

Plass Navn

Klasse

Tid

Damer 16 - 39 år

1 Aina Kalsaas Urstad 356 28:30

01:40= 04:20= 05:02= 05:29= 13:11= 13:51= 18:33= 19:56= 24:00= 24:47= 25:52= 27:50= 28:22= 28:30=
 01:40= 02:40= 00:42= 00:27= 07:42= 00:40= 04:42= 01:23= 04:04= 00:47= 01:05= 01:58= 00:32= 00:08=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Matilde Skjæveland Skår 114 30:36

01:31- 04:58+ 05:53+ 06:23+ 14:49+ 15:34+ 20:14+ 21:34+ 25:34+ 26:20+ 27:05+ 29:34+ 30:27+ 30:36+
 01:31- 03:27+ 00:55+ 00:30+ 08:26+ 00:45+ 04:40- 01:20- 04:00- 00:46- 00:45- 02:29+ 00:53+ 00:09+
 00:09- 00:47& 00:13& 00:03# 00:44+ 00:05# 00:02- 00:03- 00:04- 00:01- 00:20- 00:31& 00:21& 00:01#

3 Marie Sigvaldsen 392 31:29

01:34- 04:13- 04:59- 05:24- 13:10- 13:51= 19:31+ 20:41+ 24:56+ 25:43+ 27:16+ 30:45+ 31:21+ 31:29+
 01:34- 02:39- 00:46+ 00:25- 07:46+ 00:41+ 05:40+ 01:10- 04:15+ 00:47= 01:33+ 03:29+ 00:36+ 00:08=
 00:06- 00:01- 00:04+ 00:02- 00:44+ 00:01+ 00:58# 00:13- 00:11+ 00:00= 00:28& 01:31& 00:04# 00:00=

4 Nina Karlsen 111 33:30

01:36- 05:10+ 06:00+ 06:28+ 15:54+ 16:40+ 22:25+ 23:50+ 27:56+ 28:46+ 29:55+ 32:41+ 33:20+ 33:30+
 01:36- 03:34+ 00:50+ 00:28+ 09:26+ 00:46+ 05:45+ 01:25+ 04:06+ 00:50+ 01:09+ 02:46+ 00:39+ 00:10+
 00:04- 00:54& 00:08# 00:01+ 01:44# 00:06# 01:03# 00:02+ 00:02+ 00:03+ 00:04+ 00:48& 00:07# 00:02#

5 Maren Heradstveit 76 33:46

01:32- 04:32+ 05:23+ 05:53+ 14:23+ 15:06+ 20:49+ 22:06+ 27:33+ 28:26+ 29:26+ 32:41+ 33:36+ 33:46+
 01:32- 03:00+ 00:51+ 00:30+ 08:30+ 00:43+ 05:43+ 01:17- 05:27+ 00:53+ 01:00- 03:15+ 00:55+ 00:10+
 00:08- 00:20# 00:09# 00:03# 00:48# 00:03+ 01:01# 00:06- 01:23& 00:06# 00:05- 01:17& 00:23& 00:02#

6 Anina Iselin Hadland 29 34:50

01:39- 04:57+ 05:36+ 06:04+ 16:24+ 17:05+ 23:15+ 24:41+ 29:37+ 30:44+ 31:29+ 33:53+ 34:42+ 34:50+
 01:39- 03:18+ 00:39- 00:28+ 10:20+ 00:41+ 06:10+ 01:26+ 04:56+ 01:07+ 00:45- 02:24+ 00:49+ 00:08=
 00:01- 00:38# 00:03- 00:01+ 02:38& 00:01+ 01:28& 00:03+ 00:52# 00:20& 00:20- 00:26# 00:17& 00:00=

7 Marita Navjord Nicolaysen 71 35:26

01:40= 04:54+ 05:48+ 06:17+ 15:36+ 16:28+ 22:18+ 23:34+ 28:27+ 29:24+ 30:36+ 33:29+ 35:15+ 35:26+
 01:40= 03:14+ 00:54+ 00:29+ 09:19+ 00:52+ 05:50+ 01:16- 04:53+ 00:57+ 01:12+ 02:53+ 01:46+ 00:11+
 00:00= 00:34# 00:12& 00:02+ 01:37# 00:12& 01:08# 00:07- 00:49# 00:10# 00:07# 00:55& 01:14@ 00:03&

8 Ingrid Lycke Austbø 109 35:47

01:33- 04:39+ 05:17+ 05:42+ 17:09+ 17:45+ 22:46+ 24:08+ 28:34+ 29:26+ 30:57+ 34:46+ 35:36+ 35:47+
 01:33- 03:06+ 00:38- 00:25- 11:27+ 00:36- 05:01+ 01:22- 04:26+ 00:52+ 01:31+ 03:49+ 00:50+ 00:11+
 00:07- 00:26# 00:04- 00:02- 03:45& 00:04- 00:19+ 00:01- 00:22+ 00:05# 00:26& 01:51& 00:18& 00:03&

9 Wibeke Lende 74 37:14

01:44+ 05:45+ 06:31+ 07:02+ 16:41+ 17:33+ 23:47+ 25:41+ 31:18+ 32:19+ 33:44+ 36:27+ 37:06+ 37:14+
 01:44+ 04:01+ 00:46+ 00:31+ 09:39+ 00:52+ 06:14+ 01:54+ 05:37+ 01:01+ 01:25+ 02:43+ 00:39+ 00:08=
 00:04+ 01:21& 00:04+ 00:04# 01:57& 00:12& 01:32& 00:31& 01:33& 00:14& 00:20& 00:45& 00:07# 00:00=

10 Kjersti Fandrem Høivik 68 37:46

01:36- 05:24+ 06:08+ 06:35+ 16:30+ 17:14+ 23:26+ 25:40+ 30:18+ 31:14+ 33:26+ 37:03+ 37:39+ 37:46+
 01:36- 03:48+ 00:44+ 00:27= 09:55+ 00:44+ 06:12+ 02:14+ 04:38+ 00:56+ 02:12+ 03:37+ 00:36+ 00:07-
 00:04- 01:08& 00:02+ 00:00= 02:13& 00:04# 01:30& 00:51& 00:34# 00:09# 01:07@ 01:39& 00:04# 00:01-

11 Heidi Langeland 117 39:03

02:05+ 05:39+ 06:32+ 07:26+ 18:14+ 19:11+ 26:13+ 27:46+ 33:01+ 34:02+ 35:02+ 38:16+ 38:53+ 39:03+
 02:05+ 03:34+ 00:53+ 00:54+ 10:48+ 00:57+ 07:02+ 01:33+ 05:15+ 01:01+ 01:00- 03:14+ 00:37+ 00:10+
 00:25# 00:54& 00:11& 00:27& 03:06& 00:17& 02:20& 00:10# 01:11& 00:14& 00:05- 01:16& 00:05# 00:02#

12 Hege Bakken 53 40:30

01:42+ 05:16+ 06:09+ 06:41+ 17:11+ 18:23+ 24:31+ 27:26+ 32:33+ 33:44+ 35:45+ 39:07+ 40:19+ 40:30+
 01:42+ 03:34+ 00:53+ 00:32+ 10:30+ 01:12+ 06:08+ 02:55+ 05:07+ 01:11+ 02:01+ 03:22+ 01:12+ 00:11+
 00:02+ 00:54& 00:11& 00:05# 02:48& 00:32& 01:26& 01:32@ 01:03& 00:24& 00:56& 01:24& 00:40@ 00:03&

13 Ragnhild Thorset Våge 117 42:17

02:38+ 05:21+ 06:03+ 06:51+ 15:06+ 15:49+ 22:29+ 24:32+ 35:06+ 35:59+ 38:18+ 41:03+ 42:07+ 42:17+
 02:38+ 02:43+ 00:42= 00:48+ 08:15+ 00:43+ 06:40+ 02:03+ 10:34+ 00:53+ 02:19+ 02:45+ 01:04+ 00:10+
 00:58& 00:03+ 00:00= 00:21& 00:33+ 00:03+ 01:58& 00:40& 06:30@ 00:06# 01:14@ 00:47& 00:32& 00:02#

14 Siv-Elin Bogfjelldal 66 1:05:00

02:24+ 05:59+ 07:13+ 07:53+ 35:41+ 36:37+ 45:16+ 48:06+ 54:36+ 55:54+ 60:19+ 63:42+ 64:47+ 65:00+
 02:24+ 03:35+ 01:14+ 00:40+ 27:48+ 00:56+ 08:39+ 02:50+ 06:30+ 01:18+ 04:25+ 03:23+ 01:05+ 00:13+
 00:44& 00:55& 00:32& 00:13& 20:06@ 00:16& 03:57& 01:27@ 02:26& 00:31& 03:20@ 01:25& 00:33@ 00:05&

Class	Navn	Klasse												Tid
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Beste strekktid for klassen

01:31 02:39 00:38 00:25 07:42 00:36 04:40 01:10 04:00 00:46 00:45 01:58 00:32 00:07

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

Damer 40 - 49 år

1	Agnes Haker	71	30:17										
00:58=	03:41=	04:44=	05:16=	14:33=	15:52=	23:44=	24:17=	25:03=	27:07=	28:15=	29:15=	30:08=	30:17=
00:58=	02:43=	01:03=	00:32=	09:17=	01:19=	07:52=	00:33=	00:46=	02:04=	01:08=	01:00=	00:53=	00:09=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Agnes Elin Engen	116	35:21										
01:32+	04:22+	05:32+	05:59+	17:41+	18:49+	27:55+	29:05+	29:56+	32:25+	33:32+	34:34+	35:12+	35:21+
01:32+	02:50+	01:10+	00:27-	11:42+	01:08-	09:06+	01:10+	00:51+	02:29+	01:07-	01:02+	00:38-	00:09=
00:34&	00:07+	00:07#	00:05-	02:25&	00:11-	01:14#	00:37@	00:05#	00:25#	00:01-	00:02+	00:15-	00:00=
3	Ingvild Marthinussen	63	37:29										
01:14+	04:25+	05:45+	06:16+	18:40+	21:29+	30:06+	30:39+	31:18+	33:45+	35:02+	36:13+	37:17+	37:29+
01:14+	03:11+	01:20+	00:31-	12:24+	02:49+	08:37+	00:33=	00:39-	02:27+	01:17+	01:11+	01:04+	00:12+
00:16&	00:28#	00:17&	00:01-	03:07&	01:30@	00:45+	00:00=	00:07-	00:23#	00:09#	00:11#	00:11#	00:03&
4	Hege Anita H. Nielsen	48	38:29										
01:18+	04:50+	05:38+	06:07+	17:54+	21:31+	31:05+	31:50+	32:23+	34:33+	35:55+	36:59+	38:19+	38:29+
01:18+	03:32+	00:48-	00:29-	11:47+	03:37+	09:34+	00:45+	00:33-	02:10+	01:22+	01:04+	01:20+	00:10+
00:20&	00:49&	00:15-	00:03-	02:30&	02:18@	01:42#	00:12&	00:13-	00:06+	00:14#	00:04+	00:27&	00:01#
5	Helen Haneferd	27	39:08										
01:29+	05:05+	06:12+	06:44+	18:57+	20:49+	30:34+	31:24+	32:15+	34:44+	36:27+	38:09+	38:59+	39:08+
01:29+	03:36+	01:07+	00:32=	12:13+	01:52+	09:45+	00:50+	00:51+	02:29+	01:43+	01:42+	00:50-	00:09=
00:31&	00:53&	00:04+	00:00=	02:56&	00:33&	01:53#	00:17&	00:05#	00:25#	00:35&	00:42&	00:03-	00:00=
6	Randi Helen Ladsten	128	40:54										
01:23+	04:51+	06:04+	06:39+	19:03+	21:19+	32:30+	33:16+	33:50+	36:50+	38:34+	39:47+	40:41+	40:54+
01:23+	03:28+	01:13+	00:35+	12:24+	02:16+	11:11+	00:46+	00:34-	03:00+	01:44+	01:13+	00:54+	00:13+
00:25&	00:45&	00:10#	00:03+	03:07&	00:57&	03:19&	00:13&	00:12-	00:56&	00:36&	00:13#	00:01+	00:04&
7	Helene Lie	228	41:07										
01:24+	05:03+	06:06+	06:38+	19:25+	21:40+	32:40+	33:25+	34:04+	36:47+	38:15+	39:32+	40:58+	41:07+
01:24+	03:39+	01:03=	00:32=	12:47+	02:15+	11:00+	00:45+	00:39-	02:43+	01:28+	01:17+	01:26+	00:09=
00:26&	00:56&	00:00=	00:00=	03:30&	00:56&	03:08&	00:12&	00:07-	00:39&	00:20&	00:17&	00:33&	00:00=
8	Heidi Martby-Skogsholm	105	41:17										
01:17+	05:57+	07:06+	09:08+	20:23+	22:10+	34:24+	35:08+	35:49+	38:15+	39:30+	40:37+	41:08+	41:17+
01:17+	04:40+	01:09+	02:02+	11:15+	01:47+	12:14+	00:44+	00:41-	02:26+	01:15+	01:07+	00:31-	00:09=
00:19&	01:57&	00:06+	01:30@	01:58#	00:28&	04:22&	00:11&	00:05-	00:22#	00:07#	00:07#	00:22-	00:00=

Beste strekktid for klassen

00:58 02:43 00:48 00:27 09:17 01:08 07:52 00:33 00:33 02:04 01:07 01:00 00:31 00:09

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

Damer 50 - 59 år

1	Ragnhild Auglænd	62	34:47										
01:21=	05:07=	06:15=	06:45=	18:03=	19:21=	28:19=	28:57=	29:32=	31:41=	32:55=	34:02=	34:36=	34:47=
01:21=	03:46=	01:08=	00:30=	11:18=	01:18=	08:58=	00:38=	00:35=	02:09=	01:14=	01:07=	00:34=	00:11=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Anita Glenne Kallhovd	29	36:18										
01:16-	04:41-	05:27-	05:55-	18:48+	20:01+	29:01+	29:47+	30:43+	32:50+	34:05+	35:34+	36:08+	36:18+
01:16-	03:25-	00:46-	00:28-	12:53+	01:13-	09:00+	00:46+	00:56+	02:07-	01:15+	01:29+	00:34=	00:10-
00:05-	00:21-	00:22-	00:02-	01:35#	00:05-	00:02+	00:08#	00:21&	00:02-	00:01+	00:22&	00:00=	00:01-
3	Grethe Anda Fuglestad	116	38:04										
01:21=	04:57-	06:07-	06:34-	18:36+	20:15+	31:49+	32:25+	32:58+	34:59+	36:13+	37:11+	37:55+	38:04+
01:21=	03:36-	01:10+	00:27-	12:02+	01:39+	11:34+	00:36-	00:33-	02:01-	01:14=	00:58-	00:44+	00:09-
00:00=	00:10-	00:02+	00:03-	00:44+	00:21&	02:36&	00:02-	00:02-	00:08-	00:00=	00:09-	00:10&	00:02-

Class	Navn	Klasse											Tid
4	Tone Cecilie Nystrøm	68											38:06
01:20-	04:58-	05:51-	06:23-	18:01-	19:21=	30:41+	31:43+	32:23+	34:35+	35:50+	37:06+	37:56+	38:06+
01:20-	03:38-	00:53-	00:32+	11:38+	01:20+	11:20+	01:02+	00:40+	02:12+	01:15+	01:16+	00:50+	00:10-
00:01-	00:08-	00:15-	00:02+	00:20+	00:02+	02:22&	00:24&	00:05#	00:03+	00:01+	00:09#	00:16&	00:01-
5	Signe Ottesen	116											38:16
01:27+	05:48+	07:16+	07:51+	19:39+	21:44+	30:28+	31:07+	31:42+	33:44+	35:06+	36:12+	38:06+	38:16+
01:27+	04:21+	01:28+	00:35+	11:48+	02:05+	08:44-	00:39+	00:35=	02:02-	01:22+	01:06-	01:54+	00:10-
00:06+	00:35#	00:20&	00:05#	00:30+	00:47&	00:14-	00:01+	00:00=	00:07-	00:08#	00:01-	01:20#	00:01-
6	Iren Undheim Øgreid	62											39:12
01:06-	04:00-	05:09-	05:36-	20:32+	22:29+	32:14+	32:56+	33:33+	35:45+	36:51+	37:44+	39:00+	39:12+
01:06-	02:54-	01:09+	00:27-	14:56+	01:57+	09:45+	00:42+	00:37+	02:12+	01:06-	00:53-	01:16+	00:12+
00:15-	00:52-	00:01+	00:03-	03:38&	00:39&	00:47+	00:04#	00:02+	00:03+	00:08-	00:14-	00:42#	00:01+
7	Gerd Olaug Vikeså	101											39:31
01:14-	04:47-	05:53-	06:22-	18:51+	20:44+	31:06+	31:49+	32:29+	35:28+	36:51+	37:56+	39:22+	39:31+
01:14-	03:33-	01:06-	00:29-	12:29+	01:53+	10:22+	00:43+	00:40+	02:59+	01:23+	01:05-	01:26+	00:09-
00:07-	00:13-	00:02-	00:01-	01:11#	00:35&	01:24#	00:05#	00:05#	00:50&	00:09#	00:02-	00:52#	00:02-
8	Trude Katrine Hermanrud	117											40:02
01:17-	05:20+	06:03-	06:37-	19:27+	21:16+	31:46+	33:10+	33:52+	36:31+	37:53+	39:08+	39:53+	40:02+
01:17-	04:03+	00:43-	00:34+	12:50+	01:49+	10:30+	01:24+	00:42+	02:39+	01:22+	01:15+	00:45+	00:09-
00:04-	00:17+	00:25-	00:04#	01:32#	00:31&	01:32#	00:46#	00:07#	00:30#	00:08#	00:08#	00:11&	00:02-
9	Toril Dahle	116											41:07
02:21+	05:53+	07:05+	07:36+	19:40+	21:18+	32:33+	33:22+	34:05+	37:21+	38:40+	39:55+	40:58+	41:07+
02:21+	03:32-	01:12+	00:31+	12:04+	19:40+	11:15+	00:49+	00:43+	03:16+	01:19+	01:15+	01:03+	00:09-
01:00&	00:14-	00:04+	00:01+	00:46+	00:20&	02:17&	00:11&	00:08#	01:07&	00:05+	00:08#	00:29&	00:02-
10	Liv Margot Sviland	54											41:49
01:30+	05:02-	05:53-	06:23-	21:51+	23:40+	34:38+	35:15+	35:59+	38:31+	39:50+	40:53+	41:39+	41:49+
01:30+	03:32-	00:51-	00:30=	15:28+	01:49+	10:58+	00:37-	00:44+	02:32+	01:19+	01:03-	00:46+	00:10-
00:09#	00:14-	00:17-	00:00=	04:10&	00:31&	02:00#	00:01-	00:09&	00:23#	00:05+	00:04-	00:12&	00:01-
11	Gøril Braut Aarsand	268											44:31
01:35+	05:59+	07:17+	07:49+	22:45+	25:00+	36:52+	37:29+	38:09+	40:40+	42:04+	43:27+	44:15+	44:31+
01:35+	04:24+	01:18+	00:32+	14:56+	02:15+	11:52+	00:37-	00:40+	02:31+	01:24+	01:23+	00:48+	00:16+
00:14#	00:38#	00:10#	00:02+	03:38&	00:57&	02:54&	00:01-	00:05#	00:22#	00:10#	00:16#	00:14&	00:05&
12	Torill Andersen	116											44:35
01:27+	07:03+	08:22+	08:54+	21:00+	22:51+	36:00+	36:53+	37:43+	40:38+	42:06+	43:09+	44:23+	44:35+
01:27+	05:36+	01:19+	00:32+	12:06+	01:51+	13:09+	00:53+	00:50+	02:55+	01:28+	01:03-	01:14+	00:12+
00:06+	01:50&	00:11#	00:02+	00:48+	00:33&	04:11&	00:15&	00:15&	00:46&	00:14#	00:04-	00:40#	00:01+
13	Astri Sandanger	93											45:47
01:29+	07:52+	09:03+	09:41+	24:09+	26:18+	36:51+	38:35+	39:17+	41:54+	43:14+	44:48+	45:38+	45:47+
01:29+	06:23+	01:11+	00:38+	14:28+	02:09+	10:33+	01:44+	00:42+	02:37+	01:20+	01:34+	00:50+	00:09-
00:08+	02:37&	00:03+	00:08&	03:10&	00:51&	01:35#	01:06#	00:07#	00:28#	00:06+	00:27&	00:16&	00:02-
14	Andrea Tapken	54											46:49
02:07+	06:06+	07:08+	07:43+	23:03+	25:43+	38:18+	39:12+	39:54+	42:36+	44:16+	45:41+	46:37+	46:49+
02:07+	03:59+	01:02-	00:35+	15:20+	02:40+	12:35+	00:54+	00:42+	02:42+	01:40+	01:25+	00:56+	00:12+
00:46&	00:13+	00:06-	00:05#	04:02&	01:22#	03:37&	00:16&	00:07#	00:33&	00:26&	00:18&	00:22&	00:01+
15	Elisabeth Melbø	128											47:22
01:23+	04:51-	06:26+	07:00+	18:41+	19:59+	38:52+	40:05+	40:48+	43:27+	44:49+	46:07+	47:09+	47:22+
01:23+	03:28-	01:35+	00:34+	11:41+	01:18+	18:53+	01:13+	00:43+	02:39+	01:22+	01:18+	01:02+	00:13+
00:02+	00:18-	00:27&	00:04#	00:23+	00:00=	09:55#	00:35&	00:08#	00:30#	00:08#	00:11#	00:28&	00:02#
16	Ingjerd Haddeland	66											49:08
01:29+	05:13+	06:37+	07:07+	22:58+	24:36+	40:08+	41:06+	41:56+	44:46+	46:17+	48:02+	48:58+	49:08+
01:29+	03:44-	01:24+	00:30=	15:51+	01:38+	15:32+	00:58+	00:50+	02:50+	01:31+	01:45+	00:56+	00:10-
00:08+	00:02-	00:16#	00:00=	04:33&	00:20&	06:34&	00:20&	00:15&	00:41&	00:17#	00:38&	00:22&	00:01-
17	Ragnhild Båtnes Berntsen	101											53:22
01:32+	05:42+	07:01+	07:39+	26:33+	29:42+	44:08+	45:07+	45:57+	49:08+	50:51+	52:08+	53:12+	53:22+
01:32+	04:10+	01:19+	00:38+	18:54+	03:09+	14:26+	00:59+	00:50+	03:11+	01:43+	01:17+	01:04+	00:10-
00:11#	00:24#	00:11#	00:08&	07:36&	01:51#	05:28&	00:21&	00:15&	01:02&	00:29&	00:10#	00:30&	00:01-
18	Brit Vivian Meling	116											54:08
01:58+	09:09+	10:20+	12:21+	26:45+	28:37+	41:36+	42:43+	43:43+	48:28+	50:22+	52:15+	53:54+	54:08+
01:58+	07:11+	01:11+	02:01+	14:24+	01:52+	12:59+	01:07+	01:00+	04:45+	01:54+	01:53+	01:39+	00:14+
00:37&	03:25&	00:03+	01:31#	03:06&	00:34&	04:01&	00:29&	00:25&	02:36#	00:40&	00:46&	01:05#	00:03&

Class	Navn	Klasse	Tid										
19	Synnøve Westermoen	116	1:00:18										
01:38+	05:53+	07:07+	07:40+	25:40+	27:55+	48:02+	48:49+	49:51+	53:36+	55:37+	58:13+	60:04+	60:18+
01:38+	04:15+	01:14+	00:33+	18:00+	02:15+	20:07+	00:47+	01:02+	03:45+	02:01+	02:36+	01:51+	00:14+
00:17#	00:29#	00:06+	00:03#	06:42&	00:57&	11:09@	00:09#	00:27&	01:36&	00:47&	01:29@	01:17@	00:03&

Beste strekktid for klassen

01:06 02:54 00:43 00:27 11:18 01:13 08:44 00:36 00:33 02:01 01:06 00:53 00:34 00:09

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

Damer 60 - 64 år

1	Ingunn Voilås	29	33:06									
01:53=	05:46=	08:12=	16:57=	17:53=	25:14=	27:18=	28:14=	29:18=	32:03=	32:55=	33:06=	
01:53=	03:53=	02:26=	08:45=	00:56=	07:21=	02:04=	00:56=	01:04=	02:45=	00:52=	00:11=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

2	Amanda Renshaw	101	33:28									
01:48-	05:38-	08:03-	15:31-	16:19-	23:27-	25:38-	26:43-	28:29-	31:34-	33:15+	33:28+	
01:48-	03:50-	02:25-	07:28-	00:48-	07:08-	02:11+	01:05+	01:46+	03:05+	01:41+	00:13+	
00:05-	00:03-	00:01-	01:17-	00:08-	00:13-	00:07+	00:09#	00:42&	00:20#	00:49&	00:02#	

3	Anne Siv Gjertsen	27	34:06									
01:50-	05:17-	07:50-	15:46-	16:44-	24:26-	26:33-	27:41-	29:04-	32:18+	33:56+	34:06+	
01:50-	03:27-	02:33+	07:56-	00:58+	07:42+	02:07+	01:08+	01:23+	03:14+	01:38+	00:10-	
00:03-	00:26-	00:07+	00:49-	00:02+	00:21+	00:03+	00:12#	00:19&	00:29#	00:46&	00:01-	

4	Kari Anstensrud	117	37:37									
03:06+	06:59+	10:19+	18:32+	19:24+	26:40+	31:26+	32:04+	33:29+	36:29+	37:27+	37:37+	
03:06+	03:53=	03:20+	08:13-	00:52-	07:16-	04:46+	00:38-	01:25+	03:00+	00:58+	00:10-	
01:13&	00:00=	00:54&	00:32-	00:04-	00:05-	02:42@	00:18-	00:21&	00:15+	00:06#	00:01-	

5	Nidunn Sandvik	228	38:13									
02:05+	06:00+	08:54+	16:55-	17:49-	26:10+	29:50+	31:35+	32:52+	36:16+	38:00+	38:13+	
02:05+	03:55+	02:54+	08:01-	00:54-	08:21+	03:40+	01:45+	01:17+	03:24+	01:44+	00:13+	
00:12#	00:02+	00:28#	00:44-	00:02-	01:00#	01:36&	00:49&	00:13#	00:39#	00:52&	00:02#	

6	Elisabeth Christie Ørke	105	41:00									
02:02+	05:23-	07:18-	14:10-	15:08-	24:42-	29:28+	30:03+	31:00+	33:19+	40:51+	41:00+	
02:02+	03:21-	01:55-	06:52-	00:58+	09:34+	04:46+	00:35-	00:57-	02:19-	07:32+	00:09-	
00:09+	00:32-	00:31-	01:53-	00:02+	02:13&	02:42@	00:21-	00:07-	00:26-	06:40@	00:02-	

7	Ellinor Hoemsnes	116	1:02:39									
02:38+	06:29+	33:14+	42:24+	43:22+	52:09+	54:12+	55:03+	57:59+	61:23+	62:27+	62:39+	
02:38+	03:51-	26:45+	09:10+	00:58+	08:47+	02:03-	00:51-	02:56+	03:24+	01:04+	00:12+	
00:45&	00:02-	24:19@	00:25+	00:02+	01:26#	00:01-	00:05-	01:52@	00:39#	00:12#	00:01+	

Beste strekktid for klassen

01:48 03:21 01:55 06:52 00:48 07:08 02:03 00:35 00:57 02:19 00:52 00:09

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

Damer 65 - 69 år

1	Marit Karin Nygård	92	35:54									
02:08=	06:50=	09:08=	18:08=	19:02=	27:16=	29:28=	30:37=	32:06=	34:54=	35:42=	35:54=	
02:08=	04:42=	02:18=	09:00=	00:54=	08:14=	02:12=	01:09=	01:29=	02:48=	00:48=	00:12=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

2	Eli Frafjord	94	37:35									
02:03-	06:09-	09:00-	18:04-	19:02=	28:34+	30:32+	31:18+	32:27+	35:57+	37:23+	37:35+	
02:03-	04:06-	02:51+	09:04+	00:58+	09:32+	01:58-	00:46-	01:09-	03:30+	01:26+	00:12=	
00:05-	00:36-	00:33#	00:04+	00:04+	01:18#	00:14-	00:23-	00:20-	00:42#	00:38&	00:00=	

3	Margot Asheim	105	38:09									
01:36-	05:28-	12:49+	20:56+	21:43+	30:38+	32:35+	33:23+	34:36+	37:05+	37:59+	38:09+	
01:36-	03:52-	07:21+	08:07-	00:47-	08:55+	01:57-	00:48-	01:13-	02:29-	00:54+	00:10-	
00:32-	00:50-	05:03@	00:53-	00:07-	00:41+	00:15-	00:21-	00:16-	00:19-	00:06#	00:02-	

Class	Navn	Klasse	Tid
4	May Elinor Meling	125	38:51
	01:48- 05:30- 12:42+ 20:52+ 21:40+ 29:49+ 31:56+ 33:12+ 34:37+ 37:22+ 38:39+ 38:51+		
	01:48- 03:42- 07:12+ 08:10- 00:48- 08:09- 02:07- 01:16+ 01:25- 02:45- 01:17+ 00:12=		
	00:20- 01:00- 04:54@ 00:50- 00:06- 00:05- 00:05- 00:07# 00:04- 00:03- 00:29& 00:00=		
5	Åse Berg	105	44:50
	02:02- 05:48- 09:13+ 19:27+ 20:43+ 30:57+ 36:08+ 37:10+ 38:50+ 43:22+ 44:35+ 44:50+		
	02:02- 03:46- 03:25+ 10:14+ 01:16+ 10:14+ 05:11+ 01:02- 01:40+ 04:32+ 01:13+ 00:15+		
	00:06- 00:56- 01:07& 01:14# 00:22& 02:00# 02:59@ 00:07- 00:11# 01:44& 00:25& 00:03#		
6	Kari Blixhavn	228	47:28
	02:26+ 07:09+ 10:25+ 21:25+ 22:41+ 32:59+ 37:28+ 40:34+ 41:59+ 45:51+ 47:14+ 47:28+		
	02:26+ 04:43+ 03:16+ 11:00+ 01:16+ 10:18+ 04:29+ 03:06+ 01:25- 03:52+ 01:23+ 00:14+		
	00:18# 00:01+ 00:58& 02:00# 00:22& 02:04& 02:17@ 01:57@ 00:04- 01:04& 00:35& 00:02#		
7	Liv Sissel Obrestad	54	50:16
	02:21+ 06:28- 10:11+ 22:05+ 23:06+ 32:13+ 41:16+ 42:16+ 44:01+ 48:18+ 50:03+ 50:16+		
	02:21+ 04:07- 03:43+ 11:54+ 01:01+ 09:07+ 09:03+ 01:00- 01:45+ 04:17+ 01:45+ 00:13+		
	00:13# 00:35- 01:25& 02:54& 00:07# 00:53# 06:51@ 00:09- 00:16# 01:29& 00:57@ 00:01+		
8	Ingrid Eik	88	1:02:06
	02:07- 05:36- 36:00+ 43:53+ 44:42+ 52:09+ 54:48+ 56:00+ 57:29+ 60:28+ 61:54+ 62:06+		
	02:07- 03:29- 30:24+ 07:53- 00:49- 07:27- 02:39+ 01:12+ 01:29= 02:59+ 01:26+ 00:12=		
	00:01- 01:13- 28:06@ 01:07- 00:05- 00:47- 00:27# 00:03+ 00:00= 00:11+ 00:38& 00:00=		
9	Berit Gramstad	113	1:08:11
	02:16+ 11:09+ 32:46+ 43:50+ 45:10+ 55:11+ 58:40+ 59:50+ 61:50+ 65:41+ 67:56+ 68:11+		
	02:16+ 08:53+ 21:37+ 11:04+ 01:20+ 10:01+ 03:29+ 01:10+ 02:00+ 03:51+ 02:15+ 00:15+		
	00:08+ 04:11& 19:19@ 02:04# 00:26& 01:47# 01:17& 00:01+ 00:31& 01:03& 01:27@ 00:03#		
Beste strekktid for klassen			
	01:36 03:29 02:18 07:53 00:47 07:27 01:57 00:46 01:09 02:29 00:48 00:10		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
Damer 70 - 74 år			
1	Inger Skretting Opstad	54	40:11
	02:30= 07:02= 10:20= 19:42= 20:54= 30:23= 32:44= 34:05= 35:32= 39:04= 39:59= 40:11=		
	02:30= 04:32= 03:18= 09:22= 01:12= 09:29= 02:21= 01:21= 01:27= 03:32= 00:55= 00:12=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Lillian Dahl Fitjar	117	56:33
	02:22- 06:58- 24:48+ 34:48+ 36:12+ 45:24+ 48:04+ 48:52+ 51:27+ 55:14+ 56:12+ 56:33+		
	02:22- 04:36+ 17:50+ 10:00+ 01:24+ 09:12- 02:40+ 00:48- 02:35+ 03:47+ 00:58+ 00:21+		
	00:08- 00:04+ 14:32@ 00:38+ 00:12# 00:17- 00:19# 00:33- 01:08& 00:15+ 00:03+ 00:09&		
Beste strekktid for klassen			
	02:22 04:32 03:18 09:22 01:12 09:12 02:21 00:48 01:27 03:32 00:55 00:12		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
Damer 75 - 79 år			
1	Turid Nystrøm	68	35:07
	02:13= 05:57= 09:34= 17:34= 18:32= 26:49= 29:12= 29:58= 31:20= 34:07= 34:57= 35:07=		
	02:13= 03:44= 03:37= 08:00= 00:58= 08:17= 02:23= 00:46= 01:22= 02:47= 00:50= 00:10=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Haldis Glendrange	68	39:02
	02:15+ 06:34+ 09:17- 18:06+ 19:12+ 29:24+ 32:04+ 33:01+ 34:25+ 38:05+ 38:52+ 39:02+		
	02:15+ 04:19+ 02:43- 08:49+ 01:06+ 10:12+ 02:40+ 00:57+ 01:24+ 03:40+ 00:47- 00:10=		
	00:02+ 00:35# 00:54- 00:49# 00:08# 01:55# 00:17# 00:11# 00:02+ 00:53& 00:03- 00:00=		
3	Helga Aaslid	54	41:18
	03:16+ 07:47+ 10:45+ 18:47+ 19:49+ 28:06+ 30:03+ 31:54+ 36:12+ 40:13+ 41:05+ 41:18+		
	03:16+ 04:31+ 02:58- 08:02+ 01:02+ 08:17= 01:57- 01:51+ 04:18+ 04:01+ 00:52+ 00:13+		
	01:03& 00:47# 00:39- 00:02+ 00:04+ 00:00= 00:26- 01:05@ 02:56@ 01:14& 00:02+ 00:03&		

Class	Navn	Klasse	Tid								
4	Gry Vikhamar Thengs	68	46:17								
02:38+	07:26+	12:55+	24:32+	25:36+	35:14+	37:53+	39:43+	45:03+	46:03+	46:17+	
02:38+	04:48+	05:29+	11:37+	01:04+	09:38+	02:39+	01:50+	02:00+	03:20+	01:00+	00:14+
00:25#	01:04&	01:52&	03:37&	00:06#	01:21#	00:16#	01:04@	00:38&	00:33#	00:10#	00:04&
5	Hedvig Anda	116	47:07								
02:18+	06:49+	13:20+	23:38+	24:47+	34:30+	37:48+	38:44+	40:43+	44:28+	46:55+	47:07+
02:18+	04:31+	06:31+	10:18+	01:09+	09:43+	03:18+	00:56+	01:59+	03:45+	02:27+	00:12+
00:05+	00:47#	02:54&	02:18&	00:11#	01:26#	00:55&	00:10#	00:37&	00:58&	01:37@	00:02#
6	Helga Klausen	62	59:23								
03:45+	09:40+	15:00+	28:48+	30:07+	43:04+	45:43+	48:48+	51:33+	55:56+	59:09+	59:23+
03:45+	05:55+	05:20+	13:48+	01:19+	12:57+	02:39+	03:05+	02:45+	04:23+	03:13+	00:14+
01:32&	02:11&	01:43&	05:48&	00:21&	04:40&	00:16#	02:19@	01:23@	01:36&	02:23@	00:04&
7	Aslaug Lura	94	59:32								
03:19+	08:23+	19:23+	31:29+	32:39+	45:00+	47:40+	48:26+	50:07+	56:40+	59:15+	59:32+
03:19+	05:04+	11:00+	12:06+	01:10+	12:21+	02:40+	00:46=	01:41+	06:33+	02:35+	00:17+
01:06&	01:20&	07:23@	04:06&	00:12#	04:04&	00:17#	00:00=	00:19#	03:46@	01:45@	00:07&

Beste strekktid for klassen

02:13 03:44 02:43 08:00 00:58 08:17 01:57 00:46 01:22 02:47 00:47 00:10

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

Damer 80 år og eldre

1	Berit Ebbell Olsen	68	39:27											
01:16=	02:23=	05:54=	08:00=	10:43=	12:33=	22:18=	23:52=	25:05=	29:02=	32:12=	33:44=	36:38=	39:04=	39:27=
01:16=	01:07=	03:31=	02:06=	02:43=	01:50=	09:45=	01:34=	01:13=	03:57=	03:10=	01:32=	02:54=	02:26=	00:23=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Gørild Espedal	113	1:27:03											
19:29+	20:30+	26:26+	28:51+	31:26+	34:04+	47:45+	55:58+	61:33+	70:32+	75:14+	76:48+	82:33+	86:38+	87:03+
19:29+	01:01-	05:56+	02:25+	02:35-	02:38+	13:41+	08:13+	05:35+	08:59+	04:42+	01:34+	05:45+	04:05+	00:25+
18:13@	00:06-	02:25&	00:19#	00:08-	00:48&	03:56&	06:39@	04:22@	05:02@	01:32&	00:02+	02:51&	01:39&	00:02+

Beste strekktid for klassen

01:16 01:01 03:31 02:06 02:35 01:50 09:45 01:34 01:13 03:57 03:10 01:32 02:54 02:26 00:23

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

Damer A

1	Aud Hognestad Taksdal	92	37:42																		
01:51=	04:05=	04:36=	13:11=	14:19=	20:07=	20:32=	20:56=	22:19=	25:35=	26:24=	27:29=	31:45=	32:43=	33:23=	33:47=	34:13=	35:04=	35:29=	37:04=	37:34=	37:42=
01:51=	02:14=	00:31=	08:35=	01:08=	05:48=	00:25=	00:24=	01:23=	03:16=	00:49=	01:05=	04:16=	00:58=	00:40=	00:24=	00:26=	00:51=	00:25=	01:35=	00:30=	00:08=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Katrine Haaland Leveraas	117	42:14																		
01:24-	03:39-	04:17-	12:00-	13:34-	21:34+	22:08+	22:37+	24:42+	28:08+	28:57+	29:53+	34:25+	35:56+	36:41+	37:09+	37:53+	38:52+	39:27+	41:28+	42:05+	42:14+
01:24-	02:15+	00:38+	07:43-	01:34+	08:00+	00:34+	00:29+	02:05+	03:26+	00:49=	00:56-	04:32+	01:31+	00:45+	00:28+	00:44+	00:59+	00:35+	02:01+	00:37+	00:09+
00:27-	00:01+	00:07#	00:52-	00:26&	02:12&	00:09&	00:05#	00:42&	00:10+	00:00=	00:09-	00:16+	00:33&	00:05#	00:04#	00:18&	00:08#	00:10&	00:26&	00:07#	00:01#
3	Silje Skarpeid	101	44:21																		
01:32-	03:59-	04:34-	12:59-	14:08-	21:05+	21:38+	22:18+	24:03+	28:04+	28:55+	30:11+	35:27+	36:55+	37:45+	38:20+	39:03+	40:12+	41:09+	43:07+	44:10+	44:21+
01:32-	02:27+	00:35+	08:25-	01:09+	06:57+	00:37+	00:34+	01:45+	04:01+	00:51+	01:16+	05:16+	01:28+	00:50+	00:35+	00:43+	01:09+	00:57+	01:58+	01:03+	00:11+
00:19-	00:13+	00:04#	00:10-	00:01+	01:09#	00:08&	00:16&	00:22&	00:45#	00:02+	00:11#	01:00#	00:30&	00:10#	00:11&	00:17&	00:18&	00:32@	00:23#	00:33@	00:03&
4	Tone Torgersen	27	47:20																		
01:33-	04:13+	04:47+	14:28+	15:48+	22:36+	23:13+	23:47+	25:43+	31:58+	32:53+	34:01+	39:13+	40:40+	41:37+	42:04+	42:43+	43:40+	44:18+	46:22+	47:10+	47:20+
01:33-	02:40+	00:34+	09:41+	01:20+	06:48+	00:37+	00:34+	01:56+	06:15+	00:55+	01:08+	05:12+	01:27+	00:57+	00:27+	00:39+	00:57+	00:38+	02:04+	00:48+	00:10+
00:18-	00:26#	00:03+	01:06#	00:12#	01:00#	00:12&	00:10&	00:33&	02:59&	00:06#	00:03+	00:56#	00:29&	00:17&	00:03#	00:13&	00:06#	00:13&	00:29&	00:18&	00:02#
5	Clare Leveridge	42	50:47																		
01:27-	03:59-	04:38+	15:17+	16:34+	23:23+	23:55+	24:32+	26:21+	30:47+	31:40+	32:49+	42:31+	43:46+	44:37+	45:09+	45:46+	46:52+	47:26+	49:30+	50:37+	50:47+
01:27-	02:32+	00:39+	10:39+	01:17+	06:49+	00:32+	00:37+	01:49+	04:26+	00:53+	01:09+	09:42+	01:15+	00:51+	00:32+	00:37+	01:06+	00:34+	02:04+	01:07+	00:10+
00:24-	00:18#	00:08&	02:04#	00:09#	01:01#	00:07&	00:13&	00:26&	01:10&	00:04+	00:04+	05:26@	00:17&	00:11&	00:08&	00:11&	00:15&	00:09&	00:29&	00:37@	00:02#

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

Beste strekktid for klassen

01:24 02:14 00:31 07:43 01:08 05:48 00:25 00:24 01:23 03:16 00:49 00:56 04:16 00:58 00:40 00:24 00:26 00:51 00:25 01:35 00:30 00:08

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

Damer B

1 Lise Isachsen 165 37:03
 01:26= 03:45= 04:24= 05:42= 13:33= 14:11= 23:13= 23:46= 24:25= 26:34= 28:14= 31:44= 32:57= 33:35= 34:31= 36:00= 36:56= 37:03=
 01:26= 02:19= 00:39= 01:18= 07:51= 00:38= 09:02= 00:33= 00:39= 02:09= 01:40= 03:30= 01:13= 00:38= 00:56= 01:29= 00:56= 00:07=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Anne Garsrud 395 39:40
 01:31+ 04:31+ 05:21+ 06:12+ 15:38+ 16:18+ 25:44+ 26:14+ 26:48+ 28:37+ 30:24+ 33:00+ 34:17+ 35:02+ 36:05+ 38:00+ 39:31+ 39:40+
 01:31+ 03:00+ 00:50+ 00:51- 09:26+ 00:40+ 09:26+ 00:30- 00:34- 01:49- 01:47+ 02:36- 01:17+ 00:45+ 01:03+ 01:55+ 01:31+ 00:09+
 00:05+ 00:41& 00:11& 00:27- 01:35# 00:02+ 00:24+ 00:03- 00:05- 00:20- 00:07+ 00:54- 00:04+ 00:07# 00:07# 00:26& 00:35& 00:02&

3 Inger Tone Nygård 29 39:57
 01:24- 04:47+ 05:29+ 06:29+ 15:07+ 15:51+ 26:26+ 26:56+ 27:24+ 29:07+ 30:41+ 33:31+ 34:37+ 35:20+ 36:14+ 38:26+ 39:48+ 39:57+
 01:24- 03:23+ 00:42+ 01:00- 08:38+ 00:44+ 10:35+ 00:30- 00:28- 01:43- 01:34- 02:50- 01:06- 00:43+ 00:54- 02:12+ 01:22+ 00:09+
 00:02- 01:04& 00:03+ 00:18- 00:47+ 00:06# 01:33# 00:03- 00:11- 00:26- 00:06- 00:40- 00:07- 00:05# 00:02- 00:43& 00:26& 00:02&

4 Ida K. Kolstø 29 44:27
 01:50+ 04:58+ 05:46+ 06:36+ 15:17+ 16:12+ 27:08+ 27:49+ 28:27+ 30:19+ 32:05+ 35:10+ 35:58+ 37:10+ 38:03+ 38:26+ 39:27+ 43:15+ 44:18+ 44:27+
 01:50+ 03:08+ 00:48+ 00:50- 08:41+ 00:55+ 10:56+ 00:41+ 00:38- 01:52- 01:46+ 03:05- 00:48- 01:12+ 00:53- 00:23- 01:01+ 03:48+ 01:03+ 00:09+
 00:24& 00:49& 00:09# 00:28- 00:50# 01:54# 00:08# 00:01- 00:17- 00:06+ 00:25- 00:25- 00:34& 00:03- 01:06- 00:05+ 03:41@ 01:03+ 00:09+

5 Helen Lomeland 105 44:30
 01:38+ 04:44+ 05:28+ 06:17+ 15:24+ 16:11+ 29:56+ 30:27+ 31:02+ 32:58+ 34:45+ 37:28+ 38:31+ 39:23+ 40:22+ 42:25+ 44:19+ 44:30+
 01:38+ 03:06+ 00:44+ 00:49- 09:07+ 00:47+ 13:45+ 00:31- 00:35- 01:56- 01:47+ 02:43- 01:03- 00:52+ 00:59+ 02:03+ 01:54+ 00:11+
 00:12# 00:47& 00:05# 00:29- 01:16# 00:09# 04:43& 00:02- 00:04- 00:13- 00:07+ 00:47- 00:10- 00:14& 00:03+ 00:34& 00:58@ 00:04&

6 Ann Karin Tjørhom 93 45:19
 01:50+ 05:27+ 06:18+ 07:21+ 18:32+ 19:21+ 29:12+ 30:17+ 30:57+ 33:02+ 34:58+ 38:38+ 39:47+ 40:32+ 41:58+ 43:44+ 45:10+ 45:19+
 01:50+ 03:37+ 00:51+ 01:03- 11:11+ 00:49+ 09:51+ 01:05+ 00:40+ 02:05- 01:56+ 03:40+ 01:09- 00:45+ 01:26+ 01:46+ 01:26+ 00:09+
 00:24& 01:18& 00:12& 00:15- 03:20& 00:11& 00:49+ 00:32& 00:01+ 00:04- 00:16# 00:10+ 00:04- 00:07# 00:30& 00:17# 00:30& 00:02&

7 Vibeke Lamark 46 45:48
 01:45+ 05:14+ 06:15+ 07:16+ 17:36+ 18:21+ 31:03+ 31:57+ 32:30+ 34:28+ 36:18+ 39:15+ 40:58+ 41:34+ 42:41+ 44:25+ 45:38+ 45:48+
 01:45+ 03:29+ 01:01+ 01:01- 10:20+ 00:45+ 12:42+ 00:54+ 00:33- 01:58- 01:50+ 02:57- 01:43+ 00:36- 01:07+ 01:44+ 01:13+ 00:10+
 00:19# 01:10& 00:22& 00:17- 02:29& 00:07# 03:40& 00:21& 00:06- 00:11- 00:10# 00:33- 00:30& 00:02- 00:11# 00:15# 00:17& 00:03&

8 Jorunn Johannesen 116 46:09
 01:51+ 05:05+ 05:54+ 06:45+ 16:06+ 16:48+ 27:08+ 27:46+ 28:19+ 30:07+ 32:20+ 35:56+ 37:21+ 41:22+ 42:29+ 44:10+ 46:00+ 46:09+
 01:51+ 03:14+ 00:49+ 00:51- 09:21+ 00:42+ 10:20+ 00:38+ 00:33- 01:48- 02:13+ 03:36+ 01:25+ 04:01+ 01:07+ 01:41+ 01:50+ 00:09+
 00:25& 00:55& 00:10& 00:27- 01:30# 00:04# 01:18# 00:05# 00:06- 00:21- 00:33& 00:06+ 00:12# 00:11# 00:12# 00:54& 00:02&

9 Mariann Sveinsvoll 94 47:46
 01:45+ 06:02+ 06:55+ 07:47+ 18:27+ 19:17+ 31:00+ 31:47+ 32:36+ 34:48+ 36:45+ 39:40+ 41:24+ 42:02+ 43:22+ 45:16+ 47:36+ 47:46+
 01:45+ 04:17+ 00:53+ 00:52- 10:40+ 00:50+ 11:43+ 00:47+ 00:49+ 02:12+ 01:57+ 02:55- 01:44+ 00:38= 01:20+ 01:54+ 02:20+ 00:10+
 00:19# 01:58& 00:14& 00:26- 02:49& 00:12& 02:41& 00:14& 00:10& 00:03+ 00:17# 00:35- 00:31& 00:00= 00:24& 00:25& 01:24@ 00:03&

10 Ellen Tindeland 27 49:23
 03:06+ 06:23+ 07:11+ 08:01+ 19:12+ 19:58+ 33:36+ 34:10+ 34:42+ 36:31+ 38:19+ 42:46+ 44:01+ 44:42+ 45:45+ 47:35+ 49:15+ 49:23+
 03:06+ 03:17+ 00:48+ 00:50- 11:11+ 00:46+ 13:38+ 00:34+ 00:32- 01:49- 01:48+ 04:27+ 01:15+ 00:41+ 01:03+ 01:50+ 01:40+ 00:08+
 01:40@ 00:58& 00:09# 00:28- 03:20& 00:08# 04:36& 00:01+ 00:07- 00:20- 00:08+ 00:57& 00:02+ 00:03+ 00:07# 00:21# 00:44& 00:01#

11 Toyah Bråtveit 43 54:12
 02:11+ 05:11+ 05:51+ 06:54+ 16:46+ 17:24+ 38:50+ 39:19+ 39:44+ 41:57+ 43:46+ 48:17+ 49:30+ 50:07+ 51:00+ 52:38+ 54:04+ 54:12+
 02:11+ 03:00+ 00:40+ 01:03- 09:52+ 00:38= 21:26+ 00:29- 00:25- 02:13+ 01:49+ 04:31+ 01:13= 00:37- 00:53- 01:38+ 01:26+ 00:08+
 00:45& 00:41& 00:01+ 00:15- 02:01& 00:00= 12:24@ 00:04- 00:14- 00:04+ 00:09+ 01:01& 00:00= 00:01- 00:03- 00:09# 00:30& 00:01#

Beste strekktid for klassen

01:24 02:19 00:39 00:49 07:51 00:38 09:02 00:29 00:25 01:43 01:34 02:36 00:48 00:36 00:53 00:23 00:56 00:07

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

Damer Ny

Class	Navn	Klasse	Tid
1	Kjersti Svalland	5	15:56
00:48=	02:32= 03:51= 04:53= 05:21= 06:38=	08:43= 10:18= 12:09= 13:54= 15:43= 15:56=	
00:48=	01:44= 01:19= 01:02= 00:28= 01:17=	02:05= 01:35= 01:51= 01:45= 01:49= 00:13=	
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	Stephanie Thomson	27	26:00
00:51+	02:28- 03:41- 07:06+ 07:41+ 08:59+	10:53+ 13:13+ 14:53+ 16:09+ 25:48+ 26:00+	
00:51+	01:37- 01:13- 03:25+ 00:35+ 01:18+	01:54- 02:20+ 01:40- 01:16- 09:39+ 00:12-	
00:03+	00:07- 00:06- 02:23@ 00:07# 00:01+	00:11- 00:45& 00:11- 00:29- 07:50@ 00:01-	

Beste strekktid for klassen											
00:48	01:37	01:13	01:02	00:28	01:17	01:54	01:35	01:40	01:16	01:49	00:12

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

Damer Trim

1	Hanna Haaland Sømme	68	25:04
02:11=	03:17= 05:23= 06:26= 08:26= 11:51=	15:02= 15:54= 16:49= 20:27= 22:17= 23:34= 24:54= 25:04=	
02:11=	01:06= 02:06= 01:03= 02:00= 03:25=	03:11= 00:52= 00:55= 03:38= 01:50= 01:17= 01:20= 00:10=	
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	

2	Nina Bækkelund Christiansen	105	25:53
02:10-	03:19+ 05:09- 06:11- 07:34- 10:23-	13:30- 14:21- 18:03+ 21:34+ 22:56+ 24:26+ 25:42+ 25:53+	
02:10-	01:09+ 01:50- 01:02- 01:23- 02:49-	03:07- 00:51- 03:42+ 03:31- 01:22- 01:30+ 01:16- 00:11+	
00:01-	00:03+ 00:16- 00:01- 00:37- 00:36-	00:04- 00:01- 02:47@ 00:07- 00:28- 00:13# 00:04- 00:01#	

3	Hanne Thu	18	26:10
02:23+	03:29+ 05:19- 07:22+ 08:44+ 11:56+	15:19+ 16:22+ 17:04+ 21:26+ 22:58+ 24:29+ 26:00+ 26:10+	
02:23+	01:06= 01:50- 02:03+ 01:22- 03:12-	03:23+ 01:03+ 00:42- 04:22+ 01:32- 01:31+ 01:31+ 00:10=	
00:12+	00:00= 00:16- 01:00& 00:38- 00:13-	00:12+ 00:11# 00:13- 00:44# 00:18- 00:14# 00:11# 00:00=	

4	Lynn Marie Galston	116	26:38
02:05-	03:06- 04:41- 08:58+ 10:22+ 13:16+	16:26+ 17:21+ 17:55+ 21:36+ 23:10+ 24:44+ 26:27+ 26:38+	
02:05-	01:01- 01:35- 04:17+ 01:24- 02:54-	03:10- 00:55+ 00:34- 03:41+ 01:34- 01:34+ 01:43+ 00:11+	
00:06-	00:05- 00:31- 03:14@ 00:36- 00:31-	00:01- 00:03+ 00:21- 00:03+ 00:16- 00:17# 00:23& 00:01#	

5	Inger Johanne Klausen	54	27:13
02:37+	04:03+ 06:07+ 07:45+ 09:08+ 12:57+	16:26+ 17:34+ 18:17+ 22:16+ 24:01+ 25:36+ 27:00+ 27:13+	
02:37+	01:26+ 02:04- 01:38+ 01:23- 03:49+	03:29+ 01:08+ 00:43- 03:59+ 01:45- 01:35+ 01:24+ 00:13+	
00:26#	00:20& 00:02- 00:35& 00:37- 00:24#	00:18+ 00:16& 00:12- 00:21+ 00:05- 00:18# 00:04+ 00:03&	

6	Silje H. Myklebust	54	27:17
02:34+	03:59+ 05:55+ 07:27+ 08:57+ 12:36+	16:22+ 17:21+ 18:05+ 22:23+ 24:01+ 25:42+ 27:04+ 27:17+	
02:34+	01:25+ 01:56- 01:32+ 01:30- 03:39+	03:46+ 00:59+ 00:44- 04:18+ 01:38- 01:41+ 01:22+ 00:13+	
00:23#	00:19& 00:10- 00:29& 00:30- 00:14+	00:35# 00:07# 00:11- 00:40# 00:12- 00:24& 00:02+ 00:03&	

7	Ann-Mari Vold	54	28:07
02:21+	03:33+ 05:37+ 06:46+ 08:00- 11:41-	15:25+ 16:27+ 17:01+ 21:55+ 23:43+ 26:11+ 27:58+ 28:07+	
02:21+	01:12+ 02:04- 01:09+ 01:14- 03:41+	03:44+ 01:02+ 00:34- 04:54+ 01:48- 02:28+ 01:47+ 00:09-	
00:10+	00:06+ 00:02- 00:06+ 00:46- 00:16+	00:33# 00:10# 00:21- 01:16& 00:02- 01:11& 00:27& 00:01-	

8	Ingrid O. Foss	117	28:24
02:24+	03:48+ 05:45+ 07:36+ 08:45+ 12:03+	15:54+ 17:02+ 17:46+ 23:13+ 24:53+ 26:23+ 28:13+ 28:24+	
02:24+	01:24+ 01:57- 01:51+ 01:09- 03:18-	03:51+ 01:08+ 00:44- 05:27+ 01:40- 01:30+ 01:50+ 00:11+	
00:13+	00:18& 00:09- 00:48& 00:51- 00:07-	00:40# 00:16& 00:11- 01:49& 00:10- 00:13# 00:30& 00:01#	

9	Anastasia Ollestad	93	28:26
02:18+	03:50+ 06:09+ 08:20+ 09:30+ 12:21+	16:26+ 17:16+ 17:59+ 22:46+ 25:19+ 26:52+ 28:14+ 28:26+	
02:18+	01:32+ 02:19+ 02:11+ 01:10- 02:51-	04:05+ 00:50- 00:43- 04:47+ 02:33+ 01:33+ 01:22+ 00:12+	
00:07+	00:26& 00:13# 01:08@ 00:50- 00:34-	00:54& 00:02- 00:12- 01:09& 00:43& 00:16# 00:02+ 00:02#	

10	Mette Langeland	117	28:27
02:32+	03:49+ 05:58+ 07:25+ 08:57+ 12:50+	16:48+ 17:57+ 18:47+ 23:19+ 24:49+ 26:33+ 28:18+ 28:27+	
02:32+	01:17+ 02:09+ 01:27+ 01:32- 03:53+	03:58+ 01:09+ 00:50- 04:32+ 01:30- 01:44+ 01:45+ 00:09-	
00:21#	00:11# 00:03+ 00:24& 00:28- 00:28#	00:47# 00:17& 00:05- 00:54# 00:20- 00:27& 00:25& 00:01-	

11	Ritva Aiko Halsne	105	28:29
02:35+	03:52+ 06:00+ 07:35+ 09:06+ 12:32+	16:02+ 16:53+ 17:59+ 22:39+ 24:15+ 26:42+ 28:19+ 28:29+	
02:35+	01:17+ 02:08+ 01:35+ 01:31- 03:26+	03:30+ 00:51- 01:06+ 04:40+ 01:36- 02:27+ 01:37+ 00:10=	
00:24#	00:11# 00:02+ 00:32& 00:29- 00:01+	00:19+ 00:01- 00:11# 01:02& 00:14- 01:10& 00:17# 00:00=	

Class	Navn	Klasse	Tid
12	Grete Stokke Seljeskog	128	29:06
02:08-	03:46+ 05:43+ 07:46+ 09:26+ 13:39+	17:01+ 18:04+ 22:50+ 24:58+ 27:18+	28:55+ 29:06+
02:08-	01:38+ 01:57- 02:03+ 01:40- 04:13+	03:22+ 01:03+ 00:41- 04:05+ 02:08+	02:20+ 01:37+ 00:11+
00:03-	00:32& 00:09- 01:00& 00:20- 00:48#	00:11+ 00:11# 00:14- 00:27# 00:18#	01:03& 00:17# 00:01#
13	Benedicte Kvalvåg	375	29:10
02:26+	03:45+ 05:45+ 06:57+ 08:07- 11:32-	16:07+ 17:03+ 17:52+ 23:39+ 25:42+	27:03+ 28:59+ 29:10+
02:26+	01:19+ 02:00- 01:12+ 01:10- 03:25=	04:35+ 00:56+ 00:49- 05:47+ 02:03+	01:21+ 01:56+ 00:11+
00:15#	00:13# 00:06- 00:09# 00:50- 00:00=	01:24& 00:04+ 00:06- 02:09& 00:13#	00:04+ 00:36& 00:01#
14	Maria Fjelde	105	29:12
02:23+	03:33+ 05:43+ 06:58+ 08:16- 12:09+	17:58+ 18:53+ 19:53+ 23:39+ 25:37+	27:00+ 29:03+ 29:12+
02:23+	01:10+ 02:10+ 01:15+ 01:18- 03:53+	05:49+ 00:55+ 01:00+ 03:46+ 01:58+	01:23+ 02:03+ 00:09-
00:12+	00:04+ 00:04+ 00:12# 00:42- 00:28#	02:38& 00:03+ 00:05+ 00:08+ 00:08+	00:06+ 00:43& 00:01-
15	Karianne Skogland Enerstvedt	105	30:21
02:01-	04:06+ 06:00+ 07:16+ 08:44+ 13:05+	16:29+ 17:44+ 18:27+ 25:36+ 27:15+	28:43+ 30:13+ 30:21+
02:01-	02:05+ 01:54- 01:16+ 01:28- 04:21+	03:24+ 01:15+ 00:43- 07:09+ 01:39-	01:28+ 01:30+ 00:08-
00:10-	00:59& 00:12- 00:13# 00:32- 00:56&	00:13+ 00:23& 00:12- 03:31& 00:11-	00:11# 00:10# 00:02-
16	Elisabeth Horpestad	117	30:53
02:22+	03:47+ 05:54+ 07:39+ 09:48+ 13:44+	17:29+ 18:41+ 19:24+ 24:10+ 26:07+	28:01+ 30:45+ 30:53+
02:22+	01:25+ 02:07+ 01:45+ 02:09+ 03:56+	03:45+ 01:12+ 00:43- 04:46+ 01:57+	01:54+ 02:44+ 00:08-
00:11+	00:19& 00:01+ 00:42& 00:09+ 00:31#	00:34# 00:20& 00:12- 01:08& 00:07+	00:37& 01:24@ 00:02-
17	Monica Regine Romstad	105	31:16
02:43+	04:09+ 06:19+ 07:32+ 09:08+ 12:53+	17:36+ 18:54+ 19:50+ 25:23+ 27:08+	29:26+ 31:04+ 31:16+
02:43+	01:26+ 02:10+ 01:13+ 01:36- 03:45+	04:43+ 01:18+ 00:56+ 05:33+ 01:45-	02:18+ 01:38+ 00:12+
00:32#	00:20& 00:04+ 00:10# 00:24- 00:20+	01:32& 00:26& 00:01+ 01:55& 00:05-	01:01& 00:18# 00:02#
18	Marianne Steinkopf	5	31:19
02:59+	05:01+ 07:33+ 09:10+ 11:07+ 15:02+	18:24+ 19:24+ 21:23+ 26:00+ 27:42+	29:15+ 31:08+ 31:19+
02:59+	02:02+ 02:32+ 01:37+ 01:57- 03:55+	03:22+ 01:00+ 01:59+ 04:37+ 01:42-	01:33+ 01:53+ 00:11+
00:48&	00:56& 00:26# 00:34& 00:03- 00:30#	00:11+ 00:08# 01:04@ 00:59& 00:08-	00:16# 00:33& 00:01#
19	Therese Østbø	117	31:32
02:44+	04:25+ 06:23+ 07:37+ 08:58+ 12:45+	17:13+ 18:18+ 19:25+ 24:52+ 26:50+	28:28+ 31:21+ 31:32+
02:44+	01:41+ 01:58- 01:14+ 01:21- 03:47+	04:28+ 01:05+ 01:07+ 05:27+ 01:58+	01:38+ 02:53+ 00:11+
00:33&	00:35& 00:08- 00:11# 00:39- 00:22#	01:17& 00:13# 00:12# 01:49& 00:08+	00:21& 01:33@ 00:01#
20	Karine Ditlevsen	117	31:35
02:45+	04:13+ 06:30+ 07:41+ 09:03+ 12:46+	17:17+ 18:21+ 19:24+ 24:57+ 26:50+	28:28+ 31:27+ 31:35+
02:45+	01:28+ 02:17+ 01:11+ 01:22- 03:43+	04:31+ 01:04+ 01:03+ 05:33+ 01:53+	01:38+ 02:59+ 00:08-
00:34&	00:22& 00:11+ 00:08# 00:38- 00:18+	01:20& 00:12# 00:08# 01:55& 00:03+	00:21& 01:39@ 00:02-
21	Marie Engedal Svartsund	91	31:45
02:38+	04:16+ 06:33+ 07:49+ 09:17+ 13:06+	18:00+ 19:16+ 19:58+ 25:39+ 27:14+	29:13+ 31:33+ 31:45+
02:38+	01:38+ 02:17+ 01:16+ 01:28- 03:49+	04:54+ 01:16+ 00:42- 05:41+ 01:35-	01:59+ 02:20+ 00:12+
00:27#	00:32& 00:11+ 00:13# 00:32- 00:24#	01:43& 00:24& 00:13- 02:03& 00:15-	00:42& 01:00& 00:02#
22	Marianne Strøm Uthaug	113	33:24
01:59-	03:00- 05:03- 06:00- 07:57- 10:43-	14:19- 16:10+ 17:59+ 26:20+ 28:15+	30:36+ 33:14+ 33:24+
01:59-	01:01- 02:03- 00:57- 01:57- 02:46-	03:36+ 01:51+ 01:49+ 08:21+ 01:55+	02:21+ 02:38+ 00:10=
00:12-	00:05- 00:03- 00:06- 00:03- 00:39-	00:25# 00:59@ 00:54& 04:43@ 00:05+	01:04& 01:18& 00:00=
23	Hege Karlsen	387	34:06
02:33+	04:01+ 05:53+ 07:34+ 09:03+ 16:43+	21:29+ 23:41+ 24:45+ 29:10+ 30:52+	32:20+ 33:53+ 34:06+
02:33+	01:28+ 01:52- 01:41+ 01:29- 07:40+	04:46+ 02:12+ 01:04+ 04:25+ 01:42-	01:28+ 01:33+ 00:13+
00:22#	00:22& 00:14- 00:38& 00:31- 04:15@	01:35& 01:20@ 00:09# 00:47# 00:08-	00:11# 00:13# 00:03&
24	Juliane Tylandsvik Nødland	392	34:35
02:30+	04:10+ 06:44+ 08:00+ 09:58+ 13:58+	18:41+ 20:01+ 21:42+ 28:05+ 30:12+	32:13+ 34:20+ 34:35+
02:30+	01:40+ 02:34+ 01:16+ 01:58- 04:00+	04:43+ 01:20+ 01:41+ 06:23+ 02:07+	02:01+ 02:07+ 00:15+
00:19#	00:34& 00:28# 00:13# 00:02- 00:35#	01:32& 00:28& 00:46& 02:45& 00:17#	00:44& 00:47& 00:05&
25	Laura Maria Kull	92	34:56
02:29+	03:46+ 11:06+ 12:18+ 13:32+ 17:10+	21:16+ 22:24+ 23:08+ 28:29+ 30:28+	31:54+ 34:47+ 34:56+
02:29+	01:17+ 07:20+ 01:12+ 01:14- 03:38+	04:06+ 01:08+ 00:44- 05:21+ 01:59+	01:26+ 02:53+ 00:09-
00:18#	00:11# 05:14@ 00:09# 00:46- 00:13+	00:55& 00:16& 00:11- 01:43& 00:09+	00:09# 01:33@ 00:01-
26	Liv Janne Nergaard	116	35:00
02:14+	03:37+ 05:28+ 06:51+ 08:56+ 12:55+	18:29+ 19:44+ 20:41+ 24:47+ 26:11+	31:09+ 34:49+ 35:00+
02:14+	01:23+ 01:51- 01:23+ 02:05+ 03:59+	05:34+ 01:15+ 00:57+ 04:06+ 01:24-	04:58+ 03:40+ 00:11+
00:03+	00:17& 00:15- 00:20& 00:05+ 00:34#	02:23& 00:23& 00:02+ 00:28# 00:26-	03:41@ 02:20@ 00:01#

Class	Navn	Klasse										Tid	
27	Marianne Berge	392										36:20	
02:35+	04:32+	06:35+	09:03+	11:51+	15:33+	19:16+	20:29+	21:59+	30:00+	32:07+	33:29+	36:08+	36:20+
02:35+	01:57+	02:03-	02:28+	02:48+	03:42+	03:43+	01:13+	01:30+	08:01+	02:07+	01:22+	02:39+	00:12+
00:24#	00:51&	00:03-	01:25@	00:48&	00:17+	00:32#	00:21&	00:35&	04:23@	00:17#	00:05+	01:19&	00:02#
28	Kirsti Strand Salvesen	256										36:55	
04:20+	06:06+	08:48+	10:25+	12:16+	16:53+	21:47+	23:10+	24:03+	30:16+	32:22+	34:14+	36:38+	36:55+
04:20+	01:46+	02:42+	01:37+	01:51-	04:37+	04:54+	01:23+	00:53-	06:13+	02:06+	01:52+	02:24+	00:17+
02:09&	00:40&	00:36&	00:34&	00:09-	01:12&	01:43&	00:31&	00:02-	02:35&	00:16#	00:35&	01:04&	00:07&
29	Solbjørg Borgersen	233										37:05	
03:14+	05:03+	07:42+	09:11+	13:43+	17:48+	22:02+	23:19+	24:04+	29:45+	31:37+	35:05+	36:53+	37:05+
03:14+	01:49+	02:39+	01:29+	04:32+	04:05+	04:14+	01:17+	00:45-	05:41+	01:52+	03:28+	01:48+	00:12+
01:03&	00:43&	00:33&	00:26&	02:32@	00:40#	01:03&	00:25&	00:10-	02:03&	00:02+	02:11@	00:28&	00:02#
30	Stina Huynh	372										37:37	
01:49-	02:56-	04:50-	06:32+	08:36+	16:28+	20:37+	21:28+	22:28+	27:43+	29:11+	32:26+	37:26+	37:37+
01:49-	01:07+	01:54-	01:42+	02:04+	07:52+	04:09+	00:51-	01:00+	05:15+	01:28-	03:15+	05:00+	00:11+
00:22-	00:01+	00:12-	00:39&	00:04+	04:27@	00:58&	00:01-	00:05+	01:37&	00:22-	01:58@	03:40@	00:01#
31	Signe Lise Haaland	66										37:55	
04:04+	05:51+	08:35+	10:23+	12:19+	17:14+	22:41+	24:02+	24:52+	31:16+	33:29+	35:32+	37:36+	37:55+
04:04+	01:47+	02:44+	01:48+	01:56-	04:55+	05:27+	01:21+	00:50-	06:24+	02:13+	02:03+	02:04+	00:19+
01:53&	00:41&	00:38&	00:45&	00:04-	01:30&	02:16&	00:29&	00:05-	02:46&	00:23#	00:46&	00:44&	00:09&
32	Marianne Høie	116										38:07	
02:44+	04:03+	06:22+	09:39+	11:19+	18:06+	22:36+	23:46+	25:24+	30:29+	32:32+	34:28+	37:53+	38:07+
02:44+	01:19+	02:19+	03:17+	01:40-	06:47+	04:30+	01:10+	01:38+	05:05+	02:03+	01:56+	03:25+	00:14+
00:33&	00:13#	00:13#	02:14@	00:20-	03:22&	01:19&	00:18&	00:43&	01:27&	00:13#	00:39&	02:05@	00:04&
33	Linda Haukås	113										38:10	
03:18+	05:20+	08:09+	10:04+	11:45+	16:20+	21:47+	23:16+	24:14+	30:45+	33:08+	35:18+	37:56+	38:10+
03:18+	02:02+	02:49+	01:55+	01:41-	04:35+	05:27+	01:29+	00:58+	06:31+	02:23+	02:10+	02:38+	00:14+
01:07&	00:56&	00:43&	00:52&	00:19-	01:10&	02:16&	00:37&	00:03+	02:53&	00:33&	00:53&	01:18&	00:04&
34	Anne Lill Njå	105										40:04	
02:36+	03:57+	05:54+	07:41+	08:57+	13:06+	20:13+	21:12+	22:11+	28:47+	30:27+	37:22+	39:53+	40:04+
02:36+	01:21+	01:57-	01:47+	01:16-	04:09+	07:07+	00:59+	00:59+	06:36+	01:40-	06:55+	02:31+	00:11+
00:25#	00:15#	00:09-	00:44&	00:44-	00:44#	03:56@	00:07#	00:04+	02:58&	00:10-	05:38@	01:11&	00:01#
35	Jeanette Mjølhus	105										40:05	
02:39+	04:00+	05:50+	07:39+	09:02+	13:09+	20:17+	21:09+	22:06+	29:00+	30:31+	37:43+	39:53+	40:05+
02:39+	01:21+	01:50-	01:49+	01:23-	04:07+	07:08+	00:52=	00:57+	06:54+	01:31-	07:12+	02:10+	00:12+
00:28#	00:15#	00:16-	00:46&	00:37-	00:42#	03:57@	00:00=	00:02+	03:16&	00:19-	05:55@	00:50&	00:02#
36	Unni Byberg Mæstad	92										40:27	
02:48+	06:00+	08:26+	11:35+	13:13+	17:22+	21:48+	23:08+	24:54+	34:22+	35:47+	38:02+	40:15+	40:27+
02:48+	03:12+	02:26+	03:09+	01:38-	04:09+	04:26+	01:20+	01:46+	09:28+	01:25-	02:15+	02:13+	00:12+
00:37&	02:06@	00:20#	02:06@	00:22-	00:44#	01:15&	00:28&	00:51&	05:50@	00:25-	00:58&	00:53&	00:02#
37	Ingunn Fandrem	47										41:20	
03:33+	05:38+	08:28+	11:55+	14:00+	19:02+	23:50+	25:08+	25:57+	32:21+	34:50+	38:20+	41:08+	41:20+
03:33+	02:05+	02:50+	03:27+	02:05+	05:02+	04:48+	01:18+	00:49-	06:24+	02:29+	03:30+	02:48+	00:12+
01:22&	00:59&	00:44&	02:24@	00:05+	01:37&	01:37&	00:26&	00:06-	02:46&	00:39&	02:13@	01:28@	00:02#
38	Monica Nesse	92										41:21	
03:40+	05:51+	08:58+	10:52+	12:43+	18:34+	25:05+	26:31+	27:38+	34:32+	36:45+	38:55+	41:06+	41:21+
03:40+	02:11+	03:07+	01:54+	01:51-	05:51+	06:31+	01:26+	01:07+	06:54+	02:13+	02:10+	02:11+	00:15+
01:29&	01:05&	01:01&	00:51&	00:09-	02:26&	03:20@	00:34&	00:12#	03:16&	00:23#	00:53&	00:51&	00:05&
39	Kate Lie	92										41:22	
03:39+	06:05+	09:01+	10:55+	12:40+	18:33+	25:07+	26:29+	27:34+	34:28+	36:51+	38:53+	41:05+	41:22+
03:39+	02:26+	02:56+	01:54+	01:45-	05:53+	06:34+	01:22+	01:05+	06:54+	02:23+	02:02+	02:12+	00:17+
01:28&	01:20@	00:50&	00:51&	00:15-	02:28&	03:23@	00:30&	00:10#	03:16&	00:33&	00:45&	00:52&	00:07&
40	Solveig Marie Grønning	47										41:23	
03:36+	05:45+	08:35+	11:58+	14:02+	19:04+	23:53+	25:07+	25:59+	32:26+	34:52+	38:23+	41:10+	41:23+
03:36+	02:09+	02:50+	03:23+	02:04+	05:02+	04:49+	01:14+	00:52-	06:27+	02:26+	03:31+	02:47+	00:13+
01:25&	01:03&	00:44&	02:20@	00:04+	01:37&	01:38&	00:22&	00:03-	02:49&	00:36&	02:14@	01:27@	00:03&
41	Liv Janne Fandrem Biland	92										44:03	
02:53+	04:18+	06:39+	08:27+	10:01+	19:46+	25:29+	28:40+	30:02+	36:07+	38:29+	41:04+	43:51+	44:03+
02:53+	01:25+	02:21+	01:48+	01:34-	09:45+	05:43+	03:11+	01:22+	06:05+	02:22+	02:35+	02:47+	00:12+
00:42&	00:19&	00:15#	00:45&	00:26-	06:20@	02:32&	02:19@	00:27&	02:27&	00:32&	01:18@	01:27@	00:02#

Class	Navn	Klasse										Tid	
42	Halldis Handeland	92										46:29	
03:18+	05:19+	07:55+	09:40+	11:15+	15:50+	21:07+	22:28+	23:20+	29:28+	33:50+	41:02+	46:08+	46:29+
03:18+	02:01+	02:36+	01:45+	01:35-	04:35+	05:17+	01:21+	00:52-	06:08+	04:22+	07:12+	05:06+	00:21+
01:07&	00:55&	00:30#	00:42&	00:25-	01:10&	02:06&	00:29&	00:03-	02:30&	02:32@	05:55@	03:46@	00:11@
43	Sigrund Serigstad	128										46:49	
01:58-	03:42+	05:46+	07:20+	08:55+	23:22+	27:08+	27:57+	29:15+	42:07+	43:11+	44:57+	46:39+	46:49+
01:58-	01:44+	02:04-	01:34+	01:35-	14:27+	03:46+	00:49-	01:18+	12:52+	01:04-	01:46+	01:42+	00:10=
00:13-	00:38&	00:02-	00:31&	00:25-	11:02@	00:35#	00:03-	00:23&	09:14@	00:46-	00:29&	00:22&	00:00=
44	Silje Elise Elstad	62										48:01	
03:30+	05:19+	08:33+	11:16+	13:31+	19:20+	25:36+	27:22+	28:44+	36:22+	39:43+	43:21+	47:49+	48:01+
03:30+	01:49+	03:14+	02:43+	02:15+	05:49+	06:16+	01:46+	01:22+	07:38+	03:21+	03:38+	04:28+	00:12+
01:19&	00:43&	01:08&	01:40@	00:15#	02:24&	03:05&	00:54@	00:27&	04:00@	01:31&	02:21@	03:08@	00:02#
45	Ruth Grødem	105										48:34	
03:13+	08:57+	11:39+	13:57+	15:48+	20:16+	25:18+	26:55+	27:51+	35:27+	41:01+	44:45+	48:20+	48:34+
03:13+	05:44+	02:42+	02:18+	01:51-	04:28+	05:02+	01:37+	00:56+	07:36+	05:34+	03:44+	03:35+	00:14+
01:02&	04:38@	00:36&	01:15@	00:09-	01:03&	01:51&	00:45&	00:01+	03:58@	03:44@	02:27@	02:15@	00:04&
46	Heidi Camilla Hovet	62										48:46	
04:21+	06:16+	09:24+	12:05+	14:21+	20:11+	26:26+	28:08+	29:38+	36:53+	40:26+	44:20+	48:35+	48:46+
04:21+	01:55+	03:08+	02:41+	02:16+	05:50+	06:15+	01:42+	01:30+	07:15+	03:33+	03:54+	04:15+	00:11+
02:10&	00:49&	01:02&	01:38@	00:16#	02:25&	03:04&	00:50&	00:35&	03:37&	01:43&	02:37@	02:55@	00:01#
47	Bente Karin Dirdal	54										56:51	
02:37+	04:11+	06:43+	12:42+	14:30+	32:34+	37:14+	38:58+	41:37+	51:59+	53:45+	55:19+	56:37+	56:51+
02:37+	01:34+	02:32+	05:59+	01:48-	18:04+	04:40+	01:44+	02:39+	10:22+	01:46-	01:34+	01:18-	00:14+
00:26#	00:28&	00:26#	04:56@	00:12-	14:39@	01:29&	00:52&	01:44@	06:44@	00:04-	00:17#	00:02-	00:04&
48	Agnete Dedekam Stabel	101										57:21	
03:13+	06:13+	08:54+	12:39+	15:40+	24:48+	33:51+	38:58+	39:43+	46:31+	49:39+	53:36+	57:06+	57:21+
03:13+	03:00+	02:41+	03:45+	03:01+	09:08+	09:03+	05:07+	00:45-	06:48+	03:08+	03:57+	03:30+	00:15+
01:02&	01:54@	00:35&	02:42@	01:01&	05:43@	05:52@	04:15@	00:10-	03:10&	01:18&	02:40@	02:10@	00:05&
49	Bente Skagseth	76										58:34	
04:37+	09:09+	12:45+	15:04+	17:48+	27:37+	36:59+	38:49+	40:16+	47:24+	50:22+	55:46+	58:15+	58:34+
04:37+	04:32+	03:36+	02:19+	02:44+	09:49+	09:22+	01:50+	01:27+	07:08+	02:58+	05:24+	02:29+	00:19+
02:26@	03:26@	01:30&	01:16@	00:44&	06:24@	06:11@	00:58@	00:32&	03:30&	01:08&	04:07@	01:09&	00:09&
50	Synnøve Vidstein	76										58:48	
04:48+	09:14+	12:49+	15:16+	18:07+	27:41+	37:19+	38:59+	40:24+	47:29+	50:43+	55:56+	58:24+	58:48+
04:48+	04:26+	03:35+	02:27+	02:51+	09:34+	09:38+	01:40+	01:25+	07:05+	03:14+	05:13+	02:28+	00:24+
02:37@	03:20@	01:29&	01:24@	00:51&	06:09@	06:27@	00:48&	00:30&	03:27&	01:24&	03:56@	01:08&	00:14@
51	May Kristin Haaland	47										1:01:59	
03:27+	13:58+	17:44+	20:11+	31:48+	37:17+	42:56+	44:42+	45:53+	53:01+	56:01+	58:52+	61:46+	61:59+
03:27+	10:31+	03:46+	02:27+	11:37+	05:29+	05:39+	01:46+	01:11+	07:08+	03:00+	02:51+	02:54+	00:13+
01:16&	09:25@	01:40&	01:24@	09:37@	02:04&	02:28&	00:54@	00:16&	03:30&	01:10&	01:34@	01:34@	00:03&
52	Amra Buzaljko	180										2:03:56	
07:18+	17:04+	19:36+	21:16+	63:01+	83:15+	88:47+	90:08+	95:25+	100:04+	101:44+	117:27+	123:42+	123:56+
07:18+	09:46+	02:32+	01:40+	41:45+	20:14+	05:32+	01:21+	05:17+	04:39+	01:40-	15:43+	06:15+	00:14+
05:07@	08:40@	00:26#	00:37&	39:45@	16:49@	02:21&	00:29&	04:22@	01:01&	00:10-	14:26@	04:55@	00:04&
Beste strekktid for klassen													
01:49	01:01	01:35	00:57	01:09	02:46	03:07	00:49	00:34	03:31	01:04	01:17	01:16	00:08

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

Herrer 16 - 39 år

1	Jørgen Strømstad	50										30:27	
01:13=	03:27=	04:04=	04:48=	11:45=	12:19=	19:47=	20:09=	20:34=	22:03=	23:24=	25:32=	26:31=	26:58=
01:13=	02:14=	00:37=	00:44=	06:57=	00:34=	07:28=	00:22=	00:25=	01:29=	01:21=	02:08=	00:59=	00:27=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Maximilian Erlbeck	67										32:54	
01:14+	03:18-	03:50-	04:44-	12:07+	12:43+	20:21+	21:59+	22:26+	22:54+	24:22+	25:37+	28:07+	29:08+
01:14+	02:04-	00:32-	00:54+	07:23+	00:36+	07:38+	01:38+	00:27+	00:28-	01:28+	01:15-	02:30+	01:01+
00:01+	00:10-	00:05-	00:10#	00:26+	00:02+	00:10+	01:16@	00:02+	01:01-	00:07+	00:53-	01:31@	00:34@
													00:19-
													00:37-
													00:06-
													01:13@
													00:06+

Class	Navn	Klasse	Tid														
3	Bernhard Haver Vagle	126	33:13														
01:17+	03:31+	04:12+	04:57+	12:44+	20:59+	21:29+	21:56+	23:34+	25:27+	27:45+	29:08+	29:33+	31:09+	32:22+	33:05+	33:13+	
01:17+	02:14=	00:41+	00:45+	07:14+	00:33-	08:15+	00:30+	00:27+	01:38+	01:53+	02:18+	01:23+	00:25-	01:36+	01:13-	00:43-	00:08=
00:04+	00:00=	00:04#	00:01+	00:17+	00:01-	00:47#	00:08&	00:02+	00:09#	00:32&	00:10+	00:24&	00:02-	00:55@	00:12-	00:32-	00:00=
4	Sven Hatteland	399	33:19														
01:11-	03:56+	04:29+	05:08+	13:05+	13:43+	21:50+	22:22+	22:54+	24:33+	26:00+	28:05+	28:57+	29:22+	30:34+	32:10+	33:10+	33:19+
01:11-	02:45+	00:33-	00:39-	07:57+	00:38+	08:07+	00:32+	00:32+	01:39+	01:27+	02:05-	00:52-	00:25-	01:12+	01:36+	01:00-	00:09+
00:02-	00:31#	00:04-	00:05-	01:00#	00:04#	00:39+	00:10&	00:07&	00:10#	00:06+	00:03-	00:07-	00:02-	00:31&	00:11#	00:15-	00:01#
5	Per Christian Munkhuag	18	36:17														
01:21+	04:02+	04:47+	05:31+	13:36+	14:23+	24:23+	24:48+	25:15+	26:50+	28:22+	30:56+	32:15+	32:46+	33:36+	35:00+	36:08+	36:17+
01:21+	02:41+	00:45+	00:44=	08:05+	00:47+	10:00+	00:25+	00:27+	01:35+	01:32+	02:34+	01:19+	00:31+	00:50+	01:24-	01:08-	00:09+
00:08#	00:27#	00:08#	00:00=	01:08#	00:13&	02:32&	00:03#	00:02+	00:06+	00:11#	00:26#	00:20&	00:04#	00:09#	00:01-	00:07-	00:01#
6	Ole Morten Haaland	399	36:39														
01:14+	03:46+	04:31+	05:17+	12:45+	13:26+	22:47+	23:31+	23:59+	25:50+	27:41+	30:20+	31:43+	32:20+	33:14+	34:48+	36:32+	36:39+
01:14+	02:32+	00:45+	00:46+	07:28+	00:41+	09:21+	00:44+	00:28+	01:51+	01:51+	02:39+	01:23+	00:37+	00:54+	01:34+	01:44+	00:07-
00:01+	00:18#	00:08#	00:02+	00:31+	00:07#	01:53&	00:22&	00:03#	00:22#	00:30&	00:31#	00:24&	00:10&	00:13&	00:09#	00:29&	00:01-
7	Thomas Jansen	289	37:45														
01:22+	03:57+	04:42+	05:33+	14:50+	15:25+	25:39+	26:12+	26:39+	28:21+	29:56+	32:27+	33:34+	34:03+	34:59+	36:33+	37:38+	37:45+
01:22+	02:35+	00:45+	00:51+	09:17+	00:35+	10:14+	00:33+	00:27+	01:42+	01:35+	02:31+	01:07+	00:29+	00:56+	01:34+	01:05-	00:07-
00:09#	00:21#	00:08#	00:07#	02:20&	00:01+	02:46&	00:11&	00:02+	00:13#	00:14#	00:23#	00:08#	00:02+	00:15&	00:09#	00:10-	00:01-
8	Petter Rasmussen	116	37:55														
01:27+	05:16+	06:05+	06:56+	15:03+	15:42+	25:07+	25:37+	26:00+	27:42+	29:27+	31:50+	33:14+	33:40+	34:31+	36:14+	37:45+	37:55+
01:27+	03:49+	00:49+	00:51+	08:07+	00:39+	09:25+	00:30+	00:23-	01:42+	01:45+	02:23+	01:24+	00:26-	00:51+	01:43+	01:31+	00:10+
00:14#	01:35&	00:12&	00:07#	01:10#	00:05#	01:57&	00:08&	00:02-	00:13#	00:24&	00:15#	00:25&	00:01-	00:10#	00:18#	00:16#	00:02#
9	Håvard Barkved	71	38:12														
01:59+	04:22+	05:04+	05:53+	17:11+	17:46+	25:50+	26:22+	26:50+	28:48+	30:09+	32:59+	34:03+	34:38+	35:20+	36:51+	38:00+	38:12+
01:59+	02:23+	00:42+	00:49+	11:18+	00:35+	08:04+	00:32+	00:28+	01:58+	01:21=	02:50+	01:04+	00:35+	00:42+	01:31+	01:09-	00:12+
00:46&	00:09+	00:05#	00:05#	04:21&	00:01+	00:36+	00:10&	00:03#	00:29&	00:00=	00:42&	00:05+	00:08&	00:01+	00:06+	00:06-	00:04&
10	Truls Thorkildsen	39	38:44														
01:26+	04:16+	05:01+	05:47+	15:20+	16:02+	25:37+	26:08+	26:40+	29:14+	30:49+	33:13+	34:15+	34:57+	35:50+	37:16+	38:35+	38:44+
01:26+	02:50+	00:45+	00:46+	09:33+	00:42+	09:35+	00:31+	00:32+	02:34+	01:35+	02:24+	01:02+	00:42+	00:53+	01:26+	01:19+	00:09+
00:13#	00:36&	00:08#	00:02+	02:36&	00:08#	02:07&	00:09&	00:07&	01:05&	00:14#	00:16#	00:03+	00:15&	00:12&	00:01+	00:04+	00:01#
11	Frank Terje Berge	126	42:22														
01:23+	04:00+	04:52+	05:50+	13:47+	14:28+	25:39+	26:22+	26:59+	28:52+	30:31+	36:04+	37:26+	37:54+	39:08+	40:57+	42:11+	42:22+
01:23+	02:37#	00:52+	00:58+	07:57+	00:41+	11:11+	00:43+	00:37+	01:53+	01:39+	05:33+	01:22+	00:28+	01:14+	01:49+	01:14-	00:11+
00:10#	00:23#	00:15&	00:14&	01:00#	00:07#	03:43&	00:21&	00:12&	00:24&	00:18#	03:25@	00:23&	00:01+	00:33&	00:24&	00:01-	00:03&
12	Tor Gunnar Osen	116	43:49														
01:36+	05:03+	05:51+	06:45+	16:19+	17:04+	27:53+	28:31+	29:05+	31:35+	33:32+	37:38+	38:53+	39:25+	40:22+	42:22+	43:42+	43:49+
01:36+	03:27+	00:48+	00:54+	09:34+	00:45+	10:49+	00:38+	00:34+	02:30+	01:57+	04:06+	01:15+	00:32+	00:57+	02:00+	01:20+	00:07-
00:23&	01:13&	00:11&	00:10#	02:37&	00:11&	03:21&	00:16&	00:09&	01:01&	00:36&	01:58&	00:16&	00:05#	00:16&	00:35&	00:05+	00:01-
13	Sondre Aspøy	117	44:24														
01:40+	04:32+	05:21+	06:11+	15:16+	16:00+	26:36+	27:06+	27:37+	30:01+	31:35+	35:32+	37:18+	38:00+	39:40+	43:09+	44:15+	44:24+
01:40+	02:52+	00:49+	00:50+	09:05+	00:44+	10:36+	00:30+	00:31+	02:24+	01:34+	03:57+	01:46+	00:42+	01:40+	03:29+	01:06-	00:09+
00:27&	00:38&	00:12&	00:06#	02:08&	00:10&	03:08&	00:08&	00:06#	00:55&	00:13#	01:49&	00:47&	00:15&	00:59@	02:04@	00:09-	00:01#
14	Sverre Dørheim	136	53:25														
02:09+	05:40+	06:36+	07:40+	21:04+	22:09+	35:18+	35:57+	36:45+	38:58+	41:12+	45:37+	47:38+	48:27+	49:45+	51:41+	53:14+	53:25+
02:09+	03:31+	00:56+	01:04+	13:24+	01:05+	13:09+	00:39+	00:48+	02:13+	02:14+	04:25+	02:01+	00:49+	01:18+	01:56+	01:33+	00:11+
00:56&	01:17&	00:19&	00:20&	06:27&	00:31&	05:41&	00:17&	00:23&	00:44&	00:53&	02:17@	01:02@	00:22&	00:37&	00:31&	00:18#	00:03&
15	Bruno Pierfelice	51	54:07														
02:30+	05:42+	06:24+	07:20+	18:01+	18:50+	32:53+	33:24+	34:02+	37:45+	40:04+	45:29+	46:54+	48:21+	48:53+	49:52+	52:15+	53:58+
02:30+	03:12+	00:42+	00:56+	10:41+	00:49+	14:03+	00:31+	00:38+	03:43+	02:19+	05:25+	01:25+	01:27+	00:32-	00:59-	02:23+	01:43+
01:17@	00:58&	00:05#	00:12&	03:44&	00:15&	06:35&	00:09&	00:13&	02:14@	00:58&	03:17@	00:26&	01:00@	00:09-	00:26-	01:08&	01:35@
16	Torbjørn Fuglestad	46	54:35														
02:11+	06:45+	07:45+	08:55+	22:32+	23:25+	36:33+	37:08+	37:43+	40:37+	43:04+	46:51+	48:35+	49:18+	50:28+	52:39+	54:25+	54:35+
02:11+	04:34+	01:00+	01:10+	13:37+	00:53+	13:08+	00:35+	00:35+	02:54+	02:27+	03:47+	01:44+	00:43+	01:10+	02:11+	01:46+	00:10+
00:58&	02:20@	00:23&	00:26&	06:40&	00:19&	05:40&	00:13&	00:10&	01:25&	01:06&	01:39&	00:45&	00:16&	00:29&	00:46&	00:31&	00:02#
Beste strekketid for klassen																	
01:11	02:04	00:32	00:39	06:57	00:33	07:28	00:22	00:23	00:28	01:21	01:15	00:52	00:25	00:22	00:48	00:43	00:07

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

Herrer 40 - 49 år

1	Rolf Frøyland	5	36:54
01:11=	03:52= 04:31= 05:27= 13:34= 14:16= 23:13=	23:41= 24:12= 25:54= 27:29= 30:34= 31:36=	32:06= 33:03= 35:06= 36:45= 36:54=
01:11=	02:41= 00:39= 00:56= 08:07= 00:42= 08:57= 00:28=	00:31= 01:42= 01:35= 03:05= 01:02= 00:30= 00:57=	02:03= 01:39= 00:09=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
2	Thomas Chruickshank	48	38:10
01:23+	04:00+ 04:41+ 05:19- 13:09- 13:51- 23:39+	24:11+ 24:36+ 26:28+ 28:03+ 32:21+ 33:21+	33:56+ 34:53+ 36:27+ 38:02+ 38:10+
01:23+	02:37- 00:41+ 00:38- 07:50- 00:42= 09:48+ 00:32+	00:25- 01:52+ 01:35= 04:18+ 01:00- 00:35+ 00:57=	01:34- 01:35- 00:08-
00:12#	00:04- 00:02+ 00:18- 00:17- 00:00= 00:51+	00:04# 00:06- 00:10+ 00:00= 01:13& 00:02-	00:05# 00:00= 00:29- 00:04- 00:01-
3	Kristoffer Buchholz Johannessen	88	38:49
01:21+	04:03+ 04:46+ 05:40+ 14:42+ 15:22+ 26:07+	26:43+ 27:11+ 28:47+ 30:33+ 32:57+ 34:07+	34:51+ 35:45+ 37:17+ 38:38+ 38:49+
01:21+	02:42+ 00:43+ 00:54- 09:02+ 00:40- 10:45+ 00:36+	00:28- 01:36- 01:46+ 02:24- 01:10+ 00:44+ 00:54-	01:32- 01:21- 00:11+
00:10#	00:01+ 00:04# 00:02- 00:55# 00:02- 01:48# 00:08&	00:03- 00:06- 00:11# 00:41- 00:08# 00:14& 00:03-	00:31- 00:18- 00:02#
4	Rune Dahl Fitjar	53	40:32
01:38+	04:48+ 05:41+ 06:41+ 16:09+ 16:56+ 25:53+	26:48+ 27:23+ 29:46+ 31:33+ 34:26+ 35:37+	36:18+ 37:17+ 39:01+ 40:22+ 40:32+
01:38+	03:10+ 00:53+ 01:00+ 09:28+ 00:47+ 08:57= 00:55+	00:35+ 02:23+ 01:47+ 02:53- 01:11+ 00:41+ 00:59+	01:44- 01:21- 00:10+
00:27&	00:29# 00:14& 00:04+ 01:21# 00:05# 00:00= 00:27&	00:04# 00:41& 00:12# 00:12- 00:09# 00:11& 00:02+	00:19- 00:18- 00:01#
5	Christian Ask	180	41:57
01:30+	04:17+ 04:59+ 05:49+ 14:27+ 15:07+ 26:23+	27:12+ 27:43+ 29:42+ 31:22+ 34:50+ 36:04+	36:46+ 37:46+ 39:23+ 41:49+ 41:57+
01:30+	02:47+ 00:42+ 00:50- 08:38+ 00:40- 11:16+ 00:49+	00:31= 01:59+ 01:40+ 03:28+ 01:14+ 00:42+ 01:00+	01:37- 02:26+ 00:08-
00:19&	00:06+ 00:03+ 00:06- 00:31+ 00:02- 02:19& 00:21&	00:00= 00:17# 00:05+ 00:23# 00:12# 00:12& 00:03+	00:26- 00:47& 00:01-
6	Jan-Kenneth Polle	83	42:29
02:04+	05:46+ 06:31+ 07:25+ 16:40+ 17:17+ 29:41+	30:20+ 30:48+ 32:47+ 34:32+ 37:20+ 38:13+	38:47+ 39:33+ 41:09+ 42:21+ 42:29+
02:04+	03:42+ 00:45+ 00:54- 09:15+ 00:37- 12:24+ 00:39+	00:28- 01:59+ 01:45+ 02:48- 00:53- 00:34+ 00:46-	01:36- 01:12- 00:08-
00:53&	01:01& 00:06# 00:02- 01:08# 00:05- 03:27& 00:11&	00:03- 00:17# 00:10# 00:17- 00:09- 00:04# 00:11-	00:27- 00:27- 00:01-
7	Rune Hatle	65	43:02
01:46+	05:03+ 06:00+ 06:47+ 16:11+ 16:54+ 27:53+	28:24+ 28:57+ 31:17+ 33:08+ 37:21+ 38:15+	38:50+ 39:56+ 41:42+ 42:53+ 43:02+
01:46+	03:17+ 00:57+ 00:47- 09:24+ 00:43+ 10:59+	00:31+ 00:33+ 02:20+ 01:51+ 04:13+ 00:54-	00:35+ 01:06+ 01:46- 01:11- 00:09=
00:35&	00:36# 00:18& 00:09- 01:17# 00:01+ 02:02# 00:03#	00:02+ 00:38& 00:16# 01:08& 00:08-	00:05# 00:09# 00:17- 00:28- 00:00=
8	Magne Habbestad	111	43:22
01:40+	04:36+ 05:21+ 06:04+ 14:42+ 15:27+ 25:33+	26:10+ 26:38+ 27:09+ 29:21+ 31:15+ 35:25+	36:52+ 37:26+ 38:34+ 40:27+ 43:12+ 43:22+
01:40+	02:56+ 00:45+ 00:43- 08:38+ 00:45+ 10:06+ 00:37+	00:28- 00:31- 02:12+ 01:54- 04:10+ 01:27+ 00:34-	01:08- 01:53+ 02:45+ 00:10+
00:29&	00:15+ 00:06# 00:13- 00:31+ 00:03+ 01:09# 00:09&	00:03- 01:11- 00:37& 01:11- 03:08@	00:57@ 00:23- 00:55- 00:14# 02:36@ 00:10+
9	Kristian Bjo	165	43:27
01:29+	04:28+ 05:20+ 06:09+ 14:27+ 15:09+ 27:06+	27:53+ 28:32+ 30:47+ 32:44+ 36:34+ 37:44+	38:14+ 39:28+ 41:12+ 43:16+ 43:27+
01:29+	02:59+ 00:52+ 00:49- 08:18+ 00:42= 11:57+ 00:47+	00:39+ 02:15+ 01:57+ 03:50+ 01:10+ 00:30= 01:14+	01:44- 02:04+ 00:11+
00:18&	00:18# 00:13& 00:07- 00:11+ 00:00= 03:00& 00:19&	00:08& 00:33& 00:22# 00:45# 00:08# 00:00= 00:17&	00:19- 00:25& 00:02#
10	Audun Thomassen	65	43:50
01:23+	03:57+ 04:47+ 05:43+ 14:11+ 14:58+ 25:39+	26:29+ 27:06+ 29:02+ 30:43+ 36:11+ 37:18+	37:54+ 39:01+ 41:22+ 43:39+ 43:50+
01:23+	02:34- 00:50+ 00:56= 08:28+ 00:47+ 10:41+ 00:50+	00:37+ 01:56+ 01:41+ 05:28+ 01:07+ 00:36+ 01:07+	02:21+ 02:17+ 00:11+
00:12#	00:07- 00:11& 00:00= 00:21+ 00:05# 01:44# 00:22&	00:06# 00:14# 00:06+ 02:23& 00:05+ 00:06# 00:10#	00:18# 00:38& 00:02#
11	Glenn Madland	128	45:24
01:35+	04:39+ 05:31+ 06:31+ 14:42+ 15:27+ 24:55+	26:38+ 27:21+ 29:33+ 32:04+ 37:43+ 40:13+	40:37+ 41:32+ 43:29+ 45:15+ 45:24+
01:35+	03:04+ 00:52+ 01:00+ 08:11+ 00:45+ 09:28+	01:43+ 00:43+ 02:12+ 02:31+ 05:39+ 02:30+	00:24- 00:55- 01:57- 01:46+ 00:09=
00:24&	00:23# 00:13& 00:04+ 00:04+ 00:03+ 00:31+ 01:15@	00:12& 00:30& 00:56& 02:34& 01:28@	00:06- 00:02- 00:06- 00:07+ 00:00=
12	Eivind Lie	116	47:13
01:19+	03:55+ 04:36+ 05:20- 22:19+ 22:58+ 33:45+	34:16+ 34:46+ 36:37+ 38:22+ 40:53+ 41:30+	42:48+ 43:25+ 44:11+ 45:56+ 47:03+ 47:13+
01:19+	02:36- 00:41+ 00:44- 16:59+ 00:39- 10:47+	00:31+ 00:30- 01:51+ 01:45+ 02:31- 00:37-	01:18+ 00:37- 00:46- 01:45+ 01:07+ 00:10+
00:08#	00:05- 00:02+ 00:12- 08:52@ 00:03- 01:50# 00:03#	00:01- 00:09+ 00:10# 00:34- 00:25-	00:48@ 00:20- 01:17- 00:06+ 00:58@ 00:10+
13	Cedric Fayemendy	76	48:33
01:27+	05:06+ 05:49+ 06:47+ 16:29+ 17:11+ 29:20+	29:58+ 30:26+ 34:09+ 35:51+ 41:43+ 43:00+	43:31+ 44:58+ 46:54+ 48:21+ 48:33+
01:27+	03:39+ 00:43+ 00:58+ 09:42+ 00:42= 12:09+	00:38+ 00:28- 03:43+ 01:42+ 05:52+ 01:17+	00:31+ 01:27+ 01:56- 01:27- 00:12+
00:16#	00:58& 00:04# 00:02+ 01:35# 00:00= 03:12& 00:10&	00:03- 02:01@ 00:07+ 02:47& 00:15#	00:01+ 00:30& 00:07- 00:12- 00:03&
14	Åsbjørn Enerstvedt	18	49:04
01:48+	04:32+ 05:23+ 06:21+ 15:05+ 16:05+ 29:32+	32:08+ 32:50+ 35:12+ 37:13+ 42:47+ 43:57+	44:36+ 45:37+ 47:23+ 48:55+ 49:04+
01:48+	02:44+ 00:51+ 00:58+ 08:44+ 01:00+ 13:27+	02:36+ 00:42+ 02:22+ 02:01+ 05:34+ 01:10+	00:39+ 01:01+ 01:46- 01:32- 00:09=
00:37&	00:03+ 00:12& 00:02+ 00:37+ 00:18& 04:30& 02:08@	00:11& 00:40& 00:26& 02:29& 00:08#	00:09& 00:04+ 00:17- 00:07- 00:00=

Class	Navn	Klasse										Tid					
15	Anders Hagen	399										49:25					
01:36+	04:23+	05:31+	06:32+	16:16+	17:01+	31:06+	31:45+	32:17+	35:13+	38:47+	43:25+	44:32+	45:21+	46:22+	48:01+	49:16+	49:25+
01:36+	02:47+	01:08+	01:01+	09:44+	00:45+	14:05+	00:39+	00:32+	02:56+	03:34+	04:38+	01:07+	00:49+	01:01+	01:39-	01:15-	00:09=
00:25&	00:06+	00:29&	00:05+	01:37#	00:03+	05:08&	00:11&	00:01+	01:14&	01:59@	01:33&	00:05+	00:19&	00:04+	00:24-	00:24-	00:00=
16	Ove Stapnes	76										54:02					
02:09+	05:13+	06:20+	07:37+	17:07+	18:00+	30:01+	34:03+	34:48+	37:23+	39:44+	44:12+	47:04+	47:37+	48:57+	51:52+	53:51+	54:02+
02:09+	03:04+	01:07+	01:17+	09:30+	00:53+	12:01+	04:02+	00:45+	02:35+	02:21+	04:28+	02:52+	00:33+	01:20+	02:55+	01:59+	00:11+
00:58&	00:23#	00:28&	00:21&	01:23#	00:11&	03:04&	03:34@	00:14&	00:53&	00:46&	01:23&	01:50@	00:03#	00:23&	00:52&	00:20#	00:02#
Beste strekktid for klassen																	
01:11	02:34	00:39	00:38	07:50	00:37	08:57	00:28	00:25	00:31	01:35	01:54	00:37	00:24	00:34	00:46	01:11	00:08

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

Herrer 50 - 59 år

1	Kjetil Roaldkvam	7										35:28					
01:05=	03:41=	04:35=	13:40=	15:22=	23:03=	23:33=	24:04=	24:54=	28:22=	30:02=	31:24=	32:42=	34:43=	35:18=	35:28=		
01:05=	02:36=	00:54=	09:05=	01:42=	07:41=	00:30=	00:31=	00:50=	03:28=	01:40=	01:22=	01:18=	02:01=	00:35=	00:10=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Sigurd Ravndal	62										37:17					
01:02-	05:09+	06:12+	17:50+	19:05+	26:08+	27:13+	27:41+	28:32+	31:31+	32:48+	33:40+	34:28+	36:31+	37:09+	37:17+		
01:02-	04:07+	01:03+	11:38+	01:15-	07:03-	01:05+	00:28-	00:51+	02:59-	01:17-	00:52-	00:48-	02:03+	00:38+	00:08-		
00:03-	01:31&	00:09#	02:33&	00:27-	00:38-	00:35@	00:03-	00:01+	00:29-	00:23-	00:30-	00:30-	00:02+	00:03+	00:02-		
3	Anders Glenne	7										37:59					
01:08+	03:59+	04:59+	15:11+	16:18+	26:17+	26:44+	27:16+	28:08+	31:30+	32:49+	33:21+	34:16+	36:20+	37:50+	37:59+		
01:08+	02:51+	01:00+	10:12+	01:07-	09:59+	00:27-	00:32+	00:52+	03:22-	01:19-	00:32-	00:55-	02:04+	01:30+	00:09-		
00:03+	00:15+	00:06#	01:07#	00:35-	02:18&	00:03-	00:01+	00:02+	00:06-	00:21-	00:50-	00:23-	00:03+	00:55@	00:01-		
4	Steinar Hansen	27										38:11					
01:15+	04:17+	05:10+	15:26+	17:24+	26:05+	26:43+	27:25+	28:21+	31:57+	33:04+	33:55+	34:55+	37:00+	38:03+	38:11+		
01:15+	03:02+	00:53-	10:16+	01:58+	08:41+	00:38+	00:42+	00:56+	03:36+	01:07-	00:51-	01:00-	02:05+	01:03+	00:08-		
00:10#	00:26#	00:01-	01:11#	00:16#	01:00#	00:08&	00:11&	00:06#	00:08+	00:33-	00:31-	00:18-	00:04+	00:28&	00:02-		
5	Arnstein Hoff	116										38:18					
01:09+	04:13+	05:17+	16:21+	17:40+	25:32+	26:08+	26:50+	27:55+	31:46+	32:52+	33:30+	34:22+	36:47+	38:10+	38:18+		
01:09+	03:04+	01:04+	11:04+	01:19-	07:52+	00:36+	00:42+	01:05+	03:51+	01:06-	00:38-	00:52-	02:25+	01:23+	00:08-		
00:04+	00:28#	00:10#	01:59#	00:23-	00:11+	00:06#	00:11&	00:15&	00:23#	00:34-	00:44-	00:26-	00:24#	00:48@	00:02-		
6	Kevin Thomas Foust	192										38:37					
01:01-	03:30-	04:22-	14:56+	15:58+	25:09+	25:36+	26:04+	27:00+	32:32+	33:48+	34:22+	35:18+	37:32+	38:30+	38:37+		
01:01-	02:29-	00:52-	10:34+	01:02-	09:11+	00:27-	00:28-	00:56+	05:32+	01:16-	00:34-	00:56-	02:14+	00:58+	00:07-		
00:04-	00:07-	00:02-	01:29#	00:40-	01:30#	00:03-	00:03-	00:06#	02:04&	00:24-	00:48-	00:22-	00:13#	00:23&	00:03-		
7	Rune Paulsen	98										38:54					
01:15+	04:52+	06:03+	16:31+	18:52+	26:31+	27:12+	27:54+	29:00+	32:24+	33:30+	34:04+	35:16+	37:36+	38:47+	38:54+		
01:15+	03:37+	01:11+	10:28+	02:21+	07:39-	00:41+	00:42+	01:06+	03:24-	01:06-	00:34-	01:12-	02:20+	01:11+	00:07-		
00:10#	01:01&	00:17&	01:23#	00:39&	00:02-	00:11&	00:11&	00:16&	00:04-	00:34-	00:48-	00:06-	00:19#	00:36@	00:03-		
8	Frank Hansen	29										39:21					
01:09+	04:36+	05:53+	17:24+	18:50+	26:41+	27:43+	28:20+	29:17+	32:53+	34:19+	34:52+	35:52+	38:02+	39:11+	39:21+		
01:09+	03:27+	01:17+	11:31+	01:26-	07:51+	01:02+	00:37+	00:57+	03:36+	01:26-	00:33-	01:00-	02:10+	01:09+	00:10=		
00:04+	00:51&	00:23&	02:26&	00:16-	00:10+	00:32@	00:06#	00:07#	00:08+	00:14-	00:49-	00:18-	00:09+	00:34&	00:00=		
9	Lars Primstad	62										40:40					
03:48+	06:22+	07:21+	19:58+	21:21+	28:32+	29:26+	30:08+	30:54+	35:15+	36:16+	36:51+	37:36+	39:57+	40:31+	40:40+		
03:48+	02:34-	00:59+	12:37+	01:23+	07:11-	00:54+	00:42+	00:46-	04:21+	01:01-	00:35-	00:45-	02:21+	00:34-	00:09-		
02:43@	00:02-	00:05+	03:32&	00:19-	00:30-	00:24&	00:11&	00:04-	00:53&	00:39-	00:47-	00:33-	00:20#	00:01-	00:01-		
10	Jørgen Nilsen	116										40:42					
01:12+	04:07+	05:28+	15:47+	17:41+	26:38+	27:19+	27:53+	28:57+	33:51+	35:30+	36:12+	37:18+	39:28+	40:34+	40:42+		
01:12+	02:55+	01:21+	10:19+	01:54+	08:57+	00:41+	00:34+	01:04+	04:54+	01:39-	00:42-	01:06-	02:10+	01:06+	00:08-		
00:07#	00:19#	00:27&	01:14#	00:12#	01:16#	00:11&	00:03+	00:14&	01:26&	00:01-	00:40-	00:12-	00:09+	00:31&	00:02-		
11	Svein Roar Aas	114										40:47					
01:07+	04:08+	05:06+	17:36+	18:42+	26:58+	27:33+	27:59+	28:59+	34:00+	35:26+	35:59+	36:59+	39:54+	40:38+	40:47+		
01:07+	03:01+	00:58+	12:30+	01:06-	08:16+	00:35+	00:26-	01:00+	05:01+	01:26-	00:33-	01:00-	02:55+	00:44+	00:09-		
00:02+	00:25#	00:04+	03:25&	00:36-	00:35+	00:05#	00:05-	00:10#	01:33&	00:14-	00:49-	00:18-	00:54&	00:09&	00:01-		

Class	Navn	Klasse										Tid				
12	Kjell Seland	236										41:18				
01:28+	05:50+	06:53+	18:29+	19:43+	27:39+	28:12+	28:42+	29:42+	34:10+	35:10+	36:18+	36:41+	37:44+	40:03+	41:09+	41:18+
01:28+	04:22+	01:03+	11:36+	01:14-	07:56+	00:33+	00:30-	01:00+	04:28+	01:00-	01:08-	00:23-	01:03-	02:19+	01:06+	00:09+
00:23&	01:46&	00:09#	02:31&	00:28-	00:15+	00:03#	00:01-	00:10#	01:00&	00:40-	00:14-	00:55-	00:58-	01:44&	00:56&	00:09+
13	Kjetil Solbakken	66										41:26				
01:11+	04:54+	06:18+	16:54+	18:13+	28:18+	28:48+	29:22+	30:11+	34:06+	35:23+	35:54+	37:09+	39:49+	41:17+	41:26+	
01:11+	03:43+	01:24+	10:36+	01:19-	10:05+	00:30=	00:34+	00:49-	03:55+	01:17-	00:31-	01:15-	02:40+	01:28+	00:09-	
00:06+	01:07&	00:30&	01:31#	00:23-	02:24&	00:00=	00:03+	00:01-	00:27#	00:23-	00:51-	00:03-	00:39&	00:53&	00:01-	
14	Arve Sonflå	180										42:33				
01:08+	04:07+	05:10+	19:04+	20:25+	28:26+	29:00+	29:30+	30:27+	35:46+	36:58+	38:07+	39:12+	41:40+	42:23+	42:33+	
01:08+	02:59+	01:03+	13:54+	01:21-	08:01+	00:34+	00:30-	00:57+	05:19+	01:12-	01:09-	01:05-	02:28+	00:43+	00:10=	
00:03+	00:23#	00:09#	04:49&	00:21-	00:20+	00:04#	00:01-	00:07#	01:51&	00:28-	00:13-	00:13-	00:27#	00:08#	00:00=	
15	Arne Hetlelid	98										42:42				
01:16+	05:07+	06:22+	16:54+	20:46+	28:52+	29:28+	30:01+	30:59+	34:44+	36:00+	36:38+	37:50+	38:47+	41:51+	42:29+	42:42+
01:16+	03:51+	01:15+	10:32+	03:52+	08:06+	00:36+	00:33+	00:58+	03:45+	01:16-	00:38-	01:12-	00:57-	03:04+	00:38+	00:13+
00:11#	01:15&	00:21&	01:27#	02:10&	00:25+	00:06#	00:02+	00:08#	00:17+	00:24-	00:44-	00:06-	01:04-	02:29&	00:28&	00:13+
16	Erling Knutzen	128										43:07				
01:19+	04:40+	05:39+	16:03+	18:22+	30:15+	31:01+	31:33+	32:36+	36:59+	38:11+	38:46+	40:06+	42:22+	42:59+	43:07+	
01:19+	03:21+	00:59+	10:24+	02:19+	11:53+	00:46+	00:32+	01:03+	04:23+	01:12-	00:35-	01:20+	02:16+	00:37+	00:08-	
00:14#	00:45&	00:05+	01:19#	00:37&	04:12&	00:16&	00:01+	00:13&	00:55&	00:28-	00:47-	00:02+	00:15#	00:02+	00:02-	
17	Svend Vihovde	116										43:20				
01:12+	04:39+	05:55+	18:05+	19:33+	29:02+	29:55+	30:35+	32:17+	36:30+	38:05+	38:40+	39:45+	42:33+	43:09+	43:20+	
01:12+	03:27+	01:16+	12:10+	01:28-	09:29+	00:53+	00:40+	01:42+	04:13+	01:35-	00:35-	01:05-	02:48+	00:36+	00:11+	
00:07#	00:51&	00:22&	03:05&	00:14-	01:48#	00:23&	00:09&	00:52&	00:45#	00:05-	00:47-	00:13-	00:47&	00:01+	00:01#	
18	Jone Kalheim	93										43:30				
01:01-	03:41=	04:32-	15:39+	16:57+	32:19+	33:03+	33:28+	34:20+	37:51+	38:54+	39:53+	40:52+	42:47+	43:22+	43:30+	
01:01-	02:40+	00:51-	11:07+	01:18-	15:22+	00:44+	00:25-	00:52+	03:31+	01:03-	00:59-	00:59-	01:55-	00:35=	00:08-	
00:04-	00:04+	00:03-	02:02#	00:24-	07:41&	00:14&	00:06-	00:02+	00:03+	00:37-	00:23-	00:19-	00:06-	00:00=	00:02-	
19	Christof Schätz	239										43:53				
01:13+	04:38+	05:54+	19:42+	20:56+	30:15+	30:58+	31:36+	32:40+	37:18+	38:39+	39:12+	40:17+	42:58+	43:41+	43:53+	
01:13+	03:25+	01:16+	13:48+	01:14-	09:19+	00:43+	00:38+	01:04+	04:38+	01:21-	00:33-	01:05-	02:41+	00:43+	00:12+	
00:08#	00:49&	00:22&	04:43&	00:28-	01:38#	00:13&	00:07#	00:14&	01:10&	00:19-	00:49-	00:13-	00:40&	00:08#	00:02#	
20	Magnar Møller	62										45:05				
01:18+	04:17+	05:26+	17:11+	18:44+	27:45+	28:23+	29:02+	30:00+	35:13+	37:54+	38:22+	39:37+	44:11+	44:55+	45:05+	
01:18+	02:59+	01:09+	11:45+	01:33-	09:01+	00:38+	00:39+	00:58+	05:13+	02:41+	00:28-	01:15-	04:34+	00:44+	00:10=	
00:13#	00:23#	00:15&	02:40&	00:09-	01:20#	00:08&	00:08&	00:08#	01:45&	01:01&	00:54-	00:03-	02:33&	00:09&	00:00=	
21	Asbjørn Brådlund	297										45:29				
01:11+	05:00+	06:04+	17:11+	18:15+	30:44+	31:37+	32:07+	33:06+	38:35+	40:10+	40:50+	42:00+	44:07+	45:15+	45:29+	
01:11+	03:49+	01:04+	11:07+	01:04-	12:29+	00:53+	00:30-	00:59+	05:29+	01:35-	00:40-	01:10-	02:07+	01:08+	00:14+	
00:06+	01:13&	00:10#	02:02#	00:38-	04:48&	00:23&	00:01-	00:09#	02:01&	00:05-	00:42-	00:08-	00:06+	00:33&	00:04&	
22	Trygve Michaelsen	117										45:40				
01:13+	04:30+	05:32+	19:30+	21:06+	31:35+	32:14+	32:50+	33:48+	38:26+	39:49+	40:14+	41:19+	44:26+	45:30+	45:40+	
01:13+	03:17+	01:02+	13:58+	01:36-	10:29+	00:39+	00:36+	00:58+	04:38+	01:23-	00:25-	01:05-	03:07+	01:04+	00:10=	
00:08#	00:41&	00:08#	04:53&	00:06-	02:48&	00:09&	00:05#	00:08#	01:10&	00:17-	00:57-	00:13-	01:06&	00:29&	00:00=	
23	Ove Mæstad	67										46:28				
01:33+	04:54+	06:05+	17:53+	19:27+	32:42+	33:21+	34:06+	35:18+	39:45+	41:01+	41:55+	42:55+	45:30+	46:19+	46:28+	
01:33+	03:21+	01:11+	11:48+	01:34+	13:15+	00:39+	00:45+	01:12+	04:27+	01:16-	00:54-	01:00-	02:35+	00:49+	00:09-	
00:28&	00:45&	00:17&	02:43&	00:08-	05:34&	00:09&	00:14&	00:22&	00:59&	00:24-	00:28-	00:18-	00:34&	00:14&	00:01-	
24	Ulric Björck	53										47:10				
01:03-	04:35+	05:36+	21:16+	22:32+	32:41+	33:17+	33:47+	34:36+	39:53+	41:19+	41:59+	43:02+	45:40+	46:57+	47:10+	
01:03-	03:32+	01:01+	15:40+	01:16-	10:09+	00:36+	00:30-	00:49-	05:17+	01:26-	00:40-	01:03-	02:38+	01:17+	00:13+	
00:02-	00:56&	00:07#	06:35&	00:26-	02:28&	00:06#	00:01-	00:01-	01:49&	00:14-	00:42-	00:15-	00:37&	00:42&	00:03&	
25	Tor Sverre Skåra	266										49:34				
01:28+	07:54+	09:11+	21:09+	22:46+	34:15+	35:46+	36:19+	37:23+	41:51+	43:28+	44:16+	45:28+	48:04+	49:26+	49:34+	
01:28+	06:26+	01:17+	11:58+	01:37-	11:29+	01:31+	00:33+	01:04+	04:28+	01:37-	00:48-	01:12-	02:36+	01:22+	00:08-	
00:23&	03:50&	00:23&	02:53&	00:05-	03:48&	01:01&	00:02+	00:14&	01:00&	00:03-	00:34-	00:06-	00:35&	00:47&	00:02-	
26	Håvard Håland	66										49:38				
01:07+	04:47+	06:47+	17:46+	19:08+	29:30+	30:19+	31:13+	32:17+	38:46+	41:07+	44:21+	45:38+	48:16+	49:27+	49:38+	
01:07+	03:40+	02:00+	10:59+	01:22-	10:22+	00:49+	00:54+	01:04+	06:29+	02:21+	03:14+	01:17-	02:38+	01:11+	00:11+	
00:02+	01:04&	01:06@	01:54#	00:20-	02:41&	00:19&	00:23&	00:14&	03:01&	00:41&	01:52&	00:01-	00:37&	00:36&	00:01#	

Class	Navn	Klasse	Tid												
27	Stein Arve Finnestad	287	49:51												
01:20+	05:10+	06:21+	18:55+	21:04+	31:54+	32:45+	33:33+	34:47+	39:39+	43:22+	44:43+	46:03+	48:48+	49:38+	49:51+
01:20+	03:50+	01:11+	12:34+	02:09+	10:50+	00:51+	00:48+	01:14+	04:52+	03:43+	01:21-	01:20+	02:45+	00:50+	00:13+
00:15#	01:14&	00:17&	03:29&	00:27&	03:09&	00:21&	00:17&	00:24&	01:24&	02:03@	00:01-	00:02+	00:44&	00:15&	00:03&
28	Terje Undheim	54	50:08												
00:57-	03:19-	04:16-	12:45-	18:16+	38:34+	39:05+	39:32+	40:19+	43:59+	45:16+	45:52+	46:43+	49:15+	50:00+	50:08+
00:57-	02:22-	00:57+	08:29-	05:31+	20:18+	00:31+	00:27-	00:47-	03:40+	01:17-	00:36-	00:51-	02:32+	00:45+	00:08-
00:08-	00:14-	00:03+	00:36-	03:49@	12:37@	00:01+	00:04-	00:03-	00:12+	00:23-	00:46-	00:27-	00:31&	00:10&	00:02-
29	Raymond B. Pettersen	105	1:03:48												
01:23+	05:16+	06:39+	22:48+	25:25+	41:03+	43:32+	44:18+	46:02+	53:42+	55:54+	56:42+	58:14+	62:01+	63:36+	63:48+
01:23+	03:53+	01:23+	16:09+	02:37+	15:38+	02:29+	00:46+	01:44+	07:40+	02:12+	00:48-	01:32+	03:47+	01:35+	00:12+
00:18&	01:17&	00:29&	07:04&	00:55&	07:57@	01:59@	00:15&	00:54@	04:12@	00:32&	00:34-	00:14#	01:46&	01:00@	00:02#
Beste strekktid for klassen															
00:57	02:22	00:51	08:29	01:02	07:03	00:27	00:25	00:46	02:59	01:00	00:25	00:23	00:57	00:34	00:07

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

Herrer 60 - 64 år

1	Espen Krogh	7	27:51												
01:17=	03:53=	04:33=	04:57=	13:42=	14:22=	18:25=	19:27=	23:15=	24:03=	24:42=	26:48=	27:42=	27:51=	00:09=	00:00=
01:17=	02:36=	00:40=	00:24=	08:45=	00:40=	04:03=	01:02=	03:48=	00:48=	00:39=	02:06=	00:54=	00:09=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Sturle Omdal	116	29:07												
01:26+	04:08+	04:45+	05:53+	13:25-	14:34+	19:09+	20:44+	24:20+	25:13+	25:56+	28:01+	28:58+	29:07+	00:09+	00:00=
01:26+	02:42+	00:37-	01:08+	07:32-	01:09+	04:35+	01:35+	03:36-	00:53+	00:43+	02:05-	00:57+	00:09=	00:00=	00:00=
00:09#	00:06+	00:03-	00:44@	01:13-	00:29&	00:32#	00:33&	00:12-	00:05#	00:04#	00:01-	00:03+	00:00=	00:00=	00:00=
3	Morten Johannessen	7	35:47												
02:15+	05:04+	05:56+	06:25+	17:24+	18:04+	23:42+	25:05+	30:18+	31:08+	32:06+	34:24+	35:36+	35:47+	00:11+	00:02#
02:15+	02:49+	00:52+	00:29+	10:59+	00:40=	05:38+	01:23+	05:13+	00:50+	00:58+	02:18+	01:12+	00:11+	00:02#	00:02#
00:58&	00:13+	00:12&	00:05#	02:14&	00:00=	01:35&	00:21&	01:25&	00:02+	00:19&	00:12+	00:18&	00:02#	00:02#	00:02#
4	Torbjørn Salthe	125	36:08												
02:31+	06:07+	07:12+	07:55+	16:59+	17:44+	22:34+	24:46+	30:00+	30:51+	31:47+	34:43+	36:00+	36:08+	00:08-	00:01-
02:31+	03:36+	01:05+	00:43+	09:04+	00:45+	04:50+	02:12+	05:14+	00:51+	00:56+	02:56+	01:17+	00:08-	00:01-	00:01-
01:14&	01:00&	00:25&	00:19&	00:19+	00:05#	00:47#	01:10@	01:26&	00:03+	00:17&	00:50&	00:23&	00:01-	00:01-	00:01-
5	John C. Sinnes	93	37:31												
01:57+	05:26+	06:29+	07:00+	17:32+	18:31+	24:17+	25:45+	30:21+	31:18+	32:28+	36:30+	37:21+	37:31+	00:10+	00:01#
01:57+	03:29+	01:03+	00:31+	10:32+	00:59+	05:46+	01:28+	04:36+	00:57+	01:10+	04:02+	00:51-	00:10+	00:01#	00:01#
00:40&	00:53&	00:23&	00:07&	01:47#	00:19&	01:43&	00:26&	00:48#	00:09#	00:31&	01:56&	00:03-	00:01#	00:01#	00:01#
6	Ivar Knutsen	116	37:39												
01:53+	05:44+	07:01+	07:40+	17:30+	18:18+	24:09+	25:41+	30:49+	31:50+	33:17+	36:06+	37:27+	37:39+	00:12+	00:03&
01:53+	03:51+	01:17+	00:39+	09:50+	00:48+	05:51+	01:32+	05:08+	01:01+	01:27+	02:49+	01:21+	00:12+	00:03&	00:03&
00:36&	01:15&	00:37&	00:15&	01:05#	00:08#	01:48&	00:30&	01:20&	00:13&	00:48@	00:43&	00:27&	00:03&	00:03&	00:03&
7	Harald Kleveland	7	37:47												
02:18+	06:07+	07:05+	07:37+	17:30+	18:21+	25:19+	26:43+	31:16+	32:28+	33:37+	36:34+	37:36+	37:47+	00:11+	00:02#
02:18+	03:49+	00:58+	00:32+	09:53+	00:51+	06:58+	01:24+	04:33+	01:12+	01:09+	02:57+	01:02+	00:11+	00:02#	00:02#
01:01&	01:13&	00:18&	00:08&	01:08#	00:11&	02:55&	00:22&	00:45#	00:24&	00:30&	00:51&	00:08#	00:02#	00:02#	00:02#
8	Sverre Magnar Nordal	116	38:15												
02:12+	06:09+	07:03+	07:34+	18:29+	19:17+	24:58+	26:38+	31:34+	32:42+	34:18+	37:20+	38:06+	38:15+	00:09=	00:00=
02:12+	03:57+	00:54+	00:31+	10:55+	00:48+	05:41+	01:40+	04:56+	01:08+	01:36+	03:02+	00:46-	00:09=	00:00=	00:00=
00:55&	01:21&	00:14&	00:07&	02:10#	00:08#	01:38&	00:38&	01:08&	00:20&	00:57@	00:56&	00:08-	00:00=	00:00=	00:00=
9	Arne Øvstebø	71	38:36												
01:48+	05:27+	06:12+	06:41+	18:01+	18:48+	24:37+	26:29+	31:57+	32:56+	34:16+	37:27+	38:26+	38:36+	00:10+	00:01#
01:48+	03:39+	00:45+	00:29+	11:20+	00:47+	05:49+	01:52+	05:28+	00:59+	01:20+	03:11+	00:59+	00:10+	00:01#	00:01#
00:31&	01:03&	00:05#	00:05#	02:35&	00:07#	01:46&	00:50&	01:40&	00:11#	00:41@	01:05&	00:05+	00:01#	00:01#	00:01#
10	Tor Inge Halvorsen	5	39:32												
02:19+	05:28+	06:17+	06:48+	16:50+	17:37+	23:13+	26:35+	31:41+	32:42+	34:53+	38:06+	39:21+	39:32+	00:11+	00:02#
02:19+	03:09+	00:49+	00:31+	10:02+	00:47+	05:36+	03:22+	05:06+	01:01+	02:11+	03:13+	01:15+	00:11+	00:02#	00:02#
01:02&	00:33#	00:09#	00:07&	01:17#	00:07#	01:33&	02:20@	01:18&	00:13&	01:32@	01:07&	00:21&	00:02#	00:02#	00:02#

Class	Navn	Klasse										Tid	
11	Inge Skretting	165										41:45	
01:34+	04:48+	05:41+	06:16+	15:59+	16:54+	23:50+	30:15+	35:27+	36:20+	37:41+	40:40+	41:35+	41:45+
01:34+	03:14+	00:53+	00:35+	09:43+	00:55+	06:56+	06:25+	05:12+	00:53+	01:21+	02:59+	00:55+	00:10+
00:17#	00:38#	00:13&	00:11&	00:58#	00:15&	02:53&	05:23@	01:24&	00:05#	00:42@	00:53&	00:01+	00:01#
12	Svein Magne Gloppen	93										42:51	
02:25+	06:03+	07:22+	07:54+	18:59+	19:49+	25:41+	28:07+	36:34+	37:40+	38:27+	41:15+	42:39+	42:51+
02:25+	03:38+	01:19+	00:32+	11:05+	00:50+	05:52+	02:26+	08:27+	01:06+	00:47+	02:48+	01:24+	00:12+
01:08&	01:02&	00:39&	00:08&	02:20&	00:10#	01:49&	01:24@	04:39@	00:18&	00:08#	00:42&	00:30&	00:03&
13	Per Ingar Hadland	7										48:16	
02:13+	06:21+	07:26+	08:06+	21:47+	22:53+	30:26+	32:40+	41:07+	42:28+	43:26+	46:52+	47:57+	48:16+
02:13+	04:08+	01:05+	00:40+	13:41+	01:06+	07:33+	02:14+	08:27+	01:21+	00:58+	03:26+	01:05+	00:19+
00:56&	01:32&	00:25&	00:16&	04:56&	00:26&	03:30&	01:12@	04:39@	00:33&	00:19&	01:20&	00:11#	00:10@
14	Stein Sigbjørnsen	27										50:13	
01:59+	05:49+	06:36+	07:05+	19:27+	20:18+	26:47+	29:29+	37:17+	38:27+	44:10+	48:26+	50:03+	50:13+
01:59+	03:50+	00:47+	00:29+	12:22+	00:51+	06:29+	02:42+	07:48+	01:10+	05:43+	04:16+	01:37+	00:10+
00:42&	01:14&	00:07#	00:05#	03:37&	00:11&	02:26&	01:40@	04:00@	00:22&	05:04@	02:10@	00:43&	00:01#
Beste strekktid for klassen													
01:17	02:36	00:37	00:24	07:32	00:40	04:03	01:02	03:36	00:48	00:39	02:05	00:46	00:08
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.													
Herrer 65 - 69 år													
1	Torbjørn Evensen	108										31:59	
01:45=	04:40=	05:28=	05:59=	14:39=	15:20=	20:19=	22:29=	26:37=	27:33=	28:28=	31:06=	31:51=	31:59=
01:45=	02:55=	00:48=	00:31=	08:40=	00:41=	04:59=	02:10=	04:08=	00:56=	00:55=	02:38=	00:45=	00:08=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Frode Sandal	29										33:47	
01:55+	05:13+	06:02+	06:38+	15:49+	16:36+	21:59+	23:18+	28:21+	29:20+	30:04+	32:55+	33:38+	33:47+
01:55+	03:18+	00:49+	00:36+	09:11+	00:47+	05:23+	01:19-	05:03+	00:59+	00:44-	02:51+	00:43-	00:09+
00:10+	00:23#	00:01+	00:05#	00:31+	00:06#	00:24+	00:51-	00:55#	00:03+	00:11-	00:13+	00:02-	00:01#
3	Olav Tunheim	93										35:01	
01:35-	05:34+	06:38+	07:06+	16:20+	17:08+	22:33+	24:26+	29:49+	30:52+	31:37+	34:07+	34:52+	35:01+
01:35-	03:59+	01:04+	00:28-	09:14+	00:48+	05:25+	01:53-	05:23+	01:03+	00:45-	02:30-	00:45=	00:09+
00:10-	01:04&	00:16&	00:03-	00:34+	00:07#	00:26+	00:17-	01:15&	00:07#	00:10-	00:08-	00:00=	00:01#
4	Kjell Skjæveland	166										35:37	
01:34-	05:51+	06:43+	07:14+	16:25+	17:18+	22:50+	24:08+	28:35+	29:33+	32:06+	34:47+	35:28+	35:37+
01:34-	04:17+	00:52+	00:31=	09:11+	00:53+	05:32+	01:18-	04:27+	00:58+	02:33+	02:41+	00:41-	00:09+
00:11-	01:22&	00:04+	00:00=	00:31+	00:12&	00:33#	00:52-	00:19+	00:02+	01:38@	00:03+	00:04-	00:01#
5	Bjarne Gimre	88										35:55	
01:59+	05:38+	06:31+	07:07+	17:17+	18:03+	24:02+	26:25+	30:41+	31:49+	32:35+	35:08+	35:47+	35:55+
01:59+	03:39+	00:53+	00:36+	10:10+	00:46+	05:59+	02:23+	04:16+	01:08+	00:46-	02:33-	00:39-	00:08=
00:14#	00:44&	00:05#	00:05#	01:30#	00:05#	01:00#	00:13#	00:08+	00:12#	00:09-	00:05-	00:06-	00:00=
6	Tom Hetland	5										38:27	
01:37-	04:59+	05:51+	06:21+	16:20+	17:08+	23:50+	25:24+	30:36+	31:33+	33:02+	36:12+	38:18+	38:27+
01:37-	03:22+	00:52+	00:30-	09:59+	00:48+	06:42+	01:34-	05:12+	00:57+	01:29+	03:10+	02:06+	00:09+
00:08-	00:27#	00:04+	00:01-	01:19#	00:07#	01:43&	00:36-	01:04&	00:01+	00:34&	00:32#	01:21@	00:01#
7	Sveinung Tveit	236										39:20	
01:57+	05:45+	06:37+	07:12+	18:05+	19:03+	25:30+	27:17+	32:50+	34:00+	35:32+	38:28+	39:10+	39:20+
01:57+	03:48+	00:52+	00:35+	10:53+	00:58+	06:27+	01:47-	05:33+	01:10+	01:32+	02:56+	00:42-	00:10+
00:12#	00:53&	00:04+	00:04#	02:13&	00:17&	01:28&	00:23-	01:25&	00:14#	00:37&	00:18#	00:03-	00:02#
8	Steinar Barmen	105										41:22	
01:48+	05:26+	06:34+	07:18+	19:04+	19:55+	26:42+	28:28+	35:50+	36:46+	37:43+	40:27+	41:11+	41:22+
01:48+	03:38+	01:08+	00:44+	11:46+	00:51+	06:47+	01:46-	07:22+	00:56+	00:57+	02:44+	00:44-	00:11+
00:03+	00:43#	00:20&	00:13&	03:06&	00:10#	01:48&	00:24-	03:14&	00:00=	00:02+	00:06+	00:01-	00:03&
9	Jan Arendal	116										41:38	
02:01+	05:52+	06:55+	07:30+	18:28+	19:27+	26:01+	27:38+	33:14+	34:32+	36:25+	39:47+	41:23+	41:38+
02:01+	03:51+	01:03+	00:35+	10:58+	00:59+	06:34+	01:37-	05:36+	01:18+	01:53+	03:22+	01:36+	00:15+
00:16#	00:56&	00:15&	00:04#	02:18&	00:18&	01:35&	00:33-	01:28&	00:22&	00:58@	00:44&	00:51@	00:07&

Class	Navn	Klasse												Tid
10	Arne Magne Handeland	92												41:47
01:48+	05:21+	06:18+	06:51+	18:04+	18:54+	25:58+	27:53+	34:11+	35:15+	36:44+	39:55+	41:35+	41:47+	
01:48+	03:33+	00:57+	00:33+	11:13+	00:50+	07:04+	01:55-	06:18+	01:04+	01:29+	03:11+	01:40+	00:12+	
00:03+	00:38#	00:09#	00:02+	02:33&	00:09#	02:05&	00:15-	02:10&	00:08#	00:34&	00:33#	00:55@	00:04&	
11	Bjørn Bjelland	83												45:11
02:13+	06:23+	07:26+	08:04+	22:18+	23:18+	32:15+	33:36+	38:40+	39:39+	40:37+	43:37+	44:59+	45:11+	
02:13+	04:10+	01:03+	00:38+	14:14+	01:00+	08:57+	01:21-	05:04+	00:59+	00:58+	03:00+	01:22+	00:12+	
00:28&	01:15&	00:15&	00:07#	05:34&	00:19&	03:58&	00:49-	00:56#	00:03+	00:03+	00:22#	00:37&	00:04&	
12	Tore Karlsen	105												46:06
01:51+	06:59+	07:58+	08:35+	21:13+	22:45+	29:26+	31:33+	37:10+	38:27+	40:32+	44:24+	45:52+	46:06+	
01:51+	05:08+	00:59+	00:37+	12:38+	01:32+	06:41+	02:07-	05:37+	01:17+	02:05+	03:52+	01:28+	00:14+	
00:06+	02:13&	00:11#	00:06#	03:58&	00:51@	01:42&	00:03-	01:29&	00:21&	01:10@	01:14&	00:43&	00:06&	
13	Arnstein Skretting	54												46:26
01:58+	05:51+	06:52+	07:34+	18:32+	19:27+	27:28+	31:47+	37:52+	39:04+	40:37+	44:56+	46:15+	46:26+	
01:58+	03:53+	01:01+	00:42+	10:58+	00:55+	08:01+	04:19+	06:05+	01:12+	01:33+	04:19+	01:19+	00:11+	
00:13#	00:58&	00:13&	00:11&	02:18&	00:14&	03:02&	02:09&	01:57&	00:16&	00:38&	01:41&	00:34&	00:03&	
Beste strekktid for klassen														
01:34	02:55	00:48	00:28	08:40	00:41	04:59	01:18	04:08	00:56	00:44	02:30	00:39	00:08	

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

Herrer 70 - 74 år

1	Bjørn Alsaker	115												28:59
01:24=	04:07=	04:51=	05:18=	13:57=	14:37=	19:18=	20:42=	24:29=	25:18=	26:10=	28:23=	28:51=	28:59=	
01:24=	02:43=	00:44=	00:27=	08:39=	00:40=	04:41=	01:24=	03:47=	00:49=	00:52=	02:13=	00:28=	00:08=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Gunnar Sakseid	116												32:40
01:34+	04:42+	05:34+	05:59+	14:29+	15:07+	19:51+	21:32+	26:20+	27:12+	29:10+	31:58+	32:31+	32:40+	
01:34+	03:08+	00:52+	00:25-	08:30-	00:38-	04:44+	01:41+	04:48+	00:52+	01:58+	02:48+	00:33+	00:09+	
00:10#	00:25#	00:08#	00:02-	00:09-	00:02-	00:03+	00:17#	01:01&	00:03+	01:06@	00:35&	00:05#	00:01#	
3	Ragnvald Frøyland	128												34:13
01:41+	05:18+	06:10+	06:48+	16:09+	16:55+	23:13+	24:26+	28:58+	29:57+	30:45+	33:20+	34:03+	34:13+	
01:41+	03:37+	00:52+	00:38+	09:21+	00:46+	06:18+	01:13-	04:32+	00:59+	00:48-	02:35+	00:43+	00:10+	
00:17#	00:54&	00:08#	00:11&	00:42+	00:06#	01:37&	00:11-	00:45#	00:10#	00:04-	00:22#	00:15&	00:02#	
4	Svein Ims	65												38:48
01:57+	05:44+	06:44+	07:16+	17:58+	18:50+	25:11+	26:56+	32:31+	33:44+	34:53+	37:40+	38:38+	38:48+	
01:57+	03:47+	01:00+	00:32+	10:42+	00:52+	06:21+	01:45+	05:35+	01:13+	01:09+	02:47+	00:58+	00:10+	
00:33&	01:04&	00:16&	00:05#	02:03#	00:12&	01:40&	00:21#	01:48&	00:24&	00:17&	00:34&	00:30@	00:02#	
5	Svein Berge	126												39:05
01:31+	04:38+	05:22+	07:32+	22:38+	23:30+	28:22+	29:38+	33:58+	34:49+	35:51+	38:13+	38:55+	39:05+	
01:31+	03:07+	00:44=	02:10+	15:06+	00:52+	04:52+	01:16-	04:20+	00:51+	01:02+	02:22+	00:42+	00:10+	
00:07+	00:24#	00:00=	01:43@	06:27&	00:12&	00:11+	00:08-	00:33#	00:02+	00:10#	00:09+	00:14&	00:02#	
6	Arne Østensen	395												39:10
01:46+	05:11+	06:06+	06:39+	18:35+	19:21+	25:56+	28:28+	33:06+	34:02+	35:12+	37:58+	38:58+	39:10+	
01:46+	03:25+	00:55+	00:33+	11:56+	00:46+	06:35+	02:32+	04:38+	00:56+	01:10+	02:46+	01:00+	00:12+	
00:22&	00:42&	00:11#	00:06#	03:17&	00:06#	01:54&	01:08&	00:51#	00:07#	00:18&	00:33#	00:32@	00:04&	
7	Jan Hetland	29												39:14
02:19+	05:35+	06:26+	06:54+	15:35+	16:18+	23:44+	25:08+	32:55+	33:52+	35:06+	37:49+	39:04+	39:14+	
02:19+	03:16+	00:51+	00:28+	08:41+	00:43+	07:26+	01:24=	07:47+	00:57+	01:14+	02:43+	01:15+	00:10+	
00:55&	00:33#	00:07#	00:01+	00:02+	00:03+	02:45&	00:00=	04:00@	00:08#	00:22&	00:30#	00:47@	00:02#	
8	Jostein Tunheim	116												39:48
01:55+	05:51+	07:20+	07:49+	17:43+	18:48+	26:52+	28:27+	33:56+	34:56+	35:51+	38:57+	39:39+	39:48+	
01:55+	03:56+	01:29+	00:29+	09:54+	01:05+	08:04+	01:35+	05:29+	01:00+	00:55+	03:06+	00:42+	00:09+	
00:31&	01:13&	00:45@	00:02+	01:15#	00:25&	03:23&	00:11#	01:42&	00:11#	00:03+	00:53&	00:14&	00:01#	
9	Jan Inge Lunde	88												40:46
02:15+	05:57+	07:21+	07:56+	20:39+	21:25+	27:18+	29:06+	34:11+	35:22+	36:09+	39:09+	40:35+	40:46+	
02:15+	03:42+	01:24+	00:35+	12:43+	00:46+	05:53+	01:48+	05:05+	01:11+	00:47-	03:00+	01:26+	00:11+	
00:51&	00:59&	00:40&	00:08&	04:04&	00:06#	01:12&	00:24&	01:18&	00:22&	00:05-	00:47&	00:58@	00:03&	

Class	Navn	Klasse										Tid	
10	Leif Gunnar Wikene	43										41:34	
02:02+	05:58+	07:01+	07:39+	19:12+	20:09+	27:19+	28:41+	33:57+	35:09+	36:28+	40:24+	41:22+	41:34+
02:02+	03:56+	01:03+	00:38+	11:33+	00:57+	07:10+	01:22-	05:16+	01:12+	01:19+	03:56+	00:58+	00:12+
00:38&	01:13&	00:19&	00:11&	02:54&	00:17&	02:29&	00:02-	01:29&	00:23&	00:27&	01:43&	00:30&	00:04&
11	Paul A. Paulsen	117										41:39	
01:45+	06:10+	07:04+	09:19+	19:40+	20:29+	26:38+	28:41+	33:54+	35:06+	36:37+	40:26+	41:29+	41:39+
01:45+	04:25+	00:54+	02:15+	10:21+	00:49+	06:09+	02:03+	05:13+	01:12+	01:31+	03:49+	01:03+	00:10+
00:21#	01:42&	00:10#	01:48@	01:42#	00:09#	01:28&	00:39&	01:26&	00:23&	00:39&	01:36&	00:35@	00:02#
12	Eivind L. Rake	92										45:41	
01:51+	09:57+	10:56+	11:32+	25:48+	26:45+	32:46+	34:20+	39:25+	40:43+	41:42+	44:48+	45:30+	45:41+
01:51+	08:06+	00:59+	00:36+	14:16+	00:57+	06:01+	01:34+	05:05+	01:18+	00:59+	03:06+	00:42+	00:11+
00:27&	05:23@	00:15&	00:09&	05:37&	00:17&	01:20&	00:10#	01:18&	00:29&	00:07#	00:53&	00:14&	00:03&
13	Kjell Ivar Skjørestad	92										49:03	
01:45+	06:01+	07:02+	07:36+	20:23+	21:22+	27:56+	30:31+	37:46+	38:56+	41:24+	45:11+	48:48+	49:03+
01:45+	04:16+	01:01+	00:34+	12:47+	00:59+	06:34+	02:35+	07:15+	01:10+	02:28+	03:47+	03:37+	00:15+
00:21#	01:33&	00:17&	00:07&	04:08&	00:19&	01:53&	01:11&	03:28&	00:21&	01:36@	01:34&	03:09@	00:07&
14	Arne Hope	43										51:07	
04:33+	08:27+	10:13+	10:54+	23:35+	24:34+	33:12+	35:08+	42:53+	44:05+	45:37+	49:42+	50:54+	51:07+
04:33+	03:54+	01:46+	00:41+	12:41+	00:59+	08:38+	01:56+	07:45+	01:12+	01:32+	04:05+	01:12+	00:13+
03:09@	01:11&	01:02@	00:14&	04:02&	00:19&	03:57&	00:32&	03:58@	00:23&	00:40&	01:52&	00:44@	00:05&
15	Kjell Ingar Olsen	50										51:44	
02:09+	06:27+	07:40+	08:12+	19:56+	20:57+	27:34+	29:24+	35:15+	36:21+	37:57+	41:42+	51:32+	51:44+
02:09+	04:18+	01:13+	00:32+	11:44+	01:01+	06:37+	01:50+	05:51+	01:06+	01:36+	03:45+	09:50+	00:12+
00:45&	01:35&	00:29&	00:05#	03:05&	00:21&	01:56&	00:26&	02:04&	00:17&	00:44&	01:32&	09:22@	00:04&
16	Olav Habbestad	116										52:58	
02:08+	05:46+	06:46+	07:15+	19:50+	20:28+	25:43+	29:27+	36:38+	37:45+	42:54+	47:58+	52:49+	52:58+
02:08+	03:38+	01:00+	00:29+	12:35+	00:38-	05:15+	03:44+	07:11+	01:07+	05:09+	05:04+	04:51+	00:09+
00:44&	00:55&	00:16&	00:02+	03:56&	00:02-	00:34#	02:20@	03:24&	00:18&	04:17@	02:51@	04:23@	00:01#
17	Sverre Uhlving	105										1:09:14	
02:21+	07:05+	08:39+	09:23+	26:00+	27:09+	39:14+	43:39+	52:11+	53:35+	62:23+	66:40+	69:02+	69:14+
02:21+	04:44+	01:34+	00:44+	16:37+	01:09+	12:05+	04:25+	08:32+	01:24+	08:48+	04:17+	02:22+	00:12+
00:57&	02:01&	00:50@	00:17&	07:58&	00:29&	07:24@	03:01@	04:45@	00:35&	07:56@	02:04&	01:54@	00:04&
Beste strekktid for klassen													
01:24	02:43	00:44	00:25	08:30	00:38	04:41	01:13	03:47	00:49	00:47	02:13	00:28	00:08

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

Herrer 75 - 79 år

1	Finn Morten Årstad	115										32:31	
01:57=	05:38=	08:34=	16:58=	17:51=	25:14=	27:03=	28:01=	29:20=	31:42=	32:21=	32:31=		
01:57=	03:41=	02:56=	08:24=	00:53=	07:23=	01:49=	00:58=	01:19=	02:22=	00:39=	00:10=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Øyvind Egeskog	5										34:41	
01:58+	05:53+	08:35+	16:39-	17:28-	25:54+	27:46+	29:17+	30:29+	33:33+	34:31+	34:41+		
01:58+	03:55+	02:42-	08:04-	00:49-	08:26+	01:52+	01:31+	01:12-	03:04+	00:58+	00:10=		
00:01+	00:14+	00:14-	00:20-	00:04-	01:03#	00:03+	00:33&	00:07-	00:42&	00:19&	00:00=		
3	Hilmar Røthing	128										36:45	
02:01+	05:22-	12:35+	21:56+	22:37+	29:43+	31:24+	31:57+	33:03+	35:35+	36:36+	36:45+		
02:01+	03:21-	07:13+	09:21+	00:41-	07:06-	01:41-	00:33-	01:06-	02:32+	01:01+	00:09-		
00:04+	00:20-	04:17@	00:57#	00:12-	00:17-	00:08-	00:25-	00:13-	00:10+	00:22&	00:01-		
4	Knut Skjæveland	93										38:05	
02:03+	06:35+	09:39+	16:59+	17:56+	29:04+	31:22+	32:53+	33:55+	36:41+	37:53+	38:05+		
02:03+	04:32+	03:04+	07:20-	00:57+	11:08+	02:18+	01:31+	01:02-	02:46+	01:12+	00:12+		
00:06+	00:51#	00:08+	01:04-	00:04+	03:45&	00:29&	00:33&	00:17-	00:24#	00:33&	00:02#		
5	Svein Glendrange	68										41:02	
02:14+	05:56+	12:45+	23:22+	24:14+	32:09+	34:01+	35:38+	36:50+	39:35+	40:48+	41:02+		
02:14+	03:42+	06:49+	10:37+	00:52-	07:55+	01:52+	01:37+	01:12-	02:45+	01:13+	00:14+		
00:17#	00:01+	03:53@	02:13&	00:01-	00:32+	00:03+	00:39&	00:07-	00:23#	00:34&	00:04&		

Class	Navn	Klasse										Tid
6	Tormod Aaslid	54										41:15
03:13+	07:49+	10:41+	18:42+	19:39+	28:02+	29:58+	32:07+	36:17+	40:03+	41:02+	41:15+	
03:13+	04:36+	02:52-	08:01-	00:57+	08:23+	01:56+	02:09+	04:10+	03:46+	00:59+	00:13+	
01:16&	00:55#	00:04-	00:23-	00:04+	01:00#	00:07+	01:11@	02:51@	01:24&	00:20&	00:03&	
7	Geir Husdal	93										42:00
02:29+	06:27+	09:00+	21:26+	22:30+	31:13+	34:39+	36:05+	36:42+	38:02+	40:59+	41:51+	42:00+
02:29+	03:58+	02:33-	12:26+	01:04+	08:43+	03:26+	01:26+	00:37-	01:20-	02:57+	00:52+	00:09+
00:32&	00:17+	00:23-	04:02&	00:11#	01:20#	01:37&	00:28&	00:42-	01:02-	02:18@	00:42@	00:09+
8	Kjell Langvik	93										43:23
02:48+	08:07+	11:51+	21:20+	22:15+	34:33+	36:34+	37:32+	38:39+	41:33+	43:12+	43:23+	
02:48+	05:19+	03:44+	09:29+	00:55+	12:18+	02:01+	00:58=	01:07-	02:54+	01:39+	00:11+	
00:51&	01:38&	00:48&	01:05#	00:02+	04:55&	00:12#	00:00=	00:12-	00:32#	01:00@	00:01#	
9	Hermann Skogsholm	53										44:55
02:05+	06:13+	18:07+	27:11+	28:04+	35:40+	37:38+	38:19+	39:35+	43:29+	44:45+	44:55+	
02:05+	04:08+	11:54+	09:04+	00:53+	07:36+	01:58+	00:41-	01:16-	03:54+	01:16+	00:10=	
00:08+	00:27#	08:58@	00:40+	00:00=	00:13+	00:09+	00:17-	00:03-	01:32&	00:37&	00:00=	
10	Arvid Thorsen	5										50:15
02:04+	06:55+	24:27+	32:30+	33:23+	40:42+	44:09+	44:53+	46:26+	49:12+	50:02+	50:15+	
02:04+	04:51+	17:32+	08:03-	00:53=	07:19-	03:27+	00:44-	01:33+	02:46+	00:50+	00:13+	
00:07+	01:10&	14:36@	00:21-	00:00=	00:04-	01:38&	00:14-	00:14#	00:24#	00:11&	00:03&	
11	Mangor Eikeland	92										55:48
03:11+	08:57+	12:52+	25:39+	27:05+	39:57+	43:13+	45:29+	47:49+	53:05+	55:26+	55:48+	
03:11+	05:46+	03:55+	12:47+	01:26+	12:52+	03:16+	02:16+	02:20+	05:16+	02:21+	00:22+	
01:14&	02:05&	00:59&	04:23&	00:33&	05:29&	01:27&	01:18@	01:01&	02:54@	01:42@	00:12@	
12	Reidar Magne Liland	66										1:09:29
02:38+	07:54+	12:32+	44:56+	46:14+	59:01+	61:49+	63:08+	64:38+	68:12+	69:08+	69:29+	
02:38+	05:16+	04:38+	32:24+	01:18+	12:47+	02:48+	01:19+	01:30+	03:34+	00:56+	00:21+	
00:41&	01:35&	01:42&	24:00@	00:25&	05:24&	00:59&	00:21&	00:11#	01:12&	00:17&	00:11@	
13	Olav Hognestad	92										1:42:56
02:10+	06:40+	31:08+	40:53+	42:06+	53:30+	55:27+	56:34+	58:25+	101:35+	102:44+	102:56+	
02:10+	04:30+	24:28+	09:45+	01:13+	11:24+	01:57+	01:07+	01:51+	43:10+	01:09+	00:12+	
00:13#	00:49#	21:32@	01:21#	00:20&	04:01&	00:08+	00:09#	00:32&	40:48@	00:30&	00:02#	
Beste strekktid for klassen												
01:57	03:21	02:33	07:20	00:41	07:06	01:41	00:33	00:37	01:20	00:39	00:09	

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

Herrer 80 år og eldre

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

Class	Navn	Klasse												Tid	
6	Magne Westerheim	93												43:41	
01:05+	02:10+	05:30+	07:44+	12:18+	15:18+	26:15+	27:38+	28:37+	32:18+	36:15+	37:37+	40:29+	43:27+	43:41+	
01:05+	01:05-	03:20+	02:14+	04:34+	03:00+	10:57+	01:23+	00:59+	03:41+	03:57+	01:22+	02:52-	02:58+	00:14+	
00:03+	00:02-	00:06+	00:19#	03:04#	01:25#	02:08#	00:19#	00:09#	00:26#	01:37#	00:18#	00:01-	00:55#	00:03#	
7	Alf Gyland	92												43:44	
00:56-	01:45-	04:55-	07:10-	09:05+	10:36+	24:25+	25:51+	26:36+	29:58+	32:33+	33:29+	41:24+	43:31+	43:44+	
00:56-	00:49-	03:10-	02:15+	01:55+	01:31-	13:49+	01:26+	00:45-	03:22+	02:35+	00:56-	07:55+	02:07+	00:13+	
00:06-	00:18-	00:04-	00:20#	00:25#	00:04-	05:00#	00:22#	00:05-	00:07+	00:15#	00:08-	05:02#	00:04+	00:02#	
Beste strekktid for klassen															
00:56	00:49	03:06	01:46	01:30	01:31	08:21	01:04	00:40	03:10	02:20	00:56	02:52	02:03	00:11	

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

Herrer A

1	Marius Stene	27												50:01					
00:59=	03:30=	04:29=	12:46=	13:46=	20:54=	21:21=	21:53=	29:42=	30:19=	36:15=	37:34=	42:40=	44:54=	46:12=	46:40=	47:36=	49:28=	49:54=	50:01=
00:59=	02:31=	00:59=	08:17=	01:00=	07:08=	00:27=	00:32=	07:49=	00:37=	05:56=	01:19=	05:06=	02:14=	01:18=	00:28=	00:56=	01:52=	00:26=	00:07=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Håkon Eggebø	71												52:38					
00:57-	03:31+	04:29=	13:03+	14:05+	21:18+	21:43+	22:11+	31:30+	32:12+	38:36+	40:02+	45:41+	47:37+	48:40+	49:07+	49:55+	51:44+	52:29+	52:38+
00:57-	02:34+	00:58-	08:34+	01:02+	07:13+	00:25-	00:28-	09:19+	00:42+	06:24+	01:26+	05:39+	01:56-	01:03-	00:27-	00:48-	01:49-	00:45+	00:09+
00:02-	00:03+	00:01-	00:17+	00:02+	00:05+	00:02-	00:04-	01:30#	00:05#	00:28+	00:07+	00:33#	00:18-	00:15-	00:01-	00:08-	00:03-	00:19#	00:02#
3	Svein Kyllingstad	71												54:24					
00:53-	03:34+	04:26-	13:17+	14:27+	21:46+	22:25+	22:51+	31:37+	32:29+	39:05+	40:48+	45:25+	49:12+	50:16+	50:49+	51:41+	53:41+	54:15+	54:24+
00:53-	02:41+	00:52-	08:51+	01:10+	07:19+	00:39+	00:26-	08:46+	00:52+	06:36+	01:43+	04:37-	03:47+	01:04-	00:33+	00:52-	02:00+	00:34+	00:09+
00:06-	00:10+	00:07-	00:34+	00:10#	00:11+	00:12#	00:06-	00:57#	00:15#	00:40#	00:24#	00:29-	01:33#	00:14-	00:05#	00:04-	00:08+	00:08#	00:02#
Beste strekktid for klassen																			
00:53	02:31	00:52	08:17	01:00	07:08	00:25	00:26	07:49	00:37	05:56	01:19	04:37	01:56	01:03	00:27	00:48	01:49	00:26	00:07

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

Herrer B

1	Stein Arne Olsen	68												45:34					
00:57=	03:22=	04:20=	12:28=	13:49=	19:41=	20:05=	20:28=	28:04=	28:44=	33:58=	34:58=	39:38=	41:08=	42:05=	42:32=	43:20=	44:55=	45:26=	45:34=
00:57=	02:25=	00:58=	08:08=	01:21=	05:52=	00:24=	00:23=	07:36=	00:40=	05:14=	01:00=	04:40=	01:30=	00:57=	00:27=	00:48=	01:35=	00:31=	00:08=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Geir Sand	105												46:48					
00:57=	03:12-	04:07-	12:01-	12:57-	18:48-	19:15-	19:39-	26:49-	27:23-	32:22-	33:42-	40:07+	42:14+	43:08+	43:33+	44:25+	45:55+	46:41+	46:48+
00:57=	02:15-	00:55-	07:54-	00:56-	05:51-	00:27+	00:24+	07:10-	00:34-	04:59-	01:20+	06:25+	02:07+	00:54-	00:25-	00:52+	01:30-	00:46+	00:07-
00:00=	00:10-	00:03-	00:14-	00:25-	00:01-	00:03#	00:01+	00:26-	00:06-	00:15-	00:20#	01:45#	00:37#	00:03-	00:02-	00:04+	00:05-	00:15#	00:01-
3	Magnus Landstad	66												47:03					
00:56-	03:17-	04:02-	12:19-	13:17-	19:23-	19:50-	20:09-	28:21+	28:57+	34:11+	35:25+	40:50+	42:18+	43:27+	43:53+	44:42+	46:28+	46:55+	47:03+
00:56-	02:21-	00:45-	08:17+	00:58-	06:06+	00:27+	00:19-	08:12+	00:36-	05:14=	01:14+	05:25+	01:28-	01:09+	00:26-	00:49+	01:46+	00:27-	00:08=
00:01-	00:04-	00:13-	00:09+	00:23-	00:14+	00:03#	00:04-	00:36+	00:04-	00:00=	00:14#	00:45#	00:02-	00:12#	00:01-	00:01+	00:11#	00:04-	00:00=
4	Tom Furland	62												47:44					
00:59+	03:30+	04:18-	13:10+	14:12+	20:32+	20:58+	21:28+	29:48+	30:31+	36:02+	37:05+	41:37+	43:14+	44:10+	44:38+	45:23+	47:02+	47:34+	47:44+
00:59+	02:31+	00:48-	08:52+	01:02-	06:20+	00:26+	00:30+	08:20+	00:43+	05:31+	01:03+	04:32-	01:37+	00:56-	00:28+	00:45-	01:39+	00:32+	00:10+
00:02+	00:06+	00:10-	00:44+	00:19-	00:28+	00:02+	00:07#	00:44+	00:03+	00:17+	00:03+	00:08-	00:07+	00:01-	00:01+	00:03-	00:04+	00:01+	00:02#
5	Aart Joakim in't Veld	93												48:16					
00:54-	03:11-	03:56-	11:39-	12:33-	18:18-	18:45-	19:07-	26:44-	27:23-	32:27-	35:49+	41:11+	43:45+	44:35+	45:01+	45:50+	47:21+	48:07+	48:16+
00:54-	02:17-	00:45-	07:43-	00:54-	05:45-	00:27+	00:22-	07:37+	00:39-	05:04-	03:22+	05:22+	02:34+	00:50-	00:26-	00:49+	01:31-	00:46+	00:09+
00:03-	00:08-	00:13-	00:25-	00:27-	00:07-	00:03#	00:01-	00:01+	00:01-	00:10-	02:22#	00:42#	01:04#	00:07-	00:01-	00:01+	00:04-	00:15#	00:01#
6	Oddgeir Eikeskog	93												50:17					
00:58+	03:22=	04:12-	13:42+	14:45+	20:49+	21:24+	21:53+	29:49+	30:30+	36:09+	37:30+	43:29+	45:23+	46:29+	46:56+	47:47+	49:32+	50:08+	50:17+
00:58+	02:24-	00:50-	09:30+	01:03-	06:04+	00:35+	00:29+	07:56+	00:41+	05:39+	01:21+	05:59+	01:54+	01:06+	00:27=	00:51+	01:45+	00:36+	00:09+
00:01+	00:01-	00:08-	01:22#	00:18-	00:12+	00:11#	00:06#	00:20+	00:01+	00:25+	00:21#	01:19#	00:24#	00:09#	00:00=	00:03+	00:10#	00:05#	00:01#

Class	Navn	Klasse	Tid																
7	Per Olav Haarr	62	53:07																
01:51+	04:22+	05:16+	13:55+	21:29+	21:54+	22:20+	30:21+	31:03+	36:28+	37:38+	42:46+	46:26+	48:53+	49:33+	50:27+	52:17+	52:59+	53:07+	
01:51+	02:31+	00:54-	08:39+	01:02-	06:32+	00:25+	00:26+	08:01+	00:42+	05:25+	01:10+	05:08+	03:40+	02:27+	00:40+	00:54+	01:50+	00:42+	00:08=
00:54&	00:06+	00:04-	00:31+	00:19-	00:40#	00:01+	00:03#	00:25+	00:02+	00:11+	00:10#	00:28#	02:10#	01:30#	00:13&	00:06#	00:15#	00:11&	00:00=
8	Joar Eilevstjønn	67	54:00																
00:54-	03:11-	03:58-	18:01+	19:20+	25:37+	26:03+	26:27+	34:22+	35:02+	40:19+	41:48+	47:01+	49:08+	50:18+	50:45+	51:41+	53:21+	53:53+	54:00+
00:54-	02:17-	00:47-	14:03+	01:19-	06:17+	00:26+	00:24+	07:55+	00:40=	05:17+	01:29+	05:13+	02:07+	01:10+	00:27=	00:56+	01:40+	00:32+	00:07-
00:03-	00:08-	00:11-	05:55&	00:02-	00:25+	00:02+	00:01+	00:19+	00:00=	00:03+	00:29&	00:33#	00:37&	00:13#	00:00=	00:08#	00:05+	00:01+	00:01-
9	Bård Skogsholm	194	54:53																
01:00+	04:30+	05:18+	14:00+	15:17+	23:31+	24:09+	24:36+	33:29+	34:09+	39:55+	41:19+	47:15+	49:15+	50:20+	50:54+	51:50+	53:58+	54:44+	54:53+
01:00+	03:30+	00:48-	08:42+	01:17-	08:14+	00:38+	00:27+	08:53+	00:40=	05:46+	01:24+	05:56+	02:00+	01:05+	00:34+	00:56+	02:08+	00:46+	00:09+
00:03+	01:05&	00:10-	00:34+	00:04-	02:22&	00:14&	00:04#	01:17#	00:00=	00:32#	00:24&	01:16&	00:30&	00:08#	00:07&	00:08#	00:33&	00:15&	00:01#
10	Jørgen Breivold	54	55:36																
01:04+	04:00+	04:54+	14:29+	15:35+	23:24+	24:13+	24:44+	34:07+	34:49+	40:57+	42:29+	48:02+	49:56+	51:00+	51:42+	52:46+	54:41+	55:26+	55:36+
01:04+	02:56+	00:54-	09:35+	01:06-	07:49+	00:49+	00:31+	09:23+	00:42+	06:08+	01:32+	05:33+	01:54+	01:04+	00:42+	01:04+	01:55+	00:45+	00:10+
00:07#	00:31#	00:04-	01:27#	00:15-	01:57&	00:25#	00:08&	01:47#	00:02+	00:54#	00:32&	00:53#	00:24&	00:07#	00:15&	00:16&	00:20#	00:14&	00:02#
11	Trond Sigurd Fotland	66	56:36																
00:58+	03:24+	04:28+	14:37+	15:38+	24:09+	24:38+	25:03+	33:12+	33:53+	40:41+	42:03+	49:02+	50:46+	51:41+	52:15+	53:11+	55:45+	56:29+	56:36+
00:58+	02:26+	01:04+	10:09+	01:01-	08:31+	00:29+	00:25+	08:09+	00:41+	06:48+	01:22+	06:59+	01:44+	00:55-	00:34+	00:56+	02:34+	00:44+	00:07-
00:01+	00:01+	00:06#	02:01#	00:20-	02:39&	00:05#	00:02+	00:33+	00:01+	01:34&	00:22&	02:19&	00:14#	00:02-	00:07&	00:08#	00:59&	00:13&	00:01-
Beste strekktid for klassen																			
00:54	02:15	00:45	07:43	00:54	05:45	00:24	00:19	07:10	00:34	04:59	01:00	04:32	01:28	00:50	00:25	00:45	01:30	00:27	00:07

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

Herrer C

1	Henning Sundby	114	38:04																		
01:19=	03:33=	04:07=	11:53=	12:49=	18:51=	19:17=	19:43=	21:17=	24:41=	25:30=	26:25=	30:51=	32:11=	32:51=	33:31=	34:00=	34:50=	35:14=	37:11=	37:56=	38:04=
01:19=	02:14=	00:34=	07:46=	00:56=	06:02=	00:26=	00:26=	01:34=	03:24=	00:49=	00:55=	04:26=	01:20=	00:40=	00:40=	00:29=	00:50=	00:24=	01:57=	00:45=	00:08=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Jan Einar Øvremo	50	39:53																		
01:23+	03:46+	04:19+	12:52+	13:57+	20:04+	20:32+	20:54+	22:27+	26:17+	27:05+	28:08+	33:15+	34:18+	35:04+	35:30+	36:18+	37:10+	37:34+	39:17+	39:46+	39:53+
01:23+	02:23+	00:33-	08:33+	01:05+	06:07+	00:28+	00:22-	01:33-	03:50+	00:48-	01:03+	05:07+	01:03-	00:46+	00:26-	00:48+	00:52+	00:24=	01:43-	00:29-	00:07-
00:04+	00:09+	00:01-	00:47#	00:09#	00:05+	00:02+	00:04-	00:01-	00:26#	00:01-	00:08#	00:41#	00:17-	00:06#	00:14-	00:19&	00:02+	00:00=	00:14-	00:16-	00:01-
3	Lars Drage	230	40:09																		
01:16-	03:22-	03:51-	11:23-	12:47-	18:43-	19:07-	19:30-	21:08-	24:55+	25:37+	26:47+	31:10+	33:09+	33:51+	34:11+	34:39+	36:42+	37:08+	39:18+	40:01+	40:09+
01:16-	02:06-	00:29-	07:32-	01:24+	05:56-	00:24-	00:23-	01:38+	03:47+	00:42-	01:10+	04:23-	01:59+	00:42+	00:20-	00:28-	02:03+	00:26+	02:10+	00:43-	00:08=
00:03-	00:08-	00:05-	00:14-	00:28&	00:06-	00:02-	00:03-	00:04+	00:23#	00:07-	00:15&	00:03-	00:39&	00:02+	00:20-	00:01-	01:13#	00:02+	00:13#	00:02-	00:00=
4	Kjetil Wirak	114	40:54																		
01:19=	03:37+	04:12+	12:27+	13:28+	21:08+	21:34+	21:56+	23:34+	26:52+	27:39+	28:45+	33:55+	35:08+	35:48+	36:25+	36:54+	37:59+	38:19+	39:57+	40:46+	40:54+
01:19=	02:18+	00:35+	08:15+	01:01+	07:40+	00:26=	00:22-	01:38+	03:18-	00:47-	01:06+	05:10+	01:13-	00:40=	00:37-	00:29=	01:05+	00:20-	01:38-	00:49+	00:08=
00:00=	00:04+	00:01+	00:29+	00:05+	01:38&	00:00=	00:04-	00:04+	00:06-	00:02-	00:11#	00:44#	00:07-	00:00=	00:03-	00:00=	00:15&	00:04-	00:19-	00:04+	00:00=
5	Oddmund Nordgård	105	42:53																		
01:28+	04:04+	04:48+	13:48+	14:54+	21:08+	21:39+	22:07+	23:47+	27:41+	28:56+	30:09+	35:03+	36:08+	36:57+	37:46+	38:21+	39:27+	40:00+	42:07+	42:44+	42:53+
01:28+	02:36+	00:44+	09:00+	01:06+	06:14+	00:31+	00:28+	01:40+	03:54+	01:15+	01:13+	04:54+	01:05-	00:49+	00:49+	00:35+	01:06+	00:33+	02:07+	00:37-	00:09+
00:09#	00:22#	00:10&	01:14#	00:10#	00:12+	00:05#	00:02+	00:06+	00:30#	00:26&	00:18&	00:28#	00:15-	00:09#	00:09#	00:06#	00:16&	00:09&	00:10+	00:08-	00:01#
6	Leif Kjetil Hinna Gausel	116	43:53																		
01:39+	04:00+	04:38+	13:07+	14:08+	20:48+	21:20+	21:47+	23:27+	27:00+	27:54+	31:28+	36:48+	37:57+	38:46+	39:13+	39:49+	40:44+	41:07+	42:49+	43:42+	43:53+
01:39+	02:21+	00:38+	08:29+	01:01+	06:40+	00:32+	00:27+	01:40+	03:33+	00:54+	03:34+	05:20+	01:09-	00:49+	00:27-	00:36+	00:55+	00:23-	01:42-	00:53+	00:11+
00:20&	00:07+	00:04#	00:43+	00:05+	00:38#	00:06#	00:01+	00:06+	00:09+	00:05#	02:39#	00:54#	00:11-	00:09#	00:13-	00:07#	00:05#	00:01-	00:15-	00:08#	00:03&
7	Svein Oddvar Netland	116	45:55																		
01:22+	03:55+	04:26+	13:33+	14:50+	22:57+	23:30+	23:57+	25:48+	30:06+	30:58+	32:17+	37:48+	39:20+	40:12+	40:48+	41:30+	42:36+	43:15+	45:17+	45:47+	45:55+
01:22+	02:33+	00:31-	09:07+	01:17+	08:07+	00:33+	00:27+	01:51+	04:18+	00:52+	01:19+	05:31+	01:32+	00:52+	00:36-	00:42+	01:06+	00:39+	02:02+	00:30-	00:08=
00:03+	00:19#	00:03-	01:21#	00:21&	02:05&	00:07&	00:01+	00:17#	00:54&	00:03+	00:24&	01:05#	00:12#	00:12&	00:04-	00:13&	00:16&	00:15&	00:05+	00:15-	00:00=
8	Bertrand Denieul	42	46:11																		
01:42+	04:03+	04:41+	13:31+	15:03+	22:05+	22:34+	23:01+	24:44+	30:48+	31:43+	32:52+	37:53+	39:49+	40:35+	41:00+	41:33+	42:43+	43:08+	45:24+	46:02+	46:11+
01:42+	02:21+	00:38+	08:50+	01:32+	07:02+	00:29+	00:27+	01:43+	06:04+	00:55+	01:09+	05:01+	01:56+	00:46+	00:25-	00:33+	01:10+	00:25+	02:16+	00:38-	00:09+
00:23&	00:07+	00:04#	01:04#	00:36&	01:00#	00:03#	00:01+	00:09+	02:40&	00:06#	00:14&	00:35#	00:36&	00:06#	00:15-	00:04#	00:20&	00:01+	00:19#	00:07-	00:01#

Class	Navn	Klasse														Tid									
9	Nils John Vestøl	83														46:19									
	01:18- 03:35+ 04:07= 12:43+ 13:47+ 20:36+ 21:10+ 21:45+ 23:44+ 28:12+ 29:15+ 30:49+ 36:34+ 37:46+ 38:27+ 38:58+ 42:26+ 43:07+ 43:34+ 45:17+ 46:11+ 46:19+																								
	01:18- 02:17+ 00:32- 08:36+ 01:04+ 06:49+ 00:34+ 00:35+ 01:59+ 04:28+ 01:03+ 01:34+ 05:45+ 01:12- 00:41+ 00:31- 03:28+ 00:41- 00:27+ 01:43- 00:54+ 00:08=																								
	00:01- 00:03+ 00:02- 00:50# 00:08# 00:47# 00:08& 00:09& 00:25& 01:04& 00:14& 00:39& 01:19& 00:08- 00:01+ 00:09- 02:59@ 00:09- 00:03# 00:14- 00:09# 00:00=																								
10	Paul Terje Haarr	62														48:46									
	01:29+ 04:11+ 04:48+ 14:31+ 15:38+ 24:48+ 26:02+ 26:35+ 28:23+ 32:56+ 33:54+ 35:04+ 41:11+ 42:25+ 43:07+ 43:57+ 44:29+ 45:36+ 46:02+ 48:04+ 48:37+ 48:46+																								
	01:29+ 02:42+ 00:37+ 09:43+ 01:07+ 09:10+ 01:14+ 00:33+ 01:48+ 04:33+ 00:58+ 01:10+ 06:07+ 01:14- 00:42+ 00:50+ 00:32+ 01:07+ 00:26+ 02:02+ 00:33- 00:09+																								
	00:10# 00:28# 00:03+ 01:57& 00:11# 03:08& 00:48@ 00:07& 00:14# 01:09& 00:09# 00:15& 01:41& 00:06- 00:02+ 00:10# 00:03# 00:17& 00:02+ 00:05+ 00:12- 00:01#																								
11	Geir Frøyttlog	29														49:23									
	01:29+ 04:18+ 04:56+ 14:26+ 15:39+ 24:11+ 24:42+ 25:19+ 27:07+ 31:39+ 32:32+ 34:00+ 40:41+ 42:58+ 43:47+ 44:16+ 44:47+ 45:48+ 46:15+ 48:42+ 49:14+ 49:23+																								
	01:29+ 02:49+ 00:38+ 09:30+ 01:13+ 08:32+ 00:31+ 00:37+ 01:48+ 04:32+ 00:53+ 01:28+ 06:41+ 02:17+ 00:49+ 00:29- 00:31+ 01:01+ 00:27+ 02:27+ 00:32- 00:09+																								
	00:10# 00:35& 00:04# 01:44# 00:17& 02:30& 00:05# 00:11& 00:14# 01:08& 00:04+ 00:33& 02:15& 00:57& 00:09# 00:11- 00:02+ 00:11# 00:03# 00:30& 00:13- 00:01#																								
12	Erling Mauland	83														50:23									
	01:39+ 04:26+ 05:07+ 15:38+ 16:43+ 25:02+ 25:38+ 26:14+ 28:15+ 32:54+ 33:53+ 35:08+ 42:22+ 43:46+ 44:31+ 45:01+ 45:31+ 46:50+ 47:27+ 49:31+ 50:13+ 50:23+																								
	01:39+ 02:47+ 00:41+ 10:31+ 01:05+ 08:19+ 00:36+ 00:36+ 02:01+ 04:39+ 00:59+ 01:15+ 07:14+ 01:24+ 00:45+ 00:30- 00:30+ 01:19+ 00:37+ 02:04+ 00:42- 00:10+																								
	00:20& 00:33# 00:07# 02:45& 00:09# 02:17& 00:10& 00:10& 00:27& 01:15& 00:10# 00:20& 02:48& 00:04+ 00:05# 00:10- 00:01+ 00:29& 00:13& 00:07+ 00:03- 00:02#																								
13	Pål H. Gjerden	116														50:50									
	01:25+ 03:56+ 04:38+ 14:51+ 15:52+ 23:42+ 25:03+ 25:51+ 27:58+ 32:41+ 33:36+ 35:33+ 42:15+ 43:46+ 44:44+ 45:24+ 46:05+ 47:26+ 47:56+ 50:07+ 50:40+ 50:50+																								
	01:25+ 02:31+ 00:42+ 10:13+ 01:01+ 07:50+ 01:21+ 00:48+ 02:07+ 04:43+ 00:55+ 01:57+ 06:42+ 01:31+ 00:58+ 00:40= 00:41+ 01:21+ 00:30+ 02:11+ 00:33- 00:10+																								
	00:06+ 00:17# 00:08# 02:27& 00:05+ 01:48& 00:55@ 00:22& 00:33& 01:19& 00:06# 01:02@ 02:16& 00:11# 00:18& 00:00= 00:12& 00:31& 00:06# 00:14# 00:12- 00:02#																								
14	Øivind Berggraf	116														51:34									
	01:29+ 04:20+ 04:55+ 15:02+ 16:06+ 25:28+ 26:02+ 26:33+ 28:29+ 34:42+ 35:46+ 37:04+ 43:16+ 44:34+ 45:30+ 46:00+ 46:43+ 47:55+ 48:24+ 50:33+ 51:23+ 51:34+																								
	01:29+ 02:51+ 00:35+ 10:07+ 01:04+ 09:22+ 00:34+ 00:31+ 01:56+ 06:13+ 01:04+ 01:18+ 06:12+ 01:18- 00:56+ 00:30- 00:43+ 01:12+ 00:29+ 02:09+ 00:50+ 00:11+																								
	00:10# 00:37& 00:01+ 02:21& 00:08# 03:20& 00:08& 00:05# 00:22# 02:49& 00:15& 00:23& 01:46& 00:02- 00:16& 00:10- 00:14& 00:22& 00:05# 00:12# 00:05# 00:03&																								
15	Ove Oaland	116														1:05:03									
	01:56+ 05:21+ 07:56+ 20:56+ 22:41+ 35:25+ 36:03+ 36:43+ 38:53+ 44:55+ 45:56+ 47:14+ 54:42+ 57:07+ 58:04+ 58:46+ 59:26+ 60:44+ 61:22+ 64:02+ 64:53+ 65:03+																								
	01:56+ 03:25+ 02:35+ 13:00+ 01:45+ 12:44+ 00:38+ 00:40+ 02:10+ 06:02+ 01:01+ 01:18+ 07:28+ 02:25+ 00:57+ 00:42+ 00:40+ 01:18+ 00:38+ 02:40+ 00:51+ 00:10+																								
	00:37& 01:11& 02:01@ 05:14& 00:49& 06:42@ 00:12& 00:14& 00:36& 02:38& 00:12# 00:23& 03:02& 01:05& 00:17& 00:02+ 00:11& 00:28& 00:14& 00:43& 00:06# 00:02#																								
Beste strekktid for klassen		01:16 02:06 00:29 07:32 00:56 05:56 00:24 00:22 01:33 03:18 00:42 00:55 04:23 01:03 00:40 00:20 00:28 00:41 00:20 01:38 00:29 00:07																							

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

Herrer Ny

1	Vegard Solheim	136														14:23									
	00:55= 02:32= 03:29= 04:16= 04:41= 05:46= 07:10= 09:06= 10:31= 12:55= 13:57= 14:23=																								
	00:55= 01:37= 00:57= 00:47= 00:25= 01:05= 01:24= 01:56= 01:25= 02:24= 01:02= 00:26=																								
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=																								
2	Elga F. Silaban	136														24:47									
	01:01+ 02:51+ 04:16+ 05:25+ 05:59+ 07:36+ 09:08+ 10:58+ 19:03+ 22:47+ 24:34+ 24:47+																								
	01:01+ 01:50+ 01:25+ 01:09+ 00:34+ 01:37+ 01:32+ 01:50- 08:05+ 03:44+ 01:47+ 00:13-																								
	00:06# 00:13# 00:28& 00:22& 00:09& 00:32& 00:08+ 00:06- 06:40@ 01:20& 00:45& 00:13-																								
3	Nikolai Korunzhiy	386														28:30									
	01:27+ 04:05+ 06:27+ 08:28+ 09:55+ 12:54+ 15:13+ 18:59+ 21:19+ 26:42+ 28:15+ 28:30+																								
	01:27+ 02:38+ 02:22+ 02:01+ 01:27+ 02:59+ 02:19+ 03:46+ 02:20+ 05:23+ 01:33+ 00:15-																								
	00:32& 01:01& 01:25@ 01:14@ 01:02@ 01:54@ 00:55& 01:50& 00:55& 02:59@ 00:31& 00:11-																								
Beste strekktid for klassen		00:55 01:37 00:57 00:47 00:25 01:05 01:24 01:50 01:25 02:24 01:02 00:13																							

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

Herrer Trim

1	Eivind Gjesteland	136														20:23									
	00:42= 01:10= 02:58= 04:00= 05:04= 06:10= 10:49= 11:38= 12:16= 14:10= 15:43= 16:15= 17:48= 20:14= 20:23=																								
	00:42= 00:28= 01:48= 01:02= 01:04= 01:06= 04:39= 00:49= 00:38= 01:54= 01:33= 00:32= 01:33= 02:26= 00:09=																								
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=																								

Class	Navn	Klasse											Tid		
2	Per-Olof Wallerstedt	18											21:45		
00:44+	01:13+	03:14+	04:37+	05:41+	06:45+	12:23+	13:15+	13:54+	16:04+	17:43+	18:22+	20:01+	21:33+	21:45+	
00:44+	00:29+	02:01+	01:23+	01:04=	01:04-	05:38+	00:52+	00:39+	02:10+	01:39+	00:39+	01:39+	01:32-	00:12+	
00:02+	00:01+	00:13#	00:21&	00:00=	00:02-	00:59#	00:03+	00:01+	00:16#	00:06+	00:07#	00:06+	00:54-	00:03&	
3	Truls Kolnes	392											22:07		
00:49+	01:21+	03:17+	04:31+	05:42+	06:49+	11:57+	13:18+	14:42+	16:28+	17:48+	18:21+	20:02+	21:06+	21:57+	22:07+
00:49+	00:32+	01:56+	01:14+	01:11+	01:07+	05:08+	01:21+	01:24+	01:46-	01:20-	00:33+	01:41+	01:04-	00:51+	00:10+
00:07#	00:04#	00:08+	00:12#	00:07#	00:01+	00:29#	00:32&	00:46@	00:08-	00:13-	00:01+	00:08+	01:22-	00:42@	00:10+
4	Viktor Klippen	5											22:09		
00:42=	01:22+	03:13+	04:19+	05:53+	07:40+	13:17+	14:09+	14:43+	16:40+	17:59+	18:32+	20:46+	21:56+	22:09+	
00:42=	00:40+	01:51+	01:06+	01:34+	01:47+	05:37+	00:52+	00:34-	01:57+	01:19-	00:33+	02:14+	01:10-	00:13+	
00:00=	00:12&	00:03+	00:04+	00:30&	00:41&	00:58#	00:03+	00:04-	00:03+	00:14-	00:01+	00:41&	01:16-	00:04&	
5	Bjørn Tangvald	115											23:03		
00:51+	01:20+	03:22+	04:35+	05:59+	08:03+	12:43+	13:42+	15:33+	17:28+	19:04+	19:47+	21:35+	22:52+	23:03+	
00:51+	00:29+	02:02+	01:13+	01:24+	02:04+	04:40+	00:59+	01:51+	01:55+	01:36+	00:43+	01:48+	01:17-	00:11+	
00:09#	00:01+	00:14#	00:11#	00:20&	00:11#	00:01+	00:10#	01:13@	00:01+	00:03+	00:11&	00:15#	01:09-	00:02#	
6	Eivind Leschbrandt Hustvedt	117											24:14		
00:48+	02:18+	04:08+	05:26+	06:46+	07:51+	14:20+	15:06+	16:18+	18:29+	20:34+	21:07+	22:45+	24:01+	24:14+	
00:48+	01:30+	01:50+	01:18+	01:20+	01:05-	06:29+	00:46-	01:12+	02:11+	02:05+	00:33+	01:38+	01:16-	00:13+	
00:06#	01:02@	00:02+	00:16&	00:16#	00:01-	01:50&	00:03-	00:34&	00:17#	00:32&	00:01+	00:05+	01:10-	00:04&	
7	Alexander Khorunzhiy	287											24:46		
00:53+	01:24+	03:30+	04:47+	05:50+	07:07+	13:39+	14:29+	15:04+	18:55+	21:11+	21:54+	23:31+	24:37+	24:46+	
00:53+	00:31+	02:06+	01:17+	01:03-	01:17+	06:32+	00:50+	00:35-	03:51+	02:16+	00:43+	01:37+	01:06-	00:09=	
00:11&	00:03#	00:18#	00:15#	00:01-	00:11#	01:53&	00:01+	00:03-	01:57@	00:43&	00:11&	00:04+	01:20-	00:00=	
8	Roger Nyseth	92											25:15		
00:49+	01:23+	03:57+	05:31+	06:40+	07:54+	14:39+	15:44+	16:24+	18:50+	20:58+	21:49+	23:44+	25:02+	25:15+	
00:49+	00:34+	02:34+	01:34+	01:09+	01:14+	06:45+	01:05+	00:40+	02:26+	02:08+	00:51+	01:55+	01:18-	00:13+	
00:07#	00:06#	00:46&	00:32&	00:05+	00:08#	02:06&	00:16&	00:02+	00:32&	00:35&	00:19&	00:22#	01:08-	00:04&	
9	Jan Erik Syvertsen	51											25:18		
00:46+	01:22+	03:31+	04:52+	06:36+	07:46+	14:27+	15:31+	16:09+	17:57+	20:05+	20:42+	23:33+	25:07+	25:18+	
00:46+	00:36+	02:09+	01:21+	01:44+	01:10+	06:41+	01:04+	00:38=	01:48-	02:08+	00:37+	02:51+	01:34-	00:11+	
00:04+	00:08&	00:21#	00:19&	00:40&	00:04+	02:02&	00:15&	00:00=	00:06-	00:35&	00:05#	01:18&	00:52-	00:02#	
9	Marius Bergstøl Hvidsten	372											25:18		
00:49+	01:24+	03:28+	04:53+	06:03+	07:09+	12:54+	14:00+	15:55+	17:59+	19:38+	20:32+	22:43+	25:09+	25:18+	
00:49+	00:35+	02:04+	01:25+	01:10+	01:06=	05:45+	01:06+	01:55+	02:04+	01:39+	00:54+	02:11+	02:26=	00:09=	
00:07#	00:07#	00:16#	00:23&	00:06+	00:00=	01:06#	00:17&	01:17@	00:10+	00:06+	00:22&	00:38&	00:00=	00:00=	
11	Jerome Renoult	63											25:19		
00:48+	01:30+	04:43+	06:11+	07:15+	08:24+	14:50+	15:51+	16:37+	19:05+	21:07+	21:51+	23:42+	25:08+	25:19+	
00:48+	00:42+	03:13+	01:28+	01:04=	01:09+	06:26+	01:01+	00:46+	02:28+	02:02+	00:44+	01:51+	01:26-	00:11+	
00:06#	00:14&	01:25&	00:26&	00:00=	00:03+	01:47&	00:12#	00:08#	00:34&	00:29&	00:12&	00:18#	01:00-	00:02#	
12	Stig Erlend Ollestad	51											25:23		
00:37-	01:42+	03:36+	04:46+	05:42+	06:53+	14:27+	17:41+	18:14+	20:22+	21:55+	22:32+	24:04+	25:16+	25:23+	
00:37-	01:05+	01:54+	01:10+	00:56-	01:11+	07:34+	03:14+	00:33-	02:08+	01:33=	00:37+	01:32-	01:12-	00:07-	
00:05-	00:37@	00:06+	00:08#	00:08-	00:05+	02:55&	02:25@	00:05-	00:14#	00:00=	00:05#	00:01-	01:14-	00:02-	
13	Sjur Bjerke	401											25:38		
00:46+	01:18+	04:23+	05:32+	06:40+	08:02+	14:33+	15:24+	16:11+	19:17+	21:17+	21:58+	23:53+	25:26+	25:38+	
00:46+	00:32+	03:05+	01:09+	01:08+	01:22+	06:31+	00:51+	00:47+	03:06+	02:00+	00:41+	01:55+	01:33-	00:12+	
00:04+	00:04#	01:17&	00:07#	00:04+	00:16#	01:52&	00:02+	00:09#	01:12&	00:27&	00:09&	00:22#	00:53-	00:03&	
14	Lars Salvesen	50											25:59		
00:46+	01:22+	04:17+	05:48+	07:00+	08:11+	14:29+	15:32+	16:14+	18:47+	21:25+	22:12+	24:19+	25:48+	25:59+	
00:46+	00:36+	02:55+	01:31+	01:12+	01:11+	06:18+	01:03+	00:42+	02:33+	02:38+	00:47+	02:07+	01:29-	00:11+	
00:04+	00:08&	01:07&	00:29&	00:08#	00:05+	01:39&	00:14&	00:04#	00:39&	01:05&	00:15&	00:34&	00:57-	00:02#	
15	Svein Erik Bjørnsen	91											26:29		
00:45+	02:31+	04:47+	06:06+	07:16+	08:26+	15:47+	16:49+	17:21+	19:37+	21:29+	22:16+	24:13+	26:20+	26:29+	
00:45+	01:46+	02:16+	01:19+	01:10+	01:10+	07:21+	01:02+	00:32-	02:16+	01:52+	00:47+	01:57+	02:07-	00:09=	
00:03+	01:18@	00:28&	00:17&	00:06+	00:04+	02:42&	00:13&	00:06-	00:22#	00:19#	00:15&	00:24&	00:19-	00:00=	
16	Arild Svihus	92											27:11		
01:30+	02:04+	04:32+	05:50+	07:42+	08:58+	15:03+	16:11+	17:04+	19:50+	21:46+	23:36+	25:36+	27:02+	27:11+	
01:30+	00:34+	02:28+	01:18+	01:52+	01:16+	06:05+	01:08+	00:53+	02:46+	01:56+	01:50+	02:00+	01:26-	00:09=	
00:48@	00:06#	00:40&	00:16&	00:48&	00:10#	01:26&	00:19&	00:15&	00:52&	00:23#	01:18@	00:27&	01:00-	00:00=	

Class	Navn	Klasse										Tid		
17	Ivar Aalbu	29										27:18		
00:48+	01:26+	04:00+	05:35+	06:54+	08:15+	15:56+	16:58+	17:40+	20:32+	22:28+	23:24+	25:33+	27:08+	27:18+
00:48+	00:38+	02:34+	01:35+	01:19+	01:21+	07:41+	01:02+	00:42+	02:52+	01:56+	00:56+	02:09+	01:35-	00:10+
00:06#	00:10&	00:46&	00:33&	00:15#	00:15#	03:02&	00:13&	00:04#	00:58&	00:23#	00:24&	00:36&	00:51-	00:01#
18	Jan Henrik Neuenkirchen	117										28:03		
00:50+	01:29+	03:53+	05:29+	06:57+	08:05+	14:58+	16:07+	16:50+	20:50+	23:05+	23:58+	26:01+	27:53+	28:03+
00:50+	00:39+	02:24+	01:36+	01:28+	01:08+	06:53+	01:09+	00:43+	04:00+	02:15+	00:53+	02:03+	01:52-	00:10+
00:08#	00:11&	00:36&	00:34&	00:24&	00:02+	02:14&	00:20&	00:05#	02:06&	00:42&	00:21&	00:30&	00:34-	00:01#
19	Thomas Romstad	116										28:23		
00:54+	01:39+	04:47+	06:31+	08:06+	09:21+	17:25+	18:23+	19:10+	21:18+	23:32+	24:15+	26:43+	28:11+	28:23+
00:54+	00:45+	03:08+	01:44+	01:35+	01:15+	08:04+	00:58+	00:47+	02:08+	02:14+	00:43+	02:28+	01:28-	00:12+
00:12&	00:17&	01:20&	00:42&	00:31&	00:09#	03:25&	00:09#	00:09#	00:14#	00:41&	00:11&	00:55&	00:58-	00:03&
20	Tom Kåre Versland	105										30:03		
00:48+	04:52+	06:49+	08:39+	11:49+	12:55+	18:49+	19:52+	20:34+	23:05+	24:48+	25:37+	28:03+	29:53+	30:03+
00:48+	04:04+	01:57+	01:50+	03:10+	01:06=	05:54+	01:03+	00:42+	02:31+	01:43+	00:49+	02:26+	01:50-	00:10+
00:06#	03:36&	00:09+	00:48&	02:06&	00:00=	01:15&	00:14&	00:04#	00:37&	00:10#	00:17&	00:53&	00:36-	00:01#
21	Kim Kverneland	376										30:21		
01:27+	01:55+	04:28+	05:51+	06:59+	08:22+	16:23+	17:27+	18:21+	21:35+	23:54+	24:42+	27:11+	30:06+	30:21+
01:27+	00:28=	02:33+	01:23+	01:08+	01:23+	08:01+	01:04+	00:54+	03:14+	02:19+	00:48+	02:29+	02:55+	00:15+
00:45&	00:00=	00:45&	00:21&	00:04+	00:17&	03:22&	00:15&	00:16&	01:20&	00:46&	00:16&	00:56&	00:29#	00:06&
22	Kjell-Ole Topnes	116										31:41		
01:38+	02:36+	05:35+	07:14+	08:53+	10:47+	19:18+	20:36+	21:39+	24:40+	26:46+	27:46+	29:59+	31:30+	31:41+
01:38+	00:58+	02:59+	01:39+	01:39+	01:54+	08:31+	01:18+	01:03+	03:01+	02:06+	01:00+	02:13+	01:31-	00:11+
00:56&	00:30&	01:11&	00:37&	00:35&	00:48&	03:52&	00:29&	00:25&	01:07&	00:33&	00:28&	00:40&	00:55-	00:02#
23	Frode Følgesvold	5										31:51		
00:48+	03:11+	05:38+	07:23+	08:48+	10:04+	17:22+	18:33+	19:25+	23:34+	25:54+	26:55+	29:17+	31:41+	31:51+
00:48+	02:23+	02:27+	01:45+	01:25+	01:16+	07:18+	01:11+	00:52+	04:09+	02:20+	01:01+	02:22+	02:24-	00:10+
00:06#	01:55&	00:39&	00:43&	00:21&	00:10#	02:39&	00:22&	00:14&	02:15&	00:47&	00:29&	00:49&	00:02-	00:01#
24	Steinar Amundsen	115										32:23		
01:15+	02:12+	05:45+	07:24+	08:30+	09:50+	18:25+	19:43+	20:25+	23:28+	25:49+	26:51+	29:30+	32:12+	32:23+
01:15+	00:57+	03:33+	01:39+	01:06+	01:20+	08:35+	01:18+	00:42+	03:03+	02:21+	01:02+	02:39+	02:42+	00:11+
00:33&	00:29&	01:45&	00:37&	00:02+	00:14#	03:56&	00:29&	00:04#	01:09&	00:48&	00:30&	01:06&	00:16#	00:02#
25	Audun Sjøen	111										32:35		
00:49+	01:38+	04:20+	06:37+	08:15+	09:54+	18:50+	20:13+	20:59+	24:30+	26:53+	27:57+	30:44+	32:21+	32:35+
00:49+	00:49+	02:42+	02:17+	01:38+	01:39+	08:56+	01:23+	00:46+	03:31+	02:23+	01:04+	02:47+	01:37-	00:14+
00:07#	00:21&	00:54&	01:15&	00:34&	00:33&	04:17&	00:34&	00:08#	01:37&	00:50&	00:32&	01:14&	00:49-	00:05&
26	Trond Vigedal	117										33:26		
00:53+	01:35+	05:58+	07:30+	09:29+	10:52+	19:16+	20:35+	21:22+	24:11+	25:55+	26:43+	30:36+	33:14+	33:26+
00:53+	00:42+	04:23+	01:32+	01:59+	01:23+	08:24+	01:19+	00:47+	02:49+	01:44+	00:48+	03:53+	02:38+	00:12+
00:11&	00:14&	02:35&	00:30&	00:55&	00:17&	03:45&	00:30&	00:09#	00:55&	00:11#	00:16&	02:20&	00:12+	00:03&
27	Andreas Primstad	376										33:33		
00:50+	01:22+	04:17+	05:38+	07:19+	09:14+	19:48+	20:55+	21:39+	24:38+	26:47+	27:43+	31:09+	33:22+	33:33+
00:50+	00:32+	02:55+	01:21+	01:41+	01:55+	10:34+	01:07+	00:44+	02:59+	02:09+	00:56+	03:26+	02:13-	00:11+
00:08#	00:04#	01:07&	00:19&	00:37&	00:49&	05:55&	00:18&	00:06#	01:05&	00:36&	00:24&	01:53&	00:13-	00:02#
28	Jan Erik Rasmussen	51										33:46		
00:56+	01:40+	04:39+	06:21+	08:03+	09:31+	17:52+	19:09+	20:09+	24:39+	27:04+	27:59+	30:36+	33:33+	33:46+
00:56+	00:44+	02:59+	01:42+	01:42+	01:28+	08:21+	01:17+	01:00+	04:30+	02:25+	00:55+	02:37+	02:57+	00:13+
00:14&	00:16&	01:11&	00:40&	00:38&	00:22&	03:42&	00:28&	00:22&	02:36&	00:52&	00:23&	01:04&	00:31#	00:04&
29	Frank Gulbrandsen	105										34:43		
00:43+	01:27+	04:42+	06:19+	08:00+	09:34+	18:05+	19:22+	23:52+	26:20+	28:35+	29:26+	31:24+	34:30+	34:43+
00:43+	00:44+	03:15+	01:37+	01:41+	01:34+	08:31+	01:17+	04:30+	02:28+	02:15+	00:51+	01:58+	03:06+	00:13+
00:01+	00:16&	01:27&	00:35&	00:37&	00:28&	03:52&	00:28&	03:52&	00:34&	00:42&	00:19&	00:25&	00:40&	00:04&
30	Leif Jarle Skåra	29										34:46		
00:53+	02:06+	04:54+	06:42+	08:14+	09:39+	18:47+	19:59+	20:44+	25:36+	27:59+	29:05+	31:28+	34:38+	34:46+
00:53+	01:13+	02:48+	01:48+	01:32+	01:25+	09:08+	01:12+	00:45+	04:52+	02:23+	01:06+	02:23+	03:10+	00:08-
00:11&	00:45&	01:00&	00:46&	00:28&	00:19&	04:29&	00:23&	00:07#	02:58&	00:50&	00:34&	00:50&	00:44&	00:01-
31	John Thorsnæs	51										34:53		
00:54+	02:52+	05:39+	07:20+	09:04+	10:38+	18:59+	20:19+	21:20+	25:32+	28:14+	29:05+	31:37+	34:43+	34:53+
00:54+	01:58+	02:47+	01:41+	01:44+	01:34+	08:21+	01:20+	01:01+	04:12+	02:42+	00:51+	02:32+	03:06+	00:10+
00:12&	01:30&	00:59&	00:39&	00:40&	00:28&	03:42&	00:31&	00:23&	02:18&	01:09&	00:19&	00:59&	00:40&	00:01#

Class	Navn	Klasse												Tid
32	Rolf Øystein Kluge	7												35:12
00:58+	01:42+	04:36+	06:32+	08:06+	10:06+	19:29+	20:47+	25:10+	28:03+	29:15+	32:34+	34:59+	35:12+	
00:58+	00:44+	02:54+	01:56+	01:34+	02:00+	09:23+	01:18+	01:02+	03:21+	02:53+	01:12+	03:19+	02:25-	
00:16&	00:16&	01:06&	00:54&	00:30&	00:54&	04:44@	00:29&	00:24&	01:27&	01:20&	00:40@	01:46@	00:01-	
33	Per Bakken	5												35:34
00:54+	02:36+	05:56+	07:46+	09:18+	10:53+	21:06+	22:48+	23:50+	26:56+	29:31+	30:34+	33:20+	35:21+	
00:54+	01:42+	03:20+	01:50+	01:32+	01:35+	10:13+	01:42+	01:02+	03:06+	02:35+	01:03+	02:46+	02:01-	
00:12&	01:14@	01:32&	00:48&	00:28&	00:29&	05:34@	00:53@	00:24&	01:12&	01:02&	00:31&	01:13&	00:25-	
34	Joar Fandrem	94												35:40
00:46+	03:07+	05:39+	07:12+	08:45+	10:44+	18:56+	20:04+	20:56+	27:34+	30:11+	31:07+	33:51+	35:29+	
00:46+	02:21+	02:32+	01:33+	01:33+	01:59+	08:12+	01:08+	00:52+	06:38+	02:37+	00:56+	02:44+	01:38-	
00:04+	01:53@	00:44&	00:31&	00:29&	00:53&	03:33&	00:19&	00:14&	04:44@	01:04&	00:24&	01:11&	00:48-	
35	Håvard Svartsund Thomassen	91												35:52
01:04+	02:21+	05:48+	07:12+	08:46+	10:13+	19:06+	20:24+	21:10+	25:35+	27:49+	28:52+	31:46+	35:33+	
01:04+	01:17+	03:27+	01:24+	01:34+	01:27+	08:53+	01:18+	00:46+	04:25+	02:14+	01:03+	02:54+	03:47+	
00:22&	00:49@	01:39&	00:22&	00:30&	00:21&	04:14&	00:29&	00:08#	02:31@	00:41&	00:31&	01:21&	01:21&	
36	Andre Forbergskog	117												35:56
01:26+	02:19+	05:17+	07:33+	09:16+	11:06+	21:08+	22:33+	23:42+	26:52+	29:27+	31:00+	33:56+	35:35+	
01:26+	00:53+	02:58+	02:16+	01:43+	01:50+	10:02+	01:25+	01:09+	03:10+	02:35+	01:33+	02:56+	01:39-	
00:44@	00:25&	01:10&	01:14@	00:39&	00:44&	05:23@	00:36&	00:31&	01:16&	01:02&	01:01@	01:23&	00:47-	
37	Endre Gabrielsen	126												36:09
01:19+	02:06+	04:56+	06:37+	09:41+	11:05+	18:56+	20:40+	21:26+	25:39+	28:11+	29:55+	32:55+	35:56+	
01:19+	00:47+	02:50+	01:41+	03:04+	01:24+	07:51+	01:44+	00:46+	04:13+	02:32+	01:44+	03:00+	03:01+	
00:37&	00:19&	01:02&	00:39&	02:00@	00:18&	03:12&	00:55@	00:08#	02:19@	00:59&	01:12@	01:27&	00:35#	
38	Eivind Baltzersen	136												36:27
01:13+	01:59+	05:08+	06:45+	08:35+	10:20+	18:51+	19:55+	20:49+	24:57+	29:47+	30:43+	33:21+	36:07+	
01:13+	00:46+	03:09+	01:37+	01:50+	01:45+	08:31+	01:04+	00:54+	04:08+	04:50+	00:56+	02:38+	02:46+	
00:31&	00:18&	01:21&	00:35&	00:46&	00:39&	03:52&	00:15&	00:16&	02:14@	03:17@	00:24&	01:05&	00:20#	
39	Per Marthon Mæland	5												38:04
01:04+	01:52+	07:29+	09:35+	10:49+	18:21+	25:14+	26:18+	27:07+	29:52+	31:58+	32:42+	36:14+	37:52+	
01:04+	00:48+	05:37+	02:06+	01:14+	07:32+	06:53+	01:04+	00:49+	02:45+	02:06+	00:44+	03:32+	01:38-	
00:22&	00:20&	03:49@	01:04@	00:10#	06:26@	02:14&	00:15&	00:11&	00:51&	00:33&	00:12&	01:59@	00:48-	
40	Martin Lillesand	93												39:05
01:01+	01:55+	05:03+	07:07+	10:27+	12:05+	20:45+	22:20+	23:30+	27:05+	30:01+	31:25+	34:33+	38:51+	
01:01+	00:54+	03:08+	02:04+	03:20+	01:38+	08:40+	01:35+	01:10+	03:35+	02:56+	01:24+	03:08+	04:18+	
00:19&	00:26&	01:20&	01:02&	02:16@	00:32&	04:01&	00:46&	00:32&	01:41&	01:23&	00:52@	01:35@	01:52&	
41	Eivind Tolo	111												41:41
01:07+	02:11+	05:24+	07:04+	16:05+	17:18+	26:10+	27:20+	29:29+	32:26+	34:37+	35:25+	37:55+	41:27+	
01:07+	01:04+	03:13+	01:40+	09:01+	01:13+	08:52+	01:10+	02:09+	02:57+	02:11+	00:48+	02:30+	03:32+	
00:25&	00:36@	01:25&	00:38&	07:57@	00:07#	04:13&	00:21&	01:31@	01:03&	00:38&	00:16&	00:57&	01:06&	
42	Carlos Lluna	287												41:42
00:48+	01:23+	07:00+	08:36+	14:45+	16:21+	24:55+	26:19+	27:15+	29:30+	31:32+	35:50+	39:32+	41:28+	
00:48+	00:35+	05:37+	01:36+	06:09+	01:36+	08:34+	01:24+	00:56+	02:15+	02:02+	04:18+	03:42+	01:56-	
00:06#	00:07#	03:49@	00:34&	05:05@	00:30&	03:55&	00:35&	00:18&	00:21#	00:29&	03:46@	02:09@	00:30-	
43	Erik Henriksen	116												45:33
01:02+	01:55+	09:43+	11:56+	14:36+	17:43+	30:25+	31:57+	32:48+	36:36+	39:15+	40:20+	43:22+	45:18+	
01:02+	00:53+	07:48+	02:13+	02:40+	03:07+	12:42+	01:32+	00:51+	03:48+	02:39+	01:05+	03:02+	01:56-	
00:20&	00:25&	06:00@	01:11@	01:36@	02:01@	08:03@	00:43&	00:13&	01:54&	01:06&	00:33@	01:29&	00:30-	
44	Svein Inge Sævereid	126												45:40
01:32+	02:28+	06:30+	08:54+	10:46+	12:54+	24:37+	26:26+	28:44+	32:30+	35:56+	37:30+	41:45+	45:17+	
01:32+	00:56+	04:02+	02:24+	01:52+	02:08+	11:43+	01:49+	02:18+	03:46+	03:26+	01:34+	04:15+	03:32+	
00:50@	00:28&	02:14@	01:22@	00:48&	01:02&	07:04@	01:00@	01:40@	01:52&	01:53@	01:02@	02:42@	01:06&	
45	Bent Horpestad	105												49:39
00:50+	04:13+	06:35+	08:01+	09:56+	11:21+	19:22+	20:34+	21:17+	23:46+	25:39+	26:26+	46:46+	49:23+	
00:50+	03:23+	02:22+	01:26+	01:55+	01:25+	08:01+	01:12+	00:43+	02:29+	01:53+	00:47+	20:20+	02:37+	
00:08#	02:55@	00:34&	00:24&	00:51&	00:19&	03:22&	00:23&	00:05#	00:35&	00:20#	00:15&	18:47@	00:11+	
46	Rakul Ponnuthurai Inthrakumar	376												58:20
00:39-	01:27+	03:44+	05:05+	21:42+	24:00+	34:29+	35:53+	38:31+	45:17+	50:57+	51:41+	56:49+	58:10+	
00:39-	00:48+	02:17+	01:21+	16:37+	02:18+	10:29+	01:24+	02:38+	06:46+	05:40+	00:44+	05:08+	01:21-	
00:03-	00:20&	00:29&	00:19&	15:33@	01:12@	05:50@	00:35&	02:00@	04:52@	04:07@	00:12&	03:35@	01:05-	

Class	Navn	Klasse												Tid
47	Inge Grødem	92												1:11:56
01:58+	03:15+	08:26+	12:19+	15:27+	20:28+	35:28+	37:34+	39:19+	48:48+	61:40+	63:25+	67:44+	71:23+	71:56+
01:58+	01:17+	05:11+	03:53+	03:08+	05:01+	15:00+	02:06+	01:45+	09:29+	12:52+	01:45+	04:19+	03:39+	00:33+
01:16@	00:49@	03:23@	02:51@	02:04@	03:55@	10:21@	01:17@	01:07@	07:35@	11:19@	01:13@	02:46@	01:13&	00:24@

Beste strekktid for klassen

00:37 00:28 01:48 01:02 00:56 01:04 04:39 00:46 00:32 01:46 01:19 00:32 01:32 01:04 00:07

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