

1	Marie Sigvaldsen												3512				23:02			
01:02=	03:00=	04:39=	06:01=	08:00=	08:34=	14:10=	15:48=	16:26=	17:06=	17:55=	19:14=	20:17=	20:34=	20:46=	22:45=	23:02=				
01:02=	01:58=	01:39=	01:22=	01:59=	00:34=	05:36=	01:38=	00:38=	00:40=	00:49=	01:19=	01:03=	00:17=	00:12=	01:59=	00:17=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Aina Kalsaas Urstad												3580				25:28			
01:06+	02:58-	05:17+	06:43+	08:58+	09:36+	15:44+	17:34+	18:25+	19:11+	20:02+	21:32+	22:37+	22:56+	23:15+	25:09+	25:28+				
01:06+	01:52-	02:19+	01:26+	02:15+	00:38+	06:08+	01:50+	00:51+	00:46+	00:51+	01:30+	01:05+	00:19+	00:19+	01:54-	00:19+				
00:04+	00:06-	00:40&	00:04+	00:16#	00:04#	00:32+	00:12#	00:13&	00:06#	00:02+	00:11#	00:02+	00:02#	00:07&	00:05-	00:02#				
3	Sina Thu Randulff												643				26:06			
01:07+	03:18+	04:50+	06:10+	08:39+	09:22+	15:50+	17:52+	18:38+	19:29+	20:18+	21:48+	22:58+	23:21+	23:39+	25:46+	26:06+				
01:07+	02:11+	01:32-	01:20-	02:29+	00:43+	06:28+	02:02+	00:46+	00:51+	00:49=	01:30+	01:10+	00:23+	00:18+	02:07+	00:20+				
00:05+	00:13#	00:07-	00:02-	00:30&	00:09&	00:52#	00:24#	00:08#	00:11&	00:00=	00:11#	00:07#	00:06&	00:06&	00:08+	00:03#				
4	Maren Benjaminsen												1832				26:20			
01:14+	03:17+	05:30+	06:58+	08:53+	09:38+	15:46+	18:09+	18:51+	19:37+	20:27+	22:09+	23:16+	23:38+	23:57+	26:01+	26:20+				
01:14+	02:03+	02:13+	01:28+	01:55-	00:45+	06:08+	02:23+	00:42+	00:46+	00:50+	01:42+	01:07+	00:22+	00:19+	02:04+	00:19+				
00:12#	00:05+	00:34&	00:06+	00:04-	00:11&	00:32+	00:45&	00:04#	00:06#	00:01+	00:23&	00:04+	00:05&	00:07&	00:05+	00:02#				
5	Frida Erikstein												1830				27:33			
01:29+	03:54+	06:30+	07:57+	09:37+	10:22+	10:53-	16:45+	18:49+	19:49+	20:40+	21:38+	23:08+	24:14+	24:36+	24:57+	27:12+	27:33+			
01:29+	02:25+	02:36+	01:27+	01:40-	00:45+	00:31-	05:52+	02:04+	01:00+	00:51+	00:58-	01:30+	01:06+	00:22+	00:21-	02:15+	00:21+			
00:27&	00:27#	00:57&	00:05+	00:19-	00:11&	05:05-	04:14@	01:26@	00:20&	00:02+	00:21-	00:27&	00:49@	00:10&	01:38-	01:58@	00:21+			
6	Siri Eppeland												1884				28:07			
01:12+	03:38+	05:16+	06:48+	09:02+	09:47+	16:48+	18:50+	19:42+	20:37+	21:34+	23:14+	24:45+	25:05+	25:25+	27:45+	28:07+				
01:12+	02:26+	01:38-	01:32+	02:14+	00:45+	07:01+	02:02+	00:52+	00:55+	00:57+	01:40+	01:31+	00:20+	00:20+	02:20+	00:22+				
00:10#	00:28#	00:01-	00:10#	00:15#	00:11&	01:25&	00:24#	00:14&	00:15&	00:08#	00:21&	00:28&	00:03#	00:08&	00:21#	00:05&				
7	Rønnaug Egeland												1884				28:23			
01:19+	03:48+	05:29+	06:58+	09:23+	10:00+	16:45+	18:36+	19:52+	20:40+	21:35+	23:59+	25:08+	25:29+	25:47+	28:01+	28:23+				
01:19+	02:29+	01:41+	01:29+	02:25+	00:37+	06:45+	01:51+	01:16+	00:48+	00:55+	02:24+	01:09+	00:21+	00:18+	02:14+	00:22+				
00:17&	00:31&	00:02+	00:07+	00:26#	00:03+	01:09#	00:13#	00:38&	00:08#	00:06#	01:05&	00:06+	00:04#	00:06&	00:15#	00:05&				
8	Rebecca Briedis												1754				29:09			
01:21+	03:30+	05:17+	06:49+	08:48+	09:31+	16:28+	18:35+	19:24+	20:21+	21:26+	24:55+	26:04+	26:25+	26:39+	28:47+	29:09+				
01:21+	02:09+	01:47+	01:32+	01:59=	00:43+	06:57+	02:07+	00:49+	00:57+	01:05+	03:29+	01:09+	00:21+	00:14+	02:08+	00:22+				
00:19&	00:11+	00:08+	00:10#	00:00=	00:09&	01:21#	00:29&	00:11&	00:17&	00:16&	02:10@	00:06+	00:04#	00:02#	00:09+	00:05&				
9	Hanne Thu												3516				29:28			
01:21+	03:45+	05:41+	07:26+	09:19+	10:01+	17:05+	19:44+	20:29+	21:31+	22:30+	24:15+	25:42+	26:03+	26:23+	29:06+	29:28+				
01:21+	02:24+	01:56+	01:45+	01:53-	00:42+	07:04+	02:39+	00:45+	01:02+	00:59+	01:45+	01:27+	00:21+	00:20+	02:43+	00:22+				
00:19&	00:26#	00:17#	00:23&	00:06-	00:08#	01:28&	01:01&	00:07#	00:22&	00:10#	00:26&	00:24&	00:04#	00:08&	00:44&	00:05&				
10	Hanne Berg Aspøy												896				30:27			
01:18+	03:23+	06:25+	07:53+	10:13+	11:06+	19:17+	21:49+	22:32+	23:23+	24:23+	26:03+	27:18+	27:38+	27:54+	30:06+	30:27+				
01:18+	02:05+	03:02+	01:28+	02:20+	00:53+	08:11+	02:32+	00:43+	00:51+	01:00+	01:40+	01:15+	00:20+	00:16+	02:12+	00:21+				
00:16&	00:07+	01:23&	00:06+	00:21#	00:19&	02:35&	00:54&	00:05#	00:11&	00:11#	00:21&	00:12#	00:03#	00:04&	00:13#	00:04#				
11	Marita Navjord Nicolaysen												1284				30:48			
01:24+	04:11+	06:10+	07:47+	09:53+	10:35+	17:17+	19:54+	20:50+	23:15+	24:18+	26:06+	27:30+	27:53+	28:15+	30:30+	30:48+				
01:24+	02:47+	01:59+	01:37+	02:06+	00:42+	06:42+	02:37+	00:56+	02:25+	01:03+	01:48+	01:24+	00:23+	00:22+	02:15+	00:18+				
00:22&	00:49&	00:20#	00:15#	00:07+	00:08#	01:06#	00:59&	00:18&	01:45@	00:14&	00:29&	00:21&	00:06&	00:10&	00:16#	00:01+				
12	Hege Bakken												1754				32:33			
01:27+	04:23+	06:59+	08:47+	11:05+	11:48+	19:14+	22:54+	23:42+	24:34+	25:32+	27:20+	28:55+	29:16+	29:33+	32:09+	32:33+				
01:27+	02:56+	02:36+	01:48+	02:18+	00:43+	07:26+	03:40+	00:48+	00:52+	00:58+	01:48+	01:35+	00:21+	00:17+	02:36+	00:24+				
00:25&	00:58&	00:57&	00:26&	00:19#	00:09&	01:50&	02:02@	00:10&	00:12&	00:09#	00:29&	00:32&	00:04#	00:05&	00:37&	00:07&				
13	Cecilie Larsen												1754				34:51			
01:30+	03:56+	05:50+	07:44+	10:29+	11:24+	20:09+	23:26+	24:23+	25:34+	26:52+	28:52+	30:29+	30:55+	31:16+	34:28+	34:51+				
01:30+	02:26+	01:54+	01:54+	02:45+	00:55+	08:45+	03:17+	00:57+	01:11+	01:18+	02:00+	01:37+	00:26+	00:21+	03:12+	00:23+				
00:28&	00:28#	00:15#	00:32&	00:46&	00:21&	03:09&	01:39@	00:19&	00:31&	00:29&	00:41&	00:34&	00:09&	00:09&	01:13&	00:06&				
14	Inga Borge												1832				35:11			
01:29+	04:57+	07:06+	09:47+	12:01+	12:49+	20:53+	23:15+	24:12+	25:34+	26:47+	28:56+	30:42+	31:10+	31:41+	34:45+	35:11+				
01:29+	03:28+	02:09+	02:41+	02:14+	00:48+	08:04+	02:22+	00:57+	01:22+	01:13+	02:09+	01:46+	00:28+	00:31+	03:04+	00:26+				
00:27&	01:30&	00:30&	01:19&	00:15#	00:14&	02:28&	00:44&	00:19&	00:42@	00:24&	00:50&	00:43&	00:11&	00:19@	01:05&	00:09&				

Plass	Navn	Klasse										Tid					
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Damer 16 - 39 år

15	Katja Eliassen										722	37:00					
01:19+	07:45+	10:40+	12:31+	15:04+	15:47+	22:21+	24:27+	25:37+	29:09+	30:07+	32:11+	33:41+	34:05+	34:27+	36:41+	37:00+	
01:19+	06:26+	02:55+	01:51+	02:33+	00:43+	06:34+	02:06+	01:10+	03:32+	00:58+	02:04+	01:30+	00:24+	00:22+	02:14+	00:19+	
00:17&	04:28@	01:16&	00:29&	00:34&	00:09&	00:58&	00:28&	00:32&	02:52@	00:09#	00:45&	00:27&	00:07&	00:10&	00:15#	00:02#	
16	Ingunn Landsnes										892	39:49					
01:41+	04:22+	07:56+	10:57+	13:34+	14:27+	23:18+	26:27+	28:24+	29:32+	31:41+	33:39+	35:34+	35:58+	36:29+	39:25+	39:49+	
01:41+	02:41+	03:34+	03:01+	02:37+	00:53+	08:51+	03:09+	01:57+	01:08+	02:09+	01:58+	01:55+	00:24+	00:31+	02:56+	00:24+	
01:41+	02:41+	03:34+	03:01+	02:37+	00:53+	08:51+	03:09+	01:57+	01:08+	02:09+	01:58+	01:55+	00:24+	00:31+	02:56+	00:24+	

Beste strekktid for klassen

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

Damer 40 - 49 år

1	Maren Thu										NOTEAM	27:51					
01:45=	05:43=	06:07=	08:45=	09:55=	10:40=	11:48=	12:36=	13:53=	17:50=	20:37=	21:45=	22:48=	24:03=	25:33=	27:32=	27:51=	
01:45=	03:58=	00:24=	02:38=	01:10=	00:45=	01:08=	00:48=	01:17=	03:57=	02:47=	01:08=	01:03=	01:15=	01:30=	01:59=	00:19=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Randi Ladsten										879	28:03					
01:40-	04:20-	04:45-	07:31-	09:05-	09:54-	11:18-	12:16-	13:49-	17:45-	20:04-	21:00-	22:18-	23:47-	25:22-	27:41+	28:03+	
01:40-	02:40-	00:25+	02:46+	01:34+	00:49+	01:24+	00:58+	01:33+	03:56-	02:19-	00:56-	01:18+	01:29+	01:35+	02:19+	00:22+	
00:05-	01:18-	00:01+	00:08+	00:24&	00:04+	00:16#	00:10#	00:16#	00:01-	00:28-	00:12-	00:15#	00:14#	00:05+	00:20#	00:03#	
3	Ingvild Marthinussen										3524	29:17					
01:21-	03:50-	04:13-	06:57-	08:21-	09:11-	10:45-	12:16-	13:27-	17:11-	19:58-	21:16-	22:43-	24:14+	26:26+	28:54+	29:17+	
01:21-	02:29-	00:23-	02:44+	01:24+	00:50+	01:34+	01:04+	01:38+	03:44-	02:47=	01:18+	01:27+	01:31+	02:12+	02:28+	00:23+	
00:24-	01:29-	00:01-	00:06+	00:14#	00:05#	00:26&	00:16&	00:21&	00:13-	00:00=	00:10#	00:24&	00:16#	00:42&	00:29#	00:04#	
4	Benedicte Kvalevåg										769	31:53					
01:40-	05:14-	05:44-	09:14+	10:41+	11:28+	14:00+	14:49+	16:31+	20:37+	23:28+	24:26+	25:35+	26:53+	28:29+	31:32+	31:53+	
01:40-	03:34-	00:30+	03:30+	01:27+	00:47+	02:32+	00:49+	01:42+	04:06+	02:51+	00:58-	01:09+	01:18+	01:36+	03:03+	00:21+	
00:05-	00:24-	00:06#	00:52&	00:17#	00:02+	01:24@	00:01+	00:25&	00:09+	00:04+	00:10-	00:06+	00:03+	00:06+	01:04&	00:02#	
5	Ingunn Anda Haug										2342	31:54					
01:32-	04:01-	04:31-	08:10-	09:42-	10:41+	12:36+	13:35+	15:10+	19:43+	22:15+	23:28+	24:31+	26:10+	28:47+	31:29+	31:54+	
01:32-	02:29-	00:30+	03:39+	01:32+	00:59+	01:55+	00:59+	01:35+	04:33+	02:32-	01:13+	01:03=	01:39+	02:37+	02:42+	00:25+	
00:13-	01:29-	00:06#	01:01&	00:22&	00:14&	00:47&	00:11#	00:18#	00:36#	00:15-	00:05+	00:00=	00:24&	01:07&	00:43&	00:06&	
6	Helene Lie										3565	34:42					
01:28-	04:39-	05:08-	08:37-	10:15+	11:05+	12:37+	13:35+	15:16+	19:02+	26:05+	27:37+	28:42+	30:16+	31:54+	34:19+	34:42+	
01:28-	03:11-	00:29+	03:29+	01:38+	00:50+	01:32+	00:58+	01:41+	03:46-	07:03+	01:32+	01:05+	01:34+	01:38+	02:25+	00:23+	
00:17-	00:47-	00:05#	00:51&	00:28&	00:05#	00:24&	00:10#	00:24&	00:11-	04:16@	00:24&	00:02+	00:19&	00:08+	00:26#	00:04#	
7	Helen Haneferd										882	36:52					
01:31-	04:34-	05:02-	08:13-	09:57+	10:54+	12:17+	13:15+	14:47+	22:47+	25:34+	26:38+	30:42+	32:25+	33:56+	36:27+	36:52+	
01:31-	03:03-	00:28+	03:11+	01:44+	00:57+	01:23+	00:58+	01:32+	08:00+	02:47=	01:04-	04:04+	01:43+	01:31+	02:31+	00:25+	
00:14-	00:55-	00:04#	00:33#	00:34&	00:12&	00:15#	00:10#	00:15#	04:03@	00:00=	00:04-	03:01@	00:28&	00:01+	00:32&	00:06&	

Beste strekktid for klassen

01:21 02:29 00:23 02:38 01:10 00:45 01:08 00:48 01:17 03:44 02:19 00:56 01:03 01:15 01:30 01:59 00:19

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

Damer 50 - 59 år

1	Marianne Fuglestad										896	25:37					
01:18=	03:17=	03:49=	06:18=	07:49=	08:36=	09:54=	10:41=	11:54=	15:06=	17:07=	18:37=	19:41=	21:01=	22:40=	25:17=	25:37=	
01:18=	01:59=	00:32=	02:29=	01:31=	00:47=	01:18=	00:47=	01:13=	03:12=	02:01=	01:30=	01:04=	01:20=	01:39=	02:37=	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=	

Plass	Navn	Klasse										Tid				
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Damer 50 - 59 år

2	Iren Undheim Øgreid												769	26:53											
01:22+	03:54+	04:20+	07:23+	08:46+	09:34+	10:53+	11:43+	13:21+	16:48+	19:18+	20:20+	21:21+	22:42+	24:20+	26:30+	26:53+									
01:22+	02:32+	00:26-	03:03+	01:23-	00:48+	01:19+	00:50+	01:38+	03:27+	02:30+	01:02-	01:01-	01:21+	01:38-	02:10-	00:23+									
00:04+	00:33&	00:06-	00:34#	00:08-	00:01+	00:01+	00:03+	00:25&	00:15+	00:29#	00:28-	00:03-	00:01+	00:01-	00:27-	00:03#									
3	Keth Berggraf												1683	27:20											
01:14+	04:08+	04:36+	07:23+	08:50+	09:43+	11:08+	12:00+	13:34+	17:17+	19:46+	20:48+	21:44+	23:06+	24:34+	26:59+	27:20+									
01:14+	02:54+	00:28+	02:47+	01:27+	00:53+	01:25+	00:52+	01:34+	03:43+	02:29+	01:02+	00:56+	01:22+	01:28+	02:25+	00:21+									
01:14+	02:54+	00:28+	02:47+	01:27+	00:53+	01:25+	00:52+	01:34+	03:43+	02:29+	01:02+	00:56+	01:22+	01:28+	02:25+	00:21+									
4	Gerd Olaug Vikeså												1758	28:35											
01:23+	04:05+	04:29+	07:21+	08:52+	09:42+	11:06+	11:58+	13:28+	17:11+	19:18+	20:29+	21:30+	22:59+	25:46+	28:13+	28:35+									
01:23+	02:42+	00:24+	02:52+	01:31+	00:50+	01:24+	00:52+	01:30+	03:43+	02:07+	01:11+	01:01+	01:29+	02:47+	02:27+	00:22+									
01:23+	02:42+	00:24+	02:52+	01:31+	00:50+	01:24+	00:52+	01:30+	03:43+	02:07+	01:11+	01:01+	01:29+	02:47+	02:27+	00:22+									
5	Siri Warland												1832	28:52											
01:34+	04:42+	05:05+	07:58+	09:14+	10:00+	11:13+	12:00+	13:25+	16:49+	18:57+	20:06+	21:04+	22:25+	26:10+	28:28+	28:52+									
01:34+	03:08+	00:23+	02:53+	01:16+	00:46+	01:13+	00:47+	01:25+	03:24+	02:08+	01:09+	00:58+	01:21+	03:45+	02:18+	00:24+									
01:34+	03:08+	00:23+	02:53+	01:16+	00:46+	01:13+	00:47+	01:25+	03:24+	02:08+	01:09+	00:58+	01:21+	03:45+	02:18+	00:24+									
6	Anita Glenne Kallhovd												3502	29:21											
01:46+	04:07+	04:31+	07:18+	08:43+	09:32+	11:00+	11:59+	13:31+	17:21+	19:44+	22:19+	23:19+	24:44+	26:16+	28:54+	29:21+									
01:46+	02:21+	00:24+	02:47+	01:25+	00:49+	01:28+	00:59+	01:32+	03:50+	02:23+	02:35+	01:00+	01:25+	01:32+	02:38+	00:27+									
01:46+	02:21+	00:24+	02:47+	01:25+	00:49+	01:28+	00:59+	01:32+	03:50+	02:23+	02:35+	01:00+	01:25+	01:32+	02:38+	00:27+									
7	May Bente Valdal												1683	30:23											
02:27+	05:13+	05:40+	08:56+	11:28+	12:18+	13:49+	14:43+	16:10+	19:53+	22:03+	23:13+	24:36+	26:07+	27:42+	30:01+	30:23+									
02:27+	02:46+	00:27+	03:16+	02:32+	00:50+	01:31+	00:54+	01:27+	03:43+	02:10+	01:10+	01:23+	01:31+	01:35+	02:19+	00:22+									
02:27+	02:46+	00:27+	03:16+	02:32+	00:50+	01:31+	00:54+	01:27+	03:43+	02:10+	01:10+	01:23+	01:31+	01:35+	02:19+	00:22+									
8	Tonje Tiley												882	31:00											
01:30+	04:23+	04:54+	08:08+	09:46+	10:41+	12:26+	13:31+	15:34+	19:37+	21:56+	23:18+	24:19+	26:12+	27:50+	30:36+	31:00+									
01:30+	02:53+	00:31+	03:14+	01:38+	00:55+	01:45+	01:05+	02:03+	04:03+	02:19+	01:22+	01:01+	01:53+	01:38+	02:46+	00:24+									
01:30+	02:53+	00:31+	03:14+	01:38+	00:55+	01:45+	01:05+	02:03+	04:03+	02:19+	01:22+	01:01+	01:53+	01:38+	02:46+	00:24+									
9	Tone Cecilie Nystrom												874	31:27											
01:35+	04:46+	05:15+	08:26+	10:07+	11:03+	12:33+	13:41+	15:20+	19:23+	21:34+	23:52+	25:15+	26:48+	28:25+	30:58+	31:27+									
01:35+	03:11+	00:29+	03:11+	01:41+	00:56+	01:30+	01:08+	01:39+	04:03+	02:11+	02:18+	01:23+	01:33+	01:37+	02:33+	00:29+									
01:35+	03:11+	00:29+	03:11+	01:41+	00:56+	01:30+	01:08+	01:39+	04:03+	02:11+	02:18+	01:23+	01:33+	01:37+	02:33+	00:29+									
10	Liv Margot Sviland												3529	31:39											
01:39+	04:49+	05:16+	08:53+	10:38+	11:35+	13:06+	14:47+	16:25+	20:45+	23:01+	24:06+	25:17+	26:57+	28:49+	31:16+	31:39+									
01:39+	03:10+	00:27+	03:37+	01:45+	00:57+	01:31+	01:41+	01:38+	04:20+	02:16+	01:05+	01:11+	01:40+	01:52+	02:27+	00:23+									
01:39+	03:10+	00:27+	03:37+	01:45+	00:57+	01:31+	01:41+	01:38+	04:20+	02:16+	01:05+	01:11+	01:40+	01:52+	02:27+	00:23+									
11	Trude Hermanrud												896	32:32											
01:33+	04:07+	05:45+	08:49+	10:20+	11:09+	12:46+	13:43+	15:29+	19:39+	22:10+	24:57+	26:15+	27:46+	29:33+	32:05+	32:32+									
01:33+	02:34+	01:38+	03:04+	01:31+	00:49+	01:37+	00:57+	01:46+	04:10+	02:31+	02:47+	01:18+	01:31+	01:47+	02:32+	00:27+									
01:33+	02:34+	01:38+	03:04+	01:31+	00:49+	01:37+	00:57+	01:46+	04:10+	02:31+	02:47+	01:18+	01:31+	01:47+	02:32+	00:27+									
12	Torill Andersen												1683	32:45											
01:28+	04:39+	05:04+	08:17+	09:49+	10:39+	12:07+	13:02+	14:30+	18:22+	24:14+	25:27+	26:43+	28:11+	29:41+	32:21+	32:45+									
01:28+	03:11+	00:25+	03:13+	01:32+	00:50+	01:28+	00:55+	01:28+	03:52+	05:52+	01:13+	01:16+	01:28+	01:30+	02:40+	00:24+									
01:28+	03:11+	00:25+	03:13+	01:32+	00:50+	01:28+	00:55+	01:28+	03:52+	05:52+	01:13+	01:16+	01:28+	01:30+	02:40+	00:24+									
13	Liv Omdal												1683	32:56											
01:32+	04:06+	04:38+	07:46+	09:21+	10:16+	11:44+	12:37+	14:21+	18:26+	20:53+	24:15+	25:45+	27:15+	29:43+	32:33+	32:56+									
01:32+	02:34+	00:32+	03:08+	01:35+	00:55+	01:28+	00:53+	01:44+	04:05+	02:27+	03:22+	01:30+	01:30+	02:28+	02:50+	00:23+									
01:32+	02:34+	00:32+	03:08+	01:35+	00:55+	01:28+	00:53+	01:44+	04:05+	02:27+	03:22+	01:30+	01:30+	02:28+	02:50+	00:23+									
14	Andrea Tapken												3529	33:05											
01:51+	04:43+	05:09+	08:39+	10:27+	11:29+	13:17+	14:21+	16:07+	20:44+	23:18+	24:36+	26:04+	27:40+	29:47+	32:39+	33:05+									
01:51+	02:52+	00:26+	03:30+	01:48+	01:02+	01:48+	01:04+	01:46+	04:37+	02:34+	01:18+	01:28+	01:36+	02:07+	02:52+	00:26+									
01:51+	02:52+	00:26+	03:30+	01:48+	01:02+	01:48+	01:04+	01:46+	04:37+	02:34+	01:18+	01:28+	01:36+	02:07+	02:52+	00:26+									
15	Gøril Braut Aarsand												2539	34:54											
01:47+	05:21+	05:50+	09:05+	12:53+	13:51+	15:30+	16:31+	18:12+	22:29+	25:19+	26:48+	27:56+	29:40+	31:27+	34:20+	34:54+									
01:47+	03:34+	00:29+	03:15+	03:48+	00:58+	01:39+	01:01+	01:41+	04:17+	02:50+	01:29+	01:08+	01:44+	01:47+	02:53+	00:34+									
01:47+	03:34+	00:29+	03:15+	03:48+	00:58+	01:39+	01:01+	01:41+	04:17+	02:50+	01:29+	01:08+	01:44+	01:47+	02:53+	00:34+									

Plass	Navn	Klasse	Tid
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Damer 50 - 59 år

16	Astri Sandanger												896				36:23			
01:43+	05:35+	06:03+	09:16+	11:29+	12:36+	14:33+	15:41+	17:34+	22:05+	24:53+	27:39+	29:14+	30:53+	32:32+	36:01+	36:23+				
01:43+	03:52+	00:28+	03:13+	02:13+	01:07+	01:57+	01:08+	01:53+	04:31+	02:48+	02:46+	01:35+	01:39+	01:39+	03:29+	00:22+				
01:43+	03:52+	00:28+	03:13+	02:13+	01:07+	01:57+	01:08+	01:53+	04:31+	02:48+	02:46+	01:35+	01:39+	01:39+	03:29+	00:22+				
17	Ingjerd Haddeland												3507				37:00			
01:57+	04:52+	05:20+	08:19+	10:10+	11:03+	12:42+	13:45+	20:05+	24:11+	26:46+	28:03+	29:41+	31:23+	33:33+	36:31+	37:00+				
01:57+	02:55+	00:28+	02:59+	01:51+	00:53+	01:39+	01:03+	06:20+	04:06+	02:35+	01:17+	01:38+	01:42+	02:10+	02:58+	00:29+				
01:57+	02:55+	00:28+	02:59+	01:51+	00:53+	01:39+	01:03+	06:20+	04:06+	02:35+	01:17+	01:38+	01:42+	02:10+	02:58+	00:29+				
18	Turid Eikebu Alfsen												1683				37:34			
01:36+	05:03+	05:50+	09:16+	11:09+	12:06+	13:45+	14:57+	19:28+	23:31+	26:03+	29:35+	30:59+	32:32+	34:26+	37:09+	37:34+				
01:36+	03:27+	00:47+	03:26+	01:53+	00:57+	01:39+	01:12+	04:31+	04:03+	02:32+	03:32+	01:24+	01:33+	01:54+	02:43+	00:25+				
01:36+	03:27+	00:47+	03:26+	01:53+	00:57+	01:39+	01:12+	04:31+	04:03+	02:32+	03:32+	01:24+	01:33+	01:54+	02:43+	00:25+				
19	Hilde Frøytlog Karlsen												1284				37:53			
02:19+	05:21+	05:52+	09:42+	11:30+	12:37+	14:24+	15:38+	17:40+	22:45+	26:34+	28:13+	29:51+	31:43+	34:15+	37:25+	37:53+				
02:19+	03:02+	00:31+	03:50+	01:48+	01:07+	01:47+	01:14+	02:02+	05:05+	03:49+	01:39+	01:38+	01:52+	02:32+	03:10+	00:28+				
02:19+	03:02+	00:31+	03:50+	01:48+	01:07+	01:47+	01:14+	02:02+	05:05+	03:49+	01:39+	01:38+	01:52+	02:32+	03:10+	00:28+				
20	Brit Vivian Meling												1683				42:58			
02:05+	05:45+	07:45+	11:08+	13:05+	14:35+	16:30+	17:58+	19:55+	25:30+	29:00+	30:34+	34:13+	36:08+	38:25+	42:26+	42:58+				
02:05+	03:40+	02:00+	03:23+	01:57+	01:30+	01:55+	01:28+	01:57+	05:35+	03:30+	01:34+	03:39+	01:55+	02:17+	04:01+	00:32+				
02:05+	03:40+	02:00+	03:23+	01:57+	01:30+	01:55+	01:28+	01:57+	05:35+	03:30+	01:34+	03:39+	01:55+	02:17+	04:01+	00:32+				
21	Ragnhild Båtnes Berntsen												1758				43:26			
03:57+	08:18+	08:39+	13:57+	15:49+	16:47+	18:38+	19:42+	21:37+	26:18+	32:44+	34:30+	35:46+	37:27+	39:31+	42:59+	43:26+				
03:57+	04:21+	00:21+	05:18+	01:52+	00:58+	01:51+	01:04+	01:55+	04:41+	06:26+	01:46+	01:16+	01:41+	02:04+	03:28+	00:27+				
03:57+	04:21+	00:21+	05:18+	01:52+	00:58+	01:51+	01:04+	01:55+	04:41+	06:26+	01:46+	01:16+	01:41+	02:04+	03:28+	00:27+				
22	Marianne Gjesdal Lyngås												892				44:13			
01:56+	06:27+	06:56+	12:27+	14:47+	15:49+	17:35+	19:33+	21:42+	26:40+	30:19+	34:20+	35:59+	37:56+	39:53+	43:42+	44:13+				
01:56+	04:31+	00:29+	05:31+	02:20+	01:02+	01:46+	01:58+	02:09+	04:58+	03:39+	04:01+	01:39+	01:57+	01:57+	03:49+	00:31+				
01:56+	04:31+	00:29+	05:31+	02:20+	01:02+	01:46+	01:58+	02:09+	04:58+	03:39+	04:01+	01:39+	01:57+	01:57+	03:49+	00:31+				
23	Elisabeth Melbø												879				44:23			
01:52+	05:14+	05:43+	09:23+	10:58+	11:52+	13:21+	15:07+	16:51+	20:28+	30:24+	34:20+	37:29+	38:53+	41:18+	43:59+	44:23+				
01:52+	03:22+	00:29+	03:40+	01:35+	00:54+	01:29+	01:46+	01:44+	03:37+	09:56+	03:56+	03:09+	01:24+	02:25+	02:41+	00:24+				
01:52+	03:22+	00:29+	03:40+	01:35+	00:54+	01:29+	01:46+	01:44+	03:37+	09:56+	03:56+	03:09+	01:24+	02:25+	02:41+	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			24:16		
02:27=	04:04=	05:12=	07:07=	08:37=	09:52=	12:02=	13:24=	14:59=	17:15=	18:47=	19:55=	21:22=	22:38=	23:55=	24:16=			
02:27=	01:37=	01:08=	01:55=	01:30=	01:15=	02:10=	01:22=	01:35=	02:16=	01:32=	01:08=	01:27=	01:16=	01:17=	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=			
2	Ingrid E. I. Øxnevad												3516			24:45		
02:21-	03:36-	04:54-	06:50-	07:57-	10:17+	12:27+	13:40+	15:15+	17:25+	19:06+	20:12+	21:39+	22:55+	24:10+	24:45+			
02:21-	01:15-	01:18+	01:56+	01:07-	02:20+	02:10=	01:13-	01:35=	02:10-	01:41+	01:06-	01:27=	01:16=	01:15-	00:35+			
00:06-	00:22-	00:10#	00:01+	00:23-	01:05&	00:00=	00:09-	00:00=	00:06-	00:09+	00:02-	00:00=	00:00=	00:02-	00:14&			
3	Anne-Siv Gjertsen												882			28:39		
02:45+	04:34+	06:01+	08:03+	09:30+	11:26+	14:11+	15:34+	17:29+	20:19+	22:09+	23:20+	25:08+	26:40+	28:17+	28:39+			
02:45+	01:49+	01:27+	02:02+	01:27-	01:56+	02:45+	01:23+	01:55+	02:50+	01:50+	01:11+	01:48+	01:32+	01:37+	00:22+			
00:18#	00:12#	00:19&	00:07+	00:03-	00:41&	00:35&	00:01+	00:20#	00:34#	00:18#	00:03+	00:21#	00:16#	00:20&	00:01+			
4	Nina Christiansen												722			30:43		
02:50+	04:14+	05:50+	08:02+	09:29+	11:34+	13:53+	16:23+	18:12+	20:47+	23:11+	24:40+	27:11+	28:36+	30:18+	30:43+			
02:50+	01:24-	01:36+	02:12+	01:27-	02:05+	02:19+	02:30+	01:49+	02:35+	02:24+	01:29+	02:31+	01:25+	01:42+	00:25+			
00:23#	00:13-	00:28&	00:17#	00:03-	00:50&	00:09+	01:08&	00:14#	00:19#	00:52&	00:21&	01:04&	00:09#	00:25&	00:04#			

Plass	Navn		Klasse								Tid				
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Damer 60 - 64 år

5	Ellinor Nesse													1683			35:11		
03:49+	05:44+	07:28+	10:05+	12:12+	13:48+	16:57+	19:01+	21:19+	24:32+	26:48+	28:27+	30:43+	32:39+	34:40+	35:11+				
03:49+	01:55+	01:44+	02:37+	02:07+	01:36+	03:09+	02:04+	02:18+	03:13+	02:16+	01:39+	02:16+	01:56+	02:01+	00:31+				
01:22&	00:18#	00:36&	00:42&	00:37&	00:21&	00:59&	00:42&	00:43&	00:57&	00:44&	00:31&	00:49&	00:40&	00:44&	00:10&				
6	Ellinor Hoemsnes													1683			35:28		
03:40+	05:14+	07:46+	10:36+	13:20+	16:09+	19:10+	20:50+	23:06+	26:10+	27:54+	29:21+	31:35+	33:15+	35:01+	35:28+				
03:40+	01:34+	02:32+	02:50+	02:44+	02:49+	03:01+	01:40+	02:16+	03:04+	01:44+	01:27+	02:14+	01:40+	01:46+	00:27+				
03:40+	01:34+	02:32+	02:50+	02:44+	02:49+	03:01+	01:40+	02:16+	03:04+	01:44+	01:27+	02:14+	01:40+	01:46+	00:27+				
7	Nidunn Sandvik													3565			36:26		
03:05+	04:51+	06:31+	08:38+	10:08+	13:40+	16:45+	18:20+	21:13+	24:06+	26:12+	27:48+	31:11+	32:47+	35:58+	36:26+				
03:05+	01:46+	01:40+	02:07+	01:30+	03:32+	03:05+	01:35+	02:53+	02:53+	02:06+	01:36+	03:23+	01:36+	03:11+	00:28+				
03:05+	01:46+	01:40+	02:07+	01:30+	03:32+	03:05+	01:35+	02:53+	02:53+	02:06+	01:36+	03:23+	01:36+	03:11+	00:28+				
8	Birgitte Røe													593			37:52		
03:25+	05:34+	07:25+	10:19+	12:11+	13:57+	17:17+	19:45+	22:15+	25:30+	27:59+	29:57+	33:25+	35:28+	37:23+	37:52+				
03:25+	02:09+	01:51+	02:54+	01:52+	01:46+	03:20+	02:28+	02:30+	03:15+	02:29+	01:58+	03:28+	02:03+	01:55+	00:29+				
03:25+	02:09+	01:51+	02:54+	01:52+	01:46+	03:20+	02:28+	02:30+	03:15+	02:29+	01:58+	03:28+	02:03+	01:55+	00:29+				
9	Eli Tjåland Stokka													1141			38:11		
03:38+	05:42+	08:25+	11:25+	13:53+	15:47+	19:40+	21:31+	23:43+	27:03+	29:26+	31:30+	33:48+	35:34+	37:44+	38:11+				
03:38+	02:04+	02:43+	03:00+	02:28+	01:54+	03:53+	01:51+	02:12+	03:20+	02:23+	02:04+	02:18+	01:46+	02:10+	00:27+				
03:38+	02:04+	02:43+	03:00+	02:28+	01:54+	03:53+	01:51+	02:12+	03:20+	02:23+	02:04+	02:18+	01:46+	02:10+	00:27+				
10	Siri Bjerkreim Hamre													1188			39:37		
03:48+	05:50+	07:38+	10:28+	12:27+	14:35+	18:16+	20:07+	25:40+	28:37+	30:52+	32:32+	34:33+	36:23+	39:06+	39:37+				
03:48+	02:02+	01:48+	02:50+	01:59+	02:08+	03:41+	01:51+	05:33+	02:57+	02:15+	01:40+	02:01+	01:50+	02:43+	00:31+				
03:48+	02:02+	01:48+	02:50+	01:59+	02:08+	03:41+	01:51+	05:33+	02:57+	02:15+	01:40+	02:01+	01:50+	02:43+	00:31+				
11	Mona Berntsen													1832			39:40		
03:08+	05:08+	06:53+	09:04+	11:37+	17:35+	20:15+	22:07+	24:19+	26:59+	28:49+	34:17+	36:04+	37:34+	39:13+	39:40+				
03:08+	02:00+	01:45+	02:11+	02:33+	05:58+	02:40+	01:52+	02:12+	02:40+	01:50+	05:28+	01:47+	01:30+	01:39+	00:27+				
03:08+	02:00+	01:45+	02:11+	02:33+	05:58+	02:40+	01:52+	02:12+	02:40+	01:50+	05:28+	01:47+	01:30+	01:39+	00:27+				
12	Marit Aandahl													3523			41:25		
04:23+	06:34+	08:32+	11:42+	13:38+	15:46+	19:50+	21:53+	24:16+	27:53+	31:01+	34:47+	37:01+	38:44+	40:50+	41:25+				
04:23+	02:11+	01:58+	03:10+	01:56+	02:08+	04:04+	02:03+	02:23+	03:37+	03:08+	03:46+	02:14+	01:43+	02:06+	00:35+				
04:23+	02:11+	01:58+	03:10+	01:56+	02:08+	04:04+	02:03+	02:23+	03:37+	03:08+	03:46+	02:14+	01:43+	02:06+	00:35+				

Beste strekketid for klassen

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

Damer 65 - 69 år

1	Ingrid Eik													1830			29:26		
	02:53=	04:25=	05:51=	08:02=	09:46=	11:47=	14:19=	15:54=	17:50=	20:18=	22:39=	23:56=	26:03=	27:29=	29:04=	29:26=			
	02:53=	01:32=	01:26=	02:11=	01:44=	02:01=	02:32=	01:35=	01:56=	02:28=	02:21=	01:17=	02:07=	01:26=	01:35=	00:22=			
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Tove Bjerkreim													722			30:11		
	03:34+	05:09+	06:39+	08:56+	10:41+	13:47+	16:09+	17:37+	19:19+	21:37+	23:32+	25:04+	26:41+	28:11+	29:44+	30:11+			
	03:34+	01:35+	01:30+	02:17+	01:45+	03:06+	02:22=	01:28=	01:42=	02:18=	01:55=	01:32+	01:37=	01:30+	01:33=	00:27+			
	00:41#	00:03+	00:04+	00:06+	00:01+	01:05&	00:10=	00:07=	00:14=	00:10=	00:26=	00:15#	00:30=	00:04+	00:02=	00:05#			
3	Liv-Grete Obrestad													3551			30:22		
	02:54+	04:32+	05:52+	08:17+	09:44=	13:13+	15:48+	17:21+	19:15+	21:45+	23:41+	25:02+	27:03+	28:26+	29:57+	30:22+			
	02:54+	01:38+	01:20=	02:25+	01:27=	03:29+	02:35+	01:33=	01:54=	02:30+	01:56=	01:21+	02:01=	01:23=	01:31=	00:25+			
	00:01+	00:06+	00:06=	00:14#	00:17=	01:28&	00:03+	00:02=	00:02=	00:02+	00:25=	00:04+	00:06=	00:03=	00:04=	00:03#			
4	Margot Asheim													722			31:05		
	03:03+	04:33+	06:01+	08:19+	10:00+	13:01+	15:54+	17:32+	19:31+	22:25+	24:16+	25:50+	27:36+	29:11+	30:44+	31:05+			
	03:03+	01:30=	01:28+	02:18+	01:41=	03:01+	02:53+	01:38+	01:59+	02:54+	01:51=	01:34+	01:46=	01:35+	01:33=	00:21=			
	00:10+	00:02=	00:02+	00:07+	00:03=	01:00&	00:21#	00:03+	00:03+	00:26#	00:30=	00:17#	00:21=	00:09#	00:02=	00:01=			

Plass	Navn	Klasse										Tid			
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Damer 65 - 69 år

5	Amanda Renshaw												1758			31:27		
03:35+	05:15+	06:38+	08:45+	10:53+	12:27+	15:08+	17:38+	19:28+	22:17+	24:13+	25:33+	27:36+	29:14+	31:02+	31:27+			
03:35+	01:40+	01:23-	02:07-	02:08+	01:34-	02:41+	02:30+	01:50-	02:49+	01:56-	01:20+	02:03-	01:38+	01:48+	00:25+			
00:42#	00:08+	00:03-	00:04-	00:24#	00:27-	00:09+	00:55&	00:06-	00:21#	00:25-	00:03+	00:04-	00:12#	00:13#	00:03#			
6	May Meling												593			32:22		
03:05+	05:35+	06:53+	09:07+	10:30+	13:14+	16:36+	18:07+	19:56+	22:37+	24:24+	25:49+	28:58+	30:24+	31:58+	32:22+			
03:05+	02:30+	01:18+	02:14+	01:23+	02:44+	03:22+	01:31+	01:49+	02:41+	01:47+	01:25+	03:09+	01:26+	01:34+	00:24+			
03:05+	02:30+	01:18+	02:14+	01:23+	02:44+	03:22+	01:31+	01:49+	02:41+	01:47+	01:25+	03:09+	01:26+	01:34+	00:24+			
7	Eli Frafjord												1141			34:24		
03:19+	05:25+	07:22+	10:32+	12:35+	14:35+	17:34+	19:27+	21:55+	24:47+	27:00+	28:26+	30:28+	32:09+	33:57+	34:24+			
03:19+	02:06+	01:57+	03:10+	02:03+	02:00+	02:59+	01:53+	02:28+	02:52+	02:13+	01:26+	02:02+	01:41+	01:48+	00:27+			
03:19+	02:06+	01:57+	03:10+	02:03+	02:00+	02:59+	01:53+	02:28+	02:52+	02:13+	01:26+	02:02+	01:41+	01:48+	00:27+			
8	Kari Eva Thiis Blixhavn												3565			44:11		
04:19+	06:30+	08:16+	11:15+	13:34+	15:45+	19:34+	21:50+	24:37+	28:10+	32:43+	34:42+	38:58+	41:08+	43:33+	44:11+			
04:19+	02:11+	01:46+	02:59+	02:19+	02:11+	03:49+	02:16+	02:47+	03:33+	04:33+	01:59+	04:16+	02:10+	02:25+	00:38+			
04:19+	02:11+	01:46+	02:59+	02:19+	02:11+	03:49+	02:16+	02:47+	03:33+	04:33+	01:59+	04:16+	02:10+	02:25+	00:38+			
9	Liv Sissel Obrestad												3529			47:34		
03:44+	06:01+	16:45+	19:43+	21:45+	25:00+	28:12+	30:05+	32:29+	35:48+	38:50+	40:50+	43:02+	45:09+	47:01+	47:34+			
03:44+	02:17+	10:44+	02:58+	02:02+	03:15+	03:12+	01:53+	02:24+	03:19+	03:02+	02:00+	02:12+	02:07+	01:52+	00:33+			
03:44+	02:17+	10:44+	02:58+	02:02+	03:15+	03:12+	01:53+	02:24+	03:19+	03:02+	02:00+	02:12+	02:07+	01:52+	00:33+			
10	Åse Møster												879			1:00:07		
07:59+	11:08+	15:09+	18:47+	21:24+	25:31+	30:35+	33:14+	37:48+	42:17+	45:06+	47:31+	53:53+	56:01+	59:38+	60:07+			
07:59+	03:09+	04:01+	03:38+	02:37+	04:07+	05:04+	02:39+	04:34+	04:29+	02:49+	02:25+	06:22+	02:08+	03:37+	00:29+			
07:59+	03:09+	04:01+	03:38+	02:37+	04:07+	05:04+	02:39+	04:34+	04:29+	02:49+	02:25+	06:22+	02:08+	03:37+	00:29+			

Beste strekktid for klassen

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

Damer 70 - 74 år

1	Lillian Dahl Fitjar												896			39:39		
	03:54=	05:58=	07:49=	10:32=	12:43=	16:07=	19:11=	21:20=	24:08=	27:50=	30:15=	32:21=	34:53=	36:49=	39:06=	39:39=		
	03:54=	02:04=	01:51=	02:43=	02:11=	03:24=	03:04=	02:09=	02:48=	03:42=	02:25=	02:06=	02:32=	01:56=	02:17=	00:33=		
	00:00=	00:00=	00:00=	00:00=	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			43:54		
	04:17+	06:42+	08:40+	11:38+	13:29+	19:32+	22:47+	25:03+	28:21+	32:01+	34:34+	36:27+	38:47+	41:01+	43:16+	43:54+		
	04:17+	02:25+	01:58+	02:58+	01:51-	06:03+	03:15+	02:16+	03:18+	03:40-	02:33+	01:53-	02:20-	02:14+	02:15-	00:38+		
	00:23+	00:21#	00:07+	00:15+	00:20-	02:39&	00:11+	00:07+	00:30#	00:02-	00:08+	00:13-	00:12-	00:18#	00:02-	00:05#		
3	Berit Gramstad												3551			44:27		
	05:29+	07:40+	09:39+	12:24+	14:34+	16:56+	20:15+	22:19+	25:15+	28:52+	33:22+	35:30+	39:48+	41:43+	43:52+	44:27+		
	05:29+	02:11+	01:59+	02:45+	02:10-	02:22-	03:19+	02:04-	02:56+	03:37-	04:30+	02:08+	04:18+	01:55-	02:09-	00:35+		
	01:35&	00:07+	00:08+	00:02+	00:01-	01:02-	00:15+	00:05-	00:08+	00:05-	02:05&	00:02+	01:46&	00:01-	00:08-	00:02+		

Beste strekktid for klassen

03:54	02:04	01:51	02:43	01:51	02:22	03:04	02:04	02:48	03:37	02:25	01:53	02:20	01:55	02:09	00:33
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer 75 - 79 år

1	Turid Nystrøm										874						34:31
03:26=	05:11=	06:50=	09:14=	10:51=	13:55=	17:14=	19:17=	21:20=	24:27=	26:36=	28:21=	30:32=	32:10=	34:01=	34:31=		
03:26=	01:45=	01:39=	02:24=	01:37=	03:04=	03:19=	02:03=	02:03=	03:07=	02:09=	01:45=	02:11=	01:38=	01:51=	00:30=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

Plass	Navn	Klasse	Tid
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Damer 75 - 79 år

2	Gry Vikhamar Thengs					874								35:34				
04:32+	06:27+	08:08+	10:40+	12:38+	14:36+	17:28+	19:12-	21:18-	24:28+	27:39+	29:29+	31:34+	33:13+	35:07+	35:34+			
04:32+	01:55+	01:41+	02:32+	01:58+	01:58-	02:52-	01:44-	02:06+	03:10+	03:11+	01:50+	02:05-	01:39+	01:54+	00:27-			
01:06&	00:10+	00:02+	00:08+	00:21#	01:06-	00:27-	00:19-	00:03+	00:03+	01:02&	00:05+	00:06-	00:01+	00:03+	00:03-			
3	Haldis Glendrange					874								37:33				
03:36+	06:09+	07:42+	10:07+	12:00+	13:59+	17:14+	19:35+	21:49+	24:53+	27:45+	29:27+	32:50+	34:39+	37:03+	37:33+			
03:36+	02:33+	01:33+	02:25+	01:53+	01:59+	03:15+	02:21+	02:14+	03:04+	02:52+	01:42+	03:23+	01:49+	02:24+	00:30+			
03:36+	02:33+	01:33+	02:25+	01:53+	01:59+	03:15+	02:21+	02:14+	03:04+	02:52+	01:42+	03:23+	01:49+	02:24+	00:30+			
4	Inger Skretting Opstad					3529								38:57				
03:52+	06:03+	07:57+	11:41+	13:52+	16:07+	19:45+	22:02+	24:24+	27:47+	30:15+	32:03+	34:23+	36:21+	38:26+	38:57+			
03:52+	02:11+	01:54+	03:44+	02:11+	02:15+	03:38+	02:17+	02:22+	03:23+	02:28+	01:48+	02:20+	01:58+	02:05+	00:31+			
03:52+	02:11+	01:54+	03:44+	02:11+	02:15+	03:38+	02:17+	02:22+	03:23+	02:28+	01:48+	02:20+	01:58+	02:05+	00:31+			
5	Helga Klausen					769								40:33				
04:28+	06:54+	08:51+	11:55+	14:19+	16:41+	20:11+	22:21+	25:05+	28:44+	31:29+	33:35+	35:44+	37:53+	40:03+	40:33+			
04:28+	02:26+	01:57+	03:04+	02:24+	02:22+	03:30+	02:10+	02:44+	03:39+	02:45+	02:06+	02:09+	02:09+	02:10+	00:30+			
04:28+	02:26+	01:57+	03:04+	02:24+	02:22+	03:30+	02:10+	02:44+	03:39+	02:45+	02:06+	02:09+	02:09+	02:10+	00:30+			
6	Hedvig Anda					1683								41:48				
03:43+	05:35+	07:13+	11:36+	14:03+	16:32+	20:04+	22:22+	24:35+	27:45+	30:33+	32:31+	35:48+	37:48+	41:19+	41:48+			
03:43+	01:52+	01:38+	04:23+	02:27+	02:29+	03:32+	02:18+	02:13+	03:10+	02:48+	01:58+	03:17+	02:00+	03:31+	00:29+			
03:43+	01:52+	01:38+	04:23+	02:27+	02:29+	03:32+	02:18+	02:13+	03:10+	02:48+	01:58+	03:17+	02:00+	03:31+	00:29+			
7	Aslaug Lura					1141								47:01				
04:39+	07:14+	10:08+	13:32+	16:00+	18:17+	22:06+	24:21+	27:50+	33:57+	37:10+	39:10+	41:36+	43:51+	46:27+	47:01+			
04:39+	02:35+	02:54+	03:24+	02:28+	02:17+	03:49+	02:15+	03:29+	06:07+	03:13+	02:00+	02:26+	02:15+	02:36+	00:34+			
04:39+	02:35+	02:54+	03:24+	02:28+	02:17+	03:49+	02:15+	03:29+	06:07+	03:13+	02:00+	02:26+	02:15+	02:36+	00:34+			

Beste strekktid for klassen

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

Damer 80 år og eldre

1	Helga Aaslid												3529	31:20			
02:27=	05:05=	08:11=	10:06=	13:11=	14:34=	17:55=	20:35=	23:26=	25:24=	29:08=	30:50=	31:20=					
02:27=	02:38=	03:06=	01:55=	03:05=	01:23=	03:21=	02:40=	02:51=	01:58=	03:44=	01:42=	00:30=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Berit Ebbell Olsen												874	44:16			
02:36+	05:28+	08:39+	11:08+	16:14+	18:19+	22:30+	25:52+	29:57+	32:30+	41:01+	43:38+	44:16+					
02:36+	02:52+	03:11+	02:29+	05:06+	02:05+	04:11+	03:22+	04:05+	02:33+	08:31+	02:37+	00:38+					
00:09+	00:14+	00:05+	00:34&	02:01&	00:42&	00:50#	00:42&	01:14&	00:35&	04:47@	00:55&	00:08&					

Beste strekktid for klassen

02:27	02:38	03:06	01:55	03:05	01:23	03:21	02:40	02:51	01:58	03:44	01:42	00:30
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer A

1	Aud Hognestad Taksdal											892	26:11									
01:09=	02:45=	04:16=	06:14=	07:17=	08:14=	09:48=	10:28=	14:01=	16:08=	17:46=	18:36=	19:21=	20:22=	21:09=	22:13=	22:56=	23:53=	24:11=	25:29=	26:11=		
01:09=	01:36=	01:31=	01:58=	01:03=	00:57=	01:34=	00:40=	03:33=	02:07=	01:38=	00:50=	00:45=	01:01=	00:47=	01:04=	00:43=	00:57=	00:18=	01:18=	00:42=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Katrine Haaland Leveraas											896	29:20									
01:19+	03:11+	04:49+	07:07+	08:19+	09:23+	11:11+	11:51+	15:34+	18:01+	19:44+	20:56+	21:43+	22:53+	23:39+	24:54+	25:47+	26:48+	27:08+	28:32+	29:20+		
01:19+	01:52+	01:38+	02:18+	01:12+	01:04+	01:48+	00:40=	03:43+	02:27+	01:43+	01:12+	00:47+	01:10+	00:46=	01:15+	00:53+	01:01+	00:20+	01:24+	00:48+		
00:10#	00:16#	00:07+	00:20#	00:09#	00:07#	00:14#	00:00=	00:10+	00:20#	00:05+	00:22&	00:02+	00:09#	00:01-	00:11#	00:10#	00:04+	00:02#	00:06+	00:06#		

Damer A

3	Helena Kolesova					1754							29:31							
01:03-	02:48+	04:36+	06:45+	07:58+	08:57+	10:45+	11:26+	15:04+	17:28+	19:15+	20:12+	20:57+	22:00+	22:47+	24:01+	24:48+	25:56+	27:16+	28:44+	29:31+
01:03-	01:45+	01:48+	02:09+	01:13+	00:59+	01:48+	00:41+	03:38+	02:24+	01:47+	00:57+	00:45=	01:03+	00:47=	01:14+	00:47+	01:08+	01:20+	01:28+	00:47+
00:06-	00:09+	00:17#	00:11+	00:10#	00:02+	00:14#	00:01+	00:05+	00:17#	00:09+	00:07#	00:00=	00:02+	00:00=	00:10#	00:04+	00:11#	01:02@	00:10#	00:05#
4	Clare Leveridge					877							29:57							
01:07+	02:51+	04:09+	06:17+	07:24+	08:28+	10:12+	10:53+	15:02+	17:28+	19:13+	20:13+	21:00+	22:05+	23:32+	24:46+	25:44+	26:52+	27:36+	29:08+	29:57+
01:07+	01:44+	01:18+	02:08+	01:07+	01:04+	01:44+	00:41+	04:09+	02:26+	01:45+	01:00+	00:47+	01:05+	01:27+	01:14+	00:58+	01:08+	00:44+	01:32+	00:49+
01:07+	01:44+	01:18+	02:08+	01:07+	01:04+	01:44+	00:41+	04:09+	02:26+	01:45+	01:00+	00:47+	01:05+	01:27+	01:14+	00:58+	01:08+	00:44+	01:32+	00:49+
5	Matilde Skjæveland Skår					3486							31:45							
01:09+	03:53+	05:57+	08:15+	09:33+	10:44+	12:30+	13:13+	17:24+	19:47+	21:34+	22:30+	23:22+	24:51+	25:35+	26:50+	27:55+	29:02+	29:25+	30:57+	31:45+
01:09+	02:44+	02:04+	02:18+	01:18+	01:11+	01:46+	00:43+	04:11+	02:23+	01:47+	00:56+	00:52+	01:29+	00:44+	01:15+	01:05+	01:07+	00:23+	01:32+	00:48+
01:09+	02:44+	02:04+	02:18+	01:18+	01:11+	01:46+	00:43+	04:11+	02:23+	01:47+	00:56+	00:52+	01:29+	00:44+	01:15+	01:05+	01:07+	00:23+	01:32+	00:48+
6	Silje Skorve Skarpeid					1758							33:44							
01:10+	03:50+	05:51+	08:14+	09:32+	10:41+	12:25+	13:10+	17:17+	19:49+	21:39+	22:50+	23:44+	25:48+	27:19+	28:37+	29:37+	30:52+	31:10+	32:48+	33:44+
01:10+	02:40+	02:01+	02:23+	01:18+	01:09+	01:44+	00:45+	04:07+	02:32+	01:50+	01:11+	00:54+	02:04+	01:31+	01:18+	01:00+	01:15+	00:18+	01:38+	00:56+
01:10+	02:40+	02:01+	02:23+	01:18+	01:09+	01:44+	00:45+	04:07+	02:32+	01:50+	01:11+	00:54+	02:04+	01:31+	01:18+	01:00+	01:15+	00:18+	01:38+	00:56+
7	Torill Brekken					896							34:32							
01:24+	04:36+	06:18+	08:57+	10:18+	11:30+	13:20+	14:02+	18:34+	21:17+	23:21+	24:19+	25:15+	26:29+	27:19+	28:49+	29:39+	30:59+	31:58+	33:42+	34:32+
01:24+	03:12+	01:42+	02:39+	01:21+	01:12+	01:50+	00:42+	04:32+	02:43+	02:04+	00:58+	00:56+	01:14+	00:50+	01:30+	00:50+	01:20+	00:59+	01:44+	00:50+
01:24+	03:12+	01:42+	02:39+	01:21+	01:12+	01:50+	00:42+	04:32+	02:43+	02:04+	00:58+	00:56+	01:14+	00:50+	01:30+	00:50+	01:20+	00:59+	01:44+	00:50+

Beste strekktid for klassen

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

Damer B

1	Lise Isachsen												1384				28:33			
01:14=	03:39=	05:57=	08:22=	10:04=	11:18=	13:42=	16:40=	18:55=	19:47=	20:34=	22:26=	23:06=	24:17=	25:42=	26:04=	27:49=	28:33=			
01:14=	02:25=	02:18=	02:25=	01:42=	01:14=	02:24=	02:58=	02:15=	00:52=	00:47=	01:52=	00:40=	01:11=	01:25=	00:22=	01:45=	00:44=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Inger Tone Nygård												3502				29:46			
01:14=	03:39=	06:39+	09:28+	11:15+	12:22+	14:42+	18:05+	20:02+	20:55+	21:47+	22:48+	23:37+	25:00+	26:34+	27:01+	28:56+	29:46+			
01:14=	02:25=	03:00+	02:49+	01:47+	01:07-	02:20-	03:23+	01:57-	00:53+	00:52+	01:01-	00:49+	01:23+	01:34+	00:27+	01:55+	00:50+			
00:00=	00:00=	00:42&	00:24#	00:05+	00:07-	00:04-	00:25#	00:18-	00:01+	00:05#	00:51-	00:09#	00:12#	00:09#	00:05#	00:10+	00:06#			
3	Wenche Margrethe Sæbbø												896				30:05			
01:14=	03:41+	06:04+	08:49+	10:36+	11:36+	14:01+	17:22+	19:30+	20:22+	21:00+	23:32+	24:09+	25:28+	26:58+	27:20+	29:16+	30:05+			
01:14=	02:27+	02:23+	02:45+	01:47+	01:00-	02:25+	03:21+	02:08-	00:52=	00:38-	02:32+	00:37-	01:19+	01:30+	00:22=	01:56+	00:49+			
00:00=	00:02+	00:05+	00:20#	00:05+	00:14-	00:01+	00:23#	00:07-	00:00=	00:09-	00:40&	00:03-	00:08#	00:05+	00:00=	00:11#	00:05#			
4	Vibeke Lamark												878				30:52			
01:21+	03:57+	06:26+	09:13+	10:59+	12:37+	15:11+	18:30+	20:45+	21:40+	22:24+	23:32+	24:16+	25:38+	27:16+	27:55+	30:01+	30:52+			
01:21+	02:36+	02:29+	02:47+	01:46+	01:38+	02:34+	03:19+	02:15=	00:55+	00:44-	01:08-	00:44+	01:22+	01:38+	00:39+	02:06+	00:51+			
00:07+	00:11+	00:11+	00:22#	00:04+	00:24&	00:10+	00:21#	00:00=	00:03+	00:03-	00:44-	00:04#	00:11#	00:13#	00:17&	00:21#	00:07#			
5	Helen Lomeland												722				31:20			
01:16+	03:55+	06:31+	09:11+	11:06+	13:04+	15:37+	18:50+	20:48+	21:44+	22:25+	24:16+	25:05+	26:25+	27:55+	28:20+	30:32+	31:20+			
01:16+	02:39+	02:36+	02:40+	01:55+	01:58+	02:33+	03:13+	01:58-	00:56+	00:41-	01:51-	00:49+	01:20+	01:30+	00:25+	02:12+	00:48+			
00:02+	00:14+	00:18#	00:15#	00:13#	00:44&	00:09+	00:15+	00:17-	00:04+	00:06-	00:01-	00:09#	00:09#	00:05+	00:03#	00:27&	00:04+			
6	Jorunn Johannesen												1683				31:27			
01:39+	04:16+	06:42+	09:41+	11:42+	13:19+	15:46+	19:23+	21:22+	22:16+	23:03+	24:07+	24:53+	26:19+	27:55+	28:23+	30:35+	31:27+			
01:39+	02:37+	02:26+	02:59+	02:01+	01:37+	02:27+	03:37+	01:59-	00:54+	00:47=	01:04-	00:46+	01:26+	01:36+	00:28+	02:12+	00:52+			
00:25&	00:12+	00:08+	00:34#	00:19#	00:23&	00:03+	00:39#	00:16-	00:02+	00:00=	00:48-	00:06#	00:15#	00:11#	00:06&	00:27&	00:08#			
7	Grethe Anda Fuglestad												1683				31:47			
01:23+	04:09+	06:48+	09:50+	11:52+	13:23+	16:05+	19:40+	21:51+	22:47+	23:32+	24:34+	25:29+	26:50+	28:28+	28:58+	30:58+	31:47+			
01:23+	02:46+	02:39+	03:02+	02:02+	01:31+	02:42+	03:35+	02:11-	00:56+	00:45-	01:02-	00:55+	01:21+	01:38+	00:30+	02:00+	00:49+			
00:09#	00:21#	00:21#	00:37&	00:20#	00:17#	00:18#	00:37#	00:04-	00:04+	00:02-	00:50-	00:15&	00:10#	00:13#	00:08&	00:15#	00:05#			

Plass	Navn	Klasse										Tid						
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Damer B

8	Ida Kolstø	3502	32:23														
01:10-	03:39=	06:29+	09:54+	11:46+	12:55+	15:39+	19:02+	21:25+	22:20+	23:08+	24:10+	25:15+	26:49+	29:04+	29:24+	31:31+	32:23+
01:10-	02:29+	02:50+	03:25+	01:52+	01:09-	02:44+	03:23+	02:23+	00:55+	00:48+	01:02-	01:05+	01:34+	02:15+	00:20-	02:07+	00:52+
00:04-	00:04+	00:32#	01:00#	00:10+	00:05-	00:20#	00:25#	00:08+	00:03+	00:01+	00:50-	00:25#	00:23#	00:50#	00:02-	00:22#	00:08#
9	Anne Garsrud	3518	32:31														
01:18+	04:04+	07:45+	10:55+	12:49+	14:21+	17:03+	20:21+	22:11+	23:08+	23:59+	25:06+	25:54+	27:12+	29:01+	29:27+	31:38+	32:31+
01:18+	02:46+	03:41+	03:10+	01:54+	01:32+	02:42+	03:18+	01:50+	00:57+	00:51+	01:07+	00:48+	01:18+	01:49+	00:26+	02:11+	00:53+
01:18+	02:46+	03:41+	03:10+	01:54+	01:32+	02:42+	03:18+	01:50+	00:57+	00:51+	01:07+	00:48+	01:18+	01:49+	00:26+	02:11+	00:53+
10	Ann-Cathrin Nybak Urdal	3595	32:34														
01:16+	03:51+	06:17+	09:15+	11:13+	12:19+	15:15+	18:45+	21:39+	22:37+	23:23+	25:23+	26:10+	27:36+	29:13+	29:41+	31:36+	32:34+
01:16+	02:35+	02:26+	02:58+	01:58+	01:06+	02:56+	03:30+	02:54+	00:58+	00:46+	02:00+	00:47+	01:26+	01:37+	00:28+	01:55+	00:58+
01:16+	02:35+	02:26+	02:58+	01:58+	01:06+	02:56+	03:30+	02:54+	00:58+	00:46+	02:00+	00:47+	01:26+	01:37+	00:28+	01:55+	00:58+
11	Ellen Tindeland	882	32:49														
01:25+	04:06+	06:28+	09:23+	11:41+	13:31+	16:04+	19:34+	21:47+	22:40+	23:28+	25:43+	26:25+	27:47+	29:28+	29:55+	31:54+	32:49+
01:25+	02:41+	02:22+	02:55+	02:18+	01:50+	02:33+	03:30+	02:13+	00:53+	00:48+	02:15+	00:42+	01:22+	01:41+	00:27+	01:59+	00:55+
01:25+	02:41+	02:22+	02:55+	02:18+	01:50+	02:33+	03:30+	02:13+	00:53+	00:48+	02:15+	00:42+	01:22+	01:41+	00:27+	01:59+	00:55+
12	Ann Karin Tjørhom	1884	33:37														
01:29+	04:11+	06:47+	09:38+	11:39+	13:07+	15:48+	19:35+	21:49+	22:48+	23:37+	25:43+	26:28+	27:56+	29:54+	30:22+	32:33+	33:37+
01:29+	02:42+	02:36+	02:51+	02:01+	01:28+	02:41+	03:47+	02:14+	00:59+	00:49+	02:06+	00:45+	01:28+	01:58+	00:28+	02:11+	01:04+
01:29+	02:42+	02:36+	02:51+	02:01+	01:28+	02:41+	03:47+	02:14+	00:59+	00:49+	02:06+	00:45+	01:28+	01:58+	00:28+	02:11+	01:04+
13	Marit Haavardsholm	1683	33:49														
01:26+	04:17+	06:59+	10:05+	12:11+	13:20+	16:03+	19:51+	23:00+	23:58+	24:41+	25:52+	26:48+	28:20+	30:08+	30:38+	32:46+	33:49+
01:26+	02:51+	02:42+	03:06+	02:06+	01:09+	02:43+	03:48+	03:09+	00:58+	00:43+	01:11+	00:56+	01:32+	01:48+	00:30+	02:08+	01:03+
01:26+	02:51+	02:42+	03:06+	02:06+	01:09+	02:43+	03:48+	03:09+	00:58+	00:43+	01:11+	00:56+	01:32+	01:48+	00:30+	02:08+	01:03+
14	Ingrid W. Hestness	896	33:55														
01:38+	04:18+	07:14+	11:07+	13:07+	14:43+	17:31+	20:51+	22:56+	23:56+	24:41+	25:46+	26:54+	28:11+	29:59+	30:27+	32:56+	33:55+
01:38+	02:40+	02:56+	03:53+	02:00+	01:36+	02:48+	03:20+	02:05+	01:00+	00:45+	01:05+	01:08+	01:17+	01:48+	00:28+	02:29+	00:59+
01:38+	02:40+	02:56+	03:53+	02:00+	01:36+	02:48+	03:20+	02:05+	01:00+	00:45+	01:05+	01:08+	01:17+	01:48+	00:28+	02:29+	00:59+
15	Anina Hadland	3502	35:19														
01:23+	04:22+	07:13+	10:59+	13:17+	14:36+	17:52+	21:41+	23:59+	25:00+	25:44+	27:09+	27:55+	29:29+	31:41+	32:04+	34:23+	35:19+
01:23+	02:59+	02:51+	03:46+	02:18+	01:19+	03:16+	03:49+	02:18+	01:01+	00:44+	01:25+	00:46+	01:34+	02:12+	00:23+	02:19+	00:56+
01:23+	02:59+	02:51+	03:46+	02:18+	01:19+	03:16+	03:49+	02:18+	01:01+	00:44+	01:25+	00:46+	01:34+	02:12+	00:23+	02:19+	00:56+
16	Berit Aksland	1683	35:35														
01:21+	03:55+	06:45+	09:59+	12:00+	13:07+	15:37+	18:48+	21:35+	22:30+	23:15+	26:21+	27:10+	30:07+	31:43+	32:08+	34:37+	35:35+
01:21+	02:34+	02:50+	03:14+	02:01+	01:07+	02:30+	03:11+	02:47+	00:55+	00:45+	03:06+	00:49+	02:57+	01:36+	00:25+	02:29+	00:58+
01:21+	02:34+	02:50+	03:14+	02:01+	01:07+	02:30+	03:11+	02:47+	00:55+	00:45+	03:06+	00:49+	02:57+	01:36+	00:25+	02:29+	00:58+
17	Hege Anita H. Nielsen	3545	35:47														
01:39+	04:34+	07:26+	10:59+	13:33+	14:47+	17:29+	21:21+	24:05+	25:15+	26:05+	27:15+	28:16+	29:49+	31:48+	32:21+	34:52+	35:47+
01:39+	02:55+	02:52+	03:33+	02:34+	01:14+	02:42+	03:52+	02:44+	01:10+	00:50+	01:10+	01:01+	01:33+	01:59+	00:33+	02:31+	00:55+
01:39+	02:55+	02:52+	03:33+	02:34+	01:14+	02:42+	03:52+	02:44+	01:10+	00:50+	01:10+	01:01+	01:33+	01:59+	00:33+	02:31+	00:55+
18	Kristin Breivold	892	36:18														
03:09+	05:41+	08:27+	11:42+	14:19+	16:04+	18:57+	22:45+	25:01+	26:01+	27:07+	28:10+	29:07+	30:41+	32:31+	33:02+	35:12+	36:18+
03:09+	02:32+	02:46+	03:15+	02:37+	01:45+	02:53+	03:48+	02:16+	01:00+	01:06+	01:03+	00:57+	01:34+	01:50+	00:31+	02:10+	01:06+
03:09+	02:32+	02:46+	03:15+	02:37+	01:45+	02:53+	03:48+	02:16+	01:00+	01:06+	01:03+	00:57+	01:34+	01:50+	00:31+	02:10+	01:06+

Beste strekktid for klassen

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

Damer Ny

1	Bente Klausen										769
01:58=	04:09=	06:53=	07:28=	10:55=	13:49=	16:22=	18:35=	20:09=	21:05=	23:03=	
01:58=	02:11=	02:44=	00:35=	03:27=	02:54=	02:33=	02:13=	01:34=	00:56=	01:58=	
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
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Damer Ny

2	Jannecke A. Moe										1758	38:55
02:01+	04:56+	14:28+	14:51+	20:32+	23:51+	29:51+	32:03+	35:31+	36:33+	38:55+		
02:01+	02:55+	09:32+	00:23-	05:41+	03:19+	06:00+	02:12-	03:28+	01:02+	02:22+		
00:03+	00:44&	06:48@	00:12-	02:14&	00:25#	03:27@	00:01-	01:54@	00:06#	00:24#		
3	Åse Karin Taugbøl										3511	41:01
03:23+	06:59+	12:11+	13:19+	19:45+	25:08+	28:40+	33:22+	35:50+	37:39+	41:01+		
03:23+	03:36+	05:12+	01:08+	06:26+	05:23+	03:32+	04:42+	02:28+	01:49+	03:22+		
03:23+	03:36+	05:12+	01:08+	06:26+	05:23+	03:32+	04:42+	02:28+	01:49+	03:22+		

Beste strekktid for klassen

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

Damer Trim

1	Hanna Haaland Sømme					874						19:20
01:16=	03:58=	06:04=	06:48=	08:52=	09:51=	11:35=	12:50=	14:01=	16:41=	17:56=	19:20=	
01:16=	02:42=	02:06=	00:44=	02:04=	00:59=	01:44=	01:15=	01:11=	02:40=	01:15=	01:24=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Kristin Ye-Eun Yoon					3533						20:13
01:19+	03:43=	05:56=	06:48=	09:05+	10:18+	11:52+	13:02+	14:15+	16:55+	18:31+	20:13+	
01:19+	02:24=	02:13+	00:52+	02:17+	01:13+	01:34=	01:10=	01:13+	02:40=	01:36+	01:42+	
00:03+	00:18=	00:07+	00:08#	00:13#	00:14#	00:10=	00:05=	00:02+	00:00=	00:21&	00:18#	
3	Ane Nærland					3580						20:17
01:27+	03:38=	05:38=	06:31=	08:48=	10:03+	11:42+	13:20+	14:24+	16:42+	18:16+	20:17+	
01:27+	02:11=	02:00=	00:53+	02:17+	01:15+	01:39=	01:38+	01:04=	02:18=	01:34+	02:01+	
00:11#	00:31=	00:06=	00:09#	00:13#	00:16&	00:05=	00:23&	00:07=	00:22=	00:19&	00:37&	
4	Marianne Strøm Uthaug					3551						22:06
01:32+	04:47+	06:47+	07:38+	09:46+	11:23+	13:02+	15:11+	17:04+	19:30+	20:45+	22:06+	
01:32+	03:15+	02:00=	00:51+	02:08+	01:37+	01:39=	02:09+	01:53+	02:26=	01:15=	01:21=	
00:16#	00:33#	00:06=	00:07#	00:04+	00:38&	00:05=	00:54&	00:42&	00:14=	00:00=	00:03=	
5	Elisabet Horpestad					896						22:07
01:32+	04:21+	06:42+	07:35+	09:57+	11:14+	13:04+	14:29+	16:26+	19:07+	20:40+	22:07+	
01:32+	02:49+	02:21+	00:53+	02:22+	01:17+	01:50+	01:25+	01:57+	02:41+	01:33+	01:27+	
00:16#	00:07+	00:15#	00:09#	00:18#	00:18&	00:06+	00:10#	00:46&	00:01+	00:18#	00:03+	
6	Stina Tran Huynh					3533						22:39
01:21+	04:19+	06:21+	07:14+	10:13+	11:50+	14:08+	16:12+	17:39+	19:54+	21:20+	22:39+	
01:21+	02:58+	02:02=	00:53+	02:59+	01:37+	02:18+	02:04+	01:27+	02:15=	01:26+	01:19=	
00:05+	00:16+	00:04=	00:09#	00:55&	00:38&	00:34&	00:49&	00:16#	00:25=	00:11#	00:05=	
7	Ingrid Overegseth Foss					896						22:49
01:41+	04:26+	06:44+	07:47+	10:25+	11:56+	13:44+	15:02+	16:34+	19:34+	21:07+	22:49+	
01:41+	02:45+	02:18+	01:03+	02:38+	01:31+	01:48+	01:18+	01:32+	03:00+	01:33+	01:42+	
00:25&	00:03+	00:12+	00:19&	00:34&	00:32&	00:04+	00:03+	00:21&	00:20#	00:18#	00:18#	
8	Inger Johanne Klausen					3529						22:50
01:46+	04:24+	07:13+	08:04+	10:38+	12:00+	14:04+	15:37+	17:00+	19:43+	21:30+	22:50+	
01:46+	02:38=	02:49+	00:51+	02:34+	01:22+	02:04+	01:33+	01:23+	02:43+	01:47+	01:20=	
00:30&	00:04=	00:43&	00:07#	00:30#	00:23&	00:20#	00:18#	00:12#	00:03+	00:32&	00:04=	
9	Ane Odland					1683						22:50
01:29+	04:04+	07:21+	08:10+	10:43+	11:58+	14:03+	15:40+	17:06+	19:44+	21:10+	22:50+	
01:29+	02:35=	03:17+	00:49+	02:33+	01:15+	02:05+	01:37+	01:26+	02:38=	01:26+	01:40+	
00:13#	00:07=	01:11&	00:05#	00:29#	00:16&	00:21#	00:22&	00:15#	00:02=	00:11#	00:16#	
10	Ritva Halsne					722						22:59
02:08+	05:14+	07:24+	08:16+	11:06+	12:16+	14:09+	15:30+	17:19+	20:00+	21:26+	22:59+	
02:08+	03:06+	02:10+	00:52+	02:50+	01:10+	01:53+	01:21+	01:49+	02:41+	01:26+	01:33+	
00:52&	00:24#	00:04+	00:08#	00:46&	00:11#	00:09+	00:06+	00:38&	00:01+	00:11#	00:09#	

Plass	Navn											Klasse	Tid			
Damer Trim																
11	Marit L. Undheim											3529	23:08			
	01:30+	05:08+	07:17+	08:13+	10:32+	11:49+	13:33+	14:55+	17:07+	19:57+	21:36+	23:08+				
	01:30+	03:38+	02:09+	00:56+	02:19+	01:17+	01:44=	01:22+	02:12+	02:50+	01:39+	01:32+				
	00:14#	00:56&	00:03+	00:12&	00:15#	00:18&	00:00=	00:07+	01:01&	00:10+	00:24&	00:08+				
12	Maria Fjelde											722	23:32			
	03:04+	05:41+	08:12+	09:04+	12:03+	13:08+	14:48+	16:19+	17:32+	20:30+	22:10+	23:32+				
	03:04+	02:37+	02:31+	00:52+	02:59+	01:05+	01:40+	01:31+	01:13+	02:58+	01:40+	01:22+				
	03:04+	02:37+	02:31+	00:52+	02:59+	01:05+	01:40+	01:31+	01:13+	02:58+	01:40+	01:22+				
13	Julie Hansen											1519	23:32			
	02:14+	05:11+	07:42+	08:31+	11:18+	13:17+	15:15+	16:27+	17:43+	20:22+	22:04+	23:32+				
	02:14+	02:57+	02:31+	00:49+	02:47+	01:59+	01:58+	01:12+	01:16+	02:39+	01:42+	01:28+				
	02:14+	02:57+	02:31+	00:49+	02:47+	01:59+	01:58+	01:12+	01:16+	02:39+	01:42+	01:28+				
14	Grete Stokke Seljeskog											879	23:53			
	04:16+	06:40+	08:47+	09:38+	12:12+	13:24+	15:02+	16:24+	18:04+	20:39+	22:06+	23:53+				
	04:16+	02:24+	02:07+	00:51+	02:34+	01:12+	01:38+	01:22+	01:40+	02:35+	01:27+	01:47+				
	04:16+	02:24+	02:07+	00:51+	02:34+	01:12+	01:38+	01:22+	01:40+	02:35+	01:27+	01:47+				
15	Anastasia Ollestad											1884	24:05			
	01:42+	04:45+	07:28+	08:35+	11:17+	12:37+	14:46+	16:27+	17:54+	20:48+	22:26+	24:05+				
	01:42+	03:03+	02:43+	01:07+	02:42+	01:20+	02:09+	01:41+	01:27+	02:54+	01:38+	01:39+				
	01:42+	03:03+	02:43+	01:07+	02:42+	01:20+	02:09+	01:41+	01:27+	02:54+	01:38+	01:39+				
16	Monica Regine Romstad											722	25:04			
	01:24+	03:48+	06:01+	06:54+	10:30+	11:34+	14:16+	16:06+	19:05+	22:09+	23:32+	25:04+				
	01:24+	02:24+	02:13+	00:53+	03:36+	01:04+	02:42+	01:50+	02:59+	03:04+	01:23+	01:32+				
	01:24+	02:24+	02:13+	00:53+	03:36+	01:04+	02:42+	01:50+	02:59+	03:04+	01:23+	01:32+				
17	Karine Ditlevsen											896	25:15			
	01:41+	04:32+	07:48+	08:43+	11:32+	12:51+	14:51+	16:43+	19:03+	22:07+	23:43+	25:15+				
	01:41+	02:51+	03:16+	00:55+	02:49+	01:19+	02:00+	01:52+	02:20+	03:04+	01:36+	01:32+				
	01:41+	02:51+	03:16+	00:55+	02:49+	01:19+	02:00+	01:52+	02:20+	03:04+	01:36+	01:32+				
18	Linda Mørch											896	25:22			
	01:44+	04:33+	07:49+	08:49+	11:29+	12:56+	14:53+	16:48+	19:04+	22:14+	23:45+	25:22+				
	01:44+	02:49+	03:16+	01:00+	02:40+	01:27+	01:57+	01:55+	02:16+	03:10+	01:31+	01:37+				
	01:44+	02:49+	03:16+	01:00+	02:40+	01:27+	01:57+	01:55+	02:16+	03:10+	01:31+	01:37+				
19	Therese Østbø											896	25:23			
	01:41+	04:28+	07:43+	08:46+	11:32+	12:53+	14:55+	16:44+	18:59+	22:03+	23:49+	25:23+				
	01:41+	02:47+	03:15+	01:03+	02:46+	01:21+	02:02+	01:49+	02:15+	03:04+	01:46+	01:34+				
	01:41+	02:47+	03:15+	01:03+	02:46+	01:21+	02:02+	01:49+	02:15+	03:04+	01:46+	01:34+				
20	Sara Dudzinska											1376	25:27			
	02:33+	05:19+	07:32+	08:26+	10:44+	12:12+	14:11+	16:07+	17:37+	20:34+	23:52+	25:27+				
	02:33+	02:46+	02:13+	00:54+	02:18+	01:28+	01:59+	01:56+	01:30+	02:57+	03:18+	01:35+				
	02:33+	02:46+	02:13+	00:54+	02:18+	01:28+	01:59+	01:56+	01:30+	02:57+	03:18+	01:35+				
21	Anne Lill M. Njå											892	25:57			
	01:41+	04:42+	07:09+	08:14+	10:57+	12:28+	14:16+	15:52+	18:59+	22:31+	24:21+	25:57+				
	01:41+	03:01+	02:27+	01:05+	02:43+	01:31+	01:48+	01:36+	03:07+	03:32+	01:50+	01:36+				
	01:41+	03:01+	02:27+	01:05+	02:43+	01:31+	01:48+	01:36+	03:07+	03:32+	01:50+	01:36+				
22	Sigrund Serigstad											879	26:35			
	01:07+	03:30+	05:28+	06:10+	13:17+	15:46+	16:37+	17:59+	19:17+	20:35+	23:03+	25:21+	26:35+			
	01:07+	02:23+	01:58+	00:42+	07:07+	02:29+	00:51+	01:22+	01:18+	01:18+	02:28+	02:18+	01:14+			
	01:07+	02:23+	01:58+	00:42+	07:07+	02:29+	00:51+	01:22+	01:18+	01:18+	02:28+	02:18+	01:14+			
23	Karolina Lenart											1376	26:43			
	01:42+	04:17+	06:35+	07:33+	10:21+	11:58+	14:05+	16:04+	18:26+	22:56+	24:43+	26:43+				
	01:42+	02:35+	02:18+	00:58+	02:48+	01:37+	02:07+	01:59+	02:22+	04:30+	01:47+	02:00+				
	01:42+	02:35+	02:18+	00:58+	02:48+	01:37+	02:07+	01:59+	02:22+	04:30+	01:47+	02:00+				
24	Ingunn Monsen											3525	27:11			
	01:56+	05:16+	08:11+	09:11+	13:10+	14:34+	16:36+	18:03+	19:49+	23:10+	24:59+	27:11+				
	01:56+	03:20+	02:55+	01:00+	03:59+	01:24+	02:02+	01:27+	01:46+	03:21+	01:49+	02:12+				
	01:56+	03:20+	02:55+	01:00+	03:59+	01:24+	02:02+	01:27+	01:46+	03:21+	01:49+	02:12+				

Plass	Navn		Klasse										Tid
Damer Trim													
25	Kjersti Svalland		880										27:24
01:40+	04:58+	07:23+	08:27+	10:53+	12:31+	16:16+	18:12+	19:46+	23:23+	25:22+	27:24+		
01:40+	03:18+	02:25+	01:04+	02:26+	01:38+	03:45+	01:56+	01:34+	03:37+	01:59+	02:02+		
01:40+	03:18+	02:25+	01:04+	02:26+	01:38+	03:45+	01:56+	01:34+	03:37+	01:59+	02:02+		
26	Linn Kristin Askø		3507										27:44
01:42+	04:36+	07:28+	08:23+	12:55+	14:07+	16:12+	17:58+	20:59+	23:53+	25:43+	27:44+		
01:42+	02:54+	02:52+	00:55+	04:32+	01:12+	02:05+	01:46+	03:01+	02:54+	01:50+	02:01+		
01:42+	02:54+	02:52+	00:55+	04:32+	01:12+	02:05+	01:46+	03:01+	02:54+	01:50+	02:01+		
27	Liv Janne Fandrem Biland		892										28:07
01:44+	04:38+	08:39+	09:42+	12:47+	14:14+	17:04+	18:57+	21:02+	24:03+	25:52+	28:07+		
01:44+	02:54+	04:01+	01:03+	03:05+	01:27+	02:50+	01:53+	02:05+	03:01+	01:49+	02:15+		
01:44+	02:54+	04:01+	01:03+	03:05+	01:27+	02:50+	01:53+	02:05+	03:01+	01:49+	02:15+		
28	Ane Hatteland Nese		769										28:17
01:52+	05:28+	08:31+	09:49+	13:14+	14:49+	16:45+	18:29+	20:08+	24:07+	25:55+	28:17+		
01:52+	03:36+	03:03+	01:18+	03:25+	01:35+	01:56+	01:44+	01:39+	03:59+	01:48+	02:22+		
01:52+	03:36+	03:03+	01:18+	03:25+	01:35+	01:56+	01:44+	01:39+	03:59+	01:48+	02:22+		
29	Jeanette Mjølhus		722										29:08
01:40+	04:40+	07:19+	08:18+	11:01+	12:24+	17:03+	19:01+	22:21+	25:06+	26:56+	29:08+		
01:40+	03:00+	02:39+	00:59+	02:43+	01:23+	04:39+	01:58+	03:20+	02:45+	01:50+	02:12+		
01:40+	03:00+	02:39+	00:59+	02:43+	01:23+	04:39+	01:58+	03:20+	02:45+	01:50+	02:12+		
30	Heidi Camilla Raugstad Hovet		769										29:21
01:14+	05:03+	08:13+	09:24+	13:11+	14:53+	17:25+	19:30+	21:33+	25:12+	27:17+	29:21+		
01:14+	03:49+	03:10+	01:11+	03:47+	01:42+	02:32+	02:05+	02:03+	03:39+	02:05+	02:04+		
01:14+	03:49+	03:10+	01:11+	03:47+	01:42+	02:32+	02:05+	02:03+	03:39+	02:05+	02:04+		
31	Hilde Meisingset		1456										29:35
01:51+	04:55+	08:01+	09:03+	12:41+	14:09+	16:27+	18:47+	20:36+	24:22+	27:22+	29:35+		
01:51+	03:04+	03:06+	01:02+	03:38+	01:28+	02:18+	02:20+	01:49+	03:46+	03:00+	02:13+		
01:51+	03:04+	03:06+	01:02+	03:38+	01:28+	02:18+	02:20+	01:49+	03:46+	03:00+	02:13+		
32	Ida Aamodt		1884										29:48
01:32+	05:54+	13:23+	14:37+	17:31+	18:45+	20:33+	22:12+	23:47+	26:21+	28:14+	29:48+		
01:32+	04:22+	07:29+	01:14+	02:54+	01:14+	01:48+	01:39+	01:35+	02:34+	01:53+	01:34+		
01:32+	04:22+	07:29+	01:14+	02:54+	01:14+	01:48+	01:39+	01:35+	02:34+	01:53+	01:34+		
33	Oda Roaldsdotter Ravndal		3486										30:02
01:58+	05:41+	08:49+	10:04+	13:55+	15:42+	17:42+	19:30+	21:54+	26:03+	28:01+	30:02+		
01:58+	03:43+	03:08+	01:15+	03:51+	01:47+	02:00+	01:48+	02:24+	04:09+	01:58+	02:01+		
01:58+	03:43+	03:08+	01:15+	03:51+	01:47+	02:00+	01:48+	02:24+	04:09+	01:58+	02:01+		
34	Solbjørg Borgersen		3527										30:03
02:05+	05:41+	08:32+	09:41+	13:22+	14:46+	17:51+	20:26+	22:17+	25:34+	28:06+	30:03+		
02:05+	03:36+	02:51+	01:09+	03:41+	01:24+	03:05+	02:35+	01:51+	03:17+	02:32+	01:57+		
02:05+	03:36+	02:51+	01:09+	03:41+	01:24+	03:05+	02:35+	01:51+	03:17+	02:32+	01:57+		
35	Silje Elise Elstad		769										30:15
02:06+	05:57+	09:12+	10:14+	14:08+	15:42+	18:26+	20:21+	22:25+	26:10+	28:08+	30:15+		
02:06+	03:51+	03:15+	01:02+	03:54+	01:34+	02:44+	01:55+	02:04+	03:45+	01:58+	02:07+		
02:06+	03:51+	03:15+	01:02+	03:54+	01:34+	02:44+	01:55+	02:04+	03:45+	01:58+	02:07+		
36	Ewelina Uscinska		1456										30:57
02:03+	05:11+	08:25+	09:55+	15:19+	17:03+	19:36+	21:19+	23:24+	27:13+	29:09+	30:57+		
02:03+	03:08+	03:14+	01:30+	05:24+	01:44+	02:33+	01:43+	02:05+	03:49+	01:56+	01:48+		
02:03+	03:08+	03:14+	01:30+	05:24+	01:44+	02:33+	01:43+	02:05+	03:49+	01:56+	01:48+		
37	Maria Haukalid		3511										31:27
02:06+	06:56+	09:42+	10:46+	14:14+	15:46+	18:08+	20:04+	24:03+	27:30+	29:23+	31:27+		
02:06+	04:50+	02:46+	01:04+	03:28+	01:32+	02:22+	01:56+	03:59+	03:27+	01:53+	02:04+		
02:06+	04:50+	02:46+	01:04+	03:28+	01:32+	02:22+	01:56+	03:59+	03:27+	01:53+	02:04+		
38	Tonje Undheim		3533										33:00
01:40+	04:58+	07:22+	08:42+	12:21+	13:42+	16:03+	23:15+	25:35+	29:13+	31:10+	33:00+		
01:40+	03:18+	02:24+	01:20+	03:39+	01:21+	02:21+	07:12+	02:20+	03:38+	01:57+	01:50+		
01:40+	03:18+	02:24+	01:20+	03:39+	01:21+	02:21+	07:12+	02:20+	03:38+	01:57+	01:50+		

Plass	Navn										Klasse	Tid									
Damer Trim																					
39	Hilde Christine Hoff										848	33:05									
02:27+	06:35+	10:03+	11:26+	15:07+	17:00+	19:23+	21:34+	23:29+	28:09+	30:21+	33:05+										
02:27+	04:08+	03:28+	01:23+	03:41+	01:53+	02:23+	02:11+	01:55+	04:40+	02:12+	02:44+										
02:27+	04:08+	03:28+	01:23+	03:41+	01:53+	02:23+	02:11+	01:55+	04:40+	02:12+	02:44+										
40	Ruth Grødem										722	33:13									
02:13+	05:47+	08:48+	10:12+	14:22+	16:00+	19:46+	21:57+	23:51+	27:33+	30:57+	33:13+										
02:13+	03:34+	03:01+	01:24+	04:10+	01:38+	03:46+	02:11+	01:54+	03:42+	03:24+	02:16+										
02:13+	03:34+	03:01+	01:24+	04:10+	01:38+	03:46+	02:11+	01:54+	03:42+	03:24+	02:16+										
41	Kristine Vik										3608	33:18									
02:21+	06:36+	09:22+	10:36+	14:39+	16:15+	18:51+	21:11+	24:36+	28:20+	30:33+	33:18+										
02:21+	04:15+	02:46+	01:14+	04:03+	01:36+	02:36+	02:20+	03:25+	03:44+	02:13+	02:45+										
02:21+	04:15+	02:46+	01:14+	04:03+	01:36+	02:36+	02:20+	03:25+	03:44+	02:13+	02:45+										
42	Kirsti Strand Salvesen										3540	33:28									
02:28+	06:32+	10:18+	11:35+	15:25+	17:13+	19:48+	21:54+	23:53+	28:08+	30:25+	33:28+										
02:28+	04:04+	03:46+	01:17+	03:50+	01:48+	02:35+	02:06+	01:59+	04:15+	02:17+	03:03+										
02:28+	04:04+	03:46+	01:17+	03:50+	01:48+	02:35+	02:06+	01:59+	04:15+	02:17+	03:03+										
43	Marie Hernæs Larsen										3565	33:37									
02:01+	06:40+	09:39+	10:48+	13:51+	15:08+	17:39+	19:29+	27:05+	30:09+	31:51+	33:37+										
02:01+	04:39+	02:59+	01:09+	03:03+	01:17+	02:31+	01:50+	07:36+	03:04+	01:42+	01:46+										
02:01+	04:39+	02:59+	01:09+	03:03+	01:17+	02:31+	01:50+	07:36+	03:04+	01:42+	01:46+										
44	Unni B Sundli										892	34:32									
02:50+	06:59+	10:25+	11:51+	16:08+	18:00+	21:11+	23:35+	25:33+	29:27+	31:53+	34:32+										
02:50+	04:09+	03:26+	01:26+	04:17+	01:52+	03:11+	02:24+	01:58+	03:54+	02:26+	02:39+										
02:50+	04:09+	03:26+	01:26+	04:17+	01:52+	03:11+	02:24+	01:58+	03:54+	02:26+	02:39+										
45	Liv Janne Nergaard										1683	34:40									
01:39+	07:24+	09:40+	10:38+	13:59+	15:09+	17:53+	21:02+	23:14+	29:12+	31:25+	34:40+										
01:39+	05:45+	02:16+	00:58+	03:21+	01:10+	02:44+	03:09+	02:12+	05:58+	02:13+	03:15+										
01:39+	05:45+	02:16+	00:58+	03:21+	01:10+	02:44+	03:09+	02:12+	05:58+	02:13+	03:15+										
46	Wibeke Lende										3503	36:53									
02:24+	06:42+	11:32+	13:11+	17:42+	19:42+	21:50+	24:20+	26:09+	31:17+	33:41+	36:53+										
02:24+	04:18+	04:50+	01:39+	04:31+	02:00+	02:08+	02:30+	01:49+	05:08+	02:24+	03:12+										
02:24+	04:18+	04:50+	01:39+	04:31+	02:00+	02:08+	02:30+	01:49+	05:08+	02:24+	03:12+										
47	Tone M. Seglem Giske										1683	37:50									
06:24+	11:45+	15:10+	16:30+	20:07+	22:08+	24:11+	26:28+	28:03+	32:37+	34:57+	37:50+										
06:24+	05:21+	03:25+	01:20+	03:37+	02:01+	02:03+	02:17+	01:35+	04:34+	02:20+	02:53+										
06:24+	05:21+	03:25+	01:20+	03:37+	02:01+	02:03+	02:17+	01:35+	04:34+	02:20+	02:53+										
48	Signe Lise Haaland										3507	41:10									
02:08+	06:19+	10:24+	11:46+	16:59+	22:16+	24:37+	26:58+	30:44+	35:06+	37:51+	41:10+										
02:08+	04:11+	04:05+	01:22+	05:13+	05:17+	02:21+	02:21+	03:46+	04:22+	02:45+	03:19+										
02:08+	04:11+	04:05+	01:22+	05:13+	05:17+	02:21+	02:21+	03:46+	04:22+	02:45+	03:19+										
49	Monika Korbecka										1456	41:41									
03:57+	08:28+	12:49+	14:14+	19:36+	21:37+	24:57+	27:36+	30:03+	35:08+	37:44+	41:41+										
03:57+	04:31+	04:21+	01:25+	05:22+	02:01+	03:20+	02:39+	02:27+	05:05+	02:36+	03:57+										
03:57+	04:31+	04:21+	01:25+	05:22+	02:01+	03:20+	02:39+	02:27+	05:05+	02:36+	03:57+										
50	Ragnhild Christiansen										1884	45:05									
03:47+	08:34+	13:24+	15:03+	19:55+	22:52+	26:12+	29:32+	32:23+	38:11+	41:11+	45:05+										
03:47+	04:47+	04:50+	01:39+	04:52+	02:57+	03:20+	03:20+	02:51+	05:48+	03:00+	03:54+										
03:47+	04:47+	04:50+	01:39+	04:52+	02:57+	03:20+	03:20+	02:51+	05:48+	03:00+	03:54+										
51	Marit Kløvstad Braut										892	45:10									
03:46+	08:43+	13:20+	15:15+	20:36+	23:05+	26:52+	29:45+	32:44+	38:24+	41:21+	45:10+										
03:46+	04:57+	04:37+	01:55+	05:21+	02:29+	03:47+	02:53+	02:59+	05:40+	02:57+	03:49+										
03:46+	04:57+	04:37+	01:55+	05:21+	02:29+	03:47+	02:53+	02:59+	05:40+	02:57+	03:49+										
52	Else Marie Furland										NOTEAM	45:11									
03:49+	08:50+	13:31+	15:17+	20:15+	23:17+	26:45+	29:42+	32:38+	38:19+	41:18+	45:11+										
03:49+	05:01+	04:41+	01:46+	04:58+	03:02+	03:28+	02:57+	02:56+	05:41+	02:59+	03:53+										
03:49+	05:01+	04:41+	01:46+	04:58+	03:02+	03:28+	02:57+	02:56+	05:41+	02:59+	03:53+										

Plass	Navn	Klasse	Tid
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Damer Trim

53	Anna Langlo					722						49:05
03:13+	10:09+	15:06+	16:41+	22:08+	24:25+	28:05+	31:54+	36:22+	41:35+	44:35+	49:05+	
03:13+	06:56+	04:57+	01:35+	05:27+	02:17+	03:40+	03:49+	04:28+	05:13+	03:00+	04:30+	
03:13+	06:56+	04:57+	01:35+	05:27+	02:17+	03:40+	03:49+	04:28+	05:13+	03:00+	04:30+	
54	Linda Strøm					722						49:07
03:09+	10:03+	14:56+	16:39+	22:03+	24:34+	28:03+	31:55+	36:23+	41:34+	44:35+	49:07+	
03:09+	06:54+	04:53+	01:43+	05:24+	02:31+	03:29+	03:52+	04:28+	05:11+	03:01+	04:32+	
03:09+	06:54+	04:53+	01:43+	05:24+	02:31+	03:29+	03:52+	04:28+	05:11+	03:01+	04:32+	
55	Lisbeth Davidsen					722						54:00
02:24+	13:59+	19:17+	21:25+	26:33+	28:59+	32:34+	37:00+	40:32+	44:34+	51:42+	54:00+	
02:24+	11:35+	05:18+	02:08+	05:08+	02:26+	03:35+	04:26+	03:32+	04:02+	07:08+	02:18+	
02:24+	11:35+	05:18+	02:08+	05:08+	02:26+	03:35+	04:26+	03:32+	04:02+	07:08+	02:18+	
56	Agnete Dedekam Stabel					1758						57:17
12:54+	17:22+	20:48+	22:19+	28:32+	30:37+	34:56+	41:07+	46:06+	49:45+	55:06+	57:17+	
12:54+	04:28+	03:26+	01:31+	06:13+	02:05+	04:19+	06:11+	04:59+	03:39+	05:21+	02:11+	
12:54+	04:28+	03:26+	01:31+	06:13+	02:05+	04:19+	06:11+	04:59+	03:39+	05:21+	02:11+	

Beste strekktid for klassen

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

Herrer 16 - 39 år

1	Vegard Kyllingstad												3507	26:15					
01:12=	03:27=	05:37=	07:53=	09:46=	10:53=	13:00=	15:54=	17:27=	18:13=	18:46=	20:43=	21:17=	22:20=	23:41=	24:04=	25:36=	26:15=		
01:12=	02:15=	02:10=	02:16=	01:53=	01:07=	02:07=	02:54=	01:33=	00:46=	00:33=	01:57=	00:34=	01:03=	01:21=	00:23=	01:32=	00:39=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Vegard Våge												879	27:15					
00:59-	03:44+	06:24+	09:01+	10:38+	11:34+	13:40+	16:27+	18:00+	18:52+	19:32+	20:28-	21:09-	22:16-	23:46+	24:53+	26:37+	27:15+		
00:59-	02:45+	02:40+	02:37+	01:37-	00:56-	02:06-	02:47-	01:33=	00:52+	00:40+	00:56-	00:41+	01:07+	01:30+	01:07+	01:44+	00:38-		
00:13-	00:30#	00:30#	00:21#	00:16-	00:11-	00:01-	00:07-	00:00=	00:06#	00:07#	01:01-	00:07#	00:04+	00:09#	00:44@	00:12#	00:01-		
3	Ole Morten Haaland												3528	27:58					
01:13+	03:21-	05:48+	08:09+	09:49+	10:53=	13:01+	15:50-	17:41+	18:31+	19:12+	20:57+	22:08+	23:22+	24:47+	25:25+	27:12+	27:58+		
01:13+	02:08-	02:27+	02:21+	01:40-	01:04-	02:08+	02:49-	01:51+	00:50+	00:41+	01:45-	01:11+	01:14+	01:25+	00:38+	01:47+	00:46+		
00:01+	00:07-	00:17#	00:05+	00:13-	00:03-	00:01+	00:05-	00:18#	00:04+	00:08#	00:12-	00:37@	00:11#	00:04+	00:15&	00:15#	00:07#		
4	Truls Thorkildsen												2074	28:29					
01:11-	03:46+	06:08+	08:47+	11:00+	12:01+	14:15+	17:21+	19:04+	19:59+	20:36+	21:29+	22:22+	23:41+	25:11+	25:48+	27:45+	28:29+		
01:11-	02:35+	02:22+	02:39+	02:13+	01:01-	02:14+	03:06+	01:43+	00:55+	00:37+	00:53-	00:53+	01:19+	01:30+	00:37+	01:57+	00:44+		
00:01-	00:20#	00:12+	00:23#	00:20#	00:06-	00:07+	00:12+	00:10#	00:09#	00:04#	01:04-	00:19&	00:16&	00:09#	00:14&	00:25&	00:05#		
5	Martin Skogland												3508	28:46					
01:23+	03:41+	05:57+	08:31+	10:35+	11:39+	14:01+	17:12+	18:57+	19:50+	20:28+	22:14+	22:54+	24:07+	25:50+	26:13+	28:01+	28:46+		
01:23+	02:18+	02:16+	02:34+	02:04+	01:04-	02:22+	03:11+	01:45+	00:53+	00:38+	01:46-	00:40+	01:13+	01:43+	00:23=	01:48+	00:45+		
00:11#	00:03+	00:06+	00:18#	00:11+	00:03-	00:15#	00:17+	00:12#	00:07#	00:05#	00:11-	00:06#	00:10#	00:22&	00:00=	00:16#	00:06#		
6	Aksel Joranger												2023	29:04					
01:02-	03:37+	06:01+	08:22+	10:10+	11:13+	14:56+	18:00+	20:11+	20:59+	21:38+	22:36+	23:35+	24:53+	26:33+	26:55+	28:32+	29:04+		
01:02-	02:35+	02:24+	02:21+	01:48-	01:03-	03:43+	03:04+	02:11+	00:48+	00:39+	00:58-	00:59+	01:18+	01:40+	00:22-	01:37+	00:32-		
00:10-	00:20#	00:14#	00:05+	00:05-	00:04-	01:36&	00:10+	00:38&	00:02+	00:06#	00:59-	00:25&	00:15#	00:19#	00:01-	00:05+	00:07-		
7	Eivind Brimsø												3559	29:08					
01:03-	03:29+	05:43+	08:22+	10:14+	11:27+	13:53+	17:18+	19:32+	20:25+	21:08+	22:09+	22:57+	24:16+	26:00+	26:38+	28:26+	29:08+		
01:03-	02:26+	02:14+	02:39+	01:52-	01:13+	02:26+	03:25+	02:14+	00:53+	00:43+	01:01-	00:48+	01:19+	01:44+	00:38+	01:48+	00:42+		
00:09-	00:11+	00:04+	00:23#	00:01-	00:06+	00:19#	00:31#	00:41&	00:07#	00:10&	00:56-	00:14&	00:16&	00:23&	00:15&	00:16#	00:03+		
8	Tor Gunnar Osen												1683	29:49					
01:22+	03:51+	06:43+	09:36+	11:24+	12:30+	14:50+	18:04+	20:00+	20:55+	21:35+	22:50+	23:41+	25:03+	26:42+	27:03+	29:00+	29:49+		
01:22+	02:29+	02:52+	02:53+	01:48-	01:06-	02:20+	03:14+	01:56+	00:55+	00:40+	01:15-	00:51+	01:22+	01:39+	00:21-	01:57+	00:49+		
00:10#	00:14#	00:42&	00:37&	00:05-	00:01-	00:13#	00:20#	00:23#	00:09#	00:07#	00:42-	00:17&	00:19&	00:18#	00:02-	00:25&	00:10&		

Plass	Navn										Klasse										Tid												
Herrer 16 - 39 år																																	
9	Sjur Berntsen										722										29:59												
01:30+	03:46+	06:19+	08:45+	10:50+	12:06+	14:20+	17:35+	20:03+	20:52+	21:35+	22:46+	23:46+	25:05+	26:46+	27:20+	29:17+	29:59+																
01:30+	02:16+	02:33+	02:26+	02:05+	01:16+	02:14+	03:15+	02:28+	00:49+	00:43+	01:11-	01:00+	01:19+	01:41+	00:34+	01:57+	00:42+																
00:18#	00:01+	00:23#	00:10+	00:12#	00:09#	00:07+	00:21#	00:55&	00:03+	00:10&	00:46-	00:26&	00:16&	00:20#	00:11&	00:25&	00:03+																
10	Øyvind Rustan										722										30:15												
01:16+	03:31+	06:09+	09:19+	11:22+	13:29+	15:49+	18:38+	21:02+	21:56+	22:41+	23:36+	24:32+	25:39+	27:04+	27:45+	29:33+	30:15+																
01:16+	02:15+	02:38+	03:10+	02:03+	02:07+	02:20+	02:49+	02:24+	00:54+	00:45+	00:55+	00:56+	01:07+	01:25+	00:41+	01:48+	00:42+																
01:16+	02:15+	02:38+	03:10+	02:03+	02:07+	02:20+	02:49+	02:24+	00:54+	00:45+	00:55+	00:56+	01:07+	01:25+	00:41+	01:48+	00:42+																
11	Frank Terje Berge										643										30:17												
01:10+	03:23+	06:13+	08:50+	10:37+	11:57+	14:08+	17:31+	20:33+	21:28+	22:23+	23:15+	24:06+	25:26+	27:07+	27:32+	29:33+	30:17+																
01:10+	02:13+	02:50+	02:37+	01:47+	01:20+	02:11+	03:23+	03:02+	00:55+	00:55+	00:52+	00:51+	01:20+	01:41+	00:25+	02:01+	00:44+																
01:10+	02:13+	02:50+	02:37+	01:47+	01:20+	02:11+	03:23+	03:02+	00:55+	00:55+	00:52+	00:51+	01:20+	01:41+	00:25+	02:01+	00:44+																
12	Arild Pfluger Hundeide										769										30:30												
01:25+	03:55+	06:02+	09:00+	11:01+	12:15+	14:46+	17:58+	20:02+	20:59+	21:35+	24:11+	24:46+	26:04+	27:32+	28:01+	29:45+	30:30+																
01:25+	02:30+	02:07+	02:58+	02:01+	01:14+	02:31+	03:12+	02:04+	00:57+	00:36+	02:36+	00:35+	01:18+	01:28+	00:29+	01:44+	00:45+																
01:25+	02:30+	02:07+	02:58+	02:01+	01:14+	02:31+	03:12+	02:04+	00:57+	00:36+	02:36+	00:35+	01:18+	01:28+	00:29+	01:44+	00:45+																
13	Erlend Syse										3559										31:31												
01:14+	03:40+	05:58+	09:13+	11:13+	12:45+	15:18+	18:36+	20:58+	21:55+	22:41+	23:42+	24:51+	26:10+	28:14+	28:41+	30:47+	31:31+																
01:14+	02:26+	02:18+	03:15+	02:00+	01:32+	02:33+	03:18+	02:22+	00:57+	00:46+	01:01+	01:09+	01:19+	02:04+	00:27+	02:06+	00:44+																
01:14+	02:26+	02:18+	03:15+	02:00+	01:32+	02:33+	03:18+	02:22+	00:57+	00:46+	01:01+	01:09+	01:19+	02:04+	00:27+	02:06+	00:44+																
14	Alf Olav Kalvik										793										32:30												
01:24+	03:58+	07:00+	09:48+	11:47+	13:48+	16:25+	19:50+	21:55+	22:47+	23:36+	25:02+	25:53+	27:16+	29:05+	29:49+	31:50+	32:30+																
01:24+	02:34+	03:02+	02:48+	01:59+	02:01+	02:37+	03:25+	02:05+	00:52+	00:49+	01:26+	00:51+	01:23+	01:49+	00:44+	02:01+	00:40+																
01:24+	02:34+	03:02+	02:48+	01:59+	02:01+	02:37+	03:25+	02:05+	00:52+	00:49+	01:26+	00:51+	01:23+	01:49+	00:44+	02:01+	00:40+																
15	Lars Kartevoll										3548										33:52												
01:59+	04:35+	07:50+	10:40+	12:45+	13:51+	16:40+	20:34+	23:14+	24:13+	25:09+	26:16+	27:11+	28:37+	30:23+	30:51+	32:56+	33:52+																
01:59+	02:36+	03:15+	02:50+	02:05+	01:06+	02:49+	03:54+	02:40+	00:59+	00:56+	01:07+	00:55+	01:26+	01:46+	00:28+	02:05+	00:56+																
01:59+	02:36+	03:15+	02:50+	02:05+	01:06+	02:49+	03:54+	02:40+	00:59+	00:56+	01:07+	00:55+	01:26+	01:46+	00:28+	02:05+	00:56+																
16	Warren Whittington										3552										35:14												
01:32+	03:48+	10:43+	13:08+	15:00+	16:10+	18:30+	21:13+	23:08+	24:19+	25:40+	26:31+	27:22+	28:56+	31:47+	32:30+	34:35+	35:14+																
01:32+	02:16+	06:55+	02:25+	01:52+	01:10+	02:20+	02:43+	01:55+	01:11+	01:21+	00:51+	00:51+	01:34+	02:51+	00:43+	02:05+	00:39+																
01:32+	02:16+	06:55+	02:25+	01:52+	01:10+	02:20+	02:43+	01:55+	01:11+	01:21+	00:51+	00:51+	01:34+	02:51+	00:43+	02:05+	00:39+																
17	Vidar Haus										3528										35:29												
01:32+	04:15+	08:05+	11:27+	13:40+	15:07+	17:32+	21:08+	23:48+	24:52+	25:37+	26:39+	28:38+	30:01+	31:51+	32:12+	34:39+	35:29+																
01:32+	02:43+	03:50+	03:22+	02:13+	01:27+	02:25+	03:36+	02:40+	01:04+	00:45+	01:02+	01:59+	01:23+	01:50+	00:21+	02:27+	00:50+																
01:32+	02:43+	03:50+	03:22+	02:13+	01:27+	02:25+	03:36+	02:40+	01:04+	00:45+	01:02+	01:59+	01:23+	01:50+	00:21+	02:27+	00:50+																
18	Bjørn Morten Bøe Brunstøl										2023										37:20												
01:41+	04:32+	08:41+	11:28+	13:54+	14:59+	17:19+	20:48+	22:47+	23:58+	25:01+	27:27+	28:32+	29:53+	32:22+	32:42+	36:39+	37:20+																
01:41+	02:51+	04:09+	02:47+	02:26+	01:05+	02:20+	03:29+	01:59+	01:11+	01:03+	02:26+	01:05+	01:21+	02:29+	00:20+	03:57+	00:41+																
01:41+	02:51+	04:09+	02:47+	02:26+	01:05+	02:20+	03:29+	01:59+	01:11+	01:03+	02:26+	01:05+	01:21+	02:29+	00:20+	03:57+	00:41+																
19	Jone Klemo Øverland										1384										41:28												
01:27+	04:24+	12:51+	16:04+	18:09+	19:51+	23:01+	26:38+	28:43+	29:48+	31:08+	32:50+	33:36+	35:02+	36:43+	38:16+	38:48+	40:45+	41:28+															
01:27+	02:57+	08:27+	03:13+	02:05+	01:42+	03:10+	03:37+	02:05+	01:05+	01:20+	01:42+	00:46+	01:26+	01:41+	01:33+	00:32+	01:57+	00:43+															
01:27+	02:57+	08:27+	03:13+	02:05+	01:42+	03:10+	03:37+	02:05+	01:05+	01:20+	01:42+	00:46+	01:26+	01:41+	01:33+	00:32+	01:57+	00:43+															
20	Christoffer Soma										903										43:22												
01:45+	05:38+	08:50+	12:37+	15:12+	18:46+	21:37+	26:16+	29:59+	31:10+	32:09+	34:05+	35:08+	36:46+	38:51+	40:01+	42:38+	43:22+																
01:45+	03:53+	03:12+	03:47+	02:35+	03:34+	02:51+	04:39+	03:43+	01:11+	00:59+	01:56+	01:03+	01:38+	02:05+	01:10+	02:37+	00:44+																
01:45+	03:53+	03:12+	03:47+	02:35+	03:34+	02:51+	04:39+	03:43+	01:11+	00:59+	01:56+	01:03+	01:38+	02:05+	01:10+	02:37+	00:44+																

Beste strekktid for klassen

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

Herrer 40 - 49 år

Plass	Navn				Klasse				Tid								
Herrer 40 - 49 år																	
1	Glenn Madland				879				26:18								
01:02=	03:09=	05:11=	07:34=	09:18=	10:12=	12:10=	14:54=	16:59=	17:53=	18:56=	19:50=	20:36=	21:47=	23:35=	23:59=	25:30=	26:18=
01:02=	02:07=	02:02=	02:23=	01:44=	00:54=	01:58=	02:44=	02:05=	00:54=	01:03=	00:54=	00:46=	01:11=	01:48=	00:24=	01:31=	00:48=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Rolf Frøyland				880				27:14								
01:16+	03:24+	06:57+	09:38+	11:22+	12:19+	14:47+	17:34+	19:19+	20:03+	20:37+	21:30+	22:18+	23:25+	24:44+	25:05+	26:38+	27:14+
01:16+	02:08+	03:33+	02:41+	01:44+	00:57+	02:28+	02:47+	01:45+	00:44+	00:34+	00:53+	00:48+	01:07+	01:19+	00:21+	01:33+	00:36+
01:16+	02:08+	03:33+	02:41+	01:44+	00:57+	02:28+	02:47+	01:45+	00:44+	00:34+	00:53+	00:48+	01:07+	01:19+	00:21+	01:33+	00:36+
3	Andreas Breiland				3522				27:16								
01:05+	03:29+	05:36+	07:57+	09:27+	10:22+	12:29+	15:27+	17:15+	18:01+	18:40+	20:23+	21:33+	22:45+	24:16+	24:35+	26:35+	27:16+
01:05+	02:24+	02:07+	02:21+	01:30+	00:55+	02:07+	02:58+	01:48+	00:46+	00:39+	01:43+	01:10+	01:12+	01:31+	00:19+	02:00+	00:41+
01:05+	02:24+	02:07+	02:21+	01:30+	00:55+	02:07+	02:58+	01:48+	00:46+	00:39+	01:43+	01:10+	01:12+	01:31+	00:19+	02:00+	00:41+
4	Per Jan Ersland				3510				28:24								
01:03+	03:12+	05:09+	07:34+	09:19+	10:48+	12:50+	15:56+	18:20+	19:04+	19:51+	21:17+	22:09+	23:16+	25:06+	25:55+	27:48+	28:24+
01:03+	02:09+	01:57+	02:25+	01:45+	01:29+	02:02+	03:06+	02:24+	00:44+	00:47+	01:26+	00:52+	01:07+	01:50+	00:49+	01:53+	00:36+
01:03+	02:09+	01:57+	02:25+	01:45+	01:29+	02:02+	03:06+	02:24+	00:44+	00:47+	01:26+	00:52+	01:07+	01:50+	00:49+	01:53+	00:36+
5	Trondr Breiland				NOTEAM				29:00								
01:08+	03:27+	05:55+	08:38+	10:21+	11:21+	13:34+	16:41+	19:08+	19:55+	20:37+	21:42+	22:36+	24:01+	25:37+	26:11+	28:18+	29:00+
01:08+	02:19+	02:28+	02:43+	01:43+	01:00+	02:13+	03:07+	02:27+	00:47+	00:42+	01:05+	00:54+	01:25+	01:36+	00:34+	02:07+	00:42+
01:08+	02:19+	02:28+	02:43+	01:43+	01:00+	02:13+	03:07+	02:27+	00:47+	00:42+	01:05+	00:54+	01:25+	01:36+	00:34+	02:07+	00:42+
6	Magne Habbestad				3531				29:30								
01:13+	03:37+	05:43+	08:25+	10:13+	11:16+	13:38+	17:04+	19:14+	20:11+	20:59+	21:58+	22:50+	24:20+	26:03+	26:26+	28:41+	29:30+
01:13+	02:24+	02:06+	02:42+	01:48+	01:03+	02:22+	03:26+	02:10+	00:57+	00:48+	00:59+	00:52+	01:30+	01:43+	00:23+	02:15+	00:49+
01:13+	02:24+	02:06+	02:42+	01:48+	01:03+	02:22+	03:26+	02:10+	00:57+	00:48+	00:59+	00:52+	01:30+	01:43+	00:23+	02:15+	00:49+
7	Thomas Thue				1830				29:58								
01:20+	05:13+	07:11+	09:52+	11:46+	12:41+	14:44+	17:51+	20:11+	21:14+	22:08+	23:14+	24:06+	25:22+	26:56+	27:18+	29:14+	29:58+
01:20+	03:53+	01:58+	02:41+	01:54+	00:55+	02:03+	03:07+	02:20+	01:03+	00:54+	01:06+	00:52+	01:16+	01:34+	00:22+	01:56+	00:44+
01:20+	03:53+	01:58+	02:41+	01:54+	00:55+	02:03+	03:07+	02:20+	01:03+	00:54+	01:06+	00:52+	01:16+	01:34+	00:22+	01:56+	00:44+
8	Antal Jansen				3530				30:05								
02:00+	04:18+	07:02+	09:41+	11:16+	12:13+	15:24+	18:12+	19:50+	20:37+	21:28+	22:15+	22:58+	24:03+	27:29+	27:48+	29:28+	30:05+
02:00+	02:18+	02:44+	02:39+	01:35+	00:57+	03:11+	02:48+	01:38+	00:47+	00:51+	00:47+	00:43+	01:05+	03:26+	00:19+	01:40+	00:37+
02:00+	02:18+	02:44+	02:39+	01:35+	00:57+	03:11+	02:48+	01:38+	00:47+	00:51+	00:47+	00:43+	01:05+	03:26+	00:19+	01:40+	00:37+
9	Bjarte Harbo				1830				30:45								
01:12+	03:36+	06:28+	10:43+	12:37+	13:49+	16:24+	19:13+	21:08+	22:00+	22:44+	23:54+	24:40+	25:53+	27:29+	27:51+	30:01+	30:45+
01:12+	02:24+	02:52+	04:15+	01:54+	01:12+	02:35+	02:49+	01:55+	00:52+	00:44+	01:10+	00:46+	01:13+	01:36+	00:22+	02:10+	00:44+
01:12+	02:24+	02:52+	04:15+	01:54+	01:12+	02:35+	02:49+	01:55+	00:52+	00:44+	01:10+	00:46+	01:13+	01:36+	00:22+	02:10+	00:44+
10	Rune Dahl Fitjar				1754				30:50								
01:15+	03:48+	06:07+	08:49+	10:55+	12:02+	14:34+	18:01+	21:06+	21:57+	22:40+	23:46+	24:36+	25:58+	27:37+	28:04+	30:00+	30:50+
01:15+	02:33+	02:19+	02:42+	02:06+	01:07+	02:32+	03:27+	03:05+	00:51+	00:43+	01:06+	00:50+	01:22+	01:39+	00:27+	01:56+	00:50+
01:15+	02:33+	02:19+	02:42+	02:06+	01:07+	02:32+	03:27+	03:05+	00:51+	00:43+	01:06+	00:50+	01:22+	01:39+	00:27+	01:56+	00:50+
11	Anders Presterud				903				31:05								
01:19+	03:55+	06:52+	09:29+	11:33+	12:40+	15:14+	18:40+	20:51+	21:47+	22:29+	23:38+	24:29+	25:54+	27:46+	28:30+	30:18+	31:05+
01:19+	02:36+	02:57+	02:37+	02:04+	01:07+	02:34+	03:26+	02:11+	00:56+	00:42+	01:09+	00:51+	01:25+	01:52+	00:44+	01:48+	00:47+
01:19+	02:36+	02:57+	02:37+	02:04+	01:07+	02:34+	03:26+	02:11+	00:56+	00:42+	01:09+	00:51+	01:25+	01:52+	00:44+	01:48+	00:47+
12	Ole-Tobias Frich				1683				31:08								
01:14+	03:50+	06:22+	08:53+	10:43+	11:45+	14:05+	17:19+	19:52+	20:46+	21:32+	23:33+	24:12+	25:26+	27:21+	27:45+	30:18+	31:08+
01:14+	02:36+	02:32+	02:31+	01:50+	01:02+	02:20+	03:14+	02:33+	00:54+	00:46+	02:01+	00:39+	01:14+	01:55+	00:24+	02:33+	00:50+
01:14+	02:36+	02:32+	02:31+	01:50+	01:02+	02:20+	03:14+	02:33+	00:54+	00:46+	02:01+	00:39+	01:14+	01:55+	00:24+	02:33+	00:50+
13	Christian Ask				3563				31:11								
01:13+	03:36+	07:50+	10:35+	12:33+	14:04+	16:16+	19:29+	21:41+	22:38+	23:23+	24:20+	25:12+	26:33+	28:08+	28:36+	30:27+	31:11+
01:13+	02:23+	04:14+	02:45+	01:58+	01:31+	02:12+	03:13+	02:12+	00:57+	00:45+	00:57+	00:52+	01:21+	01:35+	00:28+	01:51+	00:44+
01:13+	02:23+	04:14+	02:45+	01:58+	01:31+	02:12+	03:13+	02:12+	00:57+	00:45+	00:57+	00:52+	01:21+	01:35+	00:28+	01:51+	00:44+
14	Cedric Fayemendy				3559				31:25								
01:09+	03:28+	05:54+	08:18+	10:01+	11:56+	15:42+	18:39+	20:55+	21:55+	22:39+	24:55+	25:35+	26:48+	28:20+	28:45+	30:38+	31:25+
01:09+	02:19+	02:26+	02:24+	01:43+	01:55+	03:46+	02:57+	02:16+	01:00+	00:44+	02:16+	00:40+	01:13+	01:32+	00:25+	01:53+	00:47+
01:09+	02:19+	02:26+	02:24+	01:43+	01:55+	03:46+	02:57+	02:16+	01:00+	00:44+	02:16+	00:40+	01:13+	01:32+	00:25+	01:53+	00:47+

Plass	Navn																	Klasse										Tid									
Herrer 40 - 49 år																																					
</																																					

Plass	Navn															Klasse			Tid		
Herrer 50 - 59 år																					
4	Geir Inge Høivik															3522			29:04		
02:15+	05:03+	06:15+	08:56+	14:54+	16:15+	17:00+	18:15+	19:17+	20:16+	21:14+	23:51+	25:48+	27:39+	28:41+	29:04+						
02:15+	02:48+	01:12+	02:41+	05:58+	01:21-	00:45+	01:15+	01:02+	00:59-	00:58+	02:37+	01:57+	01:51+	01:02+	00:23+						
00:08+	00:37&	00:10#	00:12+	00:57#	00:11-	00:06#	00:16&	00:02+	00:16-	00:14&	00:21#	00:05+	00:19#	00:10#	00:05&						
5	Thomas Chruickshank															3545			29:34		
02:13+	04:54+	06:18+	09:06+	14:51+	18:27+	19:03+	19:49+	20:45+	21:50+	22:43+	25:04+	26:38+	28:17+	29:15+	29:34+						
02:13+	02:41+	01:24+	02:48+	05:45+	03:36+	00:36+	00:46+	00:56+	01:05+	00:53+	02:21+	01:34+	01:39+	00:58+	00:19+						
02:13+	02:41+	01:24+	02:48+	05:45+	03:36+	00:36+	00:46+	00:56+	01:05+	00:53+	02:21+	01:34+	01:39+	00:58+	00:19+						
6	Frank Hansen															3502			30:01		
02:25+	04:45+	06:06+	09:15+	14:55+	16:19+	17:02+	18:07+	19:14+	21:46+	22:51+	25:23+	27:02+	28:34+	29:41+	30:01+						
02:25+	02:20+	01:21+	03:09+	05:40+	01:24+	00:43+	01:05+	01:07+	02:32+	01:05+	02:32+	01:39+	01:32+	01:07+	00:20+						
02:25+	02:20+	01:21+	03:09+	05:40+	01:24+	00:43+	01:05+	01:07+	02:32+	01:05+	02:32+	01:39+	01:32+	01:07+	00:20+						
7	Øystein Fuglestad															878			30:04		
02:22+	04:46+	05:57+	08:56+	15:01+	16:33+	17:22+	18:29+	19:49+	20:57+	21:53+	24:49+	26:41+	28:27+	29:37+	30:04+						
02:22+	02:24+	01:11+	02:59+	06:05+	01:32+	00:49+	01:07+	01:20+	01:08+	00:56+	02:56+	01:52+	01:46+	01:10+	00:27+						
02:22+	02:24+	01:11+	02:59+	06:05+	01:32+	00:49+	01:07+	01:20+	01:08+	00:56+	02:56+	01:52+	01:46+	01:10+	00:27+						
8	Erik Bjørnbom															3558			31:08		
02:26+	05:50+	07:13+	10:04+	16:20+	17:46+	18:35+	19:54+	21:09+	22:12+	23:06+	25:51+	27:51+	29:29+	30:43+	31:08+						
02:26+	03:24+	01:23+	02:51+	06:16+	01:26+	00:49+	01:19+	01:15+	01:03+	00:54+	02:45+	02:00+	01:38+	01:14+	00:25+						
02:26+	03:24+	01:23+	02:51+	06:16+	01:26+	00:49+	01:19+	01:15+	01:03+	00:54+	02:45+	02:00+	01:38+	01:14+	00:25+						
9	Tore Halset															3486			32:08		
02:28+	05:10+	06:26+	09:36+	16:12+	17:50+	18:38+	19:50+	20:59+	22:50+	23:50+	26:40+	28:31+	30:25+	31:45+	32:08+						
02:28+	02:42+	01:16+	03:10+	06:36+	01:38+	00:48+	01:12+	01:09+	01:51+	01:00+	02:50+	01:51+	01:54+	01:20+	00:23+						
02:28+	02:42+	01:16+	03:10+	06:36+	01:38+	00:48+	01:12+	01:09+	01:51+	01:00+	02:50+	01:51+	01:54+	01:20+	00:23+						
10	Jørgen Nilsen															1683			34:09		
02:23+	05:10+	06:29+	09:50+	17:51+	19:47+	20:50+	21:56+	23:05+	24:28+	25:39+	28:34+	30:52+	32:37+	33:46+	34:09+						
02:23+	02:47+	01:19+	03:21+	08:01+	01:56+	01:03+	01:06+	01:09+	01:23+	01:11+	02:55+	02:18+	01:45+	01:09+	00:23+						
02:23+	02:47+	01:19+	03:21+	08:01+	01:56+	01:03+	01:06+	01:09+	01:23+	01:11+	02:55+	02:18+	01:45+	01:09+	00:23+						
11	Erling Knutzen															879			34:19		
02:45+	05:37+	07:13+	11:00+	18:06+	19:53+	20:44+	21:56+	23:14+	24:27+	25:23+	28:36+	30:45+	32:44+	33:55+	34:19+						
02:45+	02:52+	01:36+	03:47+	07:06+	01:47+	00:51+	01:12+	01:18+	01:13+	00:56+	03:13+	02:09+	01:59+	01:11+	00:24+						
02:45+	02:52+	01:36+	03:47+	07:06+	01:47+	00:51+	01:12+	01:18+	01:13+	00:56+	03:13+	02:09+	01:59+	01:11+	00:24+						
12	Rune Paulsen															3508			34:39		
02:46+	05:01+	06:32+	09:58+	16:52+	18:14+	19:00+	19:57+	25:38+	26:35+	27:28+	30:06+	31:49+	33:30+	34:24+	34:39+						
02:46+	02:15+	01:31+	03:26+	06:54+	01:22+	00:46+	00:57+	05:41+	00:57+	00:53+	02:38+	01:43+	01:41+	00:54+	00:15+						
02:46+	02:15+	01:31+	03:26+	06:54+	01:22+	00:46+	00:57+	05:41+	00:57+	00:53+	02:38+	01:43+	01:41+	00:54+	00:15+						
13	Stein Arve Finnestad															1456			34:56		
02:36+	05:24+	06:48+	10:22+	17:39+	19:39+	20:30+	21:54+	23:19+	24:42+	25:48+	29:10+	31:17+	33:16+	34:32+	34:56+						
02:36+	02:48+	01:24+	03:34+	07:17+	02:00+	00:51+	01:24+	01:25+	01:23+	01:06+	03:22+	02:07+	01:59+	01:16+	00:24+						
02:36+	02:48+	01:24+	03:34+	07:17+	02:00+	00:51+	01:24+	01:25+	01:23+	01:06+	03:22+	02:07+	01:59+	01:16+	00:24+						
14	Trond Birkeland															882			35:01		
02:40+	05:31+	06:55+	10:15+	16:08+	17:47+	18:38+	19:51+	21:03+	22:16+	23:13+	29:20+	31:26+	33:19+	34:37+	35:01+						
02:40+	02:51+	01:24+	03:20+	05:53+	01:39+	00:51+	01:13+	01:12+	01:13+	00:57+	06:07+	02:06+	01:53+	01:18+	00:24+						
02:40+	02:51+	01:24+	03:20+	05:53+	01:39+	00:51+	01:13+	01:12+	01:13+	00:57+	06:07+	02:06+	01:53+	01:18+	00:24+						
15	John Breiland															NOTEAM			35:17		
02:30+	05:19+	06:58+	10:08+	15:56+	17:21+	18:00+	18:59+	20:04+	21:51+	22:42+	25:20+	27:03+	30:16+	34:01+	35:17+						
02:30+	02:49+	01:39+	03:10+	05:48+	01:25+	00:39+	00:59+	01:05+	01:47+	00:51+	02:38+	01:43+	03:13+	03:45+	01:16+						
02:30+	02:49+	01:39+	03:10+	05:48+	01:25+	00:39+	00:59+	01:05+	01:47+	00:51+	02:38+	01:43+	03:13+	03:45+	01:16+						
16	Lars Primstad															769			35:19		
02:03+	10:10+	13:08+	15:41+	21:29+	23:50+	24:17+	25:39+	26:39+	27:25+	28:32+	30:51+	32:43+	34:11+	35:02+	35:19+						
02:03+	08:07+	02:58+	02:33+	05:48+	02:21+	00:27+	01:22+	01:00+	00:46+	01:07+	02:19+	01:52+	01:28+	00:51+	00:17+						
02:03+	08:07+	02:58+	02:33+	05:48+	02:21+	00:27+	01:22+	01:00+	00:46+	01:07+	02:19+	01:52+	01:28+	00:51+	00:17+						
17	Jarl Steinar Berntsen															882			35:51		
02:33+	05:37+	08:49+	11:40+	18:26+	19:58+	21:00+	22:21+	23:40+	26:18+	27:15+	30:27+	32:19+	34:09+	35:28+	35:51+						
02:33+	03:04+	03:12+	02:51+	06:46+	01:32+	01:02+	01:21+	01:19+	02:38+	00:57+	03:12+	01:52+	01:50+	01:19+	00:23+						
02:33+	03:04+	03:12+	02:51+	06:46+	01:32+	01:02+	01:21+	01:19+	02:38+	00:57+	03:12+	01:52+	01:50+	01:19+	00:23+						

Plass	Navn				Klasse				Tid			
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Herrer 50 - 59 år

18	Svend Vihovde												1683			35:52		
03:07+	06:10+	07:46+	10:58+	18:25+	20:06+	21:03+	22:30+	23:45+	25:12+	26:23+	29:42+	31:56+	34:04+	35:24+	35:52+			
03:07+	03:03+	01:36+	03:12+	07:27+	01:41+	00:57+	01:27+	01:15+	01:27+	01:11+	03:19+	02:14+	02:08+	01:20+	00:28+			
03:07+	03:03+	01:36+	03:12+	07:27+	01:41+	00:57+	01:27+	01:15+	01:27+	01:11+	03:19+	02:14+	02:08+	01:20+	00:28+			
19	Øystein Lie Karlsen												1683			36:38		
02:52+	06:10+	10:17+	13:43+	20:17+	21:52+	22:53+	24:21+	25:28+	26:48+	28:27+	31:02+	32:57+	34:38+	36:09+	36:38+			
02:52+	03:18+	04:07+	03:26+	06:34+	01:35+	01:01+	01:28+	01:07+	01:20+	01:39+	02:35+	01:55+	01:41+	01:31+	00:29+			
02:52+	03:18+	04:07+	03:26+	06:34+	01:35+	01:01+	01:28+	01:07+	01:20+	01:39+	02:35+	01:55+	01:41+	01:31+	00:29+			
20	André Sirevåg												1683			36:45		
02:50+	05:52+	07:24+	10:51+	17:49+	19:35+	21:01+	23:44+	24:58+	26:24+	27:45+	31:10+	33:15+	35:07+	36:24+	36:45+			
02:50+	03:02+	01:32+	03:27+	06:58+	01:46+	01:26+	02:43+	01:14+	01:26+	01:21+	03:25+	02:05+	01:52+	01:17+	00:21+			
02:50+	03:02+	01:32+	03:27+	06:58+	01:46+	01:26+	02:43+	01:14+	01:26+	01:21+	03:25+	02:05+	01:52+	01:17+	00:21+			
21	Trygve Michaelsen												896			36:49		
02:17+	04:32+	05:55+	14:23+	21:17+	22:51+	23:38+	24:56+	26:06+	27:28+	28:27+	31:17+	33:36+	35:27+	36:32+	36:49+			
02:17+	02:15+	01:23+	08:28+	06:54+	01:34+	00:47+	01:18+	01:10+	01:22+	00:59+	02:50+	02:19+	01:51+	01:05+	00:17+			
02:17+	02:15+	01:23+	08:28+	06:54+	01:34+	00:47+	01:18+	01:10+	01:22+	00:59+	02:50+	02:19+	01:51+	01:05+	00:17+			
22	Harald Taksdal												3547			36:57		
03:19+	06:55+	08:46+	12:17+	20:00+	21:44+	22:36+	23:57+	25:13+	26:51+	28:04+	31:13+	33:19+	35:11+	36:30+	36:57+			
03:19+	03:36+	01:51+	03:31+	07:43+	01:44+	00:52+	01:21+	01:16+	01:38+	01:13+	03:09+	02:06+	01:52+	01:19+	00:27+			
03:19+	03:36+	01:51+	03:31+	07:43+	01:44+	00:52+	01:21+	01:16+	01:38+	01:13+	03:09+	02:06+	01:52+	01:19+	00:27+			
23	Arild Holm												3486			37:29		
02:53+	06:10+	07:48+	11:28+	19:16+	21:09+	22:08+	23:24+	24:50+	26:14+	27:31+	30:53+	33:12+	35:09+	36:50+	37:29+			
02:53+	03:17+	01:38+	03:40+	07:48+	01:53+	00:59+	01:16+	01:26+	01:24+	01:17+	03:22+	02:19+	01:57+	01:41+	00:39+			
02:53+	03:17+	01:38+	03:40+	07:48+	01:53+	00:59+	01:16+	01:26+	01:24+	01:17+	03:22+	02:19+	01:57+	01:41+	00:39+			
24	Ove Mæstad												2342			37:47		
03:26+	06:31+	08:09+	12:12+	19:22+	21:14+	22:10+	23:22+	24:50+	25:54+	26:58+	30:04+	34:02+	36:08+	37:24+	37:47+			
03:26+	03:05+	01:38+	04:03+	07:10+	01:52+	00:56+	01:12+	01:28+	01:04+	01:04+	03:06+	03:58+	02:06+	01:16+	00:23+			
03:26+	03:05+	01:38+	04:03+	07:10+	01:52+	00:56+	01:12+	01:28+	01:04+	01:04+	03:06+	03:58+	02:06+	01:16+	00:23+			
25	Asbjørn Brådland												879			37:50		
02:45+	08:16+	09:51+	12:48+	19:54+	21:30+	22:28+	24:34+	25:57+	27:14+	28:47+	31:59+	34:08+	36:12+	37:28+	37:50+			
02:45+	05:31+	01:35+	02:57+	07:06+	01:36+	00:58+	02:06+	01:23+	01:17+	01:33+	03:12+	02:09+	02:04+	01:16+	00:22+			
02:45+	05:31+	01:35+	02:57+	07:06+	01:36+	00:58+	02:06+	01:23+	01:17+	01:33+	03:12+	02:09+	02:04+	01:16+	00:22+			
26	Ole Bakkevold												3517			38:02		
02:44+	05:53+	07:34+	10:55+	18:21+	19:57+	24:06+	25:20+	26:42+	28:05+	29:09+	32:11+	34:14+	36:21+	37:45+	38:02+			
02:44+	03:09+	01:41+	03:21+	07:26+	01:36+	04:09+	01:14+	01:22+	01:23+	01:04+	03:02+	02:03+	02:07+	01:24+	00:17+			
02:44+	03:09+	01:41+	03:21+	07:26+	01:36+	04:09+	01:14+	01:22+	01:23+	01:04+	03:02+	02:03+	02:07+	01:24+	00:17+			
27	Ingve Vold												3529			38:54		
04:00+	06:54+	08:35+	11:35+	19:24+	21:05+	22:00+	23:20+	24:33+	25:33+	26:42+	32:50+	34:35+	37:22+	38:32+	38:54+			
04:00+	02:54+	01:41+	03:00+	07:49+	01:41+	00:55+	01:20+	01:13+	01:00+	01:09+	06:08+	01:45+	02:47+	01:10+	00:22+			
04:00+	02:54+	01:41+	03:00+	07:49+	01:41+	00:55+	01:20+	01:13+	01:00+	01:09+	06:08+	01:45+	02:47+	01:10+	00:22+			
28	Christof Schätz												3598			39:55		
02:47+	07:38+	09:10+	13:10+	21:20+	23:24+	24:27+	26:00+	27:35+	28:56+	30:13+	33:47+	36:03+	38:07+	39:28+	39:55+			
02:47+	04:51+	01:32+	04:00+	08:10+	02:04+	01:03+	01:33+	01:35+	01:21+	01:17+	03:34+	02:16+	02:04+	01:21+	00:27+			
02:47+	04:51+	01:32+	04:00+	08:10+	02:04+	01:03+	01:33+	01:35+	01:21+	01:17+	03:34+	02:16+	02:04+	01:21+	00:27+			
29	Raymond B Pettersen												722			41:49		
02:48+	06:22+	08:02+	12:23+	21:13+	23:40+	24:47+	26:27+	27:52+	29:58+	31:05+	34:55+	37:32+	39:46+	41:24+	41:49+			
02:48+	03:34+	01:40+	04:21+	08:50+	02:27+	01:07+	01:40+	01:25+	02:06+	01:07+	03:50+	02:37+	02:14+	01:38+	00:25+			
02:48+	03:34+	01:40+	04:21+	08:50+	02:27+	01:07+	01:40+	01:25+	02:06+	01:07+	03:50+	02:37+	02:14+	01:38+	00:25+			

Beste strekktid for klassen

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

Herrer 60 - 64 år

Plass	Navn	Klasse										Tid					
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Herrer 60 - 64 år

1	Sturle Omdal												1683	24:05				
01:10=	03:11=	05:03=	06:18=	07:59=	08:36=	14:27=	16:12=	16:56=	17:42=	18:32=	19:56=	21:09=	21:30=	21:46=	23:47=	24:05=		
01:10=	02:01=	01:52=	01:15=	01:41=	00:37=	05:51=	01:45=	00:44=	00:46=	00:50=	01:24=	01:13=	00:21=	00:16=	02:01=	00:18=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Morten Johannessen												793	25:23				
01:18+	03:07+	05:06+	06:41+	08:05+	08:48+	09:23+	15:26+	17:06+	17:48+	18:36+	19:42+	21:08+	22:16+	22:39+	22:57+	25:01+	25:23+	
01:18+	01:49+	01:59+	01:35+	01:24+	00:43+	00:35+	06:03+	01:40+	00:42+	00:48+	01:06+	01:26+	01:08+	00:23+	00:18+	02:04+	00:22+	
01:18+	01:49+	01:59+	01:35+	01:24+	00:43+	00:35+	06:03+	01:40+	00:42+	00:48+	01:06+	01:26+	01:08+	00:23+	00:18+	02:04+	00:22+	
3	Inge Løland												1119	25:51				
01:10+	03:32+	05:09+	06:32+	08:53+	09:37+	15:38+	17:21+	18:04+	18:48+	19:41+	21:17+	22:33+	22:52+	23:09+	25:28+	25:51+		
01:10+	02:22+	01:37+	01:23+	02:21+	00:44+	06:01+	01:43+	00:43+	00:44+	00:53+	01:36+	01:16+	00:19+	00:17+	02:19+	00:23+		
01:10+	02:22+	01:37+	01:23+	02:21+	00:44+	06:01+	01:43+	00:43+	00:44+	00:53+	01:36+	01:16+	00:19+	00:17+	02:19+	00:23+		
4	Knut Feldmann												882	26:39				
01:25+	03:50+	05:25+	06:50+	08:43+	09:25+	15:58+	18:03+	18:58+	19:46+	20:43+	22:16+	23:30+	23:52+	24:08+	26:20+	26:39+		
01:25+	02:25+	01:35+	01:25+	01:53+	00:42+	06:33+	02:05+	00:55+	00:48+	00:57+	01:33+	01:14+	00:22+	00:16+	02:12+	00:19+		
01:25+	02:25+	01:35+	01:25+	01:53+	00:42+	06:33+	02:05+	00:55+	00:48+	00:57+	01:33+	01:14+	00:22+	00:16+	02:12+	00:19+		
5	Håvard Håland												3507	26:55				
01:08+	03:26+	05:46+	07:24+	09:28+	10:12+	16:23+	18:18+	19:13+	20:05+	21:00+	22:35+	23:46+	24:06+	24:25+	26:30+	26:55+		
01:08+	02:18+	02:20+	01:38+	02:04+	00:44+	06:11+	01:55+	00:55+	00:52+	00:55+	01:35+	01:11+	00:20+	00:19+	02:05+	00:25+		
01:08+	02:18+	02:20+	01:38+	02:04+	00:44+	06:11+	01:55+	00:55+	00:52+	00:55+	01:35+	01:11+	00:20+	00:19+	02:05+	00:25+		
6	Harald Syse												1884	27:48				
01:35+	05:06+	07:18+	08:43+	10:33+	11:39+	17:13+	19:13+	19:57+	20:57+	21:58+	23:25+	24:51+	25:22+	25:35+	27:27+	27:48+		
01:35+	03:31+	02:12+	01:25+	01:50+	01:06+	05:34+	02:00+	00:44+	01:00+	01:01+	01:27+	01:26+	00:31+	00:13+	01:52+	00:21+		
01:35+	03:31+	02:12+	01:25+	01:50+	01:06+	05:34+	02:00+	00:44+	01:00+	01:01+	01:27+	01:26+	00:31+	00:13+	01:52+	00:21+		
7	Arnfinn Rømuld												1683	28:46				
01:11+	03:38+	06:20+	08:02+	09:44+	10:26+	16:27+	18:43+	19:26+	20:13+	21:11+	22:47+	24:05+	24:25+	25:46+	26:02+	28:24+	28:46+	
01:11+	02:27+	02:42+	01:42+	01:42+	00:42+	06:01+	02:16+	00:43+	00:47+	00:58+	01:36+	01:18+	00:20+	01:21+	00:16+	02:22+	00:22+	
01:11+	02:27+	02:42+	01:42+	01:42+	00:42+	06:01+	02:16+	00:43+	00:47+	00:58+	01:36+	01:18+	00:20+	01:21+	00:16+	02:22+	00:22+	
8	Tor Inge Halvorsen												880	28:51				
01:11+	03:39+	05:31+	07:04+	09:49+	10:35+	17:15+	19:27+	20:13+	20:58+	22:01+	23:46+	25:10+	25:33+	25:52+	28:28+	28:51+		
01:11+	02:28+	01:52+	01:33+	02:45+	00:46+	06:40+	02:12+	00:46+	00:45+	01:03+	01:45+	01:24+	00:23+	00:19+	02:36+	00:23+		
01:11+	02:28+	01:52+	01:33+	02:45+	00:46+	06:40+	02:12+	00:46+	00:45+	01:03+	01:45+	01:24+	00:23+	00:19+	02:36+	00:23+		
9	Magnar Mathias Møller												769	29:27				
01:26+	04:00+	05:47+	07:25+	09:24+	10:09+	17:40+	19:53+	20:36+	21:48+	22:53+	24:39+	26:04+	26:28+	26:43+	29:04+	29:27+		
01:26+	02:34+	01:47+	01:38+	01:59+	00:45+	07:31+	02:13+	00:43+	01:12+	01:05+	01:46+	01:25+	00:24+	00:15+	02:21+	00:23+		
01:26+	02:34+	01:47+	01:38+	01:59+	00:45+	07:31+	02:13+	00:43+	01:12+	01:05+	01:46+	01:25+	00:24+	00:15+	02:21+	00:23+		
10	Ivar Knutsen												1683	31:08				
01:27+	05:52+	07:44+	10:00+	12:00+	12:51+	19:36+	21:26+	22:22+	23:58+	24:56+	26:29+	27:45+	28:07+	28:29+	30:43+	31:08+		
01:27+	04:25+	01:52+	02:16+	02:00+	00:51+	06:45+	01:50+	00:56+	01:36+	00:58+	01:33+	01:16+	00:22+	00:22+	02:14+	00:25+		
01:27+	04:25+	01:52+	02:16+	02:00+	00:51+	06:45+	01:50+	00:56+	01:36+	00:58+	01:33+	01:16+	00:22+	00:22+	02:14+	00:25+		
11	Inge Skretting												1384	31:42				
01:52+	04:33+	06:31+	08:19+	10:35+	11:34+	19:22+	21:38+	22:34+	23:30+	24:37+	26:36+	28:02+	28:27+	28:45+	31:19+	31:42+		
01:52+	02:41+	01:58+	01:48+	02:16+	00:59+	07:48+	02:16+	00:56+	00:56+	01:07+	01:59+	01:26+	00:25+	00:18+	02:34+	00:23+		
01:52+	02:41+	01:58+	01:48+	02:16+	00:59+	07:48+	02:16+	00:56+	00:56+	01:07+	01:59+	01:26+	00:25+	00:18+	02:34+	00:23+		
12	Stein Sigbjørnsen												882	32:09				
01:10+	04:38+	06:38+	08:15+	10:35+	11:50+	19:42+	22:07+	23:00+	23:50+	25:10+	27:23+	28:40+	29:00+	29:20+	31:44+	32:09+		
01:10+	03:28+	02:00+	01:37+	02:20+	01:15+	07:52+	02:25+	00:53+	00:50+	01:20+	02:13+	01:17+	00:20+	00:20+	02:24+	00:25+		
01:10+	03:28+	02:00+	01:37+	02:20+	01:15+	07:52+	02:25+	00:53+	00:50+	01:20+	02:13+	01:17+	00:20+	00:20+	02:24+	00:25+		
13	Kjell Ove Aksland												882	32:51				
01:10+	04:55+	08:24+	10:19+	12:35+	13:20+	20:30+	22:54+	23:45+	24:41+	26:14+	27:49+	29:21+	29:40+	30:07+	32:26+	32:51+		
01:10+	03:45+	03:29+	01:55+	02:16+	00:45+	07:10+	02:24+	00:51+	00:56+	01:33+	01:35+	01:32+	00:19+	00:27+	02:19+	00:25+		
01:10+	03:45+	03:29+	01:55+	02:16+	00:45+	07:10+	02:24+	00:51+	00:56+	01:33+	01:35+	01:32+	00:19+	00:27+	02:19+	00:25+		
14	Sveinung Svebestad												878	33:25				
01:26+	03:55+	06:29+	08:28+	11:03+	11:50+	19:47+	22:15+	23:08+	24:08+	25:27+	27:24+	29:02+	29:36+	29:57+	32:56+	33:25+		
01:26+	02:29+	02:34+	01:59+	02:35+	00:47+	07:57+	02:28+	00:53+	01:00+	01:19+	01:57+	01:38+	00:34+	00:21+	02:59+	00:29+		
01:26+	02:29+	02:34+	01:59+	02:35+	00:47+	07:57+	02:28+	00:53+	01:00+	01:19+	01:57+	01:38+	00:34+	00:21+	02:59+	00:29+		

Plass	Navn	Klasse	Tid
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Herrer 60 - 64 år

15	John Carsten Sinnes											1884				35:28			
01:34+	06:35+	08:31+	10:11+	12:24+	13:07+	20:07+	24:15+	25:15+	26:29+	27:47+	30:27+	31:49+	32:13+	32:33+	35:04+	35:28+			
01:34+	05:01+	01:56+	01:40+	02:13+	00:43+	07:00+	04:08+	01:00+	01:14+	01:18+	02:40+	01:22+	00:24+	00:20+	02:31+	00:24+			
01:34+	05:01+	01:56+	01:40+	02:13+	00:43+	07:00+	04:08+	01:00+	01:14+	01:18+	02:40+	01:22+	00:24+	00:20+	02:31+	00:24+			
16	Kjell Seland											3547				35:50			
01:31+	04:06+	11:20+	13:43+	15:11+	16:00+	16:40+	24:19+	26:15+	26:56+	27:49+	28:51+	30:46+	32:10+	32:34+	32:52+	35:28+	35:50+		
01:31+	02:35+	07:14+	02:23+	01:28+	00:49+	00:40+	07:39+	01:56+	00:41+	00:53+	01:02+	01:55+	01:24+	00:24+	00:18+	02:36+	00:22+		
01:31+	02:35+	07:14+	02:23+	01:28+	00:49+	00:40+	07:39+	01:56+	00:41+	00:53+	01:02+	01:55+	01:24+	00:24+	00:18+	02:36+	00:22+		
17	Per Kolbein Tonstad											3507				40:03			
01:54+	06:13+	09:49+	11:53+	15:33+	16:31+	25:43+	28:36+	29:34+	30:46+	32:10+	34:16+	35:55+	36:19+	36:52+	39:35+	40:03+			
01:54+	04:19+	03:36+	02:04+	03:40+	00:58+	09:12+	02:53+	00:58+	01:12+	01:24+	02:06+	01:39+	00:24+	00:33+	02:43+	00:28+			
01:54+	04:19+	03:36+	02:04+	03:40+	00:58+	09:12+	02:53+	00:58+	01:12+	01:24+	02:06+	01:39+	00:24+	00:33+	02:43+	00:28+			

Beste strekktid for klassen

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

Herrer 65 - 69 år

1	Otte Omdal												903				25:33			
01:04=	03:25=	04:53=	06:10=	10:21=	10:54=	16:24=	17:58=	18:36=	19:16=	20:19=	21:35=	22:48=	23:05=	23:21=	25:10=	25:33=				
01:04=	02:21=	01:28=	01:17=	04:11=	00:33=	05:30=	01:34=	00:38=	00:40=	01:03=	01:16=	01:13=	00:17=	00:16=	01:49=	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=				
2	Tor Geir Espedal												3530				29:23			
01:27+	03:45+	05:44+	07:25+	09:29+	10:11+	17:19+	19:46+	20:35+	21:29+	22:34+	24:22+	25:48+	26:10+	26:29+	29:03+	29:23+				
01:27+	02:18+	01:59+	01:41+	02:04+	00:42+	07:08+	02:27+	00:49+	00:54+	01:05+	01:48+	01:26+	00:22+	00:19+	02:34+	00:20+				
00:23&	00:03+	00:31&	00:24&	02:07+	00:09&	01:38&	00:53&	00:11&	00:14&	00:02+	00:32&	00:13#	00:05&	00:03#	00:45&	00:03+				
3	Kjell Dale												1884				29:53			
01:23+	03:33+	06:11+	07:47+	09:57+	10:41+	17:54+	20:04+	21:00+	21:54+	22:56+	24:45+	26:07+	26:29+	26:49+	29:25+	29:53+				
01:23+	02:10+	02:38+	01:36+	02:10+	00:44+	07:13+	02:10+	00:56+	00:54+	01:02+	01:49+	01:22+	00:22+	00:20+	02:36+	00:28+				
00:19&	00:11+	01:10&	00:19#	02:01+	00:11&	01:43&	00:36&	00:18&	00:14&	00:01+	00:33&	00:09#	00:05&	00:04#	00:47&	00:05#				
4	Kjell Skjæveland												3515				32:03			
01:23+	03:33+	05:41+	07:12+	09:15+	09:55+	16:20+	21:16+	22:02+	22:49+	23:57+	25:28+	26:44+	27:06+	29:29+	31:40+	32:03+				
01:23+	02:10+	02:08+	01:31+	02:03+	00:40+	06:25+	04:56+	00:46+	00:47+	01:08+	01:31+	01:16+	00:22+	02:23+	02:11+	00:23=				
00:19&	00:11+	00:40&	00:14#	02:08+	00:07#	00:55#	03:22@	00:08#	00:07#	00:05+	00:15#	00:03+	00:05&	02:07@	00:22#	00:00=				
5	Olav Tunheim												1884				32:41			
01:22+	04:21+	07:06+	09:13+	11:46+	12:33+	20:04+	22:49+	23:45+	24:47+	25:46+	27:37+	29:05+	29:27+	29:51+	32:20+	32:41+				
01:22+	02:59+	02:45+	02:07+	02:33+	00:47+	07:31+	02:45+	00:56+	01:02+	00:59+	01:51+	01:28+	00:22+	00:24+	02:29+	00:21+				
00:18&	00:38&	01:17&	00:50&	01:38+	00:14&	02:01&	01:11&	00:18&	00:22&	00:04+	00:35&	00:15#	00:05&	00:08&	00:40&	00:02+				
6	Arnstein Skretting												3529				34:42			
01:37+	04:59+	07:43+	09:41+	11:35+	12:29+	21:02+	23:52+	24:50+	25:47+	27:04+	29:05+	30:32+	30:56+	31:22+	34:14+	34:42+				
01:37+	03:22+	02:44+	01:58+	01:54+	00:54+	08:33+	02:50+	00:58+	00:57+	01:17+	02:01+	01:27+	00:24+	00:26+	02:52+	00:28+				
00:33&	01:01&	01:16&	00:41&	02:17+	00:21&	03:03&	01:16&	00:20&	00:17&	00:14#	00:45&	00:14#	00:07&	00:10&	01:03&	00:05#				
7	Bjørn Sivertsen												1332				34:58			
01:35+	04:34+	07:47+	09:55+	11:55+	12:42+	22:21+	24:45+	25:39+	26:32+	27:38+	29:33+	31:07+	31:31+	31:52+	34:28+	34:58+				
01:35+	02:59+	03:13+	02:08+	02:00+	00:47+	09:39+	02:24+	00:54+	00:53+	01:06+	01:55+	01:34+	00:24+	00:21+	02:36+	00:30+				
00:31&	00:38&	01:45@	00:51&	02:11+	00:14&	04:09&	00:50&	00:16&	00:13&	00:03+	00:39&	00:21&	00:07&	00:05&	00:47&	00:07&				
8	Jan Arendal												1683				36:08			
01:42+	05:03+	07:55+	09:52+	12:48+	13:41+	22:39+	24:49+	25:48+	26:59+	28:12+	30:16+	31:53+	32:24+	32:48+	35:38+	36:08+				
01:42+	03:21+	02:52+	01:57+	02:56+	00:53+	08:58+	02:10+	00:59+	01:11+	01:13+	02:04+	01:37+	00:31+	00:24+	02:50+	00:30+				
00:38&	01:00&	01:24&	00:40&	01:15+	00:20&	03:28&	00:36&	00:21&	00:31&	00:10#	00:48&	00:24&	00:14&	00:08&	01:01&	00:07&				
9	Tore Karlsen												722				37:24			
01:38+	05:12+	07:19+	09:22+	12:18+	13:06+	22:10+	26:05+	26:59+	27:53+	29:13+	31:25+	33:04+	33:32+	34:02+	36:57+	37:24+				
01:38+	03:34+	02:07+	02:03+	02:56+	00:48+	09:04+	03:55+	00:54+	00:54+	01:20+	02:12+	01:39+	00:28+	00:30+	02:55+	00:27+				
00:34&	01:13&	00:39&	00:46&	01:15+	00:15&	03:34&	02:21@	00:16&	00:14&	00:17&	00:56&	00:26&	00:11&	00:14&	01:06&	00:04#				

Plass	Navn	Klasse	Tid
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Herrer 65 - 69 år

10	Kjell Lervik												3598				38:28			
01:49+	05:30+	08:37+	10:58+	13:48+	14:49+	23:30+	26:14+	27:25+	28:38+	30:21+	32:15+	33:55+	34:22+	34:47+	38:02+	38:28+				
01:49+	03:41+	03:07+	02:21+	02:50-	01:01+	08:41+	02:44+	01:11+	01:13+	01:43+	01:54+	01:40+	00:27+	00:25+	03:15+	00:26+				
00:45&	01:20&	01:39@	01:04&	01:21-	00:28&	03:11&	01:10&	00:33&	00:33&	00:40&	00:38&	00:27&	00:10&	00:09&	01:26&	00:03#				
11	Sverre Magnar Nordal												1683				38:40			
01:46+	06:17+	08:23+	10:22+	13:07+	13:51+	22:22+	25:30+	26:28+	27:28+	28:53+	32:56+	34:34+	35:15+	35:38+	38:15+	38:40+				
01:46+	04:31+	02:06+	01:59+	02:45+	00:44+	08:31+	03:08+	00:58+	01:00+	01:25+	04:03+	01:38+	00:41+	00:23+	02:37+	00:25+				
01:46+	04:31+	02:06+	01:59+	02:45+	00:44+	08:31+	03:08+	00:58+	01:00+	01:25+	04:03+	01:38+	00:41+	00:23+	02:37+	00:25+				
12	Ommund Bakkevold												874				40:19			
01:47+	04:45+	07:13+	09:25+	12:05+	12:56+	23:33+	27:05+	28:25+	29:40+	31:17+	33:30+	35:24+	35:51+	36:35+	39:47+	40:19+				
01:47+	02:58+	02:28+	02:12+	02:40+	00:51+	10:37+	03:32+	01:20+	01:15+	01:37+	02:13+	01:54+	00:27+	00:44+	03:12+	00:32+				
01:47+	02:58+	02:28+	02:12+	02:40+	00:51+	10:37+	03:32+	01:20+	01:15+	01:37+	02:13+	01:54+	00:27+	00:44+	03:12+	00:32+				
13	Bjørn H Engseth												1884				41:48			
02:15+	06:03+	09:02+	11:15+	16:14+	17:08+	26:39+	29:40+	30:47+	31:54+	33:20+	35:38+	37:21+	37:50+	38:12+	41:16+	41:48+				
02:15+	03:48+	02:59+	02:13+	04:59+	00:54+	09:31+	03:01+	01:07+	01:07+	01:26+	02:18+	01:43+	00:29+	00:22+	03:04+	00:32+				
02:15+	03:48+	02:59+	02:13+	04:59+	00:54+	09:31+	03:01+	01:07+	01:07+	01:26+	02:18+	01:43+	00:29+	00:22+	03:04+	00:32+				
14	Rolf Kleppe												3524				47:35			
04:32+	08:19+	11:50+	15:09+	17:42+	18:43+	28:26+	31:24+	36:33+	37:41+	39:13+	41:27+	43:12+	43:39+	44:04+	47:09+	47:35+				
04:32+	03:47+	03:31+	03:19+	02:33+	01:01+	09:43+	02:58+	05:09+	01:08+	01:32+	02:14+	01:45+	00:27+	00:25+	03:05+	00:26+				
04:32+	03:47+	03:31+	03:19+	02:33+	01:01+	09:43+	02:58+	05:09+	01:08+	01:32+	02:14+	01:45+	00:27+	00:25+	03:05+	00:26+				

Beste strekktid for klassen

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

Herrer 70 - 74 år

1	Arne Kristian Espedal												874				23:07			
01:19=	03:07=	05:03=	06:20=	08:27=	08:59=	14:11=	15:50=	16:25=	17:05=	17:48=	19:08=	20:19=	20:38=	20:54=	22:47=	23:07=				
00:15=	01:48=	01:56=	01:17=	02:07=	00:32=	05:12=	01:39=	00:35=	00:40=	00:43=	01:20=	01:11=	00:19=	00:16=	01:53=	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=				
2	Bjørn Martin Alsaker												3530				23:48			
01:07-	03:09+	04:45-	06:06-	07:52-	08:31-	14:31+	16:12+	16:51+	17:34+	18:24+	19:51+	20:57+	21:14+	21:29+	23:30+	23:48+				
01:07-	02:02+	01:36-	01:21+	01:46-	00:39+	06:00+	01:41+	00:39+	00:43+	00:50+	01:27+	01:06-	00:17-	00:15-	02:01+	00:18-				
00:12-	00:14#	00:20-	00:04+	00:21-	00:07#	00:48#	00:02+	00:04#	00:03+	00:07#	00:07+	00:05-	00:02-	00:01-	00:08+	00:02-				
3	Harry Breiland												3507				25:46			
02:16+	04:27+	05:59+	07:26+	09:07+	09:45+	15:37+	17:22+	18:03+	18:49+	19:42+	21:14+	22:28+	22:47+	23:20+	25:25+	25:46+				
02:16+	02:11+	01:32-	01:27+	01:41-	00:38+	05:52+	01:45+	00:41+	00:46+	00:53+	01:32+	01:14+	00:19=	00:33+	02:05+	00:21+				
00:57&	00:23#	00:24-	00:10#	00:26-	00:06#	00:40#	00:06+	00:06#	00:06#	00:10#	00:12#	00:03+	00:00=	00:17@	00:12#	00:01+				
4	Svein Berge												643				28:31			
01:04-	03:50+	06:22+	07:51+	09:35+	10:22+	18:19+	20:11+	21:11+	21:55+	22:47+	24:18+	25:30+	25:50+	26:07+	28:13+	28:31+				
01:04-	02:46+	02:32+	01:29+	01:44-	00:47+	07:57+	01:52+	01:00+	00:44+	00:52+	01:31+	01:12+	00:20+	00:17+	02:06+	00:18-				
00:15-	00:58&	00:36&	00:12#	00:23-	00:15&	02:45&	00:13#	00:25&	00:04#	00:09#	00:11#	00:01+	00:01+	00:01+	00:13#	00:02-				
5	Bjarne Gimre												1830				33:01			
01:52+	04:49+	06:49+	09:03+	11:29+	12:21+	20:22+	22:41+	23:37+	24:37+	25:50+	27:48+	29:21+	29:44+	30:04+	32:39+	33:01+				
01:52+	02:57+	02:00+	02:14+	02:26+	00:52+	08:01+	02:19+	00:56+	01:00+	01:13+	01:58+	01:33+	00:23+	00:20+	02:35+	00:22+				
00:33&	01:09&	00:04+	00:57&	00:19#	00:20&	02:49&	00:40&	00:21&	00:20&	00:30&	00:38&	00:22&	00:04#	00:04#	00:42&	00:02#				
6	Tore Romon Tvedt												3518				34:51			
01:42+	04:35+	07:04+	09:02+	11:26+	12:16+	19:54+	22:20+	23:20+	24:16+	25:24+	27:16+	28:45+	30:43+	31:07+	34:22+	34:51+				
01:42+	02:53+	02:29+	01:58+	02:24+	00:50+	07:38+	02:26+	01:00+	00:56+	01:08+	01:52+	01:29+	01:58+	00:24+	03:15+	00:29+				
00:23&	01:05&	00:33&	00:41&	00:17#	00:18&	02:26&	00:47&	00:25&	00:16&	00:25&	00:32&	00:18&	01:39@	00:08&	01:22&	00:09&				
7	Kjell Ivar Skjørestad												892				35:02			
01:37+	04:40+	07:52+	09:44+	11:51+	12:44+	19:52+	24:45+	25:39+	26:38+	28:00+	29:43+	31:10+	31:39+	32:05+	34:39+	35:02+				
01:37+	03:03+	03:12+	01:52+	02:07=	00:53+	07:08+	04:53+	00:54+	00:59+	01:22+	01:43+	01:27+	00:29+	00:26+	02:34+	00:23+				
00:18#	01:15&	01:16&	00:35&	00:00=	00:21&	01:56&	03:14@	00:19&	00:19&	00:39&	00:23&	00:16#	00:10&	00:10&	00:41&	00:03#				

Plass	Navn	Klasse	Tid
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Herrer 70 - 74 år

8	Bjørn Bjelland												3541				35:13			
01:34+	05:20+	07:31+	09:32+	11:37+	12:50+	20:57+	23:19+	24:23+	25:23+	27:05+	29:09+	30:34+	31:52+	32:11+	34:50+	35:13+				
01:34+	03:46+	02:11+	02:01+	02:05-	01:13+	08:07+	02:22+	01:04+	01:00+	01:42+	02:04+	01:25+	01:18+	00:19+	02:39+	00:23+				
00:15#	01:58@	00:15#	00:44&	00:02-	00:41@	02:55&	00:43&	00:29&	00:20&	00:59@	00:44&	00:14#	00:59@	00:03#	00:46&	00:03#				
9	Jan Inge Lunde												1830				35:14			
01:47+	05:11+	08:00+	09:59+	12:16+	13:10+	20:41+	23:09+	24:05+	25:02+	26:07+	28:04+	29:35+	31:39+	31:57+	34:47+	35:14+				
01:47+	03:24+	02:49+	01:59+	02:17+	00:54+	07:31+	02:28+	00:56+	00:57+	01:05+	01:57+	01:31+	02:04+	00:18+	02:50+	00:27+				
01:47+	03:24+	02:49+	01:59+	02:17+	00:54+	07:31+	02:28+	00:56+	00:57+	01:05+	01:57+	01:31+	02:04+	00:18+	02:50+	00:27+				
10	Svein Ims												903				35:47			
01:36+	04:45+	06:48+	08:42+	12:29+	13:16+	20:34+	22:54+	23:50+	24:48+	26:10+	28:59+	31:35+	32:02+	32:29+	35:23+	35:47+				
01:36+	03:09+	02:03+	01:54+	03:47+	00:47+	07:18+	02:20+	00:56+	00:58+	01:22+	02:49+	02:36+	00:27+	00:27+	02:54+	00:24+				
01:36+	03:09+	02:03+	01:54+	03:47+	00:47+	07:18+	02:20+	00:56+	00:58+	01:22+	02:49+	02:36+	00:27+	00:27+	02:54+	00:24+				
11	Bjørn Vidar Gunvaldsen												3502				35:49			
01:42+	04:46+	07:03+	09:12+	11:13+	12:07+	22:23+	24:47+	25:38+	26:38+	27:58+	30:03+	31:46+	32:09+	32:28+	35:23+	35:49+				
01:42+	03:04+	02:17+	02:09+	02:01+	00:54+	10:16+	02:24+	00:51+	01:00+	01:20+	02:05+	01:43+	00:23+	00:19+	02:55+	00:26+				
01:42+	03:04+	02:17+	02:09+	02:01+	00:54+	10:16+	02:24+	00:51+	01:00+	01:20+	02:05+	01:43+	00:23+	00:19+	02:55+	00:26+				
12	Rune Inge Olsen												1884				38:43			
01:40+	04:50+	07:22+	09:34+	12:22+	13:17+	22:37+	27:20+	28:20+	29:24+	30:42+	32:50+	34:24+	34:53+	35:21+	38:13+	38:43+				
01:40+	03:10+	02:32+	02:12+	02:48+	00:55+	09:20+	04:43+	01:00+	01:04+	01:18+	02:08+	01:34+	00:29+	00:28+	02:52+	00:30+				
01:40+	03:10+	02:32+	02:12+	02:48+	00:55+	09:20+	04:43+	01:00+	01:04+	01:18+	02:08+	01:34+	00:29+	00:28+	02:52+	00:30+				
13	Bjørn Tore Aase												3502				40:00			
01:58+	05:48+	08:54+	11:10+	13:45+	14:58+	25:02+	27:55+	28:58+	30:07+	31:21+	33:38+	35:25+	35:57+	36:26+	39:30+	40:00+				
01:58+	03:50+	03:06+	02:16+	02:35+	01:13+	10:04+	02:53+	01:03+	01:09+	01:14+	02:17+	01:47+	00:32+	00:29+	03:04+	00:30+				
01:58+	03:50+	03:06+	02:16+	02:35+	01:13+	10:04+	02:53+	01:03+	01:09+	01:14+	02:17+	01:47+	00:32+	00:29+	03:04+	00:30+				
14	Arne Magne Handeland												892				44:36			
01:39+	04:33+	16:46+	18:50+	21:43+	22:32+	30:52+	33:26+	34:15+	35:27+	36:58+	38:57+	40:29+	41:01+	41:26+	44:11+	44:36+				
01:39+	02:54+	12:13+	02:04+	02:53+	00:49+	08:20+	02:34+	00:49+	01:12+	01:31+	01:59+	01:32+	00:32+	00:25+	02:45+	00:25+				
01:39+	02:54+	12:13+	02:04+	02:53+	00:49+	08:20+	02:34+	00:49+	01:12+	01:31+	01:59+	01:32+	00:32+	00:25+	02:45+	00:25+				
15	Sverre Uhlving												722				48:40			
01:49+	05:51+	09:35+	12:39+	16:38+	17:41+	29:24+	33:57+	35:20+	37:01+	38:33+	41:12+	43:42+	44:06+	44:32+	48:12+	48:40+				
01:49+	04:02+	03:44+	03:04+	03:59+	01:03+	11:43+	04:33+	01:23+	01:41+	01:32+	02:39+	02:30+	00:24+	00:26+	03:40+	00:28+				
01:49+	04:02+	03:44+	03:04+	03:59+	01:03+	11:43+	04:33+	01:23+	01:41+	01:32+	02:39+	02:30+	00:24+	00:26+	03:40+	00:28+				

Beste strekktid for klassen

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

Herrer 75 - 79 år

1	Asgeir Bell												896			27:46		
02:33=	04:06=	05:28=	07:37=	08:59=	10:24=	12:59=	14:31=	17:30=	19:50=	21:32=	22:45=	24:22=	25:47=	27:21=	27:46=			
02:33=	01:33=	01:22=	02:09=	01:22=	01:25=	02:35=	01:32=	02:59=	02:20=	01:42=	01:13=	01:37=	01:25=	01:34=	00:25=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Olav Dag Borgersen												3536			28:55		
03:03+	04:50+	06:13+	08:23+	10:03+	11:28+	14:11+	15:45+	17:37+	20:07+	21:59+	23:10+	25:32+	27:02+	28:33+	28:55+			
03:03+	01:47+	01:23+	02:10+	01:40+	01:25=	02:43+	01:34+	01:52-	02:30+	01:52+	01:11-	02:22+	01:30+	01:31-	00:22-			
00:30#	00:14#	00:01+	00:01+	00:18#	00:00=	00:08+	00:02+	01:07-	00:10+	00:10+	00:02-	00:45&	00:05+	00:03-	00:03-			
3	Hans Klausen												769			29:47		
03:38+	05:20+	06:53+	09:09+	10:50+	12:11+	14:55+	16:36+	18:33+	21:11+	23:08+	24:38+	26:05+	27:43+	29:25+	29:47+			
03:38+	01:42+	01:33+	02:16+	01:41+	01:21-	02:44+	01:41+	01:57-	02:38+	01:57+	01:30+	01:27-	01:38+	01:42+	00:22-			
01:05&	00:09+	00:11#	00:07+	00:19#	00:04-	00:09+	00:09+	01:02-	00:18#	00:15#	00:17#	00:10-	00:13#	00:08+	00:03-			
4	Paul Andreas Paulsen												896			30:07		
02:58+	04:38+	06:12+	08:30+	10:11+	12:02+	14:31+	16:06+	18:14+	20:53+	23:15+	24:33+	26:04+	27:39+	29:44+	30:07+			
02:58+	01:40+	01:34+	02:18+	01:41+	01:51+	02:29-	01:35+	02:08-	02:39+	02:22+	01:18+	01:31-	01:35+	02:05+	00:23-			
00:25#	00:07+	00:12#	00:09+	00:19#	00:26&	00:06-	00:03+	00:51-	00:19#	00:40&	00:05+	00:06-	00:10#	00:31&	00:02-			

Plass	Navn										Klasse										Tid									
Herrer 75 - 79 år																														
5	Øyvind Egeskog										880										31:37									
03:17+	05:17+	06:45+	09:10+	11:05+	12:49+	15:41+	17:32+	19:41+	22:23+	24:26+	25:57+	27:37+	29:21+	31:10+	31:37+															
03:17+	02:00+	01:28+	02:25+	01:55+	01:44+	02:52+	01:51+	02:09-	02:42+	02:03+	01:31+	01:40+	01:44+	01:49+	00:27+															
00:44#	00:27#	00:06+	00:16#	00:33#	00:19#	00:17#	00:19#	00:50-	00:22#	00:21#	00:18#	00:03+	00:19#	00:15#	00:02+															
6	Finn-Morten Årstad										3530										31:40									
03:20+	05:17+	07:02+	09:32+	12:24+	14:31+	17:08+	18:49+	20:51+	23:22+	25:16+	26:35+	28:13+	29:50+	31:18+	31:40+															
03:20+	01:57+	01:45+	02:30+	02:52+	02:07+	02:37+	01:41+	02:02+	02:31+	01:54+	01:19+	01:38+	01:37+	01:28+	00:22+															
03:20+	01:57+	01:45+	02:30+	02:52+	02:07+	02:37+	01:41+	02:02+	02:31+	01:54+	01:19+	01:38+	01:37+	01:28+	00:22+															
7	Geir Husdal										1884										32:02									
03:29+	05:29+	07:01+	09:20+	11:01+	12:26+	15:11+	17:09+	19:10+	22:04+	24:11+	25:46+	27:58+	29:54+	31:38+	32:02+															
03:29+	02:00+	01:32+	02:19+	01:41+	01:25+	02:45+	01:58+	02:01+	02:54+	02:07+	01:35+	02:12+	01:56+	01:44+	00:24+															
03:29+	02:00+	01:32+	02:19+	01:41+	01:25+	02:45+	01:58+	02:01+	02:54+	02:07+	01:35+	02:12+	01:56+	01:44+	00:24+															
8	Knut Skjæveland										1884										32:28									
04:17+	05:58+	07:21+	09:36+	11:30+	12:59+	15:41+	17:19+	19:19+	22:59+	24:56+	27:02+	28:36+	30:16+	31:59+	32:28+															
04:17+	01:41+	01:23+	02:15+	01:54+	01:29+	02:42+	01:38+	02:00+	03:40+	01:57+	02:06+	01:34+	01:40+	01:43+	00:29+															
04:17+	01:41+	01:23+	02:15+	01:54+	01:29+	02:42+	01:38+	02:00+	03:40+	01:57+	02:06+	01:34+	01:40+	01:43+	00:29+															
9	Ingjald Egeland										793										34:14									
05:08+	06:53+	08:16+	10:35+	12:36+	14:05+	16:48+	18:27+	20:27+	24:07+	26:06+	27:28+	30:26+	32:06+	33:47+	34:14+															
05:08+	01:45+	01:23+	02:19+	02:01+	01:29+	02:43+	01:39+	02:00+	03:40+	01:59+	01:22+	02:58+	01:40+	01:41+	00:27+															
05:08+	01:45+	01:23+	02:19+	02:01+	01:29+	02:43+	01:39+	02:00+	03:40+	01:59+	01:22+	02:58+	01:40+	01:41+	00:27+															
10	Kjell Svihus										892										34:25									
03:32+	06:01+	07:37+	10:38+	12:36+	14:28+	17:46+	19:29+	21:50+	24:49+	27:02+	28:22+	30:14+	32:07+	33:57+	34:25+															
03:32+	02:29+	01:36+	03:01+	01:58+	01:52+	03:18+	01:43+	02:21+	02:59+	02:13+	01:20+	01:52+	01:53+	01:50+	00:28+															
03:32+	02:29+	01:36+	03:01+	01:58+	01:52+	03:18+	01:43+	02:21+	02:59+	02:13+	01:20+	01:52+	01:53+	01:50+	00:28+															
11	Arne Østensen										3518										36:45									
02:47+	04:26+	06:06+	08:12+	09:54+	11:36+	20:34+	24:10+	26:08+	28:32+	30:19+	31:35+	33:17+	34:43+	36:22+	36:45+															
02:47+	01:39+	01:40+	02:06+	01:42+	01:42+	08:58+	03:36+	01:58+	02:24+	01:47+	01:16+	01:42+	01:26+	01:39+	00:23+															
02:47+	01:39+	01:40+	02:06+	01:42+	01:42+	08:58+	03:36+	01:58+	02:24+	01:47+	01:16+	01:42+	01:26+	01:39+	00:23+															
12	Steinar Undheim										3529										36:55									
03:33+	05:26+	08:33+	11:06+	12:46+	16:07+	19:33+	21:15+	24:48+	27:46+	30:02+	31:25+	33:15+	34:57+	36:30+	36:55+															
03:33+	01:53+	03:07+	02:33+	01:40+	03:21+	03:26+	01:42+	03:33+	02:58+	02:16+	01:23+	01:50+	01:42+	01:33+	00:25+															
03:33+	01:53+	03:07+	02:33+	01:40+	03:21+	03:26+	01:42+	03:33+	02:58+	02:16+	01:23+	01:50+	01:42+	01:33+	00:25+															
13	Jostein Tunheim										1683										37:29									
07:00+	08:30+	09:57+	12:01+	13:26+	17:06+	20:46+	22:23+	24:19+	26:59+	29:18+	32:40+	34:11+	35:37+	37:07+	37:29+															
07:00+	01:30+	01:27+	02:04+	01:25+	03:40+	03:40+	01:37+	01:56+	02:40+	02:19+	03:22+	01:31+	01:26+	01:30+	00:22+															
07:00+	01:30+	01:27+	02:04+	01:25+	03:40+	03:40+	01:37+	01:56+	02:40+	02:19+	03:22+	01:31+	01:26+	01:30+	00:22+															
14	Norvald Skretting										1832										39:45									
03:41+	05:33+	07:04+	09:22+	11:16+	12:55+	19:44+	21:28+	23:30+	28:04+	30:24+	31:55+	35:38+	37:22+	39:15+	39:45+															
03:41+	01:52+	01:31+	02:18+	01:54+	01:39+	06:49+	01:44+	02:02+	04:34+	02:20+	01:31+	03:43+	01:44+	01:53+	00:30+															
03:41+	01:52+	01:31+	02:18+	01:54+	01:39+	06:49+	01:44+	02:02+	04:34+	02:20+	01:31+	03:43+	01:44+	01:53+	00:30+															
15	Svein Glendrange										874										41:09									
04:10+	05:53+	07:34+	10:05+	12:11+	15:01+	18:06+	25:46+	27:59+	31:07+	33:18+	34:57+	36:55+	38:49+	40:40+	41:09+															
04:10+	01:43+	01:41+	02:31+	02:06+	02:50+	03:05+	07:40+	02:13+	03:08+	02:11+	01:39+	01:58+	01:54+	01:51+	00:29+															
04:10+	01:43+	01:41+	02:31+	02:06+	02:50+	03:05+	07:40+	02:13+	03:08+	02:11+	01:39+	01:58+	01:54+	01:51+	00:29+															
16	Olav A. Hognestad										892										42:09									
04:51+	06:42+	08:14+	10:50+	12:28+	20:00+	23:08+	25:09+	27:22+	30:30+	32:50+	34:30+	38:02+	39:50+	41:40+	42:09+															
04:51+	01:51+	01:32+	02:36+	01:38+	07:32+	03:08+	02:01+	02:13+	03:08+	02:20+	01:40+	03:32+	01:48+	01:50+	00:29+															
04:51+	01:51+	01:32+	02:36+	01:38+	07:32+	03:08+	02:01+	02:13+	03:08+	02:20+	01:40+	03:32+	01:48+	01:50+	00:29+															
17	Mangor Eikeland										892										47:42									
05:05+	07:52+	10:14+	13:39+	15:57+	18:46+	23:21+	26:12+	29:19+	33:44+	36:33+	38:42+	41:53+	44:17+	46:59+	47:42+															
05:05+	02:47+	02:22+	03:25+	02:18+	02:49+	04:35+	02:51+	03:07+	04:25+	02:49+	02:09+	03:11+	02:24+	02:42+	00:43+															
05:05+	02:47+	02:22+	03:25+	02:18+	02:49+	04:35+	02:51+	03:07+	04:25+	02:49+	02:09+	03:11+	02:24+	02:42+	00:43+															
18	Knut Jonas Espedal										1754										59:59									
05:45+	08:18+	10:43+	21:19+	23:38+	26:37+	32:09+	35:04+	38:48+	43:40+	47:18+	50:03+	53:12+	55:49+	59:16+	59:59+															
05:45+	02:33+	02:25+	10:36+	02:19+	02:59+	05:32+	02:55+	03:44+	04:52+	03:38+	02:45+	03:09+	02:37+	03:27+	00:43+															
05:45+	02:33+	02:25+	10:36+	02:19+	02:59+	05:32+	02:55+	03:44+	04:52+	03:38+	02:45+	03:09+	02:37+	03:27+	00:43+															

Plass	Navn	Klasse	Tid
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Herrer 75 - 79 år

19	Reidar Liland												3507			1:13:22		
33:09+	35:24+	37:32+	40:30+	42:41+	44:42+	48:19+	50:43+	53:34+	57:17+	60:53+	64:16+	67:41+	70:14+	72:38+	73:22+			
33:09+	02:15+	02:08+	02:58+	02:11+	02:01+	03:37+	02:24+	02:51+	03:43+	03:36+	03:23+	03:25+	02:33+	02:24+	00:44+			
33:09+	02:15+	02:08+	02:58+	02:11+	02:01+	03:37+	02:24+	02:51+	03:43+	03:36+	03:23+	03:25+	02:33+	02:24+	00:44+			

Beste strekktid for klassen

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

Herrer 80 år og eldre

1	Tormod Aaslid												3529	31:15	
02:23=	05:14=	08:07=	10:05=	13:09=	14:40=	17:45=	20:34=	23:26=	25:21=	29:08=	30:49=	31:15=			
02:23=	02:51=	02:53=	01:58=	03:04=	01:31=	03:05=	02:49=	02:52=	01:55=	03:47=	01:41=	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=			
2	Terje Braut												892	31:51	
02:03-	04:32-	07:07-	08:59-	12:09-	13:40-	17:07-	20:08-	23:06-	25:16-	29:35+	31:21+	31:51+			
02:03-	02:29-	02:35-	01:52-	03:10+	01:31=	03:27+	03:01+	02:58+	02:10+	04:19+	01:46+	00:30+			
00:20-	00:22-	00:18-	00:06-	00:06+	00:00=	00:22#	00:12+	00:06+	00:15#	00:32#	00:05+	00:04#			
3	Harald Vatne												2342	34:00	
02:19-	04:49-	07:45-	09:37-	15:21+	16:49+	20:13+	23:01+	26:09+	28:02+	32:02+	33:37+	34:00+			
02:19-	02:30-	02:56+	01:52-	05:44+	01:28-	03:24+	02:48-	03:08+	01:53-	04:00+	01:35-	00:23-			
00:04-	00:21-	00:03+	00:06-	02:40#	00:03-	00:19#	00:01-	00:16+	00:02-	00:13+	00:06-	00:03-			
4	Alf Gyland												892	38:48	
01:53-	04:31-	07:12-	09:23-	15:23+	17:37+	20:57+	23:52+	27:09+	29:29+	35:33+	38:19+	38:48+			
01:53-	02:38-	02:41-	02:11+	06:00+	02:14+	03:20+	02:55+	03:17+	02:20+	06:04+	02:46+	00:29+			
00:30-	00:13-	00:12-	00:13#	02:56#	00:43#	00:15+	00:06+	00:25#	00:25#	02:17#	01:05#	00:03#			
5	Magne Jakobsen												3524	40:39	
02:20-	05:09-	07:56-	09:50-	17:45+	20:04+	23:47+	27:28+	30:41+	32:46+	37:17+	40:03+	40:39+			
02:20-	02:49-	02:47-	01:54-	07:55+	02:19+	03:43+	03:41+	03:13+	02:05+	04:31+	02:46+	00:36+			
00:03-	00:02-	00:06-	00:04-	04:51#	00:48#	00:38#	00:52#	00:21#	00:10+	00:44#	01:05#	00:10#			
6	Sigurd Krosli												1884	41:00	
02:15-	12:28+	15:06+	16:54+	19:51+	22:34+	26:22+	29:18+	32:30+	34:31+	38:41+	40:32+	41:00+			
02:15-	10:13+	02:38-	01:48-	02:57-	02:43+	03:48+	02:56+	03:12+	02:01+	04:10+	01:51+	00:28+			
00:08-	07:22#	00:15-	00:10-	00:07-	01:12#	00:43#	00:07+	00:20#	00:06+	00:23#	00:10+	00:02+			
7	Jan A. Bekkeheien												892	42:20	
03:25+	05:56+	08:52+	10:42+	20:53+	23:00+	26:48+	29:44+	33:24+	35:27+	40:09+	41:53+	42:20+			
03:25+	02:31-	02:56+	01:50-	10:11+	02:07+	03:48+	02:56+	03:40+	02:03+	04:42+	01:44+	00:27+			
01:02#	00:20-	00:03+	00:08-	07:07#	00:36#	00:43#	00:07+	00:48#	00:08+	00:55#	00:03+	00:01+			
8	Torleiv Møgedal												874	52:08	
02:18-	05:19+	14:11+	16:22+	25:02+	27:02+	30:53+	34:35+	38:40+	41:43+	48:56+	51:26+	52:08+			
02:18-	03:01+	08:52+	02:11+	08:40+	02:00+	03:51+	03:42+	04:05+	03:03+	07:13+	02:30+	00:42+			
00:05-	00:10+	05:59#	00:13#	05:36#	00:29#	00:46#	00:53#	01:13#	01:08#	03:26#	00:49#	00:16#			
9	Kjell Audun Maudal												3524	56:14	
03:39+	09:30+	13:41+	16:29+	26:52+	29:19+	33:52+	38:36+	43:22+	46:30+	52:49+	55:34+	56:14+			
03:39+	05:51+	04:11+	02:48+	10:23+	02:27+	04:33+	04:44+	04:46+	03:08+	06:19+	02:45+	00:40+			
01:16#	03:00#	01:18#	00:50#	07:19#	00:56#	01:28#	01:55#	01:54#	01:13#	02:32#	01:04#	00:14#			

Beste strekktid for klassen

01:53	02:29	02:35	01:48	02:57	01:28	03:05	02:48	02:52	01:53	03:47	01:35	00:23
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Herrer A

Plass		Navn										Klasse										Tid										
Herrer A																																
1	Jone Valdal										1683										23:52											
02:10=	04:17=	05:31=	05:46=	06:31=	08:00=	09:00=	09:53=	13:27=	15:13=	16:22=	16:58=	17:42=	18:13=	18:48=	19:21=	20:35=	21:32=	21:45=	22:33=	22:56=	23:37=	23:52=										
02:10=	02:07=	01:14=	00:15=	00:45=	01:29=	01:00=	00:53=	03:34=	01:46=	01:09=	00:36=	00:44=	00:31=	00:35=	00:33=	01:14=	00:57=	00:13=	00:48=	00:23=	00:41=	00:15=										
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=										
2	Morten Bjerga Sundli										3522										24:59											
01:51+	04:02+	05:22+	05:38+	06:30+	08:16+	09:06+	09:58+	13:55+	15:49+	17:07+	17:45+	18:30+	19:03+	19:40+	20:16+	21:37+	22:40+	22:53+	23:45+	24:01+	24:44+	24:59+										
01:51+	02:11+	01:20+	00:16+	00:52+	01:46+	00:50+	00:52+	03:57+	01:54+	01:18+	00:38+	00:45+	00:33+	00:37+	00:36+	01:21+	01:03+	00:13+	00:52+	00:16+	00:43+	00:15+										
01:51+	02:11+	01:20+	00:16+	00:52+	01:46+	00:50+	00:52+	03:57+	01:54+	01:18+	00:38+	00:45+	00:33+	00:37+	00:36+	01:21+	01:03+	00:13+	00:52+	00:16+	00:43+	00:15+										
3	Fredrik Sandal										1830										27:00											
01:55+	04:17+	05:40+	05:59+	06:42+	08:36+	09:30+	10:26+	14:47+	16:49+	18:13+	19:02+	19:53+	20:28+	21:11+	21:49+	23:15+	24:33+	24:47+	25:40+	26:00+	26:45+	27:00+										
01:55+	02:22+	01:23+	00:19+	00:43+	01:54+	00:54+	00:56+	04:21+	02:02+	01:24+	00:49+	00:51+	00:35+	00:43+	00:38+	01:26+	01:18+	00:14+	00:53+	00:20+	00:45+	00:15+										
01:55+	02:22+	01:23+	00:19+	00:43+	01:54+	00:54+	00:56+	04:21+	02:02+	01:24+	00:49+	00:51+	00:35+	00:43+	00:38+	01:26+	01:18+	00:14+	00:53+	00:20+	00:45+	00:15+										
4	Maximilian Erlbeck										2342										27:25											
01:45+	04:04+	05:26+	05:44+	06:34+	08:13+	09:07+	10:25+	14:49+	16:51+	18:36+	19:14+	20:05+	20:41+	21:18+	21:58+	23:28+	24:40+	24:55+	25:56+	26:19+	27:10+	27:25+										
01:45+	02:19+	01:22+	00:18+	00:50+	01:39+	00:54+	01:18+	04:24+	02:02+	01:45+	00:38+	00:51+	00:36+	00:37+	00:40+	01:30+	01:12+	00:15+	01:01+	00:23+	00:51+	00:15+										
01:45+	02:19+	01:22+	00:18+	00:50+	01:39+	00:54+	01:18+	04:24+	02:02+	01:45+	00:38+	00:51+	00:36+	00:37+	00:40+	01:30+	01:12+	00:15+	01:01+	00:23+	00:51+	00:15+										
5	Kristian Frafjord Haarr										882										28:04											
01:57+	04:17+	05:51+	06:09+	06:58+	08:49+	09:41+	10:41+	15:10+	17:31+	19:05+	19:51+	20:44+	21:22+	22:00+	22:38+	24:12+	25:21+	25:36+	26:34+	26:58+	27:47+	28:04+										
01:57+	02:20+	01:34+	00:18+	00:49+	01:51+	00:52+	01:00+	04:29+	02:21+	01:34+	00:46+	00:53+	00:38+	00:38+	00:38+	01:34+	01:09+	00:15+	00:58+	00:24+	00:49+	00:17+										
01:57+	02:20+	01:34+	00:18+	00:49+	01:51+	00:52+	01:00+	04:29+	02:21+	01:34+	00:46+	00:53+	00:38+	00:38+	00:38+	01:34+	01:09+	00:15+	00:58+	00:24+	00:49+	00:17+										
6	Svein Magnus Halsne										1284										28:18											
01:48+	04:07+	05:30+	05:49+	06:39+	08:36+	09:29+	10:28+	15:26+	17:30+	19:08+	19:51+	20:49+	21:27+	22:09+	22:47+	24:22+	25:35+	25:51+	26:53+	27:13+	28:03+	28:18+										
01:48+	02:19+	01:23+	00:19+	00:50+	01:57+	00:53+	00:59+	04:58+	02:04+	01:38+	00:43+	00:58+	00:38+	00:42+	00:38+	01:35+	01:13+	00:16+	01:02+	00:20+	00:50+	00:15+										
01:48+	02:19+	01:23+	00:19+	00:50+	01:57+	00:53+	00:59+	04:58+	02:04+	01:38+	00:43+	00:58+	00:38+	00:42+	00:38+	01:35+	01:13+	00:16+	01:02+	00:20+	00:50+	00:15+										
7	Erik Lima										1832										28:40											
01:58+	04:53+	06:28+	06:48+	07:45+	09:34+	10:32+	11:34+	16:00+	18:10+	19:42+	20:23+	21:19+	21:56+	22:38+	23:18+	24:44+	25:56+	26:11+	27:14+	27:34+	28:23+	28:40+										
01:58+	02:55+	01:35+	00:20+	00:57+	01:49+	00:58+	01:02+	04:26+	02:10+	01:32+	00:41+	00:56+	00:37+	00:42+	00:40+	01:26+	01:12+	00:15+	01:03+	00:20+	00:49+	00:17+										
01:58+	02:55+	01:35+	00:20+	00:57+	01:49+	00:58+	01:02+	04:26+	02:10+	01:32+	00:41+	00:56+	00:37+	00:42+	00:40+	01:26+	01:12+	00:15+	01:03+	00:20+	00:49+	00:17+										
8	Lars Sigve Oftedal										772										28:40											
02:15+	04:40+	06:16+	06:36+	07:35+	09:24+	10:17+	11:15+	15:45+	17:55+	19:17+	20:16+	21:08+	21:47+	22:26+	23:08+	24:32+	25:45+	26:01+	27:02+	27:24+	28:21+	28:40+										
02:15+	02:25+	01:36+	00:20+	00:59+	01:49+	00:53+	00:58+	04:30+	02:10+	01:22+	00:59+	00:52+	00:39+	00:39+	00:42+	01:24+	01:13+	00:16+	01:01+	00:22+	00:57+	00:19+										
02:15+	02:25+	01:36+	00:20+	00:59+	01:49+	00:53+	00:58+	04:30+	02:10+	01:22+	00:59+	00:52+	00:39+	00:39+	00:42+	01:24+	01:13+	00:16+	01:01+	00:22+	00:57+	00:19+										
9	Martin Blystad										3530										29:55											
01:58+	04:18+	05:56+	06:14+	07:06+	09:02+	09:59+	10:58+	15:29+	17:40+	19:12+	19:56+	20:52+	21:30+	23:36+	24:19+	25:54+	27:10+	27:27+	28:28+	28:50+	29:38+	29:55+										
01:58+	02:20+	01:38+	00:18+	00:52+	01:56+	00:57+	00:59+	04:31+	02:11+	01:32+	00:44+	00:56+	00:38+	02:06+	00:43+	01:35+	01:16+	00:17+	01:01+	00:22+	00:48+	00:17+										
01:58+	02:20+	01:38+	00:18+	00:52+	01:56+	00:57+	00:59+	04:31+	02:11+	01:32+	00:44+	00:56+	00:38+	02:06+	00:43+	01:35+	01:16+	00:17+	01:01+	00:22+	00:48+	00:17+										
10	Andreas Terjesen										1832										29:58											
01:59+	04:23+	05:52+	06:12+	07:14+	09:17+	10:21+	11:25+	16:53+	19:06+	20:36+	21:16+	22:12+	22:53+	23:34+	24:19+	25:47+	27:06+	27:21+	28:27+	28:54+	29:42+	29:58+										
01:59+	02:24+	01:29+	00:20+	01:02+	02:03+	01:04+	01:04+	05:28+	02:13+	01:30+	00:40+	00:56+	00:41+	00:41+	00:45+	01:28+	01:19+	00:15+	01:06+	00:27+	00:48+	00:16+										
01:59+	02:24+	01:29+	00:20+	01:02+	02:03+	01:04+	01:04+	05:28+	02:13+	01:30+	00:40+	00:56+	00:41+	00:41+	00:45+	01:28+	01:19+	00:15+	01:06+	00:27+	00:48+	00:16+										
11	Sven Hatteland										3528										30:31											
01:59+	04:31+	06:03+	06:25+	07:21+	09:24+	10:27+	11:33+	16:29+	18:51+	20:20+	21:06+	22:10+	22:50+	23:36+	24:22+	26:05+	27:32+	27:50+	28:58+	29:21+	30:15+	30:31+										
01:59+	02:32+	01:32+	00:22+	00:56+	02:03+	01:03+	01:06+	04:56+	02:22+	01:29+	00:46+	01:04+	00:40+	00:46+	00:46+	01:43+	01:27+	00:18+	01:08+	00:23+	00:54+	00:16+										
01:59+	02:32+	01:32+	00:22+	00:56+	02:03+	01:03+	01:06+	04:56+	02:22+	01:29+	00:46+	01:04+	00:40+	00:46+	00:46+	01:43+	01:27+	00:18+	01:08+	00:23+	00:54+	00:16+										
12	Håkon Eggebø										1284										32:22											
02:01+	04:13+	05:52+	06:12+	07:25+	09:30+	10:46+	11:53+	17:10+	19:39+	21:25+	22:11+	23:10+	23:50+	24:35+	25:23+	27:04+	28:23+	29:32+	30:42+	31:11+	32:05+	32:22+										
02:01+	02:12+	01:39+	00:20+	01:13+	02:05+	01:16+	01:07+	05:17+	02:29+	01:46+	00:46+	00:59+	00:40+	00:45+	00:48+	01:41+	01:19+	01:09+	01:10+	00:29+	00:54+	00:17+										
02:01+	02:12+	01:39+	00:20+	01:13+	02:05+	01:16+	01:07+	05:17+	02:29+	01:46+	00:46+	00:59+	00:40+	00:45+	00:48+	01:41+	01:19+	01:09+	01:10+	00:29+	00:54+	00:17+										
13	Bernhard Haver Vagle										643										32:22											
02:07+	04:44+	06:25+	06:47+	08:03+	10:16+	11:21+	12:36+	18:04+	20:42+	22:23+	23:10+	24:11+	24:51+	25:33+	26:25+	28:05+	29:23+	29:40+	30:47+	31:11+	32:04+	32:22+										
02:07+	02:37+	01:41+	00:22+	01:16+	02:13+	01:05+	01:15+	05:28+	02:38+	01:41+	00:47+	01:01+	00:40+	00:42+	00:52+	01:40+	01:18+	00:17+	01:07+	00:24+	00:53+	00:18+										
02:07+	02:37+	01:41+	00:22+	01:16+	02:13+	01:05+	01:15+	05:28+	02:38+	01:41+	00:47+	01:01+	00:40+	00:42+	00:52+	01:40+	01:18+	00:17+	01:07+	00:24+	00:53+	00:18+										
14	Svein Kyllingstad										1284										32:56											
01:51+	04:34+	06:07+	06:29+	07:42+	09:44+	10:50+	11:51+	17:43+	20:33+	22:26+	23:33+	24:40+	25:19+	26:12+	26:57+	28:35+	29:57+	30:13+	31:20+	31:44+	32:40+	32:56+										
01:51+	02:43+	01:33+	00:22+	01:13+	02:02+	01:06+	01:01+	05:52+	02:50+	01:53+	01:07+	01:07+	00:39+	00:53+	00:45+	01:38+	01:22+	00:16+	01:07+	00:24+	00:56+	00:16+										
01:51+	02:43+	01:33+	00:22+	01:13+	02:02+	01:06+	01:01+	05:52+	02:50+	01:53+	01:07+	01:07+	00:39+	00:53+	00:45+	01:38+	01:22+	00:16+	01:07+	00:24+	00:56+	00:16+										

Plass	Navn	Klasse										Tid									
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Herrer A

15	Briac Le Ray												2342				34:12											
02:02+	04:44+	06:18+	06:49+	08:28+	10:33+	13:30+	14:40+	20:18+	22:18+	23:39+	24:30+	25:22+	26:03+	27:38+	28:25+	30:00+	31:10+	31:29+	32:39+	33:05+	33:57+	34:12+						
02:02+	02:42+	01:34+	00:31+	01:39+	02:05+	02:57+	01:10+	05:38+	02:00+	01:21+	00:51+	00:52+	00:41+	01:35+	00:47+	01:35+	01:10+	00:19+	01:10+	00:26+	00:52+	00:15+						
02:02+	02:42+	01:34+	00:31+	01:39+	02:05+	02:57+	01:10+	05:38+	02:00+	01:21+	00:51+	00:52+	00:41+	01:35+	00:47+	01:35+	01:10+	00:19+	01:10+	00:26+	00:52+	00:15+						

Beste strekktid for klassen

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

Herrer B

1	Aart Joakim in't Veld					1884					27:13											
01:48=	04:03=	05:27=	05:45=	06:31=	08:20=	09:13=	10:15=	14:51=	17:04=	18:28=	19:12=	20:05=	20:38=	21:17=	21:56=	23:25=	24:36=	24:51=	25:49=	26:10=	26:56=	27:13=
01:48=	02:15=	01:24=	00:18=	00:46=	01:49=	00:53=	01:02=	04:36=	02:13=	01:24=	00:44=	00:53=	00:33=	00:39=	00:39=	01:29=	01:11=	00:15=	00:58=	00:21=	00:46=	00:17=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Thomas Tveit					NOTEAM					27:58											
02:57+	05:16+	06:39+	07:00+	07:57+	09:41+	10:48+	11:52+	16:01+	17:58+	19:22+	20:13+	21:04+	21:40+	22:18+	22:57+	24:16+	25:23+	25:37+	26:32+	26:58+	27:43+	27:58+
02:57+	02:19+	01:23=	00:21+	00:57+	01:44=	01:07+	01:04+	04:09=	01:57=	01:24=	00:51+	00:51=	00:36+	00:38=	00:39=	01:19=	01:07=	00:14=	00:55=	00:26+	00:45=	00:15=
01:09&	00:04+	00:01=	00:03#	00:11#	00:05=	00:14&	00:02+	00:27=	00:16=	00:00=	00:07#	00:02=	00:03+	00:01=	00:00=	00:10=	00:04=	00:01=	00:03=	00:05#	00:01=	00:02=
3	Oddvar Taksdal					3522					28:58											
02:01+	04:26+	05:59+	06:18+	07:10+	09:03+	10:01+	11:00+	15:46+	18:06+	19:36+	20:21+	21:17+	21:58+	22:37+	23:21+	24:52+	26:07+	26:23+	27:22+	27:46+	28:41+	28:58+
02:01+	02:25+	01:33+	00:19+	00:52+	01:53+	00:58+	00:59=	04:46+	02:20+	01:30+	00:45+	00:56+	00:41+	00:39=	00:44+	01:31+	01:15+	00:16+	00:59+	00:24+	00:55+	00:17=
00:13#	00:10+	00:09#	00:01+	00:06#	00:04+	00:05+	00:03=	00:10+	00:07+	00:06+	00:01+	00:03+	00:08#	00:00=	00:05#	00:02+	00:04+	00:01+	00:01+	00:03#	00:09#	00:00=
4	Joar Eilevstjønn					2342					29:22											
02:00+	04:30+	06:03+	06:23+	07:44+	09:41+	10:47+	11:50+	16:47+	18:54+	20:18+	21:03+	21:59+	22:36+	23:16+	23:59+	25:32+	26:45+	27:00+	28:00+	28:21+	29:07+	29:22+
02:00+	02:30+	01:33+	00:20+	01:21+	01:57+	01:06+	01:03+	04:57+	02:07=	01:24=	00:45+	00:56+	00:37+	00:40+	00:43+	01:33+	01:13+	00:15=	01:00+	00:21=	00:46=	00:15=
00:12#	00:15#	00:09#	00:02#	00:35&	00:08+	00:13#	00:01+	00:21+	00:06=	00:00=	00:01+	00:03+	00:04#	00:01+	00:04#	00:04+	00:02+	00:00=	00:02+	00:00=	00:00=	00:02=
5	Geir Sand					722					29:25											
02:02+	04:24+	05:54+	06:13+	07:30+	09:26+	10:33+	11:37+	16:21+	18:35+	20:03+	20:51+	21:48+	22:25+	23:10+	23:55+	25:25+	26:36+	26:56+	27:58+	28:21+	29:09+	29:25+
02:02+	02:22+	01:30+	00:19+	01:17+	01:56+	01:07+	01:04+	04:44+	02:14+	01:28+	00:48+	00:57+	00:37+	00:45+	00:45+	01:30+	01:11=	00:20+	01:02+	00:23+	00:48+	00:16=
00:14#	00:07+	00:06+	00:01+	00:31&	00:07+	00:14&	00:02+	00:08+	00:01+	00:04+	00:04+	00:04+	00:04#	00:06#	00:06#	00:01+	00:00=	00:05&	00:04+	00:02+	00:02+	00:01=
6	Per Olav Haarr					769					30:36											
02:11+	04:32+	06:47+	07:06+	08:02+	09:52+	10:49+	11:50+	16:29+	18:49+	20:28+	21:24+	22:34+	23:14+	24:04+	24:46+	26:26+	27:46+	28:02+	29:07+	29:30+	30:20+	30:36+
02:11+	02:21+	02:15+	00:19+	00:56+	01:50+	00:57+	01:01=	04:39+	02:20+	01:39+	00:56+	01:10+	00:40+	00:50+	00:42+	01:40+	01:20+	00:16+	01:05+	00:23+	00:50+	00:16=
00:23#	00:06+	00:51&	00:01+	00:10#	00:01+	00:04+	00:01=	00:03+	00:07+	00:15#	00:12&	00:17&	00:07#	00:11&	00:03+	00:11#	00:09#	00:01+	00:07#	00:02+	00:04+	00:01=
7	Tor Gunnar Aksland					1683					30:42											
02:03+	04:37+	06:12+	06:35+	07:35+	09:33+	10:33+	11:39+	16:38+	18:59+	20:35+	21:33+	22:31+	23:13+	23:56+	24:41+	26:20+	27:37+	27:54+	28:58+	29:29+	30:22+	30:42+
02:03+	02:34+	01:35+	00:23+	01:00+	01:58+	01:00+	01:06+	04:59+	02:21+	01:36+	00:58+	00:58+	00:42+	00:43+	00:45+	01:39+	01:17+	00:17+	01:04+	00:31+	00:53+	00:20+
00:15#	00:19#	00:11#	00:05&	00:14&	00:09+	00:07#	00:04+	00:23+	00:08+	00:12#	00:14&	00:05+	00:09&	00:04#	00:06#	00:10#	00:06+	00:02#	00:06#	00:10&	00:07#	00:03#
8	Jan-Rune Larsen Basso					1376					30:53											
01:50+	05:44+	07:13+	07:34+	08:30+	10:31+	11:30+	12:32+	17:05+	19:17+	20:52+	21:43+	22:49+	23:28+	24:12+	25:03+	26:39+	27:56+	28:14+	29:18+	29:42+	30:35+	30:53+
01:50+	03:54+	01:29+	00:21+	00:56+	02:01+	00:59+	01:02=	04:33=	02:12=	01:35+	00:51+	01:06+	00:39+	00:44+	00:51+	01:36+	01:17+	00:18+	01:04+	00:24+	00:53+	00:18+
00:02+	01:39&	00:05+	00:03#	00:10#	00:12#	00:06#	00:00=	00:03=	00:01=	00:11#	00:07#	00:13#	00:06#	00:05#	00:12&	00:07+	00:06+	00:03#	00:06#	00:03#	00:07#	00:01+
9	Tom Furland					769					30:56											
02:05+	04:42+	06:20+	06:42+	07:38+	09:49+	10:51+	11:52+	16:46+	19:20+	20:56+	21:40+	22:39+	23:20+	24:06+	24:49+	26:33+	27:54+	28:11+	29:18+	29:40+	30:37+	30:56+
02:05+	02:37+	01:38+	00:22+	00:56+	02:11+	01:02+	01:01=	04:54+	02:34+	01:36+	00:44=	00:59+	00:41+	00:46+	00:43+	01:44+	01:21+	00:17+	01:07+	00:22+	00:57+	00:19+
00:17#	00:22#	00:14#	00:04#	00:10#	00:22#	00:09#	00:01=	00:18+	00:21#	00:12#	00:00=	00:06#	00:08#	00:07#	00:04#	00:15#	00:10#	00:02#	00:09#	00:01+	00:11#	00:02#
10	Oddgeir Eikeskog					1884					31:01											
02:03+	04:36+	06:11+	06:34+	08:15+	10:18+	11:19+	12:21+	17:18+	19:44+	21:19+	22:05+	22:58+	23:43+	24:24+	25:10+	26:48+	28:05+	28:22+	29:26+	29:51+	30:43+	31:01+
02:03+	02:33+	01:35+	00:23+	01:41+	02:03+	01:01+	01:02=	04:57+	02:26+	01:35+	00:46+	00:53=	00:45+	00:41+	00:46+	01:38+	01:17+	00:17+	01:04+	00:25+	00:52+	00:18+
00:15#	00:18#	00:11#	00:05&	00:55&	00:14#	00:08#	00:00=	00:21+	00:13+	00:11#	00:02+	00:00=	00:12&	00:02+	00:07#	00:09#	00:06+	00:02#	00:06#	00:04#	00:06#	00:01+
11	Njål F. Vadla					1884					31:36											
02:02+	04:30+	06:06+	06:26+	07:17+	09:15+	10:22+	11:54+	17:22+	19:45+	21:26+	22:16+	23:21+	24:05+	24:49+	25:34+	27:18+	28:38+	28:54+	30:02+	30:25+	31:18+	31:36+
02:02+	02:28+	01:36+	00:20+	00:51+	01:58+	01:07+	01:32+	05:28+	02:23+	01:41+	00:50+	01:05+	00:44+	00:44+	00:45+	01:44+	01:20+	00:16+	01:08+	00:23+	00:53+	00:18+
00:14#	00:13+	00:12#	00:02#	00:05#	00:09+	00:14&	00:30&	00:52#	00:10+	00:17#	00:06#	00:12#	00:11&	00:05#	00:06#	00:15#	00:09#	00:01+	00:10#	00:02+	00:07#	00:01+

Herrer B

12	Trond Sigurd Fotland										3507	32:43										
02:03+	04:35+	06:21+	06:41+	08:02+	10:04+	12:40+	13:45+	18:33+	20:53+	22:28+	23:28+	24:24+	25:04+	25:49+	26:44+	28:23+	29:41+	29:57+	31:05+	31:31+	32:25+	32:43+
02:03+	02:32+	01:46+	00:20+	01:21+	02:02+	02:36+	01:05+	04:48+	02:20+	01:35+	01:00+	00:56+	00:40+	00:45+	00:55+	01:39+	01:18+	00:16+	01:08+	00:26+	00:54+	00:18+
00:15#	00:17#	00:22#	00:02#	00:35#	00:13#	01:43#	00:03+	00:12+	00:07+	00:11#	00:16#	00:03+	00:07#	00:06#	00:16#	00:10#	00:07+	00:01+	00:10#	00:05#	00:08#	00:01+
13	Thomas Johansen										3531	33:07										
02:00+	04:28+	06:00+	06:21+	07:35+	09:40+	10:51+	12:08+	18:36+	20:56+	22:37+	23:32+	24:39+	25:21+	26:05+	27:01+	28:35+	29:55+	30:12+	31:19+	31:46+	32:50+	33:07+
02:00+	02:28+	01:32+	00:21+	01:14+	02:05+	01:11+	01:17+	06:28+	02:20+	01:41+	00:55+	01:07+	00:42+	00:44+	00:56+	01:34+	01:20+	00:17+	01:07+	00:27+	01:04+	00:17+
02:00+	02:28+	01:32+	00:21+	01:14+	02:05+	01:11+	01:17+	06:28+	02:20+	01:41+	00:55+	01:07+	00:42+	00:44+	00:56+	01:34+	01:20+	00:17+	01:07+	00:27+	01:04+	00:17+
14	Jone Sæbbø										3516	33:15										
02:03+	04:43+	06:22+	06:43+	07:52+	10:04+	11:09+	12:21+	17:46+	20:31+	22:19+	23:11+	24:09+	24:55+	25:44+	26:36+	28:29+	29:49+	30:07+	31:21+	31:53+	32:56+	33:15+
02:03+	02:40+	01:39+	00:21+	01:09+	02:12+	01:05+	01:12+	05:25+	02:45+	01:48+	00:52+	00:58+	00:46+	00:49+	00:52+	01:53+	01:20+	00:18+	01:14+	00:32+	01:03+	00:19+
02:03+	02:40+	01:39+	00:21+	01:09+	02:12+	01:05+	01:12+	05:25+	02:45+	01:48+	00:52+	00:58+	00:46+	00:49+	00:52+	01:53+	01:20+	00:18+	01:14+	00:32+	01:03+	00:19+
15	Tallak Langmyr										3552	33:21										
02:14+	04:51+	06:28+	06:50+	07:43+	09:50+	10:55+	12:06+	17:19+	20:11+	22:09+	23:00+	24:07+	24:50+	25:31+	26:22+	28:06+	29:26+	29:42+	31:48+	32:13+	33:05+	33:21+
02:14+	02:37+	01:37+	00:22+	00:53+	02:07+	01:05+	01:11+	05:13+	02:52+	01:58+	00:51+	01:07+	00:43+	00:41+	00:51+	01:44+	01:20+	00:16+	02:06+	00:25+	00:52+	00:16+
02:14+	02:37+	01:37+	00:22+	00:53+	02:07+	01:05+	01:11+	05:13+	02:52+	01:58+	00:51+	01:07+	00:43+	00:41+	00:51+	01:44+	01:20+	00:16+	02:06+	00:25+	00:52+	00:16+
16	Bård Martby-Skogsholm										3522	33:25										
02:17+	05:12+	06:59+	07:22+	08:26+	10:40+	11:48+	13:06+	18:30+	20:56+	22:47+	23:41+	24:44+	25:31+	26:22+	27:15+	28:56+	30:21+	30:39+	31:47+	32:09+	33:03+	33:25+
02:17+	02:55+	01:47+	00:23+	01:04+	02:14+	01:08+	01:18+	05:24+	02:26+	01:51+	00:54+	01:03+	00:47+	00:51+	00:53+	01:41+	01:25+	00:18+	01:08+	00:22+	00:54+	00:22+
02:17+	02:55+	01:47+	00:23+	01:04+	02:14+	01:08+	01:18+	05:24+	02:26+	01:51+	00:54+	01:03+	00:47+	00:51+	00:53+	01:41+	01:25+	00:18+	01:08+	00:22+	00:54+	00:22+
17	Jørgen Breivold										3529	33:52										
02:00+	05:25+	06:52+	07:12+	08:25+	10:32+	12:37+	13:39+	18:38+	20:57+	22:29+	23:13+	24:13+	24:54+	25:33+	26:18+	27:58+	29:18+	29:38+	31:18+	32:40+	33:34+	33:52+
02:00+	03:25+	01:27+	00:20+	01:13+	02:07+	02:05+	01:02+	04:59+	02:19+	01:32+	00:44+	01:00+	00:41+	00:39+	00:45+	01:40+	01:20+	00:20+	01:40+	01:22+	00:54+	00:18+
02:00+	03:25+	01:27+	00:20+	01:13+	02:07+	02:05+	01:02+	04:59+	02:19+	01:32+	00:44+	01:00+	00:41+	00:39+	00:45+	01:40+	01:20+	00:20+	01:40+	01:22+	00:54+	00:18+
18	Espen Fyhn Nilsen										1683	41:58										
02:42+	05:58+	08:33+	09:02+	10:32+	13:13+	14:38+	16:00+	22:46+	26:13+	28:21+	29:21+	30:43+	31:37+	32:46+	33:52+	36:04+	37:56+	38:19+	39:47+	40:25+	41:34+	41:58+
02:42+	03:16+	02:35+	00:29+	01:30+	02:41+	01:25+	01:22+	06:46+	03:27+	02:08+	01:00+	01:22+	00:54+	01:09+	01:06+	02:12+	01:52+	00:23+	01:28+	00:38+	01:09+	00:24+
02:42+	03:16+	02:35+	00:29+	01:30+	02:41+	01:25+	01:22+	06:46+	03:27+	02:08+	01:00+	01:22+	00:54+	01:09+	01:06+	02:12+	01:52+	00:23+	01:28+	00:38+	01:09+	00:24+

Beste strekktid for klassen

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

Herrer C

1	Henning Sundby												3486		25:39									
00:57=	02:33=	03:55=	05:59=	06:55=	07:55=	09:22=	09:59=	13:58=	15:55=	17:23=	18:07=	18:49=	20:00=	20:40=	21:43=	22:24=	23:16=	23:34=	24:59=	25:39=				
00:57=	01:36=	01:22=	02:04=	00:56=	01:00=	01:27=	00:37=	03:59=	01:57=	01:28=	00:44=	00:42=	01:11=	00:40=	01:03=	00:41=	00:52=	00:18=	01:25=	00:40=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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 Michaelsen												3511		26:58									
01:00+	03:11+	05:09+	07:09+	08:03+	09:03+	10:44+	11:31+	14:58+	17:00+	18:35+	19:25+	20:09+	21:11+	21:52+	22:58+	23:46+	24:42+	25:01+	26:19+	26:58+				
01:00+	02:11+	01:58+	02:00=	00:54=	01:00=	01:41+	00:47+	03:27=	02:02+	01:35+	00:50+	00:44+	01:02=	00:41+	01:06+	00:48+	00:56+	00:19+	01:18=	00:39=				
00:03+	00:35&	00:36&	00:04=	00:02=	00:00=	00:14#	00:10&	00:32=	00:05+	00:07+	00:06#	00:02+	00:09=	00:01+	00:03+	00:07#	00:04+	00:01+	00:07=	00:01=				
3	Kjetil Wirak												3486		27:01									
01:07+	02:41+	03:51=	05:51=	06:54=	07:55=	09:33+	10:28+	14:18+	16:34+	18:04+	18:50+	19:40+	20:50+	21:36+	22:42+	23:30+	24:31+	24:51+	26:16+	27:01+				
01:07+	01:34=	01:10=	02:00=	01:03+	01:01+	01:38+	00:55+	03:50=	02:16+	01:30+	00:46+	00:50+	01:10=	00:46+	01:06+	00:48+	01:01+	00:20+	01:25=	00:45+				
00:10#	00:02=	00:12=	00:04=	00:07#	00:01+	00:11#	00:18&	00:09=	00:19#	00:02+	00:02+	00:08#	00:01=	00:06#	00:03+	00:07#	00:09#	00:02#	00:00=	00:05#				
4	Morten Aamodt												1683		27:32									
01:01+	02:52+	04:11+	06:14+	07:19+	08:18+	10:14+	10:50+	14:33+	16:44+	18:18+	19:02+	19:49+	21:01+	22:10+	23:18+	24:02+	25:02+	25:21+	26:47+	27:32+				
01:01+	01:51+	01:19=	02:03=	01:05+	00:59=	01:56+	00:36=	03:43=	02:11+	01:34+	00:44=	00:47+	01:12+	01:09+	01:08+	00:44+	01:00+	00:19+	01:26+	00:45+				
00:04+	00:15#	00:03=	00:01=	00:09#	00:01=	00:29&	00:01=	00:16=	00:14#	00:06+	00:00=	00:05#	00:01+	00:29&	00:05+	00:03+	00:08#	00:01+	00:01+	00:05#				
5	Lars Drage												3583		27:33									
00:59+	03:16+	05:00+	07:03+	08:02+	09:01+	10:32+	11:08+	14:43+	16:42+	18:17+	19:00+	19:47+	20:44+	21:52+	22:58+	23:49+	24:49+	25:11+	26:50+	27:33+				
00:59+	02:17+	01:44+	02:03=	00:59+	00:59=	01:31+	00:36=	03:35=	01:59+	01:35+	00:43=	00:47+	00:57=	01:08+	01:06+	00:51+	01:00+	00:22+	01:39+	00:43+				
00:02+	00:41&	00:22&	00:01=	00:03+	00:01=	00:04+	00:01=	00:24=	00:02+	00:07+	00:01=	00:05#	00:14=	00:28&	00:03+	00:10#	00:08#	00:04#	00:14#	00:03+				

Plass	Navn					Klasse					Tid														
Herrer C																									
6	Stein Arne Olsen					874					28:36														
01:05+	02:51+	04:20+	06:34+	07:41+	08:50+	10:30+	11:11+	15:14+	17:55+	19:36+	20:22+	21:12+	22:17+	23:03+	24:15+	25:07+	26:09+	26:29+	27:55+	28:36+					
01:05+	01:46+	01:29+	02:14+	01:07+	01:09+	01:40+	00:41+	04:03+	02:41+	01:41+	00:46+	00:50+	01:05-	00:46+	01:12+	00:52+	01:02+	00:20+	01:26+	00:41+					
00:08#	00:10#	00:07+	00:10+	00:11#	00:09#	00:13#	00:04#	00:04+	00:44#	00:13#	00:02+	00:08#	00:06-	00:06#	00:09#	00:11#	00:10#	00:02#	00:01+	00:01+					
7	Ove Nygaard					1683					29:09														
01:12+	04:05+	05:26+	07:33+	08:58+	09:59+	12:02+	12:38+	16:03+	18:19+	19:45+	20:35+	21:44+	22:46+	24:03+	25:11+	25:54+	26:47+	27:10+	28:30+	29:09+					
01:12+	02:53+	01:21+	02:07+	01:25+	01:01+	02:03+	00:36+	03:25+	02:16+	01:26+	00:50+	01:09+	01:02+	01:17+	01:08+	00:43+	00:53+	00:23+	01:20+	00:39+					
01:12+	02:53+	01:21+	02:07+	01:25+	01:01+	02:03+	00:36+	03:25+	02:16+	01:26+	00:50+	01:09+	01:02+	01:17+	01:08+	00:43+	00:53+	00:23+	01:20+	00:39+					
8	Nils John Vestøl					3541					29:11														
00:58+	03:10+	04:39+	06:47+	07:58+	09:02+	10:50+	11:34+	15:23+	17:39+	19:28+	20:18+	21:07+	22:11+	23:40+	24:47+	25:38+	26:39+	27:03+	28:31+	29:11+					
00:58+	02:12+	01:29+	02:08+	01:11+	01:04+	01:48+	00:44+	03:49+	02:16+	01:49+	00:50+	00:49+	01:04+	01:29+	01:07+	00:51+	01:01+	00:24+	01:28+	00:40+					
00:58+	02:12+	01:29+	02:08+	01:11+	01:04+	01:48+	00:44+	03:49+	02:16+	01:49+	00:50+	00:49+	01:04+	01:29+	01:07+	00:51+	01:01+	00:24+	01:28+	00:40+					
9	Odd Fuglestad					3522					29:27														
01:06+	03:08+	04:34+	06:54+	07:59+	09:04+	10:51+	11:34+	15:48+	18:08+	19:53+	20:43+	21:36+	22:40+	23:35+	24:50+	25:34+	26:40+	27:00+	28:36+	29:27+					
01:06+	02:02+	01:26+	02:20+	01:05+	01:05+	01:47+	00:43+	04:14+	02:20+	01:45+	00:50+	00:53+	01:04+	00:55+	01:15+	00:44+	01:06+	00:20+	01:36+	00:51+					
01:06+	02:02+	01:26+	02:20+	01:05+	01:05+	01:47+	00:43+	04:14+	02:20+	01:45+	00:50+	00:53+	01:04+	00:55+	01:15+	00:44+	01:06+	00:20+	01:36+	00:51+					
10	Oddmund Nordgård					722					29:38														
01:25+	03:26+	04:57+	07:19+	08:21+	09:30+	11:22+	12:03+	15:51+	18:15+	20:02+	21:02+	21:49+	22:59+	23:45+	25:00+	25:54+	26:57+	27:20+	28:51+	29:38+					
01:25+	02:01+	01:31+	02:22+	01:02+	01:09+	01:52+	00:41+	03:48+	02:24+	01:47+	01:00+	00:47+	01:10+	00:46+	01:15+	00:54+	01:03+	00:23+	01:31+	00:47+					
01:25+	02:01+	01:31+	02:22+	01:02+	01:09+	01:52+	00:41+	03:48+	02:24+	01:47+	01:00+	00:47+	01:10+	00:46+	01:15+	00:54+	01:03+	00:23+	01:31+	00:47+					
11	Leif Kjetil Hinna Gausel					1683					29:56														
01:08+	03:29+	05:35+	08:02+	09:11+	10:15+	11:53+	12:33+	16:21+	18:31+	20:13+	21:03+	21:54+	22:57+	23:48+	25:24+	26:17+	27:18+	27:35+	29:02+	29:56+					
01:08+	02:21+	02:06+	02:27+	01:09+	01:04+	01:38+	00:40+	03:48+	02:10+	01:42+	00:50+	00:51+	01:03+	00:51+	01:36+	00:53+	01:01+	00:17+	01:27+	00:54+					
01:08+	02:21+	02:06+	02:27+	01:09+	01:04+	01:38+	00:40+	03:48+	02:10+	01:42+	00:50+	00:51+	01:03+	00:51+	01:36+	00:53+	01:01+	00:17+	01:27+	00:54+					
12	Bertrand Denieul					877					30:46														
01:01+	03:00+	04:28+	06:56+	08:00+	09:07+	10:56+	11:42+	15:39+	18:18+	19:59+	20:58+	21:59+	23:34+	24:58+	26:10+	26:55+	28:02+	28:20+	30:03+	30:46+					
01:01+	01:59+	01:28+	02:28+	01:04+	01:07+	01:49+	00:46+	03:57+	02:39+	01:41+	00:59+	01:01+	01:35+	01:24+	01:12+	00:45+	01:07+	00:18+	01:43+	00:43+					
01:01+	01:59+	01:28+	02:28+	01:04+	01:07+	01:49+	00:46+	03:57+	02:39+	01:41+	00:59+	01:01+	01:35+	01:24+	01:12+	00:45+	01:07+	00:18+	01:43+	00:43+					
13	Svein Oddvar Netland					1683					30:58														
01:02+	03:22+	05:19+	07:47+	08:55+	09:59+	11:52+	12:33+	16:29+	18:54+	20:43+	21:32+	22:22+	24:03+	25:04+	26:20+	27:03+	28:08+	28:43+	30:11+	30:58+					
01:02+	02:20+	01:57+	02:28+	01:08+	01:04+	01:53+	00:41+	03:56+	02:25+	01:49+	00:49+	00:50+	01:41+	01:01+	01:16+	00:43+	01:05+	00:35+	01:28+	00:47+					
01:02+	02:20+	01:57+	02:28+	01:08+	01:04+	01:53+	00:41+	03:56+	02:25+	01:49+	00:49+	00:50+	01:41+	01:01+	01:16+	00:43+	01:05+	00:35+	01:28+	00:47+					
14	Paul Terje Haarr					769					31:10														
01:10+	03:28+	05:02+	07:24+	08:50+	09:59+	11:44+	12:31+	16:33+	19:04+	21:09+	22:01+	22:53+	24:26+	25:11+	26:35+	27:18+	28:26+	28:49+	30:19+	31:10+					
01:10+	02:18+	01:34+	02:22+	01:26+	01:09+	01:45+	00:47+	04:02+	02:31+	02:05+	00:52+	00:52+	01:33+	00:45+	01:24+	00:43+	01:08+	00:23+	01:30+	00:51+					
01:10+	02:18+	01:34+	02:22+	01:26+	01:09+	01:45+	00:47+	04:02+	02:31+	02:05+	00:52+	00:52+	01:33+	00:45+	01:24+	00:43+	01:08+	00:23+	01:30+	00:51+					
15	Pål H. Gjerden					1683					31:12														
01:09+	02:55+	04:51+	07:31+	08:39+	09:48+	11:28+	12:09+	16:16+	18:49+	20:39+	21:40+	22:37+	24:00+	25:29+	26:39+	27:25+	28:32+	28:50+	30:25+	31:12+					
01:09+	01:46+	01:56+	02:40+	01:08+	01:09+	01:40+	00:41+	04:07+	02:33+	01:50+	01:01+	00:57+	01:23+	01:29+	01:10+	00:46+	01:07+	00:18+	01:35+	00:47+					
01:09+	01:46+	01:56+	02:40+	01:08+	01:09+	01:40+	00:41+	04:07+	02:33+	01:50+	01:01+	00:57+	01:23+	01:29+	01:10+	00:46+	01:07+	00:18+	01:35+	00:47+					
16	Øivind Berggraf					1683					31:23														
01:08+	03:11+	04:40+	07:04+	08:34+	09:39+	11:18+	12:12+	16:26+	19:13+	21:10+	22:08+	23:05+	24:15+	25:13+	26:33+	27:22+	28:27+	28:55+	30:35+	31:23+					
01:08+	02:03+	01:29+	02:24+	01:30+	01:05+	01:39+	00:54+	04:14+	02:47+	01:57+	00:58+	00:57+	01:10+	00:58+	01:20+	00:49+	01:05+	00:28+	01:40+	00:48+					
01:08+	02:03+	01:29+	02:24+	01:30+	01:05+	01:39+	00:54+	04:14+	02:47+	01:57+	00:58+	00:57+	01:10+	00:58+	01:20+	00:49+	01:05+	00:28+	01:40+	00:48+					
17	Øyvind Rummelhoff					882					32:25														
01:04+	03:15+	04:39+	07:26+	09:29+	10:37+	13:03+	14:23+	18:26+	21:01+	22:46+	23:40+	24:29+	25:36+	26:25+	27:40+	28:30+	29:43+	30:10+	31:39+	32:25+					
01:04+	02:11+	01:24+	02:47+	02:03+	01:08+	02:26+	01:20+	04:03+	02:35+	01:45+	00:54+	00:49+	01:07+	00:49+	01:15+	00:50+	01:13+	00:27+	01:29+	00:46+					
01:04+	02:11+	01:24+	02:47+	02:03+	01:08+	02:26+	01:20+	04:03+	02:35+	01:45+	00:54+	00:49+	01:07+	00:49+	01:15+	00:50+	01:13+	00:27+	01:29+	00:46+					
18	Erling Mauland					3541					33:20														
01:21+	03:57+	05:29+	08:11+	09:52+	10:59+	13:13+	14:19+	18:31+	21:09+	23:04+	24:12+	25:00+	26:12+	27:10+	28:23+	29:15+	30:22+	30:52+	32:32+	33:20+					
01:21+	02:36+	01:32+	02:42+	01:41+	01:07+	02:14+	01:06+	04:12+	02:38+	01:55+	01:08+	00:48+	01:12+	00:58+	01:13+	00:52+	01:07+	00:30+	01:40+	00:48+					
01:21+	02:36+	01:32+	02:42+	01:41+	01:07+	02:14+	01:06+	04:12+	02:38+	01:55+	01:08+	00:48+	01:12+	00:58+	01:13+	00:52+	01:07+	00:30+	01:40+	00:48+					
19	Knut Taugbøl					1683					33:34														
01:16+	03:17+	04:50+	07:17+	08:23+	09:28+	11:08+	12:00+	15:56+	18:25+	20:11+	21:38+	22:38+	25:57+	27:20+	28:32+	29:54+	30:54+	31:13+	32:46+	33:34+					
01:16+	02:01+	01:33+	02:27+	01:06+	01:05+	01:40+	00:52+	03:56+	02:29+	01:46+	01:27+	01:00+	03:19+	01:23+	01:12+	01:22+	01:00+	00:19+	01:33+	00:48+					
01:16+	02:01+	01:33+	02:27+	01:06+	01:05+	01:40+	00:52+	03:56+	02:29+	01:46+	01:27+	01:00+	03:19+	01:23+	01:12+	01:22+	01:00+	00:19+	01:33+	00:48+					

Plass	Navn	Klasse	Tid
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Herrer C

20	Pål Bårdsen										3497	34:44									
01:12+	03:13+	04:49+	07:42+	08:53+	10:03+	12:16+	13:03+	17:58+	21:00+	23:21+	24:32+	25:35+	26:45+	27:51+	29:20+	30:27+	31:46+	32:07+	33:47+	34:44+	
01:12+	02:01+	01:36+	02:53+	01:11+	01:10+	02:13+	00:47+	04:55+	03:02+	02:21+	01:11+	01:03+	01:10+	01:06+	01:29+	01:07+	01:19+	00:21+	01:40+	00:57+	
01:12+	02:01+	01:36+	02:53+	01:11+	01:10+	02:13+	00:47+	04:55+	03:02+	02:21+	01:11+	01:03+	01:10+	01:06+	01:29+	01:07+	01:19+	00:21+	01:40+	00:57+	
21	Ove Oaland										1683	34:55									
01:24+	03:31+	05:13+	07:56+	09:10+	10:32+	12:34+	13:25+	18:13+	20:58+	22:55+	24:20+	25:15+	26:52+	28:22+	29:41+	30:37+	31:55+	32:20+	34:05+	34:55+	
01:24+	02:07+	01:42+	02:43+	01:14+	01:22+	02:02+	00:51+	04:48+	02:45+	01:57+	01:25+	00:55+	01:37+	01:30+	01:19+	00:56+	01:18+	00:25+	01:45+	00:50+	
01:24+	02:07+	01:42+	02:43+	01:14+	01:22+	02:02+	00:51+	04:48+	02:45+	01:57+	01:25+	00:55+	01:37+	01:30+	01:19+	00:56+	01:18+	00:25+	01:45+	00:50+	
22	Stephen Richardson										877	38:53									
01:35+	03:54+	05:35+	08:19+	11:56+	13:19+	15:29+	16:27+	21:24+	24:17+	26:39+	28:01+	28:58+	30:44+	31:50+	33:22+	34:22+	35:58+	36:24+	38:03+	38:53+	
01:35+	02:19+	01:41+	02:44+	03:37+	01:23+	02:10+	00:58+	04:57+	02:53+	02:22+	01:22+	00:57+	01:46+	01:06+	01:32+	01:00+	01:36+	00:26+	01:39+	00:50+	
01:35+	02:19+	01:41+	02:44+	03:37+	01:23+	02:10+	00:58+	04:57+	02:53+	02:22+	01:22+	00:57+	01:46+	01:06+	01:32+	01:00+	01:36+	00:26+	01:39+	00:50+	

Beste strekktid for klassen

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

Herrer Ny

1	Øystein Endresen										3504
01:38=	03:30=	06:06=	06:29=	10:01=	12:22=	14:01=	15:29=	16:38=	17:35=	19:27=	
01:38=	01:52=	02:36=	00:23=	03:32=	02:21=	01:39=	01:28=	01:09=	00:57=	01:52=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Robert Hooper										NOTEAM
04:53+	06:35+	09:11+	09:36+	14:21+	17:31+	19:19+	21:12+	23:01+	24:07+	26:17+	
04:53+	01:42-	02:36=	00:25+	04:45+	03:10+	01:48+	01:53+	01:49+	01:06+	02:10+	
03:15@	00:10-	00:00=	00:02+	01:13&	00:49&	00:09+	00:25&	00:40&	00:09#	00:18#	
3	Håvard Jektnes										3531
03:02+	05:39+	09:32+	10:04+	15:02+	18:27+	19:52+	22:01+	24:25+	26:03+	29:26+	
03:02+	02:37+	03:53+	00:32+	04:58+	03:25+	01:25-	02:09+	02:24+	01:38+	03:23+	
01:24&	00:45&	01:17&	00:09&	01:26&	01:04&	00:14-	00:41&	01:15@	00:41&	01:31&	
4	Nikolai Khorunzhiy										1456
02:44+	06:40+	12:57+	13:29+	18:12+	21:27+	23:13+	25:58+	27:22+	28:32+	30:45+	
02:44+	03:56+	06:17+	00:32+	04:43+	03:15+	01:46+	02:45+	01:24+	01:10+	02:13+	
01:06&	02:04@	03:41@	00:09&	01:11&	00:54&	00:07+	01:17&	00:15#	00:13#	00:21#	

Beste strekktid for klassen

01:38	01:42	02:36	00:23	03:32	02:21	01:25	01:28	01:09	00:57	01:52
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Herrer Trim

1	Håvard Hageberg										1832								
01:20=	03:05=	05:06=	06:28=	08:28=	09:25=	11:34=	13:29=	15:31=	16:39=	18:57=	20:02=	20:21=							
01:20=	01:45=	02:01=	01:22=	02:00=	00:57=	02:09=	01:55=	02:02=	01:08=	02:18=	01:05=	00:19=							
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=							
2	Øyvind Onestad Olsen										3552								
01:26+	03:05=	05:07+	06:13-	08:45+	09:52+	11:55+	13:27-	15:31=	16:38-	19:16+	20:18+	20:37+							
01:26+	01:39-	02:02+	01:06-	02:32+	01:07+	02:03-	01:32-	02:04+	01:07-	02:38+	01:02-	00:19=							
00:06+	00:06-	00:01+	00:16-	00:32&	00:10#	00:06-	00:23-	00:02+	00:01-	00:20#	00:03-	00:00=							
3	Jon Vikse										NOTEAM								
01:27+	03:08+	04:58-	06:06-	08:55+	09:52+	12:12+	13:50+	15:44+	17:04+	19:22+	20:43+	21:04+							
01:27+	01:41-	01:50-	01:08-	02:49+	00:57=	02:20+	01:38-	01:54-	01:20+	02:18=	01:21+	00:21+							
00:07+	00:04-	00:11-	00:14-	00:49&	00:00=	00:11+	00:17-	00:08-	00:12#	00:00=	00:16#	00:02#							

Plass	Navn		Klasse										Tid
Herrer Trim													
4	Anders Klungre		3548										21:05
	01:09-	03:03-	04:37-	06:04-	08:43+	09:33+	11:27-	13:26-	15:18-	16:51+	19:28+	20:45+	21:05+
	01:09-	01:54+	01:34-	01:27+	02:39+	00:50-	01:54-	01:59+	01:52-	01:33+	02:37+	01:17+	00:20+
	00:11-	00:09+	00:27-	00:05+	00:39&	00:07-	00:15-	00:04+	00:10-	00:25&	00:19#	00:12#	00:01+
5	Stig E. Ollestad		3519										21:55
	01:14+	02:47+	04:28+	05:33+	08:10+	09:06+	11:32+	13:31+	16:11+	17:29+	20:16+	21:36+	21:55+
	01:14+	01:33+	01:41+	01:05+	02:37+	00:56+	02:26+	01:59+	02:40+	01:18+	02:47+	01:20+	00:19+
	01:14+	01:33+	01:41+	01:05+	02:37+	00:56+	02:26+	01:59+	02:40+	01:18+	02:47+	01:20+	00:19+
6	Hans Frode Andersen		3548										22:24
	01:19+	03:09+	04:51+	06:01+	09:23+	10:15+	12:39+	15:08+	17:12+	18:26+	20:53+	22:05+	22:24+
	01:19+	01:50+	01:42+	01:10+	03:22+	00:52+	02:24+	02:29+	02:04+	01:14+	02:27+	01:12+	00:19+
	01:19+	01:50+	01:42+	01:10+	03:22+	00:52+	02:24+	02:29+	02:04+	01:14+	02:27+	01:12+	00:19+
7	Matthieu Pereira-Pires		877										23:06
	01:15+	02:51+	04:35+	06:07+	08:32+	09:50+	12:36+	14:36+	16:49+	18:09+	20:45+	22:45+	23:06+
	01:15+	01:36+	01:44+	01:32+	02:25+	01:18+	02:46+	02:00+	02:13+	01:20+	02:36+	02:00+	00:21+
	01:15+	01:36+	01:44+	01:32+	02:25+	01:18+	02:46+	02:00+	02:13+	01:20+	02:36+	02:00+	00:21+
8	Frode Halvor Lund		3516										23:25
	01:17+	03:01+	04:52+	06:07+	08:34+	09:48+	12:35+	14:33+	16:47+	18:06+	21:52+	23:05+	23:25+
	01:17+	01:44+	01:51+	01:15+	02:27+	01:14+	02:47+	01:58+	02:14+	01:19+	03:46+	01:13+	00:20+
	01:17+	01:44+	01:51+	01:15+	02:27+	01:14+	02:47+	01:58+	02:14+	01:19+	03:46+	01:13+	00:20+
9	Alexander Khorunzhiy		1456										23:27
	01:16+	03:19+	05:09+	06:32+	09:19+	10:20+	12:51+	14:52+	17:34+	18:54+	21:49+	23:05+	23:27+
	01:16+	02:03+	01:50+	01:23+	02:47+	01:01+	02:31+	02:01+	02:42+	01:20+	02:55+	01:16+	00:22+
	01:16+	02:03+	01:50+	01:23+	02:47+	01:01+	02:31+	02:01+	02:42+	01:20+	02:55+	01:16+	00:22+
10	Bartłomiej Lenart		1376										24:06
	01:07+	02:37+	04:09+	05:20+	08:47+	12:24+	14:30+	16:09+	17:58+	19:16+	22:24+	23:45+	24:06+
	01:07+	01:30+	01:32+	01:11+	03:27+	03:37+	02:06+	01:39+	01:49+	01:18+	03:08+	01:21+	00:21+
	01:07+	01:30+	01:32+	01:11+	03:27+	03:37+	02:06+	01:39+	01:49+	01:18+	03:08+	01:21+	00:21+
11	Arne Magne Sondresen		722										24:29
	01:37+	03:28+	05:31+	07:06+	09:30+	10:37+	13:05+	15:13+	17:47+	19:15+	22:38+	24:05+	24:29+
	01:37+	01:51+	02:03+	01:35+	02:24+	01:07+	02:28+	02:08+	02:34+	01:28+	03:23+	01:27+	00:24+
	01:37+	01:51+	02:03+	01:35+	02:24+	01:07+	02:28+	02:08+	02:34+	01:28+	03:23+	01:27+	00:24+
12	Svein Erik Bjørnsen		1376										24:42
	01:31+	03:29+	05:09+	06:18+	11:20+	12:46+	14:52+	16:53+	18:56+	20:21+	23:12+	24:21+	24:42+
	01:31+	01:58+	01:40+	01:09+	05:02+	01:26+	02:06+	02:01+	02:03+	01:25+	02:51+	01:09+	00:21+
	01:31+	01:58+	01:40+	01:09+	05:02+	01:26+	02:06+	02:01+	02:03+	01:25+	02:51+	01:09+	00:21+
13	Thomas Romstad		1683										24:49
	01:37+	03:23+	05:05+	06:28+	09:27+	11:16+	13:30+	15:35+	18:36+	20:16+	23:06+	24:24+	24:49+
	01:37+	01:46+	01:42+	01:23+	02:59+	01:49+	02:14+	02:05+	03:01+	01:40+	02:50+	01:18+	00:25+
	01:37+	01:46+	01:42+	01:23+	02:59+	01:49+	02:14+	02:05+	03:01+	01:40+	02:50+	01:18+	00:25+
14	Helge Hundeide		769										25:01
	01:27+	03:30+	05:57+	07:22+	09:35+	10:46+	13:22+	15:47+	18:15+	19:53+	23:10+	24:41+	25:01+
	01:27+	02:03+	02:27+	01:25+	02:13+	01:11+	02:36+	02:25+	02:28+	01:38+	03:17+	01:31+	00:20+
	01:27+	02:03+	02:27+	01:25+	02:13+	01:11+	02:36+	02:25+	02:28+	01:38+	03:17+	01:31+	00:20+
15	Jan Erik Syvertsen		3519										25:24
	02:01+	03:47+	05:38+	07:08+	09:42+	11:07+	13:54+	16:18+	18:39+	20:24+	23:36+	25:02+	25:24+
	02:01+	01:46+	01:51+	01:30+	02:34+	01:25+	02:47+	02:24+	02:21+	01:45+	03:12+	01:26+	00:22+
	02:01+	01:46+	01:51+	01:30+	02:34+	01:25+	02:47+	02:24+	02:21+	01:45+	03:12+	01:26+	00:22+
16	Per Marthon Møland		880										25:31
	01:54+	04:10+	06:23+	07:51+	10:17+	11:21+	13:58+	16:22+	18:56+	20:19+	23:40+	25:08+	25:31+
	01:54+	02:16+	02:13+	01:28+	02:26+	01:04+	02:37+	02:24+	02:34+	01:23+	03:21+	01:28+	00:23+
	01:54+	02:16+	02:13+	01:28+	02:26+	01:04+	02:37+	02:24+	02:34+	01:23+	03:21+	01:28+	00:23+
17	Andreas Primstad		3548										26:33
	01:57+	03:44+	05:26+	06:55+	09:45+	11:10+	14:48+	16:59+	20:09+	21:32+	24:51+	26:14+	26:33+
	01:57+	01:47+	01:42+	01:29+	02:50+	01:25+	03:38+	02:11+	03:10+	01:23+	03:19+	01:23+	00:19+
	01:57+	01:47+	01:42+	01:29+	02:50+	01:25+	03:38+	02:11+	03:10+	01:23+	03:19+	01:23+	00:19+

Plass	Navn												Klasse	Tid			
Herrer Trim																	
18	Bruno Pierfelice												3519	26:40			
02:19+	04:06+	06:28+	07:57+	10:03+	11:07+	14:10+	16:13+	19:15+	21:02+	24:50+	26:15+	26:40+					
02:19+	01:47+	02:22+	01:29+	02:06+	01:04+	03:03+	02:03+	03:02+	01:47+	03:48+	01:25+	00:25+					
02:19+	01:47+	02:22+	01:29+	02:06+	01:04+	03:03+	02:03+	03:02+	01:47+	03:48+	01:25+	00:25+					
19	Carlos Lluna												2342	26:43			
01:23+	03:26+	06:20+	08:02+	10:28+	12:09+	14:44+	16:59+	19:49+	21:30+	25:02+	26:23+	26:43+					
01:23+	02:03+	02:54+	01:42+	02:26+	01:41+	02:35+	02:15+	02:50+	01:41+	03:32+	01:21+	00:20+					
01:23+	02:03+	02:54+	01:42+	02:26+	01:41+	02:35+	02:15+	02:50+	01:41+	03:32+	01:21+	00:20+					
20	Lars Salvesen												1119	27:11			
01:50+	03:44+	06:04+	07:36+	10:42+	12:00+	14:45+	17:17+	19:58+	21:40+	25:18+	26:48+	27:11+					
01:50+	01:54+	02:20+	01:32+	03:06+	01:18+	02:45+	02:32+	02:41+	01:42+	03:38+	01:30+	00:23+					
01:50+	01:54+	02:20+	01:32+	03:06+	01:18+	02:45+	02:32+	02:41+	01:42+	03:38+	01:30+	00:23+					
21	Frode Følgesvold												880	27:45			
01:31+	03:33+	05:53+	07:24+	10:01+	11:18+	14:38+	17:16+	20:09+	21:53+	25:47+	27:20+	27:45+					
01:31+	02:02+	02:20+	01:31+	02:37+	01:17+	03:20+	02:38+	02:53+	01:44+	03:54+	01:33+	00:25+					
01:31+	02:02+	02:20+	01:31+	02:37+	01:17+	03:20+	02:38+	02:53+	01:44+	03:54+	01:33+	00:25+					
22	Sjur Bjerke												3525	28:02			
02:35+	04:24+	06:35+	08:08+	11:34+	12:56+	15:30+	17:59+	20:24+	21:54+	26:12+	27:37+	28:02+					
02:35+	01:49+	02:11+	01:33+	03:26+	01:22+	02:34+	02:29+	02:25+	01:30+	04:18+	01:25+	00:25+					
02:35+	01:49+	02:11+	01:33+	03:26+	01:22+	02:34+	02:29+	02:25+	01:30+	04:18+	01:25+	00:25+					
23	Svein Sivertsen												3530	29:02			
01:44+	04:06+	06:21+	08:00+	10:55+	12:37+	15:37+	18:27+	21:17+	23:09+	27:01+	28:34+	29:02+					
01:44+	02:22+	02:15+	01:39+	02:55+	01:42+	03:00+	02:50+	02:50+	01:52+	03:52+	01:33+	00:28+					
01:44+	02:22+	02:15+	01:39+	02:55+	01:42+	03:00+	02:50+	02:50+	01:52+	03:52+	01:33+	00:28+					
24	Per Olof Wallerstedt												3516	29:43			
01:25+	03:26+	05:26+	06:54+	12:24+	13:33+	16:16+	18:41+	21:18+	22:45+	28:03+	29:18+	29:43+					
01:25+	02:01+	02:00+	01:28+	05:30+	01:09+	02:43+	02:25+	02:37+	01:27+	05:18+	01:15+	00:25+					
01:25+	02:01+	02:00+	01:28+	05:30+	01:09+	02:43+	02:25+	02:37+	01:27+	05:18+	01:15+	00:25+					
25	Rune Jonassen												3533	30:13			
01:20+	05:05+	07:27+	09:05+	12:04+	13:20+	16:39+	19:19+	22:35+	24:19+	28:14+	29:48+	30:13+					
01:20+	03:45+	02:22+	01:38+	02:59+	01:16+	03:19+	02:40+	03:16+	01:44+	03:55+	01:34+	00:25+					
01:20+	03:45+	02:22+	01:38+	02:59+	01:16+	03:19+	02:40+	03:16+	01:44+	03:55+	01:34+	00:25+					
26	Roger Endre Nyseth												892	30:35			
01:50+	04:36+	07:28+	09:20+	12:15+	13:45+	17:04+	19:46+	22:40+	24:18+	28:17+	30:03+	30:35+					
01:50+	02:46+	02:52+	01:52+	02:55+	01:30+	03:19+	02:42+	02:54+	01:38+	03:59+	01:46+	00:32+					
01:50+	02:46+	02:52+	01:52+	02:55+	01:30+	03:19+	02:42+	02:54+	01:38+	03:59+	01:46+	00:32+					
27	Jan Henrik Neuenkirchen												896	31:10			
01:31+	03:22+	05:43+	07:19+	11:53+	13:11+	16:03+	18:38+	21:27+	23:20+	29:10+	30:48+	31:10+					
01:31+	01:51+	02:21+	01:36+	04:34+	01:18+	02:52+	02:35+	02:49+	01:53+	05:50+	01:38+	00:22+					
01:31+	01:51+	02:21+	01:36+	04:34+	01:18+	02:52+	02:35+	02:49+	01:53+	05:50+	01:38+	00:22+					
28	Arild Svihus												892	31:59			
02:09+	04:44+	07:18+	08:58+	11:50+	16:58+	19:39+	22:18+	24:53+	26:52+	30:06+	31:35+	31:59+					
02:09+	02:35+	02:34+	01:40+	02:52+	05:08+	02:41+	02:39+	02:35+	01:59+	03:14+	01:29+	00:24+					
02:09+	02:35+	02:34+	01:40+	02:52+	05:08+	02:41+	02:39+	02:35+	01:59+	03:14+	01:29+	00:24+					
29	Leif Jarle Skåra												3502	32:15			
01:44+	04:02+	06:36+	08:19+	13:32+	14:54+	18:08+	20:56+	24:14+	26:08+	30:11+	31:50+	32:15+					
01:44+	02:18+	02:34+	01:43+	05:13+	01:22+	03:14+	02:48+	03:18+	01:54+	04:03+	01:39+	00:25+					
01:44+	02:18+	02:34+	01:43+	05:13+	01:22+	03:14+	02:48+	03:18+	01:54+	04:03+	01:39+	00:25+					
30	Stephane Bordet												877	32:29			
01:18+	03:35+	05:55+	07:49+	16:26+	17:40+	20:06+	22:21+	25:13+	26:56+	30:21+	31:58+	32:29+					
01:18+	02:17+	02:20+	01:54+	08:37+	01:14+	02:26+	02:15+	02:52+	01:43+	03:25+	01:37+	00:31+					
01:18+	02:17+	02:20+	01:54+	08:37+	01:14+	02:26+	02:15+	02:52+	01:43+	03:25+	01:37+	00:31+					
31	Nils Egil Lie												3548	33:15			
01:56+	04:11+	06:40+	08:54+	13:53+	15:12+	18:47+	21:24+	24:29+	26:42+	31:08+	32:45+	33:15+					
01:56+	02:15+	02:29+	02:14+	04:59+	01:19+	03:35+	02:37+	03:05+	02:13+	04:26+	01:37+	00:30+					
01:56+	02:15+	02:29+	02:14+	04:59+	01:19+	03:35+	02:37+	03:05+	02:13+	04:26+	01:37+	00:30+					

Plass	Navn										Klasse	Tid									
Herrer Trim																					
32	Christian Nilsen										3525	33:22									
01:46+	04:11+	07:09+	08:52+	12:12+	13:51+	17:51+	20:51+	24:09+	26:23+	30:37+	32:49+	33:22+									
01:46+	02:25+	02:58+	01:43+	03:20+	01:39+	04:00+	03:00+	03:18+	02:14+	04:14+	02:12+	00:33+									
01:46+	02:25+	02:58+	01:43+	03:20+	01:39+	04:00+	03:00+	03:18+	02:14+	04:14+	02:12+	00:33+									
33	Frank Gulbrandsen										722	34:08									
02:02+	04:48+	07:30+	09:39+	13:23+	15:01+	18:36+	21:38+	24:54+	27:22+	31:49+	33:40+	34:08+									
02:02+	02:46+	02:42+	02:09+	03:44+	01:38+	03:35+	03:02+	03:16+	02:28+	04:27+	01:51+	00:28+									
02:02+	02:46+	02:42+	02:09+	03:44+	01:38+	03:35+	03:02+	03:16+	02:28+	04:27+	01:51+	00:28+									
34	Rune Hagen Maudal										3524	35:35									
02:21+	04:31+	07:25+	09:25+	13:13+	15:17+	20:14+	23:28+	26:34+	28:17+	33:03+	35:07+	35:35+									
02:21+	02:10+	02:54+	02:00+	03:48+	02:04+	04:57+	03:14+	03:06+	01:43+	04:46+	02:04+	00:28+									
02:21+	02:10+	02:54+	02:00+	03:48+	02:04+	04:57+	03:14+	03:06+	01:43+	04:46+	02:04+	00:28+									
35	John Helge Svandal										3531	36:23									
01:33+	03:25+	05:46+	07:28+	12:59+	14:23+	17:22+	20:14+	23:02+	24:55+	33:47+	36:00+	36:23+									
01:33+	01:52+	02:21+	01:42+	05:31+	01:24+	02:59+	02:52+	02:48+	01:53+	08:52+	02:13+	00:23+									
01:33+	01:52+	02:21+	01:42+	05:31+	01:24+	02:59+	02:52+	02:48+	01:53+	08:52+	02:13+	00:23+									
36	Jonas Lende Oftedal										NOTEAM	40:23									
01:15+	05:50+	08:04+	09:33+	14:37+	16:04+	20:22+	22:52+	25:06+	26:46+	38:57+	40:04+	40:23+									
01:15+	04:35+	02:14+	01:29+	05:04+	01:27+	04:18+	02:30+	02:14+	01:40+	12:11+	01:07+	00:19+									
01:15+	04:35+	02:14+	01:29+	05:04+	01:27+	04:18+	02:30+	02:14+	01:40+	12:11+	01:07+	00:19+									
37	Kjell-Ole Topnes										1683	41:06									
01:51+	08:48+	11:09+	13:43+	16:47+	19:59+	23:06+	25:57+	29:20+	32:06+	37:08+	40:37+	41:06+									
01:51+	06:57+	02:21+	02:34+	03:04+	03:12+	03:07+	02:51+	03:23+	02:46+	05:02+	03:29+	00:29+									
01:51+	06:57+	02:21+	02:34+	03:04+	03:12+	03:07+	02:51+	03:23+	02:46+	05:02+	03:29+	00:29+									
38	Francesco Pierfelice										1683	42:51									
01:34+	04:40+	08:53+	11:12+	18:03+	20:01+	24:41+	28:08+	32:47+	35:42+	40:53+	42:25+	42:51+									
01:34+	03:06+	04:13+	02:19+	06:51+	01:58+	04:40+	03:27+	04:39+	02:55+	05:11+	01:32+	00:26+									
01:34+	03:06+	04:13+	02:19+	06:51+	01:58+	04:40+	03:27+	04:39+	02:55+	05:11+	01:32+	00:26+									
39	Svein Inge Sævereid										643	50:16									
04:03+	07:39+	11:29+	14:31+	19:27+	21:57+	26:44+	30:57+	35:54+	38:43+	46:34+	49:28+	50:16+									
04:03+	03:36+	03:50+	03:02+	04:56+	02:30+	04:47+	04:13+	04:57+	02:49+	07:51+	02:54+	00:48+									
04:03+	03:36+	03:50+	03:02+	04:56+	02:30+	04:47+	04:13+	04:57+	02:49+	07:51+	02:54+	00:48+									
40	Svein Olav Høyland										1683	54:00									
05:38+	09:11+	13:04+	15:15+	24:36+	27:36+	32:23+	37:05+	40:56+	44:13+	50:08+	53:14+	54:00+									
05:38+	03:33+	03:53+	02:11+	09:21+	03:00+	04:47+	04:42+	03:51+	03:17+	05:55+	03:06+	00:46+									
05:38+	03:33+	03:53+	02:11+	09:21+	03:00+	04:47+	04:42+	03:51+	03:17+	05:55+	03:06+	00:46+									

Beste strekktid for klassen

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