

Bedriftsløp Universitetet										Strekktider					-03.04.2024
Plass	Navn		Klasse							Tid					
Damer 16 - 39 år															
1	Marie Sigvaldsen		3512							17:48					
	01:39=	02:08=	04:42=	06:30=	06:43=	08:28=	11:20=	11:48=	12:32=	13:02=	14:38=	15:51=	17:16=	17:48=	
	01:39=	00:29=	02:34=	01:48=	00:13=	01:45=	02:52=	00:28=	00:44=	00:30=	01:36=	01:13=	01:25=	00:32=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Rebecca Briedis		1754							18:32					
	01:22=	01:54=	04:47+	06:21=	06:41=	08:47+	11:31+	12:17+	12:48+	13:26+	15:24+	16:31+	18:06+	18:32+	
	01:22=	00:32+	02:53+	01:34=	00:20+	02:06+	02:44=	00:46+	00:31=	00:38+	01:58+	01:07=	01:35+	00:26=	
	00:17=	00:03#	00:19#	00:14=	00:07&	00:21#	00:08=	00:18&	00:13=	00:08&	00:22#	00:06=	00:10#	00:06=	
3	Siri Eppeland		1884							18:56					
	01:28=	02:02=	05:10+	06:47+	07:18+	09:18+	11:57+	12:30+	13:04+	13:33+	15:41+	16:48+	18:33+	18:56+	
	01:28=	00:34+	03:08+	01:37=	00:31+	02:00+	02:39=	00:33+	00:34=	00:29=	02:08+	01:07=	01:45+	00:23=	
	00:11=	00:05#	00:34#	00:11=	00:18@	00:15#	00:13=	00:05#	00:10=	00:01=	00:32&	00:06=	00:20#	00:09=	
4	Aina Kalsaas Urstad		3580							19:13					
	01:17=	01:51=	04:50+	06:37+	07:00+	08:50+	11:23+	11:57+	12:47+	14:21+	16:24+	17:24+	18:52+	19:13+	
	01:17=	00:34+	02:59+	01:47=	00:23+	01:50+	02:33=	00:34+	00:50+	01:34+	02:03+	01:00=	01:28+	00:21=	
	00:22=	00:05#	00:25#	00:01=	00:10&	00:05+	00:19=	00:06#	00:06#	01:04@	00:27&	00:13=	00:03+	00:11=	
5	Maren Benjaminsen		1832							19:26					
	02:05+	02:36+	05:24+	06:55+	07:13+	09:00+	12:29+	12:56+	14:13+	14:35+	16:26+	17:29+	19:02+	19:26+	
	02:05+	00:31+	02:48+	01:31=	00:18+	01:47+	03:29+	00:27=	01:17+	00:22=	01:51+	01:03=	01:33+	00:24=	
	00:26&	00:02+	00:14+	00:17=	00:05&	00:02+	00:37#	00:01=	00:33&	00:08=	00:15#	00:10=	00:08+	00:08=	
6	Rønnaug Egeland		1884							19:44					
	01:44+	02:25+	05:33+	07:41+	08:03+	10:03+	12:40+	13:17+	13:40+	14:30+	16:27+	17:40+	19:15+	19:44+	
	01:44+	00:41+	03:08+	02:08+	00:22+	02:00+	02:37=	00:37+	00:23=	00:50+	01:57+	01:13=	01:35+	00:29=	
	00:05+	00:12&	00:34#	00:20#	00:09&	00:15#	00:15=	00:09&	00:21=	00:20&	00:21#	00:00=	00:10#	00:03=	
7	Hanne Berg Aspøy		896							19:51					
	01:33=	02:09+	05:25+	07:06+	07:25+	09:36+	12:26+	13:03+	14:36+	14:55+	17:08+	18:13+	19:29+	19:51+	
	01:33=	00:36+	03:16+	01:41=	00:19+	02:11+	02:50=	00:37+	01:33+	00:19=	02:13+	01:05=	01:16=	00:22=	
	00:06=	00:07#	00:42&	00:07=	00:06&	00:26#	00:02=	00:09&	00:49@	00:11=	00:37&	00:08=	00:09=	00:10=	
8	Marita Skorpe Falnes		3568							20:52					
	01:32=	02:16+	05:39+	07:57+	08:21+	10:25+	13:15+	13:49+	14:25+	15:02+	17:30+	18:47+	20:27+	20:52+	
	01:32=	00:44+	03:23+	02:18+	00:24+	02:04+	02:50=	00:34+	00:36=	00:37+	02:28+	01:17+	01:40+	00:25=	
	00:07=	00:15&	00:49&	00:30&	00:11&	00:19#	00:02=	00:06#	00:08=	00:07#	00:52&	00:04+	00:15#	00:07=	
9	Hege Bakken		1754							21:07					
	01:32=	02:11+	05:13+	07:04+	07:33+	09:53+	12:43+	13:26+	14:59+	15:20+	17:35+	19:03+	20:35+	21:07+	
	01:32=	00:39+	03:02+	01:51+	00:29+	02:20+	02:50=	00:43+	01:33+	00:21=	02:15+	01:28+	01:32+	00:32=	
	00:07=	00:10&	00:28#	00:03+	00:16@	00:35&	00:02=	00:15&	00:49@	00:09=	00:39&	00:15#	00:07+	00:00=	
10	Frida Erikstein		1830							22:48					
	01:27=	02:06=	04:59+	08:42+	09:12+	11:03+	16:05+	16:33+	17:00+	17:28+	19:23+	20:29+	22:10+	22:48+	
	01:27=	00:39+	02:53+	03:43+	00:30+	01:51+	05:02+	00:28=	00:27=	00:28=	01:55+	01:06=	01:41+	00:38+	
	00:12=	00:10&	00:19#	01:55@	00:17@	00:06+	02:10&	00:00=	00:17=	00:02=	00:19#	00:07=	00:16#	00:06#	
11	Dina Baerheim		722							23:30					
	02:20+	03:05+	06:45+	09:14+	09:34+	11:53+	15:02+	15:41+	16:23+	17:12+	19:39+	21:20+	23:03+	23:30+	
	02:20+	00:45+	03:40+	02:29+	00:20+	02:19+	03:09+	00:39+	00:42=	00:49+	02:27+	01:41+	01:43+	00:27=	
	00:41&	00:16&	01:06&	00:41&	00:07&	00:34&	00:17+	00:11&	00:02=	00:19&	00:51&	00:28&	00:18#	00:05=	
12	Heidi Langeland		896							24:39					
	02:29+	03:17+	07:33+	09:34+	09:53+	12:35+	15:56+	16:33+	17:08+	18:15+	21:05+	22:30+	24:10+	24:39+	
	02:29+	00:48+	04:16+	02:01+	00:19+	02:42+	03:21+	00:37+	00:35=	01:07+	02:50+	01:25+	01:40+	00:29=	
	00:50&	00:19&	01:42&	00:13#	00:06&	00:57&	00:29#	00:09&	00:09=	00:37@	01:14&	00:12#	00:15#	00:03=	
13	Marita Navjord Nicolaysen		1284							25:20					
	01:32=	02:10+	05:31+	07:28+	07:55+	10:21+	15:23+	16:20+	17:45+	18:55+	21:18+	22:33+	24:56+	25:20+	
	01:32=	00:38+	03:21+	01:57+	00:27+	02:26+	05:02+	00:57+	01:25+	01:10+	02:23+	01:15+	02:23+	00:24=	
	00:07=	00:09&	00:47&	00:09+	00:14@	00:41&	02:10&	00:29@	00:41&	00:40@	00:47&	00:02+	00:58&	00:08=	
14	Ann-Mari Vold		3529							25:24					
	02:04+	03:05+	06:58+	09:15+	09:32+	11:37+	15:05+	15:45+	16:46+	17:18+	19:43+	21:02+	25:00+	25:24+	
	02:04+	01:01+	03:53+	02:17+	00:17+	02:05+	03:28+	00:40+	01:01+	00:32+	02:25+	01:19+	03:58+	00:24=	
	00:25&	00:32@	01:19&	00:29&	00:04&	00:20#	00:36#	00:12&	00:17&	00:02+	00:49&	00:06+	02:33@	00:08=	

Plass	Navn	Klasse	Tid
-------	------	--------	-----

Damer 16 - 39 år

15	Inga Borge												1832	25:46
01:47+	02:31+	06:24+	08:32+	09:25+	13:13+	16:40+	17:37+	18:15+	18:47+	21:26+	23:05+	25:19+	25:46+	
01:47+	00:44+	03:53+	02:08+	00:53+	03:48+	03:27+	00:57+	00:38-	00:32+	02:39+	01:39+	02:14+	00:27-	
00:08+	00:15&	01:19&	00:20#	00:40#	02:03#	00:35#	00:29#	00:06-	00:02+	01:03&	00:26&	00:49&	00:05-	
16	Cecilie Larsen												1754	26:05
01:45+	02:30+	06:33+	08:54+	09:20+	11:53+	15:32+	16:22+	18:18+	18:57+	21:52+	23:27+	25:30+	26:05+	
01:45+	00:45+	04:03+	02:21+	00:26+	02:33+	03:39+	00:50+	01:56+	00:39+	02:55+	01:35+	02:03+	00:35+	
01:45+	00:45+	04:03+	02:21+	00:26+	02:33+	03:39+	00:50+	01:56+	00:39+	02:55+	01:35+	02:03+	00:35+	
17	Mette Langeland												1832	27:59
02:05+	02:54+	08:03+	10:41+	11:14+	14:34+	18:35+	19:20+	19:54+	20:47+	24:01+	25:43+	27:29+	27:59+	
02:05+	00:49+	05:09+	02:38+	00:33+	03:20+	04:01+	00:45+	00:34+	00:53+	03:14+	01:42+	01:46+	00:30+	
02:05+	00:49+	05:09+	02:38+	00:33+	03:20+	04:01+	00:45+	00:34+	00:53+	03:14+	01:42+	01:46+	00:30+	
18	Juliane Tytlandsvik Nødland												3512	30:48
01:50+	02:59+	08:22+	11:31+	12:01+	15:11+	19:00+	20:00+	20:52+	21:49+	25:07+	27:07+	29:45+	30:48+	
01:50+	01:09+	05:23+	03:09+	00:30+	03:10+	03:49+	01:00+	00:52+	00:57+	03:18+	02:00+	02:38+	01:03+	
01:50+	01:09+	05:23+	03:09+	00:30+	03:10+	03:49+	01:00+	00:52+	00:57+	03:18+	02:00+	02:38+	01:03+	

Beste strekktid for klassen

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

Damer 40 - 49 år

1	Åsta Bryne												3552					19:10
00:39=	01:51=	02:53=	05:55=	06:25=	07:53=	10:37=	11:48=	13:46=	14:12=	14:46=	16:04=	17:26=	18:53=	19:10=				
00:39=	01:12=	01:02=	03:02=	00:30=	01:28=	02:44=	01:11=	01:58=	00:26=	00:34=	01:18=	01:22=	01:27=	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=				
2	Helene Lie												NOTEAM					20:48
00:45+	02:01+	03:08+	06:20+	06:57+	08:28+	11:40+	12:38+	14:34+	15:08+	15:55+	17:33+	19:00+	20:33+	20:48+				
00:45+	01:16+	01:07+	03:12+	00:37+	01:31+	03:12+	00:58-	01:56-	00:34+	00:47+	01:38+	01:27+	01:33+	00:15-				
00:06#	00:04+	00:05+	00:10+	00:07#	00:03+	00:28#	00:13-	00:02-	00:08&	00:13&	00:20&	00:05+	00:06+	00:02-				
3	Maren Thu												NOTEAM					21:55
00:40+	01:46-	02:43-	05:38-	06:05-	07:49-	11:25+	12:11+	16:40+	17:02+	17:40+	19:00+	20:21+	21:42+	21:55+				
00:40+	01:06-	00:57-	02:55-	00:27-	01:44+	03:36+	00:46-	04:29+	00:22-	00:38+	01:20+	01:21-	01:21-	00:13-				
00:01+	00:06-	00:05-	00:07-	00:03-	00:16#	00:52&	00:25-	02:31#	00:04-	00:04#	00:02+	00:01-	00:06-	00:04-				
4	Helen Haneferd												882					23:12
00:46+	02:02+	03:27+	06:38+	07:25+	09:02+	12:22+	13:46+	16:13+	16:58+	18:00+	19:50+	21:12+	22:55+	23:12+				
00:46+	01:16+	01:25+	03:11+	00:47+	01:37+	03:20+	01:24+	02:27+	00:45+	01:02+	01:50+	01:22=	01:43+	00:17=				
00:07#	00:04+	00:23&	00:09+	00:17&	00:09#	00:36#	00:13#	00:29#	00:19&	00:28&	00:32&	00:00=	00:16#	00:00=				
5	Ingunn Anda Haug												2342					23:36
00:49+	02:12+	03:30+	06:57+	07:29+	09:05+	12:14+	14:35+	16:44+	17:18+	18:09+	19:51+	21:28+	23:19+	23:36+				
00:49+	01:23+	01:18+	03:27+	00:32+	01:36+	03:09+	02:21+	02:09+	00:34+	00:51+	01:42+	01:37+	01:51+	00:17=				
00:10&	00:11#	00:16&	00:25#	00:02+	00:08+	00:25#	01:10&	00:11+	00:08&	00:17&	00:24&	00:15#	00:24&	00:00=				
6	Benedicte Kvalevåg												769					23:41
00:55+	02:39+	04:01+	07:04+	07:43+	09:34+	13:16+	14:30+	17:39+	18:13+	18:55+	20:28+	21:47+	23:23+	23:41+				
00:55+	01:44+	01:22+	03:03+	00:39+	01:51+	03:42+	01:14+	03:09+	00:34+	00:42+	01:33+	01:19-	01:36+	00:18+				
00:16&	00:32&	00:20&	00:01+	00:09&	00:23&	00:58&	00:03+	01:11&	00:08&	00:08#	00:15#	00:03-	00:09#	00:01+				
7	Randi Ladsten												879					24:55
00:49+	02:06+	03:34+	06:43+	07:16+	09:22+	12:39+	13:51+	18:37+	19:12+	20:02+	21:38+	23:06+	24:39+	24:55+				
00:49+	01:17+	01:28+	03:09+	00:33+	02:06+	03:17+	01:12+	04:46+	00:35+	00:50+	01:36+	01:28+	01:33+	00:16-				
00:10&	00:05+	00:26&	00:07+	00:03#	00:38&	00:33#	00:01+	02:48#	00:09&	00:16&	00:18#	00:06+	00:06+	00:01-				
8	Ingvild Marthinussen												3524					25:47
00:52+	02:33+	04:24+	08:10+	08:43+	10:51+	14:09+	15:13+	17:50+	19:46+	20:30+	22:13+	23:48+	25:29+	25:47+				
00:52+	01:41+	01:51+	03:46+	00:33+	02:08+	03:18+	01:04-	02:37+	01:56+	00:44+	01:43+	01:35+	01:41+	00:18+				
00:13&	00:29&	00:49&	00:44#	00:03#	00:40&	00:34#	00:07-	00:39&	01:30#	00:10&	00:25&	00:13#	00:14#	00:01+				

Plass	Navn	Klasse	Tid
-------	------	--------	-----

Damer 40 - 49 år

Beste strekktid for klassen

00:39	01:06	00:57	02:55	00:27	01:28	02:44	00:46	01:56	00:22	00:34	01:18	01:19	01:21	00:13
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

Damer 50 - 59 år

1	Keth Berggraf												1683	20:47	
00:42=	02:04=	03:18=	06:25=	06:59=	08:34=	11:25=	12:12=	14:33=	15:07=	15:47=	17:18=	18:56=	20:35=	20:47=	
00:42=	01:22=	01:14=	03:07=	00:34=	01:35=	02:51=	00:47=	02:21=	00:34=	00:40=	01:31=	01:38=	01:39=	00:12=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Marit Haavardsholm												1683	21:16	
01:05+	02:28+	03:45+	07:15+	07:48+	09:23+	12:06+	13:03+	14:55+	15:36+	16:22+	17:56+	19:34+	21:01+	21:16+	
01:05+	01:23+	01:17+	03:30+	00:33-	01:35=	02:43-	00:57+	01:52-	00:41+	00:46+	01:34+	01:38=	01:27-	00:15+	
00:23&	00:01+	00:03+	00:23#	00:01-	00:00=	00:08-	00:10#	00:29-	00:07#	00:06#	00:03+	00:00=	00:12-	00:03#	
3	Marianne Fuglestad												896	22:02	
00:44+	02:04=	03:06-	06:06-	06:37-	08:26-	12:12+	13:27+	15:38+	16:10+	16:43+	17:59+	19:59+	21:47+	22:02+	
00:44+	01:20-	01:02-	03:00-	00:31-	01:49+	03:46+	01:15+	02:11-	00:32-	00:33-	01:16-	02:00+	01:48+	00:15+	
00:02+	00:02-	00:12-	00:07-	00:03-	00:14#	00:55&	00:28&	00:10-	00:02-	00:07-	00:15-	00:22#	00:09+	00:03#	
4	Signe Ottesen												1683	22:15	
00:49+	02:28+	03:46+	06:58+	07:33+	09:20+	12:16+	13:12+	15:27+	16:05+	17:05+	18:34+	20:05+	22:01+	22:15+	
00:49+	01:39+	01:18+	03:12+	00:35+	01:47+	02:56+	00:56+	02:15-	00:38+	01:00+	01:29-	01:31-	01:56+	00:14+	
00:07#	00:17#	00:04+	00:05+	00:01+	00:12#	00:05+	00:09#	00:06-	00:04#	00:20&	00:02-	00:07-	00:17#	00:02#	
5	Tone Cecilie Nystrom												874	22:23	
00:41-	02:24+	03:43+	06:58+	07:36+	09:11+	12:13+	13:25+	15:43+	16:29+	17:08+	18:45+	20:11+	22:06+	22:23+	
00:41-	01:43+	01:19+	03:15+	00:38+	01:35=	03:02+	01:12+	02:18-	00:46+	00:39-	01:37+	01:26-	01:55+	00:17+	
00:01-	00:21&	00:05+	00:08+	00:04#	00:00=	00:11+	00:25&	00:03-	00:12&	00:01-	00:06+	00:12-	00:16#	00:05&	
6	Anita Glenne Kallhovd												3502	23:47	
00:44+	02:24+	03:30+	07:45+	08:22+	10:01+	13:24+	15:25+	17:22+	17:52+	18:45+	20:27+	22:00+	23:34+	23:47+	
00:44+	01:40+	01:06-	04:15+	00:37+	01:39+	03:23+	02:01+	01:57-	00:30-	00:53+	01:42+	01:33-	01:34-	00:13+	
00:02+	00:18#	00:08-	01:08&	00:03+	00:04+	00:32#	01:14@	00:24-	00:04-	00:13&	00:11#	00:05-	00:05-	00:01+	
7	Tonje Tiley												882	24:23	
01:05+	02:42+	04:15+	07:36+	08:11+	09:50+	13:59+	15:27+	17:46+	18:15+	18:57+	20:45+	22:28+	24:09+	24:23+	
01:05+	01:37+	01:33+	03:21+	00:35+	01:39+	04:09+	01:28+	02:19-	00:29-	00:42+	01:48+	01:43+	01:41+	00:14+	
00:23&	00:15#	00:19&	00:14+	00:01+	00:04+	01:18&	00:41&	00:02-	00:05-	00:02+	00:17#	00:05+	00:02+	00:02#	
8	Trude Hermanrud												896	24:28	
00:49+	02:35+	04:06+	07:35+	08:06+	09:39+	13:29+	14:38+	17:13+	17:50+	18:46+	20:26+	22:05+	24:11+	24:28+	
00:49+	01:46+	01:31+	03:29+	00:31-	01:33-	03:50+	01:09+	02:35+	00:37+	00:56+	01:40+	01:39+	02:06+	00:17+	
00:07#	00:24&	00:17#	00:22#	00:03-	00:02-	00:59&	00:22&	00:14+	00:03+	00:16&	00:09+	00:01+	00:27&	00:05&	
9	Marie-Elizabeth Reinseth												882	24:36	
01:05+	02:37+	05:04+	08:16+	09:02+	10:47+	14:31+	15:51+	18:15+	18:56+	19:34+	21:09+	22:49+	24:21+	24:36+	
01:05+	01:32+	02:27+	03:12+	00:46+	01:45+	03:44+	01:20+	02:24+	00:41+	00:38-	01:35+	01:40+	01:32-	00:15+	
00:23&	00:10#	01:13&	00:05+	00:12&	00:10#	00:53&	00:33&	00:03+	00:07#	00:02-	00:04+	00:02+	00:07-	00:03#	
10	Torill Andersen												1683	25:01	
00:52+	02:16+	03:40+	06:54+	07:32+	09:11+	15:18+	16:19+	18:41+	19:16+	20:07+	21:32+	23:08+	24:44+	25:01+	
00:52+	01:24+	01:24+	03:14+	00:38+	01:39+	06:07+	01:01+	02:22+	00:35+	00:51+	01:25-	01:36-	01:36-	00:17+	
00:10#	00:02+	00:10#	00:07+	00:04#	00:04+	03:16@	00:14&	00:01+	00:01+	00:11&	00:06-	00:02-	00:03-	00:05&	
11	Astri Sandanger												896	25:22	
00:47+	02:11+	03:37+	07:16+	08:02+	09:47+	13:23+	14:33+	18:17+	18:57+	19:40+	21:29+	23:13+	25:08+	25:22+	
00:47+	01:24+	01:26+	03:39+	00:46+	01:45+	03:36+	01:10+	03:44+	00:40+	00:43+	01:49+	01:44+	01:55+	00:14+	
00:05#	00:02+	00:12#	00:32#	00:12&	00:10#	00:45&	00:23&	01:23&	00:06#	00:03+	00:18#	00:06+	00:16#	00:02#	
12	Ingjerd Haddeland												3507	26:29	
00:48+	02:17+	03:43+	07:52+	08:35+	11:21+	15:42+	17:25+	20:01+	20:26+	21:10+	22:54+	24:29+	26:12+	26:29+	
00:48+	01:29+	01:26+	04:09+	00:43+	02:46+	04:21+	01:43+	02:36+	00:25-	00:44+	01:44+	01:35-	01:43+	00:17+	
00:06#	00:07+	00:12#	01:02&	00:09&	01:11&	01:30&	00:56@	00:15#	00:09-	00:04#	00:13#	00:03-	00:04+	00:05&	

Plass	Navn		Klasse						Tid					
-------	------	--	--------	--	--	--	--	--	-----	--	--	--	--	--

Damer 50 - 59 år

13	Elisabeth Melbø					879								26:37			
00:50+	02:13+	03:41+	06:46+	07:28+	09:21+	13:01+	14:44+	18:42+	19:25+	20:38+	21:55+	24:00+	26:23+	26:37+			
00:50+	01:23+	01:28+	03:05-	00:42+	01:53+	03:40+	01:43+	03:58+	00:43+	01:13+	01:17-	02:05+	02:23+	00:14+			
00:08#	00:01+	00:14#	00:02-	00:08#	00:18#	00:49#	00:56@	01:37#	00:09#	00:33#	00:14-	00:27#	00:44#	00:02#			
14	Åse Sellereite					882								26:52			
00:56+	02:40+	04:03+	07:20+	07:56+	09:49+	14:07+	15:11+	18:04+	18:35+	19:19+	22:16+	24:19+	26:37+	26:52+			
00:56+	01:44+	01:23+	03:17+	00:36+	01:53+	04:18+	01:04+	02:53+	00:31+	00:44+	02:57+	02:03+	02:18+	00:15+			
00:56+	01:44+	01:23+	03:17+	00:36+	01:53+	04:18+	01:04+	02:53+	00:31+	00:44+	02:57+	02:03+	02:18+	00:15+			
15	Ragnhild Berntsen					1758								27:02			
01:05+	02:53+	04:16+	07:52+	09:22+	11:32+	15:18+	16:54+	19:50+	20:28+	21:17+	23:07+	24:50+	26:46+	27:02+			
01:05+	01:48+	01:23+	03:36+	01:30+	02:10+	03:46+	01:36+	02:56+	00:38+	00:49+	01:50+	01:43+	01:56+	00:16+			
01:05+	01:48+	01:23+	03:36+	01:30+	02:10+	03:46+	01:36+	02:56+	00:38+	00:49+	01:50+	01:43+	01:56+	00:16+			
16	Irene Sirevåg					1754								27:37			
00:54+	02:38+	04:02+	07:44+	08:25+	10:12+	14:11+	15:33+	19:03+	20:10+	21:30+	23:23+	25:16+	27:17+	27:37+			
00:54+	01:44+	01:24+	03:42+	00:41+	01:47+	03:59+	01:22+	03:30+	01:07+	01:20+	01:53+	01:53+	02:01+	00:20+			
00:54+	01:44+	01:24+	03:42+	00:41+	01:47+	03:59+	01:22+	03:30+	01:07+	01:20+	01:53+	01:53+	02:01+	00:20+			
17	Andrea Tapken					3529								27:49			
00:52+	02:27+	04:07+	07:50+	08:34+	10:35+	15:04+	16:30+	19:32+	20:12+	21:12+	23:14+	25:05+	27:29+	27:49+			
00:52+	01:35+	01:40+	03:43+	00:44+	02:01+	04:29+	01:26+	03:02+	00:40+	01:00+	02:02+	01:51+	02:24+	00:20+			
00:52+	01:35+	01:40+	03:43+	00:44+	02:01+	04:29+	01:26+	03:02+	00:40+	01:00+	02:02+	01:51+	02:24+	00:20+			
18	May Bente Valdal					1683								28:23			
00:41+	01:56+	03:07+	06:04+	06:38+	08:48+	11:39+	12:33+	21:50+	22:26+	23:34+	25:03+	26:32+	28:10+	28:23+			
00:41+	01:15+	01:11+	02:57+	00:34+	02:10+	02:51+	00:54+	09:17+	00:36+	01:08+	01:29+	01:29+	01:38+	00:13+			
00:41+	01:15+	01:11+	02:57+	00:34+	02:10+	02:51+	00:54+	09:17+	00:36+	01:08+	01:29+	01:29+	01:38+	00:13+			
19	Toril Dahle					1683								28:36			
00:55+	02:34+	04:06+	07:20+	08:01+	09:47+	12:36+	13:57+	16:39+	22:36+	23:33+	25:05+	26:44+	28:21+	28:36+			
00:55+	01:39+	01:32+	03:14+	00:41+	01:46+	02:49+	01:21+	02:42+	05:57+	00:57+	01:32+	01:39+	01:37+	00:15+			
00:55+	01:39+	01:32+	03:14+	00:41+	01:46+	02:49+	01:21+	02:42+	05:57+	00:57+	01:32+	01:39+	01:37+	00:15+			
20	Gerd Olaug Vikeså					1758								29:08			
01:05+	02:35+	03:52+	07:03+	07:41+	09:11+	18:56+	20:35+	22:39+	23:08+	23:55+	25:37+	27:13+	28:52+	29:08+			
01:05+	01:30+	01:17+	03:11+	00:38+	01:30+	09:45+	01:39+	02:04+	00:29+	00:47+	01:42+	01:36+	01:39+	00:16+			
01:05+	01:30+	01:17+	03:11+	00:38+	01:30+	09:45+	01:39+	02:04+	00:29+	00:47+	01:42+	01:36+	01:39+	00:16+			
21	Marianne Gjesdal Lyngås					892								29:34			
01:02+	02:46+	04:23+	08:16+	08:58+	11:04+	14:38+	16:15+	20:22+	21:22+	22:59+	25:03+	26:59+	29:13+	29:34+			
01:02+	01:44+	01:37+	03:53+	00:42+	02:06+	03:34+	01:37+	04:07+	01:00+	01:37+	02:04+	01:56+	02:14+	00:21+			
01:02+	01:44+	01:37+	03:53+	00:42+	02:06+	03:34+	01:37+	04:07+	01:00+	01:37+	02:04+	01:56+	02:14+	00:21+			
22	Brit Vivian Meling					1683								30:11			
00:54+	03:06+	04:35+	08:48+	09:34+	12:47+	16:19+	17:39+	20:57+	21:52+	23:19+	25:01+	26:48+	29:52+	30:11+			
00:54+	02:12+	01:29+	04:13+	00:46+	03:13+	03:32+	01:20+	03:18+	00:55+	01:27+	01:42+	01:47+	03:04+	00:19+			
00:54+	02:12+	01:29+	04:13+	00:46+	03:13+	03:32+	01:20+	03:18+	00:55+	01:27+	01:42+	01:47+	03:04+	00:19+			
23	Synnøve Westermoen					1683								37:04			
01:12+	03:01+	04:21+	08:24+	09:10+	11:36+	14:50+	16:40+	21:31+	22:06+	22:49+	24:28+	33:41+	36:40+	37:04+			
01:12+	01:49+	01:20+	04:03+	00:46+	02:26+	03:14+	01:50+	04:51+	00:35+	00:43+	01:39+	09:13+	02:59+	00:24+			
01:12+	01:49+	01:20+	04:03+	00:46+	02:26+	03:14+	01:50+	04:51+	00:35+	00:43+	01:39+	09:13+	02:59+	00:24+			

Beste strekktid for klassen

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

Damer 60 - 64 år

1	Elisabeth Christie Ørke												722				20:10			
	00:42=	02:10=	03:22=	06:07=	06:52=	07:46=	10:49=	13:25=	14:00=	14:53=	15:38=	17:13=	18:18=	19:45=	20:10=					
	00:42=	01:28=	01:12=	02:45=	00:45=	00:54=	03:03=	02:36=	00:35=	00:53=	00:45=	01:35=	01:05=	01:27=	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=					

Plass	Navn										Klasse										Tid									
Damer 60 - 64 år																														
2	Anne-Siv Gjertsen										882										23:14									
	00:47+	02:10=	03:25+	06:22+	07:09+	08:08+	12:20+	15:19+	15:55+	16:50+	17:47+	19:32+	21:09+	22:46+	23:14+															
	00:47+	01:23-	01:15+	02:57+	00:47+	00:59+	04:12+	02:59+	00:36+	00:55+	00:57+	01:45+	01:37+	01:37+	00:28+															
	00:05#	00:05-	00:03+	00:12+	00:02+	00:05+	01:09#	00:23#	00:01+	00:02+	00:12&	00:10#	00:32&	00:10#	00:03#															
3	Ingrid E. I. Øxnevad										3516										23:27									
	00:39+	02:04+	03:23+	06:56+	08:15+	09:10+	12:36+	16:09+	16:51+	17:19+	18:00+	18:40+	20:14+	21:23+	23:00+	23:27+														
	00:39+	01:25+	01:19+	03:33+	01:19+	00:55+	03:26+	03:33+	00:42+	00:28+	00:41+	00:40+	01:34+	01:09+	01:37+	00:27+														
	00:39+	01:25+	01:19+	03:33+	01:19+	00:55+	03:26+	03:33+	00:42+	00:28+	00:41+	00:40+	01:34+	01:09+	01:37+	00:27+														
4	Nina Christiansen										722										26:50									
	00:46+	02:03+	03:14+	05:49+	06:32+	07:42+	12:59+	19:18+	19:57+	20:49+	21:39+	23:14+	24:33+	26:22+	26:50+															
	00:46+	01:17+	01:11+	02:35+	00:43+	01:10+	05:17+	06:19+	00:39+	00:52+	00:50+	01:35+	01:19+	01:49+	00:28+															
	00:46+	01:17+	01:11+	02:35+	00:43+	01:10+	05:17+	06:19+	00:39+	00:52+	00:50+	01:35+	01:19+	01:49+	00:28+															
5	Anne Katrine Lycke										NOTEAM										27:21									
	00:48+	02:19+	03:47+	06:51+	07:38+	09:02+	13:09+	16:25+	17:14+	18:33+	20:06+	22:57+	24:27+	26:41+	27:21+															
	00:48+	01:31+	01:28+	03:04+	00:47+	01:24+	04:07+	03:16+	00:49+	01:19+	01:33+	02:51+	01:30+	02:14+	00:40+															
	00:48+	01:31+	01:28+	03:04+	00:47+	01:24+	04:07+	03:16+	00:49+	01:19+	01:33+	02:51+	01:30+	02:14+	00:40+															
6	Ellinor Hoemsnes										1683										27:36									
	00:55+	02:25+	03:44+	07:29+	08:14+	09:52+	13:56+	17:33+	18:17+	19:17+	20:20+	22:17+	23:44+	27:01+	27:36+															
	00:55+	01:30+	01:19+	03:45+	00:45+	01:38+	04:04+	03:37+	00:44+	01:00+	01:03+	01:57+	01:27+	03:17+	00:35+															
	00:55+	01:30+	01:19+	03:45+	00:45+	01:38+	04:04+	03:37+	00:44+	01:00+	01:03+	01:57+	01:27+	03:17+	00:35+															
7	Nidunn Sandvik										NOTEAM										29:20									
	01:01+	02:33+	04:03+	07:27+	08:27+	09:52+	15:07+	19:29+	20:17+	21:30+	22:38+	24:43+	26:28+	28:38+	29:20+															
	01:01+	01:32+	01:30+	03:24+	01:00+	01:25+	05:15+	04:22+	00:48+	01:13+	01:08+	02:05+	01:45+	02:10+	00:42+															
	01:01+	01:32+	01:30+	03:24+	01:00+	01:25+	05:15+	04:22+	00:48+	01:13+	01:08+	02:05+	01:45+	02:10+	00:42+															
8	Mona Berntsen										1832										31:06									
	00:50+	02:19+	03:48+	06:48+	07:34+	08:52+	18:04+	22:12+	22:51+	23:39+	24:23+	26:17+	28:04+	30:37+	31:06+															
	00:50+	01:29+	01:29+	03:00+	00:46+	01:18+	09:12+	04:08+	00:39+	00:48+	00:44+	01:54+	01:47+	02:33+	00:29+															
	00:50+	01:29+	01:29+	03:00+	00:46+	01:18+	09:12+	04:08+	00:39+	00:48+	00:44+	01:54+	01:47+	02:33+	00:29+															
9	Ellinor Nesse										1683										31:23									
	01:00+	02:47+	04:37+	08:33+	09:28+	10:47+	15:09+	21:12+	22:03+	22:52+	23:43+	25:59+	27:50+	30:48+	31:23+															
	01:00+	01:47+	01:50+	03:56+	00:55+	01:19+	04:22+	06:03+	00:51+	00:49+	00:51+	02:16+	01:51+	02:58+	00:35+															
	01:00+	01:47+	01:50+	03:56+	00:55+	01:19+	04:22+	06:03+	00:51+	00:49+	00:51+	02:16+	01:51+	02:58+	00:35+															
10	Birgitte Røe										593										35:16									
	01:08+	02:58+	04:42+	08:20+	09:19+	10:49+	17:11+	23:52+	24:45+	27:04+	28:13+	30:32+	32:41+	34:40+	35:16+															
	01:08+	01:50+	01:44+	03:38+	00:59+	01:30+	06:22+	06:41+	00:53+	02:19+	01:09+	02:19+	02:09+	01:59+	00:36+															
	01:08+	01:50+	01:44+	03:38+	00:59+	01:30+	06:22+	06:41+	00:53+	02:19+	01:09+	02:19+	02:09+	01:59+	00:36+															
11	Sarah Allen										793										41:35									
	01:21+	07:39+	08:45+	13:59+	15:26+	16:40+	21:14+	25:50+	26:53+	27:38+	29:36+	35:35+	37:59+	40:33+	41:35+															
	01:21+	06:18+	01:06+	05:14+	01:27+	01:14+	04:34+	04:36+	01:03+	00:45+	01:58+	05:59+	02:24+	02:34+	01:02+															
	01:21+	06:18+	01:06+	05:14+	01:27+	01:14+	04:34+	04:36+	01:03+	00:45+	01:58+	05:59+	02:24+	02:34+	01:02+															
Beste strekktid for klassen																														
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.																														
Damer 65 - 69 år																														
1	Marit Karin Nygaard										892										23:54									
	01:10=	02:39=	04:09=	07:24=	08:16=	09:35=	13:23=	15:59=	16:32=	17:24=	18:09=	20:11=	21:40=	23:25=	23:54=															
	01:10=	01:29=	01:30=	03:15=	00:52=	01:19=	03:48=	02:36=	00:33=	00:52=	00:45=	02:02=	01:29=	01:45=	00:29=															
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=															
2	Ingrid Eik										1830										23:59									
	00:45-	02:31-	03:43-	06:37-	07:20-	08:16-	12:17-	16:00+	16:43+	17:24=	18:21+	20:10-	21:45+	23:35+	23:59+															
	00:45-	01:46+	01:12-	02:54-	00:43-	00:56-	04:01+	03:43+	00:43+	00:41-	00:57+	01:49-	01:35+	01:50+	00:24-															
	00:25-	00:17#	00:18-	00:21-	00:09-	00:23-	00:13+	01:07&	00:10&	00:11-	00:12&	00:13-	00:06+	00:05+	00:05-															

Plass	Navn	Klasse	Tid
-------	------	--------	-----

Damer 65 - 69 år

3	Tove Bjerkreim					722								24:22			
00:50-	02:32-	03:59-	06:54-	07:43-	10:00+	13:58+	16:45+	17:18+	17:59+	19:07+	20:48+	21:59+	23:35+	24:22+			
00:50-	01:42+	01:27-	02:55-	00:49-	02:17+	03:58+	02:47+	00:33=	00:41-	01:08+	01:41-	01:11-	01:36-	00:47+			
00:20-	00:13#	00:03-	00:20-	00:03-	00:58&	00:10+	00:11+	00:00=	00:11-	00:23&	00:21-	00:18-	00:09-	00:18&			
4	Margot Asheim					722								24:33			
00:43+	02:02+	03:25+	07:10+	08:01+	09:14+	13:20+	17:10+	17:48+	18:29+	19:15+	20:55+	22:21+	24:05+	24:33+			
00:43+	01:19+	01:23+	03:45+	00:51+	01:13+	04:06+	03:50+	00:38+	00:41+	00:46+	01:40+	01:26+	01:44+	00:28+			
00:43+	01:19+	01:23+	03:45+	00:51+	01:13+	04:06+	03:50+	00:38+	00:41+	00:46+	01:40+	01:26+	01:44+	00:28+			
5	May Meling					593								26:24			
00:48+	02:28+	03:35+	06:28+	07:11+	08:20+	15:25+	18:23+	19:02+	19:51+	20:38+	22:24+	23:36+	25:57+	26:24+			
00:48+	01:40+	01:07+	02:53+	00:43+	01:09+	07:05+	02:58+	00:39+	00:49+	00:47+	01:46+	01:12+	02:21+	00:27+			
00:48+	01:40+	01:07+	02:53+	00:43+	01:09+	07:05+	02:58+	00:39+	00:49+	00:47+	01:46+	01:12+	02:21+	00:27+			
6	Berit Bakken					1884								32:35			
02:21+	03:43+	06:41+	08:25+	09:53+	13:04+	13:56+	15:13+	19:19+	22:49+	24:16+	25:14+	26:13+	28:20+	29:55+	32:05+	32:35+	
02:21+	01:22+	02:58+	01:44+	01:28+	03:11+	00:52+	01:17+	04:06+	03:30+	01:27+	00:58+	00:59+	02:07+	01:35+	02:10+	00:30+	
02:21+	01:22+	02:58+	01:44+	01:28+	03:11+	00:52+	01:17+	04:06+	03:30+	01:27+	00:58+	00:59+	02:07+	01:35+	02:10+	00:30+	
7	Sølvi Utbø Sakseid					3555								33:01			
00:51+	02:22+	03:51+	11:06+	12:32+	13:34+	18:49+	23:46+	24:53+	26:06+	26:50+	28:40+	30:24+	32:36+	33:01+			
00:51+	01:31+	01:29+	07:15+	01:26+	01:02+	05:15+	04:57+	01:07+	01:13+	00:44+	01:50+	01:44+	02:12+	00:25+			
00:51+	01:31+	01:29+	07:15+	01:26+	01:02+	05:15+	04:57+	01:07+	01:13+	00:44+	01:50+	01:44+	02:12+	00:25+			
8	Kari Eva Thiis Blixhavn					3565								34:38			
01:20+	03:29+	05:06+	09:05+	10:14+	11:46+	17:52+	23:04+	24:07+	25:04+	26:10+	28:35+	31:16+	33:36+	34:38+			
01:20+	02:09+	01:37+	03:59+	01:09+	01:32+	06:06+	05:12+	01:03+	00:57+	01:06+	02:25+	02:41+	02:20+	01:02+			
01:20+	02:09+	01:37+	03:59+	01:09+	01:32+	06:06+	05:12+	01:03+	00:57+	01:06+	02:25+	02:41+	02:20+	01:02+			
9	Eli Frafjord					1141								38:49			
01:01+	02:50+	04:25+	08:08+	08:58+	10:13+	16:26+	29:36+	30:15+	31:02+	32:04+	34:26+	36:06+	38:11+	38:49+			
01:01+	01:49+	01:35+	03:43+	00:50+	01:15+	06:13+	13:10+	00:39+	00:47+	01:02+	02:22+	01:40+	02:05+	00:38+			
01:01+	01:49+	01:35+	03:43+	00:50+	01:15+	06:13+	13:10+	00:39+	00:47+	01:02+	02:22+	01:40+	02:05+	00:38+			

Beste strekktid for klassen

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

Damer 70 - 74 år

1	Mette Dagsland	874	29:13												
00:58=	02:40=	04:07=	07:20=	08:09=	09:54=	15:25=	20:18=	21:03=	21:45=	22:47=	24:43=	26:32=	28:38=	29:13=	
00:58=	01:42=	01:27=	03:13=	00:49=	01:45=	05:31=	04:53=	00:45=	00:42=	01:02=	01:56=	01:49=	02:06=	00:35=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Halldis Handeland	892	35:42												
01:07+	02:59+	05:08+	09:05+	09:59+	11:33+	17:30+	22:44+	24:22+	25:13+	26:21+	27:28+	30:00+	32:15+	34:49+	35:42+
01:07+	01:52+	02:09+	03:57+	00:54+	01:34-	05:57+	05:14+	01:38+	00:51+	01:08+	01:07-	02:32+	02:15+	02:34+	00:53+
00:09#	00:10+	00:42&	00:44#	00:05#	00:11-	00:26+	00:21+	00:53@	00:09#	00:06+	00:49-	00:43&	00:09+	01:59@	00:53+
3	Lillian Dahl Fitjar	896	36:20												
00:58=	03:10+	05:11+	09:11+	10:12+	11:58+	18:07+	24:56+	25:39+	27:55+	29:09+	31:29+	33:44+	35:45+	36:20+	
00:58=	02:12+	02:01+	04:00+	01:01+	01:46+	06:09+	06:49+	00:43-	02:16+	01:14+	02:20+	02:15+	02:01-	00:35=	
00:00=	00:30&	00:34&	00:47#	00:12#	00:01+	00:38#	01:56&	00:02-	01:34@	00:12#	00:24#	00:26#	00:05-	00:00=	
4	Berit Gramstad	3551	40:31												
01:07+	03:48+	05:51+	09:49+	10:44+	12:29+	20:06+	25:16+	26:18+	27:15+	28:42+	31:27+	37:39+	39:59+	40:31+	
01:07+	02:41+	02:03+	03:58+	00:55+	01:45=	07:37+	05:10+	01:02+	00:57+	01:27+	02:45+	06:12+	02:20+	00:32-	
00:09#	00:59&	00:36&	00:45#	00:06#	00:00=	02:06&	00:17+	00:17&	00:15&	00:25&	00:49&	04:23@	00:14#	00:03-	
5	Brit Skjelbred	1141	42:00												
01:50+	04:41+	06:56+	11:51+	12:56+	14:27+	21:14+	26:35+	27:33+	28:33+	31:39+	34:16+	36:41+	41:24+	42:00+	
01:50+	02:51+	02:15+	04:55+	01:05+	01:31-	06:47+	05:21+	00:58+	01:00+	03:06+	02:37+	02:25+	04:43+	00:36+	
00:52&	01:09&	00:48&	01:42&	00:16&	00:14-	01:16#	00:28+	00:13&	00:18&	02:04@	00:41&	00:36&	02:37@	00:01+	

Plass	Navn	Klasse	Tid
-------	------	--------	-----

Damer 70 - 74 år

Beste strekktid for klassen

00:58	01:42	01:27	03:13	00:49	01:31	05:31	04:53	00:43	00:42	01:02	01:07	01:49	02:01	00:32
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

Damer 75 - 79 år

1	Turid Nystrøm												874	24:10			
00:59=	02:29=	04:06=	07:08=	07:55=	09:03=	12:46=	15:55=	16:37=	17:22=	18:18=	20:06=	21:33=	23:39=	24:10=			
00:59=	01:30=	01:37=	03:02=	00:47=	01:08=	03:43=	03:09=	00:42=	00:45=	00:56=	01:48=	01:27=	02:06=	00:31=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Haldis Glendrange												874	28:46			
00:57-	02:58+	04:39+	07:55+	08:55+	10:16+	14:55+	19:16+	20:05+	21:07+	22:15+	24:32+	26:12+	28:11+	28:46+			
00:57-	02:01+	01:41+	03:16+	01:00+	01:21+	04:39+	04:21+	00:49+	01:02+	01:08+	02:17+	01:40+	01:59-	00:35+			
00:02-	00:31&	00:04+	00:14+	00:13&	00:13#	00:56&	01:12&	00:07#	00:17&	00:12#	00:29&	00:13#	00:07-	00:04#			
3	Inger Skretting Opstad												3529	29:51			
01:02+	02:59+	04:42+	08:39+	09:36+	10:59+	16:01+	19:50+	20:40+	21:44+	22:43+	25:15+	27:06+	29:14+	29:51+			
01:02+	01:57+	01:43+	03:57+	00:57+	01:23+	05:02+	03:49+	00:50+	01:04+	00:59+	02:32+	01:51+	02:08+	00:37+			
00:03+	00:27&	00:06+	00:55&	00:10#	00:15#	01:19&	00:40#	00:08#	00:19&	00:03+	00:44&	00:24&	00:02+	00:06#			
4	Gry Vikhamar Thengs												874	37:10			
01:00+	02:39+	04:15+	07:43+	08:31+	09:56+	25:53+	29:06+	29:47+	30:34+	31:31+	33:30+	34:54+	36:39+	37:10+			
01:00+	01:39+	01:36-	03:28+	00:48+	01:25+	15:57+	03:13+	00:41-	00:47+	00:57+	01:59+	01:24-	01:45-	00:31=			
00:01+	00:09#	00:01-	00:26#	00:01+	00:17#	12:14&	00:04+	00:01-	00:02+	00:01+	00:11#	00:03-	00:21-	00:00=			
5	Aslaug Lura												1141	40:54			
01:07+	03:36+	05:50+	10:45+	11:50+	13:20+	20:15+	25:24+	26:25+	27:39+	30:33+	33:09+	35:40+	40:16+	40:54+			
01:07+	02:29+	02:14+	04:55+	01:05+	01:30+	06:55+	05:09+	01:01+	01:14+	02:54+	02:36+	02:31+	04:36+	00:38+			
00:08#	00:59&	00:37&	01:53&	00:18&	00:22&	03:12&	02:00&	00:19&	00:29&	01:58&	00:48&	01:04&	02:30&	00:07#			

Beste strekktid for klassen

00:57	01:30	01:36	03:02	00:47	01:08	03:43	03:09	00:41	00:45	00:56	01:48	01:24	01:45	00:31
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

Damer 80 år og eldre

1	Helga Aaslid													3529	32:04	
02:00=	03:21=	05:22=	09:20=	10:29=	12:04=	14:05=	17:26=	19:30=	21:50=	25:49=	27:47=	28:31=	31:04=	32:04=		
02:00=	01:21=	02:01=	03:58=	01:09=	01:35=	02:01=	03:21=	02:04=	02:20=	03:59=	01:58=	00:44=	02:33=	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=		
2	Berit Ebbell Olsen													874	33:49	
01:57-	03:04-	04:58-	09:45+	10:57+	12:34+	14:59+	18:37+	20:32+	23:00+	27:12+	29:22+	30:10+	32:29+	33:49+		
01:57-	01:07-	01:54-	04:47+	01:12+	01:37+	02:25+	03:38+	01:55-	02:28+	04:12+	02:10+	00:48+	02:19-	01:20+		
00:03-	00:14-	00:07-	00:49#	00:03+	00:02+	00:24#	00:17+	00:09-	00:08+	00:13+	00:12#	00:04+	00:14-	00:20&		

Beste strekktid for klassen

01:57	01:07	01:54	03:58	01:09	01:35	02:01	03:21	01:55	02:20	03:59	01:58	00:44	02:19	01:00
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

Damer A

1	Aud Hognestad Taksdal										892		19:54									
00:59=	02:15=	04:50=	05:36=	05:53=	06:08=	07:27=	07:57=	09:36=	10:30=	11:05=	12:31=	12:56=	13:50=	14:50=	15:30=	16:00=	17:16=	18:09=	18:28=	19:33=	19:54=	
00:59=	01:16=	02:35=	00:46=	00:17=	00:15=	01:19=	00:30=	01:39=	00:54=	00:35=	01:26=	00:25=	00:54=	01:00=	00:40=	00:30=	01:16=	00:53=	00:19=	01:05=	00:21=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	

Plass	Navn	Klasse	Tid
-------	------	--------	-----

Damer A

2	Katrine Haaland Leveraas					896								23:46											
00:56-	02:20+	04:51+	05:39+	06:00+	06:20+	08:49+	09:18+	11:08+	12:05+	12:40+	15:09+	15:36+	16:39+	17:22+	19:24+	19:55+	21:11+	22:06+	22:25+	23:27+	23:46+				
00:56-	01:24+	02:31-	00:48+	00:21+	00:20+	02:29+	00:29-	01:50+	00:57+	00:35=	02:29+	00:27+	01:03+	00:43-	02:02+	00:31+	01:16=	00:55+	00:19=	01:02-	00:19-				
00:03-	00:08#	00:04-	00:02+	00:04#	00:05#	01:10#	00:01-	00:11#	00:03+	00:00=	01:03#	00:02+	00:09#	00:17-	01:22#	00:01+	00:00=	00:02+	00:00=	00:03-	00:02-				
3	Kristin Helland-Hansen					3559								24:14											
00:57+	02:19+	05:39+	06:34+	06:53+	07:11+	08:16+	08:47+	10:43+	11:43+	12:22+	15:22+	15:49+	17:09+	17:53+	18:47+	19:25+	20:47+	21:53+	22:17+	23:51+	24:14+				
00:57+	01:22+	03:20+	00:55+	00:19+	00:18+	01:05+	00:31+	01:56+	01:00+	00:39+	03:00+	00:27+	01:20+	00:44+	00:54+	00:38+	01:22+	01:06+	00:24+	01:34+	00:23+				
00:57+	01:22+	03:20+	00:55+	00:19+	00:18+	01:05+	00:31+	01:56+	01:00+	00:39+	03:00+	00:27+	01:20+	00:44+	00:54+	00:38+	01:22+	01:06+	00:24+	01:34+	00:23+				
4	Matilde Skjæveland Skår					3486								24:21											
01:06+	02:32+	05:45+	06:36+	07:09+	07:30+	08:50+	09:24+	11:29+	12:33+	13:12+	15:07+	15:42+	17:11+	18:01+	18:48+	19:30+	21:05+	22:11+	22:36+	23:56+	24:21+				
01:06+	01:26+	03:13+	00:51+	00:33+	00:21+	01:20+	00:34+	02:05+	01:04+	00:39+	01:55+	00:35+	01:29+	00:50+	00:47+	00:42+	01:35+	01:06+	00:25+	01:20+	00:25+				
01:06+	01:26+	03:13+	00:51+	00:33+	00:21+	01:20+	00:34+	02:05+	01:04+	00:39+	01:55+	00:35+	01:29+	00:50+	00:47+	00:42+	01:35+	01:06+	00:25+	01:20+	00:25+				
5	Clare Leveridge					877								24:28											
01:02+	03:29+	06:31+	07:23+	07:41+	07:59+	09:34+	10:08+	12:08+	13:12+	13:52+	15:35+	16:03+	17:13+	18:00+	19:07+	19:50+	21:19+	22:26+	22:55+	24:08+	24:28+				
01:02+	02:27+	03:02+	00:52+	00:18+	00:18+	01:35+	00:34+	02:00+	01:04+	00:40+	01:43+	00:28+	01:10+	00:47+	01:07+	00:43+	01:29+	01:07+	00:29+	01:13+	00:20+				
01:02+	02:27+	03:02+	00:52+	00:18+	00:18+	01:35+	00:34+	02:00+	01:04+	00:40+	01:43+	00:28+	01:10+	00:47+	01:07+	00:43+	01:29+	01:07+	00:29+	01:13+	00:20+				
6	Silje Skorve Skarpeid					1758								24:43											
01:02+	03:14+	07:29+	08:20+	08:38+	08:55+	10:05+	10:36+	12:29+	13:28+	14:11+	16:30+	16:58+	17:56+	18:49+	19:42+	20:31+	21:50+	22:48+	23:13+	24:18+	24:43+				
01:02+	02:12+	04:15+	00:51+	00:18+	00:17+	01:10+	00:31+	01:53+	00:59+	00:43+	02:19+	00:28+	00:58+	00:53+	00:53+	00:49+	01:19+	00:58+	00:25+	01:05+	00:25+				
01:02+	02:12+	04:15+	00:51+	00:18+	00:17+	01:10+	00:31+	01:53+	00:59+	00:43+	02:19+	00:28+	00:58+	00:53+	00:53+	00:49+	01:19+	00:58+	00:25+	01:05+	00:25+				
7	Torill Brekken					896								24:48											
01:10+	02:56+	06:20+	07:17+	07:41+	07:58+	09:20+	09:58+	12:07+	13:14+	13:52+	16:24+	16:49+	17:56+	18:52+	19:45+	20:20+	21:48+	22:54+	23:19+	24:25+	24:48+				
01:10+	01:46+	03:24+	00:57+	00:24+	00:17+	01:22+	00:38+	02:09+	01:07+	00:38+	02:32+	00:25+	01:07+	00:56+	00:53+	00:35+	01:28+	01:06+	00:25+	01:06+	00:23+				
01:10+	01:46+	03:24+	00:57+	00:24+	00:17+	01:22+	00:38+	02:09+	01:07+	00:38+	02:32+	00:25+	01:07+	00:56+	00:53+	00:35+	01:28+	01:06+	00:25+	01:06+	00:23+				
8	Nina Karlsen					3531								26:03											
01:03+	02:33+	06:04+	07:00+	07:27+	07:46+	09:11+	09:46+	11:48+	12:57+	13:45+	16:23+	16:57+	18:29+	19:26+	20:23+	21:05+	22:30+	23:51+	24:14+	25:36+	26:03+				
01:03+	01:30+	03:31+	00:56+	00:27+	00:19+	01:25+	00:35+	02:02+	01:09+	00:48+	02:38+	00:34+	01:32+	00:57+	00:57+	00:42+	01:25+	01:21+	00:23+	01:22+	00:27+				
01:03+	01:30+	03:31+	00:56+	00:27+	00:19+	01:25+	00:35+	02:02+	01:09+	00:48+	02:38+	00:34+	01:32+	00:57+	00:57+	00:42+	01:25+	01:21+	00:23+	01:22+	00:27+				
9	Trine Bolstad Scheie					769								26:06											
01:13+	02:51+	06:34+	07:31+	07:54+	08:13+	09:25+	10:05+	12:16+	13:32+	14:10+	16:45+	17:20+	18:21+	19:24+	20:31+	21:08+	23:03+	24:06+	24:30+	25:40+	26:06+				
01:13+	01:38+	03:43+	00:57+	00:23+	00:19+	01:12+	00:40+	02:11+	01:16+	00:38+	02:35+	00:35+	01:01+	01:03+	01:07+	00:37+	01:55+	01:03+	00:24+	01:10+	00:26+				
01:13+	01:38+	03:43+	00:57+	00:23+	00:19+	01:12+	00:40+	02:11+	01:16+	00:38+	02:35+	00:35+	01:01+	01:03+	01:07+	00:37+	01:55+	01:03+	00:24+	01:10+	00:26+				

Beste strekketid for klassen

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

Damer B

1	Tone Torgersen												882	22:07							
00:45=	01:51=	02:49=	05:45=	06:09=	06:43=	07:16=	10:00=	10:48=	11:13=	12:57=	13:24=	15:06=	16:17=	17:31=	19:00=	20:09=	21:40=	22:07=			
00:45=	01:06=	00:58=	02:56=	00:24=	00:34=	00:33=	02:44=	00:48=	00:25=	01:44=	00:27=	01:42=	01:11=	01:14=	01:29=	01:09=	01:31=	00:27=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Wenche Margrethe Sæbbø												896	22:26							
00:46+	02:12+	03:12+	05:59+	06:27+	07:14+	07:50+	10:31+	11:15+	11:39+	13:27+	14:01+	15:36+	16:59+	18:06+	19:24+	20:31+	22:04+	22:26+			
00:46+	01:26+	01:00+	02:47-	00:28+	00:47+	00:36+	02:41-	00:44-	00:24-	01:48+	00:34+	01:35-	01:23+	01:07-	01:18-	01:07-	01:33+	00:22-			
00:01+	00:20#	00:02+	00:09-	00:04#	00:13#	00:03+	00:03-	00:04-	00:01-	00:04+	00:07#	00:07-	00:12#	00:07-	00:11-	00:02-	00:02+	00:05-			
3	Vibeke Lamark												878	22:59							
00:43-	02:11+	03:10+	05:51+	06:19+	07:08+	07:48+	10:43+	11:43+	12:15+	14:07+	14:35+	15:57+	17:08+	18:09+	19:28+	20:42+	22:34+	22:59+			
00:43-	01:28+	00:59+	02:41-	00:28+	00:49+	00:40+	02:55+	01:00+	00:32+	01:52+	00:28+	01:22-	01:11=	01:01-	01:19-	01:14+	01:52+	00:25-			
00:02-	00:22#	00:01+	00:15-	00:04#	00:15#	00:07#	00:11+	00:12#	00:07#	00:08+	00:01+	00:20-	00:00=	00:13-	00:10-	00:05+	00:21#	00:02-			
4	Inger Tone Nygård												3502	23:04							
00:43-	01:51=	02:50+	05:35-	06:04-	06:53+	07:35+	10:29+	11:16+	11:38+	13:30+	14:01+	16:17+	17:33+	18:39+	19:57+	21:02+	22:40+	23:04+			
00:43-	01:08+	00:59+	02:45-	00:29+	00:49+	00:42+	02:54+	00:47-	00:22-	01:52+	00:31+	02:16+	01:16+	01:06-	01:18-	01:05-	01:38+	00:24-			
00:02-	00:02+	00:01+	00:11-	00:05#	00:15#	00:09#	00:10+	00:01-	00:03-	00:08+	00:04#	00:34#	00:05+	00:08-	00:11-	00:04-	00:07+	00:03-			

Plass	Navn						Klasse						Tid							
Damer B																				
5	Helen Lomeland						722						24:03							
00:44-	01:58+	03:09+	05:53+	06:23+	07:18+	07:50+	10:50+	11:48+	12:11+	14:09+	14:45+	16:49+	18:00+	18:57+	20:16+	21:24+	23:36+	24:03+		
00:44-	01:14+	01:11+	02:44-	00:30+	00:55+	00:32-	03:00+	00:58+	00:23-	01:58+	00:36+	02:04+	01:11=	00:57-	01:19-	01:08-	02:12+	00:27=		
00:01-	00:08#	00:13#	00:12-	00:06#	00:21#	00:01-	00:16+	00:10#	00:02-	00:14#	00:09&	00:22#	00:00=	00:17-	00:10-	00:01-	00:41&	00:00=		
6	Ellen Tindeland						882						24:26							
00:47+	01:59+	03:09+	06:07+	06:38+	07:30+	08:08+	11:08+	12:04+	12:29+	14:43+	15:18+	17:02+	18:14+	19:19+	20:43+	22:08+	23:58+	24:26+		
00:47+	01:12+	01:10+	02:58+	00:31+	00:52+	00:38+	03:00+	00:56+	00:25+	02:14+	00:35+	01:44+	01:12+	01:05+	01:24+	01:25+	01:50+	00:28+		
00:47+	01:12+	01:10+	02:58+	00:31+	00:52+	00:38+	03:00+	00:56+	00:25+	02:14+	00:35+	01:44+	01:12+	01:05+	01:24+	01:25+	01:50+	00:28+		
7	Lise Isachsen						1384						24:26							
00:39+	01:55+	02:50+	05:17+	05:41+	06:28+	07:00+	10:10+	10:50+	11:13+	14:23+	14:58+	17:05+	19:02+	19:53+	21:05+	22:06+	24:00+	24:26+		
00:39+	01:16+	00:55+	02:27+	00:24+	00:47+	00:32+	03:10+	00:40+	00:23+	03:10+	00:35+	02:07+	01:57+	00:51+	01:12+	01:01+	01:54+	00:26+		
00:39+	01:16+	00:55+	02:27+	00:24+	00:47+	00:32+	03:10+	00:40+	00:23+	03:10+	00:35+	02:07+	01:57+	00:51+	01:12+	01:01+	01:54+	00:26+		
8	Ann Karin Tjørhom						1884						24:45							
00:45+	02:01+	03:19+	06:14+	06:51+	07:47+	08:23+	11:18+	12:16+	12:42+	14:54+	15:45+	17:28+	18:48+	19:50+	21:14+	22:28+	24:12+	24:45+		
00:45+	01:16+	01:18+	02:55+	00:37+	00:56+	00:36+	02:55+	00:58+	00:26+	02:12+	00:51+	01:43+	01:20+	01:02+	01:24+	01:14+	01:44+	00:33+		
00:45+	01:16+	01:18+	02:55+	00:37+	00:56+	00:36+	02:55+	00:58+	00:26+	02:12+	00:51+	01:43+	01:20+	01:02+	01:24+	01:14+	01:44+	00:33+		
9	Ann-Cathrin Nybak Urdal						3595						25:02							
00:47+	02:00+	03:17+	06:15+	06:46+	07:37+	08:14+	11:11+	12:03+	12:28+	14:27+	15:00+	16:58+	19:10+	20:10+	21:37+	22:49+	24:31+	25:02+		
00:47+	01:13+	01:17+	02:58+	00:31+	00:51+	00:37+	02:57+	00:52+	00:25+	01:59+	00:33+	01:58+	02:12+	01:00+	01:27+	01:12+	01:42+	00:31+		
00:47+	01:13+	01:17+	02:58+	00:31+	00:51+	00:37+	02:57+	00:52+	00:25+	01:59+	00:33+	01:58+	02:12+	01:00+	01:27+	01:12+	01:42+	00:31+		
10	Mariann Sveinsvoll						3504						25:09							
00:44+	02:11+	03:14+	06:30+	07:01+	07:58+	08:39+	11:32+	12:27+	12:57+	15:19+	15:58+	17:47+	18:59+	20:11+	21:35+	22:49+	24:38+	25:09+		
00:44+	01:27+	01:03+	03:16+	00:31+	00:57+	00:41+	02:53+	00:55+	00:30+	02:22+	00:39+	01:49+	01:12+	01:12+	01:24+	01:14+	01:49+	00:31+		
00:44+	01:27+	01:03+	03:16+	00:31+	00:57+	00:41+	02:53+	00:55+	00:30+	02:22+	00:39+	01:49+	01:12+	01:12+	01:24+	01:14+	01:49+	00:31+		
11	Jorunn Johannesen						1683						25:48							
00:45+	02:02+	03:15+	06:15+	06:45+	07:32+	08:08+	11:57+	13:01+	13:27+	16:11+	16:48+	18:21+	19:40+	20:43+	22:04+	23:39+	25:22+	25:48+		
00:45+	01:17+	01:13+	03:00+	00:30+	00:47+	00:36+	03:49+	01:04+	00:26+	02:44+	00:37+	01:33+	01:19+	01:03+	01:21+	01:35+	01:43+	00:26+		
00:45+	01:17+	01:13+	03:00+	00:30+	00:47+	00:36+	03:49+	01:04+	00:26+	02:44+	00:37+	01:33+	01:19+	01:03+	01:21+	01:35+	01:43+	00:26+		
12	Agnes Haker						1284						26:00							
00:33+	01:43+	02:55+	05:39+	06:09+	06:52+	07:57+	11:23+	12:08+	12:34+	15:17+	15:40+	17:44+	19:14+	20:17+	21:32+	22:40+	25:33+	26:00+		
00:33+	01:10+	01:12+	02:44+	00:30+	00:43+	01:05+	03:26+	00:45+	00:26+	02:43+	00:23+	02:04+	01:30+	01:03+	01:15+	01:08+	02:53+	00:27+		
00:33+	01:10+	01:12+	02:44+	00:30+	00:43+	01:05+	03:26+	00:45+	00:26+	02:43+	00:23+	02:04+	01:30+	01:03+	01:15+	01:08+	02:53+	00:27+		
13	Grethe Anda Fuglestad						1683						26:03							
00:47+	02:03+	03:13+	06:07+	06:41+	07:40+	08:21+	11:59+	13:12+	13:39+	15:59+	16:31+	18:18+	19:41+	21:02+	22:29+	23:39+	25:32+	26:03+		
00:47+	01:16+	01:10+	02:54+	00:34+	00:59+	00:41+	03:38+	01:13+	00:27+	02:20+	00:32+	01:47+	01:23+	01:21+	01:27+	01:10+	01:53+	00:31+		
00:47+	01:16+	01:10+	02:54+	00:34+	00:59+	00:41+	03:38+	01:13+	00:27+	02:20+	00:32+	01:47+	01:23+	01:21+	01:27+	01:10+	01:53+	00:31+		
14	Anina Hadland						3502						27:14							
00:43+	02:05+	03:16+	06:44+	07:17+	08:08+	08:45+	12:18+	13:12+	13:36+	16:08+	16:36+	19:03+	20:19+	21:45+	23:26+	24:49+	26:53+	27:14+		
00:43+	01:22+	01:11+	03:28+	00:33+	00:51+	00:37+	03:33+	00:54+	00:24+	02:32+	00:28+	02:27+	01:16+	01:26+	01:41+	01:23+	02:04+	00:21+		
00:43+	01:22+	01:11+	03:28+	00:33+	00:51+	00:37+	03:33+	00:54+	00:24+	02:32+	00:28+	02:27+	01:16+	01:26+	01:41+	01:23+	02:04+	00:21+		
15	Kristin Breivold						892						27:29							
00:44+	02:26+	03:35+	06:35+	07:13+	08:29+	09:39+	12:30+	13:28+	13:56+	16:36+	17:25+	19:09+	20:33+	21:53+	23:14+	24:30+	26:56+	27:29+		
00:44+	01:42+	01:09+	03:00+	00:38+	01:16+	01:10+	02:51+	00:58+	00:28+	02:40+	00:49+	01:44+	01:24+	01:20+	01:21+	01:16+	02:26+	00:33+		
00:44+	01:42+	01:09+	03:00+	00:38+	01:16+	01:10+	02:51+	00:58+	00:28+	02:40+	00:49+	01:44+	01:24+	01:20+	01:21+	01:16+	02:26+	00:33+		
16	Irene Rummelhoff						1683						28:27							
00:46+	02:15+	04:36+	07:31+	08:06+	09:11+	09:52+	13:04+	14:02+	14:28+	17:01+	17:42+	20:01+	21:41+	22:51+	24:28+	25:42+	27:54+	28:27+		
00:46+	01:29+	02:21+	02:55+	00:35+	01:05+	00:41+	03:12+	00:58+	00:26+	02:33+	00:41+	02:19+	01:40+	01:10+	01:37+	01:14+	02:12+	00:33+		
00:46+	01:29+	02:21+	02:55+	00:35+	01:05+	00:41+	03:12+	00:58+	00:26+	02:33+	00:41+	02:19+	01:40+	01:10+	01:37+	01:14+	02:12+	00:33+		
17	Heidi Martby-Skogsholm						722						28:31							
00:44+	02:01+	03:24+	06:54+	07:28+	08:21+	09:03+	12:25+	13:23+	13:53+	16:47+	17:26+	19:43+	21:27+	22:49+	24:23+	26:03+	27:59+	28:31+		
00:44+	01:17+	01:23+	03:30+	00:34+	00:53+	00:42+	03:22+	00:58+	00:30+	02:54+	00:39+	02:17+	01:44+	01:22+	01:34+	01:40+	01:56+	00:32+		
00:44+	01:17+	01:23+	03:30+	00:34+	00:53+	00:42+	03:22+	00:58+	00:30+	02:54+	00:39+	02:17+	01:44+	01:22+	01:34+	01:40+	01:56+	00:32+		
18	Gezien Jongenburger						892						28:45							
00:46+	02:03+	03:04+	05:44+	06:18+	07:33+	08:25+	13:01+	14:02+	14:23+	17:13+	18:14+	20:57+	22:36+	23:39+	24:54+	26:09+	28:09+	28:45+		
00:46+	01:17+	01:01+	02:40+	00:34+	01:15+	00:52+	04:36+	01:01+	00:21+	02:50+	01:01+	02:43+	01:39+	01:03+	01:15+	01:15+	02:00+	00:36+		
00:46+	01:17+	01:01+	02:40+	00:34+	01:15+	00:52+	04:36+	01:01+	00:21+	02:50+	01:01+	02:43+	01:39+	01:03+	01:15+	01:15+	02:00+	00:36+		

Plass	Navn	Klasse	Tid
-------	------	--------	-----

Damer B

19	Ragnhild Auglænd										769	28:56							
00:53+	02:15+	03:44+	07:21+	08:01+	08:59+	09:46+	13:05+	14:02+	14:35+	17:59+	18:33+	20:27+	21:50+	23:35+	25:14+	26:46+	28:29+	28:56+	
00:53+	01:22+	01:29+	03:37+	00:40+	00:58+	00:47+	03:19+	00:57+	00:33+	03:24+	00:34+	01:54+	01:23+	01:45+	01:39+	01:32+	01:43+	00:27+	
00:53+	01:22+	01:29+	03:37+	00:40+	00:58+	00:47+	03:19+	00:57+	00:33+	03:24+	00:34+	01:54+	01:23+	01:45+	01:39+	01:32+	01:43+	00:27+	
20	Hege Anita H. Nielsen										3545	28:59							
00:42+	02:17+	03:43+	07:32+	08:08+	09:06+	10:11+	13:29+	14:25+	14:58+	17:50+	18:36+	20:25+	21:47+	22:58+	24:52+	26:07+	28:36+	28:59+	
00:42+	01:35+	01:26+	03:49+	00:36+	00:58+	01:05+	03:18+	00:56+	00:33+	02:52+	00:46+	01:49+	01:22+	01:11+	01:54+	01:15+	02:29+	00:23+	
00:42+	01:35+	01:26+	03:49+	00:36+	00:58+	01:05+	03:18+	00:56+	00:33+	02:52+	00:46+	01:49+	01:22+	01:11+	01:54+	01:15+	02:29+	00:23+	
21	Toyah Bråtveit										1832	31:28							
00:49+	01:59+	02:55+	06:17+	09:34+	10:47+	11:34+	14:05+	15:02+	15:23+	19:12+	19:52+	22:02+	25:47+	26:37+	27:59+	29:13+	30:48+	31:28+	
00:49+	01:10+	00:56+	03:22+	03:17+	01:13+	00:47+	02:31+	00:57+	00:21+	03:49+	00:40+	02:10+	03:45+	00:50+	01:22+	01:14+	01:35+	00:40+	
00:49+	01:10+	00:56+	03:22+	03:17+	01:13+	00:47+	02:31+	00:57+	00:21+	03:49+	00:40+	02:10+	03:45+	00:50+	01:22+	01:14+	01:35+	00:40+	

Beste strekktid for klassen

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

Damer Ny

1	Marie Hernæs Larsen													3565		18:21	
01:06=	02:29=	03:16=	05:00=	07:07=	08:35=	09:29=	10:40=	11:29=	12:44=	14:06=	14:20=	16:12=	18:01=	18:21=			
01:06=	01:23=	00:47=	01:44=	02:07=	01:28=	00:54=	01:11=	00:49=	01:15=	01:22=	00:14=	01:52=	01:49=	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=			
Beste strekktid for klassen																	
01:06	01:23	00:47	01:44	02:07	01:28	00:54	01:11	00:49	01:15	01:22	00:14	01:52	01:49	00:20			

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

Damer Trim

1	Fride Wirak												1830	18:38
00:46=	01:47=	02:53=	05:46=	06:32=	07:44=	08:27=	10:28=	11:49=	12:38=	14:49=	16:24=	18:23=	18:38=	
00:46=	01:01=	01:06=	02:53=	00:46=	01:12=	00:43=	02:01=	01:21=	00:49=	02:11=	01:35=	01:59=	00:15=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Marianne Strøm Uthaug												3551	19:06
00:39-	01:33-	02:24-	05:07-	05:49-	06:55-	09:05+	10:51+	12:04+	12:47+	15:01+	16:40+	18:53+	19:06+	
00:39-	00:54-	00:51-	02:43-	00:42-	01:06-	02:10+	01:46-	01:13-	00:43-	02:14+	01:39+	02:13+	00:13-	
00:07-	00:07-	00:15-	00:10-	00:04-	00:06-	01:27@	00:15-	00:08-	00:06-	00:03+	00:04+	00:14#	00:02-	
3	Marit L. Undheim												3529	19:19
00:43-	01:41-	02:36-	05:36-	06:28-	07:29-	08:12-	10:39+	11:56+	12:45+	15:42+	17:25+	19:03+	19:19+	
00:43-	00:58-	00:55-	03:00+	00:52+	01:01-	00:43=	02:27+	01:17-	00:49=	02:57+	01:43+	01:38-	00:16+	
00:03-	00:03-	00:11-	00:07+	00:06#	00:11-	00:00=	00:26#	00:04-	00:00=	00:46&	00:08+	00:21-	00:01+	
4	Maria Fjelde												722	19:29
00:42-	01:42-	02:43-	05:39-	06:20-	07:49+	08:50+	11:04+	12:32+	13:30+	15:43+	17:05+	19:15+	19:29+	
00:42-	01:00-	01:01-	02:56+	00:41-	01:29+	01:01+	02:14+	01:28+	00:58+	02:13+	01:22-	02:10+	00:14-	
00:04-	00:01-	00:05-	00:03+	00:05-	00:17#	00:18&	00:13#	00:07+	00:09#	00:02+	00:13-	00:11+	00:01-	
5	Karianne Skogland Enerstvedt												722	19:40
00:42-	01:47=	02:59+	06:15+	07:10+	08:10+	08:45+	11:00+	12:27+	13:20+	15:50+	17:12+	19:26+	19:40+	
00:42-	01:05+	01:12+	03:16+	00:55+	01:00-	00:35-	02:15+	01:27+	00:53+	02:30+	01:22-	02:14+	00:14-	
00:04-	00:04+	00:06+	00:23#	00:09#	00:12-	00:08-	00:14#	00:06+	00:04+	00:19#	00:13-	00:15#	00:01-	
6	Ingrid Overegseth Foss												896	19:43
00:54+	01:59+	03:00+	06:07+	06:55+	08:05+	08:50+	11:01+	12:20+	13:11+	15:41+	17:04+	19:26+	19:43+	
00:54+	01:05+	01:01-	03:07+	00:48+	01:10-	00:45+	02:11+	01:19-	00:51+	02:30+	01:23-	02:22+	00:17+	
00:08#	00:04+	00:05-	00:14+	00:02+	00:02-	00:02+	00:10+	00:02-	00:02+	00:19#	00:12-	00:23#	00:02#	

Plass	Navn											Klasse	Tid										
Damer Trim																							
7	Monica Regine Romstad											722	19:55										
	00:50+	01:47=	02:49-	05:38-	06:39+	08:57+	10:03+	12:18+	13:34+	14:29+	16:37+	18:03+	19:41+	19:55+									
	00:50+	00:57-	01:02-	02:49-	01:01+	02:18+	01:06+	02:15+	01:16-	00:55+	02:08-	01:26-	01:38-	00:14-									
	00:04+	00:04-	00:04-	00:04-	00:15&	01:06&	00:23&	00:14#	00:05-	00:06#	00:03-	00:09-	00:21-	00:01-									
8	Inger Johanne Klausen											3529	20:09										
	00:49+	01:44+	02:34+	05:35+	06:27+	07:27+	08:44+	11:03+	12:25+	13:25+	15:54+	17:42+	19:46+	20:09+									
	00:49+	00:55+	00:50+	03:01+	00:52+	01:00+	01:17+	02:19+	01:22+	01:00+	02:29+	01:48+	02:04+	00:23+									
	00:49+	00:55+	00:50+	03:01+	00:52+	01:00+	01:17+	02:19+	01:22+	01:00+	02:29+	01:48+	02:04+	00:23+									
9	Karine Ditlevsen											896	20:24										
	01:01+	01:58+	02:57+	05:52+	06:44+	07:50+	08:35+	11:34+	12:55+	13:46+	16:18+	17:50+	20:08+	20:24+									
	01:01+	00:57+	00:59+	02:55+	00:52+	01:06+	00:45+	02:59+	01:21+	00:51+	02:32+	01:32+	02:18+	00:16+									
	01:01+	00:57+	00:59+	02:55+	00:52+	01:06+	00:45+	02:59+	01:21+	00:51+	02:32+	01:32+	02:18+	00:16+									
10	Linda Mørch											896	20:26										
	01:01+	01:57+	02:57+	05:52+	06:43+	07:50+	08:35+	11:34+	12:54+	13:54+	16:25+	17:50+	20:07+	20:26+									
	01:01+	00:56+	01:00+	02:55+	00:51+	01:07+	00:45+	02:59+	01:20+	01:00+	02:31+	01:25+	02:17+	00:19+									
	01:01+	00:56+	01:00+	02:55+	00:51+	01:07+	00:45+	02:59+	01:20+	01:00+	02:31+	01:25+	02:17+	00:19+									
11	Therese Østbø											896	20:28										
	00:59+	02:02+	03:02+	05:57+	06:49+	07:55+	08:39+	11:38+	12:59+	13:51+	16:24+	17:54+	20:11+	20:28+									
	00:59+	01:03+	01:00+	02:55+	00:52+	01:06+	00:44+	02:59+	01:21+	00:52+	02:33+	01:30+	02:17+	00:17+									
	00:59+	01:03+	01:00+	02:55+	00:52+	01:06+	00:44+	02:59+	01:21+	00:52+	02:33+	01:30+	02:17+	00:17+									
12	Anastasia Ollestad											1884	21:31										
	00:43+	01:36+	02:30+	05:23+	06:32+	07:37+	08:15+	10:29+	13:18+	14:03+	16:39+	18:21+	21:12+	21:31+									
	00:43+	00:53+	00:54+	02:53+	01:09+	01:05+	00:38+	02:14+	02:49+	00:45+	02:36+	01:42+	02:51+	00:19+									
	00:43+	00:53+	00:54+	02:53+	01:09+	01:05+	00:38+	02:14+	02:49+	00:45+	02:36+	01:42+	02:51+	00:19+									
13	Marianne Steinkopf											880	22:12										
	00:53+	01:53+	03:07+	06:26+	07:09+	08:25+	09:53+	12:37+	14:25+	15:18+	18:10+	19:35+	21:54+	22:12+									
	00:53+	01:00+	01:14+	03:19+	00:43+	01:16+	01:28+	02:44+	01:48+	00:53+	02:52+	01:25+	02:19+	00:18+									
	00:53+	01:00+	01:14+	03:19+	00:43+	01:16+	01:28+	02:44+	01:48+	00:53+	02:52+	01:25+	02:19+	00:18+									
14	Hanna Haaland Sømme											874	22:14										
	00:45+	02:27+	04:56+	08:00+	08:35+	09:53+	10:31+	14:43+	15:53+	16:35+	19:15+	20:29+	22:01+	22:14+									
	00:45+	01:42+	02:29+	03:04+	00:35+	01:18+	00:38+	04:12+	01:10+	00:42+	02:40+	01:14+	01:32+	00:13+									
	00:45+	01:42+	02:29+	03:04+	00:35+	01:18+	00:38+	04:12+	01:10+	00:42+	02:40+	01:14+	01:32+	00:13+									
15	Grete Stokke Seljeskog											879	22:24										
	00:56+	01:57+	02:57+	05:40+	06:25+	08:44+	10:14+	13:06+	14:31+	15:22+	18:15+	20:20+	22:09+	22:24+									
	00:56+	01:01+	01:00+	02:43+	00:45+	02:19+	01:30+	02:52+	01:25+	00:51+	02:53+	02:05+	01:49+	00:15+									
	00:56+	01:01+	01:00+	02:43+	00:45+	02:19+	01:30+	02:52+	01:25+	00:51+	02:53+	02:05+	01:49+	00:15+									
16	Elisabet Horpestad											896	22:40										
	00:43+	01:40+	03:08+	06:22+	07:06+	08:29+	09:10+	14:36+	15:38+	16:26+	18:30+	20:11+	22:27+	22:40+									
	00:43+	00:57+	01:28+	03:14+	00:44+	01:23+	00:41+	05:26+	01:02+	00:48+	02:04+	01:41+	02:16+	00:13+									
	00:43+	00:57+	01:28+	03:14+	00:44+	01:23+	00:41+	05:26+	01:02+	00:48+	02:04+	01:41+	02:16+	00:13+									
17	Jeanette Mjølhus											722	22:51										
	00:53+	01:59+	03:13+	06:32+	07:39+	09:16+	10:23+	12:41+	14:02+	15:02+	18:08+	20:50+	22:36+	22:51+									
	00:53+	01:06+	01:14+	03:19+	01:07+	01:37+	01:07+	02:18+	01:21+	01:00+	03:06+	02:42+	01:46+	00:15+									
	00:53+	01:06+	01:14+	03:19+	01:07+	01:37+	01:07+	02:18+	01:21+	01:00+	03:06+	02:42+	01:46+	00:15+									
18	Ritva Halsne											722	23:15										
	00:57+	01:56+	03:18+	06:32+	07:39+	09:08+	10:07+	12:50+	14:06+	14:55+	17:18+	19:46+	22:56+	23:15+									
	00:57+	00:59+	01:22+	03:14+	01:07+	01:29+	00:59+	02:43+	01:16+	00:49+	02:23+	02:28+	03:10+	00:19+									
	00:57+	00:59+	01:22+	03:14+	01:07+	01:29+	00:59+	02:43+	01:16+	00:49+	02:23+	02:28+	03:10+	00:19+									
19	Stephanie Loin											877	23:16										
	00:54+	01:54+	02:50+	05:49+	07:15+	09:00+	09:44+	13:28+	14:41+	15:40+	18:00+	19:54+	22:56+	23:16+									
	00:54+	01:00+	00:56+	02:59+	01:26+	01:45+	00:44+	03:44+	01:13+	00:59+	02:20+	01:54+	03:02+	00:20+									
	00:54+	01:00+	00:56+	02:59+	01:26+	01:45+	00:44+	03:44+	01:13+	00:59+	02:20+	01:54+	03:02+	00:20+									
20	Linda Cathrin Olsen											3512	23:39										
	00:52+	01:52+	02:54+	06:03+	08:29+	09:58+	11:14+	14:06+	15:31+	16:31+	19:35+	21:18+	23:20+	23:39+									
	00:52+	01:00+	01:02+	03:09+	02:26+	01:29+	01:16+	02:52+	01:25+	01:00+	03:04+	01:43+	02:02+	00:19+									
	00:52+	01:00+	01:02+	03:09+	02:26+	01:29+	01:16+	02:52+	01:25+	01:00+	03:04+	01:43+	02:02+	00:19+									

Plass		Navn										Klasse										Tid																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																							
Damer Trim																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																													
21		Karolina Lenart										1376										24:01																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																							
00:43+	01:50+	02:51+	06:00+	06:45+	08:16+	09:06+	12:53+	14:23+	15:41+	19:35+	21:26+	23:41+	24:01+																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																</

Plass	Navn											Klasse	Tid			
Damer Trim																
35	Bente Skagseth											3559	28:49			
01:17+	02:54+	04:15+	08:50+	09:56+	12:07+	13:28+	16:43+	18:27+	19:38+	23:31+	25:23+	28:27+	28:49+			
01:17+	01:37+	01:21+	04:35+	01:06+	02:11+	01:21+	03:15+	01:44+	01:11+	03:53+	01:52+	03:04+	00:22+			
01:17+	01:37+	01:21+	04:35+	01:06+	02:11+	01:21+	03:15+	01:44+	01:11+	03:53+	01:52+	03:04+	00:22+			
36	Synnøve Vidstein											3558	28:51			
01:25+	02:56+	04:18+	08:58+	09:55+	12:16+	13:29+	16:51+	18:28+	19:40+	23:29+	25:25+	28:27+	28:51+			
01:25+	01:31+	01:22+	04:40+	00:57+	02:21+	01:13+	03:22+	01:37+	01:12+	03:49+	01:56+	03:02+	00:24+			
01:25+	01:31+	01:22+	04:40+	00:57+	02:21+	01:13+	03:22+	01:37+	01:12+	03:49+	01:56+	03:02+	00:24+			
37	Anne Lill M. Njå											892	28:55			
00:49+	01:45+	07:22+	10:17+	11:00+	12:33+	13:12+	17:59+	19:20+	20:11+	23:57+	25:35+	28:39+	28:55+			
00:49+	00:56+	05:37+	02:55+	00:43+	01:33+	00:39+	04:47+	01:21+	00:51+	03:46+	01:38+	03:04+	00:16+			
00:49+	00:56+	05:37+	02:55+	00:43+	01:33+	00:39+	04:47+	01:21+	00:51+	03:46+	01:38+	03:04+	00:16+			
38	Grethe Mo											NOTEAM	29:06			
00:43+	01:39+	02:38+	05:29+	06:16+	07:04+	07:48+	09:46+	11:00+	11:49+	26:03+	27:07+	28:54+	29:06+			
00:43+	00:56+	00:59+	02:51+	00:47+	00:48+	00:44+	01:58+	01:14+	00:49+	14:14+	01:04+	01:47+	00:12+			
00:43+	00:56+	00:59+	02:51+	00:47+	00:48+	00:44+	01:58+	01:14+	00:49+	14:14+	01:04+	01:47+	00:12+			
39	Liv Janne Fandrem Biland											892	29:23			
01:52+	03:16+	04:18+	07:36+	09:36+	10:54+	11:50+	14:18+	17:04+	18:04+	22:12+	25:49+	29:01+	29:23+			
01:52+	01:24+	01:02+	03:18+	02:00+	01:18+	00:56+	02:28+	02:46+	01:00+	04:08+	03:37+	03:12+	00:22+			
01:52+	01:24+	01:02+	03:18+	02:00+	01:18+	00:56+	02:28+	02:46+	01:00+	04:08+	03:37+	03:12+	00:22+			
40	Marie Volline Nessler											3516	29:29			
01:12+	02:17+	07:11+	11:01+	11:51+	13:56+	15:52+	18:53+	20:35+	21:40+	25:03+	27:02+	29:10+	29:29+			
01:12+	01:05+	04:54+	03:50+	00:50+	02:05+	01:56+	03:01+	01:42+	01:05+	03:23+	01:59+	02:08+	00:19+			
01:12+	01:05+	04:54+	03:50+	00:50+	02:05+	01:56+	03:01+	01:42+	01:05+	03:23+	01:59+	02:08+	00:19+			
41	Heidi Camilla Raugstad Hovet											769	30:52			
00:57+	02:16+	03:24+	06:12+	08:50+	10:57+	12:05+	15:11+	16:24+	17:25+	22:39+	23:41+	30:33+	30:52+			
00:57+	01:19+	01:08+	02:48+	02:38+	02:07+	01:08+	03:06+	01:13+	01:01+	05:14+	01:02+	06:52+	00:19+			
00:57+	01:19+	01:08+	02:48+	02:38+	02:07+	01:08+	03:06+	01:13+	01:01+	05:14+	01:02+	06:52+	00:19+			
42	Maren Heradstveit											3558	31:10			
01:20+	02:46+	04:19+	08:53+	10:27+	12:26+	13:45+	17:35+	19:47+	21:15+	24:36+	26:47+	30:37+	31:10+			
01:20+	01:26+	01:33+	04:34+	01:34+	01:59+	01:19+	03:50+	02:12+	01:28+	03:21+	02:11+	03:50+	00:33+			
01:20+	01:26+	01:33+	04:34+	01:34+	01:59+	01:19+	03:50+	02:12+	01:28+	03:21+	02:11+	03:50+	00:33+			
43	Åse Kristensen											1141	31:56			
01:15+	02:35+	05:15+	09:37+	10:41+	12:46+	15:32+	18:40+	20:35+	21:43+	24:57+	27:08+	31:34+	31:56+			
01:15+	01:20+	02:40+	04:22+	01:04+	02:05+	02:46+	03:08+	01:55+	01:08+	03:14+	02:11+	04:26+	00:22+			
01:15+	01:20+	02:40+	04:22+	01:04+	02:05+	02:46+	03:08+	01:55+	01:08+	03:14+	02:11+	04:26+	00:22+			
44	Signe Lise Haaland											3507	32:18			
01:35+	03:14+	04:49+	09:40+	10:51+	12:54+	14:04+	18:40+	20:45+	22:06+	25:56+	28:44+	31:47+	32:18+			
01:35+	01:39+	01:35+	04:51+	01:11+	02:03+	01:10+	04:36+	02:05+	01:21+	03:50+	02:48+	03:03+	00:31+			
01:35+	01:39+	01:35+	04:51+	01:11+	02:03+	01:10+	04:36+	02:05+	01:21+	03:50+	02:48+	03:03+	00:31+			
45	Ingunn Johanne Fandrem											3511	32:56			
01:38+	03:03+	04:27+	08:30+	09:39+	11:56+	13:11+	17:44+	20:20+	21:28+	28:13+	30:28+	32:37+	32:56+			
01:38+	01:25+	01:24+	04:03+	01:09+	02:17+	01:15+	04:33+	02:36+	01:08+	06:45+	02:15+	02:09+	00:19+			
01:38+	01:25+	01:24+	04:03+	01:09+	02:17+	01:15+	04:33+	02:36+	01:08+	06:45+	02:15+	02:09+	00:19+			
46	Solveig Marie Grønningen											3511	33:01			
01:35+	03:01+	04:31+	08:28+	09:36+	12:02+	13:14+	17:44+	20:23+	21:32+	28:17+	30:21+	32:41+	33:01+			
01:35+	01:26+	01:30+	03:57+	01:08+	02:26+	01:12+	04:30+	02:39+	01:09+	06:45+	02:04+	02:20+	00:20+			
01:35+	01:26+	01:30+	03:57+	01:08+	02:26+	01:12+	04:30+	02:39+	01:09+	06:45+	02:04+	02:20+	00:20+			
47	Unni Byberg Mæstad											892	33:44			
00:52+	02:08+	03:21+	07:16+	08:22+	09:52+	10:42+	13:33+	18:47+	19:34+	29:23+	31:04+	33:25+	33:44+			
00:52+	01:16+	01:13+	03:55+	01:06+	01:30+	00:50+	02:51+	05:14+	00:47+	09:49+	01:41+	02:21+	00:19+			
00:52+	01:16+	01:13+	03:55+	01:06+	01:30+	00:50+	02:51+	05:14+	00:47+	09:49+	01:41+	02:21+	00:19+			
48	Randi Roth											874	34:04			
01:03+	02:29+	03:55+	09:36+	11:09+	13:26+	14:53+	19:27+	22:04+	23:47+	27:40+	29:56+	33:45+	34:04+			
01:03+	01:26+	01:26+	05:41+	01:33+	02:17+	01:27+	04:34+	02:37+	01:43+	03:53+	02:16+	03:49+	00:19+			
01:03+	01:26+	01:26+	05:41+	01:33+	02:17+	01:27+	04:34+	02:37+	01:43+	03:53+	02:16+	03:49+	00:19+			

Plass	Navn										Klasse				Tid			
Damer Trim																		
49	Gro Mariero										3581				34:09			
01:43+	03:24+	05:09+	10:27+	11:41+	13:29+	14:34+	18:56+	21:10+	22:30+	27:35+	30:11+	33:37+	34:09+					
01:43+	01:41+	01:45+	05:18+	01:14+	01:48+	01:05+	04:22+	02:14+	01:20+	05:05+	02:36+	03:26+	00:32+					
01:43+	01:41+	01:45+	05:18+	01:14+	01:48+	01:05+	04:22+	02:14+	01:20+	05:05+	02:36+	03:26+	00:32+					
50	Ewelina Uscinska										1456				37:48			
01:07+	02:39+	04:00+	08:05+	09:03+	10:38+	12:58+	16:01+	27:50+	28:44+	32:46+	34:24+	37:32+	37:48+					
01:07+	01:32+	01:21+	04:05+	00:58+	01:35+	02:20+	03:03+	11:49+	00:54+	04:02+	01:38+	03:08+	00:16+					
01:07+	01:32+	01:21+	04:05+	00:58+	01:35+	02:20+	03:03+	11:49+	00:54+	04:02+	01:38+	03:08+	00:16+					
51	Wibeke Lende										3503				38:18			
01:55+	03:47+	05:29+	11:17+	12:39+	14:59+	16:18+	20:45+	23:06+	24:30+	31:21+	33:59+	37:43+	38:18+					
01:55+	01:52+	01:42+	05:48+	01:22+	02:20+	01:19+	04:27+	02:21+	01:24+	06:51+	02:38+	03:44+	00:35+					
01:55+	01:52+	01:42+	05:48+	01:22+	02:20+	01:19+	04:27+	02:21+	01:24+	06:51+	02:38+	03:44+	00:35+					
52	Ragnhild Christiansen										1884				39:06			
01:52+	03:43+	05:37+	11:32+	13:03+	15:40+	17:10+	22:18+	24:45+	26:34+	31:49+	34:45+	38:34+	39:06+					
01:52+	01:51+	01:54+	05:55+	01:31+	02:37+	01:30+	05:08+	02:27+	01:49+	05:15+	02:56+	03:49+	00:32+					
01:52+	01:51+	01:54+	05:55+	01:31+	02:37+	01:30+	05:08+	02:27+	01:49+	05:15+	02:56+	03:49+	00:32+					
53	Else Marie Furland										NOTEAM				39:13			
01:55+	03:46+	05:39+	11:39+	13:13+	15:57+	17:22+	22:24+	24:55+	26:41+	32:00+	34:56+	38:40+	39:13+					
01:55+	01:51+	01:53+	06:00+	01:34+	02:44+	01:25+	05:02+	02:31+	01:46+	05:19+	02:56+	03:44+	00:33+					
01:55+	01:51+	01:53+	06:00+	01:34+	02:44+	01:25+	05:02+	02:31+	01:46+	05:19+	02:56+	03:44+	00:33+					
54	Marit Kløvstad Braut										892				39:15			
01:50+	03:51+	05:44+	11:33+	13:01+	15:51+	17:16+	22:24+	25:06+	26:53+	32:08+	35:01+	38:32+	39:15+					
01:50+	02:01+	01:53+	05:49+	01:28+	02:50+	01:25+	05:08+	02:42+	01:47+	05:15+	02:53+	03:31+	00:43+					
01:50+	02:01+	01:53+	05:49+	01:28+	02:50+	01:25+	05:08+	02:42+	01:47+	05:15+	02:53+	03:31+	00:43+					
55	Anna Langlo										722				40:01			
01:40+	03:07+	05:02+	09:47+	11:14+	13:31+	15:13+	20:02+	21:51+	25:05+	30:51+	35:24+	39:32+	40:01+					
01:40+	01:27+	01:55+	04:45+	01:27+	02:17+	01:42+	04:49+	01:49+	03:14+	05:46+	04:33+	04:08+	00:29+					
01:40+	01:27+	01:55+	04:45+	01:27+	02:17+	01:42+	04:49+	01:49+	03:14+	05:46+	04:33+	04:08+	00:29+					
56	Linda Strøm										722				40:03			
01:41+	03:08+	05:02+	09:52+	11:14+	13:36+	15:14+	20:05+	21:51+	25:05+	30:51+	35:19+	39:33+	40:03+					
01:41+	01:27+	01:54+	04:50+	01:22+	02:22+	01:38+	04:51+	01:46+	03:14+	05:46+	04:28+	04:14+	00:30+					
01:41+	01:27+	01:54+	04:50+	01:22+	02:22+	01:38+	04:51+	01:46+	03:14+	05:46+	04:28+	04:14+	00:30+					
57	Monika Korbecka										1456				40:27			
02:05+	03:49+	05:36+	11:02+	13:16+	16:30+	17:54+	22:19+	24:26+	25:49+	32:52+	35:39+	39:51+	40:27+					
02:05+	01:44+	01:47+	05:26+	02:14+	03:14+	01:24+	04:25+	02:07+	01:23+	07:03+	02:47+	04:12+	00:36+					
02:05+	01:44+	01:47+	05:26+	02:14+	03:14+	01:24+	04:25+	02:07+	01:23+	07:03+	02:47+	04:12+	00:36+					
58	Esther Boenheim										2539				40:37			
00:57+	02:05+	03:14+	06:43+	08:32+	09:44+	10:50+	13:38+	15:05+	16:01+	30:38+	37:45+	40:19+	40:37+					
00:57+	01:08+	01:09+	03:29+	01:49+	01:12+	01:06+	02:48+	01:27+	00:56+	14:37+	07:07+	02:34+	00:18+					
00:57+	01:08+	01:09+	03:29+	01:49+	01:12+	01:06+	02:48+	01:27+	00:56+	14:37+	07:07+	02:34+	00:18+					
59	Inger Lise Sigvaldsen										NOTEAM				43:12			
10:14+	12:52+	14:29+	19:58+	21:08+	22:47+	24:15+	28:32+	30:39+	32:12+	36:38+	39:27+	42:47+	43:12+					
10:14+	02:38+	01:37+	05:29+	01:10+	01:39+	01:28+	04:17+	02:07+	01:33+	04:26+	02:49+	03:20+	00:25+					
10:14+	02:38+	01:37+	05:29+	01:10+	01:39+	01:28+	04:17+	02:07+	01:33+	04:26+	02:49+	03:20+	00:25+					
60	May Kristin Haaland										3511				45:11			
01:37+	03:14+	05:06+	10:20+	12:37+	14:54+	16:05+	22:34+	24:37+	26:01+	30:35+	39:57+	44:47+	45:11+					
01:37+	01:37+	01:52+	05:14+	02:17+	02:17+	01:11+	06:29+	02:03+	01:24+	04:34+	09:22+	04:50+	00:24+					
01:37+	01:37+	01:52+	05:14+	02:17+	02:17+	01:11+	06:29+	02:03+	01:24+	04:34+	09:22+	04:50+	00:24+					
61	Kjersti Svalland										880				45:34			
01:06+	02:08+	03:32+	07:22+	08:59+	10:43+	11:31+	15:20+	15:51+	18:14+	19:43+	20:42+	39:56+	41:24+	45:17+	45:34+			
01:06+	01:02+	01:24+	03:50+	01:37+	01:44+	00:48+	03:49+	00:31+	02:23+	01:29+	00:59+	19:14+	01:28+	03:53+	00:17+			
01:06+	01:02+	01:24+	03:50+	01:37+	01:44+	00:48+	03:49+	00:31+	02:23+	01:29+	00:59+	19:14+	01:28+	03:53+	00:17+			

Beste strekktid for klassen

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

Plass	Navn	Klasse	Tid
-------	------	--------	-----

Herrer 16 - 39 år

1	Jørgen Hetland												3581		18:53						
00:36=	01:31=	02:21=	04:35=	04:59=	05:35=	06:04=	08:36=	09:14=	09:36=	11:12=	11:46=	13:08=	14:09=	14:56=	16:06=	17:05=	18:26=	18:53=			
00:36=	00:55=	00:50=	02:14=	00:24=	00:36=	00:29=	02:32=	00:38=	00:22=	01:36=	00:34=	01:22=	01:01=	00:47=	01:10=	00:59=	01:21=	00:27=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Per Christian Munkhaug												3516		20:55						
00:34=	01:44+	02:39+	05:05+	05:30+	06:08+	06:39+	08:55+	09:35+	09:58+	11:33+	12:24+	14:00+	15:34+	16:33+	17:47+	19:05+	20:28+	20:55+			
00:34=	01:10+	00:55+	02:26+	00:25+	00:38+	00:31+	02:16=	00:40+	00:23+	01:35=	00:51+	01:36+	01:34+	00:59+	01:14+	01:18+	01:23+	00:27=			
00:02=	00:15&	00:05#	00:12+	00:01+	00:02+	00:02+	00:16=	00:02+	00:01+	00:01=	00:17&	00:14#	00:33&	00:12&	00:04+	00:19&	00:02+	00:00=			
3	Torbjørn Fuglestad												878		21:35						
00:38+	01:40+	02:47+	05:30+	05:58+	06:41+	07:18+	09:59+	10:44+	11:07+	12:44+	13:20+	14:59+	16:02+	17:07+	18:34+	19:41+	21:10+	21:35+			
00:38+	01:02+	01:07+	02:43+	00:28+	00:43+	00:37+	02:41+	00:45+	00:23+	01:37+	00:36+	01:39+	01:03+	01:05+	01:27+	01:07+	01:29+	00:25=			
00:02+	00:07#	00:17&	00:29#	00:04#	00:07#	00:08&	00:09+	00:07#	00:01+	00:01+	00:02+	00:17#	00:02+	00:18&	00:17#	00:08#	00:08+	00:02=			
4	Frank Terje Berge												643		22:07						
00:45+	01:56+	02:52+	05:19+	05:50+	06:39+	07:14+	09:33+	10:19+	10:47+	13:06+	13:49+	15:54+	16:59+	17:53+	18:59+	20:18+	21:38+	22:07+			
00:45+	01:11+	00:56+	02:27+	00:31+	00:49+	00:35+	02:19=	00:46+	00:28+	02:19+	00:43+	02:05+	01:05+	00:54+	01:06=	01:19+	01:20=	00:29+			
00:09#	00:16&	00:06#	00:13+	00:07&	00:13&	00:06#	00:13=	00:08#	00:06&	00:43&	00:09&	00:43&	00:04+	00:07#	00:04=	00:20&	00:01=	00:02+			
5	Erlend Syse												3559		22:18						
00:38+	01:43+	02:38+	05:22+	05:47+	06:37+	07:10+	09:46+	10:30+	10:55+	13:30+	14:13+	15:42+	16:52+	17:56+	19:17+	20:24+	21:55+	22:18+			
00:38+	01:05+	00:55+	02:44+	00:25+	00:50+	00:33+	02:36+	00:44+	00:25+	02:35+	00:43+	01:29+	01:10+	01:04+	01:21+	01:07+	01:31+	00:23=			
00:02+	00:10#	00:05#	00:30#	00:01+	00:14&	00:04#	00:04+	00:06#	00:03#	00:59&	00:09&	00:07+	00:09#	00:17&	00:11#	00:08#	00:10#	00:04=			
6	Sondre Aspøy												896		23:09						
00:39+	01:54+	02:59+	05:39+	06:04+	06:55+	07:29+	10:38+	11:22+	11:49+	13:39+	14:24+	16:09+	17:26+	18:38+	20:01+	21:22+	22:43+	23:09+			
00:39+	01:15+	01:05+	02:40+	00:25+	00:51+	00:34+	03:09+	00:44+	00:27+	01:50+	00:45+	01:45+	01:17+	01:12+	01:23+	01:21+	01:21=	00:26=			
00:03+	00:20&	00:15&	00:26#	00:01+	00:15&	00:05#	00:37#	00:06#	00:05#	00:14#	00:11&	00:23&	00:16&	00:25&	00:13#	00:22&	00:00=	00:01=			
7	Eivind Brimsø												3559		23:09						
00:41+	01:52+	03:02+	05:41+	06:07+	06:59+	07:48+	10:22+	11:11+	11:34+	14:03+	14:43+	16:20+	17:15+	18:29+	19:48+	21:09+	22:39+	23:09+			
00:41+	01:11+	01:10+	02:39+	00:26+	00:52+	00:49+	02:34+	00:49+	00:23+	02:29+	00:40+	01:37+	00:55=	01:14+	01:19+	01:21+	01:30+	00:30+			
00:05#	00:16&	00:20&	00:25#	00:02+	00:16&	00:20&	00:02+	00:11&	00:01+	00:53&	00:06#	00:15#	00:06=	00:27&	00:09#	00:22&	00:09#	00:03#			
8	Truls Thorkildsen												2074		23:48						
00:38+	01:39+	02:46+	05:27+	05:57+	06:40+	07:10+	10:08+	10:51+	11:13+	14:03+	14:51+	15:23+	17:19+	18:35+	19:37+	20:55+	21:57+	23:25+	23:48+		
00:38+	01:01+	01:07+	02:41+	00:30+	00:43+	00:30+	02:58+	00:43+	00:22=	02:50+	00:48+	00:32=	01:56+	01:16+	01:02=	01:18+	01:02=	01:28+	00:23+		
00:02+	00:06#	00:17&	00:27#	00:06#	00:07#	00:01+	00:26#	00:05#	00:00=	01:14&	00:14&	00:50=	00:55&	00:29&	00:08=	00:19&	00:19=	01:01@	00:23+		
9	Truls Kolnes												3512		23:49						
00:50+	01:58+	02:56+	05:23+	05:51+	06:48+	07:21+	10:19+	11:07+	11:29+	13:33+	14:26+	16:11+	17:45+	18:47+	19:58+	22:06+	23:22+	23:49+			
00:50+	01:08+	00:58+	02:27+	00:28+	00:57+	00:33+	02:58+	00:48+	00:22=	02:04+	00:53+	01:45+	01:34+	01:02+	01:11+	02:08+	01:16=	00:27=			
00:14&	00:13#	00:08#	00:13+	00:04#	00:21&	00:04#	00:26#	00:10&	00:00=	00:28&	00:19&	00:23&	00:33&	00:15&	00:01+	01:09@	00:05=	00:00=			
10	Gard Christophersen												3545		23:50						
00:41+	01:36+	02:35+	04:58+	05:32+	06:15+	06:44+	09:18+	10:03+	10:26+	12:08+	12:52+	14:32+	18:52+	19:38+	20:49+	21:48+	23:12+	23:50+			
00:41+	00:55=	00:59+	02:23+	00:34+	00:43+	00:29=	02:34+	00:45+	00:23+	01:42+	00:44+	01:40+	04:20+	00:46=	01:11+	00:59=	01:24+	00:38+			
00:05#	00:00=	00:09#	00:09+	00:10&	00:07#	00:00=	00:02+	00:07#	00:01+	00:06+	00:10&	00:18#	03:19@	00:01=	00:01+	00:00=	00:03+	00:11&			
11	Tor Gunnar Osen												1683		24:09						
00:40+	01:43+	02:43+	05:29+	06:07+	06:59+	07:35+	10:49+	11:34+	11:59+	14:22+	15:02+	16:34+	17:49+	18:45+	20:00+	21:14+	23:47+	24:09+			
00:40+	01:03+	01:00+	02:46+	00:38+	00:52+	00:36+	03:14+	00:45+	00:25+	02:23+	00:40+	01:32+	01:15+	00:56+	01:15+	01:14+	02:33+	00:22=			
00:04#	00:08#	00:10#	00:32#	00:14&	00:16&	00:07#	00:42&	00:07#	00:03#	00:47&	00:06#	00:10#	00:14#	00:09#	00:05+	00:15&	01:12&	00:05=			
12	Thomas Hinna												1456		24:28						
00:37+	01:47+	02:48+	05:38+	06:07+	06:54+	07:39+	10:27+	11:14+	11:35+	14:49+	15:36+	18:01+	19:08+	20:10+	21:26+	22:22+	24:03+	24:28+			
00:37+	01:10+	01:01+	02:50+	00:29+	00:47+	00:45+	02:48+	00:47+	00:21=	03:14+	00:47+	02:25+	01:07+	01:02+	01:16+	00:56=	01:41+	00:25=			
00:01+	00:15&	00:11#	00:36&	00:05#	00:11&	00:16&	00:16#	00:09#	00:01=	01:38@	00:13&	01:03&	00:06+	00:15&	00:06+	00:03=	00:20#	00:02=			
13	Sjur Berntsen												722		25:42						
00:35=	01:36+	02:33+	04:56+	05:29+	06:13+	06:55+	10:04+	10:55+	11:16+	16:38+	17:14+	19:10+	20:31+	21:19+	22:24+	23:34+	25:14+	25:42+			
00:35=	01:01+	00:57+	02:23+	00:33+	00:44+	00:42+	03:09+	00:51+	00:21=	05:22+	00:36+	01:56+	01:21+	00:48+	01:05=	01:10+	01:40+	00:28+			
00:01=	00:06#	00:07#	00:09+	00:09&	00:08#	00:13&	00:37#	00:13&	00:01=	03:46@	00:02+	00:34&	00:20&	00:01+	00:05=	00:11#	00:19#	00:01+			
14	Alf Olav Kalvik												793		26:13						
00:51+	02:10+	03:18+	06:01+	06:33+	07:44+	08:18+	11:18+	12:06+	12:33+	16:34+	17:11+	19:00+	20:11+	21:18+	22:24+	23:29+	25:35+	26:13+			
00:51+	01:19+	01:08+	02:43+	00:32+	01:11+	00:34+	03:00+	00:48+	00:27+	04:01+	00:37+	01:49+	01:11+	01:07+	01:06=	01:05+	02:06+	00:38+			
00:15&	00:24&	00:18&	00:29#	00:08&	00:35&	00:05#	00:28#	00:10&	00:05#	02:25@	00:03+	00:27&	00:10#	00:20&	00:04=	00:06#	00:45&	00:11&			

Plass	Navn				Klasse				Tid			
-------	------	--	--	--	--------	--	--	--	-----	--	--	--

Herrer 16 - 39 år

15	Lars Kartevoll				3548				28:02			
00:50+	02:21+	03:34+	06:15+	06:50+	07:52+	08:28+	11:41+	12:40+	13:04+	16:42+	17:42+	19:23+
00:50+	01:31+	01:13+	02:41+	00:35+	01:02+	00:36+	03:13+	00:59+	00:24+	03:38+	01:00+	01:41+
00:14&	00:36&	00:23&	00:27#	00:11&	00:26&	00:07#	00:41&	00:21&	00:02+	02:02&	00:26&	00:19#
16	Jone Klemo Øverland				1384				30:11			
00:59+	01:56+	03:14+	06:07+	06:40+	07:45+	08:43+	11:46+	12:40+	13:06+	19:26+	20:08+	22:12+
00:59+	00:57+	01:18+	02:53+	00:33+	01:05+	00:58+	03:03+	00:54+	00:26+	06:20+	00:42+	02:04+
00:59+	00:57+	01:18+	02:53+	00:33+	01:05+	00:58+	03:03+	00:54+	00:26+	06:20+	00:42+	02:04+
17	Christoffer Soma				903				34:46			
00:45+	02:07+	03:33+	07:16+	08:26+	09:31+	10:20+	16:08+	17:13+	17:36+	21:02+	22:10+	24:45+
00:45+	01:22+	01:26+	03:43+	01:10+	01:05+	00:49+	05:48+	01:05+	00:23+	03:26+	01:08+	02:35+
00:45+	01:22+	01:26+	03:43+	01:10+	01:05+	00:49+	05:48+	01:05+	00:23+	03:26+	01:08+	02:35+

Beste strekktid for klassen

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

Herrer 40 - 49 år

1	Joakim B. Enne Haug				1284				19:22			
00:33=	01:25=	02:21=	04:35=	05:02=	05:50=	06:26=	09:18=	10:00=	10:19=	12:02=	12:28=	14:02=
00:33=	00:52=	00:56=	02:14=	00:27=	00:48=	00:36=	02:52=	00:42=	00:19=	01:43=	00:26=	01:34=
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=
2	Eivind Lie				1683				20:22			
00:36+	01:33+	02:33+	04:58+	05:23+	06:05+	06:35+	09:18=	10:17+	10:36+	12:42+	13:17+	14:37+
00:36+	00:57+	01:00+	02:25+	00:25-	00:42-	00:30-	02:43-	00:59+	00:19=	02:06+	00:35+	01:20-
00:03+	00:05+	00:04+	00:11+	00:02-	00:06-	00:06-	00:09-	00:17&	00:00=	00:23#	00:09&	00:14-
3	Andreas Breiland				3522				20:26			
00:34+	01:34+	02:28+	04:56+	05:24+	06:10+	06:43+	09:28+	10:04+	10:30+	12:17+	12:57+	14:25+
00:34+	01:00+	00:54-	02:28+	00:28+	00:46-	00:33-	02:45-	00:36-	00:26+	01:47+	00:40+	01:28-
00:01+	00:08#	00:02-	00:14#	00:01+	00:02-	00:03-	00:07-	00:06-	00:07&	00:04+	00:14&	00:06-
4	Thomas Chruickshank				3545				21:41			
00:38+	01:35+	02:41+	05:00+	05:28+	06:10+	06:45+	09:28+	10:07+	10:34+	14:05+	14:34+	16:06+
00:38+	00:57+	01:06+	02:19+	00:28+	00:42-	00:35-	02:43-	00:39-	00:27+	03:31+	00:29+	01:32-
00:05#	00:05+	00:10#	00:05+	00:01+	00:06-	00:01-	00:09-	00:03-	00:08&	01:48&	00:03#	00:02-
5	Per Jan Ersland				3510				22:03			
00:36+	01:31+	02:20-	04:43+	05:08+	05:57+	06:29+	09:06-	10:03+	10:24+	12:46+	13:23+	16:01+
00:36+	00:55+	00:49-	02:23+	00:25-	00:49+	00:32-	02:37-	00:57+	00:21+	02:22+	00:37+	02:38+
00:03+	00:03+	00:07-	00:09+	00:02-	00:01+	00:04-	00:15-	00:15&	00:02#	00:39&	00:11&	01:04&
6	Antal Jansen				3530				22:22			
00:39+	02:46+	03:41+	06:16+	06:41+	07:25+	08:05+	10:28+	11:16+	11:41+	14:00+	14:47+	16:15+
00:39+	02:07+	00:55-	02:35+	00:25-	00:44-	00:40+	02:23-	00:48+	00:25+	02:19+	00:47+	01:28-
00:06#	01:15&	00:01-	00:21#	00:02-	00:04-	00:04#	00:29-	00:06#	00:06&	00:36&	00:21&	00:06-
7	Asgeir Nærland				1830				22:49			
00:34+	01:30+	02:41+	04:55+	05:26+	06:07+	06:38+	09:17-	10:22+	10:39+	13:10+	13:57+	16:42+
00:34+	00:56+	01:11+	02:14=	00:31+	00:41-	00:31-	02:39-	01:05+	00:17-	02:31+	00:47+	02:45+
00:01+	00:04+	00:15&	00:00=	00:04#	00:07-	00:05-	00:13-	00:23&	00:02-	00:48&	00:21&	01:11&
8	Magne Habbestad				3531				23:04			
00:41+	01:43+	02:44+	05:22+	05:49+	06:46+	07:18+	10:34+	11:23+	11:47+	13:51+	14:25+	15:54+
00:41+	01:02+	01:01+	02:38+	00:27=	00:57+	00:32-	03:16+	00:49+	00:24+	02:04+	00:34+	01:29-
00:08#	00:10#	00:05+	00:24#	00:00=	00:09#	00:04-	00:24#	00:07#	00:05&	00:21#	00:08&	00:05-
9	Sjur Sigmo				1683				23:32			
00:42+	01:46+	02:50+	05:36+	06:02+	06:46+	07:20+	10:11+	11:05+	11:36+	13:40+	14:13+	16:06+
00:42+	01:04+	01:04+	02:46+	00:26-	00:44-	00:34-	02:51-	00:54+	00:31+	02:04+	00:33+	01:53+
00:09&	00:12#	00:08#	00:32#	00:01-	00:04-	00:02-	00:01-	00:12&	00:12&	00:21#	00:07&	00:19#

Plass	Navn	Klasse										Tid							
-------	------	--------	--	--	--	--	--	--	--	--	--	-----	--	--	--	--	--	--	--

Herrer 40 - 49 år

10	Rune Hatle												903	23:44							
00:52+	02:14+	03:14+	06:11+	06:45+	07:28+	08:08+	10:57+	11:54+	12:20+	14:18+	14:44+	17:11+	18:22+	19:24+	20:51+	21:53+	23:26+	23:44+			
00:52+	01:22+	01:00+	02:57+	00:34+	00:43-	00:40+	02:49-	00:57+	00:26+	01:58+	00:26=	02:27+	01:11+	01:02+	01:27+	01:02+	01:33+	00:18-			
00:19%	00:30%	00:04+	00:43%	00:07%	00:05-	00:04#	00:03-	00:15%	00:07%	00:15#	00:00=	00:53%	00:18%	00:21%	00:21%	00:13%	00:06+	00:06-			
11	Cedric Fayemendy												3559	24:36							
00:37+	01:48+	02:46+	05:20+	05:51+	06:32+	07:02+	10:04+	11:05+	11:24+	14:34+	15:03+	16:54+	18:21+	19:53+	21:05+	22:20+	24:08+	24:36+			
00:37+	01:11+	00:58+	02:34+	00:31+	00:41+	00:30+	03:02+	01:01+	00:19+	03:10+	00:29+	01:51+	01:27+	01:32+	01:12+	01:15+	01:48+	00:28+			
00:37+	01:11+	00:58+	02:34+	00:31+	00:41+	00:30+	03:02+	01:01+	00:19+	03:10+	00:29+	01:51+	01:27+	01:32+	01:12+	01:15+	01:48+	00:28+			
12	Bjarte Harbo												1830	24:46							
00:40+	01:58+	03:01+	05:43+	06:13+	07:11+	07:53+	10:46+	11:35+	12:00+	14:56+	15:39+	17:37+	18:50+	19:58+	21:09+	22:21+	24:17+	24:46+			
00:40+	01:18+	01:03+	02:42+	00:30+	00:58+	00:42+	02:53+	00:49+	00:25+	02:56+	00:43+	01:58+	01:13+	01:08+	01:11+	01:12+	01:56+	00:29+			
00:40+	01:18+	01:03+	02:42+	00:30+	00:58+	00:42+	02:53+	00:49+	00:25+	02:56+	00:43+	01:58+	01:13+	01:08+	01:11+	01:12+	01:56+	00:29+			
13	Jan-Kenneth Polle												3525	25:01							
00:52+	01:51+	02:52+	05:21+	05:50+	06:46+	07:26+	10:36+	11:41+	12:05+	14:15+	15:07+	16:44+	17:50+	18:49+	20:06+	23:03+	24:30+	25:01+			
00:52+	00:59+	01:01+	02:29+	00:29+	00:56+	00:40+	03:10+	01:05+	00:24+	02:10+	00:52+	01:37+	01:06+	00:59+	01:17+	02:57+	01:27+	00:31+			
00:52+	00:59+	01:01+	02:29+	00:29+	00:56+	00:40+	03:10+	01:05+	00:24+	02:10+	00:52+	01:37+	01:06+	00:59+	01:17+	02:57+	01:27+	00:31+			
14	Reidar Mosvold												1754	25:58							
00:46+	02:15+	03:22+	06:27+	06:56+	08:05+	08:38+	12:11+	13:02+	13:29+	15:22+	15:57+	17:50+	19:07+	20:19+	22:05+	23:25+	25:17+	25:58+			
00:46+	01:29+	01:07+	03:05+	00:29+	01:09+	00:33+	03:33+	00:51+	00:27+	01:53+	00:35+	01:53+	01:17+	01:12+	01:46+	01:20+	01:52+	00:41+			
00:46+	01:29+	01:07+	03:05+	00:29+	01:09+	00:33+	03:33+	00:51+	00:27+	01:53+	00:35+	01:53+	01:17+	01:12+	01:46+	01:20+	01:52+	00:41+			
15	Christian Ask												3563	26:59							
00:44+	01:44+	02:45+	05:25+	05:55+	06:50+	07:29+	11:15+	12:03+	12:26+	14:16+	14:51+	16:15+	21:41+	22:30+	23:43+	24:52+	26:35+	26:59+			
00:44+	01:00+	01:01+	02:40+	00:30+	00:55+	00:39+	03:46+	00:48+	00:23+	01:50+	00:35+	01:24+	05:26+	00:49+	01:13+	01:09+	01:43+	00:24+			
00:44+	01:00+	01:01+	02:40+	00:30+	00:55+	00:39+	03:46+	00:48+	00:23+	01:50+	00:35+	01:24+	05:26+	00:49+	01:13+	01:09+	01:43+	00:24+			
16	Inge Arild Leknes												3548	27:07							
00:42+	01:55+	03:03+	06:00+	06:28+	07:41+	08:23+	11:12+	12:17+	12:34+	16:19+	17:18+	18:53+	20:16+	21:12+	22:27+	24:57+	26:46+	27:07+			
00:42+	01:13+	01:08+	02:57+	00:28+	01:13+	00:42+	02:49+	01:05+	00:17+	03:45+	00:59+	01:35+	01:23+	00:56+	01:15+	02:30+	01:49+	00:21+			
00:42+	01:13+	01:08+	02:57+	00:28+	01:13+	00:42+	02:49+	01:05+	00:17+	03:45+	00:59+	01:35+	01:23+	00:56+	01:15+	02:30+	01:49+	00:21+			
17	Anders Presterud												903	27:39							
00:44+	02:16+	03:28+	06:20+	06:56+	08:02+	08:33+	12:01+	12:53+	13:25+	16:54+	17:29+	20:02+	21:14+	22:24+	23:52+	25:33+	27:08+	27:39+			
00:44+	01:32+	01:12+	02:52+	00:36+	01:06+	00:31+	03:28+	00:52+	00:32+	03:29+	00:35+	02:33+	01:12+	01:10+	01:28+	01:41+	01:35+	00:31+			
00:44+	01:32+	01:12+	02:52+	00:36+	01:06+	00:31+	03:28+	00:52+	00:32+	03:29+	00:35+	02:33+	01:12+	01:10+	01:28+	01:41+	01:35+	00:31+			
18	Anders Hagen												3528	30:43							
00:43+	02:11+	03:15+	05:59+	06:31+	07:23+	08:00+	10:42+	11:43+	12:04+	16:42+	17:11+	19:28+	24:36+	25:37+	26:52+	28:33+	30:15+	30:43+			
00:43+	01:28+	01:04+	02:44+	00:32+	00:52+	00:37+	02:42+	01:01+	00:21+	04:38+	00:29+	02:17+	05:08+	01:01+	01:15+	01:41+	01:42+	00:28+			
00:43+	01:28+	01:04+	02:44+	00:32+	00:52+	00:37+	02:42+	01:01+	00:21+	04:38+	00:29+	02:17+	05:08+	01:01+	01:15+	01:41+	01:42+	00:28+			
19	Åsbjørn Enerstvedt												3516	33:11							
01:04+	02:38+	03:45+	06:30+	06:59+	08:03+	09:50+	13:46+	14:46+	15:06+	18:51+	19:18+	21:15+	25:24+	26:12+	27:41+	28:54+	32:35+	33:11+			
01:04+	01:34+	01:07+	02:45+	00:29+	01:04+	01:47+	03:56+	01:00+	00:20+	03:45+	00:27+	01:57+	04:09+	00:48+	01:29+	01:13+	03:41+	00:36+			
01:04+	01:34+	01:07+	02:45+	00:29+	01:04+	01:47+	03:56+	01:00+	00:20+	03:45+	00:27+	01:57+	04:09+	00:48+	01:29+	01:13+	03:41+	00:36+			

Beste strekktid for klassen

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

Herrer 50 - 59 år

1	Kevin Foust	2023													19:16	
01:34=	02:12=	04:57=	05:56=	06:26=	09:30=	11:25=	12:38=	13:22=	14:31=	16:24=	17:21=	17:41=	18:51=	19:16=		
01:34=	00:38=	02:45=	00:59=	00:30=	03:04=	01:55=	01:13=	00:44=	01:09=	01:53=	00:57=	00:20=	01:10=	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=		
2	Sigurd Ravndal	769													19:47	
01:57+	02:39+	05:41+	06:51+	07:25+	09:35+	11:45+	12:30-	13:33+	14:33+	16:40+	17:43+	18:06+	19:22+	19:47+		
01:57+	00:42+	03:02+	01:10+	00:34+	02:10-	02:10+	00:45-	01:03+	01:00-	02:07+	01:03+	00:23+	01:16+	00:25=		
00:23#	00:04#	00:17#	00:11#	00:04#	00:54-	00:15#	00:28-	00:19%	00:09-	00:14#	00:06#	00:03#	00:06+	00:00=		

Plass	Navn				Klasse				Tid						
Herrer 50 - 59 år															
3	Geir Inge Høivik				3522				19:54						
	01:34=	02:16+	05:04+	06:19+	07:01+	09:06-	11:43+	12:25-	13:15-	14:45+	16:37+	17:47+	18:13+	19:27+	19:54+
	01:34=	00:42+	02:48+	01:15+	00:42+	02:05-	02:37+	00:42-	00:50+	01:30+	01:52-	01:10+	00:26+	01:14+	00:27+
	00:00=	00:04#	00:03+	00:16&	00:12&	00:59-	00:42&	00:31-	00:06#	00:21&	00:01-	00:13#	00:06&	00:04+	00:02+
4	Svein Roar Aas				3486				19:58						
	01:35+	02:17+	05:09+	06:22+	07:08+	09:09+	11:41+	12:25+	13:25+	14:37+	16:32+	17:45+	18:13+	19:35+	19:58+
	01:35+	00:42+	02:52+	01:13+	00:46+	02:01+	02:32+	00:44+	01:00+	01:12+	01:55+	01:13+	00:28+	01:22+	00:23+
	01:35+	00:42+	02:52+	01:13+	00:46+	02:01+	02:32+	00:44+	01:00+	01:12+	01:55+	01:13+	00:28+	01:22+	00:23+
5	Anders Glenne				793				20:15						
	01:36+	02:15+	05:02+	06:11+	06:43+	09:05+	11:13+	11:50+	14:00+	15:14+	17:15+	18:16+	18:40+	19:52+	20:15+
	01:36+	00:39+	02:47+	01:09+	00:32+	02:22+	02:08+	00:37+	02:10+	01:14+	02:01+	01:01+	00:24+	01:12+	00:23+
	01:36+	00:39+	02:47+	01:09+	00:32+	02:22+	02:08+	00:37+	02:10+	01:14+	02:01+	01:01+	00:24+	01:12+	00:23+
6	Rune Paulsen				3508				20:29						
	01:52+	02:34+	05:29+	06:38+	07:11+	09:20+	11:54+	12:46+	13:48+	14:52+	16:53+	17:58+	18:24+	20:12+	20:29+
	01:52+	00:42+	02:55+	01:09+	00:33+	02:09+	02:34+	00:52+	01:02+	01:04+	02:01+	01:05+	00:26+	01:48+	00:17+
	01:52+	00:42+	02:55+	01:09+	00:33+	02:09+	02:34+	00:52+	01:02+	01:04+	02:01+	01:05+	00:26+	01:48+	00:17+
7	Jørgen Nilsen				1683				20:33						
	01:40+	02:18+	05:19+	06:35+	07:10+	09:20+	11:37+	12:18+	13:16+	14:49+	16:59+	18:10+	18:43+	20:08+	20:33+
	01:40+	00:38+	03:01+	01:16+	00:35+	02:10+	02:17+	00:41+	00:58+	01:33+	02:10+	01:11+	00:33+	01:25+	00:25+
	01:40+	00:38+	03:01+	01:16+	00:35+	02:10+	02:17+	00:41+	00:58+	01:33+	02:10+	01:11+	00:33+	01:25+	00:25+
8	Steinar Hansen				882				20:35						
	01:40+	02:19+	05:20+	06:31+	07:02+	08:59+	11:23+	12:12+	13:13+	15:13+	17:04+	18:09+	18:31+	20:15+	20:35+
	01:40+	00:39+	03:01+	01:11+	00:31+	01:57+	02:24+	00:49+	01:01+	02:00+	01:51+	01:05+	00:22+	01:44+	00:20+
	01:40+	00:39+	03:01+	01:11+	00:31+	01:57+	02:24+	00:49+	01:01+	02:00+	01:51+	01:05+	00:22+	01:44+	00:20+
9	Arne Hetlelid				3508				20:56						
	01:42+	02:26+	05:22+	06:45+	07:25+	09:37+	12:00+	12:50+	13:59+	15:13+	17:27+	18:32+	18:58+	20:19+	20:56+
	01:42+	00:44+	02:56+	01:23+	00:40+	02:12+	02:23+	00:50+	01:09+	01:14+	02:14+	01:05+	00:26+	01:21+	00:37+
	01:42+	00:44+	02:56+	01:23+	00:40+	02:12+	02:23+	00:50+	01:09+	01:14+	02:14+	01:05+	00:26+	01:21+	00:37+
10	André Sirevåg				1683				21:00						
	01:42+	02:34+	05:21+	06:34+	07:11+	09:08+	11:15+	11:59+	13:23+	15:28+	17:12+	18:27+	19:04+	20:19+	21:00+
	01:42+	00:52+	02:47+	01:13+	00:37+	01:57+	02:07+	00:44+	01:24+	02:05+	01:44+	01:15+	00:37+	01:15+	00:41+
	01:42+	00:52+	02:47+	01:13+	00:37+	01:57+	02:07+	00:44+	01:24+	02:05+	01:44+	01:15+	00:37+	01:15+	00:41+
11	Tore Halset				3486				21:11						
	01:35+	02:19+	05:13+	06:39+	07:16+	10:02+	12:17+	12:59+	14:15+	15:24+	17:30+	18:52+	19:18+	20:44+	21:11+
	01:35+	00:44+	02:54+	01:26+	00:37+	02:46+	02:15+	00:42+	01:16+	01:09+	02:06+	01:22+	00:26+	01:26+	00:27+
	01:35+	00:44+	02:54+	01:26+	00:37+	02:46+	02:15+	00:42+	01:16+	01:09+	02:06+	01:22+	00:26+	01:26+	00:27+
12	Frank Hansen				3502				21:20						
	01:48+	02:29+	05:35+	07:12+	07:46+	10:00+	12:36+	13:19+	14:12+	15:21+	17:35+	19:02+	19:29+	20:39+	21:20+
	01:48+	00:41+	03:06+	01:37+	00:34+	02:14+	02:36+	00:43+	00:53+	01:09+	02:14+	01:27+	00:27+	01:10+	00:41+
	01:48+	00:41+	03:06+	01:37+	00:34+	02:14+	02:36+	00:43+	00:53+	01:09+	02:14+	01:27+	00:27+	01:10+	00:41+
13	Erik Bjørnbom				3559				21:31						
	01:33+	02:16+	05:17+	06:20+	06:56+	08:59+	11:22+	12:03+	14:00+	15:15+	17:34+	19:02+	19:29+	20:59+	21:31+
	01:33+	00:43+	03:01+	01:03+	00:36+	02:03+	02:23+	00:41+	01:57+	01:15+	02:19+	01:28+	00:27+	01:30+	00:32+
	01:33+	00:43+	03:01+	01:03+	00:36+	02:03+	02:23+	00:41+	01:57+	01:15+	02:19+	01:28+	00:27+	01:30+	00:32+
14	Sindre M. Dyrstad				1754				21:57						
	01:31+	02:11+	04:47+	06:14+	06:50+	09:42+	13:04+	14:43+	15:30+	16:35+	18:18+	19:31+	20:00+	21:11+	21:57+
	01:31+	00:40+	02:36+	01:27+	00:36+	02:52+	03:22+	01:39+	00:47+	01:05+	01:43+	01:13+	00:29+	01:11+	00:46+
	01:31+	00:40+	02:36+	01:27+	00:36+	02:52+	03:22+	01:39+	00:47+	01:05+	01:43+	01:13+	00:29+	01:11+	00:46+
15	Ådne Hausberg				793				22:09						
	01:39+	02:24+	05:43+	07:04+	07:40+	10:24+	12:47+	13:26+	14:41+	15:59+	18:25+	19:44+	20:12+	21:43+	22:09+
	01:39+	00:45+	03:19+	01:21+	00:36+	02:44+	02:23+	00:39+	01:15+	01:18+	02:26+	01:19+	00:28+	01:31+	00:26+
	01:39+	00:45+	03:19+	01:21+	00:36+	02:44+	02:23+	00:39+	01:15+	01:18+	02:26+	01:19+	00:28+	01:31+	00:26+
16	Erling Knutzen				879				23:01						
	01:54+	02:47+	06:14+	07:32+	08:06+	10:39+	13:02+	13:40+	15:07+	16:23+	18:39+	20:04+	20:35+	22:16+	23:01+
	01:54+	00:53+	03:27+	01:18+	00:34+	02:33+	02:23+	00:38+	01:27+	01:16+	02:16+	01:25+	00:31+	01:41+	00:45+
	01:54+	00:53+	03:27+	01:18+	00:34+	02:33+	02:23+	00:38+	01:27+	01:16+	02:16+	01:25+	00:31+	01:41+	00:45+

Plass	Navn					Klasse					Tid				
Herrer 50 - 59 år															
17	Jarl Steinar Berntsen					882					23:04				
	01:38+	02:26+	05:45+	07:00+	07:30+	09:45+	13:40+	14:19+	15:24+	17:03+	19:15+	20:41+	21:07+	22:39+	23:04+
	01:38+	00:48+	03:19+	01:15+	00:30+	02:15+	03:55+	00:39+	01:05+	01:39+	02:12+	01:26+	00:26+	01:32+	00:25+
	01:38+	00:48+	03:19+	01:15+	00:30+	02:15+	03:55+	00:39+	01:05+	01:39+	02:12+	01:26+	00:26+	01:32+	00:25+
18	Kjetil Solbakken					3507					23:06				
	01:44+	02:25+	05:24+	06:38+	07:29+	09:28+	11:43+	12:51+	16:07+	17:08+	19:05+	20:25+	21:12+	22:34+	23:06+
	01:44+	00:41+	02:59+	01:14+	00:51+	01:59+	02:15+	01:08+	03:16+	01:01+	01:57+	01:20+	00:47+	01:22+	00:32+
	01:44+	00:41+	02:59+	01:14+	00:51+	01:59+	02:15+	01:08+	03:16+	01:01+	01:57+	01:20+	00:47+	01:22+	00:32+
19	Arve Sonflå					3563					23:09				
	01:56+	02:37+	05:35+	07:06+	07:40+	09:50+	12:10+	13:03+	14:22+	16:17+	19:12+	20:25+	20:53+	22:12+	23:09+
	01:56+	00:41+	02:58+	01:31+	00:34+	02:10+	02:20+	00:53+	01:19+	01:55+	02:55+	01:13+	00:28+	01:19+	00:57+
	01:56+	00:41+	02:58+	01:31+	00:34+	02:10+	02:20+	00:53+	01:19+	01:55+	02:55+	01:13+	00:28+	01:19+	00:57+
20	Asbjørn Brådland					NOTEAM					24:00				
	01:47+	02:35+	05:53+	07:26+	08:06+	10:22+	12:58+	13:55+	16:22+	17:35+	19:52+	21:17+	21:45+	23:18+	24:00+
	01:47+	00:48+	03:18+	01:33+	00:40+	02:16+	02:36+	00:57+	02:27+	01:13+	02:17+	01:25+	00:28+	01:33+	00:42+
	01:47+	00:48+	03:18+	01:33+	00:40+	02:16+	02:36+	00:57+	02:27+	01:13+	02:17+	01:25+	00:28+	01:33+	00:42+
21	Svend Vihovde					1683					24:25				
	02:10+	03:01+	06:50+	08:17+	09:00+	11:34+	14:22+	15:10+	16:17+	17:41+	20:20+	21:41+	22:15+	23:55+	24:25+
	02:10+	00:51+	03:49+	01:27+	00:43+	02:34+	02:48+	00:48+	01:07+	01:24+	02:39+	01:21+	00:34+	01:40+	00:30+
	02:10+	00:51+	03:49+	01:27+	00:43+	02:34+	02:48+	00:48+	01:07+	01:24+	02:39+	01:21+	00:34+	01:40+	00:30+
22	Ingve Vold					3529					24:36				
	01:36+	02:17+	05:18+	06:57+	07:34+	10:18+	13:45+	14:44+	16:11+	17:56+	20:19+	21:41+	22:09+	24:12+	24:36+
	01:36+	00:41+	03:01+	01:39+	00:37+	02:44+	03:27+	00:59+	01:27+	01:45+	02:23+	01:22+	00:28+	02:03+	00:24+
	01:36+	00:41+	03:01+	01:39+	00:37+	02:44+	03:27+	00:59+	01:27+	01:45+	02:23+	01:22+	00:28+	02:03+	00:24+
23	Trygve Michaelsen					896					24:47				
	01:42+	02:27+	05:20+	06:35+	07:09+	12:42+	15:17+	15:53+	16:59+	18:41+	21:00+	22:26+	22:51+	24:15+	24:47+
	01:42+	00:45+	02:53+	01:15+	00:34+	05:33+	02:35+	00:36+	01:06+	01:42+	02:19+	01:26+	00:25+	01:24+	00:32+
	01:42+	00:45+	02:53+	01:15+	00:34+	05:33+	02:35+	00:36+	01:06+	01:42+	02:19+	01:26+	00:25+	01:24+	00:32+
24	Lars Primstad					769					24:50				
	01:26+	02:09+	05:00+	06:08+	06:49+	11:43+	13:53+	15:33+	17:14+	19:25+	20:55+	22:50+	23:12+	24:24+	24:50+
	01:26+	00:43+	02:51+	01:08+	00:41+	04:54+	02:10+	01:40+	01:41+	02:11+	01:30+	01:55+	00:22+	01:12+	00:26+
	01:26+	00:43+	02:51+	01:08+	00:41+	04:54+	02:10+	01:40+	01:41+	02:11+	01:30+	01:55+	00:22+	01:12+	00:26+
25	Terje Undheim					3529					24:51				
	01:23+	02:00+	04:26+	05:36+	06:07+	08:12+	15:57+	16:32+	17:15+	18:09+	19:52+	20:46+	21:08+	24:33+	24:51+
	01:23+	00:37+	02:26+	01:10+	00:31+	02:05+	07:45+	00:35+	00:43+	00:54+	01:43+	00:54+	00:22+	03:25+	00:18+
	01:23+	00:37+	02:26+	01:10+	00:31+	02:05+	07:45+	00:35+	00:43+	00:54+	01:43+	00:54+	00:22+	03:25+	00:18+
26	Jerome Renoult					3524					25:40				
	02:02+	02:58+	06:35+	08:11+	08:58+	11:52+	14:26+	15:18+	16:18+	18:41+	21:37+	23:10+	23:47+	25:14+	25:40+
	02:02+	00:56+	03:37+	01:36+	00:47+	02:54+	02:34+	00:52+	01:00+	02:23+	02:56+	01:33+	00:37+	01:27+	00:26+
	02:02+	00:56+	03:37+	01:36+	00:47+	02:54+	02:34+	00:52+	01:00+	02:23+	02:56+	01:33+	00:37+	01:27+	00:26+
27	Ole Bakkevold					3517					25:45				
	01:49+	02:41+	06:19+	08:09+	08:53+	11:20+	14:08+	14:56+	16:45+	18:41+	21:09+	22:31+	23:12+	25:20+	25:45+
	01:49+	00:52+	03:38+	01:50+	00:44+	02:27+	02:48+	00:48+	01:49+	01:56+	02:28+	01:22+	00:41+	02:08+	00:25+
	01:49+	00:52+	03:38+	01:50+	00:44+	02:27+	02:48+	00:48+	01:49+	01:56+	02:28+	01:22+	00:41+	02:08+	00:25+
28	Øystein Lie Karlsen					1683					25:54				
	01:49+	02:39+	06:37+	08:03+	08:55+	11:25+	13:50+	14:49+	16:02+	19:28+	21:27+	22:35+	23:07+	25:27+	25:54+
	01:49+	00:50+	03:58+	01:26+	00:52+	02:30+	02:25+	00:59+	01:13+	03:26+	01:59+	01:08+	00:32+	02:20+	00:27+
	01:49+	00:50+	03:58+	01:26+	00:52+	02:30+	02:25+	00:59+	01:13+	03:26+	01:59+	01:08+	00:32+	02:20+	00:27+
29	Njål Foldnes					1754					30:41				
	02:04+	02:47+	07:08+	08:39+	14:16+	16:40+	19:19+	20:37+	21:50+	24:56+	26:44+	27:59+	28:23+	29:47+	30:41+
	02:04+	00:43+	04:21+	01:31+	05:37+	02:24+	02:39+	01:18+	01:13+	03:06+	01:48+	01:15+	00:24+	01:24+	00:54+
	02:04+	00:43+	04:21+	01:31+	05:37+	02:24+	02:39+	01:18+	01:13+	03:06+	01:48+	01:15+	00:24+	01:24+	00:54+
30	Raymond B Pettersen					722					31:06				
	02:04+	02:59+	07:18+	09:12+	10:10+	12:57+	16:09+	17:09+	20:31+	22:48+	26:21+	28:11+	28:41+	30:34+	31:06+
	02:04+	00:55+	04:19+	01:54+	00:58+	02:47+	03:12+	01:00+	03:22+	02:17+	03:33+	01:50+	00:30+	01:53+	00:32+
	02:04+	00:55+	04:19+	01:54+	00:58+	02:47+	03:12+	01:00+	03:22+	02:17+	03:33+	01:50+	00:30+	01:53+	00:32+

Plass	Navn	Klasse	Tid
-------	------	--------	-----

Herrer 50 - 59 år

31	Ove Mæstad												2342		31:21	
01:47+	02:39+	06:38+	08:04+	08:42+	11:07+	13:38+	18:38+	20:07+	24:51+	27:01+	28:12+	28:38+	30:55+	31:21+		
01:47+	00:52+	03:59+	01:26+	00:38+	02:25+	02:31+	05:00+	01:29+	04:44+	02:10+	01:11+	00:26+	02:17+	00:26+		
01:47+	00:52+	03:59+	01:26+	00:38+	02:25+	02:31+	05:00+	01:29+	04:44+	02:10+	01:11+	00:26+	02:17+	00:26+		

Beste strekktid for klassen

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

Herrer 60 - 64 år

1	Sturle Omdal												1683	16:52
01:31=	02:04=	04:51=	06:22=	06:39=	08:39=	11:05=	11:33=	12:00=	12:29=	14:11=	15:11=	16:31=	16:52=	
01:31=	00:33=	02:47=	01:31=	00:17=	02:00=	02:26=	00:30=	00:25=	00:29=	01:42=	01:00=	01:20=	00:21=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Morten Johannessen												793	17:45
01:24-	02:01-	05:02+	07:02+	07:19+	09:05+	11:19+	11:49+	12:14+	13:02+	14:50+	15:59+	17:22+	17:45+	
01:24-	00:37+	03:01+	02:00+	00:17=	01:46-	02:14-	00:30=	00:25=	00:48+	01:48+	01:09+	01:23+	00:23+	
00:07-	00:04#	00:14+	00:29#	00:00=	00:14-	00:12-	00:00=	00:00=	00:19#	00:06+	00:09#	00:03+	00:02+	
3	Knut Feldmann												882	19:37
01:32+	02:08+	05:10+	06:54+	07:12+	09:18+	11:53+	12:25+	13:01+	13:35+	15:35+	16:53+	19:11+	19:37+	
01:32+	00:36+	03:02+	01:44+	00:18+	02:06+	02:35+	00:32+	00:36+	00:34+	02:00+	01:18+	02:18+	00:26+	
00:01+	00:03+	00:15+	00:13#	00:01+	00:06+	00:09+	00:02+	00:11#	00:05#	00:18#	00:18#	00:58#	00:05#	
4	Håvard Håland												3507	20:09
01:24-	02:00-	04:58+	06:35+	07:10+	09:01+	13:16+	13:50+	14:35+	15:06+	16:57+	18:04+	19:41+	20:09+	
01:24-	00:36+	02:58+	01:37+	00:35+	01:51-	04:15+	00:34+	00:45+	00:31+	01:51+	01:07+	01:37+	00:28+	
00:07-	00:03+	00:11+	00:06+	00:18#	00:09-	01:49#	00:04#	00:20#	00:02+	00:09+	00:07#	00:17#	00:07#	
5	Magnar Mathias Møller												769	20:43
01:30-	02:08+	05:24+	07:22+	07:40+	09:35+	12:11+	12:44+	13:19+	13:57+	16:08+	17:30+	20:18+	20:43+	
01:30-	00:38+	03:16+	01:58+	00:18+	01:55-	02:36+	00:33+	00:35+	00:38+	02:11+	01:22+	02:48+	00:25+	
00:01-	00:05#	00:29#	00:27#	00:01+	00:05-	00:10+	00:03#	00:10#	00:09#	00:29#	00:22#	01:28#	00:04#	
6	Lars Bergersen												1683	20:44
01:29-	02:13+	06:05+	07:53+	08:12+	10:29+	13:06+	13:39+	14:10+	14:48+	17:17+	18:40+	20:20+	20:44+	
01:29-	00:44+	03:52+	01:48+	00:19+	02:17+	02:37+	00:33+	00:31+	00:38+	02:29+	01:23+	01:40+	00:24+	
00:02-	00:11#	01:05#	00:17#	00:02#	00:17#	00:11+	00:03#	00:06#	00:09#	00:47#	00:23#	00:20#	00:03#	
7	Kjell Ove Aksland												882	21:00
01:32+	02:09+	05:36+	07:29+	07:56+	10:04+	13:18+	13:57+	14:28+	15:03+	17:23+	18:51+	20:30+	21:00+	
01:32+	00:37+	03:27+	01:53+	00:27+	02:08+	03:14+	00:39+	00:31+	00:35+	02:20+	01:28+	01:39+	00:30+	
00:01+	00:04#	00:40#	00:22#	00:10#	00:08+	00:48#	00:09#	00:06#	00:06#	00:38#	00:28#	00:19#	00:09#	
8	Stein Sigbjørnsen												882	21:02
02:03+	02:39+	05:49+	07:27+	07:45+	09:53+	12:43+	13:24+	14:06+	14:38+	17:16+	18:37+	20:36+	21:02+	
02:03+	00:36+	03:10+	01:38+	00:18+	02:08+	02:50+	00:41+	00:42+	00:32+	02:38+	01:21+	01:59+	00:26+	
00:32#	00:03+	00:23#	00:07+	00:01+	00:08+	00:24#	00:11#	00:17#	00:03#	00:56#	00:21#	00:39#	00:05#	
9	Arne Øvstebø												1284	21:05
01:41+	02:20+	05:52+	07:49+	08:09+	10:38+	13:48+	14:20+	14:55+	15:27+	17:40+	18:55+	20:23+	21:05+	
01:41+	00:39+	03:32+	01:57+	00:20+	02:29+	03:10+	00:32+	00:35+	00:32+	02:13+	01:15+	01:28+	00:42+	
00:10#	00:06#	00:45#	00:26#	00:03#	00:29#	00:44#	00:02+	00:10#	00:03#	00:31#	00:15#	00:08#	00:21#	
10	Tor Inge Halvorsen												880	21:12
01:34+	02:17+	05:45+	08:16+	08:37+	10:49+	13:38+	14:15+	14:39+	15:09+	17:17+	18:37+	20:37+	21:12+	
01:34+	00:43+	03:28+	02:31+	00:21+	02:12+	02:49+	00:37+	00:24-	00:30+	02:08+	01:20+	02:00+	00:35+	
00:03+	00:10#	00:41#	01:00#	00:04#	00:12#	00:23#	00:07#	00:01-	00:01+	00:26#	00:20#	00:40#	00:14#	
11	Harald Jansen												3593	21:13
01:48+	02:26+	05:27+	07:12+	07:34+	09:24+	11:44+	13:00+	13:25+	13:57+	15:41+	17:39+	18:55+	20:42+	
01:48+	00:38+	03:01+	01:45+	00:22+	01:50-	02:20-	01:16+	00:25=	00:32+	01:44+	01:58+	01:16-	01:47+	
00:17#	00:05#	00:14+	00:14#	00:05#	00:10-	00:06-	00:46#	00:00=	00:03#	00:02+	00:58#	00:04-	01:26#	

Plass	Navn	Klasse	Tid
-------	------	--------	-----

Herrer 60 - 64 år

12	Inge Løland												1119		21:47	
01:44+	02:27+	06:14+	07:55+	08:18+	10:29+	13:11+	13:50+	14:15+	16:11+	16:38+	18:39+	19:49+	21:18+	21:47+		
01:44+	00:43+	03:47+	01:41+	00:23+	02:11+	02:42+	00:39+	00:25=	01:56+	00:27-	02:01+	01:10-	01:29+	00:29+		
00:13#	00:10&	01:00&	00:10#	00:06&	00:11+	00:16#	00:09&	00:00=	01:27@	01:15-	01:01@	00:10-	01:08@	00:29+		
13	Per Ingar Hadland												793		22:10	
01:53+	02:36+	06:20+	08:20+	08:43+	10:56+	13:42+	14:18+	14:59+	15:57+	18:37+	20:11+	21:44+	22:10+			
01:53+	00:43+	03:44+	02:00+	00:23+	02:13+	02:46+	00:36+	00:41+	00:58+	02:40+	01:34+	01:33+	00:26+			
01:53+	00:43+	03:44+	02:00+	00:23+	02:13+	02:46+	00:36+	00:41+	00:58+	02:40+	01:34+	01:33+	00:26+			
14	Ivar Knutsen												1683		22:57	
01:47+	02:28+	06:32+	08:42+	09:02+	11:11+	14:04+	15:07+	15:37+	16:34+	18:47+	20:25+	22:12+	22:57+			
01:47+	00:41+	04:04+	02:10+	00:20+	02:09+	02:53+	01:03+	00:30+	00:57+	02:13+	01:38+	01:47+	00:45+			
01:47+	00:41+	04:04+	02:10+	00:20+	02:09+	02:53+	01:03+	00:30+	00:57+	02:13+	01:38+	01:47+	00:45+			
15	Torbjørn Salthe												593		23:18	
01:41+	02:27+	05:44+	08:03+	08:22+	10:26+	13:19+	14:02+	15:52+	16:16+	18:22+	19:56+	22:48+	23:18+			
01:41+	00:46+	03:17+	02:19+	00:19+	02:04+	02:53+	00:43+	01:50+	00:24+	02:06+	01:34+	02:52+	00:30+			
01:41+	00:46+	03:17+	02:19+	00:19+	02:04+	02:53+	00:43+	01:50+	00:24+	02:06+	01:34+	02:52+	00:30+			

Beste strekktid for klassen

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

Herrer 65 - 69 år

1	Otte Omdal	903	16:46										
01:19=	01:58=	04:52=	06:24=	06:41=	08:35=	10:35=	11:05=	11:30=	12:08=	13:57=	15:06=	16:25=	16:46=
01:19=	00:39=	02:54=	01:32=	00:17=	01:54=	02:00=	00:30=	00:25=	00:38=	01:49=	01:09=	01:19=	00:21=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Espen Krogh	793	17:00										
01:15-	01:48-	04:32-	05:58-	06:17-	07:58-	10:06-	10:37-	11:16-	11:41-	13:31-	14:45-	16:34+	17:00+
01:15-	00:33-	02:44-	01:26-	00:19+	01:41-	02:08+	00:31+	00:39+	00:25-	01:50+	01:14+	01:49+	00:26+
00:04-	00:06-	00:10-	00:06-	00:02#	00:13-	00:08+	00:01+	00:14&	00:13-	00:01+	00:05+	00:30&	00:05#
3	Torbjørn Evensen	3556	18:51										
01:29+	02:13+	05:16+	06:51+	07:19+	09:12+	11:28+	12:18+	13:20+	13:48+	15:43+	17:01+	18:27+	18:51+
01:29+	00:44+	03:03+	01:35+	00:28+	01:53-	02:16+	00:50+	01:02+	00:28-	01:55+	01:18+	01:26+	00:24+
00:10#	00:05#	00:09+	00:03+	00:11&	00:01-	00:16#	00:20&	00:37@	00:10-	00:06+	00:09#	00:07+	00:03#
4	Tor Geir Espedal	3530	20:54										
01:30+	02:07+	05:27+	07:44+	08:02+	10:12+	12:38+	13:10+	13:47+	14:57+	17:30+	18:57+	20:26+	20:54+
01:30+	00:37-	03:20+	02:17+	00:18+	02:10+	02:26+	00:32+	00:37+	01:10+	02:33+	01:27+	01:29+	00:28+
00:11#	00:02-	00:26#	00:45&	00:01+	00:16#	00:26#	00:02+	00:12&	00:32&	00:44&	00:18&	00:10#	00:07&
5	Kjell Skjæveland	3515	21:32										
02:20+	03:06+	06:43+	08:37+	08:57+	11:19+	14:20+	14:52+	15:47+	16:20+	18:21+	19:34+	21:04+	21:32+
02:20+	00:46+	03:37+	01:54+	00:20+	02:22+	03:01+	00:32+	00:55+	00:33-	02:01+	01:13+	01:30+	00:28+
01:01&	00:07#	00:43#	00:22#	00:03#	00:28#	01:01&	00:02+	00:30@	00:05-	00:12#	00:04+	00:11#	00:07&
6	Bjørn Sivertsen	1332	22:43										
02:23+	03:16+	07:18+	09:28+	09:47+	12:07+	14:53+	15:23+	16:25+	16:56+	19:17+	20:44+	22:18+	22:43+
02:23+	00:53+	04:02+	02:10+	00:19+	02:20+	02:46+	00:30=	01:02+	00:31-	02:21+	01:27+	01:34+	00:25+
01:04&	00:14&	01:08&	00:38&	00:02#	00:26#	00:46&	00:00=	00:37@	00:07-	00:32&	00:18&	00:15#	00:04#
7	Jan Arendal	1683	23:22										
01:53+	02:38+	06:32+	08:27+	09:04+	11:25+	14:32+	15:14+	16:27+	17:03+	19:32+	20:59+	22:48+	23:22+
01:53+	00:45+	03:54+	01:55+	00:37+	02:21+	03:07+	00:42+	01:13+	00:36-	02:29+	01:27+	01:49+	00:34+
00:34&	00:06#	01:00&	00:23#	00:20@	00:27#	01:07&	00:12&	00:48@	00:02-	00:40&	00:18&	00:30&	00:13&
8	Arnstein Skretting	3529	24:09										
01:43+	02:26+	05:49+	07:39+	08:04+	10:19+	13:16+	13:53+	17:16+	17:48+	20:17+	21:34+	23:40+	24:09+
01:43+	00:43+	03:23+	01:50+	00:25+	02:15+	02:57+	00:37+	03:23+	00:32-	02:29+	01:17+	02:06+	00:29+
00:24&	00:04#	00:29#	00:18#	00:08&	00:21#	00:57&	00:07#	02:58@	00:06-	00:40&	00:08#	00:47&	00:08&

Plass	Navn	Klasse	Tid
-------	------	--------	-----

Herrer 65 - 69 år

9	Sverre Magnar Nordal				1683								24:52	
01:49+	02:39+	06:48+	09:28+	09:53+	12:16+	15:36+	16:17+	16:50+	17:37+	21:03+	22:27+	24:09+	24:52+	
01:49+	00:50+	04:09+	02:40+	00:25+	02:23+	03:20+	00:41+	00:33+	00:47+	03:26+	01:24+	01:42+	00:43+	
00:30&	00:11&	01:15&	01:08&	00:08&	00:29&	01:20&	00:11&	00:08&	00:09#	01:37&	00:15#	00:23&	00:22@	
10	Steinar Barmen				722								25:15	
01:46+	02:32+	07:10+	09:15+	09:44+	12:19+	15:08+	16:13+	17:08+	18:08+	21:01+	22:24+	24:35+	25:15+	
01:46+	00:46+	04:38+	02:05+	00:29+	02:35+	02:49+	01:05+	00:55+	01:00+	02:53+	01:23+	02:11+	00:40+	
01:46+	00:46+	04:38+	02:05+	00:29+	02:35+	02:49+	01:05+	00:55+	01:00+	02:53+	01:23+	02:11+	00:40+	
11	Bjørn H Engseth				1884								27:17	
02:05+	03:08+	07:32+	09:59+	10:18+	13:22+	17:01+	17:58+	18:45+	19:28+	22:17+	24:07+	26:38+	27:17+	
02:05+	01:03+	04:24+	02:27+	00:19+	03:04+	03:39+	00:57+	00:47+	00:43+	02:49+	01:50+	02:31+	00:39+	
02:05+	01:03+	04:24+	02:27+	00:19+	03:04+	03:39+	00:57+	00:47+	00:43+	02:49+	01:50+	02:31+	00:39+	
12	Tore Karlsen				722								28:27	
01:41+	02:36+	06:43+	08:42+	09:04+	11:37+	15:46+	16:29+	19:25+	21:14+	23:55+	25:24+	27:37+	28:27+	
01:41+	00:55+	04:07+	01:59+	00:22+	02:33+	04:09+	00:43+	02:56+	01:49+	02:41+	01:29+	02:13+	00:50+	
01:41+	00:55+	04:07+	01:59+	00:22+	02:33+	04:09+	00:43+	02:56+	01:49+	02:41+	01:29+	02:13+	00:50+	
13	Ommund Bakkevold				874								28:28	
01:55+	02:48+	07:19+	10:29+	11:00+	13:54+	18:27+	19:23+	20:08+	21:03+	23:53+	25:48+	27:52+	28:28+	
01:55+	00:53+	04:31+	03:10+	00:31+	02:54+	04:33+	00:56+	00:45+	00:55+	02:50+	01:55+	02:04+	00:36+	
01:55+	00:53+	04:31+	03:10+	00:31+	02:54+	04:33+	00:56+	00:45+	00:55+	02:50+	01:55+	02:04+	00:36+	
14	Rolf Kleppe				3524								40:11	
02:58+	05:32+	11:32+	15:28+	16:02+	21:38+	27:48+	28:41+	29:51+	30:31+	33:55+	36:34+	39:25+	40:11+	
02:58+	02:34+	06:00+	03:56+	00:34+	05:36+	06:10+	00:53+	01:10+	00:40+	03:24+	02:39+	02:51+	00:46+	
02:58+	02:34+	06:00+	03:56+	00:34+	05:36+	06:10+	00:53+	01:10+	00:40+	03:24+	02:39+	02:51+	00:46+	

Beste strekktid for klassen

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

Herrer 70 - 74 år

1	Bjørn Martin Alsaker												3530	16:47
01:22=	01:53=	04:46=	06:28=	06:44=	08:38=	10:50=	11:17=	11:39=	12:06=	13:54=	15:01=	16:21=	16:47=	
01:22=	00:31=	02:53=	01:42=	00:16=	01:54=	02:12=	00:27=	00:22=	00:27=	01:48=	01:07=	01:20=	00:26=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Harry Breiland												3507	17:56
01:30+	02:07+	05:00+	06:35+	06:57+	08:51+	11:12+	11:45+	12:21+	12:51+	14:52+	15:56+	17:16+	17:56+	
01:30+	00:37+	02:53=	01:35=	00:22+	01:54=	02:21+	00:33+	00:36+	00:30+	02:01+	01:04=	01:20=	00:40+	
00:08+	00:06#	00:00=	00:07=	00:06&	00:00=	00:09+	00:06#	00:14&	00:03#	00:13#	00:03=	00:00=	00:14&	
3	Svein Berge												643	19:04
01:20=	01:57+	05:06+	06:55+	07:11+	09:08+	11:37+	12:04+	13:23+	13:53+	15:41+	16:45+	18:17+	19:04+	
01:20=	00:37+	03:09+	01:49+	00:16=	01:57+	02:29+	00:27=	01:19+	00:30+	01:48=	01:04=	01:32+	00:47+	
00:02=	00:06#	00:16+	00:07+	00:00=	00:03+	00:17#	00:00=	00:57@	00:03#	00:00=	00:03=	00:12#	00:21&	
4	Gunnar Sakseid												1683	19:08
01:33+	02:08+	05:10+	07:13+	07:33+	09:33+	12:16+	12:54+	13:26+	14:00+	15:51+	17:03+	18:44+	19:08+	
01:33+	00:35+	03:02+	02:03+	00:20+	02:00+	02:43+	00:38+	00:32+	00:34+	01:51+	01:12+	01:41+	00:24=	
00:11#	00:04#	00:09+	00:21#	00:04#	00:06+	00:31#	00:11&	00:10&	00:07&	00:03+	00:05+	00:21&	00:02=	
5	Ragnvald Frøyland												879	20:27
01:41+	02:25+	06:02+	07:49+	08:08+	10:15+	12:55+	13:35+	14:12+	14:42+	16:59+	18:15+	19:59+	20:27+	
01:41+	00:44+	03:37+	01:47+	00:19+	02:07+	02:40+	00:40+	00:37+	00:30+	02:17+	01:16+	01:44+	00:28+	
00:19#	00:13&	00:44&	00:05+	00:03#	00:13#	00:28#	00:13&	00:15&	00:03#	00:29&	00:09#	00:24&	00:02+	
6	Tom Hetland												880	22:01
01:27+	02:08+	05:41+	07:43+	08:19+	10:29+	13:42+	14:24+	14:57+	15:30+	17:55+	19:30+	21:12+	22:01+	
01:27+	00:41+	03:33+	02:02+	00:36+	02:10+	03:13+	00:42+	00:33+	00:33+	02:25+	01:35+	01:42+	00:49+	
00:05+	00:10&	00:40#	00:20#	00:20@	00:16#	01:01&	00:15&	00:11&	00:06#	00:37&	00:28&	00:22&	00:23&	

Plass	Navn	Klasse										Tid			
-------	------	--------	--	--	--	--	--	--	--	--	--	-----	--	--	--

Herrer 70 - 74 år

7	Jan Hetland					3502								22:13	
01:37+	02:41+	06:10+	08:22+	08:45+	10:49+	13:21+	14:00+	16:17+	16:53+	18:50+	19:59+	21:34+	22:13+		
01:37+	01:04+	03:29+	02:12+	00:23+	02:04+	02:32+	00:39+	02:17+	00:36+	01:57+	01:09+	01:35+	00:39+		
00:15#	00:33@	00:36#	00:30&	00:07&	00:10+	00:20#	00:12&	01:55@	00:09&	00:09+	00:02+	00:15#	00:13&		
8	Arne Magne Handeland					892								22:28	
01:43+	02:30+	06:12+	08:07+	08:42+	10:51+	13:48+	14:25+	15:53+	16:31+	18:49+	20:10+	21:54+	22:28+		
01:43+	00:47+	03:42+	01:55+	00:35+	02:09+	02:57+	00:37+	01:28+	00:38+	02:18+	01:21+	01:44+	00:34+		
01:43+	00:47+	03:42+	01:55+	00:35+	02:09+	02:57+	00:37+	01:28+	00:38+	02:18+	01:21+	01:44+	00:34+		
9	Eivind Lars Rake					892								22:36	
01:50+	02:35+	06:14+	08:05+	08:24+	10:43+	13:30+	14:10+	15:41+	16:14+	18:52+	20:21+	22:03+	22:36+		
01:50+	00:45+	03:39+	01:51+	00:19+	02:19+	02:47+	00:40+	01:31+	00:33+	02:38+	01:29+	01:42+	00:33+		
01:50+	00:45+	03:39+	01:51+	00:19+	02:19+	02:47+	00:40+	01:31+	00:33+	02:38+	01:29+	01:42+	00:33+		
10	Kjell Ivar Skjørestad					892								23:18	
02:09+	02:55+	06:28+	08:26+	08:47+	11:01+	14:13+	15:00+	15:37+	16:09+	18:14+	19:35+	22:36+	23:18+		
02:09+	00:46+	03:33+	01:58+	00:21+	02:14+	03:12+	00:47+	00:37+	00:32+	02:05+	01:21+	03:01+	00:42+		
02:09+	00:46+	03:33+	01:58+	00:21+	02:14+	03:12+	00:47+	00:37+	00:32+	02:05+	01:21+	03:01+	00:42+		
11	Jan Inge Lunde					1830								23:25	
02:34+	03:23+	07:20+	09:20+	09:45+	12:08+	14:55+	15:34+	16:51+	17:29+	19:56+	21:18+	22:59+	23:25+		
02:34+	00:49+	03:57+	02:00+	00:25+	02:23+	02:47+	00:39+	01:17+	00:38+	02:27+	01:22+	01:41+	00:26+		
02:34+	00:49+	03:57+	02:00+	00:25+	02:23+	02:47+	00:39+	01:17+	00:38+	02:27+	01:22+	01:41+	00:26+		
12	Kjell-Ingar Olsen					1119								24:36	
02:06+	02:52+	06:57+	09:09+	09:30+	12:15+	15:38+	16:22+	17:00+	17:38+	20:19+	22:05+	24:08+	24:36+		
02:06+	00:46+	04:05+	02:12+	00:21+	02:45+	03:23+	00:44+	00:38+	00:38+	02:41+	01:46+	02:03+	00:28+		
02:06+	00:46+	04:05+	02:12+	00:21+	02:45+	03:23+	00:44+	00:38+	00:38+	02:41+	01:46+	02:03+	00:28+		
13	Bjarne Gimre					1830								25:12	
01:54+	02:41+	06:18+	08:36+	09:00+	11:16+	14:24+	15:05+	15:43+	16:33+	19:11+	20:28+	24:46+	25:12+		
01:54+	00:47+	03:37+	02:18+	00:24+	02:16+	03:08+	00:41+	00:38+	00:50+	02:38+	01:17+	04:18+	00:26+		
01:54+	00:47+	03:37+	02:18+	00:24+	02:16+	03:08+	00:41+	00:38+	00:50+	02:38+	01:17+	04:18+	00:26+		
14	Bjørn Bjelland					3541								25:45	
02:04+	02:53+	07:21+	09:41+	10:07+	12:50+	16:31+	17:18+	17:51+	18:34+	21:24+	23:13+	25:16+	25:45+		
02:04+	00:49+	04:28+	02:20+	00:26+	02:43+	03:41+	00:47+	00:33+	00:43+	02:50+	01:49+	02:03+	00:29+		
02:04+	00:49+	04:28+	02:20+	00:26+	02:43+	03:41+	00:47+	00:33+	00:43+	02:50+	01:49+	02:03+	00:29+		
15	Sverre Uhlving					722								27:01	
02:06+	03:04+	07:29+	09:54+	10:24+	13:01+	16:48+	17:35+	18:07+	18:54+	22:07+	24:21+	26:27+	27:01+		
02:06+	00:58+	04:25+	02:25+	00:30+	02:37+	03:47+	00:47+	00:32+	00:47+	03:13+	02:14+	02:06+	00:34+		
02:06+	00:58+	04:25+	02:25+	00:30+	02:37+	03:47+	00:47+	00:32+	00:47+	03:13+	02:14+	02:06+	00:34+		
16	Olav Habbestad					1683								31:24	
01:42+	02:29+	05:44+	08:59+	09:15+	17:05+	22:29+	23:08+	23:45+	24:15+	26:42+	28:08+	30:40+	31:24+		
01:42+	00:47+	03:15+	03:15+	00:16+	07:50+	05:24+	00:39+	00:37+	00:30+	02:27+	01:26+	02:32+	00:44+		
01:42+	00:47+	03:15+	03:15+	00:16+	07:50+	05:24+	00:39+	00:37+	00:30+	02:27+	01:26+	02:32+	00:44+		
17	Arne Hope					1832								32:46	
02:12+	03:04+	07:52+	10:06+	10:31+	13:11+	20:56+	22:07+	23:24+	24:47+	27:57+	29:46+	31:59+	32:46+		
02:12+	00:52+	04:48+	02:14+	00:25+	02:40+	07:45+	01:11+	01:17+	01:23+	03:10+	01:49+	02:13+	00:47+		
02:12+	00:52+	04:48+	02:14+	00:25+	02:40+	07:45+	01:11+	01:17+	01:23+	03:10+	01:49+	02:13+	00:47+		

Beste strekktid for klassen

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

Herrer 75 - 79 år

1	Asgeir Bell												896	21:32			
00:44=	01:58=	03:09=	06:16=	07:02=	07:53=	11:31=	14:03=	14:32=	15:17=	16:08=	18:06=	19:25=	21:03=	21:32=			
00:44=	01:14=	01:11=	03:07=	00:46=	00:51=	03:38=	02:32=	00:29=	00:45=	00:51=	01:58=	01:19=	01:38=	00:29=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			

Plass	Navn					Klasse					Tid				
Herrer 75 - 79 år															
2	Paul Andreas Paulsen					896					23:27				
	00:46+	02:02+	03:16+	06:01-	06:50-	07:50-	12:06+	15:15+	15:52+	16:57+	17:52+	19:56+	21:16+	22:56+	23:27+
	00:46+	01:16+	01:14+	02:45-	00:49+	01:00+	04:16+	03:09+	00:37+	01:05+	00:55+	02:04+	01:20+	01:40+	00:31+
	00:02+	00:02+	00:03+	00:22-	00:03+	00:09#	00:38#	00:37#	00:08&	00:20&	00:04+	00:06+	00:01+	00:02+	00:02+
3	Arne Østensen					3518					23:53				
	00:53+	02:26+	03:51+	06:43+	07:26+	08:21+	12:13+	15:04+	15:41+	16:18+	17:03+	19:53+	21:41+	23:15+	23:53+
	00:53+	01:33+	01:25+	02:52+	00:43+	00:55+	03:52+	02:51+	00:37+	00:37+	00:45+	02:50+	01:48+	01:34+	00:38+
	00:53+	01:33+	01:25+	02:52+	00:43+	00:55+	03:52+	02:51+	00:37+	00:37+	00:45+	02:50+	01:48+	01:34+	00:38+
4	Finn-Morten Årstad					3530					24:24				
	00:54+	02:25+	03:45+	07:08+	07:53+	08:58+	12:35+	15:51+	16:25+	18:15+	18:58+	20:47+	22:07+	23:53+	24:24+
	00:54+	01:31+	01:20+	03:23+	00:45+	01:05+	03:37+	03:16+	00:34+	01:50+	00:43+	01:49+	01:20+	01:46+	00:31+
	00:54+	01:31+	01:20+	03:23+	00:45+	01:05+	03:37+	03:16+	00:34+	01:50+	00:43+	01:49+	01:20+	01:46+	00:31+
5	Øyvind Egeskog					880					24:36				
	00:49+	02:21+	03:50+	07:01+	07:51+	08:47+	12:52+	15:57+	16:31+	17:21+	18:13+	21:02+	22:27+	24:08+	24:36+
	00:49+	01:32+	01:29+	03:11+	00:50+	00:56+	04:05+	03:05+	00:34+	00:50+	00:52+	02:49+	01:25+	01:41+	00:28+
	00:49+	01:32+	01:29+	03:11+	00:50+	00:56+	04:05+	03:05+	00:34+	00:50+	00:52+	02:49+	01:25+	01:41+	00:28+
6	Knut Skjæveland					1884					24:47				
	01:01+	02:33+	04:01+	07:06+	07:55+	08:55+	12:28+	16:07+	16:49+	17:39+	18:46+	20:40+	22:03+	24:17+	24:47+
	01:01+	01:32+	01:28+	03:05+	00:49+	01:00+	03:33+	03:39+	00:42+	00:50+	01:07+	01:54+	01:23+	02:14+	00:30+
	01:01+	01:32+	01:28+	03:05+	00:49+	01:00+	03:33+	03:39+	00:42+	00:50+	01:07+	01:54+	01:23+	02:14+	00:30+
7	Svein Glendrange					874					25:58				
	01:03+	02:38+	04:10+	07:38+	08:29+	09:45+	14:10+	17:17+	17:58+	18:57+	19:44+	21:48+	23:26+	25:23+	25:58+
	01:03+	01:35+	01:32+	03:28+	00:51+	01:16+	04:25+	03:07+	00:41+	00:59+	00:47+	02:04+	01:38+	01:57+	00:35+
	01:03+	01:35+	01:32+	03:28+	00:51+	01:16+	04:25+	03:07+	00:41+	00:59+	00:47+	02:04+	01:38+	01:57+	00:35+
8	Hermann Skogsholm					1754					26:30				
	00:43+	02:25+	03:41+	06:31+	07:19+	08:18+	15:57+	18:40+	19:15+	19:57+	21:06+	22:45+	24:04+	25:56+	26:30+
	00:43+	01:42+	01:16+	02:50+	00:48+	00:59+	07:39+	02:43+	00:35+	00:42+	01:09+	01:39+	01:19+	01:52+	00:34+
	00:43+	01:42+	01:16+	02:50+	00:48+	00:59+	07:39+	02:43+	00:35+	00:42+	01:09+	01:39+	01:19+	01:52+	00:34+
9	Norvald Skretting					1832					28:01				
	00:57+	02:22+	03:46+	06:57+	07:51+	09:02+	14:30+	18:09+	19:01+	20:03+	21:08+	23:15+	25:11+	27:18+	28:01+
	00:57+	01:25+	01:24+	03:11+	00:54+	01:11+	05:28+	03:39+	00:52+	01:02+	01:05+	02:07+	01:56+	02:07+	00:43+
	00:57+	01:25+	01:24+	03:11+	00:54+	01:11+	05:28+	03:39+	00:52+	01:02+	01:05+	02:07+	01:56+	02:07+	00:43+
10	Hans Klausen					769					28:24				
	01:01+	03:14+	04:57+	08:46+	09:45+	11:35+	15:42+	19:29+	20:10+	21:05+	21:53+	23:57+	25:30+	27:38+	28:24+
	01:01+	02:13+	01:43+	03:49+	00:59+	01:50+	04:07+	03:47+	00:41+	00:55+	00:48+	02:04+	01:33+	02:08+	00:46+
	01:01+	02:13+	01:43+	03:49+	00:59+	01:50+	04:07+	03:47+	00:41+	00:55+	00:48+	02:04+	01:33+	02:08+	00:46+
11	Steinar Undheim					3529					28:49				
	01:00+	02:40+	04:24+	07:56+	08:47+	09:59+	15:14+	20:15+	20:51+	21:30+	22:23+	24:33+	26:20+	28:19+	28:49+
	01:00+	01:40+	01:44+	03:32+	00:51+	01:12+	05:15+	05:01+	00:36+	00:39+	00:53+	02:10+	01:47+	01:59+	00:30+
	01:00+	01:40+	01:44+	03:32+	00:51+	01:12+	05:15+	05:01+	00:36+	00:39+	00:53+	02:10+	01:47+	01:59+	00:30+
12	Olav Dag Borgersen					3536					28:51				
	00:51+	02:19+	03:43+	07:13+	07:59+	09:13+	16:20+	20:37+	21:13+	22:23+	23:05+	25:02+	26:36+	28:17+	28:51+
	00:51+	01:28+	01:24+	03:30+	00:46+	01:14+	07:07+	04:17+	00:36+	01:10+	00:42+	01:57+	01:34+	01:41+	00:34+
	00:51+	01:28+	01:24+	03:30+	00:46+	01:14+	07:07+	04:17+	00:36+	01:10+	00:42+	01:57+	01:34+	01:41+	00:34+
13	Kjell Svihus					892					29:07				
	01:01+	02:48+	04:31+	08:23+	09:19+	10:45+	15:32+	18:25+	19:03+	21:16+	22:14+	24:23+	25:58+	28:39+	29:07+
	01:01+	01:47+	01:43+	03:52+	00:56+	01:26+	04:47+	02:53+	00:38+	02:13+	00:58+	02:09+	01:35+	02:41+	00:28+
	01:01+	01:47+	01:43+	03:52+	00:56+	01:26+	04:47+	02:53+	00:38+	02:13+	00:58+	02:09+	01:35+	02:41+	00:28+
14	Olav A. Hognestad					892					31:01				
	00:55+	02:39+	04:05+	07:39+	08:32+	09:31+	13:55+	16:58+	17:33+	23:20+	24:45+	26:51+	28:34+	30:22+	31:01+
	00:55+	01:44+	01:26+	03:34+	00:53+	00:59+	04:24+	03:03+	00:35+	05:47+	01:25+	02:06+	01:43+	01:48+	00:39+
	00:55+	01:44+	01:26+	03:34+	00:53+	00:59+	04:24+	03:03+	00:35+	05:47+	01:25+	02:06+	01:43+	01:48+	00:39+
15	Geir Husdal					1884					32:04				
	01:13+	03:18+	05:31+	09:02+	09:53+	11:11+	16:45+	19:39+	20:13+	21:05+	21:53+	24:06+	28:54+	31:35+	32:04+
	01:13+	02:05+	02:13+	03:31+	00:51+	01:18+	05:34+	02:54+	00:34+	00:52+	00:48+	02:13+	04:48+	02:41+	00:29+
	01:13+	02:05+	02:13+	03:31+	00:51+	01:18+	05:34+	02:54+	00:34+	00:52+	00:48+	02:13+	04:48+	02:41+	00:29+

Plass	Navn	Klasse	Tid
-------	------	--------	-----

Herrer 75 - 79 år

16	Jostein Tunheim	1683	34:08
00:46+	02:35+ 04:01+ 07:13+ 08:34+ 09:34+ 17:04+ 21:40+ 22:05+ 22:50+ 23:37+ 30:22+ 31:49+ 33:41+ 34:08+		
00:46+	01:49+ 01:26+ 03:12+ 01:21+ 01:00+ 07:30+ 04:36+ 00:25+ 00:45+ 00:47+ 06:45+ 01:27+ 01:52+ 00:27+		
00:46+	01:49+ 01:26+ 03:12+ 01:21+ 01:00+ 07:30+ 04:36+ 00:25+ 00:45+ 00:47+ 06:45+ 01:27+ 01:52+ 00:27+		
17	Mangor Eikeland	892	42:38
01:31+	04:08+ 06:15+ 10:58+ 12:14+ 14:34+ 21:09+ 27:35+ 29:05+ 30:23+ 31:55+ 34:50+ 37:24+ 41:41+ 42:38+		
01:31+	02:37+ 02:07+ 04:43+ 01:16+ 02:20+ 06:35+ 06:26+ 01:30+ 01:18+ 01:32+ 02:55+ 02:34+ 04:17+ 00:57+		
01:31+	02:37+ 02:07+ 04:43+ 01:16+ 02:20+ 06:35+ 06:26+ 01:30+ 01:18+ 01:32+ 02:55+ 02:34+ 04:17+ 00:57+		
18	Knut Jonas Espedal	1754	44:41
01:54+	04:17+ 06:34+ 11:56+ 13:27+ 15:16+ 21:51+ 27:57+ 29:21+ 30:36+ 34:51+ 37:54+ 40:47+ 43:51+ 44:41+		
01:54+	02:23+ 02:17+ 05:22+ 01:31+ 01:49+ 06:35+ 06:06+ 01:24+ 01:15+ 04:15+ 03:03+ 02:53+ 03:04+ 00:50+		
01:54+	02:23+ 02:17+ 05:22+ 01:31+ 01:49+ 06:35+ 06:06+ 01:24+ 01:15+ 04:15+ 03:03+ 02:53+ 03:04+ 00:50+		
19	Reidar Liland	3507	45:18
01:30+	03:41+ 05:41+ 11:33+ 12:43+ 14:39+ 22:27+ 28:23+ 29:50+ 30:45+ 31:50+ 34:57+ 41:25+ 44:24+ 45:18+		
01:30+	02:11+ 02:00+ 05:52+ 01:10+ 01:56+ 07:48+ 05:56+ 01:27+ 00:55+ 01:05+ 03:07+ 06:28+ 02:59+ 00:54+		
01:30+	02:11+ 02:00+ 05:52+ 01:10+ 01:56+ 07:48+ 05:56+ 01:27+ 00:55+ 01:05+ 03:07+ 06:28+ 02:59+ 00:54+		

Beste strekktid for klassen

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

Herrer 80 år og eldre

1	Harald Vatne	2342	26:01
01:41=	02:44= 04:12= 08:17= 09:08= 10:15= 11:54= 14:47= 16:22= 17:42= 21:02= 22:47= 23:28= 25:12= 26:01=		
01:41=	01:03= 01:28= 04:05= 00:51= 01:07= 01:39= 02:53= 01:35= 01:20= 03:20= 01:45= 00:41= 01:44= 00:49=		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Terje Braut	892	28:53
01:56+	03:05+ 04:45+ 08:46+ 09:27+ 10:28+ 12:02+ 14:45- 16:19- 17:35- 22:27+ 24:10+ 24:42+ 28:15+ 28:53+		
01:56+	01:09+ 01:40+ 04:01- 00:41- 01:01- 01:34- 02:43- 01:34- 01:16- 04:52+ 01:43- 00:32- 03:33+ 00:38-		
00:15#	00:06+ 00:12# 00:04- 00:10- 00:06- 00:05- 00:10- 00:01- 00:04- 01:32& 00:02- 00:09- 01:49# 00:11-		
3	Tormod Aaslid	3529	32:06
01:56+	03:24+ 05:20+ 09:17+ 10:22+ 11:56+ 14:03+ 17:23+ 19:33+ 21:48+ 25:53+ 27:45+ 28:34+ 31:07+ 32:06+		
01:56+	01:28+ 01:56+ 03:57- 01:05+ 01:34+ 02:07+ 03:20+ 02:10+ 02:15+ 04:05+ 01:52+ 00:49+ 02:33+ 00:59+		
00:15#	00:25& 00:28& 00:08- 00:14& 00:27& 00:28& 00:27# 00:35& 00:55& 00:45# 00:07+ 00:08# 00:49& 00:10#		
4	Alf Gyland	892	33:03
01:42+	02:49+ 04:46+ 09:18+ 10:05+ 13:55+ 16:37+ 19:49+ 21:44+ 23:16+ 27:12+ 29:14+ 29:58+ 32:22+ 33:03+		
01:42+	01:07+ 01:57+ 04:32+ 00:47- 03:50+ 02:42+ 03:12+ 01:55+ 01:32+ 03:56+ 02:02+ 00:44+ 02:24+ 00:41-		
00:01+	00:04+ 00:29& 00:27# 00:04- 02:43# 01:03& 00:19# 00:20# 00:12# 00:36# 00:17# 00:03+ 00:40& 00:08-		
5	Jan A. Bekkeheien	892	33:56
02:09+	03:17+ 05:28+ 10:24+ 11:15+ 12:26+ 14:20+ 17:23+ 19:00+ 23:50+ 28:44+ 30:30+ 31:08+ 33:05+ 33:56+		
02:09+	01:08+ 02:11+ 04:56+ 00:51= 01:11+ 01:54+ 03:03+ 01:37+ 04:50+ 04:54+ 01:46+ 00:38- 01:57+ 00:51+		
00:28&	00:05+ 00:43& 00:51# 00:00= 00:04+ 00:15# 00:10+ 00:02+ 03:30# 01:34& 00:01+ 00:03- 00:13# 00:02+		
6	Sigurd Krosli	1884	36:29
01:46+	02:58+ 04:40+ 08:55+ 09:50+ 10:52+ 12:55+ 16:01+ 17:50+ 21:26+ 26:10+ 27:57+ 28:47+ 35:50+ 36:29+		
01:46+	01:12+ 01:42+ 04:15+ 00:55+ 01:02- 02:03+ 03:06+ 01:49+ 03:36+ 04:44+ 01:47+ 00:50+ 07:03+ 00:39-		
00:05+	00:09# 00:14# 00:10+ 00:04+ 00:05- 00:24# 00:13+ 00:14# 02:16# 01:24& 00:02+ 00:09# 05:19# 00:10-		
7	Magne Jakobsen	3524	39:49
04:51+	05:48+ 08:08+ 14:02+ 15:16+ 17:05+ 20:07+ 23:39+ 26:14+ 28:49+ 32:59+ 35:18+ 36:12+ 38:41+ 39:49+		
04:51+	00:57- 02:20+ 05:54+ 01:14+ 01:49+ 03:02+ 03:32+ 02:35+ 02:35+ 04:10+ 02:19+ 00:54+ 02:29+ 01:08+		
03:10#	00:06- 00:52& 01:49& 00:23& 00:42& 01:23& 00:39# 01:00& 01:15& 00:50# 00:34& 00:13& 00:45& 00:19&		
8	Kjell Audun Maudal	3524	42:11
05:59+	07:26+ 10:09+ 15:55+ 17:18+ 19:12+ 22:05+ 25:38+ 28:14+ 30:37+ 34:53+ 37:17+ 38:05+ 40:34+ 42:11+		
05:59+	01:27+ 02:43+ 05:46+ 01:23+ 01:54+ 02:53+ 03:33+ 02:36+ 02:23+ 04:16+ 02:24+ 00:48+ 02:29+ 01:37+		
04:18#	00:24& 01:15& 01:41& 00:32& 00:47& 01:14& 00:40# 01:01& 01:03& 00:56& 00:39& 00:07# 00:45& 00:48&		

Plass	Navn	Klasse	Tid
-------	------	--------	-----

Herrer 80 år og eldre

9	Arne Karlsen					722					1:07:01				
08:50+	14:30+	17:15+	25:35+	27:01+	29:56+	34:09+	40:51+	44:37+	48:37+	56:24+	60:26+	61:43+	65:34+	67:01+	
08:50+	05:40+	02:45+	08:20+	01:26+	02:55+	04:13+	06:42+	03:46+	04:00+	07:47+	04:02+	01:17+	03:51+	01:27+	
07:09#	04:37#	01:17&	04:15#	00:35&	01:48#	02:34#	03:49#	02:11#	02:40#	04:27#	02:17#	00:36&	02:07#	00:38&	

Beste strekktid for klassen

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

Herrer A

1													Jone Valdal													1683													18:17												
00:29=	01:10=	01:43=	02:11=	04:15=	04:39=	05:11=	05:29=	06:20=	06:48=	07:10=	09:02=	09:27=	09:42=	11:18=	11:37=	12:32=	12:46=	13:08=	13:37=	14:10=	14:50=	15:13=	16:07=	16:48=	17:08=																										
00:29=	00:41=	00:33=	00:28=	02:04=	00:24=	00:32=	00:18=	00:51=	00:28=	00:22=	01:52=	00:25=	00:15=	01:36=	00:19=	00:55=	00:14=	00:22=	00:29=	00:33=	00:40=	00:23=	00:54=	00:41=	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=	00:00=	00:00=																										
18:01=	18:17=																																																		
00:53=	00:16=																																																		
00:00=	00:00=																																																		

2	Ørjan Ravndal												3522	18:38											
00:31+	01:19+	01:55+	02:30+	04:41+	05:07+	05:38+	05:51+	06:42+	07:08+	07:36+	09:20+	09:53+	10:10+	11:33+	11:51+	12:22=	12:39=	12:57=	13:29=	14:04=	14:45=	15:10=	16:12+	16:56+	17:13+
00:31+	00:48+	00:36+	00:35+	02:11+	00:26+	00:31=	00:13=	00:51=	00:26=	00:28+	01:44=	00:33+	00:17+	01:23=	00:18=	00:31=	00:17+	00:18=	00:32+	00:35+	00:41+	00:25+	01:02+	00:44+	00:17=
00:02+	00:07#	00:03+	00:07#	00:07+	00:02+	00:01=	00:05=	00:00=	00:02=	00:06&	00:08=	00:08&	00:02#	00:13=	00:01=	00:24=	00:03#	00:04=	00:03#	00:02+	00:01+	00:02+	00:08#	00:03+	00:03=
18:09+	18:38+																								
00:56+	00:29+																								
00:03+	00:13&																								

3			Sigurd R. Oftedal														3516				18:40													
00:33+	01:21+	01:59+	02:29+	04:43+	05:08+	05:41+	05:54+	06:45+	07:19+	07:43+	09:29+	09:56+	10:09+	11:37+	11:56+	12:28=	12:43=	13:02=	13:30=	14:06=	14:52+	15:20+	16:23+	17:13+	17:31+									
00:33+	00:48+	00:38+	00:30+	02:14+	00:25+	00:33+	00:13=	00:51=	00:34+	00:24+	01:46=	00:27+	00:13=	01:28=	00:19=	00:32=	00:15+	00:19=	00:28=	00:36+	00:46+	00:28+	01:03+	00:50+	00:18=									
00:04#	00:07#	00:05#	00:02+	00:10+	00:01+	00:01+	00:05=	00:00=	00:06#	00:02+	00:06=	00:02+	00:02=	00:08=	00:00=	00:23=	00:01+	00:03=	00:01=	00:03+	00:06#	00:05#	00:09#	00:09#	00:02=									
18:22+	18:40+																																	
00:51=	00:18+																																	
00:02=	00:02#																																	

4	Morten Bjerga Sundli												3522				18:41											
00:33+	01:20+	02:00+	02:29+	04:45+	05:11+	05:41+	05:55+	06:48+	07:13+	07:38+	09:19+	09:45+	10:01+	11:34+	11:54+	12:28=	12:44=	13:03=	13:33=	14:19+	15:00+	15:34+	16:34+	17:18+	17:35+			
00:33+	00:47+	00:40+	00:29+	02:16+	00:26+	00:30=	00:14=	00:53+	00:25=	00:25+	01:41=	00:26+	00:16+	01:33=	00:20+	00:34=	00:16+	00:19=	00:30+	00:46+	00:41+	00:34+	01:00+	00:44+	00:17=			
00:04#	00:06#	00:07#	00:01+	00:12+	00:02+	00:02=	00:04=	00:02+	00:03=	00:03#	00:11=	00:01+	00:01+	00:03=	00:01+	00:21=	00:02#	00:03=	00:01+	00:13&	00:01+	00:11&	00:06#	00:03+	00:03=			
18:23+	18:41+																											
00:48=	00:18+																											
00:05=	00:02#																											

Svein Magnus Halsne													1284													20:29												
00:29=	01:17+	01:56+	02:30+	05:01+	05:27+	06:06+	06:20+	07:16+	07:42+	08:10+	09:56+	10:22+	10:39+	12:12+	12:35+	13:13+	13:30+	14:09+	14:44+	15:28+	16:18+	16:50+	17:58+	18:50+	19:11+													
00:29=	00:48+	00:39+	00:34+	02:31+	00:26+	00:39+	00:14=	00:56+	00:26=	00:28+	01:46=	00:26+	00:17+	01:33=	00:23+	00:38=	00:17+	00:39+	00:35+	00:44+	00:50+	00:32+	01:08+	00:52+	00:21+													
00:00=	00:07#	00:06#	00:06#	00:27#	00:02+	00:07#	00:04=	00:05+	00:02=	00:06&	00:06=	00:01+	00:02#	00:03=	00:04#	00:17=	00:03#	00:17&	00:06#	00:11&	00:10#	00:09&	00:14&	00:11&	00:01+													
20:11+	20:29+																																					
01:00+	00:18+																																					
00:07#	00:02#																																					

6 Kristian Frafjord Haarr													882		23:00												
00:36+	01:33+	02:16+	03:04+	05:33+	06:00+	06:33+	06:46+	07:54+	08:27+	08:51+	10:51+	11:21+	11:54+	14:24+	14:45+	15:25+	16:25+	16:48+	17:19+	17:57+	18:46+	19:24+	20:36+	21:26+	21:44+		
00:36+	00:57+	00:43+	00:48+	02:29+	00:27+	00:33+	00:13=	01:08+	00:33+	00:24+	02:00+	00:30+	00:33+	02:30+	00:21+	00:40=	01:00+	00:23+	00:31+	00:38+	00:49+	00:38+	01:12+	00:50+	00:18=		
00:07#	00:16&	00:10&	00:20&	00:25#	00:03#	00:01+	00:05=	00:17&	00:05#	00:02+	00:08+	00:05#	00:18@	00:54&	00:02#	00:15=	00:46@	00:01+	00:02+	00:05#	00:09#	00:15&	00:18&	00:09#	00:02=		
22:42+	23:00+																										
00:58+	00:18+																										
00:05+	00:02#																										

7	Magne Hatteland							3528	23:10																		
00:36+	01:40+	02:26+	03:17+	05:59+	06:29+	07:09+	07:23+	08:24+	09:03+	09:31+	11:33+	12:11+	12:28+	14:13+	14:39+	15:19+	15:40+	16:09+	16:48+	17:38+	18:31+	19:02+	20:20+	21:17+	21:38+		
00:36+	01:04+	00:46+	00:51+	02:42+	00:30+	00:40+	00:14=	01:01+	00:39+	00:28+	02:02+	00:38+	00:17+	01:45+	00:26+	00:40=	00:21+	00:29+	00:39+	00:50+	00:53+	00:31+	01:18+	00:57+	00:21+		
00:07#	00:23&	00:13&	00:23&	00:38&	00:06#	00:08#	00:04=	00:10#	00:11&	00:06&	00:10+	00:13&	00:02#	00:09+	00:07&	00:15=	00:07&	00:07&	00:10&	00:17&	00:13&	00:08&	00:24&	00:16&	00:01+		
22:46+	23:10+																										
01:08+	00:24+																										
00:15&	00:08&																										

Herrer A

00:38+	01:32+	02:16+	02:49+	05:32+	06:02+	06:48+	07:05+	08:06+	08:36+	09:03+	11:29+	12:00+	13:00+	14:30+	14:53+	16:07+	16:24+	16:57+	17:33+	18:12+	19:01+	19:32+	20:44+	21:42+	22:00+
00:38+	00:54+	00:44+	00:33+	02:43+	00:30+	00:46+	00:17-	01:01+	00:30+	00:27+	02:26+	00:31+	01:00+	01:30-	00:23+	01:14+	00:17+	00:33+	00:36+	00:39+	00:49+	00:31+	01:12+	00:58+	00:18-
00:09%	00:13%	00:11%	00:05#	00:39%	00:06#	00:14%	00:01-	00:10#	00:02+	00:05#	00:34%	00:06#	00:45%	00:06-	00:04#	00:19%	00:03#	00:11%	00:07#	00:06#	00:09#	00:08%	00:18%	00:17%	00:02-
23:07+	23:27+																								
01:07+	00:20+																								
00:14%	00:04#																								
9	Runar Eike Toft	1683	24:18																						
00:37+	01:23+	01:58+	02:27+	05:01+	05:27+	06:15+	06:30+	07:32+	08:01+	08:30+	10:43+	11:09+	11:26+	13:44+	14:09+	15:24+	15:40+	16:14+	16:52+	19:02+	19:51+	20:30+	21:33+	22:28+	22:48+
00:37+	00:46+	00:35+	00:29+	02:34+	00:26+	00:48+	00:15+	01:02+	00:29+	00:29+	02:13+	00:26+	00:17+	02:18+	00:25+	01:15+	00:16+	00:34+	00:38+	02:10+	00:49+	00:39+	01:03+	00:55+	00:20+
00:37+	00:46+	00:35+	00:29+	02:34+	00:26+	00:48+	00:15+	01:02+	00:29+	00:29+	02:13+	00:26+	00:17+	02:18+	00:25+	01:15+	00:16+	00:34+	00:38+	02:10+	00:49+	00:39+	01:03+	00:55+	00:20+
23:56+	24:18+																								
01:08+	00:22+																								
01:08+	00:22+																								
10	Maximilian Erlbeck	2342	24:19																						
00:31+	01:28+	02:08+	02:54+	05:22+	05:48+	06:46+	07:03+	07:57+	08:33+	09:05+	11:04+	11:35+	11:53+	14:13+	14:31+	15:11+	16:11+	16:27+	16:48+	17:25+	18:50+	20:06+	20:36+	21:50+	22:44+
00:31+	00:57+	00:40+	00:46+	02:28+	00:26+	00:58+	00:17+	00:54+	00:36+	00:32+	01:59+	00:31+	00:18+	02:20+	00:18+	00:40+	01:00+	00:16+	00:21+	00:37+	01:25+	01:16+	00:30+	01:14+	00:54+
00:31+	00:57+	00:40+	00:46+	02:28+	00:26+	00:58+	00:17+	00:54+	00:36+	00:32+	01:59+	00:31+	00:18+	02:20+	00:18+	00:40+	01:00+	00:16+	00:21+	00:37+	01:25+	01:16+	00:30+	01:14+	00:54+
23:02+	24:02+	24:19+																							
00:18+	01:00+	00:17+																							
00:18+	01:00+	00:17+																							
11	Andreas Terjesen	1832	24:24																						
00:36+	01:37+	02:17+	03:05+	05:31+	06:01+	06:48+	07:11+	08:11+	08:51+	09:16+	12:01+	12:44+	13:02+	15:24+	15:50+	16:45+	17:03+	17:33+	18:08+	19:02+	19:53+	20:20+	21:33+	22:19+	22:38+
00:36+	01:01+	00:40+	00:48+	02:26+	00:30+	00:47+	00:23+	01:00+	00:40+	00:25+	02:45+	00:43+	00:18+	02:22+	00:26+	00:55+	00:18+	00:30+	00:35+	00:54+	00:51+	00:27+	01:13+	00:46+	00:19+
00:36+	01:01+	00:40+	00:48+	02:26+	00:30+	00:47+	00:23+	01:00+	00:40+	00:25+	02:45+	00:43+	00:18+	02:22+	00:26+	00:55+	00:18+	00:30+	00:35+	00:54+	00:51+	00:27+	01:13+	00:46+	00:19+
23:47+	24:24+																								
01:09+	00:37+																								
01:09+	00:37+																								
12	Marius Stene	882	24:40																						
00:40+	01:51+	02:36+	03:11+	06:01+	06:33+	07:19+	07:34+	08:37+	09:06+	09:33+	12:25+	12:57+	13:20+	15:02+	15:28+	16:18+	16:39+	17:05+	17:48+	18:47+	19:46+	20:32+	21:41+	22:31+	22:50+
00:40+	01:11+	00:45+	00:35+	02:50+	00:32+	00:46+	00:15+	01:03+	00:29+	00:27+	02:52+	00:32+	00:23+	01:42+	00:26+	00:50+	00:21+	00:26+	00:43+	00:59+	00:59+	00:46+	01:09+	00:50+	00:19+
00:40+	01:11+	00:45+	00:35+	02:50+	00:32+	00:46+	00:15+	01:03+	00:29+	00:27+	02:52+	00:32+	00:23+	01:42+	00:26+	00:50+	00:21+	00:26+	00:43+	00:59+	00:59+	00:46+	01:09+	00:50+	00:19+
24:23+	24:40+																								
01:33+	00:17+																								
01:33+	00:17+																								
13	Briac Le Ray	2342	25:42																						
00:36+	01:32+	02:17+	03:04+	05:33+	06:04+	07:14+	07:29+	08:35+	09:15+	09:42+	11:53+	12:21+	12:35+	14:48+	15:13+	16:09+	16:30+	17:21+	18:01+	20:09+	21:03+	21:32+	22:36+	23:31+	23:53+
00:36+	00:56+	00:45+	00:47+	02:29+	00:31+	01:10+	00:15+	01:06+	00:40+	00:27+	02:11+	00:28+	00:14+	02:13+	00:25+	00:56+	00:21+	00:51+	00:40+	02:08+	00:54+	00:29+	01:04+	00:55+	00:22+
00:36+	00:56+	00:45+	00:47+	02:29+	00:31+	01:10+	00:15+	01:06+	00:40+	00:27+	02:11+	00:28+	00:14+	02:13+	00:25+	00:56+	00:21+	00:51+	00:40+	02:08+	00:54+	00:29+	01:04+	00:55+	00:22+
25:06+	25:42+																								
01:13+	00:36+																								
01:13+	00:36+																								
14	Håkon Eggebø	1284	25:58																						
00:32+	01:37+	02:21+	02:59+	05:56+	06:26+	07:33+	07:51+	09:04+	09:33+	10:01+	12:09+	12:40+	12:58+	15:30+	15:56+	16:48+	17:17+	18:36+	19:31+	20:30+	21:20+	21:59+	23:17+	24:13+	24:35+
00:32+	01:05+	00:44+	00:38+	02:57+	00:30+	01:07+	00:18+	01:13+	00:29+	00:28+	02:08+	00:31+	00:18+	02:32+	00:26+	00:52+	00:29+	01:19+	00:55+	00:59+	00:50+	00:39+	01:18+	00:56+	00:22+
00:32+	01:05+	00:44+	00:38+	02:57+	00:30+	01:07+	00:18+	01:13+	00:29+	00:28+	02:08+	00:31+	00:18+	02:32+	00:26+	00:52+	00:29+	01:19+	00:55+	00:59+	00:50+	00:39+	01:18+	00:56+	00:22+
25:39+	25:58+																								
01:04+	00:19+																								
01:04+	00:19+																								
15	Svein Kyllingstad	1284	27:01																						
00:36+	01:28+	02:11+	03:07+	06:08+	06:43+	07:23+	07:42+	09:00+	09:37+	10:06+	12:49+	13:30+	13:54+	16:13+	16:38+	17:38+	18:15+	18:49+	19:36+	20:57+	22:02+	22:38+	23:59+	24:59+	25:21+
00:36+	00:52+	00:43+	00:56+	03:01+	00:35+	00:40+	00:19+	01:18+	00:37+	00:29+	02:43+	00:41+	00:24+	02:19+	00:25+	01:00+	00:37+	00:34+	00:47+	01:21+	01:05+	00:36+	01:21+	01:00+	00:22+
00:36+	00:52+	00:43+	00:56+	03:01+	00:35+	00:40+	00:19+	01:18+	00:37+	00:29+	02:43+	00:41+	00:24+	02:19+	00:25+	01:00+	00:37+	00:34+	00:47+	01:21+	01:05+	00:36+	01:21+	01:00+	00:22+
26:39+	27:01+																								
01:18+	00:22+																								
01:18+	00:22+																								

Herrer A

Beste strekktid for klassen

Herrer B

[illegible]

Herrer B

7	Tom Furland										769										23:14									
00:38+	01:36+	02:21+	02:56+	05:45+	06:17+	06:57+	07:12+	08:16+	08:51+	09:26+	11:31+	12:03+	12:20+	14:31+	14:53+	15:36+	15:53+	16:17+	16:56+	17:39+	18:30+	19:06+	20:27+	21:33+	21:53+					
00:38+	00:58+	00:45+	00:35-	02:49+	00:32+	00:40+	00:15=	01:04+	00:35+	00:35+	02:05+	00:32-	00:17+	02:11+	00:22-	00:43-	00:17+	00:24=	00:39+	00:43+	00:51+	00:36-	01:21+	01:06+	00:20=					
00:07#	00:09#	00:04+	00:12-	00:24#	00:04#	00:08#	00:00=	00:07#	00:08&	00:10&	00:09+	00:21-	00:01+	00:45&	00:01-	00:03-	00:01+	00:00=	00:06#	00:02+	00:09#	00:06-	00:12#	00:10#	00:00=					
22:53+	23:14+																													
01:00-	00:21+																													
00:01-	00:02#																													
8	Tallak Langmyr										3552										23:23									
00:37+	01:31+	02:19+	02:57+	05:48+	06:18+	06:50+	07:05+	08:22+	08:52+	09:21+	11:42+	12:15+	12:34+	14:22+	14:47+	15:32+	15:53+	16:13+	16:59+	17:42+	18:54+	19:24+	20:43+	21:39+	21:59+					
00:37+	00:54+	00:48+	00:38+	02:51+	00:30+	00:32+	00:15+	01:17+	00:30+	00:29+	02:21+	00:33+	00:19+	01:48+	00:25+	00:45+	00:21+	00:20+	00:46+	00:43+	01:12+	00:30+	01:19+	00:56+	00:20+					
00:37+	00:54+	00:48+	00:38+	02:51+	00:30+	00:32+	00:15+	01:17+	00:30+	00:29+	02:21+	00:33+	00:19+	01:48+	00:25+	00:45+	00:21+	00:20+	00:46+	00:43+	01:12+	00:30+	01:19+	00:56+	00:20+					
23:05+	23:23+																													
01:06+	00:18+																													
01:06+	00:18+																													
9	Arne Eirik Nielsen										3588										23:33									
00:37+	01:41+	02:24+	02:58+	05:33+	06:03+	06:59+	07:17+	08:18+	08:46+	09:13+	11:53+	12:44+	12:59+	14:43+	15:08+	16:21+	16:41+	17:13+	17:47+	18:30+	19:19+	19:47+	21:01+	21:54+	22:13+					
00:37+	01:04+	00:43+	00:34+	02:35+	00:30+	00:56+	00:18+	01:01+	00:28+	00:27+	02:40+	00:51+	00:15+	01:44+	00:25+	01:13+	00:20+	00:32+	00:34+	00:43+	00:49+	00:28+	01:14+	00:53+	00:19+					
00:37+	01:04+	00:43+	00:34+	02:35+	00:30+	00:56+	00:18+	01:01+	00:28+	00:27+	02:40+	00:51+	00:15+	01:44+	00:25+	01:13+	00:20+	00:32+	00:34+	00:43+	00:49+	00:28+	01:14+	00:53+	00:19+					
23:13+	23:33+																													
01:00+	00:20+																													
01:00+	00:20+																													
10	Tor Gunnar Aksland										1683										23:47									
00:33+	01:28+	02:14+	02:58+	05:35+	06:06+	06:50+	07:11+	08:09+	08:38+	09:07+	11:09+	11:40+	12:00+	13:51+	14:16+	16:14+	16:35+	16:59+	17:31+	18:15+	19:02+	19:29+	20:43+	21:43+	22:08+					
00:33+	00:55+	00:46+	00:44+	02:37+	00:31+	00:44+	00:21+	00:58+	00:29+	00:29+	02:02+	00:31+	00:20+	01:51+	00:25+	01:58+	00:21+	00:24+	00:32+	00:44+	00:47+	00:27+	01:14+	01:00+	00:25+					
00:33+	00:55+	00:46+	00:44+	02:37+	00:31+	00:44+	00:21+	00:58+	00:29+	00:29+	02:02+	00:31+	00:20+	01:51+	00:25+	01:58+	00:21+	00:24+	00:32+	00:44+	00:47+	00:27+	01:14+	01:00+	00:25+					
23:10+	23:47+																													
01:02+	00:37+																													
01:02+	00:37+																													
11	Joar Eilevstjønn										2342										24:29									
00:35+	01:27+	02:09+	03:15+	05:54+	06:56+	07:31+	07:49+	08:53+	09:24+	09:53+	11:59+	12:30+	12:49+	14:47+	15:09+	16:42+	17:05+	17:36+	18:13+	19:02+	19:46+	20:26+	21:41+	22:45+	23:04+					
00:35+	00:52+	00:42+	01:06+	02:39+	01:02+	00:35+	00:18+	01:04+	00:31+	00:29+	02:06+	00:31+	00:19+	01:58+	00:22+	01:33+	00:23+	00:31+	00:37+	00:49+	00:44+	00:40+	01:15+	01:04+	00:19+					
00:35+	00:52+	00:42+	01:06+	02:39+	01:02+	00:35+	00:18+	01:04+	00:31+	00:29+	02:06+	00:31+	00:19+	01:58+	00:22+	01:33+	00:23+	00:31+	00:37+	00:49+	00:44+	00:40+	01:15+	01:04+	00:19+					
24:11+	24:29+																													
01:07+	00:18+																													
01:07+	00:18+																													
12	Trond Sigurd Fotland										3507										24:37									
00:39+	01:36+	02:19+	02:52+	05:36+	06:08+	06:47+	07:06+	08:27+	09:03+	09:32+	12:01+	12:35+	12:55+	15:05+	15:32+	16:11+	16:32+	16:55+	17:40+	18:24+	19:27+	20:20+	21:40+	22:40+	23:03+					
00:39+	00:57+	00:43+	00:33+	02:44+	00:32+	00:39+	00:19+	01:21+	00:36+	00:29+	02:29+	00:34+	00:20+	02:10+	00:27+	00:39+	00:21+	00:23+	00:45+	00:44+	01:03+	00:53+	01:20+	01:00+	00:23+					
00:39+	00:57+	00:43+	00:33+	02:44+	00:32+	00:39+	00:19+	01:21+	00:36+	00:29+	02:29+	00:34+	00:20+	02:10+	00:27+	00:39+	00:21+	00:23+	00:45+	00:44+	01:03+	00:53+	01:20+	01:00+	00:23+					
24:15+	24:37+																													
01:12+	00:22+																													
01:12+	00:22+																													
13	Jørgen Breivold										3529										25:20									
00:38+	01:49+	02:40+	03:18+	06:01+	06:36+	07:27+	07:53+	08:57+	09:38+	10:08+	12:15+	12:49+	13:09+	15:49+	16:14+	17:09+	17:42+	18:10+	18:49+	19:44+	20:41+	21:11+	22:21+	23:20+	23:53+					
00:38+	01:11+	00:51+	00:38+	02:43+	00:35+	00:51+	00:26+	01:04+	00:41+	00:30+	02:07+	00:34+	00:20+	02:40+	00:25+	00:55+	00:33+	00:28+	00:39+	00:55+	00:57+	00:30+	01:10+	00:59+	00:33+					
00:38+	01:11+	00:51+	00:38+	02:43+	00:35+	00:51+	00:26+	01:04+	00:41+	00:30+	02:07+	00:34+	00:20+	02:40+	00:25+	00:55+	00:33+	00:28+	00:39+	00:55+	00:57+	00:30+	01:10+	00:59+	00:33+					
24:58+	25:20+																													
01:05+	00:22+																													
01:05+	00:22+																													
14	Jone Sæbbø										3516										25:47									
00:48+	01:44+	02:30+	03:08+	05:51+	06:26+	07:23+	07:39+	08:49+	09:25+	09:57+	12:24+	13:00+	13:25+	15:32+	15:56+	16:43+	17:03+	17:32+	18:38+	19:31+	20:33+	21:07+	22:31+	23:42+	24:06+					
00:48+	00:56+	00:46+	00:38+	02:43+	00:35+	00:57+	00:16+	01:10+	00:36+	00:32+	02:27+	00:36+	00:25+	02:07+	00:24+	00:47+	00:20+	00:29+	01:06+	00:53+	01:02+	00:34+	01:24+	01:11+	00:24+					
00:48+	00:56+	00:46+	00:38+	02:43+	00:35+	00:57+	00:16+	01:10+	00:36+	00:32+	02:27+	00:36+	00:25+	02:07+	00:24+	00:47+	00:20+	00:29+	01:06+	00:53+	01:02+	00:34+	01:24+	01:11+	00:24+					
25:21+	25:47+																													
01:15+	00:26+																													
01:15+	00:26+																													

Herrer B

15															Espen Fyhn Nilsen										1683										31:25									
00:45+	01:59+	02:56+	03:51+	07:34+	08:19+	09:23+	09:45+	11:06+	11:52+	12:29+	15:14+	16:10+	16:47+	19:07+	19:41+	20:42+	21:08+	21:45+	22:37+	23:44+	25:20+	26:10+	27:50+	29:10+	29:38+																			
00:45+	01:14+	00:57+	00:55+	03:43+	00:45+	01:04+	00:22+	01:21+	00:46+	00:37+	02:45+	00:56+	00:37+	02:20+	00:34+	01:01+	00:26+	00:37+	00:52+	01:07+	01:36+	00:50+	01:40+	01:20+	00:28+																			
00:45+	01:14+	00:57+	00:55+	03:43+	00:45+	01:04+	00:22+	01:21+	00:46+	00:37+	02:45+	00:56+	00:37+	02:20+	00:34+	01:01+	00:26+	00:37+	00:52+	01:07+	01:36+	00:50+	01:40+	01:20+	00:28+																			
30:58+	31:25+																																											
01:20+	00:27+																																											
01:20+	00:27+																																											

Beste strekketid for klassen

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

Herrer C

1	Lars Drage										3583	19:47													
00:55=	02:10=	04:50=	05:35=	05:50=	06:05=	07:02=	07:29=	09:11=	10:04=	10:39=	12:10=	12:33=	13:47=	14:29=	15:08=	15:38=	17:04=	18:03=	18:23=	19:24=	19:47=				
00:55=	01:15=	02:40=	00:45=	00:15=	00:15=	00:57=	00:27=	01:42=	00:53=	00:35=	01:31=	00:23=	01:14=	00:42=	00:39=	00:30=	01:26=	00:59=	00:20=	01:01=	00:23=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Henning Sundby										3486	20:08													
00:51-	02:02-	04:33-	05:16-	05:48-	06:03-	07:04+	07:31+	09:09-	09:57-	10:32-	12:53+	13:16+	14:10+	14:53+	15:44+	16:12+	17:21+	18:15+	18:37+	19:42+	20:08+				
00:51-	01:11-	02:31-	00:43-	00:32+	00:15=	01:01+	00:27=	01:38-	00:48-	00:35=	02:21+	00:23=	00:54-	00:43+	00:51+	00:28-	01:09-	00:54-	00:22+	01:05+	00:26+				
00:04-	00:04-	00:09-	00:02-	00:17ø	00:00=	00:04+	00:00=	00:04-	00:05-	00:00=	00:50&	00:00=	00:20-	00:01+	00:12&	00:02-	00:17-	00:05-	00:02#	00:04+	00:03#				
3	Morten Aamodt										1683	20:18													
00:57+	02:11+	04:50=	05:35=	05:54+	06:10+	07:14+	07:43+	09:29+	10:23+	11:01+	12:54+	13:19+	14:19+	14:56+	15:42+	16:09+	17:23+	18:29+	18:52+	19:56+	20:18+				
00:57+	01:14-	02:39-	00:45=	00:19+	00:16+	01:04+	00:29+	01:46+	00:54+	00:38+	01:53+	00:25+	01:00-	00:37-	00:46+	00:27-	01:14-	01:06+	00:23+	01:04+	00:22-				
00:02+	00:01-	00:01-	00:00=	00:04&	00:01+	00:07#	00:02+	00:04+	00:01+	00:03+	00:22#	00:02+	00:14-	00:05-	00:07#	00:03-	00:12-	00:07#	00:03#	00:03+	00:01-				
4	Terje Michaelsen										3511	20:40													
00:58+	02:22+	05:03+	05:47+	06:06+	06:19+	07:16+	07:41+	09:24+	10:15+	10:46+	12:59+	13:24+	14:45+	15:21+	16:03+	16:37+	17:56+	18:55+	19:18+	20:21+	20:40+				
00:58+	01:24+	02:41+	00:44-	00:19+	00:13-	00:57=	00:25-	01:43+	00:51-	00:31-	02:13+	00:25+	01:21+	00:36-	00:42+	00:34+	01:19-	00:59=	00:23+	01:03+	00:19-				
00:03+	00:09#	00:01+	00:01-	00:04&	00:02-	00:00=	00:02-	00:01+	00:02-	00:04-	00:42&	00:02+	00:07+	00:06-	00:03+	00:04#	00:07-	00:00=	00:03#	00:02+	00:04-				
5	Kjetil Wirak										3486	21:00													
00:58+	02:17+	05:09+	05:57+	06:20+	06:37+	07:37+	08:07+	09:51+	10:42+	11:19+	13:12+	13:38+	14:37+	15:17+	16:40+	17:06+	18:19+	19:17+	19:37+	20:40+	21:00+				
00:58+	01:19+	02:52+	00:48+	00:23+	00:17+	01:00+	00:30+	01:44+	00:51-	00:37+	01:53+	00:26+	00:59-	00:40-	01:23+	00:26-	01:13-	00:58-	00:20=	01:03+	00:20-				
00:03+	00:04+	00:12+	00:03+	00:08&	00:02#	00:03+	00:03#	00:02+	00:02-	00:02+	00:22#	00:03#	00:15-	00:02-	00:44ø	00:04-	00:13-	00:01-	00:00=	00:02+	00:03-				
6	Oddmund Nordgård										722	21:53													
01:03+	02:25+	05:27+	06:13+	06:32+	06:49+	07:52+	08:24+	10:21+	11:21+	11:59+	13:34+	14:00+	14:50+	15:40+	16:29+	17:08+	18:32+	19:32+	20:19+	21:31+	21:53+				
01:03+	01:22+	03:02+	00:46+	00:19+	00:17+	01:03+	00:32+	01:57+	01:00+	00:38+	01:35+	00:26+	00:50-	00:50+	00:49+	00:39+	01:24-	01:00+	00:47+	01:12+	00:22-				
00:08#	00:07+	00:22#	00:01+	00:04&	00:02#	00:06#	00:05#	00:15#	00:07#	00:03+	00:04+	00:03#	00:24-	00:08#	00:10&	00:09&	00:02-	00:01+	00:27ø	00:11#	00:01-				
7	Jan-Einar Øvremo										1119	21:54													
00:56+	02:14+	05:16+	06:11+	06:28+	07:07+	08:09+	08:48+	10:38+	11:39+	12:23+	13:58+	14:23+	15:16+	16:01+	16:51+	17:27+	18:54+	19:59+	20:21+	21:32+	21:54+				
00:56+	01:18+	03:02+	00:55+	00:17+	00:39+	01:02+	00:39+	01:50+	01:01+	00:44+	01:35+	00:25+	00:53-	00:45+	00:50+	00:36+	01:27+	01:05+	00:22+	01:11+	00:22-				
00:01+	00:03+	00:22#	00:10#	00:02#	00:24ø	00:05+	00:12&	00:08+	00:08#	00:09&	00:04+	00:02+	00:21-	00:03+	00:11&	00:06#	00:01+	00:06#	00:02#	00:10#	00:01-				
8	Stein Arne Olsen										874	21:54													
01:00+	02:23+	05:17+	06:07+	06:22+	06:38+	07:48+	08:17+	10:16+	11:15+	11:54+	13:48+	14:13+	15:06+	15:55+	16:49+	17:25+	18:48+	19:47+	20:08+	21:32+	21:54+				
01:00+	01:23+	02:54+	00:50+	00:15=	00:16+	01:10+	00:29+	01:59+	00:59+	00:39+	01:54+	00:25+	00:53-	00:49+	00:54+	00:36+	01:23-	00:59=	00:21+	01:24+	00:22-				
00:05+	00:08#	00:14+	00:05#	00:00=	00:01+	00:13#	00:02+	00:17#	00:06#	00:04#	00:23&	00:02+	00:21-	00:07#	00:15&	00:06#	00:03-	00:00=	00:01+	00:23&	00:01-				
9	Svein Oddvar Netland										1683	22:29													
01:01+	02:25+	05:29+	06:21+	06:41+	07:03+	08:06+	08:39+	10:32+	11:35+	12:12+	14:01+	14:32+	15:27+	16:17+	17:04+	17:41+	19:11+	20:15+	20:52+	22:10+	22:29+				
01:01+	01:24+	03:04+	00:52+	00:20+	00:22+	01:03+	00:33+	01:53+	01:03+	00:37+	01:49+	00:31+	00:55-	00:50+	00:47+	00:37+	01:30+	01:04+	00:37+	01:18+	00:19-				
00:06#	00:09#	00:24#	00:07#	00:05&	00:07&	00:06#	00:06#	00:11#	00:10#	00:02+	00:18#	00:08&	00:19-	00:08#	00:08#	00:07#	00:04+	00:05+	00:17&	00:17&	00:04-				
10	Pål H. Gjerden										1683	22:35													
01:01+	02:27+	05:14+	06:06+	06:30+	06:45+	07:59+	08:31+	10:24+	11:21+	12:05+	13:51+	14:21+	15:21+	16:09+	17:07+	17:45+	19:38+	20:38+	21:04+	22:13+	22:35+				
01:01+	01:26+	02:47+	00:52+	00:24+	00:15=	01:14+	00:32+	01:53+	00:57+	00:44+	01:46+	00:30+	01:00-	00:48+	00:58+	00:38+	01:53+	01:00+	00:26+	01:09+	00:22-				
00:06#	00:11#	00:07+	00:07#	00:09&	00:00=	00:17&	00:05#	00:11#	00:04+	00:09&	00:15#	00:07&	00:14-	00:06#	00:19&	00:08&	00:27&	00:01+	00:06&	00:08#	00:01-				
11	Leif Kjetil Hinna Gausel										1683	22:46													
01:00+	02:21+	05:23+	06:14+	06:35+	06:50+	07:59+	08:29+	10:20+	11:20+	11:59+	14:18+	14:47+	15:53+	16:47+	17:44+	18:17+	19:41+	20:39+	21:02+	22:26+	22:46+				
01:00+	01:21+	03:02+	00:51+	00:21+	00:15=	01:09+	00:30+	01:51+	01:00+	00:39+	02:19+	00:29+	01:06-	00:54+	00:57+	00:33+	01:24-	00:58-	00:23+	01:24+	00:20-				
00:05+	00:06+	00:22#	00:06#	00:06&	00:00=	00:12#	00:03#	00:09+	00:07#	00:04#	00:18&	00:06&	00:08-	00:12&	00:18&	00:03#	00:02-	00:01-	00:03#	00:23&	00:03-				

Herrer C

12	Bertrand Denieul										877	22:53										
01:02+	02:24+	05:24+	06:12+	07:16+	07:36+	08:53+	09:22+	11:14+	12:08+	12:42+	14:41+	15:10+	16:20+	17:01+	17:52+	18:22+	19:44+	20:47+	21:10+	22:14+	22:53+	
01:02+	01:22+	03:00+	00:48+	01:04+	00:20+	01:17+	00:29+	01:52+	00:54+	00:34-	01:59+	00:29+	01:10-	00:41-	00:51+	00:30=	01:22-	01:03+	00:23+	01:04+	00:39+	
00:07#	00:07+	00:20#	00:03+	00:49#	00:05#	00:20#	00:02+	00:10+	00:01+	00:01-	00:28#	00:06#	00:04-	00:01-	00:12#	00:00=	00:04-	00:04+	00:03#	00:03+	00:16#	
13	Nils John Vestøl										3541	23:13										
00:56+	02:18+	05:29+	06:20+	06:42+	06:58+	08:02+	08:33+	10:22+	11:25+	12:01+	13:57+	14:21+	15:09+	16:00+	17:04+	17:51+	19:24+	21:16+	21:38+	22:54+	23:13+	
00:56+	01:22+	03:11+	00:51+	00:22+	00:16+	01:04+	00:31+	01:49+	01:03+	00:36+	01:56+	00:24+	00:48+	00:51+	01:04+	00:47+	01:33+	01:52+	00:22+	01:16+	00:19+	
00:56+	01:22+	03:11+	00:51+	00:22+	00:16+	01:04+	00:31+	01:49+	01:03+	00:36+	01:56+	00:24+	00:48+	00:51+	01:04+	00:47+	01:33+	01:52+	00:22+	01:16+	00:19+	
14	Geir Frøyttlog										3502	24:37										
01:03+	02:38+	06:03+	07:02+	07:20+	07:39+	08:58+	09:34+	11:34+	12:46+	13:22+	15:28+	16:03+	17:26+	18:12+	19:02+	19:42+	21:22+	22:31+	23:00+	24:15+	24:37+	
01:03+	01:35+	03:25+	00:59+	00:18+	00:19+	01:19+	00:36+	02:00+	01:12+	00:36+	02:06+	00:35+	01:23+	00:46+	00:50+	00:40+	01:40+	01:09+	00:29+	01:15+	00:22+	
01:03+	01:35+	03:25+	00:59+	00:18+	00:19+	01:19+	00:36+	02:00+	01:12+	00:36+	02:06+	00:35+	01:23+	00:46+	00:50+	00:40+	01:40+	01:09+	00:29+	01:15+	00:22+	
15	Paul Terje Haarr										769	24:41										
01:08+	02:34+	05:36+	06:27+	06:54+	07:13+	08:47+	09:20+	11:18+	12:28+	13:15+	15:49+	16:16+	17:47+	18:33+	19:27+	20:07+	21:38+	22:49+	23:14+	24:20+	24:41+	
01:08+	01:26+	03:02+	00:51+	00:27+	00:19+	01:34+	00:33+	01:58+	01:10+	00:47+	02:34+	00:27+	01:31+	00:46+	00:54+	00:40+	01:31+	01:11+	00:25+	01:06+	00:21+	
01:08+	01:26+	03:02+	00:51+	00:27+	00:19+	01:34+	00:33+	01:58+	01:10+	00:47+	02:34+	00:27+	01:31+	00:46+	00:54+	00:40+	01:31+	01:11+	00:25+	01:06+	00:21+	
16	Geir Haugvaldstad										465	25:31										
01:09+	03:09+	06:31+	07:29+	07:52+	08:09+	09:24+	10:39+	11:05+	13:03+	14:00+	14:39+	17:02+	17:32+	18:56+	19:39+	20:27+	21:01+	22:15+	23:22+	23:47+	25:09+	25:31+
01:09+	02:00+	03:22+	00:58+	00:23+	00:17+	01:15+	01:15+	00:26+	01:58+	00:57+	00:39+	02:23+	00:30+	01:24+	00:43+	00:48+	00:34+	01:14+	01:07+	00:25+	01:22+	00:22+
01:09+	02:00+	03:22+	00:58+	00:23+	00:17+	01:15+	01:15+	00:26+	01:58+	00:57+	00:39+	02:23+	00:30+	01:24+	00:43+	00:48+	00:34+	01:14+	01:07+	00:25+	01:22+	00:22+
17	Øivind Berggraf										1683	25:39										
01:37+	03:13+	06:29+	07:24+	07:46+	08:10+	09:20+	09:56+	11:59+	13:08+	14:10+	16:13+	16:46+	18:03+	18:51+	19:48+	20:42+	22:20+	23:27+	23:54+	25:11+	25:39+	
01:37+	01:36+	03:16+	00:55+	00:22+	00:24+	01:10+	00:36+	02:03+	01:09+	01:02+	02:03+	00:33+	01:17+	00:48+	00:57+	00:54+	01:38+	01:07+	00:27+	01:17+	00:28+	
01:37+	01:36+	03:16+	00:55+	00:22+	00:24+	01:10+	00:36+	02:03+	01:09+	01:02+	02:03+	00:33+	01:17+	00:48+	00:57+	00:54+	01:38+	01:07+	00:27+	01:17+	00:28+	
18	Svein-Erik Kvame										1683	26:49										
01:07+	03:23+	06:56+	07:54+	08:17+	08:35+	09:47+	10:20+	12:32+	13:34+	14:15+	16:53+	17:21+	18:29+	19:20+	20:51+	21:27+	22:58+	24:03+	24:34+	26:17+	26:49+	
01:07+	02:16+	03:33+	00:58+	00:23+	00:18+	01:12+	00:33+	02:12+	01:02+	00:41+	02:38+	00:28+	01:08+	00:51+	01:31+	00:36+	01:31+	01:05+	00:31+	01:43+	00:32+	
01:07+	02:16+	03:33+	00:58+	00:23+	00:18+	01:12+	00:33+	02:12+	01:02+	00:41+	02:38+	00:28+	01:08+	00:51+	01:31+	00:36+	01:31+	01:05+	00:31+	01:43+	00:32+	
19	Ove Oaland										1683	27:57										
01:30+	03:06+	06:42+	07:41+	08:06+	08:27+	09:42+	10:22+	12:30+	13:44+	14:29+	16:41+	17:26+	17:55+	19:41+	20:39+	21:52+	22:35+	24:08+	25:22+	25:57+	27:29+	27:57+
01:30+	01:36+	03:36+	00:59+	00:25+	00:21+	01:15+	00:40+	02:08+	01:14+	00:45+	02:12+	00:45+	00:29+	01:46+	00:58+	01:13+	00:43+	01:33+	01:14+	00:35+	01:32+	00:28+
01:30+	01:36+	03:36+	00:59+	00:25+	00:21+	01:15+	00:40+	02:08+	01:14+	00:45+	02:12+	00:45+	00:29+	01:46+	00:58+	01:13+	00:43+	01:33+	01:14+	00:35+	01:32+	00:28+
20	Erling Maudal										3541	27:59										
01:03+	02:43+	06:12+	07:09+	07:46+	08:03+	09:31+	10:37+	13:24+	14:34+	15:22+	17:49+	18:25+	20:07+	21:05+	22:09+	22:49+	24:22+	25:38+	26:07+	27:32+	27:59+	
01:03+	01:40+	03:29+	00:57+	00:37+	00:17+	01:28+	01:06+	02:47+	01:10+	00:48+	02:27+	00:36+	01:42+	00:58+	01:04+	00:40+	01:33+	01:16+	00:29+	01:25+	00:27+	
01:03+	01:40+	03:29+	00:57+	00:37+	00:17+	01:28+	01:06+	02:47+	01:10+	00:48+	02:27+	00:36+	01:42+	00:58+	01:04+	00:40+	01:33+	01:16+	00:29+	01:25+	00:27+	

Beste strekktid for klassen

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

Herrer Ny

1	Nikolai Khorunzhiy												NOTEAM				21:59	
01:11=	03:29=	04:25=	06:46=	07:42=	09:47=	11:25=	12:47=	13:43=	15:48=	17:13=	17:24=	18:42=	21:45=	21:59=				
01:11=	02:18=	00:56=	02:21=	00:56=	02:05=	01:38=	01:22=	00:56=	02:05=	01:25=	00:11=	01:18=	03:03=	00:14=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Jacek Jagodzinski												3486		22:34			
01:13+	02:17-	03:02-	04:58-	06:33-	08:03-	08:59-	10:38-	11:18-	12:28-	15:20-	15:39-	19:31+	22:03+	22:34+				
01:13+	01:04-	00:45-	01:56-	01:35+	01:30-	00:56-	01:39+	00:40-	01:10-	02:52+	00:19+	03:52+	02:32-	00:31+				
00:02+	01:14-	00:11-	00:25-	00:39#	00:35-	00:42-	00:17#	00:16-	00:55-	01:27@	00:08#	02:34@	00:31-	00:17@				
3	Elga Silaban												1283		25:18			
00:57-	02:55-	03:50-	05:33-	06:23-	12:33+	13:34+	14:27+	16:38+	17:54+	19:18+	19:31+	21:12+	25:01+	25:18+				
00:57-	01:58-	00:55-	01:43-	00:50-	06:10+	01:01-	00:53-	02:11+	01:16-	01:24-	00:13+	01:41+	03:49+	00:17+				
00:14-	00:20-	00:01-	00:38-	00:06-	04:05@	00:37-	00:29-	01:15@	00:49-	00:01-	00:02#	00:23#	00:46#	00:03#				

Plass	Navn	Klasse	Tid
-------	------	--------	-----

Herrer Ny

4	Sebastien Thomas												3552	25:44	
00:59-	02:08-	02:48-	03:59-	05:30-	07:24-	08:11-	09:17-	09:42-	10:45-	13:45-	13:58-	22:04+	25:17+	25:44+	
00:59-	01:09-	00:40-	01:11-	01:31+	01:54-	00:47-	01:06-	00:25-	01:03-	03:00+	00:13+	08:06+	03:13+	00:27+	
00:12-	01:09-	00:16-	01:10-	00:35&	00:11-	00:51-	00:16-	00:31-	01:02-	01:35@	00:02#	06:48@	00:10+	00:13&	
5	Augustine Okafor												1683	30:22	
01:53+	03:22+	04:28+	11:10+	13:25+	14:57+	16:12+	17:52+	19:08+	22:59+	24:49+	25:03+	27:01+	29:46+	30:22+	
01:53+	01:29+	01:06+	06:42+	02:15+	01:32+	01:15+	01:40+	01:16+	03:51+	01:50+	00:14+	01:58+	02:45+	00:36+	
01:53+	01:29+	01:06+	06:42+	02:15+	01:32+	01:15+	01:40+	01:16+	03:51+	01:50+	00:14+	01:58+	02:45+	00:36+	

Beste strekktid for klassen

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

Herrer Trim

1	Torkel Schibevaag												3486	16:27	
00:53=	01:25=	02:30=	04:56=	05:24=	06:09=	07:28=	09:10=	10:10=	11:03=	13:19=	14:34=	14:59=	16:02=	16:27=	
00:53=	00:32=	01:05=	02:26=	00:28=	00:45=	01:19=	01:42=	01:00=	00:53=	02:16=	01:15=	00:25=	01:03=	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=	
2	Vegard Hausken												1683	16:32	
01:01+	01:34+	02:31+	05:22+	05:52+	06:55+	08:13+	10:05+	11:03+	11:55+	13:41+	14:45+	15:08+	16:09+	16:32+	
01:01+	00:33+	00:57-	02:51+	00:30+	01:03+	01:18-	01:52+	00:58-	00:52-	01:46-	01:04-	00:23-	01:01-	00:23-	
00:08#	00:01+	00:08-	00:25#	00:02+	00:18&	00:01-	00:10+	00:02-	00:01-	00:30-	00:11-	00:02-	00:02-	00:02-	
3	Bartłomiej Lenart												1376	17:20	
01:00+	01:33+	02:31+	05:22+	05:53+	06:33+	07:36+	09:13+	10:20+	11:58+	13:45+	14:40+	15:23+	16:55+	17:20+	
01:00+	00:33+	00:58-	02:51+	00:31+	00:40-	01:03-	01:37-	01:07+	01:38+	01:47-	00:55-	00:43+	01:32+	00:25=	
00:07#	00:01+	00:07-	00:25#	00:03#	00:05-	00:16-	00:05-	00:07#	00:45&	00:29-	00:20-	00:18&	00:29&	00:00=	
4	John Peder Samdal												3512	17:36	
01:12+	01:49+	02:45+	05:18+	05:54+	08:21+	09:34+	11:11+	12:08+	12:56+	14:36+	15:38+	16:03+	17:09+	17:36+	
01:12+	00:37+	00:56-	02:33+	00:36+	02:27+	01:13-	01:37-	00:57-	00:48-	01:40-	01:02-	00:25=	01:06+	00:27+	
00:19&	00:05#	00:09-	00:07+	00:08&	01:42@	00:06-	00:05-	00:03-	00:05-	00:36-	00:13-	00:00=	00:03+	00:02+	
5	Hans Frode Andersen												3548	17:44	
01:03+	01:52+	02:48+	05:28+	06:04+	06:51+	07:57+	09:43+	10:55+	12:23+	14:19+	15:40+	16:05+	17:12+	17:44+	
01:03+	00:49+	00:56-	02:40+	00:36+	00:47+	01:06-	01:46+	01:12+	01:28+	01:56-	01:21+	00:25=	01:07+	00:32+	
00:10#	00:17&	00:09-	00:14+	00:08&	00:02+	00:13-	00:04+	00:12#	00:35&	00:20-	00:06+	00:00=	00:04+	00:07&	
6	Eivind Baltzersen												1283	17:56	
01:03+	01:42+	02:36+	05:24+	05:59+	06:46+	08:03+	10:00+	11:24+	12:18+	14:50+	15:53+	16:16+	17:27+	17:56+	
01:03+	00:39+	00:54-	02:48+	00:35+	00:47+	01:17-	01:57+	01:24+	00:54+	02:32+	01:03-	00:23-	01:11+	00:29+	
00:10#	00:07#	00:11-	00:22#	00:07#	00:02+	00:02-	00:15#	00:24&	00:01+	00:16#	00:12-	00:02-	00:08#	00:04#	
7	Svein Erik Bjørnsen												1376	17:57	
01:09+	01:50+	02:47+	05:34+	06:04+	06:55+	08:26+	10:25+	11:27+	12:30+	14:42+	15:50+	16:20+	17:25+	17:57+	
01:09+	00:41+	00:57-	02:47+	00:30+	00:51+	01:31+	01:59+	01:02+	01:03+	02:12-	01:08-	00:30+	01:05+	00:32+	
00:16&	00:09&	00:08-	00:21#	00:02+	00:06#	00:12#	00:17#	00:02+	00:10#	00:04-	00:07-	00:05#	00:02+	00:07&	
8	Stig E. Ollestad												3519	18:40	
01:04+	03:02+	04:19+	07:00+	07:33+	08:11+	09:13+	11:01+	12:15+	13:05+	15:08+	16:36+	17:03+	18:13+	18:40+	
01:04+	01:58+	01:17+	02:41+	00:33+	00:38-	01:02-	01:48+	01:14+	00:50-	02:03-	01:28+	00:27+	01:10+	00:27+	
00:11#	01:26@	00:12#	00:15#	00:05#	00:07-	00:17-	00:06+	00:14#	00:03-	00:13-	00:13#	00:02+	00:07#	00:02+	
9	Frode Halvor Lund												3516	18:44	
01:10+	01:54+	03:09+	06:02+	06:36+	07:21+	08:43+	10:51+	12:01+	13:04+	15:10+	16:23+	16:52+	18:09+	18:44+	
01:10+	00:44+	01:15+	02:53+	00:34+	00:45=	01:22+	02:08+	01:10+	01:03+	02:06-	01:13-	00:29+	01:17+	00:35+	
00:17&	00:12&	00:10#	00:27#	00:06#	00:00=	00:03+	00:26&	00:10#	00:10#	00:10-	00:02-	00:04#	00:14#	00:10&	
10	Anders Klungre												3548	18:44	
01:02+	01:47+	02:45+	05:10+	05:40+	08:33+	09:44+	11:36+	12:43+	13:38+	15:37+	16:39+	17:05+	18:17+	18:44+	
01:02+	00:45+	00:58-	02:25-	00:30+	02:53+	01:11-	01:52+	01:07+	00:55+	01:59-	01:02-	00:26+	01:12+	00:27+	
00:09#	00:13&	00:07-	00:01-	00:02+	02:08@	00:08-	00:10+	00:07#	00:02+	00:17-	00:13-	00:01+	00:09#	00:02+	

Plass	Navn					Klasse					Tid				
Herrer Trim															
11	Per Olof Wallerstedt					3516					19:04				
01:05+	01:44+	02:40+	05:43+	06:16+	07:01+	08:04+	10:13+	11:34+	12:46+	15:06+	16:29+	16:56+	18:18+	19:04+	
01:05+	00:39+	00:56-	03:03+	00:33+	00:45=	01:03-	02:09+	01:21+	01:12+	02:20+	01:23+	00:27+	01:22+	00:46+	
00:12#	00:07#	00:09-	00:37&	00:05#	00:00=	00:16-	00:27&	00:21&	00:19&	00:04+	00:08#	00:02+	00:19&	00:21&	
12	Alexander Khorunzhiy					1456					19:10				
01:15+	01:55+	03:11+	06:31+	07:03+	07:53+	09:13+	11:13+	12:26+	13:16+	15:34+	16:52+	17:18+	18:38+	19:10+	
01:15+	00:40+	01:16+	03:20+	00:32+	00:50+	01:20+	02:00+	01:13+	00:50+	02:18+	01:18+	00:26+	01:20+	00:32+	
01:15+	00:40+	01:16+	03:20+	00:32+	00:50+	01:20+	02:00+	01:13+	00:50+	02:18+	01:18+	00:26+	01:20+	00:32+	
13	Arne Magne Sondresen					722					20:02				
01:10+	01:52+	03:10+	06:16+	06:49+	07:44+	09:02+	11:22+	12:55+	14:07+	16:22+	17:41+	18:07+	19:27+	20:02+	
01:10+	00:42+	01:18+	03:06+	00:33+	00:55+	01:18+	02:20+	01:33+	01:12+	02:15+	01:19+	00:26+	01:20+	00:35+	
01:10+	00:42+	01:18+	03:06+	00:33+	00:55+	01:18+	02:20+	01:33+	01:12+	02:15+	01:19+	00:26+	01:20+	00:35+	
14	Marius Bergstøl Hvidsten					3533					20:42				
01:33+	02:19+	03:31+	06:35+	07:06+	08:54+	10:13+	12:24+	13:52+	15:10+	17:25+	18:36+	19:02+	20:17+	20:42+	
01:33+	00:46+	01:12+	03:04+	00:31+	01:48+	01:19+	02:11+	01:28+	01:18+	02:15+	01:11+	00:26+	01:15+	00:25+	
01:33+	00:46+	01:12+	03:04+	00:31+	01:48+	01:19+	02:11+	01:28+	01:18+	02:15+	01:11+	00:26+	01:15+	00:25+	
15	Arild Svihus					892					21:29				
01:12+	02:13+	03:28+	07:18+	07:48+	08:53+	10:17+	12:13+	13:39+	14:51+	17:29+	19:09+	19:41+	20:55+	21:29+	
01:12+	01:01+	01:15+	03:50+	00:30+	01:05+	01:24+	01:56+	01:26+	01:12+	02:38+	01:40+	00:32+	01:14+	00:34+	
01:12+	01:01+	01:15+	03:50+	00:30+	01:05+	01:24+	01:56+	01:26+	01:12+	02:38+	01:40+	00:32+	01:14+	00:34+	
16	John Øgreid					882					21:34				
01:45+	02:31+	03:46+	06:53+	07:36+	08:14+	09:36+	11:55+	13:09+	14:04+	16:40+	18:04+	18:36+	21:02+	21:34+	
01:45+	00:46+	01:15+	03:07+	00:43+	00:38+	01:22+	02:19+	01:14+	00:55+	02:36+	01:24+	00:32+	02:26+	00:32+	
01:45+	00:46+	01:15+	03:07+	00:43+	00:38+	01:22+	02:19+	01:14+	00:55+	02:36+	01:24+	00:32+	02:26+	00:32+	
17	Matthieu Pereira-Pires					877					22:04				
01:01+	01:44+	05:16+	08:06+	08:48+	09:40+	11:06+	13:35+	14:34+	15:56+	18:26+	19:43+	20:11+	21:35+	22:04+	
01:01+	00:43+	03:32+	02:50+	00:42+	00:52+	01:26+	02:29+	00:59+	01:22+	02:30+	01:17+	00:28+	01:24+	00:29+	
01:01+	00:43+	03:32+	02:50+	00:42+	00:52+	01:26+	02:29+	00:59+	01:22+	02:30+	01:17+	00:28+	01:24+	00:29+	
18	Tom Kåre Versland					722					22:15				
02:25+	03:02+	04:22+	07:20+	07:55+	09:02+	10:18+	12:34+	13:49+	15:10+	17:29+	19:10+	19:40+	21:43+	22:15+	
02:25+	00:37+	01:20+	02:58+	00:35+	01:07+	01:16+	02:16+	01:15+	01:21+	02:19+	01:41+	00:30+	02:03+	00:32+	
02:25+	00:37+	01:20+	02:58+	00:35+	01:07+	01:16+	02:16+	01:15+	01:21+	02:19+	01:41+	00:30+	02:03+	00:32+	
19	Nils Egil Lie					3548					22:30				
01:10+	02:08+	03:36+	07:09+	07:52+	08:41+	10:10+	12:23+	14:06+	15:24+	18:05+	19:59+	20:28+	21:57+	22:30+	
01:10+	00:58+	01:28+	03:33+	00:43+	00:49+	01:29+	02:13+	01:43+	01:18+	02:41+	01:54+	00:29+	01:29+	00:33+	
01:10+	00:58+	01:28+	03:33+	00:43+	00:49+	01:29+	02:13+	01:43+	01:18+	02:41+	01:54+	00:29+	01:29+	00:33+	
20	Jørgen Jærnes					3563					22:30				
01:12+	01:52+	02:56+	06:18+	06:51+	07:45+	09:15+	11:52+	13:14+	14:30+	16:46+	18:30+	19:01+	22:02+	22:30+	
01:12+	00:40+	01:04+	03:22+	00:33+	00:54+	01:30+	02:37+	01:22+	01:16+	02:16+	01:44+	00:31+	03:01+	00:28+	
01:12+	00:40+	01:04+	03:22+	00:33+	00:54+	01:30+	02:37+	01:22+	01:16+	02:16+	01:44+	00:31+	03:01+	00:28+	
21	Frode Følgesvold					880					22:49				
01:23+	02:11+	03:29+	07:12+	08:00+	09:17+	10:39+	13:00+	14:24+	15:42+	18:24+	20:00+	20:36+	22:12+	22:49+	
01:23+	00:48+	01:18+	03:43+	00:48+	01:17+	01:22+	02:21+	01:24+	01:18+	02:42+	01:36+	00:36+	01:36+	00:37+	
01:23+	00:48+	01:18+	03:43+	00:48+	01:17+	01:22+	02:21+	01:24+	01:18+	02:42+	01:36+	00:36+	01:36+	00:37+	
22	Sjur Bjerke					3525					23:04				
01:14+	01:55+	03:06+	06:35+	07:11+	08:07+	10:10+	13:15+	14:38+	15:53+	19:02+	20:22+	20:52+	22:31+	23:04+	
01:14+	00:41+	01:11+	03:29+	00:36+	00:56+	02:03+	03:05+	01:23+	01:15+	03:09+	01:20+	00:30+	01:39+	00:33+	
01:14+	00:41+	01:11+	03:29+	00:36+	00:56+	02:03+	03:05+	01:23+	01:15+	03:09+	01:20+	00:30+	01:39+	00:33+	
23	Per Marthon Møland					880					23:52				
01:31+	02:26+	03:53+	07:07+	07:50+	08:36+	09:47+	12:03+	13:21+	15:29+	17:40+	19:06+	19:37+	23:17+	23:52+	
01:31+	00:55+	01:27+	03:14+	00:43+	00:46+	01:11+	02:16+	01:18+	02:08+	02:11+	01:26+	00:31+	03:40+	00:35+	
01:31+	00:55+	01:27+	03:14+	00:43+	00:46+	01:11+	02:16+	01:18+	02:08+	02:11+	01:26+	00:31+	03:40+	00:35+	
24	Svein Sivertsen					3530					24:52				
01:29+	02:21+	04:00+	07:37+	08:12+	09:14+	10:50+	13:16+	16:22+	17:36+	20:31+	22:13+	22:44+	24:19+	24:52+	
01:29+	00:52+	01:39+	03:37+	00:35+	01:02+	01:36+	02:26+	03:06+	01:14+	02:55+	01:42+	00:31+	01:35+	00:33+	
01:29+	00:52+	01:39+	03:37+	00:35+	01:02+	01:36+	02:26+	03:06+	01:14+	02:55+	01:42+	00:31+	01:35+	00:33+	

Plass	Navn										Klasse										Tid			
Herrer Trim																								
25	Thomas Romstad										1683										25:30			
01:21+	02:12+	03:24+	06:38+	07:09+	07:54+	09:23+	11:44+	13:04+	14:06+	21:33+	23:10+	23:36+	24:52+	25:30+										
01:21+	00:51+	01:12+	03:14+	00:31+	00:45+	01:29+	02:21+	01:20+	01:02+	07:27+	01:37+	00:26+	01:16+	00:38+										
01:21+	00:51+	01:12+	03:14+	00:31+	00:45+	01:29+	02:21+	01:20+	01:02+	07:27+	01:37+	00:26+	01:16+	00:38+										
26	Frank Gulbrandsen										722										26:02			
03:16+	04:03+	05:20+	09:08+	09:40+	10:55+	12:35+	15:20+	16:47+	18:30+	21:27+	23:02+	23:35+	25:10+	26:02+										
03:16+	00:47+	01:17+	03:48+	00:32+	01:15+	01:40+	02:45+	01:27+	01:43+	02:57+	01:35+	00:33+	01:35+	00:52+										
03:16+	00:47+	01:17+	03:48+	00:32+	01:15+	01:40+	02:45+	01:27+	01:43+	02:57+	01:35+	00:33+	01:35+	00:52+										
27	Tore Romon Tvedt										3518										26:37			
02:00+	03:06+	04:45+	08:47+	09:32+	10:36+	12:11+	14:52+	16:20+	17:42+	20:27+	22:31+	23:05+	25:49+	26:37+										
02:00+	01:06+	01:39+	04:02+	00:45+	01:04+	01:35+	02:41+	01:28+	01:22+	02:45+	02:04+	00:34+	02:44+	00:48+										
02:00+	01:06+	01:39+	04:02+	00:45+	01:04+	01:35+	02:41+	01:28+	01:22+	02:45+	02:04+	00:34+	02:44+	00:48+										
28	Andreas Primstad										3548										26:55			
03:27+	04:17+	05:26+	09:55+	10:46+	11:58+	13:48+	17:07+	18:44+	20:01+	23:01+	24:34+	25:01+	26:16+	26:55+										
03:27+	00:50+	01:09+	04:29+	00:51+	01:12+	01:50+	03:19+	01:37+	01:17+	03:00+	01:33+	00:27+	01:15+	00:39+										
03:27+	00:50+	01:09+	04:29+	00:51+	01:12+	01:50+	03:19+	01:37+	01:17+	03:00+	01:33+	00:27+	01:15+	00:39+										
29	Stephane Bordet										877										27:11			
01:39+	02:42+	04:45+	08:30+	09:06+	10:33+	13:08+	15:33+	17:11+	18:44+	22:27+	24:25+	25:00+	26:29+	27:11+										
01:39+	01:03+	02:03+	03:45+	00:36+	01:27+	02:35+	02:25+	01:38+	01:33+	03:43+	01:58+	00:35+	01:29+	00:42+										
01:39+	01:03+	02:03+	03:45+	00:36+	01:27+	02:35+	02:25+	01:38+	01:33+	03:43+	01:58+	00:35+	01:29+	00:42+										
30	Martin Lillesand										1884										27:45			
01:26+	02:20+	05:15+	09:01+	09:57+	11:17+	13:14+	16:01+	17:36+	18:56+	22:03+	23:52+	24:29+	27:00+	27:45+										
01:26+	00:54+	02:55+	03:46+	00:56+	01:20+	01:57+	02:47+	01:35+	01:20+	03:07+	01:49+	00:37+	02:31+	00:45+										
01:26+	00:54+	02:55+	03:46+	00:56+	01:20+	01:57+	02:47+	01:35+	01:20+	03:07+	01:49+	00:37+	02:31+	00:45+										
31	Ivar Aalbu										3502										27:47			
01:32+	02:20+	03:39+	11:17+	11:58+	13:17+	14:40+	17:11+	19:04+	20:37+	23:11+	25:02+	25:31+	27:09+	27:47+										
01:32+	00:48+	01:19+	07:38+	00:41+	01:19+	01:23+	02:31+	01:53+	01:33+	02:34+	01:51+	00:29+	01:38+	00:38+										
01:32+	00:48+	01:19+	07:38+	00:41+	01:19+	01:23+	02:31+	01:53+	01:33+	02:34+	01:51+	00:29+	01:38+	00:38+										
32	Jan Erik Rasmussen										3519										28:04			
01:28+	02:27+	03:54+	08:06+	09:01+	10:30+	12:33+	16:46+	18:41+	20:06+	23:10+	24:52+	25:23+	27:13+	28:04+										
01:28+	00:59+	01:27+	04:12+	00:55+	01:29+	02:03+	04:13+	01:55+	01:25+	03:04+	01:42+	00:31+	01:50+	00:51+										
01:28+	00:59+	01:27+	04:12+	00:55+	01:29+	02:03+	04:13+	01:55+	01:25+	03:04+	01:42+	00:31+	01:50+	00:51+										
33	Asgeir Kleppa										3511										28:24			
01:23+	02:32+	03:50+	07:52+	08:23+	09:31+	11:03+	13:39+	14:58+	15:58+	18:31+	19:45+	24:02+	25:44+	26:15+	27:46+	28:24+								
01:23+	01:09+	01:18+	04:02+	00:31+	01:08+	01:32+	02:36+	01:19+	01:00+	02:33+	01:14+	04:17+	01:42+	00:31+	01:31+	00:38+								
01:23+	01:09+	01:18+	04:02+	00:31+	01:08+	01:32+	02:36+	01:19+	01:00+	02:33+	01:14+	04:17+	01:42+	00:31+	01:31+	00:38+								
34	Steinar Løgith Aase										2539										28:24			
01:29+	02:32+	04:14+	08:54+	09:35+	10:43+	13:00+	15:55+	17:40+	19:15+	22:40+	24:55+	25:42+	27:39+	28:24+										
01:29+	01:03+	01:42+	04:40+	00:41+	01:08+	02:17+	02:55+	01:45+	01:35+	03:25+	02:15+	00:47+	01:57+	00:45+										
01:29+	01:03+	01:42+	04:40+	00:41+	01:08+	02:17+	02:55+	01:45+	01:35+	03:25+	02:15+	00:47+	01:57+	00:45+										
35	Trond Vigesdal										896										29:37			
01:45+	02:37+	04:13+	09:14+	09:53+	11:05+	13:52+	16:51+	20:28+	21:54+	24:15+	26:03+	26:37+	28:56+	29:37+										
01:45+	00:52+	01:36+	05:01+	00:39+	01:12+	02:47+	02:59+	03:37+	01:26+	02:21+	01:48+	00:34+	02:19+	00:41+										
01:45+	00:52+	01:36+	05:01+	00:39+	01:12+	02:47+	02:59+	03:37+	01:26+	02:21+	01:48+	00:34+	02:19+	00:41+										
36	Tom Leveraas										1884										29:52			
01:39+	02:40+	03:54+	07:16+	08:08+	09:21+	11:16+	13:35+	15:11+	16:11+	19:00+	20:32+	21:08+	29:23+	29:52+										
01:39+	01:01+	01:14+	03:22+	00:52+	01:13+	01:55+	02:19+	01:36+	01:00+	02:49+	01:32+	00:36+	08:15+	00:29+										
01:39+	01:01+	01:14+	03:22+	00:52+	01:13+	01:55+	02:19+	01:36+	01:00+	02:49+	01:32+	00:36+	08:15+	00:29+										
37	Kjell-Ole Topnes										1683										30:33			
02:40+	03:40+	05:28+	09:53+	10:40+	11:55+	13:44+	18:53+	20:28+	22:05+	25:28+	27:24+	28:11+	29:55+	30:33+										
02:40+	01:00+	01:48+	04:25+	00:47+	01:15+	01:49+	05:09+	01:35+	01:37+	03:23+	01:56+	00:47+	01:44+	00:38+										
02:40+	01:00+	01:48+	04:25+	00:47+	01:15+	01:49+	05:09+	01:35+	01:37+	03:23+	01:56+	00:47+	01:44+	00:38+										
38	Francesco Pierfelice										1683										30:42			
01:17+	02:14+	03:57+	09:23+	10:03+	11:11+	14:01+	17:00+	18:54+	21:48+	25:13+	27:17+	28:06+	30:06+	30:42+										
01:17+	00:57+	01:43+	05:26+	00:40+	01:08+	02:50+	02:59+	01:54+	02:54+	03:25+	02:04+	00:49+	02:00+	00:36+										
01:17+	00:57+	01:43+	05:26+	00:40+	01:08+	02:50+	02:59+	01:54+	02:54+	03:25+	02:04+	00:49+	02:00+	00:36+										

Herrer Trim

39	Kim Kverneland												3548					32:36
01:26+	02:16+	03:35+	08:07+	08:55+	10:29+	12:47+	17:16+	19:28+	21:31+	26:03+	28:50+	29:37+	31:41+	32:36+				
01:26+	00:50+	01:19+	04:32+	00:48+	01:34+	02:18+	04:29+	02:12+	02:03+	04:32+	02:47+	00:47+	02:04+	00:55+				
01:26+	00:50+	01:19+	04:32+	00:48+	01:34+	02:18+	04:29+	02:12+	02:03+	04:32+	02:47+	00:47+	02:04+	00:55+				
40	Sebastien Krajka												NOTEAM					35:08
01:47+	02:42+	04:12+	07:23+	09:26+	10:16+	12:02+	16:15+	17:30+	22:01+	25:33+	32:01+	32:34+	34:23+	35:08+				
01:47+	00:55+	01:30+	03:11+	02:03+	00:50+	01:46+	04:13+	01:15+	04:31+	03:32+	06:28+	00:33+	01:49+	00:45+				
01:47+	00:55+	01:30+	03:11+	02:03+	00:50+	01:46+	04:13+	01:15+	04:31+	03:32+	06:28+	00:33+	01:49+	00:45+				
41	Svein Inge Sævereid												643					38:07
03:07+	04:23+	06:37+	12:47+	13:47+	15:16+	17:31+	21:59+	24:18+	26:18+	31:13+	33:17+	34:10+	36:55+	38:07+				
03:07+	01:16+	02:14+	06:10+	01:00+	01:29+	02:15+	04:28+	02:19+	02:00+	04:55+	02:04+	00:53+	02:45+	01:12+				
03:07+	01:16+	02:14+	06:10+	01:00+	01:29+	02:15+	04:28+	02:19+	02:00+	04:55+	02:04+	00:53+	02:45+	01:12+				
42	Joar Fandrem												1141					38:22
03:14+	08:13+	09:43+	13:35+	14:37+	15:31+	21:49+	24:42+	28:05+	29:40+	33:04+	34:34+	35:11+	37:47+	38:22+				
03:14+	04:59+	01:30+	03:52+	01:02+	00:54+	06:18+	02:53+	03:23+	01:35+	03:24+	01:30+	00:37+	02:36+	00:35+				
03:14+	04:59+	01:30+	03:52+	01:02+	00:54+	06:18+	02:53+	03:23+	01:35+	03:24+	01:30+	00:37+	02:36+	00:35+				
43	Bent Horpestad												722					39:47
01:27+	02:15+	03:35+	07:33+	08:14+	09:18+	10:38+	13:05+	14:41+	15:39+	35:22+	36:57+	37:31+	39:12+	39:47+				
01:27+	00:48+	01:20+	03:58+	00:41+	01:04+	01:20+	02:27+	01:36+	00:58+	19:43+	01:35+	00:34+	01:41+	00:35+				
01:27+	00:48+	01:20+	03:58+	00:41+	01:04+	01:20+	02:27+	01:36+	00:58+	19:43+	01:35+	00:34+	01:41+	00:35+				
44	Jon Grepstad												3531					42:12
02:14+	03:20+	06:22+	12:35+	13:36+	16:05+	18:06+	21:47+	27:36+	29:46+	36:03+	38:18+	39:01+	41:16+	42:12+				
02:14+	01:06+	03:02+	06:13+	01:01+	02:29+	02:01+	03:41+	05:49+	02:10+	06:17+	02:15+	00:43+	02:15+	00:56+				
02:14+	01:06+	03:02+	06:13+	01:01+	02:29+	02:01+	03:41+	05:49+	02:10+	06:17+	02:15+	00:43+	02:15+	00:56+				
45	Per Bakken												880					47:01
01:43+	02:49+	04:51+	09:11+	09:55+	11:49+	14:46+	17:45+	19:54+	21:44+	41:37+	43:24+	43:58+	46:08+	47:01+				
01:43+	01:06+	02:02+	04:20+	00:44+	01:54+	02:57+	02:59+	02:09+	01:50+	19:53+	01:47+	00:34+	02:10+	00:53+				
01:43+	01:06+	02:02+	04:20+	00:44+	01:54+	02:57+	02:59+	02:09+	01:50+	19:53+	01:47+	00:34+	02:10+	00:53+				

Beste strekktid for klassen

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