15+	05:48+	01:57+	02:19+	01:07-	01:39+	00:53+	01:18+	00:53+	01:40+	02:13=	00:52+	02:15+	01:06+	00:39+	02:23+	00:56-	00:38-	04:07+	01:28+	04:48+	01:02+	01:17+	02:21+	00:45+	01:10+
00:21&	02:20&	00:18#	00:10+	00:01-	00:11#	00:05#	00:06+	00:02+	00:16#	00:00=	00:04+	00:46&	00:19&	00:07#	00:31&	00:03-	00:17-	02:34@	00:13#	00:37#	00:10#	00:28&	01:20@	00:04+	00:14#
47:42+	48:41+	49:38+																							
00:53-	00:59+	00:57+																							
00:03-	00:06#	00:07#																							

Beste strekktid for klassen

00:54 02:50 01:32 01:51 01:00 01:24 00:47 01:08 00:43 01:15 01:58 00:45 01:28 00:45 00:31 01:50 00:53 00:38 01:23 01:15 04:05 00:52 00:49 01:01 00:40 00:56 00:50 00:51

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

Herrer C

1	Kjetil Wirak	114										44:18													
03:05=	05:46=	06:55=	09:39=	11:50=	13:54=	14:46=	16:21=	18:27=	20:15=	21:48=	24:11=	26:04=	27:06=	27:54=	28:51=	30:52=	31:31=	32:23=	34:02=	36:51=	39:39=	41:00=	41:37=	42:28=	43:14=
03:05=	02:41=	01:09=	02:44=	02:11=	02:04=	00:52=	01:35=	02:06=	01:48=	01:33=	02:23=	01:53=	01:02=	00:48=	00:57=	02:01=	00:39=	00:52=	01:39=	02:49=	02:48=	01:21=	00:37=	00:51=	00:46=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
43:51=	44:18=																								
00:37=	00:27=																								
00:00=	00:00=																								

2	Henning Sundby	114										45:43													
01:50-	03:39-	07:01+	08:59-	10:56-	11:44-	13:22-	15:19-	17:06-	18:27-	20:29-	22:14-	24:30-	25:34-	26:49-	29:40+	30:35-	31:23-	32:56+	36:40+	40:13+	41:38+	42:22+	43:10+	44:26+	45:18+
01:50-	01:49-	03:22+	01:58-	01:57-	00:48-	01:38+	01:57+	01:47-	01:21-	02:02+	01:45-	02:16+	01:04+	01:15+	02:51+	00:55-	00:48+	01:33+	03:44+	03:33+	01:25-	00:44-	00:48+	01:16+	00:52+
01:15-	00:52-	02:13@	00:46-	00:14-	01:16-	00:46&	00:22#	00:19-	00:27-	00:29&	00:38-	00:23#	00:02+	00:27&	01:54@	01:06-	00:09#	00:41&	02:05@	00:44&	01:23-	00:37-	00:11&	00:25&	00:06#
45:43+																									
00:25-																									
00:12-																									

3	Leif Kjetil Hinna Gausel	116										46:50													
01:20-	03:07-	07:01+	09:05-	11:29-	12:18-	14:08-	16:53+	18:51+	21:27+	23:52+	25:46+	27:01+	28:00+	29:10+	31:10+	31:54+	32:50+	34:31+	37:18+	41:00+	42:30+	43:20+	44:31+	45:12+	46:21+
01:20-	01:47-	03:54+	02:04-	02:24+	00:49-	01:50+	02:45+	01:58-	02:36+	02:25+	01:54-	01:15-	00:59-	01:10+	02:00+	00:44-	00:56+	01:41+	02:47+	03:42+	01:30-	00:50-	01:11+	00:41-	01:09+
01:45-	00:54-	02:45@	00:40-	00:13+	01:15-	00:58@	01:10&	00:08-	00:48&	00:52&	00:29-	00:38-	00:03-	00:22&	01:03@	01:17-	00:17&	00:49&	01:08&	00:53&	01:18-	00:31-	00:34&	00:10-	00:23&
46:50+																									
00:29-																									
00:08-																									

4	Oddmund Nordgård	105										47:11													
02:10-	04:35-	08:38+	10:59+	13:21+	14:12+	15:44+	17:50+	19:51+	22:52+	24:46+	26:40+	27:37+	28:25+	30:09+	32:29+	33:27+	34:19+	36:06+	38:52+	42:21+	43:49+	44:27+	45:22+	46:04+	46:47+
02:10-	02:25-	04:03+	02:21-	02:22+	00:51-	01:32+	02:06+	02:01-	03:01+	01:54+	01:54-	00:57-	00:48-	01:44+	02:20+	00:58-	00:52+	01:47+	02:46+	03:29+	01:28-	00:38-	00:55+	00:42-	00:43-
00:55-	00:16-	02:54@	00:23-	00:11+	01:13-	00:40&	00:31&	00:05-	01:13&	00:21#	00:29-	00:56-	00:14-	00:56@	01:23@	01:03-	00:13&	00:55@	01:07&	00:40#	01:20-	00:43-	00:18&	00:09-	00:03-
47:11+																									
00:24-																									
00:13-																									

5	Øivind Berggraf	116										47:23													
01:33-	03:37-	06:46-	08:59-	12:03+	12:53-	14:32-	16:51+	18:54+	21:10+	23:27+	25:48+	26:53+	27:49+	28:55+	31:07+	32:12+	33:11+	35:35+	38:30+	42:05+	43:37+	44:21+	45:18+	46:05+	46:59+
01:33-	02:04-	03:09+	02:13-	03:04+	00:50-	01:39+	02:19+	02:03-	02:16+	02:17+	02:21-	01:05-	00:56-	01:06+	02:12+	01:05-	00:59+	02:24+	02:55+	03:35+	01:32-	00:44-	00:57+	00:47-	00:54+
01:32-	00:37-	02:00@	00:31-	00:53&	01:14-	00:47&	00:44&	00:03-	00:28&	00:44&	00:02-	00:48-	00:06-	00:18&	01:15@	00:56-	00:20&	01:32@	01:16&	00:46&	01:16-	00:37-	00:20&	00:04-	00:08#
47:23+																									
00:24-																									
00:13-																									

6	Erling Mauland	83										56:15													
01:18-	03:09-	08:14+	10:38+	13:42+	14:40+	16:42+	19:05+	21:46+	24:10+	26:41+	28:59+	34:10+	35:03+	36:05+	38:40+	39:35+	40:37+	42:31+	45:24+	49:12+	50:37+	51:23+	52:28+	53:14+	55:49+
01:18-	01:51-	05:05+	02:24-	03:04+	00:58-	02:02+	02:23+	02:41+	02:24+	02:31+	02:18-	05:11+	00:53-	01:02+	02:35+	00:55-	01:02+	01:54+	02:53+	03:48+	01:25-	00:46-	01:05+	00:46-	02:35+
01:47-	00:50-	03:56@	00:20-	00:53&	01:06-	01:10@	00:48&	00:35&	00:36&	00:58&	00:05-	03:18@	00:09-	00:14&	01:38@	01:06-	00:23&	01:02@	01:14&	00:59&	01:23-	00:35-	00:28&	00:05-	01:49@
56:15+																									
00:26-																									
00:11-																									

Class	Navn	Klasse										Tid													
7	Øystein Fuglestad	46										57:02													
01:22-	04:16-	08:26+	10:28+	13:23+	14:14+	15:55+	18:16+	20:33+	24:45+	27:17+	29:45+	34:42+	35:44+	36:59+	39:18+	40:31+	41:34+	43:40+	46:47+	50:35+	52:34+	53:32+	54:54+	55:47+	56:36+
01:22-	02:54+	04:10+	02:02-	02:55+	00:51-	01:41+	02:21+	02:17+	04:12+	02:32+	02:28+	04:57+	01:02=	01:15+	02:19+	01:13-	01:03+	02:06+	03:07+	03:48+	01:59-	00:58-	01:22+	00:53+	00:49+
01:43-	00:13+	03:01@	00:42-	00:44&	01:13-	00:49&	00:46&	00:11+	02:24@	00:59&	00:05+	03:04@	00:00=	00:27&	01:22@	00:48-	00:24&	01:14@	01:28&	00:59&	00:49-	00:23-	00:45@	00:02+	00:03+
57:02+																									
00:26-																									
00:11-																									

8	Svein Oddvar Netland	116										58:13													
01:21-	07:05+	10:54+	12:50+	15:25+	16:14+	18:09+	24:25+	26:47+	30:40+	32:54+	35:13+	37:46+	38:44+	40:00+	42:13+	43:19+	44:20+	46:30+	49:20+	52:56+	54:32+	55:18+	56:11+	56:58+	57:46+
01:21-	05:44+	03:49+	01:56-	02:35+	00:49-	01:55+	06:16+	02:22+	03:53+	02:14+	02:19-	02:33+	00:58-	01:16+	02:13+	01:06-	01:01+	02:10+	02:50+	03:36+	01:36-	00:46-	00:53+	00:47-	00:48+
01:44-	03:03@	02:40@	00:48-	00:24#	01:15-	01:03@	04:41@	00:16#	02:05@	00:41&	00:04-	00:40&	00:04-	00:28&	01:16@	00:55-	00:22&	01:18@	01:11&	00:47&	01:12-	00:35-	00:16&	00:04-	00:02+
58:13+																									
00:27-																									
00:10-																									

9	Ove Oaland	116										1:10:27													
02:26-	04:47-	11:12+	15:34+	18:52+	20:26+	22:24+	25:09+	28:05+	31:06+	34:11+	36:45+	38:48+	40:43+	45:02+	49:16+	51:04+	52:24+	54:44+	59:06+	62:55+	65:23+	66:23+	67:28+	68:22+	69:46+
02:26-	02:21-	06:25+	04:22+	03:18+	01:34-	01:58+	02:45+	02:56+	03:01+	03:05+	02:34+	02:03+	01:55+	04:19+	04:14+	01:48-	01:20+	02:20+	04:22+	03:49+	02:28-	01:00-	01:05+	00:54+	01:24+
00:39-	00:20-	05:16@	01:38&	01:07&	00:30-	01:06@	01:10&	00:50&	01:13&	01:32&	00:11+	00:10+	00:53&	03:31@	03:17@	00:13-	00:41@	01:28@	02:43@	01:00&	00:20-	00:21-	00:28&	00:03+	00:38&
70:27+																									
00:41+																									
00:04#																									

Beste strekktid for klassen																											
01:18	01:47	01:09	01:56	01:57	00:48	00:52	01:35	01:47	01:21	01:33	01:45	00:57	00:48	00:48	00:57	00:44	00:39	00:52	01:39	02:49	01:25	00:38	00:37	00:41	00:43	00:24	00:27

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

Herrer Trim

1	Alexander Khorunzhiy	287										23:09															
01:04=	02:18=	03:54=	05:31=	06:52=	08:42=	09:47=	11:22=	12:42=	13:36=	14:57=	16:56=	18:39=	20:20=	21:23=	22:22=	23:09=											
01:04=	01:14=	01:36=	01:37=	01:21=	01:50=	01:05=	01:35=	01:20=	00:54=	01:21=	01:59=	01:43=	01:41=	01:03=	00:59=	00:47=											
00:00=	00:00=	00:00=	00:00=	00:00=	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	Inge Arild Leknes	376										23:34															
01:11+	02:24+	03:48-	05:15-	06:27-	08:32-	09:32-	12:47+	13:59+	14:49+	16:07+	17:44+	19:38+	21:11+	22:09+	22:57+	23:34+											
01:11+	01:13-	01:24-	01:27-	01:12-	02:05+	01:00-	03:15+	01:12-	00:50-	01:18-	01:37-	01:54+	01:33-	00:58-	00:48-	00:37-											
00:07#	00:01-	00:12-	00:10-	00:09-	00:15#	00:05-	01:40@	00:08-	00:04-	00:03-	00:22-	00:11#	00:08-	00:05-	00:11-	00:10-											

3	Roger Nyseth	92										26:13															
01:10+	02:36+	04:19+	05:47+	07:32+	09:37+	10:51+	12:40+	14:16+	15:12+	16:54+	19:02+	21:18+	23:16+	24:15+	25:17+	26:13+											
01:10+	01:26+	01:43+	01:28-	01:45+	02:05+	01:14+	01:49+	01:36+	00:56+	01:42+	02:08+	02:16+	01:58+	00:59-	01:02+	00:56+											
00:06+	00:12#	00:07+	00:09-	00:24&	00:15#	00:09#	00:14#	00:16#	00:02+	00:21&	00:09+	00:33&	00:17#	00:04-	00:03+	00:09#											

4	Tom Kåre Versland	105										26:37															
01:15+	02:34+	04:03+	05:39+	07:07+	08:57+	10:02+	12:35+	14:02+	15:03+	17:04+	19:00+	21:18+	23:08+	24:29+	25:42+	26:37+											
01:15+	01:19+	01:29-	01:36-	01:28+	01:50=	01:05=	02:33+	01:27+	01:01+	02:01+	01:56-	02:18+	01:50+	01:21+	01:13+	00:55+											
00:11#	00:05+	00:07-	00:01-	00:07+	00:00=	00:00=	00:58&	00:07+	00:07#	00:40&	00:03-	00:35&	00:09+	00:18&	00:14#	00:08#											

5	Arild Svihus	92										28:26															
01:10+	02:30+	05:44+	07:49+	10:47+	12:33+	13:46+	15:25+	16:52+	18:17+	19:37+	21:29+	23:45+	25:38+	26:45+	27:43+	28:26+											
01:10+	01:20+	03:14+	02:05+	02:58+	01:46-	01:13+	01:39+	01:27+	01:25+	01:20-	01:52-	02:16+	01:53+	01:07+	00:58-	00:43-											
00:06+	00:06+	01:38@	00:28&	01:37@	00:04-	00:08#	00:04+	00:07+	00:31&	00:01-	00:07-	00:33&	00:12#	00:04+	00:01-	00:04-											

6	Svein Sivertsen	115										28:28															
01:09+	02:44+	04:33+	06:34+	08:21+	10:22+	11:41+	13:38+	15:16+	16:27+	18:01+	20:18+	22:42+	24:54+	26:09+	27:23+	28:28+											
01:09+	01:35+	01:49+	02:01+	01:47+	02:01+	01:19+	01:57+	01:38+	01:11+	01:34+	02:17+	02:24+	02:12+	01:15+	01:14+	01:05+											
00:05+	00:21&	00:13#	00:24#	00:26&	00:11#	00:14#	00:22#	00:18#	00:17&	00:13#	00:18#	00:41&	00:31&	00:12#	00:15&	00:18&											

7	Sjur Bjerke	401										29:06															
01:09+	02:32+	04:16+	06:19+	07:38+	10:09+	11:29+	13:28+	14:50+	16:04+	17:26+	19:24+	21:21+	23:37+	24:39+	26:44+	29:06+											
01:09+	01:23+	01:44+	02:03+	01:19-	02:31+	01:20+	01:59+	01:22+	01:14+	01:22+	01:58-	01:57+	02:16+	01:02-	02:05+	02:22+											
00:05+	00:09#	00:08+	00:26&	00:02-	00:41&	00:15#	00:24&	00:02+	00:20&	00:01+	00:01-	00:14#	00:35&	00:01-	01:06@	01:35@											

8	Lars Kartevoll	376										29:25															
01:34+	02:41+	04:01+	05:39+	06:44-	08:49+	09:57+	11:19-	12:31-	13:18-	14:35-	16:09-	17:55-	25:11+	27:37+	28:44+	29:25+											
01:34+	01:07-	01:20-	01:38+	01:05-	02:05+	01:08+	01:22-	01:12-	00:47-	01:17-	01:34-	01:46+	07:16+	02:26+	01:07+	00:41-											
00:30&	00:07-	00:16-	00:01+	00:16-	00:15#	00:03+	00:13-	00:08-	00:07-	00:04-	00:25-	00:03+	05:35@	01:23@	00:08#	00:06-											

Class	Navn	Klasse											Tid			
9	Leif Jarle Skåra	29											32:14			
01:13+	03:04+	04:56+	07:21+	09:10+	11:43+	13:05+	15:16+	17:16+	18:37+	20:16+	22:40+	25:26+	28:00+	29:30+	30:51+	32:14+
01:13+	01:51+	01:52+	02:25+	01:49+	02:33+	01:22+	02:11+	02:00+	01:21+	01:39+	02:24+	02:46+	02:34+	01:30+	01:21+	01:23+
00:09#	00:37&	00:16#	00:48&	00:28&	00:43&	00:17&	00:36&	00:40&	00:27&	00:18#	00:25#	01:03&	00:53&	00:27&	00:22&	00:36&
10	Ivar Aalbu	29											33:45			
01:15+	02:41+	04:24+	07:08+	08:45+	11:11+	12:24+	14:14+	16:08+	17:19+	18:56+	21:10+	23:50+	25:50+	27:06+	32:53+	33:45+
01:15+	01:26+	01:43+	02:44+	01:37+	02:26+	01:13+	01:50+	01:54+	01:11+	01:37+	02:14+	02:40+	02:00+	01:16+	05:47+	00:52+
00:11#	00:12#	00:07+	01:07&	00:16#	00:36&	00:08#	00:15#	00:34&	00:17&	00:16#	00:15#	00:57&	00:19#	00:13#	04:48@	00:05#
11	Glenn Christiansen	50											37:21			
01:16+	02:34+	04:15+	12:31+	13:53+	16:12+	17:18+	18:55+	20:20+	21:35+	23:25+	26:04+	29:45+	32:38+	34:02+	36:22+	37:21+
01:16+	01:18+	01:41+	08:16+	01:22+	02:19+	01:06+	01:37+	01:25+	01:15+	01:50+	02:39+	03:41+	02:53+	01:24+	02:20+	00:59+
00:12#	00:04+	00:05+	06:39@	00:01+	00:29&	00:01+	00:02+	00:05+	00:21&	00:29&	00:40&	01:58@	01:12&	00:21&	01:21@	00:12&
12	Rolf Øystein Kluge	7											37:22			
01:39+	03:27+	05:26+	07:48+	10:24+	12:50+	14:27+	16:44+	18:29+	20:06+	21:57+	24:31+	27:14+	30:11+	34:14+	36:28+	37:22+
01:39+	01:48+	01:59+	02:22+	02:36+	02:26+	01:37+	02:17+	01:45+	01:37+	01:51+	02:34+	02:43+	02:57+	04:03+	02:14+	00:54+
00:35&	00:34&	00:23#	00:45&	01:15&	00:36&	00:32&	00:42&	00:25&	00:43&	00:30&	00:35&	01:00&	01:16&	03:00@	01:15@	00:07#
13	Jan Erik Rasmussen	51											38:45			
04:04+	06:00+	08:24+	10:37+	12:22+	14:51+	16:23+	19:22+	21:04+	22:34+	24:31+	27:01+	29:55+	32:42+	34:46+	36:53+	38:45+
04:04+	01:56+	02:24+	02:13+	01:45+	02:29+	01:32+	02:59+	01:42+	01:30+	01:57+	02:30+	02:54+	02:47+	02:04+	02:07+	01:52+
03:00@	00:42&	00:48&	00:36&	00:24&	00:39&	00:27&	01:24&	00:22&	00:36&	00:36&	00:31&	01:11&	01:06&	01:01&	01:08@	01:05@
14	Bent Horpestad	105											39:20			
07:23+	09:06+	11:02+	15:44+	17:08+	19:32+	20:49+	23:02+	24:25+	25:25+	27:17+	29:23+	31:47+	33:24+	34:29+	38:23+	39:20+
07:23+	01:43+	01:56+	04:42+	01:24+	02:24+	01:17+	02:13+	01:23+	01:00+	01:52+	02:06+	02:24+	01:37-	01:05+	03:54+	00:57+
06:19@	00:29&	00:20#	03:05@	00:03+	00:34&	00:12#	00:38&	00:03+	00:06#	00:31&	00:07+	00:41&	00:04-	00:02+	02:55@	00:10#
15	Tom Leveraas	93											39:32			
03:22+	04:58+	06:54+	14:39+	16:15+	19:05+	20:27+	23:30+	25:07+	26:35+	27:50+	30:04+	32:07+	35:01+	36:22+	38:15+	39:32+
03:22+	01:36+	01:56+	07:45+	01:36+	02:50+	01:22+	03:03+	01:37+	01:28+	01:15-	02:14+	02:03+	02:54+	01:21+	01:53+	01:17+
02:18@	00:22&	00:20#	06:08@	00:15#	01:00&	00:17&	01:28&	00:17#	00:34&	00:06-	00:15#	00:20#	01:13&	00:18&	00:54&	00:30&
16	Per Bakken	5											46:08			
02:01+	03:44+	06:04+	08:30+	10:23+	12:38+	14:16+	16:33+	18:38+	19:56+	21:40+	24:12+	29:56+	34:06+	42:16+	44:22+	46:08+
02:01+	01:43+	02:20+	02:26+	01:53+	02:15+	01:38+	02:17+	02:05+	01:18+	01:44+	02:32+	05:44+	04:10+	08:10+	02:06+	01:46+
00:57&	00:29&	00:44&	00:49&	00:32&	00:25#	00:33&	00:42&	00:45&	00:24&	00:23&	00:33&	04:01@	02:29@	07:07@	01:07@	00:59@
17	Asgeir Kleppa	47											48:00			
04:44+	06:13+	08:08+	14:13+	15:51+	18:47+	20:12+	24:52+	26:39+	27:45+	33:07+	35:27+	38:20+	43:01+	44:19+	45:36+	48:00+
04:44+	01:29+	01:55+	06:05+	01:38+	02:56+	01:25+	04:40+	01:47+	01:06+	05:22+	02:20+	02:53+	04:41+	01:18+	01:17+	02:24+
03:40@	00:15#	00:19#	04:28@	00:17#	01:06&	00:20&	03:05@	00:27&	00:12#	04:01@	00:21#	01:10&	03:00@	00:15#	00:18&	01:37@
Beste strekktid for klassen																
01:04	01:07	01:20	01:27	01:05	01:46	01:00	01:22	01:12	00:47	01:15	01:34	01:43	01:33	00:58	00:48	00:37

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