

Plass Navn

Klasse

Tid

Damer 16 - 39 år

<b>1</b>	<b>Aina Kalsaas Urstad</b>	<b>356</b>	<b>24:19</b>																				
01:15=	01:48=	03:22=	04:34=	05:22=	06:22=	06:57=	07:50=	09:02=	09:36=	11:00=	12:17=	14:39=	15:23=	15:34=	18:33=	19:31=	20:10=	21:25=	22:47=	23:45=	24:01=	24:19=	
01:15=	00:33=	01:34=	01:12=	00:48=	01:00=	00:35=	00:53=	01:12=	00:34=	01:24=	01:17=	02:22=	00:44=	00:11=	02:59=	00:58=	00:39=	01:15=	01:22=	00:58=	00:16=	00:18=	
00:00=	00:01=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Rebecca Briedis</b>	<b>53</b>	<b>25:20</b>																				
01:03-	01:37-	03:17-	04:30-	05:19-	06:25+	07:08+	08:01+	08:56-	09:28-	11:04+	12:06-	14:21-	16:07+	16:16+	19:03+	20:14+	20:54+	22:18+	23:49+	24:44+	24:59+	25:20+	
01:03-	00:34+	01:40+	01:13+	00:49+	01:06+	00:43+	00:53=	00:55-	00:32-	01:36+	01:02-	02:15-	01:46+	00:09-	02:47-	01:11+	00:40+	01:24+	01:31+	00:55-	00:15-	00:21+	
00:12-	00:01+	00:06+	00:01+	00:01+	00:06#	00:08#	00:00=	00:17-	00:02-	00:12#	00:15-	00:07-	01:02#	00:02-	00:12-	00:13#	00:01+	00:09#	00:09#	00:03-	00:01-	00:03#	
<b>3</b>	<b>Marie Sigvaldsen</b>	<b>392</b>	<b>27:43</b>																				
01:37+	02:24+	03:55+	05:01+	05:51+	06:47+	07:27+	08:14+	10:01+	10:56+	12:16+	13:34+	18:31+	19:28+	19:36+	22:20+	23:27+	24:01+	25:24+	26:44+	27:12+	27:25+	27:43+	
01:37+	00:47+	01:31-	01:06-	00:50+	00:56-	00:40+	00:47-	01:47+	00:55+	01:20-	01:18+	04:57+	00:57+	00:08-	02:44-	01:07+	00:34-	01:23+	01:20-	00:28-	00:13-	00:18=	
00:22#	00:14#	00:03-	00:06-	00:02+	00:04-	00:05#	00:06-	00:35#	00:21#	00:04-	00:01+	02:35#	00:13#	00:03-	00:15-	00:09#	00:05-	00:08#	00:02-	00:30-	00:03-	00:00=	
<b>4</b>	<b>Veronica Fenne</b>	<b>66</b>	<b>28:01</b>																				
01:45+	02:19+	04:16+	05:30+	07:06+	08:21+	08:56+	09:49+	10:58+	11:40+	13:11+	14:19+	17:00+	18:24+	18:34+	21:19+	22:44+	23:26+	24:43+	26:41+	27:23+	27:42+	28:01+	
01:45+	00:34+	01:57+	01:14+	01:36+	01:15+	00:35=	00:53=	01:09-	00:42+	01:31+	01:08-	02:41+	01:24+	00:10-	02:45-	01:25+	00:42+	01:17+	01:58+	00:42-	00:19+	00:19+	
00:30#	00:01+	00:23#	00:02+	00:48#	00:15#	00:00=	00:00=	00:03-	00:08#	00:07+	00:09-	00:19#	00:40#	00:01-	00:14-	00:27#	00:03+	00:02+	00:36#	00:16-	00:03#	00:01+	
<b>5</b>	<b>Wibeke Lende</b>	<b>74</b>	<b>28:39</b>																				
01:33+	02:17+	04:17+	05:31+	06:28+	07:40+	08:22+	09:35+	10:46+	11:25+	13:08+	14:18+	18:21+	18:59+	19:12+	22:19+	23:29+	24:14+	25:35+	27:09+	28:07+	28:22+	28:39+	
01:33+	00:44+	02:00+	01:14+	00:57+	01:12+	00:42+	01:13+	01:11-	00:39+	01:43+	01:10-	04:03+	00:38-	00:13+	03:07+	01:10+	00:45+	01:21+	01:34+	00:58=	00:15-	00:17-	
00:18#	00:11#	00:26#	00:02+	00:09#	00:12#	00:07#	00:20#	00:01-	00:05#	00:19#	00:07-	01:41#	00:06-	00:02#	00:08+	00:12#	00:06#	00:06+	00:12#	00:00=	00:01-	00:01-	
<b>6</b>	<b>Anina Iselin Hadland</b>	<b>29</b>	<b>31:35</b>																				
00:57-	01:30-	05:36+	06:46+	07:20+	08:26+	08:58+	10:47+	11:56+	12:20+	13:58+	14:59+	17:07+	17:37+	17:44+	23:13+	25:35+	26:24+	28:54+	30:25+	31:05+	31:16+	31:35+	
00:57-	00:33=	04:06+	01:10-	00:34-	01:06+	00:32-	01:49+	01:09-	00:24-	01:38+	01:01-	02:08-	00:30-	00:07-	05:29+	02:22+	00:49+	02:30+	01:31+	00:40-	00:11-	00:19+	
00:18-	00:00=	02:32#	00:02-	00:14-	00:06#	00:03-	00:56#	00:03-	00:10-	00:14#	00:16-	00:14-	00:14-	00:04-	02:30#	01:24#	00:10#	01:15#	00:09#	00:18-	00:05-	00:01+	
<b>7</b>	<b>Trine Selvikvåg</b>	<b>54</b>	<b>32:12</b>																				
01:23+	02:14+	04:57+	06:17+	07:30+	08:46+	09:53+	10:54+	12:55+	13:30+	15:25+	16:37+	20:03+	21:04+	21:15+	24:32+	26:11+	26:56+	28:59+	30:49+	31:33+	31:51+	32:12+	
01:23+	00:51+	02:43+	01:20+	01:13+	01:16+	01:07+	01:01+	02:01+	00:35+	01:55+	01:12-	03:26+	01:01+	00:11=	03:17+	01:39+	00:45+	02:03+	01:50+	00:44-	00:18+	00:21+	
00:08#	00:18#	01:09#	00:08#	00:25#	00:16#	00:32#	00:08#	00:49#	00:01+	00:31#	00:05-	01:04#	00:17#	00:00=	00:18#	00:41#	00:06#	00:48#	00:28#	00:14-	00:02#	00:03#	
<b>8</b>	<b>Nina Karlsen</b>	<b>111</b>	<b>34:11</b>																				
01:22+	02:24+	04:38+	05:52+	12:21+	13:25+	14:53+	15:50+	17:00+	17:31+	19:42+	21:25+	23:35+	24:08+	24:19+	26:57+	28:38+	29:12+	30:47+	32:51+	33:36+	33:55+	34:11+	
01:22+	01:02+	02:14+	01:14+	06:29+	01:04+	01:28+	00:57+	01:10-	00:31-	02:11+	01:43+	02:10-	00:33-	00:11=	02:38-	01:41+	00:34-	01:35+	02:04+	00:45-	00:19+	00:16-	
00:07+	00:29#	00:40#	00:02+	05:41#	00:04+	00:53#	00:04+	00:02-	00:03-	00:47#	00:26#	00:12-	00:11-	00:00=	00:21-	00:43#	00:05-	00:20#	00:42#	00:13-	00:03#	00:02-	
<b>9</b>	<b>Maren Heradstveit</b>	<b>76</b>	<b>34:38</b>																				
01:38+	02:21+	05:58+	07:38+	08:53+	10:16+	11:05+	12:14+	14:05+	14:55+	16:38+	17:55+	22:21+	23:20+	23:34+	27:15+	28:30+	29:24+	29:59+	31:26+	33:03+	34:04+	34:19+	34:38+
01:38+	00:43+	03:37+	01:40+	01:15+	01:23+	00:49+	01:09+	01:51+	00:50+	01:43+	01:17=	04:26+	00:59+	00:14+	03:41+	01:15+	00:54+	00:35-	01:27+	01:37+	01:01+	00:15-	00:19+
00:23#	00:10#	02:03#	00:28#	00:27#	00:23#	00:14#	00:16#	00:39#	00:16#	00:19#	00:00=	02:04#	00:15#	00:03#	00:42#	00:17#	00:15#	00:40-	00:05+	00:39#	00:45#	00:03-	00:19+
<b>10</b>	<b>Ingvil Øvestad</b>	<b>47</b>	<b>35:25</b>																				
01:59+	02:44+	05:10+	06:45+	07:43+	08:58+	09:46+	10:57+	12:32+	13:25+	15:25+	16:49+	19:43+	22:43+	22:55+	27:25+	29:07+	29:56+	31:45+	33:22+	34:33+	35:00+	35:25+	
01:59+	00:45+	02:26+	01:35+	00:58+	01:15+	00:48+	01:11+	01:35+	00:53+	02:00+	01:24+	02:54+	03:00+	00:12+	04:30+	01:42+	00:49+	01:49+	01:37+	01:11+	00:27+	00:25+	
00:44#	00:12#	00:52#	00:23#	00:10#	00:15#	00:13#	00:18#	00:23#	00:19#	00:36#	00:07+	00:32#	02:16#	00:01+	01:31#	00:44#	00:10#	00:34#	00:15#	00:13#	00:11#	00:07#	
<b>11</b>	<b>Marita Navjord Nicolaysen</b>	<b>71</b>	<b>39:17</b>																				
02:53+	03:38+	05:40+	07:00+	07:59+	09:15+	10:28+	11:59+	13:09+	13:56+	16:00+	17:21+	24:41+	28:16+	28:30+	31:07+	32:50+	33:41+	35:05+	37:31+	38:29+	38:57+	39:17+	
02:53+	00:45+	02:02+	01:20+	00:59+	01:16+	01:13+	01:31+	01:10-	00:47+	02:04+	01:21+	07:20+	03:35+	00:14+	02:37-	01:43+	00:51+	01:24+	02:26+	00:58=	00:28+	00:20+	
01:38#	00:12#	00:28#	00:08#	00:11#	00:16#	00:38#	00:38#	00:02-	00:13#	00:40#	00:04+	04:58#	02:51#	00:03#	00:22-	00:45#	00:12#	00:09#	01:04#	00:00=	00:12#	00:02#	
<b>12</b>	<b>Heidi Nordaunet</b>	<b>126</b>	<b>44:58</b>																				
02:37+	03:34+	06:35+	08:27+	09:56+	11:28+	12:37+	14:31+	16:07+	16:58+	19:33+	21:48+	25:42+	26:54+	27:16+	32:30+	34:58+	36:48+	39:30+	42:36+	43:40+	44:12+	44:58+	
02:37+	00:57+	03:01+	01:52+	01:29+	01:32+	01:09+	01:54+	01:36+	00:51+	02:35+	02:15+	03:54+	01:12+	00:22+	05:14+	02:28+	01:50+	02:42+	03:06+	01:04+	00:32+	00:46+	
01:22#	00:24#	01:27#	00:40#	00:41#	00:32#	00:34#	01:01#	00:24#	00:17#	01:11#	00:58#	01:32#	00:28#	00:11#	02:15#	01:30#	01:11#	01:27#	01:44#	00:06#	00:16#	00:28#	
<b>13</b>	<b>Siv-Elin Bogfjelldal</b>	<b>66</b>	<b>52:01</b>																				
02:14+	03:06+	05:55+	07:31+	09:17+	11:00+	12:08+	13:50+	15:53+	16:45+	18:53+	20:37+	38:04+	39:02+	39:16+	42:29+	44:17+	45:15+	47:08+	49:38+	51:14+	51:34+	52:01+	
02:14+	00:52+	02:49+	01:36+	01:46+	01:43+	01:08+	01:42+	02:03+	00:52+	02:08+	01:44+	17:27+	00:58+	00:14+	03:13+	01:48+	00:58+	01:53+	02:30+	01:36+	00:20+	00:27+	
00:59#	00:19#	01:15#	00:24#	00:58#	00:43#	00:33#	00:49#	00:51#	00:18#	00:44#	00:27#	15:05#	00:14#	00:03#	00:14+	00:50#	00:19#	00:38#	01:08#	00:38#	00:04#	00:09#	
<b>14</b>	<b>Kjersti Fandrem Høivik</b>	<b>68</b>	<b>52:37</b>																				
01:38+	02:15+	07:32+	08:59+	10:12+	11:15+	12:19+	13:24+	14:35+	15:13+	17:01+	19:34+	39:28+	42:17+	42:30+	45:38+	46:57+	47:47+	49:29+	51:15+	51:59+	52:17+	52:37+	
01:38+	00:37+	05:17+	01:27+	01:13+	01:03+	01:04+	01:05+	01:11-	00:38+	01:48+	02:33+	19:54+	02:49+	00:13+	03:08+	01:19+	00:50+	01:42+	01:46+	00:44-	00:18+	00:20+	
00:23#	00:04#	03:43#	00:15#	00:25#	00:03+	00:29#	00:12#	00:01-	00:04#	00:24#	01:16#	17:32#	02:05#	00:02#	00:09+	00:21#	00:11#	00:27#	00:24#	00			

Class	Navn	Klasse																		Tid
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**Beste strekktid for klassen**

00:57 00:33 01:31 01:06 00:34 00:56 00:32 00:47 00:55 00:24 01:20 01:01 02:08 00:30 00:07 02:37 00:58 00:34 00:35 01:20 00:28 00:11 00:15

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

**Damer 40 - 49 år**

**1 Agnes Haker**

**71**

**25:52**

01:08= 01:47= 03:33= 04:58= 05:35= 06:29= 07:54= 08:58= 09:35= 11:12= 14:10= 14:35= 15:03= 17:38= 18:23= 19:45= 21:05= 22:19= 23:57= 25:15= 25:52=  
 01:08= 00:39= 01:46= 01:25= 00:37= 00:54= 01:25= 01:04= 00:37= 01:37= 02:58= 00:25= 00:28= 02:35= 00:45= 01:22= 01:20= 01:14= 01:38= 01:18= 00:37=  
 00:00=

**2 Hege Anita H. Nielsen**

**48**

**27:31**

01:29+ 02:06+ 04:01+ 05:16+ 06:59+ 08:07+ 09:12+ 09:41+ 11:38+ 16:37+ 16:51+ 17:17+ 19:08+ 20:02+ 21:48+ 23:32+ 24:47+ 25:41+ 26:51+ 27:31+  
 01:29+ 00:37- 01:55+ 01:15- 00:43+ 01:00+ 01:08- 01:05+ 00:29- 01:57+ 04:59+ 00:14- 00:26- 01:51- 00:54+ 01:46+ 01:44+ 01:15+ 00:54- 01:10- 00:40+  
 00:21& 00:02- 00:09+ 00:10- 00:06# 00:06# 00:17- 00:01+ 00:08- 00:20# 02:01& 00:11- 00:02- 00:44- 00:09# 00:24& 00:24& 00:01+ 00:44- 00:08- 00:03+

**3 Helen Haneferd**

**27**

**35:46**

01:26+ 02:15+ 04:30+ 06:07+ 09:23+ 11:03+ 12:21+ 13:31+ 14:14+ 16:29+ 19:34+ 20:25+ 23:14+ 25:36+ 26:36+ 28:54+ 29:49+ 31:45+ 33:19+ 35:07+ 35:46+  
 01:26+ 00:49+ 02:15+ 01:37+ 03:16+ 01:40+ 01:18- 01:10+ 00:43+ 02:15+ 03:05+ 00:51+ 02:49+ 02:22- 01:00+ 02:18+ 00:55- 01:56+ 01:34- 01:48+ 00:39+  
 00:18& 00:10& 00:29& 00:12# 02:39# 00:46& 00:07- 00:06+ 00:06# 00:38& 00:07+ 00:26# 02:21# 00:13- 00:15& 00:56& 00:25- 00:42& 00:04- 00:30& 00:02+

**Beste strekktid for klassen**

01:08 00:37 01:46 01:15 00:37 00:54 01:08 01:04 00:29 01:37 02:58 00:14 00:26 01:51 00:45 01:22 00:55 01:14 00:54 01:10 00:37

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

**Damer 50 - 59 år**

**1 Ragnhild Auglænd**

**62**

**25:15**

01:28= 02:13= 03:53= 05:14= 06:02= 07:04= 08:39= 09:46= 10:18= 12:02= 14:13= 14:31= 15:18= 16:59= 17:48= 20:16= 21:06= 22:18= 23:21= 24:33= 25:15=  
 01:28= 00:45= 01:40= 01:21= 00:48= 01:02= 01:35= 01:07= 00:32= 01:44= 02:11= 00:18= 00:47= 01:41= 00:49= 02:28= 00:50= 01:12= 01:03= 01:12= 00:42=  
 00:00=

**2 Grethe Anda Fuglestad**

**116**

**27:02**

01:25- 02:07- 05:02+ 07:54+ 08:47+ 09:47+ 10:54+ 12:10+ 12:44+ 14:23+ 17:01+ 17:22+ 17:51+ 19:39+ 20:35+ 22:12+ 23:01+ 24:29+ 25:19+ 26:24+ 27:02+  
 01:25- 00:42- 02:55+ 02:52+ 00:53+ 01:00- 01:07- 01:16+ 00:34+ 01:39- 02:38+ 00:21+ 00:29- 01:48+ 00:56+ 01:37- 00:49- 01:28+ 00:50- 01:05- 00:38-  
 00:03- 00:03- 01:15& 01:31# 00:05# 00:02- 00:28- 00:09# 00:02+ 00:05- 00:27# 00:03# 00:18- 00:07+ 00:07# 00:51- 00:01- 00:16# 00:13- 00:07- 00:04-

**3 Gerd Olaug Vikeså**

**101**

**27:48**

01:32+ 02:20+ 04:25+ 05:48+ 07:25+ 08:56+ 10:08+ 11:44+ 12:25+ 14:17+ 16:58+ 17:19+ 18:00+ 20:00+ 20:52+ 22:42+ 23:34+ 24:51+ 25:46+ 27:03+ 27:48+  
 01:32+ 00:48+ 02:05+ 01:23+ 01:37+ 01:31+ 01:12- 01:36+ 00:41+ 01:52+ 02:41+ 00:21+ 00:41- 02:00+ 00:52+ 01:50- 00:52+ 01:17+ 00:55- 01:17+ 00:45+  
 00:04+ 00:03+ 00:25# 00:02+ 00:49# 00:29& 00:23- 00:29& 00:09& 00:08+ 00:30# 00:03# 00:06- 00:19# 00:03+ 00:38- 00:02+ 00:05+ 00:08- 00:05+ 00:03+

**4 Trude Katrine Hermanrud**

**117**

**29:02**

01:42+ 02:21+ 04:31+ 05:48+ 06:42+ 07:38+ 08:58+ 10:04+ 10:45+ 12:45+ 16:06+ 16:24+ 16:55+ 20:19+ 21:04+ 23:10+ 24:26+ 25:52+ 26:56+ 28:20+ 29:02+  
 01:42+ 00:39- 02:10+ 01:17- 00:54+ 00:56- 01:20- 01:06- 00:41+ 02:00+ 03:21+ 00:18= 00:31- 03:24+ 00:45- 02:06- 01:16+ 01:26+ 01:04+ 01:24+ 00:42=  
 00:14# 00:06- 00:30& 00:04- 00:06# 00:06- 00:15- 00:01- 00:09& 00:16# 01:10& 00:00= 00:16- 04:12# 00:04- 00:22- 00:26& 00:14# 00:01+ 00:12# 00:00=

**5 Marianne Fuglestad**

**117**

**34:01**

01:40+ 02:25+ 04:45+ 06:04+ 06:41+ 07:36+ 09:08+ 10:14+ 10:52+ 12:26+ 17:02+ 19:08+ 19:50+ 25:43+ 26:55+ 28:47+ 29:36+ 30:54+ 31:59+ 33:21+ 34:01+  
 01:40+ 00:45= 02:20+ 01:19- 00:37- 00:55- 01:32- 01:06- 00:38+ 01:34- 04:36+ 02:06+ 00:42- 05:53+ 01:12+ 01:52- 00:49- 01:18+ 01:05+ 01:22+ 00:40-  
 00:12# 00:00= 00:40& 00:02- 00:11- 00:07- 00:03- 00:01- 00:06# 00:10- 02:25# 01:48# 00:05- 04:12# 00:23& 00:36- 00:01- 00:06+ 00:02+ 00:10# 00:02-

**6 Andrea Tapken**

**54**

**39:33**

02:17+ 03:07+ 07:41+ 09:20+ 10:21+ 11:51+ 13:18+ 16:04+ 17:16+ 19:35+ 23:36+ 24:00+ 24:48+ 29:10+ 30:37+ 32:52+ 34:07+ 36:13+ 37:22+ 38:48+ 39:33+  
 02:17+ 00:50+ 04:34+ 01:39+ 01:30+ 01:27+ 02:46+ 01:12+ 02:19+ 04:01+ 00:24+ 00:48+ 00:48+ 04:22+ 01:27+ 02:15- 01:15+ 02:06+ 01:09+ 01:26+ 00:45+  
 00:49& 00:05# 02:54# 00:18# 00:13& 00:28& 00:08- 01:39# 00:40# 00:35& 01:50& 00:06& 00:01+ 02:41# 00:38& 00:13- 00:25& 00:54& 00:06+ 00:14# 00:03+

**Beste strekktid for klassen**

01:25 00:39 01:40 01:17 00:37 00:55 01:07 01:06 00:32 01:34 02:11 00:18 00:29 01:41 00:45 01:37 00:49 01:12 00:50 01:05 00:38

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

**Damer 60 - 64 år**

Class	Navn	Klasse																Tid									
<b>1</b>	<b>Elisabeth Christie Ørke</b>	<b>105</b>																<b>27:31</b>									
	01:33=	05:04=	06:15=	07:15=	08:10=	09:38=	11:20=	12:22=	14:25=	16:33=	19:45=	21:52=	22:34=	23:32=	24:41=	25:34=	26:36=	26:58=	27:13=	27:31=							
	01:33=	03:31=	01:11=	01:00=	00:55=	01:28=	01:42=	01:02=	02:03=	02:08=	03:12=	02:07=	00:42=	00:58=	01:09=	00:53=	01:02=	00:22=	00:15=	00:18=							
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=							
<b>2</b>	<b>Ingunn Voilås</b>	<b>29</b>																<b>39:01</b>									
	01:42+	03:45=	05:28=	06:36=	07:40=	10:13+	12:10+	13:14+	21:56+	24:25+	27:34+	30:31+	31:34+	33:41+	35:10+	36:19+	37:48+	38:13+	38:33+	39:01+							
	01:42+	02:03=	01:43+	01:08+	01:04+	02:33+	01:57+	01:04+	08:42+	02:29+	03:09=	02:57+	01:03+	02:07+	01:29+	01:09+	01:29+	00:25+	00:20+	00:28+							
	00:09+	01:28=	00:32&	00:08#	00:09#	01:05&	00:15#	00:02+	06:39#	00:21#	00:03=	00:50&	00:21&	01:09#	00:20&	00:16&	00:27&	00:03#	00:05&	00:10&							
<b>3</b>	<b>Nidunn Sandvik</b>	<b>228</b>																<b>39:31</b>									
	02:17+	04:50=	06:41+	09:01+	10:05+	11:59+	13:51+	15:39+	20:47+	24:11+	25:54+	28:17+	29:59+	33:38+	35:26+	36:49+	38:15+	38:40+	39:05+	39:31+							
	02:17+	02:33=	01:51+	02:20+	01:04+	01:54+	01:52+	01:48+	05:08+	03:24+	01:43=	02:23+	01:42+	03:39+	01:48+	01:23+	01:26+	00:25+	00:25+	00:26+							
	00:44&	00:58=	00:40&	01:20#	00:09#	00:26&	00:10+	00:46&	03:05#	01:16&	01:29=	00:16#	01:00#	02:41#	00:39&	00:30&	00:24&	00:03#	00:10&	00:08&							
<b>4</b>	<b>Anne Katrine Lycke</b>	<b>147</b>																<b>45:58</b>									
	02:01+	10:32+	12:08+	13:35+	14:54+	17:03+	19:13+	20:48+	25:20+	28:06+	30:10+	33:34+	34:51+	36:17+	40:50+	42:24+	44:28+	45:05+	45:25+	45:58+							
	02:01+	08:31+	01:36+	01:27+	01:19+	02:09+	02:10+	01:35+	04:32+	02:46+	02:04=	03:24+	01:17+	01:26+	04:33+	01:34+	02:04+	00:37+	00:20+	00:33+							
	00:28&	05:00#	00:25&	00:27&	00:24&	00:41&	00:28&	00:33&	02:29#	00:38&	01:08=	01:17&	00:35&	00:28&	03:24#	00:41&	01:02&	00:15&	00:05&	00:15&							
<b>5</b>	<b>Ingrid Øxnevad</b>	<b>18</b>																<b>46:08</b>									
	02:19+	07:58+	09:13+	10:48+	13:08+	14:56+	16:42+	19:11+	23:35+	29:43+	31:46+	35:18+	37:59+	39:50+	41:16+	42:31+	45:08+	45:30+	45:46+	46:08+							
	02:19+	05:39+	01:15+	01:35+	02:20+	01:48+	01:46+	02:29+	04:24+	06:08+	02:03=	03:32+	02:41+	01:51+	01:26+	01:15+	02:37+	00:22=	00:16+	00:22+							
	00:46&	02:08&	00:04+	00:35&	01:25#	00:20#	00:04+	01:27#	02:21#	04:00#	01:09=	01:25&	01:59#	00:53&	00:17#	00:22&	01:35#	00:00=	00:01+	00:04#							
<b>6</b>	<b>Kari Anstensrud</b>	<b>117</b>																<b>47:18</b>									
	04:24+	06:32+	08:00+	10:03+	11:14+	13:41+	18:57+	20:25+	30:10+	32:56+	35:26+	38:07+	39:00+	41:50+	43:09+	44:27+	46:10+	46:33+	46:55+	47:18+							
	04:24+	02:08=	01:28+	02:03+	01:11+	02:27+	05:16+	01:28+	09:45+	02:46+	02:30=	02:41+	00:53+	02:50+	01:19+	01:18+	01:43+	00:23+	00:22+	00:23+							
	02:51#	01:23=	00:17#	01:03#	00:16&	00:59&	03:34#	00:26&	07:42#	00:38&	00:42=	00:34&	00:11&	01:52#	00:10#	00:25&	00:41&	00:01+	00:07&	00:05&							
<b>7</b>	<b>Anne Siv Gjertsen</b>	<b>27</b>																<b>49:00</b>									
	02:30+	04:56=	06:13=	07:31+	08:24+	10:01+	12:29+	13:49+	30:59+	33:39+	36:38+	39:02+	39:56+	41:02+	43:00+	43:59+	48:00+	48:18+	48:36+	49:00+							
	02:30+	02:26=	01:17+	01:18+	00:53=	01:37+	02:28+	01:20+	17:10+	02:40+	02:59=	02:24+	00:54+	01:06+	01:58+	00:59+	04:01+	00:18=	00:18+	00:24+							
	00:57&	01:05=	00:06+	00:18&	00:02=	00:09#	00:46&	00:18&	15:07#	00:32#	00:13=	00:17#	00:12&	00:08#	00:49&	00:06#	02:59#	00:04=	00:03#	00:06&							
<b>Beste strekktid for klassen</b>		01:33	02:03	01:11	01:00	00:53	01:28	01:42	01:02	02:03	02:08	01:43	02:07	00:42	00:58	01:09	00:53	01:02	00:18	00:15	00:18						

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

## Damer 65 - 69 år

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

Class	Navn	Klasse										Tid									
<b>7</b>	<b>Ase Berg</b>	<b>105</b>										<b>1:05:22</b>									
03:35+	07:02+	08:43+	10:46+	12:06+	14:36+	18:09+	20:15+	24:52+	34:31+	38:09+	43:24+	52:37+	54:33+	59:30+	61:11+	63:31+	64:21+	64:51+	65:22+		
03:35+	03:27+	01:41+	02:03+	01:20+	02:30-	03:33+	02:06+	04:37+	09:39+	03:38+	05:15+	09:13+	01:56+	04:57+	01:41+	02:20+	00:50+	00:30+	00:31+		
01:33&	01:24&	00:10#	00:49&	00:09#	00:01-	01:46&	00:41&	02:35@	05:18@	00:44&	02:24&	08:26@	00:33&	01:12&	00:44&	00:57&	00:27@	00:11&	00:07&		
<b>8</b>	<b>Berit Gramstad</b>	<b>113</b>										<b>1:24:45</b>									
04:45+	08:53+	30:32+	39:17+	41:43+	43:16+	46:55+	49:22+	52:09+	55:26+	59:52+	65:42+	69:15+	72:15+	74:02+	77:31+	80:43+	83:11+	83:42+	84:14+	84:45+	
04:45+	04:08+	21:39+	08:45+	02:26+	01:33-	03:39+	02:27+	02:47+	03:17-	04:26+	05:50+	03:33+	03:00+	01:47-	03:29+	03:12+	02:28+	00:31+	00:32+	00:31+	
02:43@	02:05@	20:08@	07:31@	01:15@	00:58-	01:52@	01:02&	00:45&	01:04-	01:32&	02:59@	02:46@	01:37@	01:58-	02:32@	01:49@	02:05@	00:12&	00:08&	00:31+	
<b>Beste strekktid for klassen</b>		02:00	02:03	01:13	01:09	01:00	01:33	01:42	01:13	02:02	01:57	01:16	02:02	00:42	01:00	01:33	00:57	01:20	00:20	00:17	00:18

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

## Damer 70 - 74 år

<b>1</b>	<b>Inger Skretting Opstad</b>	<b>54</b>										<b>40:41</b>									
02:20=	04:59=	06:44=	08:06=	09:17=	11:33=	13:57=	15:40=	25:00=	27:47=	29:11=	31:56=	32:59=	34:30=	36:24=	37:33=	39:20=	39:46=	40:11=	40:41=		
02:20=	02:39=	01:45=	01:22=	01:11=	02:16=	02:24=	01:43=	09:20=	02:47=	01:24=	02:45=	01:03=	01:31=	01:54=	01:09=	01:47=	00:26=	00:25=	00:30=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>2</b>	<b>Mette Dagsland</b>	<b>68</b>										<b>47:17</b>									
03:50+	12:03+	13:50+	15:23+	16:34+	19:07+	21:29+	24:05+	26:13+	31:00+	32:44+	35:16+	37:14+	41:13+	42:56+	44:10+	45:48+	46:16+	46:48+	47:17+		
03:50+	08:13+	01:47+	01:33+	01:11=	02:33+	02:22-	02:36+	02:08-	04:47+	01:44+	02:32-	01:58+	03:59+	01:43-	01:14+	01:38-	00:28+	00:32+	00:29-		
01:30&	05:34@	00:02+	00:11#	00:00=	00:17#	00:02-	00:53&	07:12-	02:00&	00:20#	00:13-	00:55&	02:28@	00:11-	00:05+	00:09-	00:02+	00:07&	00:01-		
<b>Beste strekktid for klassen</b>		02:20	02:39	01:45	01:22	01:11	02:16	02:22	01:43	02:08	02:47	01:24	02:32	01:03	01:31	01:43	01:09	01:38	00:26	00:25	00:29

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

## Damer 75 - 79 år

<b>1</b>	<b>Turid Nystrøm</b>	<b>68</b>										<b>34:46</b>									
02:31=	05:06=	06:38=	08:01=	09:06=	11:27=	13:32=	14:54=	18:20=	21:40=	23:25=	26:02=	27:09=	28:31=	30:22=	31:47=	33:15=	33:55=	34:21=	34:46=		
02:31=	02:35=	01:32=	01:23=	01:05=	02:21=	02:05=	01:22=	03:26=	03:20=	01:45=	02:37=	01:07=	01:22=	01:51=	01:25=	01:28=	00:40=	00:26=	00:25=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>2</b>	<b>Gry Vikhamar Thengs</b>	<b>68</b>										<b>41:20</b>									
02:10-	05:50+	07:40+	09:17+	10:44+	13:14+	15:36+	17:39+	20:44+	24:53+	26:43+	29:23+	31:04+	33:40+	36:36+	38:09+	39:55+	40:26+	40:51+	41:20+		
02:10-	03:40+	01:50+	01:37+	01:27+	02:30+	02:22+	02:03+	03:05-	04:09+	01:50+	02:40+	01:41+	02:36+	02:56+	01:33+	01:46+	00:31-	00:25-	00:29+		
00:21-	01:05&	00:18#	00:14#	00:22&	00:09+	00:17#	00:41&	00:21-	00:49#	00:05+	00:03+	00:34&	01:14&	01:05&	00:08+	00:18#	00:09-	00:01-	00:04#		
<b>3</b>	<b>Hedvig Anda</b>	<b>116</b>										<b>45:31</b>									
02:31=	05:28+	07:23+	08:55+	09:57+	12:06+	14:51+	16:43+	24:27+	27:45+	30:06+	33:33+	34:48+	36:28+	40:11+	41:45+	44:01+	44:43+	45:05+	45:31+		
02:31=	02:57+	01:55+	01:32+	01:02-	02:09-	02:45+	01:52+	07:44+	03:18-	02:21+	03:27+	01:15+	01:40+	03:43+	01:34+	02:16+	00:42+	00:22-	00:26+		
00:00=	00:22#	00:23#	00:09#	00:03-	00:12-	00:40&	00:30&	04:18@	00:02-	00:36&	00:50&	00:08#	00:18#	01:52@	00:09#	00:48&	00:02+	00:04-	00:01+		
<b>4</b>	<b>Haldis Glendrange</b>	<b>68</b>										<b>48:10</b>									
02:46+	05:39+	07:26+	18:17+	19:28+	21:41+	23:59+	25:38+	29:18+	32:54+	34:48+	38:39+	40:08+	41:43+	43:48+	45:05+	46:53+	47:20+	47:46+	48:10+		
02:46+	02:53+	01:47+	10:51+	01:11+	02:13-	02:18+	01:39+	03:40+	03:36+	01:54+	03:51+	01:29+	01:35+	02:05+	01:17-	01:48+	00:27-	00:26=	00:24-		
00:15+	00:18#	00:15#	09:28@	00:06+	00:08-	00:13#	00:17#	00:14+	00:16+	00:09+	01:14&	00:22&	00:13#	00:14#	00:08-	00:20#	00:13-	00:00=	00:01-		
<b>5</b>	<b>Helga Klausen</b>	<b>62</b>										<b>51:22</b>									
03:42+	07:02+	09:42+	11:39+	14:09+	20:41+	23:44+	25:59+	28:57+	33:00+	35:13+	38:22+	39:42+	41:32+	44:19+	47:20+	49:39+	50:10+	50:43+	51:22+		
03:42+	03:20+	02:40+	01:57+	02:30+	06:32+	03:03+	02:15+	02:58-	04:03+	02:13+	03:09+	01:20+	01:50+	02:47+	03:01+	02:19+	00:31-	00:33+	00:39+		
01:11&	00:45&	01:08&	00:34&	01:25@	04:11@	00:58&	00:53&	00:28-	00:43#	00:28&	00:32#	00:13#	00:28&	00:56&	01:36@	00:51&	00:09-	00:07&	00:14&		
<b>6</b>	<b>Aslaug Lura</b>	<b>94</b>										<b>1:00:54</b>									
03:26+	06:49+	08:51+	12:19+	17:10+	20:18+	23:09+	25:31+	31:53+	36:19+	39:47+	44:46+	46:47+	49:01+	53:05+	56:49+	59:18+	59:50+	60:19+	60:54+		
03:26+	03:23+	02:02+	03:28+	04:51+	03:08+	02:51+	02:22+	06:22+	04:26+	03:28+	04:59+	02:01+	02:14+	04:04+	03:44+	02:29+	00:32-	00:29+	00:35+		
00:55&	00:48&	00:30&	02:05@	03:46@	00:47&	00:46&	01:00&	02:56&	01:06&	01:43&	02:22&	00:54&	00:52&	02:13@	02:19@	01:01&	00:08-	00:03#	00:10&		
<b>Beste strekktid for klassen</b>		02:10	02:35	01:32	01:23	01:02	02:09	02:05	01:22	02:58	03:18	01:45	02:37	01:07	01:22	01:51	01:17	01:28	00:27	00:22	00:24

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

## Damer 80 år og eldre

<b>1</b>	<b>Berit Ebbell Olsen</b>	<b>68</b>	<b>54:03</b>															
04:23=	05:45=	06:53=	09:44=	12:02=	13:25=	16:17=	19:32=	24:08=	28:55=	31:38=	32:50=	39:58=	46:48=	48:02=	49:52=	52:18=	52:55=	54:03=
04:23=	01:22=	01:08=	02:51=	02:18=	01:23=	02:52=	03:15=	04:36=	04:47=	02:43=	01:12=	07:08=	06:50=	01:14=	01:50=	02:26=	00:37=	01:08=
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=

### Beste strekktid for klassen

04:23 01:22 01:08 02:51 02:18 01:23 02:52 03:15 04:36 04:47 02:43 01:12 07:08 06:50 01:14 01:50 02:26 00:37 01:08

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

## Damer A

<b>1</b>	<b>Aud Hognestad Taksdal</b>	<b>92</b>	<b>24:07</b>																					
01:35=	02:05=	03:11=	04:09=	05:15=	05:39=	06:33=	07:18=	07:51=	09:04=	10:36=	11:05=	11:36=	13:39=	14:29=	14:56=	16:39=	18:04=	18:58=	20:34=	21:08=	23:02=	23:22=	23:49=	24:07=
01:35=	00:30=	01:06=	00:58=	01:06=	00:24=	00:54=	00:45=	00:33=	01:13=	01:32=	00:29=	00:31=	02:03=	00:50=	00:27=	01:43=	01:25=	00:54=	01:36=	00:34=	01:54=	00:20=	00:27=	00:18=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Helene Omdal</b>	<b>91</b>	<b>27:18</b>																					
01:55+	02:35+	03:36+	04:37+	05:46+	06:07+	07:11+	08:04+	08:35+	09:59+	11:39+	12:31+	13:02+	15:35+	16:23+	16:59+	19:18+	20:34+	21:55+	23:26+	24:06+	25:57+	26:28+	27:02+	27:18+
01:55+	00:40+	01:01-	01:01+	01:09+	00:21-	01:04+	00:53+	00:31-	01:24+	01:40+	00:52+	00:31=	02:33+	00:48-	00:36+	02:19+	01:16-	01:21+	01:31-	00:40+	01:51-	00:31+	00:34+	00:16-
00:20#	00:10&	00:05-	00:03+	00:03+	00:03-	00:10#	00:08#	00:02-	00:11#	00:08+	00:23&	00:00=	00:30#	00:02-	00:09&	00:36&	00:09-	00:27&	00:05-	00:06#	00:03-	00:11&	00:07&	00:02-

<b>3</b>	<b>Kristin Wiig Helland-Hansen</b>	<b>76</b>	<b>30:08</b>																					
02:15+	02:45+	03:43+	04:49+	06:03+	06:27+	07:16+	08:24+	09:08+	11:34+	12:58+	13:35+	14:08+	16:43+	17:39+	18:15+	20:30+	21:43+	23:12+	25:05+	25:40+	28:21+	29:23+	29:51+	30:08+
02:15+	00:30=	00:58-	01:06+	01:14+	00:24=	00:49-	01:08+	00:44+	02:26+	01:24-	00:37+	00:33+	02:35+	00:56+	00:36+	02:15+	01:13-	01:29+	01:53+	00:35+	02:41+	01:02+	00:28+	00:17-
00:40&	00:00=	00:08-	00:08#	00:08#	00:00=	00:05-	00:23&	00:11&	01:13&	00:08-	00:08&	00:02+	00:32&	00:06#	00:09&	00:32&	00:12-	00:35&	00:17#	00:01+	00:47&	00:42@	00:01+	00:01-

<b>4</b>	<b>Katrine Haaland Leveraas</b>	<b>117</b>	<b>30:13</b>																					
02:00+	03:05+	04:19+	05:22+	06:49+	07:14+	08:06+	09:32+	10:19+	11:43+	13:16+	14:34+	15:10+	17:55+	19:04+	19:40+	21:38+	22:48+	24:11+	25:57+	26:56+	28:34+	29:28+	29:57+	30:13+
02:00+	01:05+	01:14+	01:03+	01:27+	00:25+	00:52-	01:26+	00:47+	01:24+	01:33+	01:18+	00:36+	02:45+	01:09+	00:36+	01:58+	01:10-	01:23+	01:46+	00:59+	01:38-	00:54+	00:29+	00:16-
00:25&	00:35@	00:08#	00:05+	00:21&	00:01+	00:02-	00:41&	00:14&	00:11#	00:01+	00:49@	00:05#	00:42&	00:19&	00:09&	00:15#	00:15-	00:29&	00:10#	00:25&	00:16-	00:34@	00:02+	00:02-

<b>5</b>	<b>Trine Bolstad Scheie</b>	<b>62</b>	<b>33:10</b>																					
01:32-	02:17+	03:34+	05:16+	06:52+	07:18+	08:24+	09:25+	10:09+	11:49+	13:31+	14:11+	14:49+	17:36+	18:33+	19:05+	22:25+	23:57+	25:22+	27:26+	28:43+	30:52+	31:21+	32:46+	33:10+
01:32-	00:45+	01:17+	01:42+	01:36+	00:26+	01:06+	01:01+	00:44+	01:40+	01:42+	00:40+	00:38+	02:47+	00:57+	00:32+	03:20+	01:32+	01:25+	02:04+	01:17+	02:09+	00:29+	01:25+	00:24+
00:03-	00:15&	00:11#	00:44&	00:30&	00:02+	00:12#	00:16&	00:11&	00:27&	00:10#	00:11&	00:07#	00:44&	00:07#	00:05#	01:37&	00:07+	00:31&	00:28&	00:43@	00:15#	00:09&	00:58@	00:06&

### Beste strekktid for klassen

01:32 00:30 00:58 00:58 01:06 00:21 00:49 00:45 00:31 01:13 01:24 00:29 00:31 02:03 00:48 00:27 01:43 01:10 00:54 01:31 00:34 01:38 00:20 00:27 00:16

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

## Damer B

<b>1</b>	<b>Jorunn Johannesen</b>	<b>116</b>	<b>28:43</b>																				
01:11=	02:03=	03:38=	05:25=	06:35=	07:18=	08:07=	08:53=	09:44=	10:40=	12:12=	13:29=	15:25=	16:20=	19:27=	20:07=	23:04=	24:25=	25:02=	26:09=	28:09=	28:23=	28:43=	
01:11=	00:52=	01:35=	01:47=	01:10=	00:43=	00:49=	00:46=	00:51=	00:56=	01:32=	01:17=	01:56=	00:55=	03:07=	00:40=	02:57=	01:21=	00:37=	01:07=	02:00=	00:14=	00:20=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Helen Lomeland</b>	<b>105</b>	<b>31:29</b>																			
01:02-	02:07+	03:39+	05:46+	06:57+	07:41+	08:31+	09:04+	09:58+	10:46+	12:21+	13:28-	15:37+	16:40+	21:26+	22:06+	24:45+	26:23+	27:12+	28:45+	30:55+	31:09+	31:29+
01:02-	01:05+	01:32-	02:07+	01:11+	00:44+	00:50+	00:33-	00:54+	00:48-	01:35+	01:07-	02:09+	01:03+	04:46+	00:40=	02:39-	01:38+	00:49+	01:33+	02:10+	00:14=	00:20=
00:09-	00:13#	00:03-	00:20#	00:01+	00:01+	00:01+	00:13-	00:03+	00:08-	00:03+	00:10-	00:13#	00:08#	01:39&	00:00=	00:18-	00:17#	00:12&	00:26&	00:10+	00:00=	00:00=

<b>3</b>	<b>Inger Tone Nygård</b>	<b>29</b>	<b>31:45</b>																			
01:15+	02:23+	05:03+	06:40+	07:50+	08:31+	09:18+	09:51+	10:42+	11:27+	13:04+	14:40+	16:52+	17:43+	21:55+	22:30+	25:28+	27:07+	28:01+	29:04+	31:10+	31:25+	31:45+
01:15+	01:08+	02:40+	01:37-	01:10=	00:41-	00:47-	00:33-	00:51=	00:45-	01:37+	01:36+	02:12+	00:51-	04:12+	00:35-	02:58+	01:39+	00:54+	01:03-	02:06+	00:15+	00:20=
00:04+	00:16&	01:05&	00:10-	00:00=	00:02-	00:02-	00:13-	00:00=	00:11-	00:05+	00:19#	00:16#	00:04-	01:05&	00:05-	00:01+	00:18#	00:17&	00:04-	00:06+	00:01+	00:00=

<b>4</b>	<b>Ellen Tindeland</b>	<b>27</b>	<b>31:56</b>																			
01:24+	02:32+	04:10+	05:57+	07:12+	08:06+	08:57+	09:37+	10:26+	11:17+	13:01+	14:20+	16:36+	17:37+	21:05+	21:52+	25:21+	26:54+	27:34+	28:52+	31:19+	31:35+	31:56+
01:24+	01:08+	01:38+	01:47=	01:15+	00:54+	00:51+	00:40-	00:49-	00:51-	01:44+	01:19+	02:16+	01:01+	03:28+	00:47+	03:29+	01:33+	00:40+	01:18+	02:27+	00:16+	00:21+
00:13#	00:16&	00:03+	00:00=	00:05+	00:11&	00:02+	00:06-	00:02-	00:05-	00:12#	00:02+	00:20#	00:06#	00:21#	00:07#	00:32#	00:12#	00:03+	00:11#	00:27#	00:02#	00:01+

Class	Navn	Klasse											Tid										
<b>5</b>	<b>Ann Karin Tjørhom</b>	<b>93</b>											<b>33:20</b>										
03:00+	04:07+	05:53+	07:45+	09:13+	10:09+	11:02+	11:48+	12:43+	13:52+	15:42+	17:04+	19:12+	20:19+	22:32+	23:30+	26:32+	28:18+	29:05+	30:19+	32:40+	32:57+	33:20+	
03:00+	01:07+	01:46+	01:52+	01:28+	00:56+	00:53+	00:46=	00:55+	01:09+	01:50+	01:22+	02:08+	01:07+	02:13-	00:58+	03:02+	01:46+	00:47+	01:14+	02:21+	00:17+	00:23+	
01:49#	00:15#	00:11#	00:05+	00:18#	00:13#	00:04+	00:00=	00:04+	00:13#	00:18#	00:05+	00:12#	00:12#	00:54-	00:18#	00:05+	00:25#	00:10#	00:07#	00:21#	00:03#	00:03#	
<b>6</b>	<b>Anne Garsrud</b>	<b>395</b>											<b>33:44</b>										
01:32+	02:47+	05:01+	07:09+	08:25+	09:17+	10:49+	11:35+	12:23+	13:17+	15:03+	16:25+	19:18+	20:16+	23:10+	23:59+	26:50+	28:21+	29:24+	31:09+	33:09+	33:23+	33:44+	
01:32+	01:15+	02:14+	02:08+	01:16+	00:52+	01:32+	00:46=	00:48-	00:54-	01:46+	01:22+	02:53+	00:58+	02:54-	00:49+	02:51-	01:31+	01:03+	01:45+	02:00=	00:14=	00:21+	
00:21#	00:23#	00:39#	00:21#	00:06+	00:09#	00:43#	00:00=	00:03-	00:02-	00:14#	00:05+	00:57#	00:03+	00:13-	00:09#	00:06-	00:10#	00:26#	00:38#	00:00=	00:00=	00:01+	
<b>7</b>	<b>Berit Våg Aksland</b>	<b>116</b>											<b>36:31</b>										
01:45+	03:02+	04:54+	06:44+	08:14+	09:13+	10:05+	10:44+	12:44+	13:40+	15:32+	17:39+	20:45+	22:04+	25:18+	25:55+	28:49+	30:44+	31:51+	33:30+	35:55+	36:16+	36:31+	
01:45+	01:17+	01:52+	01:50+	01:30+	00:59+	00:52+	00:39-	02:00+	00:56=	01:52+	02:07+	03:06+	01:19+	03:14+	00:37-	02:54-	01:55+	01:07+	01:39+	02:25+	00:21+	00:15-	
00:34#	00:25#	00:17#	00:03+	00:20#	00:16#	00:03+	00:07-	01:09#	00:00=	00:20#	00:50#	01:10#	00:24#	00:07+	00:03-	00:03-	00:34#	00:30#	00:32#	00:25#	00:07#	00:05-	
<b>8</b>	<b>Mariann Sveinsvoll</b>	<b>94</b>											<b>39:54</b>										
01:25+	02:39+	04:29+	06:42+	08:08+	09:11+	10:02+	10:40+	11:36+	12:41+	14:47+	16:54+	19:19+	20:40+	23:16+	25:29+	31:05+	33:05+	33:53+	35:31+	39:15+	39:35+	39:54+	
01:25+	01:14+	01:50+	02:13+	01:26+	01:03+	00:51+	00:38-	00:56+	01:05+	02:06+	02:07+	02:25+	01:21+	02:36-	02:13+	05:36+	02:00+	00:48+	01:38+	03:44+	00:20+	00:19-	
00:14#	00:22#	00:15#	00:26#	00:16#	00:20#	00:02+	00:08-	00:05+	00:09#	00:34#	00:50#	00:29#	00:26#	00:31-	01:33#	02:39#	00:39#	00:11#	00:31#	01:44#	00:06#	00:01-	
<b>9</b>	<b>Toyah Bråtveit</b>	<b>43</b>											<b>41:55</b>										
01:33+	02:56+	04:40+	06:46+	08:13+	08:56+	09:59+	10:48+	15:23+	16:32+	18:17+	19:36+	21:46+	22:47+	31:49+	32:28+	35:01+	36:26+	37:19+	39:21+	41:21+	41:36+	41:55+	
01:33+	01:23+	01:44+	02:06+	01:27+	00:43=	01:03+	00:49+	04:35+	01:09+	01:45+	01:19+	02:10+	01:01+	09:02+	00:39-	02:33-	01:25+	00:53+	02:02+	02:00=	00:15+	00:19-	
00:22#	00:31#	00:09+	00:19#	00:17#	00:00=	00:14#	00:03+	03:44#	00:13#	00:13#	00:02+	00:14#	00:06#	05:55#	00:01-	00:24-	00:04+	00:16#	00:55#	00:00=	00:01+	00:01-	
<b>10</b>	<b>Kristin Breivold</b>	<b>92</b>											<b>51:34</b>										
01:32+	03:04+	05:19+	08:10+	09:38+	11:40+	12:31+	13:25+	15:08+	16:01+	18:17+	19:59+	22:05+	23:36+	39:48+	40:54+	43:45+	45:41+	46:37+	48:43+	50:56+	51:14+	51:34+	
01:32+	01:32+	02:15+	02:51+	01:28+	02:02+	00:51+	00:54+	01:43+	00:53-	02:16+	01:42+	02:06+	01:31+	16:12+	01:06+	02:51-	01:56+	00:56+	02:06+	02:13+	00:18+	00:20=	
00:21#	00:40#	00:40#	01:04#	00:18#	01:19#	00:02+	00:08#	00:52#	00:03-	00:44#	00:25#	00:10+	00:36#	13:05#	00:26#	00:06-	00:35#	00:19#	00:59#	00:13#	00:04#	00:00=	
<b>Beste strekktid for klassen</b>																							
01:02	00:52	01:32	01:37	01:10	00:41	00:47	00:33	00:48	00:45	01:32	01:07	01:56	00:51	02:13	00:35	02:33	01:21	00:37	01:03	02:00	00:14	00:15	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																							
<b>Damer Trim</b>																							
<b>1</b>	<b>Maren Benjaminsen</b>	<b>43</b>											<b>21:13</b>										
01:52=	02:25=	05:42=	06:57=	07:28=	08:25=	09:31=	10:12=	11:13=	12:48=	13:58=	15:55=	17:43=	19:31=	20:39=	21:13=								
01:52=	00:33=	03:17=	01:15=	00:31=	00:57=	01:06=	00:41=	01:01=	01:35=	01:10=	01:57=	01:48=	01:48=	01:08=	00:34=								
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=								
<b>2</b>	<b>Janeth Kleppe</b>	<b>128</b>											<b>21:28</b>										
02:19+	03:03+	04:21-	05:45-	06:11-	07:28-	08:35-	09:27-	10:26-	12:34-	13:52-	15:25-	18:00+	19:15-	20:43+	21:28+								
02:19+	00:44+	01:18-	01:24+	00:26-	01:17+	01:07+	00:52+	00:59-	02:08+	01:18+	01:33-	02:35+	01:15-	01:28+	00:45+								
00:27#	00:11#	01:59-	00:09#	00:05-	00:20#	00:01+	00:11#	00:02-	00:33#	00:08#	00:24-	00:47#	00:33-	00:20#	00:11#								
<b>3</b>	<b>Karoline Fidjeland</b>	<b>105</b>											<b>25:04</b>										
02:16+	02:54+	04:00-	06:37-	07:22-	09:41+	12:08+	13:05+	14:03+	16:02+	17:55+	19:21+	21:46+	23:02+	24:22+	25:04+								
02:16+	00:38+	01:06-	02:37+	00:45+	02:19+	02:27+	00:57+	00:58-	01:59+	01:53+	01:26-	02:25+	01:16-	01:20+	00:42+								
00:24#	00:05#	02:11-	01:22#	00:14#	01:22#	01:21#	00:16#	00:03-	00:24#	00:43#	00:31-	00:37#	00:32-	00:12#	00:08#								
<b>4</b>	<b>Benedicte Kvalevåg</b>	<b>375</b>											<b>26:19</b>										
02:05+	03:06+	04:14-	05:51-	06:24-	12:35+	13:41+	14:32+	15:44+	17:49+	19:07+	20:42+	23:04+	24:17+	25:35+	26:19+								
02:05+	01:01+	01:08-	01:37+	00:33+	06:11+	01:06=	00:51+	01:12+	02:05+	01:18+	01:35-	02:22+	01:13-	01:18+	00:44+								
00:13#	00:28#	02:09-	00:22#	00:02+	05:14#	00:00=	00:10#	00:11#	00:30#	00:08#	00:22-	00:34#	00:35-	00:10#	00:10#								
<b>5</b>	<b>Silje H. Myklebust</b>	<b>54</b>											<b>27:58</b>										
02:19+	03:06+	04:59-	07:36+	08:20+	11:47+	13:18+	14:18+	15:32+	17:32+	18:42+	21:09+	23:35+	25:33+	27:17+	27:58+								
02:19+	00:47+	01:53-	02:37+	00:44+	03:27+	01:31+	01:00+	01:14+	02:00+	01:10=	02:27+	02:26+	01:58+	01:44+	00:41+								
00:27#	00:14#	01:24-	01:22#	00:13#	02:30#	00:25#	00:19#	00:13#	00:25#	00:00=	00:30#	00:38#	00:10+	00:36#	00:07#								
<b>6</b>	<b>Inger Johanne Klausen</b>	<b>54</b>											<b>27:59</b>										
02:23+	03:08+	04:56-	07:34+	08:18+	12:03+	13:16+	14:16+	15:30+	17:29+	18:46+	21:38+	24:51+	25:59+	27:24+	27:59+								
02:23+	00:45+	01:48-	02:38+	00:44+	03:45+	01:13+	01:00+	01:14+	01:59+	01:17+	02:52+	03:13+	01:08-	01:25+	00:35+								
00:31#	00:12#	01:29-	01:23#	00:13#	02:48#	00:07#	00:19#	00:13#	00:24#	00:07#	00:55#	01:25#	00:40-	00:17#	00:01+								
<b>7</b>	<b>Karine Ditlevsen</b>	<b>117</b>											<b>28:17</b>										
03:42+	04:26+	05:43+	07:46+	08:33+	10:20+	12:03+	13:04+	14:31+	16:47+	18:20+	20:17+	22:47+	25:37+	27:06+	28:17+								
03:42+	00:44+	01:17-	02:03+	00:47+	01:47+	01:43+	01:01+	01:27+	02:16+	01:33+	01:57=	02:30+	02:50+	01:29+	01:11+								
01:50#	00:11#	02:00-	00:48#	00:16#	00:50#	00:37#	00:20#	00:26#	00:41#	00:23#	00:00=	00:42#	01:02#	00:21#	00:37#								

Class	Navn	Klasse										Tid				
<b>8</b>	<b>Therese Østbø</b>	<b>117</b>										<b>28:25</b>				
03:33+	04:15+	05:34-	07:37+	08:22+	10:15+	12:02+	12:59+	14:21+	16:44+	18:15+	20:13+	22:49+	25:35+	27:06+	28:25+	
03:33+	00:42+	01:19-	02:03+	00:45+	01:53+	01:47+	00:57+	01:22+	02:23+	01:31+	01:58+	02:36+	02:46+	01:31+	01:19+	
01:41&	00:09&	01:58-	00:48&	00:14&	00:56&	00:41&	00:16&	00:21&	00:48&	00:21&	00:01+	00:48&	00:58&	00:23&	00:45&	
<b>9</b>	<b>Linda Charlotte Jahren Mørch</b>	<b>117</b>										<b>28:29</b>				
03:39+	04:22+	05:41-	07:50+	08:39+	10:28+	12:08+	13:10+	14:36+	16:50+	18:20+	20:25+	22:55+	25:37+	27:18+	28:29+	
03:39+	00:43+	01:19-	02:09+	00:49+	01:49+	01:40+	01:02+	01:26+	02:14+	01:30+	02:05+	02:30+	02:42+	01:41+	01:11+	
01:47&	00:10&	01:58-	00:54&	00:18&	00:52&	00:34&	00:21&	00:25&	00:39&	00:20&	00:08+	00:42&	00:54&	00:33&	00:37&	
<b>10</b>	<b>Esther Boenheim</b>	<b>268</b>										<b>28:49</b>				
02:47+	04:00+	05:19-	07:36+	08:22+	10:01+	12:29+	13:14+	14:32+	17:35+	19:03+	21:23+	24:25+	26:01+	27:56+	28:49+	
02:47+	01:13+	01:19-	02:17+	00:46+	01:39+	02:28+	00:45+	01:18+	03:03+	01:28+	02:20+	03:02+	01:36-	01:55+	00:53+	
00:55&	00:40&	01:58-	01:02&	00:15&	00:42&	01:22&	00:04+	00:17&	01:28&	00:18&	00:23#	01:14&	00:12-	00:47&	00:19&	
<b>11</b>	<b>Hanna Haaland Sømme</b>	<b>68</b>										<b>29:00</b>				
02:42+	03:30+	04:30-	07:18+	08:07+	10:23+	11:25+	13:15+	14:43+	19:22+	20:45+	22:37+	25:29+	26:53+	28:21+	29:00+	
02:42+	00:48+	01:00-	02:48+	00:49+	02:16+	01:02-	01:50+	01:28+	04:39+	01:23+	01:52-	02:52+	01:24-	01:28+	00:39+	
00:50&	00:15&	02:17-	01:33&	00:18&	01:19&	00:04-	01:09&	00:27&	03:04&	00:13#	00:05-	01:04&	00:24-	00:20&	00:05#	
<b>12</b>	<b>Johanne Næss</b>	<b>392</b>										<b>29:57</b>				
02:20+	03:01+	04:10-	06:21-	07:16-	09:25+	10:42+	11:32+	14:46+	16:36+	18:16+	20:54+	23:27+	24:59+	29:17+	29:57+	
02:20+	00:41+	01:09-	02:11+	00:55+	02:09+	01:17+	00:50+	03:14+	01:50+	01:40+	02:38+	02:33+	01:32-	04:18+	00:40+	
00:28#	00:08#	02:08-	00:56&	00:24&	01:12&	00:11#	00:09#	02:13&	00:15#	00:30&	00:41&	00:45&	00:16-	03:10&	00:06#	
<b>13</b>	<b>Marit Lindtveit Undheim</b>	<b>54</b>										<b>30:21</b>				
02:22+	03:02+	04:11-	05:44-	06:16-	07:12-	08:22-	09:12-	10:49-	13:52+	23:12+	24:39+	26:49+	28:15+	29:35+	30:21+	
02:22+	00:40+	01:09-	01:33+	00:32+	00:56-	01:10+	00:50+	01:37+	03:03+	09:20+	01:27-	02:10+	01:26-	01:20+	00:46+	
00:30&	00:07#	02:08-	00:18#	00:01+	00:01-	00:04+	00:09#	00:36&	01:28&	08:10&	00:30-	00:22#	00:22-	00:12#	00:12&	
<b>14</b>	<b>Maria Fjelde</b>	<b>105</b>										<b>30:43</b>				
07:45+	08:22+	09:29+	12:52+	13:24+	14:27+	15:18+	17:04+	18:21+	20:28+	22:33+	24:14+	26:49+	28:36+	30:04+	30:43+	
07:45+	00:37+	01:07-	03:23+	00:32+	01:03+	00:51-	01:46+	01:17+	02:07+	02:05+	01:41-	02:35+	01:47-	01:28+	00:39+	
05:53&	00:04#	02:10-	02:08&	00:01+	00:06#	00:15-	01:05&	00:16&	00:32&	00:55&	00:16-	00:47&	00:01-	00:20&	00:05#	
<b>15</b>	<b>Ritva Aiko Halsne</b>	<b>105</b>										<b>30:46</b>				
05:08+	05:56+	07:15+	09:22+	10:16+	13:04+	14:21+	15:23+	16:31+	20:13+	21:47+	23:31+	26:11+	27:54+	29:35+	30:46+	
05:08+	00:48+	01:19-	02:07+	00:54+	02:48+	01:17+	01:02+	01:08+	03:42+	01:34+	01:44-	02:40+	01:43-	01:41+	01:11+	
03:16&	00:15&	01:58-	00:52&	00:23&	01:51&	00:11#	00:21&	00:07#	02:07&	00:24&	00:13-	00:52&	00:05-	00:33&	00:37&	
<b>16</b>	<b>Solbjørg Borgersen</b>	<b>233</b>										<b>31:24</b>				
04:33+	05:22+	06:50+	09:01+	09:50+	11:51+	13:39+	14:48+	16:32+	19:14+	22:11+	23:59+	27:32+	28:57+	30:35+	31:24+	
04:33+	00:49+	01:28-	02:11+	00:49+	02:01+	01:48+	01:09+	01:44+	02:42+	02:57+	01:48-	03:33+	01:25-	01:38+	00:49+	
02:41&	00:16&	01:49-	00:56&	00:18&	01:04&	00:42&	00:28&	00:43&	01:07&	01:47&	00:09-	01:45&	00:23-	00:30&	00:15&	
<b>17</b>	<b>Eli Våge</b>	<b>117</b>										<b>32:59</b>				
03:06+	04:11+	05:55+	08:35+	09:44+	11:07+	13:09+	14:25+	15:51+	19:02+	21:39+	24:00+	27:17+	29:11+	32:04+	32:59+	
03:06+	01:05+	01:44-	02:40+	01:09+	01:23+	02:02+	01:16+	01:26+	03:11+	02:37+	02:21+	03:17+	01:54+	02:53+	00:55+	
01:14&	00:32&	01:33-	01:25&	00:38&	00:26&	00:56&	00:35&	00:25&	01:36&	01:27&	00:24#	01:29&	00:06+	01:45&	00:21&	
<b>18</b>	<b>Synnøve Vidstein</b>	<b>76</b>										<b>35:08</b>				
02:45+	03:44+	05:40-	08:17+	09:20+	13:29+	14:53+	16:56+	18:10+	21:21+	23:11+	25:27+	28:26+	31:53+	34:08+	35:08+	
02:45+	00:59+	01:56-	02:37+	01:03+	04:09+	01:24+	02:03+	01:14+	03:11+	01:50+	02:16+	02:59+	03:27+	02:15+	01:00+	
00:53&	00:26&	01:21-	01:22&	00:32&	03:12&	00:18&	01:22&	00:13#	01:36&	00:40&	00:19#	01:11&	01:39&	01:07&	00:26&	
<b>19</b>	<b>Kirsti Strand Salvesen</b>	<b>256</b>										<b>35:12</b>				
02:54+	04:06+	06:00+	08:29+	09:37+	11:28+	13:07+	14:18+	16:10+	19:49+	22:32+	25:17+	29:54+	31:56+	34:00+	35:12+	
02:54+	01:12+	01:54-	02:29+	01:08+	01:51+	01:39+	01:11+	01:52+	03:39+	02:43+	02:45+	04:37+	02:02+	02:04+	01:12+	
01:02&	00:39&	01:23-	01:14&	00:37&	00:54&	00:33&	00:30&	00:51&	02:04&	01:33&	00:48&	02:49&	00:14#	00:56&	00:38&	
<b>20</b>	<b>Grete Stokke Seljeskog</b>	<b>128</b>										<b>35:16</b>				
06:58+	07:45+	09:05+	11:32+	12:33+	14:11+	15:34+	16:42+	19:13+	22:33+	23:58+	25:59+	31:32+	33:08+	34:38+	35:16+	
06:58+	00:47+	01:20-	02:27+	01:01+	01:38+	01:23+	01:08+	02:31+	03:20+	01:25+	02:01+	05:33+	01:36-	01:30+	00:38+	
05:06&	00:14&	01:57-	01:12&	00:30&	00:41&	00:17&	00:27&	01:30&	01:45&	00:15#	00:04+	03:45&	00:12-	00:22&	00:04#	
<b>21</b>	<b>Ann-Mari Vold</b>	<b>54</b>										<b>35:32</b>				
04:57+	05:45+	07:09+	08:41+	09:18+	18:59+	20:38+	21:43+	23:40+	26:19+	27:51+	29:21+	31:59+	33:44+	34:57+	35:32+	
04:57+	00:48+	01:24-	01:32+	00:37+	09:41+	01:39+	01:05+	01:57+	02:39+	01:32+	01:30-	02:38+	01:45-	01:13+	00:35+	
03:05&	00:15&	01:53-	00:17#	00:06#	08:44&	00:33&	00:24&	00:56&	01:04&	00:22&	00:27-	00:50&	00:03-	00:05+	00:01+	
<b>22</b>	<b>Astri Sandanger</b>	<b>93</b>										<b>35:45</b>				
08:50+	09:32+	10:44+	12:10+	12:58+	14:21+	15:34+	16:16+	18:31+	20:51+	23:42+	29:11+	32:04+	33:34+	34:56+	35:45+	
08:50+	00:42+	01:12-	01:26+	00:48+	01:23+	01:13+	00:42+	02:15+	02:20+	02:51+	05:29+	02:53+	01:30-	01:22+	00:49+	
06:58&	00:09&	02:05-	00:11#	00:17&	00:26&	00:07#	00:01+	01:14&	00:45&	01:41&	03:32&	01:05&	00:18-	00:14#	00:15&	

Class	Navn	Klasse	Tid
<b>23</b>	<b>Helga Sandve Helgøy</b>	<b>111</b>	<b>38:14</b>
03:13+	04:00+ 06:00+ 07:42+ 08:16+	10:17+	13:59+ 15:09+ 16:33+ 19:36+ 24:49+ 26:41+ 30:03+
03:13+	00:47+ 02:00- 01:42+ 00:34+	02:01+	03:42+ 01:10+ 01:24+ 03:03+ 05:13+ 01:52- 03:22+
01:21&	00:14& 01:17- 00:27& 00:03+	01:04@	02:36@ 00:29& 00:23& 01:28& 04:03@ 00:05- 01:34& 00:04- 04:34@ 00:11&
<b>24</b>	<b>Signe Lise Haaland</b>	<b>66</b>	<b>43:55</b>
04:01+	05:18+ 07:19+ 10:22+ 11:32+	13:40+	15:28+ 17:25+ 19:20+ 23:49+ 29:41+ 32:36+ 37:59+
04:01+	01:17+ 02:01- 03:03+ 01:10+	02:08+	01:48+ 01:57+ 01:55+ 04:29+ 05:52+ 02:55+ 05:23+
02:09@	00:44@ 01:16- 01:48@ 00:39@	01:11@	00:42& 01:16@ 00:54& 02:54@ 04:42@ 00:58& 03:35@ 00:28& 01:14@ 00:44@
<b>25</b>	<b>Monica Regine Romstad</b>	<b>105</b>	<b>44:35</b>
03:51+	04:40+ 06:13+ 08:31+ 09:08+	11:16+	12:39+ 13:42+ 15:24+ 18:53+ 21:56+ 25:22+ 28:11+
03:51+	00:49+ 01:33- 02:18+ 00:37+	02:08+	01:23+ 01:03+ 01:42+ 03:29+ 03:03+ 03:26+ 02:49+
01:59@	00:16& 01:44- 01:03& 00:06#	01:11@	00:17& 00:22& 00:41& 01:54@ 01:53@ 01:29& 01:01& 12:03@ 00:35& 00:16&
<b>26</b>	<b>Ingunn Fandrem</b>	<b>47</b>	<b>45:09</b>
04:28+	05:33+ 08:53+ 12:32+ 13:55+	17:04+	18:55+ 20:52+ 23:14+ 27:38+ 31:00+ 35:05+ 38:55+
04:28+	01:05+ 03:20+ 03:39+ 01:23+	03:09+	01:51+ 01:57+ 02:22+ 04:24+ 03:22+ 04:05+ 03:50+
02:36@	00:32& 00:03+ 02:24@ 00:52@	02:12@	00:45& 01:16@ 01:21@ 02:49@ 02:12@ 02:08@ 02:02@ 03:12+ 02:10+ 00:52+
<b>27</b>	<b>Solveig Marie Grønning</b>	<b>47</b>	<b>45:12</b>
04:34+	05:38+ 08:58+ 12:29+ 14:01+	17:14+	19:01+ 20:57+ 23:19+ 27:43+ 31:06+ 35:09+ 38:59+
04:34+	01:04+ 03:20+ 03:31+ 01:32+	03:13+	01:47+ 01:56+ 02:22+ 04:24+ 03:23+ 04:03+ 03:50+
02:42@	00:31& 00:03+ 02:16@ 01:01@	02:16@	00:41& 01:15@ 01:21@ 02:49@ 02:13@ 02:06@ 02:02@ 03:12+ 02:10+ 00:51+
<b>28</b>	<b>Jeanette Mjølhus</b>	<b>105</b>	<b>45:35</b>
13:52+	14:34+ 15:58+ 18:03+ 18:56+	20:48+	22:05+ 23:24+ 25:08+ 27:41+ 33:38+ 36:10+ 38:58+
13:52+	00:42+ 01:24- 02:05+ 00:53+	01:52+	01:17+ 01:19+ 01:44+ 02:33+ 05:57+ 02:32+ 02:48+
12:00@	00:09& 01:53- 00:50& 00:22&	00:55&	00:11# 00:38& 00:43& 00:58& 04:47@ 00:35& 01:00& 00:11- 03:10@ 00:08#
<b>29</b>	<b>Grete Sveinsvoll</b>	<b>370</b>	<b>46:21</b>
04:55+	05:56+ 07:50+ 10:18+ 10:54+	22:34+	23:50+ 25:27+ 26:49+ 30:37+ 32:23+ 35:02+ 41:10+
04:55+	01:01+ 01:54- 02:28+ 00:36+	11:40+	01:16+ 01:37+ 01:22+ 03:48+ 01:46+ 02:39+ 06:08+
03:03@	00:28& 01:23- 01:13& 00:05#	10:43@	00:10# 00:56@ 00:21& 02:13@ 00:36& 00:42& 04:20@ 00:19# 00:48& 00:34&
<b>30</b>	<b>Marit Kløvstad Braut</b>	<b>92</b>	<b>48:48</b>
04:34+	06:11+ 08:28+ 12:07+ 13:23+	15:38+	18:08+ 20:38+ 22:36+ 26:24+ 29:09+ 32:23+ 39:23+
04:34+	01:37+ 02:17- 03:39+ 01:16+	02:15+	02:30+ 02:30+ 01:58+ 03:48+ 02:45+ 03:14+ 07:00+
02:42@	01:04@ 01:00- 02:24@ 00:45@	01:18@	01:24@ 01:49@ 00:57& 02:13@ 01:35@ 01:17& 05:12@ 02:17@ 02:39@ 00:59@
<b>31</b>	<b>Sigrund Serigstad</b>	<b>128</b>	<b>55:28</b>
08:22+	08:53+ 16:45+ 19:54+ 20:48+	25:29+	27:07+ 29:58+ 31:29+ 34:41+ 39:31+ 43:19+ 46:06+
08:22+	00:31- 07:52+ 03:09+ 00:54+	04:41+	01:38+ 02:51+ 01:31+ 03:12+ 04:50+ 03:48+ 02:47+
06:30@	00:02- 04:35@ 01:54@ 00:23&	03:44@	00:32& 02:10@ 00:30& 01:37@ 03:40@ 01:51& 00:59& 52:55+ 54:51+ 55:28+
<b>32</b>	<b>Hazel Grayston</b>	<b>263</b>	<b>56:48</b>
10:36+	12:05+ 14:32+ 18:56+ 20:20+	26:18+	28:34+ 30:10+ 32:08+ 37:07+ 40:53+ 44:20+ 49:11+
10:36+	01:29+ 02:27- 04:24+ 01:24+	05:58+	02:16+ 01:36+ 01:58+ 04:59+ 03:46+ 03:27+ 04:51+
08:44@	00:56@ 00:50- 03:09@ 00:53@	05:01@	01:10@ 00:55@ 00:57& 03:24@ 02:36@ 01:30& 03:03@ 01:26& 01:24@ 01:17@
<b>33</b>	<b>Linda Haukås</b>	<b>113</b>	<b>1:02:56</b>
03:09+	04:14+ 26:00+ 29:01+ 29:59+	34:38+	36:18+ 39:05+ 40:35+ 45:04+ 48:43+ 52:43+ 56:50+
03:09+	01:05+ 21:46+ 03:01+ 00:58+	04:39+	01:40+ 02:47+ 01:30+ 04:29+ 03:39+ 04:00+ 04:07+
01:17&	00:32& 18:29@ 01:46@ 00:27&	03:42@	00:34& 02:06@ 00:29& 02:54@ 02:29@ 02:03@ 02:19@ 59:04+ 61:33+ 62:56+
<b>34</b>	<b>Liv Janne Fandrem Biland</b>	<b>92</b>	<b>1:03:02</b>
16:34+	17:29+ 19:04+ 22:16+ 23:02+	27:11+	28:59+ 30:35+ 32:02+ 38:39+ 50:47+ 53:20+ 57:29+
16:34+	00:55+ 01:35- 03:12+ 00:46+	04:09+	01:48+ 01:36+ 01:27+ 06:37+ 12:08+ 02:33+ 04:09+
14:42@	00:22& 01:42- 01:57@ 00:15&	03:12@	00:42& 00:55@ 00:26& 05:02@ 10:58@ 00:36& 02:21@ 60:19+ 62:00+ 63:02+
<b>35</b>	<b>Anne Lill Njå</b>	<b>105</b>	<b>1:10:10</b>
12:28+	13:06+ 14:16+ 17:01+ 17:38+	20:17+	21:24+ 22:34+ 23:43+ 53:20+ 54:52+ 56:57+ 65:19+
12:28+	00:38+ 01:10- 02:45+ 00:37+	02:39+	01:07+ 01:10+ 01:09+ 29:37+ 01:32+ 02:05+ 08:22+
10:36@	00:05# 02:07- 01:30@ 00:06#	01:42@	00:01+ 00:29& 00:08# 28:02@ 00:22& 00:08+ 06:34@ 68:05+ 69:25+ 70:10+
<b>36</b>	<b>Agnete Dedekam Stabel</b>	<b>101</b>	<b>1:11:57</b>
05:42+	06:59+ 08:50+ 12:43+ 13:49+	34:38+	37:51+ 40:03+ 41:36+ 46:45+ 50:53+ 57:15+ 66:14+
05:42+	01:17+ 01:51- 03:53+ 01:06+	20:49+	03:13+ 02:12+ 01:33+ 05:09+ 04:08+ 06:22+ 08:59+
03:50@	00:44@ 01:26- 02:38@ 00:35@	19:52@	02:07@ 01:31@ 00:32& 03:34@ 02:58@ 04:25@ 07:11@ 71:05+ 71:57+
			00:21- 02:16@ 00:18&
<b>Beste strekktid for klassen</b>			
	01:52	00:31	01:00
		01:15	00:26
		00:56	00:51
		00:41	00:58
		01:35	01:10
		01:26	01:48
		01:08	01:08
		00:34	

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



### Herrer 16 - 39 år

<b>1</b>	<b>Magne Hatteland</b>	<b>399</b>																		<b>21:40</b>			
	00:43=	01:17=	02:31=	04:02=	04:55=	05:30=	06:09=	06:30=	07:08=	07:46=	09:05=	09:57=	11:22=	12:09=	14:08=	14:46=	16:53=	18:10=	18:42=	19:27=	21:14=	21:24=	21:40=
	00:43=	00:34=	01:14=	01:31=	00:53=	00:35=	00:39=	00:21=	00:38=	00:38=	01:19=	00:52=	01:25=	00:47=	01:59=	00:38=	02:07=	01:17=	00:32=	00:45=	01:47=	00:10=	00:16=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Jørgen Strømstad</b>	<b>50</b>																					
	01:05+	01:47+	03:06+	04:34+	05:36+	06:14+	06:51+	07:23+	08:10+	08:45+	10:00+	11:11+	12:40+	13:26+	14:55+	15:31+	17:43+	18:53+	19:30+	20:25+	21:57+	22:11+	22:23+
	01:05+	00:42+	01:19+	01:28-	01:02+	00:38+	00:37-	00:32+	00:47+	00:35-	01:15-	01:11+	01:29+	00:46-	01:29-	00:36-	02:12+	01:10-	00:37+	00:55+	01:32-	00:14+	00:12-
	00:22&	00:08#	00:05+	00:03-	00:09#	00:03+	00:02-	00:11&	00:09#	00:03-	00:04-	00:19&	00:04+	00:01-	00:30-	00:02-	00:05+	00:07-	00:05#	00:10#	00:15-	00:04&	00:04-
<b>3</b>	<b>Morten Fenne</b>	<b>232</b>																					
	00:47+	01:35+	02:52+	04:20+	05:20+	06:02+	06:43+	07:08+	07:51+	08:37+	10:00+	10:49+	12:16+	13:14+	15:23+	15:58+	18:27+	19:32+	20:12+	21:57+	23:56+	24:08+	24:23+
	00:47+	00:48+	01:17+	01:28-	01:00+	00:42+	00:41+	00:25+	00:43+	00:46+	01:23+	00:49-	01:27+	00:58+	02:09+	00:35-	02:29+	01:05-	00:40+	01:45+	01:59+	00:12+	00:15-
	00:04+	00:14&	00:03+	00:03-	00:07#	00:07#	00:02+	00:04#	00:05#	00:08#	00:04+	00:03-	00:02+	00:11#	00:10+	00:03-	00:22#	00:12-	00:08#	01:00#	00:12#	00:02#	00:01-
<b>4</b>	<b>Sven Hatteland</b>	<b>399</b>																					
	00:34-	01:14-	02:30-	03:52-	04:49-	05:21-	06:01-	06:25-	07:08=	08:06+	09:24+	10:24+	12:08+	13:06+	15:50+	16:36+	19:11+	20:32+	21:13+	22:15+	24:02+	24:16+	24:33+
	00:34-	00:40+	01:16+	01:22-	00:57+	00:32-	00:40+	00:24+	00:43+	00:58+	01:18-	01:00+	01:44+	00:58+	02:44+	00:46+	02:35+	01:21+	00:41+	01:02+	01:47=	00:14+	00:17+
	00:09-	00:06#	00:02+	00:09-	00:04+	00:03-	00:01+	00:03#	00:05#	00:20&	00:01-	00:08#	00:19#	00:11#	00:45&	00:08#	00:28#	00:04+	00:09&	00:17&	00:00=	00:04&	00:01+
<b>5</b>	<b>Bernhard Haver Vagle</b>	<b>126</b>																					
	02:49+	03:49+	05:41+	07:10+	08:18+	09:06+	09:47+	10:18+	11:03+	11:44+	13:08+	14:16+	16:02+	17:00+	18:57+	19:31+	21:58+	23:23+	23:57+	24:56+	26:36+	26:47+	27:03+
	02:49+	01:00+	01:52+	01:29-	01:08+	00:48+	00:41+	00:31+	00:45+	00:41+	01:24+	01:08+	01:46+	00:58+	01:57-	00:34-	02:27+	01:25+	00:34+	00:59+	01:40-	00:11+	00:16=
	02:06#	00:26&	00:38&	00:02-	00:15&	00:13&	00:02+	00:10&	00:07#	00:03+	00:05+	00:16&	00:21#	00:11#	00:02-	00:04-	00:20#	00:08#	00:02+	00:14&	00:07-	00:01#	00:00=
<b>6</b>	<b>Briac LeRay</b>	<b>67</b>																					
	01:22+	02:18+	03:48+	05:26+	06:21+	07:02+	07:41+	08:22+	09:12+	09:48+	11:12+	12:13+	13:36+	14:19+	18:32+	19:01+	20:51+	21:57+	22:30+	25:49+	27:27+	27:41+	27:56+
	01:22+	00:56+	01:30+	01:38+	00:55+	00:41+	00:39=	00:41+	00:50+	00:36-	01:24+	01:01+	01:23-	00:43-	04:13+	00:29-	01:50-	01:06-	00:33+	03:19+	01:38-	00:14+	00:15-
	00:39&	00:22&	00:16#	00:07+	00:02+	00:06#	00:00=	00:20&	00:12&	00:02-	00:05+	00:09#	00:02-	00:04-	02:14#	00:09-	00:17-	00:11-	00:01+	02:34#	00:09-	00:04&	00:01-
<b>7</b>	<b>Thomas Jansen</b>	<b>289</b>																					
	00:55+	01:58+	03:29+	04:50+	05:46+	06:33+	07:15+	07:44+	08:24+	09:09+	10:46+	11:43+	13:35+	14:27+	21:21+	22:02+	24:40+	26:27+	27:03+	28:10+	29:50+	30:03+	30:20+
	00:55+	01:03+	01:31+	01:21-	00:56+	00:47+	00:42+	00:29+	00:40+	00:45+	01:37+	00:57+	01:52+	00:52+	06:54+	00:41+	02:38+	01:47+	00:36+	01:07+	01:40-	00:13+	00:17+
	00:12&	00:29&	00:17#	00:10-	00:03+	00:12&	00:03+	00:08&	00:02+	00:07#	00:18#	00:05+	00:27&	00:05#	04:55#	00:03+	00:31#	00:30&	00:04#	00:22&	00:07-	00:03&	00:01+
<b>8</b>	<b>Truls Thorkildsen</b>	<b>39</b>																					
	01:00+	01:51+	03:26+	05:24+	06:28+	08:45+	09:39+	10:10+	10:50+	11:51+	13:45+	14:54+	16:45+	17:50+	21:10+	21:58+	24:20+	26:27+	27:05+	28:15+	30:00+	30:47+	31:07+
	01:00+	00:51+	01:35+	01:58+	01:04+	02:17+	00:54+	00:31+	00:40+	01:01+	01:54+	01:09+	01:51+	01:05+	03:20+	00:48+	02:22+	02:07+	00:38+	01:10+	01:45-	00:47+	00:20+
	00:17&	00:17&	00:21&	00:27&	00:11#	01:42#	00:15&	00:10&	00:02+	00:23&	00:35&	00:17&	00:26&	00:18&	01:21&	00:10&	00:15#	00:50&	00:06#	00:25&	00:02-	00:37#	00:04#
<b>9</b>	<b>Thomas Barvik Mæland</b>	<b>66</b>																					
	01:07+	02:08+	04:08+	05:38+	06:45+	07:39+	08:31+	09:05+	10:00+	10:49+	12:31+	14:05+	16:14+	17:09+	21:21+	22:05+	25:25+	27:18+	28:05+	29:18+	31:34+	31:53+	32:11+
	01:07+	01:01+	02:00+	01:30-	01:07+	00:54+	00:52+	00:34+	00:55+	00:49+	01:42+	01:34+	02:09+	00:55+	04:12+	00:44+	03:20+	01:53+	00:47+	01:13+	02:16+	00:19+	00:18+
	00:24&	00:27&	00:46&	00:01-	00:14&	00:19&	00:13&	00:13&	00:17&	00:11&	00:23&	00:42&	00:44&	00:08#	02:13#	00:06#	01:13&	00:36&	00:15&	00:28&	00:29&	00:09&	00:02#
<b>10</b>	<b>Jone Klemo Øverland</b>	<b>165</b>																					
	01:13+	02:02+	03:51+	05:23+	06:38+	07:25+	08:20+	09:00+	10:03+	11:06+	13:23+	15:13+	19:09+	20:22+	25:32+	26:18+	29:35+	31:46+	32:43+	33:52+	35:52+	36:09+	36:29+
	01:13+	00:49+	01:49+	01:32+	01:15+	00:47+	00:55+	00:40+	01:03+	01:03+	02:17+	01:50+	03:56+	01:13+	05:10+	00:46+	03:17+	02:11+	00:57+	01:09+	02:00+	00:17+	00:20+
	00:30&	00:15&	00:35&	00:01+	00:22&	00:12&	00:16&	00:19&	00:25&	00:25&	00:58&	00:58#	02:31#	00:26&	03:11#	00:08#	01:10&	00:54&	00:25&	00:24&	00:13#	00:07&	00:04#
<b>11</b>	<b>Maximilian Erbeck</b>	<b>67</b>																					
	01:20+	04:00+	05:24+	08:04+	08:56+	09:27+	12:29+	13:06+	13:44+	15:30+	17:05+	17:51+	21:52+	22:34+	27:19+	27:52+	31:07+	32:16+	32:59+	34:19+	36:10+	36:20+	36:34+
	01:20+	02:40+	01:24+	02:40+	00:52-	00:31-	03:02+	00:37+	00:38=	01:46+	01:35+	00:46-	04:01+	00:42-	04:45+	00:33-	03:15+	01:09-	00:43+	01:20+	01:51+	00:10=	00:14-
	00:37&	02:06#	00:10#	01:09&	00:01-	00:04-	02:23#	00:16&	00:00=	01:08#	00:16#	00:06-	02:36#	00:05-	02:46#	00:05-	01:08&	00:08-	00:11&	00:35&	00:04+	00:00=	00:02-
<b>12</b>	<b>Thomas Hinna</b>	<b>287</b>																					
	01:40+	03:00+	04:25+	06:19+	07:23+	08:22+	09:18+	09:49+	11:01+	11:56+	14:37+	16:08+	17:59+	19:15+	24:04+	24:48+	27:31+	29:09+	30:06+	31:42+	33:56+	37:23+	37:45+
	01:40+	01:20+	01:25+	01:54+	01:04+	00:59+	00:56+	00:31+	01:12+	00:55+	02:41+	01:31+	01:51+	01:16+	04:49+	00:44+	02:43+	01:38+	00:57+	01:36+	02:14+	03:27+	00:22+
	00:57#	00:46#	00:11#	00:23&	00:11#	00:24&	00:17&	00:10&	00:34&	00:17&	01:22#	00:39&	00:26&	00:29&	02:50#	00:06#	00:36&	00:21&	00:25&	00:51#	00:27&	03:17#	00:06&
<b>13</b>	<b>Torbjørn Fuglestad</b>	<b>46</b>																					
	01:20+	02:33+	04:22+	07:29+	09:15+	10:44+	11:42+	12:45+	13:17+	14:16+	15:16+	17:09+	18:53+	21:26+	22:46+	25:15+	26:00+	29:34+	31:24+	32:48+	34:25+	37:15+	37:30+
	01:20+	01:13+	01:49+	03:07+	01:46+	01:29+	00:58+	01:03+	00:32-	00:59+	01:00-	01:53+	01:44+	02:33+	01:20-	02:29+	00:45-						

Class	Navn	Klasse													Tid								
<b>15</b>	<b>Håvard Høie</b>	<b>378</b>													<b>39:24</b>								
01:40+	02:46+	04:17+	06:36+	07:57+	08:49+	09:45+	10:37+	11:58+	12:57+	15:17+	16:47+	19:10+	20:25+	27:05+	27:55+	30:44+	32:27+	34:04+	36:19+	38:46+	39:08+	39:24+	
01:40+	01:06+	01:31+	02:19+	01:21+	00:52+	00:56+	00:52+	01:21+	00:59+	02:20+	01:30+	02:23+	01:15+	06:40+	00:50+	02:49+	01:43+	01:37+	02:15+	02:27+	00:22+	00:16+	
00:57@	00:32&	00:17#	00:48&	00:28&	00:17&	00:17&	00:31@	00:43@	00:21&	01:01&	00:38&	00:58&	00:28&	04:41@	00:12&	00:42&	00:26&	01:05@	01:30@	00:40&	00:12@	00:00=	
<b>16</b>	<b>Vidar Haus</b>	<b>399</b>													<b>44:58</b>								
01:31+	02:39+	09:19+	15:00+	16:36+	17:45+	19:17+	20:21+	21:28+	22:28+	24:42+	26:35+	28:33+	29:39+	31:33+	32:20+	35:21+	37:05+	39:34+	41:40+	44:24+	44:41+	44:58+	
01:31+	01:08+	06:40+	05:41+	01:36+	01:09+	01:32+	01:04+	01:07+	01:00+	02:14+	01:53+	01:58+	01:06+	01:54-	00:47+	03:01+	01:44+	02:29+	02:06+	02:44+	00:17+	00:17+	
00:48@	00:34&	05:26@	04:10@	00:43&	00:34&	00:53@	00:43@	00:29&	00:22&	00:55&	01:01@	00:33&	00:19&	00:05-	00:09#	00:54&	00:27&	01:57@	01:21@	00:57&	00:07&	00:01+	
<b>17</b>	<b>Bruno Pierfelice</b>	<b>51</b>													<b>46:22</b>								
02:34+	03:38+	05:29+	06:57+	08:42+	11:33+	12:30+	13:06+	14:01+	15:41+	16:33+	19:01+	20:41+	23:25+	24:44+	27:01+	28:26+	32:00+	39:12+	39:43+	43:35+	45:43+	46:04+	46:22+
02:34+	01:04+	01:51+	01:28-	01:45+	02:51+	00:57+	00:36+	00:55+	01:40+	00:52-	02:28+	01:40+	02:44+	01:19-	02:17+	01:25-	03:34+	07:12+	00:31-	03:52+	02:08+	00:21+	00:18+
01:51@	00:30&	00:37&	00:03-	00:52&	02:16@	00:18&	00:15&	00:17&	01:02@	00:27-	01:36@	00:15#	01:57@	00:40-	01:39@	00:42-	02:17@	06:40@	00:14-	02:05@	01:58@	00:05&	00:18+
<b>18</b>	<b>Bjarte Sola</b>	<b>192</b>													<b>59:35</b>								
02:14+	03:46+	07:26+	11:26+	13:27+	15:06+	16:59+	17:52+	19:31+	21:42+	25:22+	27:48+	30:58+	33:30+	39:23+	40:38+	45:59+	48:51+	50:13+	54:44+	58:48+	59:09+	59:35+	
02:14+	01:32+	03:40+	04:00+	02:01+	01:39+	01:53+	00:53+	01:39+	02:11+	03:40+	02:26+	03:10+	02:32+	05:53+	01:15+	05:21+	02:52+	01:22+	04:31+	04:04+	00:21+	00:26+	
01:31@	00:58@	02:26@	02:29@	01:08@	01:04@	01:14@	00:32@	01:01@	01:33@	02:21@	01:34@	01:45@	01:45@	03:54@	00:37&	03:14@	01:35@	00:50@	03:46@	02:17@	00:11@	00:10&	
<b>Beste strekktid for klassen</b>																							
00:34	00:34	01:14	01:21	00:52	00:31	00:37	00:21	00:32	00:35	00:52	00:46	01:23	00:42	01:19	00:29	00:45	01:05	00:32	00:31	01:32	00:10	00:12	

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

## Herrer 40 - 49 år

<b>1</b>	<b>Magne Habbestad</b>	<b>111</b>													<b>30:03</b>								
00:57=	01:48=	03:23=	04:51=	06:13=	07:00=	08:00=	08:28=	09:13=	10:14=	11:52=	12:56=	14:45=	15:45=	18:53=	19:30=	22:08=	24:02=	25:13=	27:39=	29:31=	29:46=	30:03=	
00:57=	00:51=	01:35=	01:28=	01:22=	00:47=	01:00=	00:28=	00:45=	01:01=	01:38=	01:04=	01:49=	01:00=	03:08=	00:37=	02:38=	01:54=	01:11=	02:26=	01:52=	00:15=	00:17=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Christian Ask</b>	<b>180</b>													<b>31:34</b>								
01:17+	02:11+	03:42+	05:40+	06:51+	07:35+	08:54+	09:42+	10:10+	10:57+	11:44-	13:16+	14:37-	16:35+	17:34-	22:07+	22:45+	25:23+	26:50+	27:53+	29:12-	31:04+	31:18+	31:34+
01:17+	00:54+	01:31-	01:58+	01:11-	00:44-	01:19+	00:48+	00:28-	00:47-	00:47-	01:32+	01:21-	01:58+	00:59-	04:33+	00:38-	02:38+	01:27+	01:03-	01:19-	01:52+	00:14-	00:16+
00:20&	00:03+	00:04-	00:30&	00:11-	00:03-	00:19&	00:20&	00:17-	00:14-	00:51-	00:28&	00:28-	00:58&	02:09-	03:56@	02:00-	00:44&	00:16#	01:23-	00:33-	01:37@	00:03-	00:16+
<b>3</b>	<b>Rune Hatle</b>	<b>65</b>													<b>31:49</b>								
01:36+	02:23+	04:05+	05:44+	07:13+	08:03+	09:08+	09:39+	10:35+	11:32+	13:24+	14:56+	16:49+	18:11+	21:40+	22:17+	25:20+	27:09+	27:55+	29:11+	31:02+	31:30+	31:49+	
01:36+	00:47-	01:42+	01:39+	01:29+	00:50+	01:05+	00:31+	00:56+	00:57-	01:52+	01:32+	01:53+	01:22+	03:29+	00:37=	03:03+	01:49-	00:46-	01:16-	01:51-	00:28+	00:19+	
00:39&	00:04-	00:07+	00:11#	00:07+	00:03+	00:05+	00:03#	00:11#	00:04-	00:14#	00:28&	00:04+	00:22&	00:21#	00:00=	00:25#	00:05-	00:25-	01:10-	00:01-	00:13&	00:02#	
<b>4</b>	<b>Trondr Breiland</b>	<b>53</b>													<b>32:18</b>								
01:58+	02:56+	04:30+	06:56+	08:12+	09:12+	10:08+	10:41+	11:26+	12:10+	13:53+	15:54+	17:34+	18:36+	21:03+	21:35+	24:30+	25:43+	26:23+	28:44+	30:50+	31:59+	32:18+	
01:58+	00:58+	01:34-	02:26+	01:16-	01:00+	00:56-	00:33+	00:45=	00:44-	01:43+	02:01+	01:40-	01:02+	02:27-	00:32-	02:55+	01:13-	00:40-	02:21-	02:06+	01:09+	00:19+	
01:01@	00:07#	00:01-	00:58&	00:06-	00:13&	00:04-	00:05#	00:00=	00:17-	00:05+	00:57&	00:09-	00:02+	00:41-	00:05-	00:17#	00:41-	00:31-	00:05-	00:14#	00:54@	00:02#	
<b>5</b>	<b>Kristoffer Buchholz Johannessen 88</b>	<b>32:32</b>													<b>32:32</b>								
01:15+	02:30+	04:26+	06:10+	07:15+	07:55+	08:35+	09:22+	10:03+	11:00+	12:26+	13:39+	15:16+	16:11+	18:56+	19:32+	22:02-	23:26-	24:04-	30:23+	31:57+	32:15+	32:32+	
01:15+	01:15+	01:56+	01:44+	01:05-	00:40-	00:40-	00:47+	00:41-	00:57-	01:26-	01:13+	01:37-	00:55-	02:45-	00:36-	02:30-	01:24-	00:38-	06:19+	01:34-	00:18+	00:17=	
00:18&	00:24&	00:21#	00:16#	00:17-	00:07-	00:20-	00:19&	00:04-	00:04-	00:12-	00:09#	00:12-	00:05-	00:23-	00:01-	00:08-	00:30-	00:33-	03:53@	00:18-	00:03#	00:00=	
<b>6</b>	<b>Øyvind Madland</b>	<b>405</b>													<b>32:49</b>								
01:29+	02:44+	04:34+	06:20+	07:18+	07:54+	08:58+	09:28+	10:34+	11:22+	12:46+	13:51+	15:50+	16:51+	23:11+	23:47+	26:19+	27:50+	28:29+	30:07+	32:17+	32:32+	32:49+	
01:29+	01:15+	01:50+	01:46+	00:58-	00:36-	01:04+	00:30+	01:06+	00:48-	01:24-	01:05+	01:59+	01:01+	06:20+	00:36-	02:32-	01:31-	00:39-	01:38-	02:10+	00:15=	00:17=	
00:32&	00:24&	00:15#	00:18#	00:24-	00:11-	00:04+	00:02+	00:21&	00:13-	00:14-	00:01+	00:10+	00:01+	03:12@	00:01-	00:06-	00:23-	00:32-	00:48-	00:18#	00:00=	00:00=	
<b>7</b>	<b>Rune Dahl Fitjar</b>	<b>53</b>													<b>34:29</b>								
01:01+	01:58+	03:37+	05:21+	06:38+	07:26+	08:16+	08:52+	09:42+	10:25+	12:17+	13:31+	15:38+	16:49+	21:57+	22:38+	25:51+	27:25+	28:39+	29:52+	31:42+	34:08+	34:29+	
01:01+	00:57+	01:39+	01:44+	01:17-	00:48+	00:50-	00:36+	00:50+	00:43-	01:52+	01:14+	02:07+	01:11+	05:08+	00:41+	03:13+	01:34-	01:14+	01:13-	01:50-	02:26+	00:21+	
00:04+	00:06#	00:04+	00:16#	00:05-	00:01+	00:10-	00:08&	00:05#	00:18-	00:14#	00:10#	00:18#	00:11#	02:00&	00:04#	00:35#	00:20-	00:03+	01:13-	00:02-	02:11@	00:04#	
<b>8</b>	<b>Anders Presterud</b>	<b>65</b>													<b>35:33</b>								
01:10+	02:15+	03:49+	09:27+	11:15+	11:56+	12:50+	13:34+	14:43+	15:30+	17:17+	18:25+	20:13+	22:05+	25:36+	26:13+	28:54+	30:23+	31:07+	32:44+	34:40+	35:12+	35:33+	
01:10+	01:05+	01:34-	05:38+	01:48+	00:41-	00:54-	00:44+	01:09+	00:47-	01:47+	01:08+	01:48-	01:52+	03:31+	00:37=	02:41+	01:29-	00:44-	01:37-	01:56+	00:32+	00:21+	
00:13#	00:14&	00:01-	04:10@	00:26&	00:06-	00:06-	00:16&	00:24&	00:14-	00:09+	00:04+	00:01-	00:52&	00:23#	00:00=	00:03+	00:25-	00:27-	00:49-	00:04+	00:17@	00:04#	
<b>9</b>	<b>Anders Hagen</b>	<b>399</b>													<b>37:33</b>								
00:50-	01:52+	03:52+	05:30+	07:01+	08:07+	09:04+	09:42+	10:27+	11:19+	13:05+	15:16+	17:22+	18:31+	23:41+	24:20+	27:21+	31:24+	32:06+	34:26+	37:01+	37:16+	37:33+	
00:50-	01:02+	02:00+	01:38+	01:31+	01:06+	00:57-	00:38+	00:45=	00:52-	01:46+	02:11+	02:06+	01:09+	05:10+	00:39+	03:01+	04:03+	00:42-	02:20-	02:35+	00:15=	00:17=	
00:07-	00:11#	00:25&	00:10#	00:09#	00:19&	00:03-	00:10&	00:00=	00:09-	00:08+	01:07@	00:17#	00:09#	02:02&	00:02+	00:23#	02:09@	00:29-	00:06-	00:43&	00:00=	00:00=	

Class	Navn	Klasse											Tid										
<b>10</b>	<b>André Sirevåg</b>	<b>116</b>											<b>37:41</b>										
02:02+	03:18+	05:22+	08:56+	10:30+	11:43+	12:36+	13:37+	14:38+	15:27+	17:34+	19:07+	22:11+	23:39+	26:56+	27:44+	30:58+	32:35+	33:30+	34:51+	37:06+	37:23+	37:41+	
02:02+	01:16+	02:04+	03:34+	01:34+	01:13+	00:53-	01:01+	01:01+	00:49-	02:07+	01:33+	03:04+	01:28+	03:17+	00:48+	03:14+	01:37-	00:55-	01:21-	02:15+	00:17+	00:18+	
01:05@	00:25&	00:29&	02:06@	00:12#	00:26&	00:07-	00:33@	00:16&	00:12-	00:29&	00:29&	01:15&	00:28&	00:09+	00:11&	00:36#	00:17-	00:16-	01:05-	00:23#	00:02#	00:01+	
<b>11</b>	<b>Frode Ungar</b>	<b>116</b>											<b>38:11</b>										
01:10+	02:13+	04:21+	06:04+	07:26+	08:32+	09:27+	10:04+	10:46+	11:41+	13:20+	17:31+	19:45+	20:44+	24:34+	25:16+	28:05+	29:30+	30:42+	32:54+	34:49+	37:52+	38:11+	
01:10+	01:03+	02:08+	01:43+	01:22=	01:06+	00:55-	00:37+	00:42-	00:55-	01:39+	04:11+	02:14+	00:59-	03:50+	00:42+	02:49+	01:25-	01:12+	02:12-	01:55+	03:03+	00:19+	
00:13#	00:12#	00:33&	00:15#	00:00=	00:19&	00:05-	00:09&	00:03-	00:06-	00:01+	03:07@	00:25#	00:01-	00:42#	00:05#	00:11+	00:29-	00:01+	00:14-	00:03+	02:48@	00:02#	
<b>12</b>	<b>Antal Jansen</b>	<b>115</b>											<b>45:10</b>										
01:17+	02:09+	06:16+	08:11+	09:28+	11:27+	12:21+	13:02+	13:48+	14:42+	16:21+	17:51+	20:09+	21:14+	32:33+	33:14+	35:58+	37:19+	38:02+	39:45+	41:44+	44:55+	45:10+	
01:17+	00:52+	04:07+	01:55+	01:17-	01:59+	00:54-	00:41+	00:46+	00:54-	01:39+	01:30+	02:18+	01:05+	11:19+	00:41+	02:44+	01:21-	00:43-	01:43-	01:59+	03:11+	00:15-	
00:20&	00:01+	02:32@	00:27&	00:05-	01:12@	00:06-	00:13&	00:01+	00:07-	00:01+	00:26&	00:29&	00:05+	08:11@	00:04#	00:06+	00:33-	00:28-	00:43-	00:07+	02:56@	00:02-	
<b>13</b>	<b>Ole-Tobias Frich</b>	<b>116</b>											<b>45:38</b>										
01:48+	02:58+	04:38+	06:49+	13:28+	14:18+	15:21+	16:03+	18:28+	19:32+	21:31+	23:29+	25:51+	27:20+	30:49+	32:01+	35:17+	39:32+	41:30+	42:41+	44:59+	45:14+	45:38+	
01:48+	01:10+	01:40+	02:11+	06:39+	00:50+	01:03+	00:42+	02:25+	01:04+	01:59+	01:58+	02:22+	01:29+	03:29+	01:12+	03:16+	04:15+	01:58+	01:11-	02:18+	00:15=	00:24+	
00:51&	00:19&	00:05+	00:43&	05:17@	00:03+	00:03+	00:14&	01:40@	00:03+	00:21#	00:54&	00:33&	00:29&	00:21#	00:35&	00:38#	02:21@	00:47&	01:15-	00:26#	00:00=	00:07&	
<b>14</b>	<b>Glenn Madland</b>	<b>128</b>											<b>59:35</b>										
01:32+	07:08+	11:34+	14:01+	15:23+	16:35+	18:40+	19:43+	20:58+	21:55+	23:44+	32:23+	34:50+	35:49+	39:03+	39:43+	43:11+	53:45+	54:28+	56:20+	59:05+	59:18+	59:35+	
01:32+	05:36+	04:26+	02:27+	01:22=	01:12+	02:05+	01:03+	01:15+	00:57-	01:49+	08:39+	02:27+	00:59-	03:14+	00:40+	03:28+	10:34+	00:43-	01:52-	02:45+	00:13-	00:17=	
00:35&	04:45@	02:51@	00:59&	00:00=	00:25&	01:05@	00:35@	00:30&	00:04-	00:11#	07:35@	00:38&	00:01-	00:06+	00:03+	00:50&	08:40@	00:28-	00:34-	00:53&	00:02-	00:00=	
<b>Beste strekketid for klassen</b>																							
00:50	00:47	01:31	01:28	00:58	00:36	00:40	00:28	00:28	00:43	00:47	01:04	01:21	00:55	00:59	00:32	00:38	01:13	00:38	01:03	01:19	00:13	00:14	

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

## Herrer 50 - 59 år

<b>1</b>	<b>Kevin Thomas Foust</b>	<b>192</b>											<b>28:01</b>										
01:27=	02:45=	03:15=	03:53=	05:22=	08:47=	10:09=	10:53=	12:20=	15:05=	17:03=	18:44=	20:03=	20:51=	22:28=	23:05=	24:08=	25:22=	26:40=	27:33=	27:48=	28:04=		
01:27=	01:18=	00:30=	00:38=	01:29=	03:25=	01:22=	00:44=	01:27=	02:45=	01:58=	01:41=	01:19=	00:48=	01:37=	00:37=	01:03=	01:14=	01:18=	00:53=	00:15=	00:16=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>2</b>	<b>Steinar Hansen</b>	<b>27</b>											<b>28:18</b>										
01:44+	03:08+	03:41+	04:40+	06:05+	07:37-	08:47-	09:37-	11:12-	13:30-	15:46-	17:42-	19:01-	20:04-	21:44-	22:46-	24:21+	25:16-	26:43+	27:44+	28:00+	28:18+		
01:44+	01:24+	00:33+	00:59+	01:25-	01:32-	01:10-	00:50+	01:35+	02:18-	02:16+	01:56+	01:19=	01:03+	01:40+	01:02+	01:35+	00:55-	01:27+	01:01+	00:16+	00:18+		
00:17#	00:06+	00:03#	00:21&	00:04-	01:53-	00:12-	00:06#	00:08+	00:27-	00:18#	00:15#	00:00=	00:15&	00:03+	00:25&	00:32&	00:19-	00:09#	00:08#	00:01+	00:02#		
<b>3</b>	<b>Kjell Seland</b>	<b>236</b>											<b>30:29</b>										
02:49+	04:26+	05:11+	05:59+	07:30+	09:11+	10:27+	11:03+	12:49+	14:35-	17:07+	19:12+	20:19+	21:59+	23:25+	24:07+	25:56+	27:51+	29:15+	29:53+	30:09+	30:29+		
02:49+	01:37+	00:45+	00:48+	01:31+	01:41-	01:16-	00:36-	01:46+	01:46-	02:32+	02:05+	01:07-	01:40+	01:26-	00:42+	01:49+	01:55+	01:24+	00:38-	00:16+	00:20+		
01:22&	00:19#	00:15&	00:10&	00:02+	01:44-	00:06-	00:08-	00:19#	00:59-	00:34&	00:24#	00:12-	00:52@	00:11-	00:05#	00:46&	00:41&	00:06+	00:15-	00:01+	00:04#		
<b>4</b>	<b>Arnstein Hoff</b>	<b>116</b>											<b>31:31</b>										
01:45+	03:12+	03:51+	04:53+	06:14+	08:46-	11:09+	11:46+	13:21+	16:02+	18:24+	20:40+	21:42+	22:42+	24:03+	25:47+	27:04+	28:22+	29:48+	30:57+	31:14+	31:31+		
01:45+	01:27+	00:39+	01:02+	01:21-	02:32-	02:23+	00:37-	01:35+	02:41-	02:22+	02:16+	01:02-	01:00+	01:21-	01:44+	01:17+	01:18+	01:26+	01:09+	00:17+	00:17+		
00:18#	00:09#	00:09&	00:24&	00:08-	00:53-	01:01+	00:07-	00:08+	00:04-	00:24#	00:35&	00:17-	00:12#	00:16-	01:07@	00:14#	00:04+	00:08#	00:16&	00:02#	00:01+		
<b>5</b>	<b>Asbjørn Brådland</b>	<b>297</b>											<b>31:38</b>										
01:52+	03:31+	04:09+	04:58+	06:38+	08:22-	10:03-	11:00+	12:47+	15:07+	18:01+	20:11+	21:34+	22:39+	25:59+	26:42+	28:05+	28:52+	30:23+	31:00+	31:19+	31:38+		
01:52+	01:39+	00:38+	00:49+	01:40+	01:44-	01:41+	00:57+	01:47+	02:20-	02:54+	02:10+	01:23+	01:05+	03:20+	00:43+	01:23+	00:47-	01:31+	00:37-	00:19+	00:19+		
00:25&	00:21&	00:08&	00:11&	00:11#	01:41-	00:19#	00:13&	00:20#	00:25-	00:56&	00:29&	00:04+	00:17&	01:43@	00:06#	00:20&	00:27-	00:13#	00:16-	00:04&	00:03#		
<b>6</b>	<b>Ulric Björck</b>	<b>53</b>											<b>31:47</b>										
02:02+	03:36+	04:17+	05:10+	06:49+	08:58+	10:19+	11:09+	12:45+	15:22+	17:55+	20:19+	21:32+	22:39+	25:09+	26:06+	28:06+	29:06+	30:28+	31:08+	31:27+	31:47+		
02:02+	01:34+	00:41+	00:53+	01:39+	02:09-	01:21-	00:50+	01:36+	02:37-	02:33+	02:24+	01:13-	01:07+	02:30+	00:57+	02:00+	01:00-	01:22+	00:40-	00:19+	00:20+		
00:35&	00:16#	00:11&	00:15&	00:10#	01:16-	00:01-	00:06#	00:09#	00:08-	00:35&	00:43&	00:06-	00:19&	00:53&	00:20&	00:57&	00:14-	00:04+	00:13-	00:04&	00:04#		
<b>7</b>	<b>Jørgen Nilsen</b>	<b>116</b>											<b>32:20</b>										
01:57+	08:22+	08:57+	09:45+	11:13+	12:45+	14:11+	14:58+	16:37+	18:22+	20:49+	22:41+	24:07+	25:01+	26:35+	27:20+	28:34+	29:26+	30:53+	31:38+	31:57+	32:20+		
01:57+	06:25+	00:35+	00:48+	01:28-	01:32-	01:26+	00:47+	01:39+	01:45-	02:27+	01:52+	01:26+	00:54+	01:34-	00:45+	01:14+	00:52-	01:27+	00:45-	00:19+	00:23+		
00:30&	05:07@	00:05#	00:10&	00:01-	01:53-	00:04+	00:03+	00:12#	01:00-	00:29#	00:11#	00:07+	00:06#	00:03-	00:08#	00:11#	00:22-	00:09#	00:08-	00:04&	00:07&		
<b>8</b>	<b>Arne Hetlelid</b>	<b>98</b>											<b>32:51</b>										
02:13+	03:51+	04:28+	05:11+	06:56+	08:30-	10:22+	11:01+	12:46+	14:19-	16:46-	18:35-	19:47-	20:48-	22:53+	25:15+	26:35+	28:12+	29:40+	31:12+	32:05+	32:25+	32:51+	
02:13+	01:38+	00:37+	00:43+	01:45+	01:34-	01:52+	00:39-	01:45+	01:33-	02:27+	01:49+	01:12-	01:01+	02:05+	02:22+	01:20+	01:37+	01:28+	01:32+	00:53+	00:20+	00:26+	
00:46&	00:20&	00:07#	00:05#	00:16#	01:51-	00:30&	00:05-	00:18#	01:12-	00:29#	00:08+	00:07-	00:13&	00:28&	01:45@	00:17&	00:23&	00:10#	00:39&	00:38@	00:04#	00:26+	

Class	Navn	Klasse										Tid									
<b>9</b>	<b>Rune Christiansen</b>	<b>93</b>										<b>33:15</b>									
01:31+	03:28+	04:10+	05:39+	07:34+	09:25+	10:50+	11:49+	13:49+	15:40+	18:24+	20:33+	21:57+	23:12+	25:44+	27:04+	28:24+	29:56+	31:38+	32:26+	32:44+	33:15+
01:31+	01:57+	00:42+	01:29+	01:55+	01:51-	01:25+	00:59+	02:00+	01:51-	02:44+	02:09+	01:24+	01:15+	02:32+	01:20+	01:20+	01:32+	01:42+	00:48-	00:18+	00:31+
00:04+	00:39&	00:12&	00:510	00:26&	01:34-	00:03+	00:15&	00:33&	00:54-	00:46&	00:28&	00:05+	00:27&	00:55&	00:430	00:17&	00:18#	00:24&	00:05-	00:03#	00:15&
<b>10</b>	<b>John Breiland</b>	<b>352</b>										<b>33:34</b>									
02:05+	03:57+	04:32+	05:20+	07:00+	08:38-	09:51-	10:30-	12:30+	16:28+	19:04+	20:44+	21:50+	23:23+	24:59+	25:39+	27:23+	30:38+	32:01+	33:03+	33:16+	33:34+
02:05+	01:52+	00:35+	00:48+	01:40+	01:38-	01:13-	00:39-	02:00+	03:58+	02:36+	01:40-	01:06-	01:33+	01:36-	00:40+	01:44+	03:15+	01:23+	01:02+	00:13-	00:18+
00:38&	00:34&	00:05#	00:10&	00:11#	01:47-	00:09-	00:05-	00:33&	01:13&	00:38&	00:01-	00:13-	00:45&	00:01-	00:03+	00:41&	02:010	00:05+	00:09#	00:02-	00:02#
<b>11</b>	<b>Svein Roar Aas</b>	<b>114</b>										<b>33:59</b>									
01:50+	03:27+	04:05+	05:05+	07:02+	09:01+	10:38+	11:39+	13:09+	14:59-	17:57+	21:57+	23:15+	25:06+	26:36+	27:44+	29:20+	30:28+	32:25+	33:21+	33:38+	33:59+
01:50+	01:37+	00:38+	01:00+	01:57+	01:59-	01:37+	01:01+	01:30+	01:50-	02:58+	04:00+	01:18-	01:51+	01:30-	01:08+	01:36+	01:08-	01:57+	00:56+	00:17+	00:21+
00:23&	00:19#	00:08&	00:22&	00:28&	01:26-	00:15#	00:17&	00:03+	00:55-	01:00&	02:190	00:01-	01:030	00:07-	00:31&	00:33&	00:06-	00:39&	00:03+	00:02#	00:05&
<b>12</b>	<b>Arngrim Utskarpen</b>	<b>117</b>										<b>34:08</b>									
01:36+	03:57+	04:37+	05:23+	07:33+	09:40+	11:12+	12:13+	15:57+	18:03+	21:00+	23:04+	24:12+	25:27+	27:07+	27:52+	29:35+	31:12+	32:43+	33:34+	33:49+	34:08+
01:36+	02:21+	00:40+	00:46+	02:10+	02:07-	01:32+	01:01+	03:44+	02:06-	02:57+	02:04+	01:08-	01:15+	01:40+	00:45+	01:43+	01:37+	01:31+	00:51-	00:15=	00:19+
00:09#	01:03&	00:10&	00:08#	00:41&	01:18-	00:10#	00:21&	00:53&	00:38-	01:41&	00:29&	00:05-	00:27&	00:03+	00:08#	00:40&	00:23&	00:13#	00:02-	00:00=	00:03#
<b>13</b>	<b>Frank Hansen</b>	<b>29</b>										<b>34:38</b>									
03:55+	05:21+	06:11+	07:03+	08:48+	10:33+	11:55+	13:00+	15:20+	17:27+	21:06+	23:16+	24:30+	26:16+	28:11+	29:01+	30:20+	31:25+	33:09+	33:54+	34:17+	34:38+
03:55+	01:26+	00:50+	00:52+	01:45+	01:45-	01:22=	01:05+	02:20+	02:07-	03:39+	02:10+	01:14-	01:46+	01:55+	00:50+	01:19+	01:05-	01:44+	00:45-	00:23+	00:21+
02:280	00:08#	00:20&	00:14&	00:16#	01:40-	00:00=	00:21&	00:53&	00:38-	01:41&	00:29&	00:05-	00:580	00:18#	00:13&	00:16&	00:09-	00:26&	00:08-	00:08&	00:05&
<b>14</b>	<b>Håvard Håland</b>	<b>66</b>										<b>35:29</b>									
02:29+	07:38+	08:16+	09:10+	10:46+	12:53+	14:41+	16:10+	17:43+	19:41+	22:10+	24:16+	25:20+	26:28+	28:06+	28:55+	31:55+	32:56+	34:16+	34:54+	35:12+	35:29+
02:29+	05:09+	00:38+	00:54+	01:36+	02:07-	01:48+	01:29+	01:33+	01:58-	02:29+	02:06+	01:04-	01:08+	01:38+	00:49+	03:00+	01:01-	01:20+	00:38-	00:18+	00:17+
01:02&	03:510	00:08&	00:16&	00:07+	01:18-	00:26&	00:450	00:06+	00:47-	00:31&	00:25#	00:15-	00:20&	00:01+	00:12&	01:570	00:13-	00:02+	00:15-	00:03#	00:01+
<b>15</b>	<b>Svend Vihovde</b>	<b>116</b>										<b>35:34</b>									
02:13+	04:05+	04:48+	05:48+	08:12+	10:13+	11:45+	12:44+	15:16+	18:32+	21:36+	24:17+	25:46+	26:48+	28:37+	29:33+	31:16+	32:07+	34:07+	34:54+	35:12+	35:34+
02:13+	01:52+	00:43+	01:00+	02:24+	02:01-	01:32+	00:59+	02:32+	03:16+	03:04+	02:41+	01:29+	01:02+	01:49+	00:56+	01:43+	00:51-	02:00+	00:47-	00:18+	00:22+
00:46&	00:34&	00:13&	00:22&	00:55&	01:24-	00:10#	00:15&	01:05&	00:31#	01:06&	01:00&	00:10#	00:14&	00:12#	00:19&	00:40&	00:23-	00:42&	00:06-	00:03#	00:06&
<b>16</b>	<b>Magnar Møller</b>	<b>62</b>										<b>35:49</b>									
02:00+	03:42+	04:21+	05:25+	07:37+	09:19+	11:01+	11:59+	13:49+	16:13+	19:57+	23:11+	25:17+	26:44+	28:28+	29:14+	30:35+	31:36+	34:28+	35:12+	35:26+	35:49+
02:00+	01:42+	00:39+	01:04+	02:12+	01:42-	01:42+	00:58+	01:50+	02:24-	03:44+	03:14+	02:06+	01:27+	01:44+	00:46+	01:21+	01:01-	02:52+	00:44-	00:14-	00:23+
00:33&	00:24&	00:09&	00:26&	00:43&	01:43-	00:20#	00:14&	00:23&	00:21-	01:46&	01:33&	00:47&	00:39&	00:07+	00:09#	00:18&	00:13-	01:340	00:09-	00:01-	00:07&
<b>17</b>	<b>Tor Sverre Skåra</b>	<b>266</b>										<b>36:11</b>									
01:41+	03:26+	04:04+	05:05+	06:51+	08:47=	10:47+	11:43+	13:56+	19:53+	23:06+	25:40+	27:10+	28:14+	30:03+	30:51+	32:14+	33:17+	34:49+	35:29+	35:51+	36:11+
01:41+	01:45+	00:38+	01:01+	01:46+	01:56-	02:00+	00:56+	02:13+	05:57+	03:13+	02:34+	01:30+	01:04+	01:49+	00:48+	01:23+	01:03-	01:32+	00:40-	00:22+	00:20+
00:14#	00:27&	00:08&	00:23&	00:17#	01:29-	00:38&	00:12&	00:46&	03:120	01:15&	00:53&	00:11#	00:16&	00:12#	00:11&	00:20&	00:11-	00:14#	00:13-	00:07&	00:04#
<b>18</b>	<b>Lars Primstad</b>	<b>62</b>										<b>36:57</b>									
04:47+	10:06+	11:22+	12:20+	15:06+	16:37+	17:56+	18:56+	20:46+	23:46+	26:00+	28:02+	29:08+	29:55+	31:20+	31:56+	33:14+	34:17+	35:57+	36:29+	36:40+	36:57+
04:47+	05:19+	01:16+	00:58+	02:46+	01:31-	01:19-	01:00+	01:50+	03:00+	02:14+	02:02+	01:06-	00:47-	01:25-	00:36-	01:18+	01:03-	01:40+	00:32-	00:11-	00:17+
03:200	04:010	00:460	00:20&	01:17&	01:54-	00:03-	00:16&	00:23&	00:15+	00:16#	00:21#	00:13-	00:01-	00:12-	00:01-	00:15#	00:11-	00:22&	00:21-	00:04-	00:01+
<b>19</b>	<b>Tore Halset</b>	<b>114</b>										<b>36:58</b>									
01:56+	04:09+	04:47+	05:41+	07:43+	09:24+	11:11+	11:56+	13:47+	16:10+	19:05+	21:42+	23:31+	25:00+	30:16+	31:01+	32:34+	33:33+	35:24+	36:14+	36:35+	36:58+
01:56+	02:13+	00:38+	00:54+	02:02+	01:41-	01:47+	00:45+	01:51+	02:23-	02:55+	02:37+	01:49+	01:29+	05:16+	00:45+	01:33+	00:59-	01:51+	00:50-	00:21+	00:23+
00:29&	00:55&	00:08&	00:16&	00:33&	01:44-	00:25&	00:01+	00:24&	00:22-	00:57&	00:56&	00:30&	00:41&	03:390	00:08#	00:30&	00:15-	00:33&	00:03-	00:06&	00:07&
<b>20</b>	<b>Harald Taksdal</b>	<b>236</b>										<b>37:05</b>									
02:22+	04:30+	05:16+	06:25+	08:32+	11:45+	13:40+	14:44+	16:40+	18:59+	21:34+	24:29+	26:01+	27:25+	29:15+	30:23+	32:15+	33:26+	35:26+	36:21+	36:40+	37:05+
02:22+	02:08+	00:46+	01:09+	02:07+	03:13-	01:55+	01:04+	01:56+	02:19-	02:35+	02:55+	01:32+	01:24+	01:50+	01:08+	01:52+	01:11-	02:00+	00:55+	00:19+	00:25+
00:55&	00:50&	00:16&	00:31&	00:38&	00:12-	00:33&	00:20&	00:29&	00:26-	00:37&	01:14&	00:13#	00:36&	00:13#	00:31&	00:49&	00:03-	00:42&	00:02+	00:04&	00:09&
<b>21</b>	<b>Sigurd Ravndal</b>	<b>62</b>										<b>37:10</b>									
02:01+	03:23+	03:55+	04:46+	06:10+	15:25+	16:50+	17:43+	19:09+	20:37+	23:31+	25:40+	26:59+	28:02+	29:50+	30:29+	31:35+	32:29+	35:54+	36:38+	36:54+	37:10+
02:01+	01:22+	00:32+	00:51+	01:24-	09:15+	01:25+	00:53+	01:26-	01:28-	02:54+	02:09+	01:19=	01:03+	01:48+	00:39+	01:06+	00:54-	03:25+	00:44-	00:16+	00:16=
00:34&	00:04+	00:02+	00:13&	00:05-	05:500	00:03+	00:09#	00:01-	01:17-	00:56&	00:28&	00:00=	00:15&	00:11#	00:02+	00:03+	00:20-	02:070	00:09-	00:01+	00:00=
<b>22</b>	<b>Raymond B. Pettersen</b>	<b>105</b>										<b>38:33</b>									
02:36+	04:31+	05:14+	06:17+	08:09+	10:16+	12:00+	15:53+	17:53+	20:53+	24:07+	26:46+	28:05+	29:28+	31:46+	32:49+	34:11+	35:09+	36:44+	37:50+	38:08+	38:33+
02:36+	01:55+	00:43+	01:03+	01:52+	02:07-	01:44+	03:53+	02:00+	03:00+	03:14+	02:39+	01:19=	01:23+	02:18+	01:03+	01:22+	00:58-	01:35+	01:06+	00:18+	00:25+
01:09&	00:37&	00:13&	00:25&	00:23&	01:18-	00:22&	03:090	00:33&	00:15+	01:16&	00:58&	00:00=	00:35&	00:41&	00:26&	00:19&	00:16-	00:17#	00:13#	00:03#	00:09&
<b>23</b>	<b>Erik Bjørnbom</b>	<b>76</b>										<b>38:47</b>									
01:26-	06:40+	07:17+	08:12+	09:41+	11:53+	13:15+	14:44+	16:38+	18:26+	20:56+	27:17+	28:26+	30:21+	32:03+	33:06+	34:17+	35:19+	37:11+	37:55+	38:22+	38:47+
01:26-	05:14+	00:37+	00:55+	01:29=	02:12-	01:22=	01:29+	01:54+	01:48-	02:30+	06:21+	01:09-	01:55+	01:42+	01:03+	01:11+	01:02-	01:52+	00:44-	00:27+	00:25+
00:01-	03:560	00:07#	00:17&	00:00=	01:13-	00:00=	0														

Class	Navn	Klasse	Tid																		
<b>24</b>	<b>Trygve Michaelsen</b>	<b>117</b>	<b>42:01</b>																		
01:38+	10:21+	11:00+	11:49+	13:25+	15:17+	17:03+	17:55+	19:44+	22:12+	27:01+	29:48+	31:05+	33:13+	35:11+	36:06+	37:24+	38:27+	40:41+	41:26+	41:41+	42:01+
01:38+	08:43+	00:39+	00:49+	01:36+	01:52-	01:46+	00:52+	01:49+	02:28-	04:49+	02:47+	01:17-	02:08+	01:58+	00:55+	01:18+	01:03-	02:14+	00:45-	00:15=	00:20+
00:11#	07:25@	00:09&	00:11&	00:07+	01:33-	00:24&	00:08#	00:22&	00:17-	02:51@	01:06&	00:02-	01:20@	00:21#	00:18&	00:15#	00:11-	00:56&	00:08-	00:00=	00:04#
<b>25</b>	<b>Geir Haugvaldstad</b>	<b>116</b>	<b>42:32</b>																		
01:19-	04:33+	05:04+	05:48+	07:39+	12:03+	13:59+	14:56+	19:35+	21:28+	24:47+	26:36+	27:46+	28:37+	31:34+	32:19+	38:32+	39:45+	41:21+	41:56+	42:12+	42:32+
01:19-	03:14+	00:31+	00:44+	01:51+	04:24+	01:56+	00:57+	04:39+	01:53-	03:19+	01:49+	01:10-	00:51+	02:57+	00:45+	06:13+	01:13-	01:36+	00:35-	00:16+	00:20+
00:08-	01:56@	00:01+	00:06#	00:22#	00:59&	00:34&	00:13&	03:12@	00:52-	01:21&	00:08+	00:09-	00:03+	01:20&	00:08#	05:10@	00:01-	00:18#	00:18-	00:01+	00:04#
<b>26</b>	<b>Svein Erik Bjørnsen</b>	<b>91</b>	<b>49:12</b>																		
01:50+	03:27+	04:11+	04:59+	13:52+	16:25+	18:17+	19:20+	21:22+	29:57+	33:30+	36:06+	38:22+	39:31+	41:11+	42:05+	43:40+	44:54+	46:46+	48:35+	48:53+	49:12+
01:50+	01:37+	00:44+	00:48+	08:53+	02:33-	01:52+	01:03+	02:02+	08:35+	03:33+	02:36+	02:16+	01:09+	01:40+	00:54+	01:35+	01:14=	01:52+	01:49+	00:18+	00:19+
00:23&	00:19#	00:14&	00:10&	07:24@	00:52-	00:30&	00:19&	00:35&	05:50@	01:35&	00:55&	00:57&	00:21&	00:03+	00:17&	00:32&	00:00=	00:34&	00:56@	00:03#	00:03#
<b>27</b>	<b>Jone Kalheim</b>	<b>93</b>	<b>50:34</b>																		
01:25-	02:49+	03:24+	04:09+	09:15+	10:46+	12:32+	13:28+	15:26+	17:15+	28:37+	38:02+	39:37+	40:23+	41:53+	42:42+	44:59+	47:29+	49:13+	49:58+	50:16+	50:34+
01:25-	01:24+	00:35+	00:45+	05:06+	01:31-	01:46+	00:56+	01:58+	01:49-	11:22+	09:25+	01:35+	00:46-	01:30-	00:49+	02:17+	02:30+	01:44+	00:45-	00:18+	00:18+
00:02-	00:06+	00:05#	00:07#	03:37@	01:54-	00:24&	00:12&	00:31&	00:56-	09:24@	07:44@	00:16#	00:02-	00:07-	00:12&	01:14@	01:16@	00:26&	00:08-	00:03#	00:02#
<b>28</b>	<b>Ingve Vold</b>	<b>54</b>	<b>50:37</b>																		
02:26+	04:12+	05:07+	06:09+	08:04+	17:27+	22:34+	24:34+	26:43+	28:37+	31:41+	38:05+	40:25+	41:29+	43:20+	44:21+	45:49+	47:04+	49:06+	49:53+	50:13+	50:37+
02:26+	01:46+	00:55+	01:02+	01:55+	09:23+	05:07+	02:00+	02:09+	01:54-	03:04+	06:24+	02:20+	01:04+	01:51+	01:01+	01:28+	01:15+	02:02+	00:47-	00:20+	00:24+
00:59&	00:28&	00:25&	00:24&	00:26&	05:58@	03:45@	01:16@	00:42&	00:51-	01:06&	04:43@	01:01&	00:16&	00:14#	00:24&	00:25&	00:01+	00:44&	00:06-	00:05&	00:08&
<b>Beste strekktid for klassen</b>																					
01:19	01:18	00:30	00:38	01:21	01:31	01:10	00:36	01:26	01:28	01:58	01:40	01:02	00:46	01:21	00:36	01:03	00:47	01:18	00:32	00:11	00:16

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

## Herrer 60 - 64 år

<b>1</b>	<b>Espen Krogh</b>	<b>7</b>	<b>22:38</b>																			
00:57=	01:29=	03:14=	04:12=	04:57=	05:58=	06:41=	07:25=	08:27=	08:54=	10:15=	11:18=	13:43=	14:37=	14:53=	17:19=	18:23=	19:01=	20:16=	21:34=	22:05=	22:21=	22:38=
00:57=	00:32=	01:45=	00:58=	00:45=	01:01=	00:43=	00:44=	01:02=	00:27=	01:21=	01:03=	02:25=	00:54=	00:16=	02:26=	01:04=	00:38=	01:15=	01:18=	00:31=	00:16=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Morten Johannessen</b>	<b>7</b>	<b>25:52</b>																			
01:09+	01:39+	03:23+	04:29+	05:12+	06:10+	06:47+	07:31+	09:54+	10:20+	11:49+	12:57+	14:59+	16:21+	16:35+	18:58+	21:01+	21:33+	23:17+	24:42+	25:18+	25:32+	25:52+
01:09+	00:30-	01:44-	01:06+	00:43-	00:58-	00:37-	00:44=	02:23+	00:26-	01:29+	01:08+	02:02-	01:22+	00:14-	02:23-	02:03+	00:32-	01:44+	01:25+	00:36+	00:14-	00:20+
00:12#	00:02-	00:01-	00:08#	00:02-	00:03-	00:06-	00:00=	01:21@	00:01-	00:08+	00:05+	00:23-	00:28&	00:02-	00:03-	00:59&	00:06-	00:29&	00:07+	00:05#	00:02-	00:03#
<b>3</b>	<b>Sturle Omdal</b>	<b>116</b>	<b>27:14</b>																			
01:16+	01:51+	04:41+	05:59+	06:43+	07:45+	08:53+	09:41+	10:54+	11:27+	13:32+	14:44+	17:12+	18:00+	18:13+	20:56+	22:20+	22:58+	24:14+	25:45+	26:42+	27:00+	27:14+
01:16+	00:35+	02:50+	01:18+	00:44-	01:02+	01:08+	00:48+	01:13+	00:33+	02:05+	01:12+	02:28+	00:48-	00:13-	02:43+	01:24+	00:38=	01:16+	01:31+	00:57+	00:18+	00:14-
00:19&	00:03+	01:05&	00:20&	00:01-	00:01+	00:25&	00:04+	00:11#	00:06#	00:44&	00:09#	00:03+	00:06-	00:03-	00:17#	00:20&	00:00=	00:01+	00:13#	00:26&	00:02#	00:03-
<b>4</b>	<b>Harald Jansen</b>	<b>289</b>	<b>27:46</b>																			
01:16+	01:54+	03:38+	04:53+	05:50+	08:19+	09:07+	10:15+	11:21+	11:52+	13:09+	14:21+	16:35+	17:49+	18:06+	21:42+	22:59+	23:30+	25:03+	26:29+	27:10+	27:25+	27:46+
01:16+	00:38+	01:44-	01:15+	00:57+	02:29+	00:48+	01:08+	01:06+	00:31+	01:17-	01:12+	02:14-	01:14+	00:17+	03:36+	01:17+	00:31-	01:33+	01:26+	00:41+	00:15-	00:21+
00:19&	00:06#	00:01-	00:17&	00:12&	01:28@	00:05#	00:24&	00:04+	00:04#	00:04-	00:09#	00:11-	00:20&	00:01+	01:10&	00:13#	00:07-	00:18#	00:08#	00:10&	00:01-	00:04#
<b>5</b>	<b>Arne Øvstebø</b>	<b>71</b>	<b>29:48</b>																			
02:01+	02:51+	04:46+	06:13+	07:04+	08:15+	09:01+	10:07+	11:17+	11:57+	14:10+	15:32+	18:05+	18:51+	19:03+	22:41+	23:59+	24:46+	26:23+	28:23+	29:11+	29:29+	29:48+
02:01+	00:50+	01:55+	01:27+	00:51+	01:11+	00:46+	01:06+	01:10+	00:40+	02:13+	01:22+	02:33+	00:46-	00:12-	03:38+	01:18+	00:47+	01:37+	02:00+	00:48+	00:18+	00:19+
01:04@	00:18&	00:10+	00:29&	00:06#	00:10#	00:03+	00:22&	00:08#	00:13&	00:52&	00:19&	00:08+	00:08-	00:04-	01:12&	00:14#	00:09#	00:22&	00:42&	00:17&	00:02#	00:02#
<b>6</b>	<b>Sveinung Svebestad</b>	<b>46</b>	<b>30:02</b>																			
01:14+	01:52+	04:03+	05:28+	06:22+	07:35+	08:20+	09:19+	10:23+	10:56+	12:40+	13:55+	17:58+	18:54+	19:32+	22:55+	24:16+	24:59+	26:46+	28:30+	29:18+	29:35+	30:02+
01:14+	00:38+	02:11+	01:25+	00:54+	01:13+	00:45+	00:59+	01:04+	00:33+	01:44+	01:15+	04:03+	00:56+	00:38+	03:23+	01:21+	00:43+	01:47+	01:44+	00:48+	00:17+	00:27+
00:17&	00:06#	00:26#	00:27&	00:09#	00:12#	00:02+	00:15&	00:02+	00:06#	00:23&	00:12#	01:38&	00:02+	00:22@	00:57&	00:17&	00:05#	00:32&	00:26&	00:17&	00:01+	00:10&
<b>7</b>	<b>Per Ingar Hadland</b>	<b>7</b>	<b>30:46</b>																			
01:25+	02:06+	04:36+	06:09+	07:06+	08:20+	09:15+	10:16+	11:56+	12:32+	14:27+	15:56+	18:40+	19:34+	19:46+	23:15+	24:35+	25:20+	27:17+	29:10+	29:59+	30:18+	30:46+
01:25+	00:41+	02:30+	01:33+	00:57+	01:14+	00:55+	01:01+	01:40+	00:36+	01:55+	01:29+	02:44+	00:54=	00:12-	03:29+	01:20+	00:45+	01:57+	01:53+	00:49+	00:19+	00:28+
00:28&	00:09&	00:45&	00:35&	00:12&	00:13#	00:12&	00:17&	00:38&	00:09&	00:34&	00:26&	00:19#	00:00=	00:04-	01:03&	00:16#	00:07#	00:42&	00:35&	00:18&	00:03#	00:11&
<b>8</b>	<b>Lars Bergersen</b>	<b>116</b>	<b>31:43</b>																			
01:14+	01:52+	04:56+	06:25+	09:52+	10:59+	11:40+	12:38+	13:49+	14:29+	16:16+	17:34+	20:08+	20:55+	21:09+	24:18+	25:49+	26:48+	28:32+	30:16+	31:03+	31:20+	31:43+
01:14+	00:38+	03:04+	01:29+	03:27+	01:07+	00:41-	00:58+	01:11+	00:40+	01:47+	01:18+	02:34+	00:47-	00:14-	03:09+	01:31+	00:59+	01:44+	01:44+	00:47+	00:17+	00:23+
00:17&	00:06#	01:19&	00:31&	02:42@	00:06+	00:02-	00:14&	00:09#	00:13&	00:26&	00:15#	00:09+	00:07-	00:02-	00:43&	00:27&	00:21&	00:29&	00:26&	00:16&	00:01+	00:06&

Class	Navn	Klasse										Tid										
<b>9</b>	<b>Sverre Magnar Nordal</b>	<b>116</b>										<b>36:11</b>										
01:20+	02:12+	04:23+	06:09+	07:27+	09:05+	10:04+	11:43+	13:14+	13:57+	15:53+	17:19+	22:31+	23:25+	23:47+	27:10+	28:33+	29:16+	31:07+	34:57+	35:35+	35:49+	36:11+
01:20+	00:52+	02:11+	01:46+	01:18+	01:38+	00:59+	01:39+	01:31+	00:43+	01:56+	01:26+	05:12+	00:54=	00:22+	03:23+	01:23+	00:43+	01:51+	03:50+	00:38+	00:14-	00:22+
00:23&	00:20&	00:26#	00:48&	00:33&	00:37&	00:16&	00:55@	00:29&	00:16&	00:35&	00:23&	02:47@	00:00=	00:06&	00:57&	00:19&	00:05#	00:36&	02:32@	00:07#	00:02-	00:05&
<b>10</b>	<b>John C. Sinnes</b>	<b>93</b>										<b>42:39</b>										
01:44+	02:28+	04:33+	06:16+	12:34+	14:52+	16:31+	18:43+	19:52+	20:41+	22:27+	27:26+	30:26+	31:16+	31:32+	34:52+	36:15+	37:34+	39:16+	41:00+	42:01+	42:19+	42:39+
01:44+	00:44+	02:05+	01:43+	06:18+	02:18+	01:39+	02:12+	01:09+	00:49+	01:46+	04:59+	03:00+	00:50-	00:16=	03:20+	01:23+	01:19+	01:42+	01:44+	01:01+	00:18+	00:20+
00:47&	00:12&	00:20#	00:45&	05:33@	01:17@	00:56@	01:28@	00:07#	00:22&	00:25&	03:56@	00:35#	01:04-	00:00=	00:54&	00:19&	00:41@	00:27&	00:26&	00:30&	00:02#	00:03#
<b>11</b>	<b>Svein Magne Gloppen</b>	<b>93</b>										<b>1:08:04</b>										
11:40+	12:31+	14:38+	17:01+	18:45+	22:45+	23:54+	25:55+	27:22+	28:19+	30:36+	32:26+	42:22+	43:11+	43:31+	60:56+	62:09+	62:46+	64:10+	65:52+	67:17+	67:38+	68:04+
11:40+	00:51+	02:07+	02:23+	01:44+	04:00+	01:09+	02:01+	01:27+	00:57+	02:17+	01:50+	09:56+	00:49-	00:20+	17:25+	01:13+	00:37-	01:24+	01:42+	01:25+	00:21+	00:26+
10:43@	00:19&	00:22#	01:25@	00:59@	02:59@	00:26&	01:17@	00:25&	00:30@	00:56&	00:47&	07:31@	00:05-	00:04#	14:59@	00:09#	00:01-	00:09#	00:24&	00:54@	00:05&	00:09&
<b>Beste strekktid for klassen</b>																						
00:57	00:30	01:44	00:58	00:43	00:58	00:37	00:44	01:02	00:26	01:17	01:03	02:02	00:46	00:12	02:23	01:04	00:31	01:15	01:18	00:31	00:14	00:14

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

## Herrer 65 - 69 år

<b>1</b>	<b>Frode Sandal</b>	<b>29</b>										<b>24:53</b>											
01:18=	02:00=	03:34=	04:50=	06:53=	07:56=	08:36=	09:21=	10:30=	11:03=	12:35=	13:40=	15:30=	16:04=	16:15=	18:56=	20:03=	20:44=	22:02=	23:38=	24:17=	24:33=	24:53=	
01:18=	00:42=	01:34=	01:16=	02:03=	01:03=	00:40=	00:45=	01:09=	00:33=	01:32=	01:05=	01:50=	00:34=	00:11=	02:41=	01:07=	00:41=	01:18=	01:36=	00:39=	00:16=	00:20=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
<b>2</b>	<b>Kjell Skjæveland</b>	<b>166</b>										<b>25:28</b>											
01:17-	01:56-	03:33-	04:48-	06:09-	07:18-	08:04-	09:01-	10:06-	10:42-	12:17-	13:25-	15:22-	16:04=	16:18=	18:49-	20:48+	21:21+	22:43+	24:17+	24:55+	25:09+	25:28+	
01:17-	00:39-	01:37+	01:15-	01:21-	01:09+	00:46+	00:57+	01:05-	00:36+	01:35+	01:08+	01:57+	00:42+	00:14+	02:31-	01:59+	00:33-	01:22+	01:34-	00:38-	00:14-	00:19-	
00:01-	00:03-	00:03+	00:01-	00:42-	00:06+	00:06#	00:12&	00:04-	00:03+	00:03+	00:03+	00:07+	00:08#	00:03&	00:10-	00:52&	00:08-	00:04+	00:02-	00:01-	00:02-	00:01-	
<b>3</b>	<b>Bjarne Gimre</b>	<b>88</b>										<b>27:39</b>											
01:21+	02:07+	04:09+	05:37+	06:27-	08:30+	09:17+	10:13+	11:13+	12:00+	13:39+	14:51+	17:25+	18:03+	18:15+	21:25+	22:33+	23:25+	25:04+	26:22+	27:04+	27:20+	27:39+	
01:21+	00:46+	02:02+	01:28+	00:50-	02:03+	00:47+	00:56+	01:00-	00:47+	01:39+	01:12+	02:34+	00:38+	00:12+	03:10+	01:08+	00:52+	01:39+	01:18-	00:42+	00:16=	00:19-	
00:03+	00:04+	00:28&	00:12#	01:13-	01:00&	00:07#	00:11#	00:09-	00:14&	00:07+	00:07#	00:44&	00:04#	00:01+	00:29#	00:01+	00:11&	00:21&	00:18-	00:03+	00:00=	00:01-	
<b>4</b>	<b>Bjørn Sivertsen</b>	<b>99</b>										<b>28:35</b>											
01:11-	01:53-	03:43+	05:08+	06:02-	07:12-	07:59-	09:30+	11:02+	11:33+	13:22+	14:24+	17:20+	18:11+	18:22+	21:29+	22:56+	23:47+	25:45+	27:16+	27:57+	28:13+	28:35+	
01:11-	00:42=	01:50+	01:25+	00:54-	01:10+	00:47+	01:31+	01:32+	00:31-	01:49+	01:02-	02:56+	00:51+	00:11=	03:07+	01:27+	00:51+	01:58+	01:31-	00:41+	00:16=	00:22+	
00:07-	00:00=	00:16#	00:09#	01:09-	00:07#	00:07#	00:46@	00:23&	00:02-	00:17#	00:03-	01:06&	00:17&	00:00=	00:26#	00:20&	00:10#	00:40&	00:05-	00:02+	00:00=	00:02#	
<b>5</b>	<b>Sveinung Tveit</b>	<b>236</b>										<b>32:30</b>											
01:45+	02:35+	04:44+	06:18+	08:15+	09:32+	10:18+	11:18+	12:35+	13:18+	15:15+	16:29+	19:28+	20:16+	20:28+	24:06+	26:39+	27:11+	29:00+	30:59+	31:47+	32:06+	32:30+	
01:45+	00:50+	02:09+	01:34+	01:57-	01:17+	00:46+	01:00+	01:17+	00:43+	01:57+	01:14+	02:59+	00:48+	00:12+	03:38+	02:33+	00:32-	01:49+	01:59+	00:48+	00:19+	00:24+	
00:27&	00:08#	00:35&	00:18#	00:06-	00:14#	00:06#	00:15&	00:08#	00:10&	00:25&	00:09#	01:09&	00:14&	00:01+	00:57&	01:26@	00:09-	00:31&	00:23#	00:09#	00:03#	00:04#	
<b>6</b>	<b>Tom Hetland</b>	<b>5</b>										<b>37:50</b>											
01:23+	01:57-	04:02+	05:33+	09:48+	11:17+	12:06+	13:31+	14:49+	15:24+	17:12+	22:16+	25:14+	26:10+	26:25+	29:45+	31:28+	32:23+	33:54+	35:56+	37:15+	37:32+	37:50+	
01:23+	00:34-	02:05+	01:31+	04:15+	01:29+	00:49+	01:25+	01:18+	00:35+	01:48+	05:04+	02:58+	00:56+	00:15+	03:20+	01:43+	00:55+	01:31+	02:02+	01:19+	00:17+	00:18-	
00:05+	00:08-	00:31&	00:15#	02:12@	00:26&	00:09#	00:40&	00:09#	00:02+	00:16#	03:59@	01:08&	00:22&	00:04&	00:39#	00:36&	00:14&	00:13#	00:26&	00:40@	00:01+	00:02-	
<b>7</b>	<b>Steinar Barmen</b>	<b>105</b>										<b>42:16</b>											
02:11+	03:29+	10:37+	12:33+	13:44+	15:49+	17:07+	19:20+	22:14+	23:06+	25:06+	26:16+	29:30+	30:37+	30:51+	34:15+	36:17+	37:10+	38:36+	40:28+	41:22+	41:57+	42:16+	
02:11+	01:18+	07:08+	01:56+	01:11-	02:05+	01:18+	02:13+	02:54+	00:52+	02:00+	01:10+	03:14+	01:07+	00:14+	03:24+	02:02+	00:53+	01:26+	01:52+	00:54+	00:35+	00:19-	
00:53&	00:36&	05:34@	00:40&	00:52-	01:02&	00:38&	01:28@	01:45@	00:19&	00:40&	00:05+	01:24&	00:33&	00:03&	00:43&	00:55&	00:12&	00:08#	00:16#	00:15&	00:19@	00:01-	
<b>8</b>	<b>Arnstein Skretting</b>	<b>54</b>										<b>43:06</b>											
01:21+	03:25+	05:28+	07:05+	08:00+	10:34+	12:30+	13:15+	14:12+	15:17+	15:58+	17:47+	19:23+	29:12+	30:04+	30:19+	34:40+	36:16+	37:06+	39:06+	41:30+	42:18+	42:42+	43:06+
01:21+	02:04+	02:03+	01:37+	00:55-	02:34+	01:56+	00:45=	00:57-	01:05+	00:41-	01:49+	01:36-	09:49+	00:52+	00:15-	04:21+	01:36+	00:50-	02:00+	02:24+	00:48+	00:24+	
00:03+	01:22@	00:29&	00:21&	01:08-	01:31@	01:16@	00:00=	00:12-	00:32&	00:51-	00:44&	00:14-	09:15@	00:41@	02:26-	03:14@	00:55@	00:28-	00:24#	01:45@	00:32@	00:04#	00:24+
<b>9</b>	<b>Rolf Kleppe</b>	<b>63</b>										<b>1:02:01</b>											
03:53+	05:00+	17:27+	19:12+	20:28+	22:00+	23:08+	24:38+	26:48+	27:40+	31:17+	33:22+	37:16+	38:08+	41:42+	53:22+	55:01+	55:59+	58:20+	60:22+	61:14+	61:36+	62:01+	
03:53+	01:07+	12:27+	01:45+	01:16-	01:32+	01:08+	01:30+	02:10+	00:52+	03:37+	02:05+	03:54+	00:52+	03:34+	11:40+	01:39+	00:58+	02:21+	02:02+	00:52+	00:22+	00:25+	
02:35@	00:25&	10:53@	00:29&	00:47-	00:29&	00:28&	00:45&	01:01&	00:19&	02:05@	01:00&	02:04@	00:18&	03:23@	08:59@	00:32&	00:17&	01:03&	00:26&	00:13&	00:06&	00:05#	
<b>Beste strekktid for klassen</b>																							
01:11	00:34	01:34	01:15	00:50	01:03	00:40	00:45	00:57	00:31	00:41	01:02	01:36	00:34	00:11	00:15	01:07	00:32	00:50	01:18	00:38	00:14	00:18	

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

Class	Navn	Klasse	Tid
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## Herrer 70 - 74 år

<b>1</b>	<b>Harry Breiland</b>	<b>66</b>	<b>22:37</b>																				
01:07=	01:41=	03:19=	04:24=	05:10=	06:18=	07:08=	07:58=	08:52=	09:23=	10:46=	11:37=	13:27=	14:06=	14:22=	14:31=	16:58=	17:57=	18:39=	19:58=	21:25=	22:02=	22:15=	22:37=
01:07=	00:34=	01:38=	01:05=	00:46=	01:08=	00:50=	00:50=	00:54=	00:31=	01:23=	00:51=	01:50=	00:39=	00:16=	00:09=	02:27=	00:59=	00:42=	01:19=	01:27=	00:37=	00:13=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Bjørn Alsaker</b>	<b>115</b>	<b>24:36</b>																				
01:04-	01:39-	03:35+	04:54+	05:48+	06:47+	07:19+	08:06+	09:30+	09:56+	11:24+	12:30+	14:28+	15:52+	16:09+	18:58+	20:04+	20:36+	21:49+	23:24+	24:02+	24:16+	24:36+	
01:04-	00:35+	01:56+	01:19+	00:54+	00:59-	00:32-	00:47-	01:24+	00:26-	01:28+	01:06+	01:58+	01:24+	00:17+	02:49+	01:06-	00:32-	01:13+	01:35+	00:38-	00:14-	00:20+	
00:03-	00:01+	00:18#	00:14#	00:08#	00:09-	00:18-	00:03-	00:30#	00:05-	00:05+	00:15#	00:08+	00:45#	00:17+	02:40#	01:21-	00:27-	00:31#	00:16#	00:49-	00:23-	00:07#	
<b>3</b>	<b>Ragnvald Frøyland</b>	<b>128</b>	<b>26:42</b>																				
01:11+	02:23+	04:04+	05:30+	06:18+	07:45+	08:29+	09:38+	10:37+	11:10+	12:40+	13:46+	16:08+	16:53+	17:05+	20:11+	21:13+	22:20+	24:02+	25:21+	26:04+	26:20+	26:42+	
01:11+	01:12+	01:41+	01:26+	00:48+	01:27+	00:44-	01:09+	00:59+	00:33+	01:38+	00:58+	02:22+	00:45+	00:12-	03:06+	01:02-	01:07+	01:42+	01:19=	00:43-	00:16-	00:22+	
00:04+	00:38#	00:03+	00:21#	00:02+	00:19#	00:06-	00:19#	00:05+	00:02+	00:15#	00:07#	00:32#	00:06#	00:04-	02:57#	01:25-	00:08#	01:00#	00:00=	00:44-	00:21-	00:09#	
<b>4</b>	<b>Terje Helland</b>	<b>88</b>	<b>30:45</b>																				
01:38+	03:43+	06:25+	07:42+	08:39+	10:02+	10:46+	11:43+	12:55+	13:34+	15:21+	16:37+	19:10+	20:03+	20:18+	23:35+	24:58+	25:43+	27:08+	29:18+	30:04+	30:23+	30:45+	
01:38+	02:05+	02:42+	01:17+	00:57+	01:23+	00:44-	00:57+	01:12+	00:39+	01:47+	01:16+	02:33+	00:53+	00:15-	03:17+	01:23-	00:45-	01:25+	02:10+	00:46-	00:19-	00:22+	
00:31#	01:31#	01:04#	00:12#	00:11#	00:15#	00:06-	00:07#	00:18#	00:08#	00:24#	00:25#	00:43#	00:14#	00:01-	03:08#	01:04-	00:14-	00:43#	00:51#	00:41-	00:18-	00:09#	
<b>5</b>	<b>Jan Inge Lunde</b>	<b>88</b>	<b>31:35</b>																				
01:27+	02:11+	04:26+	06:00+	06:58+	08:42+	09:32+	10:41+	12:08+	12:48+	14:40+	16:04+	19:00+	19:44+	19:57+	23:29+	25:30+	26:10+	27:57+	29:32+	30:52+	31:12+	31:35+	
01:27+	00:44+	02:15+	01:34+	00:58+	01:44+	00:50=	01:09+	01:27+	00:40+	01:52+	01:24+	02:56+	00:44+	00:13-	03:32+	02:01-	00:40-	01:47+	01:35+	01:20-	00:20-	00:23+	
00:20#	00:10#	00:37#	00:29#	00:12#	00:36#	00:00=	00:19#	00:33#	00:09#	00:29#	00:33#	01:06#	00:05#	00:03-	03:23#	00:26-	00:19-	01:05#	00:16#	00:07-	00:17-	00:10#	
<b>6</b>	<b>Paul A. Paulsen</b>	<b>117</b>	<b>32:08</b>																				
01:31+	02:16+	04:05+	05:47+	06:41+	08:03+	08:49+	09:52+	11:21+	11:55+	13:47+	14:56+	18:00+	19:50+	20:03+	23:35+	26:32+	27:12+	28:43+	30:42+	31:28+	31:45+	32:08+	
01:31+	00:45+	01:49+	01:42+	00:54+	01:22+	00:46-	01:03+	01:29+	00:34+	01:52+	01:09+	03:04+	01:50+	00:13-	03:32+	02:57+	00:40-	01:31+	01:59+	00:46-	00:17-	00:23+	
00:24#	00:11#	00:11#	00:37#	00:08#	00:14#	00:04-	00:13#	00:35#	00:03+	00:29#	00:18#	01:14#	01:11#	00:03-	03:23#	00:30#	00:19-	00:49#	00:40#	00:41-	00:20-	00:10#	
<b>7</b>	<b>Asgeir Bell</b>	<b>117</b>	<b>39:29</b>																				
01:28+	02:25+	04:19+	05:59+	06:57+	08:21+	09:08+	10:11+	12:28+	18:18+	18:52+	20:51+	22:06+	25:23+	27:13+	27:48+	31:23+	33:03+	34:05+	35:57+	37:41+	38:42+	39:00+	39:29+
01:28+	00:57+	01:54+	01:40+	00:58+	01:24+	00:47-	01:03+	02:17+	05:50+	00:34-	01:59+	01:15-	03:17+	01:50+	00:35+	03:35+	01:40+	01:02+	01:52+	01:44+	01:01+	00:18+	00:29+
00:21#	00:23#	00:16#	00:35#	00:12#	00:16#	00:03-	00:13#	01:23#	05:19#	00:49-	01:08#	00:35-	02:38#	01:34#	00:26#	01:08#	00:41#	00:20#	00:33#	00:17#	00:24#	00:05#	00:07#
<b>8</b>	<b>Arne Hope</b>	<b>43</b>	<b>42:01</b>																				
01:47+	02:44+	05:13+	06:58+	08:26+	10:12+	11:26+	12:53+	15:27+	16:18+	18:55+	20:32+	24:37+	26:15+	26:29+	31:56+	34:25+	35:44+	37:52+	39:59+	41:03+	41:29+	42:01+	
01:47+	00:57+	02:29+	01:45+	01:28+	01:46+	01:14+	01:27+	02:34+	00:51+	02:37+	01:37+	04:05+	01:38+	00:14-	05:27+	02:29+	01:19+	02:08+	02:07+	01:04-	00:26-	00:32+	
00:40#	00:23#	00:51#	00:40#	00:42#	00:38#	00:24#	00:51#	00:37#	01:40#	00:20#	01:14#	00:46#	02:15#	00:59#	00:02-	05:18#	00:02+	00:20#	01:26#	00:48#	00:23-	00:11-	00:19#
<b>9</b>	<b>Tore R. Tvedt</b>	<b>395</b>	<b>45:29</b>																				
01:40+	02:36+	04:48+	06:43+	08:02+	11:39+	12:33+	14:15+	15:56+	17:04+	19:14+	21:13+	24:26+	27:17+	27:34+	32:38+	35:21+	36:29+	40:09+	42:29+	44:31+	44:52+	45:29+	
01:40+	00:56+	02:12+	01:55+	01:19+	03:37+	00:54+	01:42+	01:41+	01:08+	02:10+	01:59+	03:13+	02:51+	00:17+	05:04+	02:43+	01:08+	03:40+	02:20+	02:02+	00:21-	00:37+	
00:33#	00:22#	00:34#	00:50#	00:33#	02:29#	00:04+	00:52#	00:47#	00:37#	00:47#	01:08#	01:23#	02:12#	00:01+	04:55#	00:16#	00:09#	02:58#	01:01#	00:35#	00:16-	00:24#	
<b>10</b>	<b>Olav Habbestad</b>	<b>116</b>	<b>48:42</b>																				
01:19+	02:12+	03:59+	05:28+	06:21+	08:38+	11:41+	12:31+	13:31+	21:20+	23:06+	24:42+	28:00+	28:46+	29:05+	35:39+	41:06+	41:46+	43:30+	46:09+	47:58+	48:19+	48:42+	
01:19+	00:53+	01:47+	01:29+	00:53+	02:17+	03:03+	00:50=	01:00+	07:49+	01:46+	01:36+	03:18+	00:46+	00:19+	06:34+	05:27+	00:40-	01:44+	02:39+	01:49+	00:21-	00:23+	
00:12#	00:19#	00:09+	00:24#	00:07#	01:09#	02:13#	00:00=	00:06#	07:18#	00:23#	00:45#	01:28#	00:07#	00:03#	06:25#	03:00#	00:19-	01:02#	01:20#	00:22#	00:16-	00:10#	
<b>11</b>	<b>Leif Kåre Lende</b>	<b>128</b>	<b>49:41</b>																				
02:58+	15:40+	17:03+	18:31+	19:36+	21:27+	23:47+	25:22+	26:35+	27:56+	31:05+	32:42+	37:51+	39:13+	39:27+	42:29+	43:52+	44:28+	46:01+	48:12+	48:57+	49:17+	49:41+	
02:58+	12:42+	01:23-	01:28+	01:05+	01:51+	02:20+	01:35+	01:13+	01:21+	03:09+	01:37+	05:09+	01:22+	00:14-	03:02+	01:23-	00:36-	01:33+	02:11+	00:45-	00:20-	00:24+	
01:51#	12:08#	00:15-	00:23#	00:19#	00:43#	01:30#	00:45#	00:19#	00:50#	01:46#	00:46#	03:19#	00:43#	00:02-	02:53#	01:04-	00:23-	00:51#	00:52#	00:42-	00:17-	00:11#	
<b>12</b>	<b>Leif Gunnar Wikene</b>	<b>43</b>	<b>50:41</b>																				
01:40+	02:39+	05:22+	08:07+	09:21+	11:07+	11:54+	19:22+	24:58+	25:39+	27:54+	29:20+	32:50+	34:31+	34:47+	40:14+	43:02+	44:02+	46:57+	48:59+	49:54+	50:15+	50:41+	
01:40+	00:59+	02:43+	02:45+	01:14+	01:46+	00:47-	07:28+	05:36+	00:41+	02:15+	01:26+	03:30+	01:41+	00:16=	05:27+	02:48+	01:00+	02:55+	02:02+	00:55-	00:21-	00:26+	
00:33#	00:25#	01:05#	01:40#	00:28#	00:38#	00:03-	06:38#	04:42#	00:10#	00:52#	00:35#	01:40#	01:02#	00:00=	05:18#	00:21#	00:01+	02:13#	00:43#	00:32-	00:16-	00:13#	
<b>13</b>	<b>Torgeir Færevåg</b>	<b>125</b>	<b>51:27</b>																				
02:26+	03:29+	06:31+	08:10+	11:14+	13:13+	14:30+	15:55+	19:42+	20:33+	22:41+	24:26+	29:32+	36:51+	37:10+	41:05+	43:14+	44:44+	46:42+	49:32+	50:41+	51:05+	51:27+	
02:26+	01:03+	03:02+	01:39+	03:04+	01:59+	01:17+	01:25+	03:47+	00:51+	02:08+	01:45+	05:06+	07:19+	00:19+	03:55+	02:09-	01:30+	01:58+	02:50+	01:09-	00:24-	00:22+	
01:19#	00:29#	01:24#	00:34#	02:18#	00:51#	00:27#	00:35#	02:53#	00:20#	00:45#	00:54#	03:16#	06:40#	00:03#	03:46#	00:18-	00:31#	01:16#	01:31#	00:18-	00:13-	00:09#	
<b>14</b>	<b>Kjell Ingar Olsen</b>	<b>50</b>	<b>54:52</b>																				
03:49+	05:04+	08:31+	10:38+	11:52+	13:27+	17:53+	20:28+	25:40+	28:39+	29:15+	31:22+	33:00+	35:59+	36:54+	37:10+	40:27+	42:19+	43:10+	44:58+	53:07+	54:01+	54:29+	54:52+
03:49+	01:15+	03:27+	02:07+	01:14+	01:35+	04:26+	02:35+	05:12+	02:59+	00:36-	02:07+	01:38-	02:59+	00:55+	00:16+	03:17+	01:52+	00:51+	01:48+	08:09+	00:54+	00:28+	00:23+
02:42#	00:41#	01:49#	01:02#	00:28#	00:27#	03:36#	01:45#	04:18#	02:28#	00:47-	01:16#	00:12-	02:20#	00:39#	00:07#	00:50#	00:53#	00:09#	00:29#	06:42#	00:17#	00:15#	00:01+

Class	Navn	Klasse																Tid					
<b>15</b>	<b>Arne Østensen</b>	<b>395</b>																<b>58:18</b>					
01:43+	02:39+	04:45+	06:15+	07:16+	08:35+	11:15+	12:18+	13:38+	15:09+	19:54+	21:10+	42:00+	42:37+	43:57+	47:39+	50:42+	51:12+	52:50+	55:52+	57:39+	57:55+	58:18+	
01:43+	00:56+	02:06+	01:30+	01:01+	01:19+	02:40+	01:03+	01:20+	01:31+	04:45+	01:16+	20:50+	00:37-	01:20+	03:42+	03:03+	00:30-	01:38+	03:02+	01:47+	00:16-	00:23+	
00:36&	00:22&	00:28&	00:25&	00:15&	00:11#	01:50#	00:13&	00:26&	01:00#	03:22@	00:25&	19:00#	00:02-	01:04#	03:33#	00:36#	00:29-	00:56@	01:43#	00:20#	00:21-	00:10&	
<b>16</b>	<b>Sverre Uhling</b>	<b>105</b>																<b>1:04:33</b>					
02:32+	04:01+	08:57+	11:31+	13:38+	15:44+	17:24+	20:14+	22:58+	24:40+	29:50+	31:47+	37:14+	41:04+	41:25+	46:41+	53:20+	54:06+	56:41+	59:36+	63:12+	64:00+	64:33+	
02:32+	01:29+	04:56+	02:34+	02:07+	02:06+	01:40+	02:50+	02:44+	01:42+	05:10+	01:57+	05:27+	03:50+	00:21+	05:16+	06:39+	00:46-	02:35+	02:55+	03:36+	00:48+	00:33+	
01:25@	00:55@	03:18@	01:29@	01:21@	00:58&	00:50&	02:00@	01:50@	01:11@	03:47@	01:06@	03:37@	03:11@	00:05&	05:07@	04:12@	00:13-	01:53@	01:36@	02:09@	00:11&	00:20@	
<b>Beste strekketid for klassen</b>																							
01:04	00:34	01:23	01:05	00:46	00:59	00:32	00:47	00:54	00:26	00:34	00:51	01:15	00:37	00:12	00:09	01:02	00:30	00:42	01:19	00:38	00:14	00:13	00:22

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

## Herrer 75 - 79 år

<b>1</b>	<b>Kjell Svihus</b>	<b>154</b>																<b>30:35</b>				
02:12=	04:14=	05:42=	06:51=	07:54=	09:38=	11:37=	12:58=	17:00=	19:29=	20:44=	22:59=	23:45=	25:42=	27:04=	27:53=	29:24=	29:53=	30:10=	30:35=			
02:12=	02:02=	01:28=	01:09=	01:03=	01:44=	01:59=	01:21=	04:02=	02:29=	01:15=	02:15=	00:46=	01:57=	01:22=	00:49=	01:31=	00:29=	00:17=	00:25=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Finn Morten Årstad</b>	<b>115</b>																<b>31:18</b>				
01:36-	03:46-	05:12-	06:21-	07:13-	09:09-	11:25-	12:39-	15:04-	21:28+	22:50+	24:57+	25:46+	26:52+	28:05+	29:00+	30:19+	30:39+	30:56+	31:18+			
01:36-	02:10+	01:26-	01:09=	00:52-	01:56+	02:16+	01:14-	02:25-	06:24+	01:22+	02:07-	00:49+	01:06-	01:13-	00:55+	01:19+	00:20-	00:17=	00:22-			
00:36-	00:08+	00:02-	00:00=	00:11-	00:12#	00:17#	00:07-	01:37-	03:55@	00:07+	00:08-	00:03+	00:51-	00:09-	00:06#	00:12-	00:09-	00:00=	00:03-			
<b>3</b>	<b>Svein Glendrange</b>	<b>68</b>																<b>36:23</b>				
02:49+	05:15+	06:45+	07:56+	08:59+	10:40+	12:31+	14:06+	18:37+	21:20+	23:02+	28:43+	29:32+	31:07+	32:30+	33:39+	35:12+	35:36+	35:54+	36:23+			
02:49+	02:26+	01:30+	01:11+	01:03=	01:41-	01:51-	01:35+	04:31+	02:43+	01:42+	05:41+	00:49+	01:06-	01:13-	00:55+	01:19+	00:24-	00:18+	00:29+			
00:37&	00:24#	00:02+	00:02+	00:00=	00:03-	00:08-	00:14#	00:29#	00:14+	00:27&	03:26@	00:03+	00:22-	00:01+	00:20&	00:02+	00:05-	00:01+	00:04#			
<b>4</b>	<b>Knut Skjæveland</b>	<b>93</b>																<b>38:19</b>				
02:23+	04:48+	06:17+	07:38+	09:24+	11:15+	13:03+	14:40+	16:30-	23:57+	25:25+	30:27+	31:21+	32:37+	34:14+	35:29+	36:57+	37:35+	37:53+	38:19+			
02:23+	02:25+	01:29+	01:21+	01:46+	01:51+	01:48-	01:37+	01:50-	07:27+	01:28+	05:02+	00:54+	01:16-	01:37+	01:15+	01:28-	00:38+	00:18+	00:26+			
00:11+	00:23#	00:01+	00:12#	00:43&	00:07+	00:11-	00:16#	02:12-	04:58@	00:13#	02:47@	00:08#	00:41-	00:15#	00:26&	00:03-	00:09&	00:01+	00:01+			
<b>5</b>	<b>Hilmar Røthing</b>	<b>128</b>																<b>38:30</b>				
02:12=	04:13-	05:31-	06:58+	07:50-	09:24-	11:11-	12:56-	22:22+	24:55+	26:34+	28:37+	29:29+	33:17+	35:12+	36:02+	37:24+	37:52+	38:09+	38:30+			
02:12=	02:01-	01:18-	01:27+	00:52-	01:34-	01:47-	01:45+	09:26+	02:33+	01:39+	02:03-	00:52+	03:48+	01:55+	00:50+	01:22-	00:28-	00:17=	00:21-			
00:00=	00:01-	00:10-	00:18&	00:11-	00:10-	00:12-	00:24&	05:24@	00:04+	00:24&	00:12-	00:06#	01:51&	00:33&	00:01+	00:09-	00:01-	00:00=	00:04-			
<b>6</b>	<b>Hans Klausen</b>	<b>62</b>																<b>39:52</b>				
02:16+	04:18+	05:39-	06:49-	08:00+	10:01+	11:59+	13:54+	16:35-	21:49+	23:18+	25:35+	26:20+	30:27+	32:38+	37:23+	38:48+	39:12+	39:30+	39:52+			
02:16+	02:02=	01:21-	01:10+	01:11+	02:01+	01:58-	01:55+	02:41-	05:14+	01:29+	02:17+	00:45-	04:07+	02:11+	04:45+	01:25-	00:24-	00:18+	00:22-			
00:04+	00:00=	00:07-	00:01+	00:08#	00:17#	00:01-	00:34&	01:21-	02:45@	00:14#	00:02+	00:01-	02:10@	00:49&	03:56@	00:06-	00:05-	00:01+	00:03-			
<b>7</b>	<b>Kjell Langvik</b>	<b>93</b>																<b>39:56</b>				
02:36+	05:21+	07:01+	08:27+	09:47+	11:55+	14:58+	16:51+	20:01+	23:54+	26:20+	29:12+	30:48+	32:46+	35:09+	36:33+	38:28+	39:03+	39:32+	39:56+			
02:36+	02:45+	01:40+	01:26+	01:20+	02:08+	03:03+	01:53+	03:10-	03:53+	02:26+	02:52+	01:36+	01:58+	02:23+	01:24+	01:55+	00:35+	00:29+	00:24-			
00:24#	00:43&	00:12#	00:17#	00:17&	00:24#	01:04&	00:32&	00:52-	01:24&	01:11&	00:37&	00:50@	00:01+	01:01&	00:35&	00:24&	00:06#	00:12&	00:01-			
<b>8</b>	<b>Olav Hognestad</b>	<b>92</b>																<b>40:40</b>				
05:11+	08:19+	10:19+	11:57+	13:05+	15:23+	18:18+	20:14+	22:37+	26:51+	28:20+	31:02+	32:14+	33:42+	35:22+	37:02+	39:10+	39:54+	40:10+	40:40+			
05:11+	03:08+	02:00+	01:38+	01:08+	02:18+	02:55+	01:56+	02:23-	04:14+	01:29+	02:42+	01:12+	01:28-	01:40+	01:40+	02:08+	00:44+	00:16-	00:30+			
02:59@	01:06&	00:32&	00:29&	00:05+	00:34&	00:56&	00:35&	01:39-	01:45&	00:14#	00:27#	00:26&	00:29-	00:18#	00:51@	00:37&	00:15&	00:01-	00:05#			
<b>9</b>	<b>Arvid Thorsen</b>	<b>5</b>																<b>42:27</b>				
02:40+	04:48+	06:07+	17:13+	18:11+	19:31+	21:49+	23:21+	27:34+	30:06+	32:00+	34:15+	35:06+	36:21+	37:51+	39:57+	41:21+	41:45+	42:04+	42:27+			
02:40+	02:08+	01:19-	11:06+	00:58-	01:20-	02:18+	01:32+	04:13+	02:32+	01:54+	02:15=	00:51+	01:15-	01:30+	02:06+	01:24-	00:24-	00:19+	00:23-			
00:28#	00:06+	00:09-	09:57@	00:05-	00:24-	00:19#	00:11#	00:11+	00:03+	00:39&	00:00=	00:05#	00:42-	00:08+	01:17@	00:07-	00:05-	00:02#	00:02-			
<b>10</b>	<b>Ole Auklënd</b>	<b>106</b>																<b>43:03</b>				
04:04+	07:21+	09:45+	12:07+	13:54+	16:55+	19:18+	21:12+	23:45+	26:46+	29:28+	32:59+	34:06+	35:32+	37:25+	39:02+	41:11+	41:57+	42:27+	43:03+			
04:04+	03:17+	02:24+	02:22+	01:47+	03:01+	02:23+	01:54+	02:33-	03:01+	02:42+	03:31+	01:07+	01:26-	01:53+	01:37+	02:09+	00:46+	00:30+	00:36+			
01:52&	01:15&	00:56&	01:13@	00:44&	01:17&	00:24#	00:33&	01:29-	00:32#	01:27@	01:16&	00:21&	00:31-	00:31&	00:48&	00:38&	00:17&	00:13&	00:11&			
<b>11</b>	<b>Hermann Skogsholm</b>	<b>53</b>																<b>44:56</b>				
02:17+	04:26+	05:54+	07:21+	18:04+	19:42+	21:30+	23:06+	28:10+	30:47+	32:36+	35:23+	36:25+	37:43+	39:13+	40:12+	41:45+	42:07+	44:04+	44:56+			
02:17+	02:09+	01:28=	01:27+	10:43+	01:38-	01:48-	01:36+	05:04+	02:37+	01:49+	02:47+	01:02+	01:18-	01:30+	00:59+	01:33+	00:22-	01:57+	00:52+			
00:05+	00:07+	00:00=	00:18&	09:40@	00:06-	00:11-	00:15#	01:02&	00:08+	00:34&	00:32#	00:16&	00:39-	00:08+	00:10#	00:02+	00:07-	01:40@	00:27@			



Class	Navn	Klasse										Tid									
<b>12</b>	<b>Norvald Skretting</b>	<b>43</b>										<b>54:14</b>									
03:19+	08:46+	10:34+	15:06+	16:51+	19:21+	21:40+	23:15+	29:18+	33:05+	38:00+	42:48+	44:03+	45:32+	49:15+	51:09+	52:57+	53:23+	53:46+	54:14+		
03:19+	05:27+	01:48+	04:32+	01:45+	02:30+	02:19+	01:35+	06:03+	03:47+	04:55+	04:48+	01:15+	01:29-	03:43+	01:54+	01:48+	00:26-	00:23+	00:28+		
01:07&	03:25@	00:20#	03:23@	00:42&	00:46&	00:20#	00:14#	02:01&	01:18&	03:40@	02:33@	00:29&	00:28-	02:21@	01:05@	00:17#	00:03-	00:06&	00:03#		
<b>13</b>	<b>Tormod Aaslid</b>	<b>54</b>										<b>56:42</b>									
04:47+	07:20+	08:50+	10:29+	12:06+	14:38+	16:28+	18:09+	28:49+	32:23+	36:08+	39:41+	45:53+	47:35+	51:19+	52:50+	55:11+	55:43+	56:10+	56:42+		
04:47+	02:33+	01:30+	01:39+	01:37+	02:32+	01:50-	01:41+	10:40+	03:34+	03:45+	03:33+	06:12+	01:42-	03:44+	01:31+	02:21+	00:32+	00:27+	00:32+		
02:35@	00:31&	00:02+	00:30&	00:34&	00:48&	00:09-	00:20#	06:38@	01:05&	02:30@	01:18&	05:26@	00:15-	02:22@	00:42&	00:50&	00:03#	00:10&	00:07&		
<b>14</b>	<b>Knut Jonas Espedal</b>	<b>53</b>										<b>1:05:38</b>									
08:51+	14:14+	17:01+	19:41+	21:18+	25:15+	29:17+	31:21+	39:04+	45:16+	48:17+	52:42+	54:50+	56:34+	59:14+	61:15+	63:52+	64:37+	65:04+	65:38+		
08:51+	05:23+	02:47+	02:40+	01:37+	03:57+	04:02+	02:04+	07:43+	06:12+	03:01+	04:25+	02:08+	01:44-	02:40+	02:01+	02:37+	00:45+	00:27+	00:34+		
06:39@	03:21@	01:19&	01:31@	00:34&	02:13@	02:03@	00:43&	03:41&	03:43@	01:46@	02:10&	01:22@	00:13-	01:18&	01:12@	01:06&	00:16&	00:10&	00:09&		
<b>Beste strekktid for klassen</b>																					
01:36	02:01	01:18	01:09	00:52	01:20	01:47	01:14	01:50	02:29	01:15	02:03	00:45	01:06	01:13	00:49	01:19	00:20	00:16	00:21		

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

## Herrer 80 år og eldre

<b>1</b>	<b>Harald Vatne</b>	<b>67</b>										<b>40:47</b>									
06:30=	07:37=	08:15=	10:25=	11:51=	12:35=	14:03=	16:31=	19:54=	24:12=	25:30=	28:46=	33:08=	34:26=	35:43=	37:17=	39:06=	39:29=	40:47=			
06:30=	01:07=	00:38=	02:10=	01:26=	00:44=	01:28=	02:28=	03:23=	04:18=	01:18=	03:16=	04:22=	01:18=	01:17=	01:34=	01:49=	00:23=	01:18=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
<b>2</b>	<b>Torleiv Møgedal</b>	<b>68</b>										<b>49:34</b>									
04:12-	05:59-	07:27-	10:36+	12:20+	13:14+	15:12+	18:31+	22:25+	26:57+	28:45+	30:20+	37:25+	40:30+	41:54+	44:13+	47:15+	48:05+	49:34+			
04:12-	01:47+	01:28+	03:09+	01:44+	00:54+	01:58+	03:19+	03:54+	04:32+	01:48+	01:35-	07:05+	03:05+	01:24+	02:19+	03:02+	00:50+	01:29+			
02:18-	00:40&	00:50@	00:59&	00:18#	00:10#	00:30&	00:51&	00:31#	00:14+	00:30&	01:41-	02:43&	01:47@	00:07+	00:45&	01:13&	00:27@	00:11#			
<b>3</b>	<b>Magne Westerheim</b>	<b>93</b>										<b>54:26</b>									
04:18-	05:50-	07:08-	10:06-	11:51=	12:56+	15:14+	20:20+	25:45+	32:42+	35:17+	37:37+	45:23+	47:25+	48:56+	50:55+	53:00+	53:28+	54:26+			
04:18-	01:32+	01:18+	02:58+	01:45+	01:05+	02:18+	05:06+	05:25+	06:57+	02:35+	02:20-	07:46+	02:02+	01:31+	01:59+	02:05+	00:28+	00:58-			
02:12-	00:25&	00:40@	00:48&	00:19#	00:21&	00:50&	02:38@	02:02&	02:39&	01:17&	00:56-	03:24&	00:44&	00:14#	00:25&	00:16#	00:05#	00:20-			
<b>4</b>	<b>Magne Jakobsen</b>	<b>63</b>										<b>54:39</b>									
04:32-	05:51-	07:21-	09:54-	11:46-	13:08+	15:07+	20:18+	25:41+	33:04+	35:22+	37:41+	45:30+	47:42+	49:08+	51:07+	53:11+	53:40+	54:39+			
04:32-	01:19+	01:30+	02:33+	01:52+	01:22+	01:59+	05:11+	05:23+	07:23+	02:18+	02:19-	07:49+	02:12+	01:26+	01:59+	02:04+	00:29+	00:59-			
01:58-	00:12#	00:52@	00:23#	00:26&	00:38&	00:31&	02:43@	02:00&	03:05&	01:00&	00:57-	03:27&	00:54&	00:09#	00:25&	00:15#	00:06&	00:19-			
<b>5</b>	<b>Kjell Maudal</b>	<b>63</b>										<b>56:09</b>									
05:48-	07:21-	08:53+	11:30+	13:17+	14:25+	16:36+	21:50+	27:11+	34:23+	36:44+	39:01+	47:00+	49:02+	50:18+	52:27+	54:39+	55:08+	56:09+			
05:48-	01:33+	01:32+	02:37+	01:47+	01:08+	02:11+	05:14+	05:21+	07:12+	02:21+	02:17-	07:59+	02:02+	01:16-	02:09+	02:12+	00:29+	01:01-			
00:42-	00:26&	00:54@	00:27#	00:21#	00:24&	00:43&	02:46@	01:58&	02:54&	01:03&	00:59-	03:37&	00:44&	00:01-	00:35&	00:23#	00:06&	00:17-			
<b>Beste strekktid for klassen</b>																					
04:12	01:07	00:38	02:10	01:26	00:44	01:28	02:28	03:23	04:18	01:18	01:35	04:22	01:18	01:16	01:34	01:49	00:23	00:58			

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

## Herrer A

<b>1</b>	<b>Harald Kalager</b>	<b>7</b>										<b>24:31</b>													
00:49=	01:50=	03:00=	04:16=	05:09=	05:58=	06:49=	07:30=	08:24=	08:46=	09:51=	10:35=	11:59=	12:29=	12:59=	13:48=	14:48=	15:10=	15:35=	16:59=	17:30=	18:15=	19:39=	20:01=	22:00=	22:54=
00:49=	01:01=	01:10=	01:16=	00:53=	00:49=	00:51=	00:41=	00:54=	00:22=	01:05=	00:44=	01:24=	00:30=	00:30=	00:49=	01:00=	00:22=	00:25=	01:24=	00:31=	00:45=	01:24=	00:22=	01:59=	00:54=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
23:48=	24:02=	24:14=	24:31=																						
00:54=	00:14=	00:12=	00:17=																						
00:00=	00:00=	00:00=	00:00=																						
<b>2</b>	<b>Kristian Haarr</b>	<b>27</b>										<b>24:59</b>													
00:54+	01:47-	02:51-	04:07-	05:06-	05:58=	06:51+	07:35+	08:24=	08:44-	09:50-	10:35=	11:59=	12:20-	12:59=	14:32+	15:34+	15:51+	16:20+	17:39+	18:05+	18:51+	20:15+	20:33+	22:32+	23:25+
00:54+	00:53-	01:04-	01:16=	00:59+	00:52+	00:53+	00:44+	00:49-	00:20-	01:06+	00:45+	01:24=	00:21-	00:39+	01:33+	01:02+	00:17-	00:29+	01:19-	00:26-	00:46+	01:24=	00:18-	01:59=	00:53-
00:05#	00:08-	00:06-	00:00=	00:06#	00:03+	00:02+	00:03+	00:05-	00:02-	00:01+	00:01+	00:00=	00:09-	00:09&	00:44&	00:02+	00:05-	00:04#	00:05-	00:05-	00:01+	00:00=	00:04-	00:00=	00:01-
24:18+	24:31+	24:42+	24:59+																						
00:53-	00:13-	00:11-	00:17=																						
00:01-	00:01-	00:01-	00:00=																						

Class	Navn	Klasse	Tid																						
<b>3</b>	<b>Fredrik Sandal</b>	<b>88</b>	<b>25:22</b>																						
01:59+	02:43+	03:44+	05:13+	06:01+	06:56+	07:45+	08:25+	09:15+	09:34+	10:32+	11:20+	12:48+	13:45+	14:10+	15:02+	16:06+	16:25+	16:56+	18:04+	18:34+	19:16+	20:34+	20:58+	22:50+	23:44+
01:59+	00:44-	01:01-	01:29+	00:48-	00:55+	00:49-	00:40-	00:50-	00:19-	00:58-	00:48+	01:28+	00:57+	00:25-	00:52+	01:04+	00:19-	00:31+	01:08-	00:30-	00:42-	01:18-	00:24+	01:52-	00:54=
01:10@	00:17-	00:09-	00:13#	00:05-	00:06#	00:02-	00:01-	00:04-	00:03-	00:07-	00:04+	00:04+	00:27&	00:05-	00:03+	00:04+	00:03-	00:06#	00:16-	00:01-	00:03-	00:06-	00:02+	00:07-	00:00=
24:37+	24:54+	25:06+	25:22+																						
00:53-	00:17+	00:12=	00:16-																						
00:01-	00:03#	00:00=	00:01-																						
<b>4</b>	<b>Svein Magnus Halsne</b>	<b>71</b>	<b>26:42</b>																						
00:50+	01:34-	02:44-	04:06-	05:02-	05:45-	06:38-	07:20-	08:14-	08:32-	09:31-	10:23-	11:42-	12:10-	13:20+	15:01+	16:17+	16:34+	17:05+	18:10+	19:19+	20:07+	21:34+	21:55+	24:09+	25:06+
00:50+	00:44-	01:10=	01:22+	00:56+	00:43-	00:53+	00:42+	00:54=	00:18-	00:59-	00:52+	01:19-	00:28-	01:10+	01:41+	01:16+	00:17-	00:31+	01:05-	01:09+	00:48+	01:27+	00:21-	02:14+	00:57+
00:01+	00:17-	00:00=	00:06+	00:03+	00:06-	00:02+	00:01+	00:00=	00:04-	00:06-	00:08#	00:05-	00:02-	00:40@	00:52@	00:16&	00:05-	00:06#	00:19-	00:38@	00:03+	00:03+	00:01-	00:15#	00:03+
26:00+	26:14+	26:25+	26:42+																						
00:54=	00:14=	00:11-	00:17=																						
00:00=	00:00=	00:01-	00:00=																						
<b>5</b>	<b>Erik Lima</b>	<b>43</b>	<b>26:47</b>																						
00:57+	01:39-	02:42-	04:09-	05:14+	06:14+	07:04+	07:51+	08:46+	09:13+	10:37+	11:28+	13:04+	13:32+	14:02+	14:53+	16:00+	16:17+	16:52+	18:06+	18:47+	19:42+	21:12+	21:39+	24:13+	25:10+
00:57+	00:42-	01:03-	01:27+	01:05+	01:00+	00:50-	00:47+	00:55+	00:27+	01:24+	00:51+	01:36+	00:28-	00:30=	00:51+	01:07+	00:17-	00:35+	01:14-	00:41+	00:55+	01:30+	00:27+	02:34+	00:57+
00:08#	00:19-	00:07-	00:11#	00:12#	00:11#	00:01-	00:06#	00:01+	00:05#	00:19&	00:07#	00:12#	00:02-	00:00=	00:02+	00:07#	00:05-	00:10&	00:10-	00:10&	00:10#	00:06+	00:05#	00:35&	00:03+
26:06+	26:22+	26:33+	26:47+																						
00:56+	00:16+	00:11-	00:14-																						
00:02+	00:02#	00:01-	00:03-																						
<b>6</b>	<b>Tobias Rødde</b>	<b>46</b>	<b>28:15</b>																						
00:44-	01:14-	03:08+	04:17+	05:12+	07:38+	08:45+	09:33+	10:29+	10:51+	12:06+	12:49+	15:12+	15:40+	16:10+	16:57+	17:54+	18:09+	18:35+	20:01+	20:29+	21:13+	23:23+	23:47+	25:44+	26:36+
00:44-	00:30-	01:54+	01:09-	00:55+	02:26+	01:07+	00:48+	00:56+	00:22=	01:15+	00:43-	02:23+	00:28-	00:30=	00:47-	00:57-	00:15-	00:26+	01:26+	00:28-	00:44-	02:10+	00:24+	01:57-	00:52-
00:05-	00:31-	00:44&	00:07-	00:02+	01:37@	00:16&	00:07#	00:02+	00:00=	00:10#	00:01-	00:59&	00:02-	00:00=	00:02-	00:03-	00:07-	00:01+	00:02+	00:03-	00:01-	00:46&	00:02+	00:02-	00:02-
27:32+	27:46+	27:57+	28:15+																						
00:56+	00:14=	00:11-	00:18+																						
00:02+	00:00=	00:01-	00:01+																						
<b>7</b>	<b>Andreas Mykkelteit Terjesen</b>	<b>43</b>	<b>30:39</b>																						
01:05+	02:10+	03:40+	05:10+	06:08+	07:07+	08:08+	09:39+	11:52+	12:12+	13:37+	14:33+	16:32+	17:06+	17:37+	18:36+	19:48+	20:06+	20:39+	22:16+	22:53+	23:41+	25:20+	25:51+	28:00+	28:52+
01:05+	01:05+	01:30+	01:30+	00:58+	00:59+	01:01+	01:31+	02:13+	00:20-	01:25+	00:56+	01:59+	00:34+	00:31+	00:59+	01:12+	00:18-	00:33+	01:37+	00:37+	00:48+	01:39+	00:31+	02:09+	00:52-
00:16&	00:04+	00:20&	00:14#	00:05+	00:10#	00:10#	00:50@	01:19@	00:02-	00:20&	00:12&	00:35&	00:04#	00:01+	00:10#	00:12#	00:04-	00:08&	00:13#	00:06#	00:03+	00:15#	00:09&	00:10+	00:02-
29:51+	30:08+	30:21+	30:39+																						
00:59+	00:17+	00:13+	00:18+																						
00:05+	00:03#	00:01+	00:01+																						
<b>8</b>	<b>Torbjørn Ims Østby</b>	<b>66</b>	<b>30:44</b>																						
00:50+	01:37-	02:54-	04:22+	05:18+	06:10+	09:25+	10:14+	11:25+	11:55+	13:06+	14:07+	15:52+	16:36+	17:08+	18:10+	19:18+	19:38+	20:06+	21:38+	22:13+	23:03+	24:41+	25:10+	27:31+	28:34+
00:50+	00:47-	01:17+	01:28+	00:56+	00:52+	03:15+	00:49+	01:11+	00:30+	01:11+	01:01+	01:45+	00:44+	00:32+	01:02+	01:08+	00:20-	00:28+	01:32+	00:35+	00:50+	01:38+	00:29+	02:21+	01:03+
00:01+	00:14-	00:07#	00:12#	00:03+	00:03+	02:24@	00:08#	00:17&	00:08&	00:06+	00:17&	00:21#	00:14&	00:02+	00:13&	00:08#	00:02-	00:03#	00:08+	00:04#	00:05#	00:14#	00:07&	00:22#	00:09#
29:39+	30:11+	30:27+	30:44+																						
01:05+	00:32+	00:16+	00:17=																						
00:11#	00:18@	00:04&	00:00=																						
<b>9</b>	<b>Joakim B. Enne Haug</b>	<b>71</b>	<b>31:23</b>																						
01:06+	02:25+	03:46+	07:01+	10:03+	11:01+	12:00+	12:52+	13:52+	14:15+	15:22+	16:22+	18:15+	18:55+	19:32+	20:35+	21:43+	22:06+	22:31+	23:41+	24:10+	24:55+	26:20+	26:45+	28:51+	29:48+
01:06+	01:20+	01:20+	03:15+	03:02+	00:58+	00:59+	00:52+	01:00+	00:23+	01:07+	01:00+	01:53+	00:40+	00:37+	01:03+	01:08+	00:23+	00:25=	01:10-	00:29-	00:45=	01:25+	00:25+	02:06+	00:57+
00:17&	00:19&	00:10#	01:59@	02:09@	00:09#	00:08#	00:11&	00:06#	00:01+	00:02+	00:16&	00:29&	00:10&	00:07#	00:14&	00:08#	00:01+	00:00=	00:14-	00:02-	00:00=	00:01+	00:03#	00:07+	00:03+
30:41+	30:55+	31:07+	31:23+																						
00:53-	00:14=	00:12=	00:16-																						
00:01-	00:00=	00:00=	00:01-																						
<b>10</b>	<b>Håkon Eggebø</b>	<b>71</b>	<b>31:46</b>																						
01:01+	01:48-	03:09+	04:47+	05:54+	07:04+	08:30+	09:26+	10:41+	11:09+	12:24+	13:29+	15:15+	15:55+	17:03+	18:13+	19:18+	19:39+	20:15+	22:04+	22:52+	23:23+	24:08+	25:45+	26:28+	28:43+
01:01+	00:47-	01:21+	01:38+	01:07+	01:10+	01:26+	00:56+	01:15+	00:28+	01:15+	01:05+	01:46+	00:40+	01:08+	01:10+	01:05+	00:21-	00:36+	01:49+	00:48+	00:31-	00:45-	01:37+	00:43-	02:15+
00:12#	00:14-	00:11#	00:22&	00:14&	00:21&	00:35&	00:15&	00:21&	00:06&	00:10#	00:21&	00:22&	00:10&	00:38@	00:21&	00:05+	00:01-	00:11&	00:25&	00:17&	00:14-	00:39-	01:15@	01:16-	01:21@
29:55+	30:57+	31:14+	31:29+	31:46+																					
01:12+	01:02+	00:17+	00:15-	00:17+																					
00:18&	00:48@	00:05&	00:02-	00:17+																					
<b>11</b>	<b>Svein Kyllingstad</b>	<b>71</b>	<b>32:43</b>																						
01:11+	02:25+	03:51+	05:24+	06:35+	07:31+	08:30+	09:42+	10:49+	11:19+	13:32+	14:39+	16:39+	17:33+	18:12+	19:22+	20:32+	20:58+	21:25+	22:46+	23:24+	24:08+	26:31+	27:15+	29:38+	30:48+
01:11+	01:14+	01:26+	01:33+	01:11+	00:56+	00:59+	01:12+	01:07+	00:30+	02:13+	01:07+	02:00+	00:54+	00:39+	01:10+	01:10+	00:26+	00:27+	01:21-	00:38+	00:44-	02:23+	00:44+	02:23+	01:10+
00:22&	00:13#	00:16#	00:17#	00:18&	00:07#	00:08#	00:31&	00:1																	

Class	Navn	Klasse	Tid
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### Beste strekktid for klassen

00:44 00:30 01:01 01:09 00:48 00:43 00:49 00:40 00:49 00:18 00:58 00:43 01:19 00:21 00:25 00:47 00:57 00:15 00:25 01:05 00:26 00:31 00:45 00:18 00:43 00:52 00:53 00:13

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

## Herrer B

**1 Magnus Landstad 66 25:09**  
 00:46= 01:23= 02:34= 03:58= 04:54= 05:44= 06:36= 07:48= 08:46= 09:09= 10:14= 10:58= 12:37= 13:04= 13:42= 14:31= 15:30= 15:46= 16:25= 17:31= 17:57= 18:44= 20:09= 20:33= 22:35= 23:32=  
 00:46= 00:37= 01:11= 01:24= 00:56= 00:50= 00:52= 01:12= 00:58= 00:23= 01:05= 00:44= 01:39= 00:27= 00:38= 00:49= 00:59= 00:16= 00:39= 01:06= 00:26= 00:47= 01:25= 00:24= 02:02= 00:57=  
 00:00=  
 24:26= 24:41= 24:52= 25:09=  
 00:54= 00:15= 00:11= 00:17=  
 00:00= 00:00= 00:00= 00:00=

**2 Aart Joakim in't Veld 93 26:20**  
 00:48+ 01:27+ 02:37+ 05:02+ 05:54+ 06:40+ 07:30+ 08:15+ 09:12+ 09:36+ 10:43+ 11:31+ 13:06+ 14:02+ 14:45+ 15:38+ 16:35+ 16:55+ 17:26+ 18:55+ 19:22+ 20:05+ 21:30+ 21:51+ 23:48+ 24:41+  
 00:48+ 00:39+ 01:10- 02:25+ 00:52- 00:46- 00:50- 00:45- 00:57- 00:24+ 01:07+ 00:48+ 01:35- 00:56+ 00:43+ 00:53+ 00:57- 00:20+ 00:31- 01:29+ 00:27+ 00:43- 01:25= 00:21- 01:57- 00:53-  
 00:02+ 00:02+ 00:01- 01:01& 00:04- 00:04- 00:02- 00:27- 00:01- 00:01+ 00:02+ 00:04+ 00:04- 00:29@ 00:05# 00:04+ 00:02- 00:04# 00:08- 00:23& 00:01+ 00:04- 00:00= 00:03- 00:05- 00:04-  
 25:35+ 25:49+ 26:04+ 26:20+  
 00:54= 00:14- 00:15+ 00:16-  
 00:00= 00:01- 00:04& 00:01-

**3 Jan-Rune L. Basso 91 26:20**  
 00:40- 02:08+ 03:13+ 04:32+ 05:30+ 06:26+ 07:22+ 08:08+ 09:21+ 09:48+ 11:01+ 11:46+ 13:36+ 14:08+ 14:38+ 15:39+ 16:36+ 16:54+ 17:20+ 18:36+ 19:06+ 19:52+ 21:17+ 21:41+ 23:41+ 24:42+  
 00:40- 01:28+ 01:05- 01:19- 00:58+ 00:56+ 00:56+ 00:46- 01:13+ 00:27+ 01:13+ 00:45+ 01:50+ 00:32+ 00:30- 01:01+ 00:57- 00:18+ 00:26- 01:16+ 00:30+ 00:46- 01:25= 00:24= 02:00- 01:01+  
 00:06- 00:51@ 00:06- 00:05- 00:02+ 00:06# 00:04+ 00:26- 00:15& 00:04# 00:08# 00:01+ 00:11# 00:05# 00:08- 00:12# 00:02- 00:02# 00:13- 00:10# 00:04# 00:01- 00:00= 00:00= 00:02- 00:04+  
 25:37+ 25:51+ 26:03+ 26:20+  
 00:55+ 00:14- 00:12+ 00:17=  
 00:01+ 00:01- 00:01+ 00:00=

**4 Tor Gunnar Aksland 116 26:53**  
 00:48+ 01:26+ 02:33- 03:50- 04:47- 05:45+ 06:37+ 07:32- 08:23- 08:42- 09:46- 10:31- 12:03- 12:27- 12:56- 13:49- 14:45- 15:03- 15:44- 17:16- 17:46- 18:46+ 21:12+ 21:31+ 23:32+ 25:16+  
 00:48+ 00:38+ 01:07- 01:17- 00:57+ 00:58+ 00:52= 00:55- 00:51- 00:19- 01:04- 00:45+ 01:32- 00:24- 00:29- 00:53+ 00:56- 00:18+ 00:41+ 01:32+ 00:30+ 01:00+ 02:26+ 00:19- 02:01- 01:44+  
 00:02+ 00:01+ 00:04- 00:07- 00:01+ 00:08# 00:00= 00:17- 00:07- 00:04- 00:01- 00:01+ 00:07- 00:03- 00:09- 00:04+ 00:03- 00:02# 00:02+ 00:26& 00:04# 00:13& 01:01& 00:05- 00:01- 00:47&  
 26:09+ 26:25+ 26:36+ 26:53+  
 00:53- 00:16+ 00:11= 00:17=  
 00:01- 00:01+ 00:00= 00:00=

**5 Oddvar Taksdal 194 27:09**  
 00:56+ 01:39+ 02:55+ 04:17+ 05:11+ 06:03+ 06:54+ 07:40- 08:41- 09:06- 10:20+ 11:07+ 12:40+ 13:16+ 13:46+ 14:45+ 15:45+ 16:07+ 16:40+ 17:57+ 18:27+ 19:18+ 20:56+ 21:19+ 23:30+ 24:29+  
 00:56+ 00:43+ 01:16+ 01:22- 00:54- 00:52+ 00:51- 00:46- 01:01+ 00:25+ 01:14+ 00:47+ 01:33- 00:36+ 00:30- 00:59+ 01:00+ 00:22+ 00:33- 01:17+ 00:30+ 00:51+ 01:38+ 00:23- 02:11+ 00:59+  
 00:10# 00:06# 00:05+ 00:02- 00:02- 00:02+ 00:01- 00:26- 00:03+ 00:02+ 00:09# 00:03+ 00:06- 00:09& 00:08- 00:10# 00:01+ 00:06& 00:06- 00:11# 00:04# 00:04+ 00:13# 00:01- 00:09+ 00:02+  
 25:38+ 26:25+ 26:38+ 26:50+ 27:09+  
 01:09+ 00:47+ 00:13+ 00:12- 00:19+  
 00:15& 00:32@ 00:02# 00:05-

**6 Per Olav Haarr 62 27:12**  
 00:59+ 01:48+ 03:13+ 04:51+ 05:58+ 06:52+ 08:16+ 09:13+ 10:17+ 10:40+ 11:46+ 12:32+ 13:57+ 14:18+ 14:56+ 16:24+ 17:29+ 17:47+ 18:16+ 19:36+ 20:02+ 20:47+ 22:11+ 22:29+ 24:31+ 25:28+  
 00:59+ 00:49+ 01:25+ 01:38+ 01:07+ 00:54+ 01:24+ 00:57- 01:04+ 00:23= 01:06+ 00:46+ 01:25- 00:21- 00:38= 01:28+ 01:05+ 00:18+ 00:29- 01:20+ 00:26= 00:45- 01:24- 00:18- 02:02= 01:57=  
 00:13& 00:12& 00:14# 00:14# 00:11# 00:04+ 00:32& 00:15- 00:06# 00:00= 00:01+ 00:02+ 00:14- 00:06- 00:00= 00:39& 00:06# 00:02# 00:10- 00:14# 00:00= 00:02- 00:01- 00:06- 00:00= 00:00=  
 26:24+ 26:40+ 26:52+ 27:12+  
 00:56+ 00:16+ 00:12+ 00:20+  
 00:02+ 00:01+ 00:01+ 00:03#

**7 Geir Sand 105 27:54**  
 01:06+ 01:56+ 03:12+ 04:38+ 05:29+ 06:37+ 07:34+ 08:23+ 09:26+ 09:51+ 11:04+ 11:52+ 13:27+ 14:06+ 14:57+ 16:16+ 17:22+ 17:38+ 18:12+ 19:38+ 20:16+ 20:59+ 22:26+ 22:51+ 25:20+ 26:16+  
 01:06+ 00:50+ 01:16+ 01:26+ 00:51- 01:08+ 00:57+ 00:49- 01:03+ 00:25+ 01:13+ 00:48+ 01:35- 00:39+ 00:51+ 01:19+ 01:06+ 00:16= 00:34- 01:26+ 00:38+ 00:43- 01:27+ 00:25+ 02:29+ 00:56-  
 00:20& 00:13& 00:05+ 00:02+ 00:05- 00:18& 00:05+ 00:23- 00:05+ 00:02+ 00:08# 00:04+ 00:04- 00:12& 00:13& 00:30& 00:07# 00:00= 00:05- 00:20& 00:12& 00:04- 00:02+ 00:01+ 00:27# 00:01-  
 27:14+ 27:26+ 27:38+ 27:54+  
 00:58+ 00:12- 00:12+ 00:16-  
 00:04+ 00:03- 00:01+ 00:01-

**8 Trond Sigurd Fotland 66 30:30**  
 00:57+ 01:50+ 03:50+ 05:43+ 06:39+ 07:47+ 08:41+ 09:32+ 10:40+ 11:05+ 12:36+ 13:33+ 15:17+ 15:48+ 16:39+ 17:56+ 19:13+ 19:36+ 20:07+ 21:32+ 22:12+ 22:56+ 24:34+ 25:16+ 27:38+ 28:42+  
 00:57+ 00:53+ 02:00+ 01:53+ 00:56= 01:08+ 00:54+ 00:51- 01:08+ 00:25+ 01:31+ 00:57+ 01:44+ 00:31+ 00:51+ 01:17+ 01:17+ 00:23+ 00:31- 01:25+ 00:40+ 00:44- 01:38+ 00:42+ 02:22+ 01:04+  
 00:11# 00:16& 00:49& 00:29& 00:00= 00:18& 00:02+ 00:21- 00:10# 00:02+ 00:26& 00:13& 00:05+ 00:04# 00:13& 00:28& 00:18& 00:07& 00:08- 00:19& 00:14& 00:03- 00:13# 00:18& 00:20# 00:07#  
 29:44+ 29:58+ 30:10+ 30:30+  
 01:02+ 00:14- 00:12+ 00:20+  
 00:08# 00:01- 00:01+ 00:03#

Class	Navn	Klasse																		Tid											
<b>9</b>	<b>Arne Eirik Nielsen</b>	<b>386</b>																		<b>30:33</b>											
00:46=	01:30+	02:52+	04:32+	05:33+	06:28+	07:33+	08:48+	09:55+	10:20+	11:32+	12:19+	16:15+	16:48+	17:20+	18:28+	19:25+	19:43+	20:22+	21:52+	22:24+	23:08+	24:36+	25:00+	27:47+	28:47+						
00:46=	00:44+	01:22+	01:40+	01:01+	00:55+	01:07+	01:13+	01:07+	00:25+	01:12+	00:47+	03:56+	00:33+	00:32-	01:08+	00:57-	00:18+	00:39=	01:30+	00:32+	00:44-	01:28+	00:24=	02:47+	01:00+						
00:00=	00:07#	00:11#	00:16#	00:05+	00:05#	00:15&	00:01+	00:09#	00:02+	00:07#	00:03+	02:17@	00:06#	00:06-	00:19&	00:02-	00:02#	00:00=	00:24&	00:06#	00:03-	00:03+	00:00=	00:45&	00:03+						
29:46+	30:02+	30:14+	30:33+	00:59+	00:16+	00:12+	00:19+	00:05+	00:01+	00:01+	00:02#																				
<b>10</b>	<b>Njål F. Vadla</b>	<b>93</b>																		<b>31:30</b>											
00:45-	01:27+	02:40+	03:54-	04:50-	05:35-	06:31-	07:16-	08:16-	08:41-	09:57-	10:43-	12:30-	13:38+	14:07+	15:05+	20:23+	20:42+	21:07+	22:35+	23:12+	24:05+	25:50+	26:15+	28:31+	29:38+						
00:45-	00:42+	01:13+	01:14-	00:56=	00:45-	00:56+	00:45-	01:00+	00:25+	01:16+	00:46+	01:47+	01:08+	00:29-	00:58+	05:18+	00:19+	00:25-	01:28+	00:37+	00:53+	01:45+	00:25+	02:16+	01:07+						
00:01-	00:05#	00:02+	00:10-	00:00=	00:05-	00:04+	00:27-	00:02+	00:02+	00:11#	00:02+	00:08+	00:41@	00:09-	00:09#	04:19@	00:03#	00:14-	00:22&	00:11&	00:06#	00:20#	00:01+	00:14#	00:10#						
30:39+	30:56+	31:09+	31:30+	01:01+	00:17+	00:13+	00:21+	00:07#	00:02#	00:02#	00:04#																				
<b>11</b>	<b>Joar Eilevstjønn</b>	<b>67</b>																		<b>31:38</b>											
00:47+	01:37+	04:55+	06:19+	07:28+	08:25+	09:35+	10:28+	11:29+	11:53+	13:06+	13:59+	15:39+	16:10+	16:57+	17:57+	19:18+	19:41+	20:20+	23:16+	23:46+	24:32+	26:37+	27:03+	29:03+	29:59+						
00:47+	00:50+	03:18+	01:24=	01:09+	00:57+	01:10+	00:53-	01:01+	00:24+	01:13+	00:53+	01:40+	00:31+	00:47+	01:00+	01:21+	00:23+	00:39=	02:56+	00:30+	00:46-	02:05+	00:26+	02:00-	00:56-						
00:01+	00:13&	02:07@	00:00=	00:13#	00:07#	00:18&	00:19-	00:03+	00:01+	00:08#	00:09#	00:01+	00:04#	00:09#	00:11#	00:22&	00:07&	00:00=	01:50@	00:04#	00:01-	00:40&	00:02+	00:02-	00:01-						
30:58+	31:11+	31:23+	31:38+	00:59+	00:13-	00:12+	00:15-	00:05+	00:02-	00:01+	00:02-																				
<b>12</b>	<b>Øyvind Rummelhoff</b>	<b>27</b>																		<b>34:37</b>											
01:02+	01:47+	03:14+	05:03+	06:26+	07:39+	08:33+	09:54+	11:16+	11:41+	13:09+	14:06+	15:42+	16:21+	17:11+	18:42+	20:00+	21:59+	22:39+	24:26+	25:03+	25:49+	27:41+	28:04+	30:15+	31:27+						
01:02+	00:45+	01:27+	01:49+	01:23+	01:13+	00:54+	01:21+	01:22+	00:25+	01:28+	00:57+	01:36-	00:39+	00:50+	01:31+	01:18+	01:59+	00:40+	01:47+	00:37+	00:46-	01:52+	00:23-	02:11+	01:12+						
00:16&	00:08#	00:16#	00:25&	00:27&	00:23&	00:02+	00:09#	00:24&	00:02+	00:23&	00:13&	00:03-	00:12&	00:12&	00:42&	00:19&	01:43@	00:01+	00:41&	00:11&	00:01-	00:27&	00:01-	00:09+	00:15&						
33:27+	34:09+	34:20+	34:37+	02:00+	00:42+	00:11=	00:17=	01:06@	00:27@	00:00=	00:00=																				
<b>13</b>	<b>Asgeir Nærland</b>	<b>88</b>																		<b>34:38</b>											
01:16+	02:15+	03:32+	05:47+	09:08+	10:31+	11:38+	12:39+	14:01+	14:30+	15:56+	16:53+	18:48+	19:19+	19:48+	20:39+	21:36+	21:58+	22:51+	25:05+	25:55+	26:50+	28:44+	29:20+	31:52+	32:51+						
01:16+	00:59+	01:17+	02:15+	03:21+	01:23+	01:07+	01:01-	01:22+	00:29+	01:26+	00:57+	01:55+	00:31+	00:29-	00:51+	00:57-	00:22+	00:53+	02:14+	00:50+	00:55+	01:54+	00:36+	02:32+	00:59+						
00:30&	00:22&	00:06+	00:51&	02:25@	00:33&	00:15&	00:11-	00:24&	00:06&	00:21&	00:13&	00:16#	00:04#	00:09-	00:02+	00:02-	00:06&	00:14&	01:08@	00:24&	00:08#	00:29&	00:12&	00:30#	00:02+						
33:54+	34:11+	34:23+	34:38+	01:03+	00:17+	00:12+	00:15-	00:09#	00:02#	00:01+	00:02-																				
<b>14</b>	<b>Stein Arne Olsen</b>	<b>68</b>																		<b>35:22</b>											
00:53+	01:42+	03:09+	05:04+	06:17+	07:24+	09:56+	10:57+	12:03+	12:29+	13:59+	14:53+	18:02+	19:02+	19:42+	20:53+	22:18+	22:44+	23:28+	24:57+	25:34+	26:36+	28:49+	29:18+	31:57+	33:11+						
00:53+	00:49+	01:27+	01:55+	01:13+	01:07+	02:32+	01:01-	01:06+	00:26+	01:30+	00:54+	03:09+	01:00+	00:40+	01:11+	01:25+	00:26+	00:44+	01:29+	00:37+	01:02+	02:13+	00:29+	02:39+	01:14+						
00:07#	00:12&	00:16#	00:31&	00:17&	00:17&	01:40@	00:11-	00:08#	00:03#	00:25&	00:10#	01:30&	00:33@	00:02+	00:22&	00:26&	00:10&	00:05#	00:23&	00:11&	00:15&	00:48&	00:05#	00:37&	00:17&						
34:24+	34:45+	35:01+	35:22+	01:13+	00:21+	00:16+	00:21+	00:19&	00:06&	00:05&	00:04#																				
<b>15</b>	<b>Jørgen Breivold</b>	<b>54</b>																		<b>41:25</b>											
01:29+	02:31+	04:06+	05:44+	12:20+	13:33+	14:48+	15:44+	17:48+	18:15+	19:33+	20:29+	24:27+	26:03+	26:43+	27:45+	29:01+	29:30+	30:09+	31:47+	32:19+	33:18+	35:05+	35:46+	38:20+	39:23+						
01:29+	01:02+	01:35+	01:38+	06:36+	01:13+	01:15+	00:56-	02:04+	00:27+	01:18+	00:56+	03:58+	01:36+	00:40+	01:02+	01:16+	00:29+	00:39=	01:38+	00:32+	00:59+	01:47+	00:41+	02:34+	01:03+						
00:43&	00:25&	00:24&	00:14#	05:40@	00:23&	00:23&	00:16-	01:06@	00:04#	00:13#	00:12&	02:19@	01:09@	00:02+	00:13&	00:17&	00:13&	00:00=	00:32&	00:06#	00:12&	00:22&	00:17&	00:32&	00:06#						
40:32+	40:48+	41:04+	41:25+	01:09+	00:16+	00:16+	00:21+	00:15&	00:01+	00:05&	00:04#																				
<b>16</b>	<b>Espen Fyhn Nilsen</b>	<b>116</b>																		<b>42:15</b>											
01:37+	02:52+	04:33+	06:54+	08:39+	09:53+	11:10+	12:14+	13:46+	14:21+	16:47+	17:49+	20:23+	21:13+	21:56+	23:10+	24:45+	25:12+	25:52+	29:23+	30:10+	31:30+	33:43+	34:27+	37:53+	39:23+						
01:37+	01:15+	01:41+	02:21+	01:45+	01:14+	01:17+	01:04-	01:32+	00:35+	02:26+	01:02+	02:34+	00:50+	00:43+	01:14+	01:35+	00:27+	00:40+	03:31+	00:47+	01:20+	02:13+	00:44+	03:26+	01:30+						
00:51@	00:38@	00:30&	00:57&	00:49&	00:24&	00:25&	00:08-	00:34&	00:12&	01:21@	00:18&	00:55&	00:23&	00:05#	00:25&	00:36&	00:11&	00:01+	02:25@	00:21&	00:33&	00:48&	00:20&	01:24&	00:33&						
40:52+	41:23+	41:46+	42:15+	01:29+	00:31+	00:23+	00:29+	00:35&	00:16@	00:12@																					
<b>Beste strekktid for klassen</b>	00:40	00:37	01:05	01:14	00:51	00:45	00:50	00:45	00:51	00:19	01:04	00:44	01:25	00:21	00:29	00:49	00:56	00:16	00:25	01:06	00:26	00:43	01:24	00:18	01:57	00:53	00:53	00:12			

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

## Herrer C

Class	Navn	Klasse										Tid												
<b>1</b>	<b>Kjetil Wirak</b>	<b>114</b>										<b>24:19</b>												
01:21=	01:52=	02:55=	03:56=	05:14=	05:32=	06:19=	07:06=	07:38=	08:52=	10:04=	10:37=	11:15=	13:21=	14:17=	14:50=	16:41=	17:44=	18:50=	20:35=	21:10=	22:56=	23:24=	24:00=	24:19=
01:21=	00:31=	01:03=	01:01=	01:18=	00:18=	00:47=	00:47=	00:32=	01:14=	01:12=	00:33=	00:38=	02:06=	00:56=	00:33=	01:51=	01:03=	01:06=	01:45=	00:35=	01:46=	00:28=	00:36=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Jan Einar Øvremo</b>	<b>50</b>										<b>25:57</b>												
01:08=	01:39=	02:37=	03:42=	04:52=	05:14=	06:05=	06:52=	07:22=	08:55+	10:15+	11:18+	12:04+	14:17+	15:02+	15:41+	17:51+	19:09+	20:21+	22:06+	22:43+	24:26+	25:16+	25:41+	25:57+
01:08=	00:31=	00:58=	01:05+	01:10=	00:22+	00:51+	00:47=	00:30=	01:33+	01:20+	01:03+	00:46+	02:13+	00:45=	00:39+	02:10+	01:18+	01:12+	01:45=	00:37+	01:43=	00:50+	00:25=	00:16=
00:13=	00:00=	00:05=	00:04+	00:08=	00:04#	00:04+	00:00=	00:02=	00:19&	00:08#	00:30&	00:08#	00:07+	00:11=	00:06#	00:19#	00:15#	00:06+	00:00=	00:02+	00:03=	00:22&	00:11=	00:03=
<b>3</b>	<b>Terje Michaelsen</b>	<b>47</b>										<b>27:01</b>												
01:27+	02:00+	03:03+	04:03+	05:26+	05:54+	06:44+	07:44+	08:35+	09:55+	11:39+	12:21+	12:51+	15:17+	16:13+	16:56+	19:25+	20:54+	21:50+	23:16+	23:52+	25:30+	26:16+	26:44+	27:01+
01:27+	00:33+	01:03=	01:00=	01:23+	00:28+	00:50+	01:00+	00:51+	01:20+	01:44+	00:42+	00:30=	02:26+	00:56=	00:43+	02:29+	01:29+	00:56=	01:26=	00:36+	01:38=	00:46+	00:28=	00:17=
00:06+	00:02+	00:00=	00:01=	00:05+	00:10&	00:03+	00:13&	00:19&	00:06+	00:32&	00:09&	00:08=	00:20+	00:00=	00:10&	00:38&	00:26&	00:10=	00:19=	00:01+	00:08=	00:18&	00:08=	00:02=
<b>4</b>	<b>Leif Kjetil Hinna Gausel</b>	<b>116</b>										<b>27:43</b>												
01:21=	02:07+	03:11+	04:19+	05:41+	06:03+	07:21+	08:18+	08:55+	10:27+	12:14+	12:46+	13:30+	16:15+	17:03+	17:40+	19:43+	20:54+	22:11+	23:50+	24:35+	26:22+	26:53+	27:24+	27:43+
01:21=	00:46+	01:04+	01:08+	01:22+	00:22+	01:18+	00:57+	00:37+	01:32+	01:47+	00:32=	00:44+	02:45+	00:48=	00:37+	02:03+	01:11+	01:17+	01:39=	00:45+	01:47+	00:31+	00:31=	00:19=
00:00=	00:15&	00:01+	00:07#	00:04+	00:04#	00:31&	00:10#	00:05#	00:18#	00:35&	00:01=	00:06#	00:39&	00:08=	00:04#	00:12#	00:08#	00:11#	00:06=	00:10&	00:01+	00:03#	00:05=	00:00=
<b>5</b>	<b>Oddmund Nordgård</b>	<b>105</b>										<b>27:59</b>												
01:37+	02:18+	03:39+	04:44+	06:06+	06:32+	07:38+	08:35+	09:16+	10:40+	12:09+	12:49+	13:38+	16:24+	17:23+	17:55+	19:54+	21:07+	22:26+	24:14+	24:55+	26:37+	27:14+	27:40+	27:59+
01:37+	00:41+	01:21+	01:05+	01:22+	00:26+	01:06+	00:57+	00:41+	01:24+	01:29+	00:40+	00:49+	02:46+	00:59+	00:32=	01:59+	01:13+	01:19+	01:48+	00:41+	01:42=	00:37+	00:26=	00:19=
00:16#	00:10&	00:18&	00:04+	00:04+	00:08&	00:19&	00:10#	00:09&	00:10#	00:17#	00:07#	00:11&	00:40&	00:03+	00:01=	00:08+	00:10#	00:13#	00:03+	00:06#	00:04=	00:09&	00:10=	00:00=
<b>6</b>	<b>Trond Nilsen Lamark</b>	<b>46</b>										<b>28:59</b>												
01:27+	02:09+	03:20+	04:30+	06:01+	06:30+	07:23+	08:24+	09:05+	10:36+	12:36+	13:16+	14:05+	16:36+	17:33+	18:12+	20:22+	21:36+	23:09+	24:59+	25:42+	27:37+	28:08+	28:41+	28:59+
01:27+	00:42+	01:11+	01:10+	01:31+	00:29+	00:53+	01:01+	00:41+	01:31+	02:00+	00:40+	00:49+	02:31+	00:57+	00:39+	02:10+	01:14+	01:33+	01:50+	00:43+	01:55+	00:31+	00:33=	00:18=
00:06+	00:11&	00:08#	00:09#	00:13#	00:11&	00:06#	00:14&	00:09&	00:17#	00:48&	00:07#	00:11&	00:25#	00:01+	00:06#	00:19#	00:11#	00:27&	00:05+	00:08#	00:09+	00:03#	00:03=	00:01=
<b>7</b>	<b>Henning Sundby</b>	<b>114</b>										<b>29:28</b>												
01:26+	02:01+	03:04+	04:09+	05:16+	05:37+	06:21+	07:16+	07:59+	09:25+	12:00+	12:39+	13:07+	15:17+	17:31+	18:04+	20:16+	21:38+	22:44+	24:15+	25:55+	28:05+	28:39+	29:09+	29:28+
01:26+	00:35+	01:03=	01:05+	01:07=	00:21+	00:44=	00:55+	00:43+	01:26+	02:35+	00:39+	00:28=	02:10+	02:14+	00:33=	02:12+	01:22+	01:06=	01:31=	01:40+	02:10+	00:34+	00:30=	00:19=
00:05+	00:04#	00:00=	00:04+	00:11=	00:03#	00:03=	00:08#	00:11&	00:12#	01:23#	00:06#	00:10=	00:04+	01:18#	00:00=	00:21#	00:19&	00:00=	00:14=	01:05#	00:24#	00:06#	00:06=	00:00=
<b>8</b>	<b>Pål H. Gjerden</b>	<b>116</b>										<b>30:10</b>												
01:27+	02:16+	03:22+	04:27+	05:51+	06:20+	07:15+	08:25+	09:14+	10:58+	12:27+	13:29+	14:14+	16:51+	17:58+	18:41+	20:58+	22:21+	23:46+	25:45+	26:39+	28:44+	29:21+	29:50+	30:10+
01:27+	00:49+	01:06+	01:05+	01:24+	00:29+	00:55+	01:10+	00:49+	01:44+	01:29+	01:02+	00:45+	02:37+	01:07+	00:43+	02:17+	01:23+	01:25+	01:59+	00:54+	02:05+	00:37+	00:29=	00:20+
00:06+	00:18&	00:03+	00:04+	00:06+	00:11&	00:08#	00:23&	00:17&	00:30&	00:17#	00:29&	00:07#	00:31#	00:11#	00:10&	00:26#	00:20&	00:19&	00:14#	00:19&	00:19#	00:09&	00:07=	00:01+
<b>9</b>	<b>Svein Erik Kvame</b>	<b>116</b>										<b>30:25</b>												
02:01+	02:49+	03:58+	05:12+	06:33+	07:00+	08:00+	09:17+	10:09+	11:50+	14:04+	14:41+	15:23+	18:02+	19:02+	19:44+	21:48+	23:02+	24:14+	25:54+	26:43+	28:57+	29:33+	30:02+	30:25+
02:01+	00:48+	01:09+	01:14+	01:21+	00:27+	01:00+	01:17+	00:52+	01:41+	02:14+	00:37+	00:42+	02:39+	01:00+	00:42+	02:04+	01:14+	01:12+	01:40=	00:49+	02:14+	00:36+	00:29=	00:23+
00:40&	00:17&	00:06+	00:13#	00:03+	00:09&	00:13&	00:30&	00:20&	00:27&	01:02&	00:04#	00:04#	00:30&	00:04+	00:09&	00:13#	00:11#	00:06+	00:05=	00:14&	00:28&	00:08&	00:07=	00:04#
<b>10</b>	<b>Bertrand Denieul</b>	<b>42</b>										<b>30:37</b>												
01:15=	01:57+	03:07+	04:08+	05:52+	06:24+	07:25+	08:40+	09:17+	10:37+	13:28+	14:10+	14:42+	17:03+	18:05+	19:17+	21:30+	23:22+	24:43+	26:31+	27:13+	29:10+	29:40+	30:21+	30:37+
01:15=	00:42+	01:10+	01:01=	01:44+	00:32+	01:01+	01:15+	00:37+	01:20+	02:51+	00:42+	00:32=	02:21+	01:02+	01:12+	02:13+	01:52+	01:21+	01:48+	00:42+	01:57+	00:30+	00:41+	00:16=
00:06=	00:11&	00:07#	00:00=	00:26&	00:14&	00:14&	00:28&	00:05#	00:06+	01:39#	00:09&	00:06=	00:15#	00:06#	00:39#	00:22#	00:49&	00:15#	00:03+	00:07#	00:11#	00:02+	00:05#	00:03=
<b>11</b>	<b>Øistein Haaland</b>	<b>116</b>										<b>31:10</b>												
01:23+	02:13+	03:58+	05:13+	06:30+	06:53+	07:59+	09:41+	10:26+	11:58+	13:35+	14:30+	15:16+	17:42+	18:47+	19:16+	21:35+	22:59+	24:42+	26:51+	27:41+	29:36+	30:12+	30:47+	31:10+
01:23+	00:50+	01:45+	01:15+	01:17=	00:23+	01:06+	01:42+	00:45+	01:32+	01:37+	00:55+	00:46+	02:26+	01:05+	00:29=	02:19+	01:24+	01:43+	02:09+	00:50+	01:55+	00:36+	00:35=	00:23+
00:02+	00:19&	00:04&	00:14#	00:01=	00:05&	00:19&	00:55#	00:13&	00:18#	00:25&	00:22&	00:08#	00:20#	00:09#	00:04=	00:28&	00:21&	00:37&	00:24#	00:15&	00:09+	00:08&	00:01=	00:04#
<b>12</b>	<b>Paul Terje Haarr</b>	<b>62</b>										<b>31:26</b>												
01:41+	02:37+	04:13+	05:34+	06:58+	07:21+	08:41+	09:39+	10:31+	12:02+	13:29+	14:03+	14:43+	17:19+	18:45+	19:28+	21:43+	23:01+	24:09+	26:09+	27:16+	29:40+	30:30+	31:03+	31:26+
01:41+	00:56+	01:36+	01:21+	01:24+	00:23+	01:20+	00:58+	00:52+	01:31+	01:27+	00:34+	00:40+	02:36+	01:26+	00:43+	02:15+	01:18+	01:08+	02:00+	01:07+	02:24+	00:50+	00:33=	00:23+
00:20#	00:25&	00:33&	00:20&	00:06+	00:05&	00:33&	00:11#	00:20&	00:17#	00:15#	00:01+	00:02+	00:30#	00:30&	00:10&	00:24#	00:15#	00:02+	00:15#	00:32&	00:38&	00:22&	00:03=	00:04#
<b>13</b>	<b>Øystein Fuglestad</b>	<b>46</b>										<b>31:53</b>												
02:21+	03:17+	04:43+	05:56+	07:22+	07:47+	08:39+	09:46+	10:59+	12:43+	14:22+	15:04+	16:00+	18:53+	19:59+	20:39+	22:51+	24:10+	25:45+	27:39+	28:23+	30:23+	30:59+	31:32+	31:53+
02:21+	00:56+	01:26+	01:13+	01:26+	00:25+	00:52+	01:07+	01:13+	01:44+	01:39+	00:42+	00:56+	02:53+	01:06+	00:40+	02:12+	01:19+	01:35+	01:54+	00:44+	02:00+	00:36+	00:33=	00:21+
01:00&	00:25&	00:23&	00:12#	00:08#	00:07&	00:05#	00:20&	00:41#	00:30&	00:27&	00:09&	00:18&	00:47&	00:10#	00:07#	00:21#	00:16&	00:29&	00:09+	00:09&	00:14#	00:08&	00:03=	00:02#
<b>14</b>	<b>Pål Bårdsen</b>	<b>394</b>										<b>34:05</b>												
01:36+	02:14+	03:35+	04:44+	06:01+	06:27+	07:36+	09:02+	09:48+	11:33+	14:42+	15:20+	16:27+	19:23+	20:39+	21:19+	24:27+	25:48+	27:16+	29:26+	30:08+	32:42+	33:10+	33:43+	34:05+
01:36+	00:38+	01:21+	01:09+	01:17=	00:26+	01:09+	01:26+	00:46+	01:45+	03:09+	00:38+	01:07+	02:56+	01:16+	00:40+	03:08+	01:21+	01:28+	02:10+	00:42+	02:34+	00:28=	00:33=	00:22+
00:15#	00:07#	00:18&	00:08#	00:01=	00:08&	00:22&	00:39&	00:14&	00:31&	01:57#	00:05#	00:29&	00:50&	00:20&	00:07#	01:17&	00:18&	00:22&	00:25#	00:07#	00:48&	00:00=		

Class	Navn	Klasse																		Tid				
<b>16</b>	<b>Geir Frøylog</b>	<b>29</b>																		<b>39:02</b>				
04:37+	05:22+	06:34+	07:38+	09:03+	09:31+	10:39+	12:59+	13:39+	15:07+	17:58+	18:41+	19:43+	22:34+	24:00+	24:49+	28:50+	31:12+	32:48+	34:41+	35:26+	37:33+	38:00+	38:40+	39:02+
04:37+	00:45+	01:12+	01:04+	01:25+	00:28+	01:08+	02:20+	00:40+	01:28+	02:51+	00:43+	01:02+	02:51+	01:26+	00:49+	04:01+	02:22+	01:36+	01:53+	00:45+	02:07+	00:27-	00:40+	00:22+
03:16@	00:14&	00:09#	00:03+	00:07+	00:10&	00:21&	01:33@	00:08#	00:14#	01:39@	00:10&	00:24&	00:45&	00:30&	00:16&	02:10@	01:19@	00:30&	00:08+	00:10&	00:21#	00:01-	00:04#	00:03#
<b>17</b>	<b>Erling Mauland</b>	<b>83</b>																		<b>39:04</b>				
03:50+	04:41+	06:02+	07:22+	09:15+	09:42+	11:40+	12:50+	15:35+	17:35+	19:14+	19:55+	20:52+	23:58+	25:04+	26:00+	28:41+	30:17+	32:01+	34:11+	35:25+	37:23+	38:03+	38:44+	39:04+
03:50+	00:51+	01:21+	01:20+	01:53+	00:27+	01:58+	01:10+	02:45+	02:00+	01:39+	00:41+	00:57+	03:06+	01:06+	00:56+	02:41+	01:36+	01:44+	02:10+	01:14+	01:58+	00:40+	00:41+	00:20+
02:29@	00:20&	00:18&	00:19&	00:35&	00:09&	01:11@	00:23&	02:13@	00:46&	00:27&	00:08#	00:19&	01:00&	00:10#	00:23&	00:50&	00:33&	00:38&	00:25#	00:39@	00:12#	00:12&	00:05#	00:01+
<b>18</b>	<b>Ove Oaland</b>	<b>116</b>																		<b>40:33</b>				
02:19+	03:16+	04:54+	06:18+	07:52+	08:29+	09:35+	10:59+	11:53+	14:00+	16:12+	17:52+	19:01+	22:28+	23:56+	24:49+	28:33+	30:25+	32:06+	35:25+	36:15+	38:37+	39:28+	40:11+	40:33+
02:19+	00:57+	01:38+	01:24+	01:34+	00:37+	01:06+	01:24+	00:54+	02:07+	02:12+	01:40+	01:09+	03:27+	01:28+	00:53+	03:44+	01:52+	01:41+	03:19+	00:50+	02:22+	00:51+	00:43+	00:22+
00:58&	00:26&	00:35&	00:23&	00:16#	00:19@	00:19&	00:37&	00:22&	00:53&	01:00&	01:07@	00:31&	01:21&	00:32&	00:20&	01:53@	00:49&	00:35&	01:34&	00:15&	00:36&	00:23&	00:07#	00:03#
<b>Beste strekketid for klassen</b>																								
01:08	00:31	00:58	00:45	01:07	00:18	00:44	00:47	00:30	01:14	01:12	00:32	00:28	02:06	00:45	00:29	01:51	01:03	00:56	01:26	00:35	01:38	00:27	00:25	00:16

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

## Herrer Trim

<b>1</b>	<b>Øystein Sømme</b>	<b>101</b>																		<b>23:43</b>					
01:57=	02:48=	03:13=	04:29=	05:42=	06:06=	07:20=	09:22=	11:34=	14:10=	14:48=	15:29=	18:48=	19:34=	20:22=	21:02=	22:31=	22:50=	23:43=							
01:57=	00:51=	00:25=	01:16=	01:13=	00:24=	01:14=	02:02=	02:12=	02:36=	00:38=	00:41=	03:19=	00:46=	00:48=	00:40=	01:29=	00:19=	00:53=							
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=							
<b>2</b>	<b>Inge Arild Leknes</b>	<b>376</b>																		<b>24:06</b>					
02:00+	02:40-	03:06-	04:16-	05:19-	06:15+	07:07-	08:57-	11:07-	13:21-	14:04-	14:47-	17:51-	18:37-	19:13-	21:25+	23:14+	23:29+	24:06+							
02:00+	00:40-	00:26+	01:10-	01:03-	00:56+	00:52-	01:50-	02:10-	02:14-	00:43+	00:43+	03:04-	00:46=	00:36-	02:12+	01:49+	00:15-	00:37-							
00:03+	00:11-	00:01+	00:06-	00:10-	00:32@	00:22-	00:12-	00:02-	00:22-	00:05#	00:02+	00:15-	00:00=	00:12-	01:32@	00:20#	00:04-	00:16-							
<b>3</b>	<b>Roger Nyseth</b>	<b>92</b>																		<b>26:30</b>					
01:46-	02:36-	03:11-	04:53+	06:23+	06:55+	08:14+	09:43+	12:38+	15:14+	16:05+	17:30+	21:02+	22:04+	22:47+	23:37+	25:05+	25:29+	26:30+							
01:46-	00:50-	00:35+	01:42+	01:30+	00:32+	01:19+	01:29-	02:55+	02:36=	00:51+	01:25+	03:32+	01:02+	00:43-	00:50+	01:28-	00:24+	01:01+							
00:11-	00:01-	00:10&	00:26&	00:17#	00:08&	00:05+	00:33-	00:43&	00:00=	00:13&	00:44@	00:13+	00:16&	00:05-	00:10#	00:01-	00:05&	00:08#							
<b>4</b>	<b>Per-Olof Wallerstedt</b>	<b>18</b>																		<b>26:30</b>					
01:53-	02:36-	03:04-	04:31+	05:33-	05:58-	07:11-	09:12-	11:32-	14:02-	15:07+	15:56+	20:13+	21:50+	22:42+	23:55+	25:00+	25:23+	26:30+							
01:53-	00:43-	00:28+	01:27+	01:02-	00:25+	01:13-	02:01-	02:20+	02:30-	01:05+	00:49+	04:17+	01:37+	00:52+	01:13+	01:05-	00:23+	01:07+							
00:04-	00:08-	00:03#	00:11#	00:11-	00:01+	00:01-	00:01-	00:08+	00:06-	00:27&	00:08#	00:58&	00:51@	00:04+	00:33&	00:24-	00:04#	00:14&							
<b>5</b>	<b>Viktor Klippen</b>	<b>5</b>																		<b>27:15</b>					
01:37-	02:27-	02:53-	04:21-	05:31-	05:57-	08:15+	10:42+	13:26+	15:38+	16:29+	17:18+	20:59+	21:44+	23:32+	25:03+	26:31+	26:45+	27:15+							
01:37-	00:50-	00:26+	01:28+	01:10-	00:26+	02:18+	02:27+	02:44+	02:12-	00:51+	00:49+	03:41+	00:45-	01:48+	01:31+	01:28-	00:14-	00:30-							
00:20-	00:01-	00:01+	00:12#	00:03-	00:02+	01:04&	00:25#	00:32#	00:24-	00:13&	00:08#	00:22#	00:01-	01:00@	00:51@	00:01-	00:05-	00:23-							
<b>6</b>	<b>Svein Sivertsen</b>	<b>115</b>																		<b>27:54</b>					
01:34-	02:28-	03:12-	04:57+	06:09+	06:54+	08:12+	10:06+	13:09+	16:07+	16:59+	17:53+	21:50+	23:20+	24:10+	25:13+	26:37+	27:05+	27:54+							
01:34-	00:54+	00:44+	01:45+	01:12-	00:45+	01:18+	01:54-	03:03+	02:58+	00:52+	00:54+	03:57+	01:30+	00:50+	01:03+	01:24-	00:28+	00:49-							
00:23-	00:03+	00:19&	00:29&	00:01-	00:21&	00:04+	00:08-	00:51&	00:22#	00:14&	00:13&	00:38#	00:44&	00:02+	00:23&	00:05-	00:09&	00:04-							
<b>7</b>	<b>Jerome Renoult</b>	<b>63</b>																		<b>29:55</b>					
02:04+	02:56+	03:34+	05:27+	06:48+	07:21+	08:59+	10:49+	13:36+	17:27+	18:54+	19:52+	24:41+	25:35+	26:27+	27:27+	28:51+	29:11+	29:55+							
02:04+	00:52+	00:38+	01:53+	01:21+	00:33+	01:38+	01:50-	02:47+	03:51+	01:27+	00:58+	04:49+	00:54+	00:52+	01:00+	01:24-	00:20+	00:44-							
00:07+	00:01+	00:13&	00:37&	00:08#	00:09&	00:24&	00:12-	00:35&	01:15&	00:49@	00:17&	01:30&	00:08#	00:04+	00:20&	00:05-	00:01+	00:09-							
<b>8</b>	<b>Jan Erik Syvertsen</b>	<b>51</b>																		<b>30:01</b>					
01:49-	02:50+	03:41+	05:57+	07:13+	07:39+	09:23+	11:22+	14:20+	17:50+	18:39+	19:27+	24:09+	24:55+	26:39+	27:27+	29:08+	29:28+	30:01+							
01:49-	01:01+	00:51+	02:16+	01:16+	00:26+	01:44+	01:59-	02:58+	03:30+	00:49+	00:48+	04:42+	00:46=	01:44+	00:48+	01:41+	00:20+	00:33-							
00:08-	00:10#	00:26@	01:00&	00:03+	00:02+	00:30&	00:03-	00:46&	00:54&	00:11&	00:07#	01:23&	00:00=	00:56@	00:08#	00:12#	00:01+	00:20-							
<b>9</b>	<b>Leif Jarle Skåra</b>	<b>29</b>																		<b>34:07</b>					
01:54-	02:51+	03:34+	05:33+	06:51+	07:35+	09:27+	11:55+	15:27+	18:53+	20:27+	21:20+	27:04+	28:21+	29:43+	30:53+	32:46+	33:16+	34:07+							
01:54-	00:57+	00:43+	01:59+	01:18+	00:44+	01:52+	02:28+	03:32+	03:26+	01:34+	00:53+	05:44+	01:17+	01:22+	01:10+	01:53+	00:30+	00:51-							
00:03-	00:06#	00:18&	00:43&	00:05+	00:20&	00:38&	00:26#	01:20&	00:50&	00:56@	00:12&	02:25&	00:31&	00:34&	00:30&	00:24&	00:11&	00:02-							
<b>10</b>	<b>Arild Svihus</b>	<b>92</b>																		<b>35:18</b>					
01:56-	02:51+	03:54+	05:48+	07:14+	08:00+	09:38+	11:37+	16:26+	20:44+	21:45+	22:45+	27:22+	30:21+	31:20+	32:30+	33:59+	34:36+	35:18+							
01:56-	00:55+	01:03+	01:54+	01:26+	00:46+	01:38+	01:59-	04:49+	04:18+	01:01+	01:00+	04:37+	02:59+	00:59+	01:10+	01:29=	00:37+	00:42-							
00:01-	00:04+	00:38@	00:38&	00:13#	00:22&	00:24&	00:03-	02:37@	01:42&	00:23&	00:19&	01:18&	02:13@	00:11#	00:30&	00:00=	00:18&	00:11-							

Class	Navn	Klasse										Tid						
<b>11</b>	<b>John Øgreid</b>	<b>27</b>										<b>36:05</b>						
02:31+	03:34+	04:34+	07:52+	09:24+	10:16+	11:32+	13:44+	17:25+	21:03+	22:14+	23:42+	28:38+	30:37+	31:39+	32:54+	34:33+	35:14+	36:05+
02:31+	01:03+	01:00+	03:18+	01:32+	00:52+	01:16+	02:12+	03:41+	03:38+	01:11+	01:28+	04:56+	01:59+	01:02+	01:15+	01:39+	00:41+	00:51-
00:34&	00:12#	00:35@	02:02@	00:19&	00:28@	00:02+	00:10+	01:29&	01:02&	00:33&	00:47@	01:37&	01:13@	00:14&	00:35&	00:10#	00:22@	00:02-
<b>12</b>	<b>Eirik Løvåsen</b>	<b>98</b>										<b>36:09</b>						
03:10+	03:54+	04:30+	07:09+	08:15+	08:53+	10:06+	12:18+	15:21+	18:22+	25:26+	26:29+	29:42+	31:27+	32:23+	33:36+	35:00+	35:29+	36:09+
03:10+	00:44-	00:36+	02:39+	01:06-	00:38+	01:13-	02:12+	03:03+	03:01+	07:04+	01:03+	03:13-	01:45+	00:56+	01:13+	01:24-	00:29+	00:40-
01:13&	00:07-	00:11&	01:23@	00:07-	00:14&	00:01-	00:10+	00:51&	00:25#	06:26@	00:22&	00:06-	00:59@	00:08#	00:33&	00:05-	00:10&	00:13-
<b>13</b>	<b>Sjur Bjerke</b>	<b>401</b>										<b>37:35</b>						
01:53-	02:45-	03:22+	06:05+	07:13+	07:47+	08:52+	11:04+	13:53+	22:06+	22:52+	23:48+	31:30+	32:47+	33:46+	34:51+	36:06+	36:21+	37:35+
01:53-	00:52+	00:37+	02:43+	01:08-	00:34+	01:05-	02:12+	02:49+	08:13+	00:46+	00:56+	07:42+	01:17+	00:59+	01:05+	01:15-	00:15-	01:14+
00:04-	00:01+	00:12&	01:27@	00:05-	00:10&	00:09-	00:10+	00:37&	05:37@	00:08#	00:15&	04:23@	00:31&	00:11#	00:25&	00:14-	00:04-	00:21&
<b>14</b>	<b>Asgeir Kleppa</b>	<b>47</b>										<b>38:41</b>						
02:49+	04:17+	05:03+	07:53+	09:42+	10:20+	11:53+	14:16+	20:00+	24:42+	26:08+	27:16+	31:54+	33:20+	34:28+	35:42+	37:27+	37:45+	38:41+
02:49+	01:28+	00:46+	02:50+	01:49+	00:38+	01:33+	02:23+	05:44+	04:42+	01:26+	01:08+	04:38+	01:26+	01:08+	01:14+	01:45+	00:18-	00:56+
00:52&	00:37&	00:21&	01:34@	00:36&	00:14&	00:19&	00:21#	03:32@	02:06&	00:48@	00:27&	01:19&	00:40&	00:20&	00:34&	00:16#	00:01-	00:03+
<b>15</b>	<b>Per Marthon Mæland</b>	<b>5</b>										<b>40:01</b>						
02:02+	02:55+	03:26+	05:04+	06:19+	07:30+	11:23+	13:06+	24:17+	26:44+	28:03+	30:43+	34:10+	35:03+	35:58+	36:50+	38:53+	39:18+	40:01+
02:02+	00:53+	00:31+	01:38+	01:15+	01:11+	03:53+	01:43-	11:11+	02:27-	01:19+	02:40+	03:27+	00:53+	00:55+	00:52+	02:03+	00:25+	00:43-
00:05+	00:02+	00:06#	00:22&	00:02+	00:47@	02:39@	00:19-	08:59@	00:09-	00:41@	01:59@	00:08+	00:07#	00:07#	00:12&	00:34&	00:06&	00:10-
<b>16</b>	<b>Nuno Goncalo Matos Pereira Este</b>	<b>192 Da Cruz</b>										<b>40:26</b>						
02:33+	03:52+	04:28+	06:54+	08:39+	09:23+	10:56+	12:51+	16:41+	20:18+	22:00+	25:19+	30:04+	30:55+	34:44+	37:56+	39:26+	39:49+	40:26+
02:33+	01:19+	00:36+	02:26+	01:45+	00:44+	01:33+	01:55-	03:50+	03:37+	01:42+	03:19+	04:45+	00:51+	03:49+	03:12+	01:30+	00:23+	00:37-
00:36&	00:28&	00:11&	01:10&	00:32&	00:20&	00:19&	00:07-	01:38&	01:01&	01:04@	02:38@	01:26&	00:05#	03:01@	02:32@	00:01+	00:04#	00:16-
<b>17</b>	<b>Adam Alfred Brennhagen</b>	<b>392</b>										<b>40:28</b>						
01:14-	02:07-	02:34-	04:00-	04:54-	05:23-	07:17-	09:00-	24:39+	29:47+	30:56+	31:35+	35:47+	36:38+	37:21+	38:14+	39:27+	39:46+	40:28+
01:14-	00:53+	00:27+	01:26+	00:54-	00:29+	01:54+	01:43-	15:39+	05:08+	01:09+	00:39-	04:12+	00:51+	00:43-	00:53+	01:13-	00:19=	00:42-
00:43-	00:02+	00:02+	00:10#	00:19-	00:05#	00:40&	00:19-	13:27@	02:32&	00:31&	00:02-	00:53&	00:05#	00:05-	00:13&	00:16-	00:00=	00:11-
<b>18</b>	<b>Rolf Øystein Kluge</b>	<b>7</b>										<b>41:02</b>						
04:29+	05:44+	06:30+	08:45+	10:29+	11:14+	13:31+	16:27+	21:21+	24:58+	26:29+	28:14+	33:10+	34:38+	35:42+	37:35+	39:30+	40:05+	41:02+
04:29+	01:15+	00:46+	02:15+	01:44+	00:45+	02:17+	02:56+	04:54+	03:37+	01:31+	01:45+	04:56+	01:28+	01:04+	01:53+	01:55+	00:35+	00:57+
02:32@	00:24&	00:21&	00:59&	00:31&	00:21&	01:03&	00:54&	02:42@	01:01&	00:53@	01:04@	01:37&	00:42&	00:16&	01:13@	00:26&	00:16&	00:04+
<b>19</b>	<b>Matthieu Pereira-Pires</b>	<b>42</b>										<b>42:06</b>						
01:56-	02:45-	03:23+	05:20+	06:22+	06:54+	13:16+	17:05+	20:27+	23:16+	25:14+	31:04+	35:05+	36:11+	38:19+	39:21+	40:46+	41:21+	42:06+
01:56-	00:49-	00:38+	01:57+	01:02-	00:32+	06:22+	03:49+	03:22+	02:49+	01:58+	05:50+	04:01+	01:06+	02:08+	01:02+	01:25-	00:35+	00:45-
00:01-	00:02-	00:13&	00:41&	00:11-	00:08&	05:08@	01:47&	01:10&	00:13+	01:20@	05:09@	00:42#	00:20&	01:20@	00:22&	00:04-	00:16&	00:08-
<b>20</b>	<b>Jan Erik Rasmussen</b>	<b>51</b>										<b>43:11</b>						
03:45+	05:08+	06:11+	08:38+	10:40+	11:29+	13:35+	16:01+	20:47+	25:16+	27:18+	28:40+	33:46+	35:21+	36:54+	39:33+	41:35+	42:05+	43:11+
03:45+	01:23+	01:03+	02:27+	02:02+	00:49+	02:06+	02:26+	04:46+	04:29+	02:02+	01:22+	05:06+	01:35+	01:33+	02:39+	02:02+	00:30+	01:06+
01:48&	00:32&	00:38@	01:11&	00:49&	00:25@	00:52&	00:24#	02:34@	01:53&	01:24@	00:41&	01:47&	00:49@	00:45&	01:59@	00:33&	00:11&	00:13#
<b>21</b>	<b>Lars Salvesen</b>	<b>50</b>										<b>43:44</b>						
02:59+	03:49+	04:33+	09:02+	09:59+	10:38+	12:29+	17:15+	20:26+	25:48+	29:33+	30:28+	34:53+	36:46+	40:05+	41:04+	42:36+	43:00+	43:44+
02:59+	00:50-	00:44+	04:29+	00:57-	00:39+	01:51+	04:46+	03:11+	05:22+	03:45+	00:55+	04:25+	01:53+	03:19+	00:59+	01:32+	00:24+	00:44-
01:02&	00:01-	00:19&	03:13@	00:16-	00:15&	00:37&	02:44@	00:59&	02:46@	03:07@	00:14&	01:06&	01:07@	02:31@	00:19&	00:03+	00:05&	00:09-
<b>22</b>	<b>John Helge Svandal</b>	<b>111</b>										<b>44:42</b>						
04:03+	05:00+	05:38+	07:37+	13:28+	14:09+	15:19+	17:59+	21:40+	29:20+	30:18+	31:27+	37:22+	38:25+	39:21+	41:37+	43:46+	44:01+	44:42+
04:03+	00:57+	00:38+	01:59+	05:51+	00:41+	01:10-	02:40+	03:41+	07:40+	00:58+	01:09+	05:55+	01:03+	00:56+	02:16+	02:09+	00:15-	00:41-
02:06@	00:06#	00:13&	00:43&	04:38@	00:17&	00:04-	00:38&	01:29&	05:04@	00:20&	00:28&	02:36&	00:17&	00:08#	01:36@	00:40&	00:04-	00:12-
<b>23</b>	<b>Christoffer Soma</b>	<b>65</b>										<b>44:52</b>						
02:23+	03:42+	04:40+	07:06+	09:47+	10:23+	12:01+	14:31+	18:38+	23:04+	24:04+	28:10+	36:00+	38:17+	39:55+	41:35+	43:38+	44:01+	44:52+
02:23+	01:19+	00:58+	02:26+	02:41+	00:36+	01:38+	02:30+	04:07+	04:26+	01:00+	04:06+	07:50+	02:17+	01:38+	01:40+	02:03+	00:23+	00:51-
00:26#	00:28&	00:33@	01:10&	01:28@	00:12&	00:24&	00:28#	01:55&	01:50&	00:22&	03:25@	04:31@	01:31@	00:50@	01:00@	00:34&	00:04#	00:02-
<b>24</b>	<b>Kjell Helge Husebø</b>	<b>43</b>										<b>46:07</b>						
02:05+	03:01+	03:46+	06:26+	08:49+	09:33+	10:53+	13:09+	24:43+	28:47+	30:16+	31:26+	35:47+	38:53+	40:15+	42:04+	44:38+	45:13+	46:07+
02:05+	00:56+	00:45+	02:40+	02:23+	00:44+	01:20+	02:16+	11:34+	04:04+	01:29+	01:10+	04:21+	03:06+	01:22+	01:49+	02:34+	00:35+	00:54+
00:08+	00:05+	00:20&	01:24@	01:10&	00:20&	00:06+	00:14#	09:22@	01:28&	00:51@	00:29&	01:02&	02:20@	00:34&	01:09@	01:05&	00:16&	00:01+
<b>25</b>	<b>Thomas Romstad</b>	<b>116</b>										<b>47:35</b>						
04:03+	04:57+	05:30+	07:17+	08:36+	09:10+	10:25+	14:08+	23:38+	26:51+	27:44+	29:08+	32:36+	33:53+	43:21+	43:56+	45:28+	45:49+	47:35+
04:03+	00:54+	00:33+	01:47+	01:19+	00:34+	01:15+	03:43+	09:30+	03:13+	00:53+	01:24+	03:28+	01:17+	09:28+	00:35-	01:32+	00:21+	01:46+
02:06@	00:03+	00:08&	00:31&	00:06+	00:10&	00:01+	01:41&	07:18@	00:37#	00:15&	00:43@	00:09+	00:31&	08:40@	00:05-	00:03+	00:02#	00:53&

Class	Navn	Klasse										Tid						
<b>26</b>	<b>Kjell-Ole Topnes</b>	<b>116</b>										<b>49:16</b>						
03:38+	04:48+	05:53+	08:33+	10:24+	11:26+	13:13+	16:31+	21:26+	26:45+	30:39+	32:14+	39:35+	41:14+	42:37+	45:14+	47:39+	48:22+	49:16+
03:38+	01:10+	01:05+	02:40+	01:51+	01:02+	01:47+	03:18+	04:55+	05:19+	03:54+	01:35+	07:21+	01:39+	01:23+	02:37+	02:25+	00:43+	00:54+
01:41&	00:19&	00:40@	01:24@	00:38&	00:38@	00:33&	01:16&	02:43@	02:43@	03:16@	00:54@	04:02@	00:53@	00:35&	01:57@	00:56&	00:24@	00:01+
<b>27</b>	<b>Bent Horpestad</b>	<b>105</b>										<b>49:50</b>						
04:06+	05:14+	06:11+	08:09+	09:49+	11:41+	15:55+	19:03+	26:51+	29:56+	31:46+	34:59+	39:54+	41:01+	43:42+	46:20+	48:36+	48:59+	49:50+
04:06+	01:08+	00:57+	01:58+	01:40+	01:52+	04:14+	03:08+	07:48+	03:05+	01:50+	03:13+	04:55+	01:07+	02:41+	02:38+	02:16+	00:23+	00:51-
02:09@	00:17&	00:32@	00:42&	00:27&	01:28@	03:00@	01:06&	05:36@	00:29#	01:12@	02:32@	01:36&	00:21&	01:53@	01:58@	00:47&	00:04#	00:02-
<b>28</b>	<b>Marius Bergstøl Hvidsten</b>	<b>372</b>										<b>51:41</b>						
01:56-	02:49+	03:16+	04:46+	05:51+	06:29+	07:29+	09:16-	27:25+	38:29+	41:27+	42:28+	46:32+	47:23+	48:18+	49:15+	50:45+	51:05+	51:41+
01:56-	00:53+	00:27+	01:30+	01:05-	00:38+	01:00-	01:47-	18:09+	11:04+	02:58+	01:01+	04:04+	00:51+	00:55+	00:57+	01:30+	00:20+	00:36-
00:01-	00:02+	00:02+	00:14#	00:08-	00:14&	00:14-	00:15-	15:57@	08:28@	02:20@	00:20&	00:45#	00:05#	00:07#	00:17&	00:01+	00:01+	00:17-
<b>29</b>	<b>Steinar Aase</b>	<b>268</b>										<b>54:38</b>						
03:22+	08:24+	09:12+	13:03+	14:58+	15:46+	17:44+	20:59+	25:08+	30:12+	36:17+	37:56+	46:51+	47:59+	49:07+	50:45+	52:57+	53:33+	54:38+
03:22+	05:02+	00:48+	03:51+	01:55+	00:48+	01:58+	03:15+	04:09+	05:04+	06:05+	01:39+	08:55+	01:08+	01:08+	01:38+	02:12+	00:36+	01:05+
01:25&	04:11@	00:23&	02:35@	00:42&	00:24&	00:44&	01:13&	01:57&	02:28&	05:27@	00:58@	05:36@	00:22&	00:20&	00:58@	00:43&	00:17&	00:12#
<b>30</b>	<b>Tommas Torgersen Skretting</b>	<b>5</b>										<b>55:00</b>						
02:47+	03:57+	07:57+	10:02+	11:30+	12:19+	19:25+	21:06+	24:26+	26:33+	34:36+	35:49+	39:03+	40:28+	51:31+	52:05+	54:01+	54:23+	55:00+
02:47+	01:10+	04:00+	02:05+	01:28+	00:49+	07:06+	01:41-	03:20+	02:07-	08:03+	01:13+	03:14-	01:25+	11:03+	00:34-	01:56+	00:22+	00:37-
00:50&	00:19&	03:35@	00:49&	00:15#	00:25@	05:52@	00:21-	01:08&	00:29-	07:25@	00:32&	00:05-	00:39&	10:15@	00:06-	00:27&	00:03#	00:16-
<b>31</b>	<b>Joar Fandrem</b>	<b>94</b>										<b>59:43</b>						
04:58+	06:10+	07:09+	09:28+	11:07+	11:52+	13:07+	19:12+	32:31+	37:41+	42:58+	45:24+	50:19+	53:18+	55:05+	56:46+	58:37+	59:04+	59:43+
04:58+	01:12+	00:59+	02:19+	01:39+	00:45+	01:15+	06:05+	13:19+	05:10+	05:17+	02:26+	04:55+	02:59+	01:47+	01:41+	01:51+	00:27+	00:39-
03:01@	00:21&	00:34@	01:03&	00:26&	00:21&	00:01+	04:03@	11:07@	02:34&	04:39@	01:45@	01:36&	02:13@	00:59@	01:01@	00:22#	00:08&	00:14-
<b>32</b>	<b>Frode Følgesvold</b>	<b>5</b>										<b>59:50</b>						
02:35+	03:39+	04:21+	06:36+	15:40+	16:23+	18:30+	20:51+	24:25+	31:10+	32:13+	33:07+	42:29+	50:23+	55:52+	57:11+	58:40+	59:06+	59:50+
02:35+	01:04+	00:42+	02:15+	09:04+	00:43+	02:07+	02:21+	03:34+	06:45+	01:03+	00:54+	09:22+	07:54+	05:29+	01:19+	01:29=	00:26+	00:44-
00:38&	00:13&	00:17&	00:59&	07:51@	00:19&	00:53&	00:19#	01:22&	04:09@	00:25&	00:13&	06:03@	07:08@	04:41@	00:39&	00:00=	00:07&	00:09-
<b>33</b>	<b>Sveinung Skjørsæter</b>	<b>129</b>										<b>1:00:28</b>						
02:06+	02:52+	03:24+	05:01+	06:00+	06:24+	07:26+	09:43+	37:24+	40:47+	42:01+	42:47+	53:47+	55:57+	57:03+	57:55+	59:25+	59:46+	60:28+
02:06+	00:46-	00:32+	01:37+	00:59-	00:24=	01:02-	02:17+	27:41+	03:23+	01:14+	00:46+	11:00+	02:10+	01:06+	00:52+	01:30+	00:21+	00:42-
00:09+	00:05-	00:07&	00:21&	00:14-	00:00=	00:12-	00:15#	25:29@	00:47&	00:36&	00:05#	07:41@	01:24@	00:18&	00:12&	00:01+	00:02#	00:11-
<b>34</b>	<b>Per Bakken</b>	<b>5</b>										<b>1:04:05</b>						
03:41+	04:56+	05:58+	08:54+	10:54+	11:47+	13:39+	18:00+	30:18+	34:25+	37:19+	38:39+	56:15+	57:29+	59:11+	60:43+	62:46+	63:09+	64:05+
03:41+	01:15+	01:02+	02:56+	02:00+	00:53+	01:52+	04:21+	12:18+	04:07+	02:54+	01:20+	17:36+	01:14+	01:42+	01:32+	02:03+	00:23+	00:56+
01:44&	00:24&	00:37@	01:40@	00:47&	00:29@	00:38&	02:19@	10:06@	01:31&	02:16@	00:39&	14:17@	00:28&	00:54@	00:52@	00:34&	00:04#	00:03+
<b>Beste strekktid for klassen</b>																		
01:14	00:40	00:25	01:10	00:54	00:24	00:52	01:29	02:10	02:07	00:38	00:39	03:04	00:45	00:36	00:34	01:05	00:14	00:30

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