

Vagleskogen										Strekktider										-08.05.2024											
Plass		Navn		Klasse		Tid																									
Damer 16 - 39 år																															
1		Maren Benjaminsen										1832										30:59									
02:17=	05:21=	06:56=	07:18=	10:01=	11:38=	12:45=	13:56=	14:53=	15:41=	18:25=	20:42=	22:11=	23:14=	26:36=	27:53=	29:25=	30:03=	30:36=	30:59=												
02:17=	03:04=	01:35=	00:22=	02:43=	01:37=	01:07=	01:11=	00:57=	00:48=	02:44=	02:17=	01:29=	01:03=	03:22=	01:17=	01:32=	00:38=	00:33=	00:23=												
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=												
2		Frida Erikstein										1830										33:18									
02:59+	06:38+	08:25+	08:46+	11:47+	13:32+	14:53+	15:59+	16:53+	17:45+	20:49+	23:11+	24:43+	25:51+	28:40+	29:57+	31:40+	32:21+	32:58+	33:18+												
02:59+	03:39+	01:47+	00:21=	03:01+	01:45+	01:21+	01:06=	00:54=	00:52+	03:04+	02:22+	01:32+	01:08+	02:49=	01:17=	01:43+	00:41+	00:37+	00:20=												
00:42&	00:35#	00:12#	00:01=	00:18#	00:08+	00:14#	00:05=	00:03=	00:04+	00:20#	00:05+	00:03+	00:05+	00:33=	00:00=	00:11#	00:03+	00:04#	00:03=												
3		Aina Kalsaas Urstad										3580										34:06									
01:54=	04:57=	06:39=	07:01=	09:46=	11:52+	13:10+	14:20+	15:31+	16:22+	20:00+	22:42+	24:23+	26:14+	29:25+	30:48+	32:33+	33:17+	33:46+	34:06+												
01:54=	03:03=	01:42+	00:22=	02:45+	02:06+	01:18+	01:10=	01:11+	00:51+	03:38+	02:42+	01:41+	01:51+	03:11=	01:23+	01:45+	00:44+	00:29=	00:20=												
00:23=	00:01=	00:07+	00:00=	00:02+	00:29&	00:11#	00:01=	00:14#	00:03+	00:54&	00:25#	00:12#	00:48&	00:11=	00:06+	00:13#	00:06#	00:04=	00:03=												
4		Sina Thu Randulff										643										34:32									
01:56=	06:41+	08:12+	08:29+	11:06+	12:59+	14:03+	15:06+	15:59+	16:46+	20:07+	22:33+	24:03+	25:10+	30:22+	31:29+	32:51+	33:42+	34:15+	34:32+												
01:56=	04:45+	01:31=	00:17=	02:37=	01:53+	01:04=	01:03=	00:53=	00:47=	03:21+	02:26+	01:30+	01:07+	05:12+	01:07=	01:22=	00:51+	00:33=	00:17=												
00:21=	01:41&	00:04=	00:05=	00:06=	00:16#	00:03=	00:08=	00:04=	00:01=	00:37#	00:09+	00:01+	00:04+	01:50&	00:10=	00:10=	00:13&	00:00=	00:06=												
5		Marita Skorpe Falnes										3568										37:34									
02:41+	05:40+	08:04+	08:32+	11:44+	13:41+	15:07+	16:30+	17:40+	18:33+	22:32+	25:40+	27:21+	28:30+	32:01+	33:49+	35:43+	36:28+	37:08+	37:34+												
02:41+	02:59=	02:24+	00:28+	03:12+	01:57+	01:26+	01:23+	01:10+	00:53+	03:59+	03:08+	01:41+	01:09+	03:31+	01:48+	01:54+	00:45+	00:40+	00:26+												
00:24#	00:05=	00:49&	00:06&	00:29#	00:20#	00:19&	00:12#	00:13#	00:05#	01:15&	00:51&	00:12#	00:06+	00:09+	00:31&	00:22#	00:07#	00:07#	00:03#												
6		Trine Selvikvåg										3529										38:49									
02:30+	06:47+	08:54+	09:15+	12:15+	14:29+	15:58+	17:09+	18:24+	19:25+	23:09+	26:03+	27:56+	29:10+	32:08+	34:39+	37:02+	37:56+	38:28+	38:49+												
02:30+	04:17+	02:07+	00:21=	03:00+	02:14+	01:29+	01:11=	01:15+	01:01+	03:44+	02:54+	01:53+	01:14+	02:58=	02:31+	02:23+	00:54+	00:32=	00:21=												
00:13+	01:13&	00:32&	00:01=	00:17#	00:37&	00:22&	00:00=	00:18&	00:13&	01:00&	00:37&	00:24&	00:11#	00:24=	01:14&	00:51&	00:16&	00:01=	00:02=												
7		Hanne Berg Aspøy										896										39:31									
02:39+	06:29+	10:29+	11:47+	14:53+	17:08+	18:32+	19:42+	20:40+	21:24+	25:15+	27:52+	29:43+	31:08+	34:29+	36:08+	37:53+	38:34+	39:08+	39:31+												
02:39+	03:50+	04:00+	01:18+	03:06+	02:15+	01:24+	01:10=	00:58+	00:44=	03:51+	02:37+	01:51+	01:25+	03:21=	01:39+	01:45+	00:41+	00:34+	00:23=												
00:22#	00:46#	02:25@	00:56@	00:23#	00:38&	00:17&	00:01=	00:01+	00:04=	01:07&	00:20#	00:22#	00:22&	00:01=	00:22&	00:13#	00:03+	00:01+	00:00=												
8		Hege Bakken										1754										39:38									
02:40+	05:44+	07:46+	08:25+	11:57+	14:16+	16:12+	17:40+	18:46+	19:46+	23:50+	26:38+	29:10+	30:38+	34:12+	35:48+	37:47+	38:31+	39:09+	39:38+												
02:40+	03:04=	02:02+	00:39+	03:32+	02:19+	01:56+	01:28+	01:06+	01:00+	04:04+	02:48+	02:32+	01:28+	03:34+	01:36+	01:59+	00:44+	00:38+	00:29+												
00:23#	00:00=	00:27&	00:17&	00:49&	00:42&	00:49&	00:17#	00:09#	00:12#	01:20&	00:31#	01:03&	00:25&	00:12+	00:19#	00:27&	00:06#	00:05#	00:06&												
9		Hanne Thu										3516										41:17									
03:22+	07:26+	09:38+	10:05+	13:20+	15:48+	17:42+	19:13+	20:26+	21:24+	25:03+	28:06+	29:59+	31:17+	35:03+	36:52+	39:19+	40:10+	40:51+	41:17+												
03:22+	04:04+	02:12+	00:27+	03:15+	02:28+	01:54+	01:31+	01:13+	00:58+	03:39+	03:03+	01:53+	01:18+	03:46+	01:49+	02:27+	00:51+	00:41+	00:26+												
01:05&	01:00&	00:37&	00:05#	00:32#	00:51&	00:47&	00:20&	00:16&	00:10#	00:55&	00:46&	00:24&	00:15#	00:24#	00:32&	00:55&	00:13&	00:08#	00:03#												
10		Marita Navjord Nicolaysen										1284										45:59									
02:37+	07:54+	10:09+	10:48+	14:50+	17:13+	18:47+	20:14+	21:36+	22:34+	27:40+	30:35+	32:42+	34:06+	39:08+	41:09+	43:34+	44:33+	45:32+	45:59+												
02:37+	05:17+	02:15+	00:39+	04:02+	02:23+	01:34+	01:27+	01:22+	00:58+	05:06+	02:55+	02:07+	01:24+	05:02+	02:01+	02:25+	00:59+	00:59+	00:27+												
00:20#	02:13&	00:40&	00:17&	01:19&	00:46&	00:27&	00:16#	00:25&	00:10#	02:22&	00:38&	00:38&	00:21&	01:40&	00:44&	00:53&	00:21&	00:26&	00:04#												
11		Dina Baerheim										722										46:12									
02:46+	07:03+	09:43+	10:11+	14:04+	16:44+	18:34+	20:12+	21:46+	22:48+	27:29+	31:09+	33:48+	35:10+	39:43+	41:48+	43:52+	44:48+	45:45+	46:12+												
02:46+	04:17+	02:40+	00:28+	03:53+	02:40+	01:50+	01:38+	01:34+	01:02+	04:41+	03:40+	02:39+	01:22+	04:33+	02:05+	02:04+	00:56+	00:57+	00:27+												
00:29#	01:13&	01:05&	00:06&	01:10&	01:03&	00:43&	00:27&	00:37&	00:14&	01:57&	01:23&	01:10&	00:19&	01:11&	00:48&	00:32&	00:18&	00:24&	00:04#												
12		Katja Eliassen										722										50:38									
03:14+	06:47+	09:44+	10:24+	14:22+	17:09+	20:43+	22:14+	23:41+	25:00+	28:52+	32:03+	37:01+	38:32+	43:03+	44:59+	47:45+	48:55+	50:11+	50:38+												
03:14+	03:33+	02:57+	00:40+	03:58+	02:47+	03:34+	01:31+	01:27+	01:19+	03:52+	03:11+	04:58+	01:31+	04:31+	01:56+	02:46+	01:10+	01:16+	00:27+												
00:57&	00:29#	01:22&	00:18&	01:15&	01:10&	02:27@	00:20&	00:30&	00:31&	01:08&	00:54&	03:29@	00:28&	01:09&	00:39&	01:14&	00:32&	00:43@	00:04#												
13		Ingvil Øvestad										3511										51:18									
03:41+	10:12+	12:56+	13:23+	17:07+	19:30+	21:19+	23:08+	24:27+	25:42+	30:48+	34:14+	37:36+	39:26+	44:23+	46:23+	48:50+	49:49+	50:40+	51:18+												
03:41+	06:31+	02:44+	00:27+	03:44+	02:23+	01:49+	01:49+	01:19+	01:15+	05:06+	03:26+	03:22+	01:50+	04:57+	02:00+	02:27+	00:59+	00:51+	00:38+												
01:24&	03:27@	01:09&	00:05#	01:01&	00:46&	00:42&	00:38&	00:22&	00:27&	02:22&	01:09&	01:53@	00:47&	01:35&	00:43&	00:55&	00:21&	00:18&	00:15&												
14		Svitlana Rasheva										1683										51:24									
03:14+	07:27+	09:50+	10:23+	14:17+	17:09+	18:51+	20:22+	22:00+	25:03+	30:18+	34:12+	36:46+	38:05+	43:20+	45:45+	48:14+	49:37+	50:50+	51:24+												
03:14+	04:13+	02:23+	00:33+	03:54+	02:52+	01:42+	01:31+	01:38+	03:03+	05:15+	03:54+	02:34+	01:19+	05:15+	02:25+	02:29+	01:23+	01:13+	00:34+												
00:57&	01:09&	00:48&	00:11&	01:11&	01:15&	00:35&	00:20&	00:41&	02:15@	02:31&	01:37&	01:05&	00:16&	01:53&	01:08&	00:57&	00:45@	00:40@	00:11&												

Plass	Navn	Klasse	Tid
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Damer 16 - 39 år

15	Juliane Tytlandsvik Nødland										3512										1:00:37									
03:40+	09:39+	12:54+	13:34+	18:35+	21:41+	24:34+	26:44+	28:13+	29:45+	36:29+	40:32+	43:42+	45:56+	51:26+	54:24+	57:21+	58:50+	59:54+	60:37+											
03:40+	05:59+	03:15+	00:40+	05:01+	03:06+	02:53+	02:10+	01:29+	01:32+	06:44+	04:03+	03:10+	02:14+	05:30+	02:58+	02:57+	01:29+	01:04+	00:43+											
01:23&	02:55&	01:40@	00:18&	02:18&	01:29&	01:46@	00:59&	00:32&	00:44&	04:00@	01:46&	01:41@	01:11@	02:08&	01:41@	01:25&	00:51@	00:31&	00:20&											

Beste strekktid for klassen

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

Damer 40 - 49 år

1	Maren Thu	NOTEAM	40:25																	
01:57=	02:32=	04:08=	05:34=	06:23=	10:14=	10:58=	15:02=	16:48=	17:07=	20:27=	22:52=	24:20=	26:58=	33:46=	34:34=	36:30=	38:34=	39:22=	40:02=	40:25=
01:57=	00:35=	01:36=	01:26=	00:49=	03:51=	00:44=	04:04=	01:46=	00:19=	03:20=	02:25=	01:28=	02:38=	06:48=	00:44=	01:56=	02:04=	00:48=	00:40=	00:23=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Gezien Jongenburger	892	43:53																	
02:57+	03:34+	05:23+	07:32+	08:36+	10:59+	12:48+	15:59+	18:29+	18:54+	21:49+	24:50+	26:19+	28:28+	35:42+	36:31+	38:56+	41:58+	42:46+	43:25+	43:53+
02:57+	00:37+	01:49+	02:09+	01:04+	02:23-	01:49+	03:11-	02:30+	00:25+	02:55-	03:01+	01:29+	02:09-	07:14+	00:49+	02:25+	03:02+	00:48=	00:39-	00:28+
01:00&	00:02+	00:13#	00:43&	00:15&	01:28-	01:05@	00:53-	00:44&	00:06&	00:25-	00:36#	00:01+	00:29-	00:26+	00:01+	00:29#	00:58&	00:00=	00:01-	00:05#
3	Helene Lie	3565	44:11																	
01:54-	02:35+	04:36+	06:18+	07:33+	10:37+	11:28+	16:00+	18:49+	19:14+	23:00+	25:17+	26:58+	29:45+	37:12+	37:58+	40:08+	42:07+	42:54+	43:45+	44:11+
01:54-	00:41+	02:01+	01:42+	01:15+	03:04-	00:51+	04:32+	02:49+	00:25+	03:46+	02:17-	01:41+	02:47+	07:27+	00:46-	02:10+	01:59-	00:47-	00:51+	00:26+
00:03-	00:06#	00:25&	00:16#	00:26&	00:47-	00:07#	00:28#	01:03&	00:06&	00:26#	00:08-	00:13#	00:09+	00:39+	00:02-	00:14#	00:05-	00:01-	00:11&	00:03#
4	Randi Ladsten	879	45:42																	
01:59+	02:52+	04:48+	06:36+	07:35+	11:32+	12:36+	16:05+	18:21+	18:49+	22:36+	25:07+	26:45+	29:12+	37:13+	38:04+	41:00+	43:31+	44:28+	45:15+	45:42+
01:59+	00:53+	01:56+	01:48+	00:59+	03:57+	01:04+	03:29-	02:16+	00:28+	03:47+	02:31+	01:38+	02:27-	08:01+	00:51+	02:56+	02:31+	00:57+	00:47+	00:27+
00:02+	00:18&	00:20#	00:22&	00:10#	00:06+	00:20&	00:35-	00:30&	00:09&	00:27#	00:06+	00:10#	00:11-	01:13#	00:03+	01:00&	00:27#	00:09#	00:07#	00:04#
5	Ingunn Anda Haug	2342	47:54																	
01:59+	02:38+	08:24+	10:01+	11:02+	14:19+	15:16+	18:02+	20:16+	20:44+	24:34+	26:53+	28:17+	30:43+	40:14+	41:12+	43:36+	45:47+	46:40+	47:22+	47:54+
01:59+	00:39+	05:46+	01:37+	01:01+	03:17-	00:57+	02:46-	02:14+	00:28+	03:50+	02:19-	01:24-	02:26-	09:31+	00:58+	02:24+	02:11+	00:53+	00:42+	00:32+
00:02+	00:04#	04:10@	00:11#	00:12#	00:34-	00:13&	01:18-	00:28&	00:09&	00:30#	00:06-	00:04-	00:12-	02:43&	00:10#	00:28#	00:07+	00:05#	00:02+	00:09&
6	Ingvild Marthinussen	3524	48:14																	
03:27+	04:07+	06:03+	07:52+	09:13+	12:26+	13:39+	18:22+	21:25+	21:56+	25:41+	28:22+	30:21+	32:36+	40:20+	41:02+	43:28+	46:09+	47:11+	47:47+	48:14+
03:27+	00:40+	01:56+	01:49+	01:21+	03:13-	01:13+	04:43+	03:03+	00:31+	03:45+	02:41+	01:59+	02:15-	07:44+	00:42-	02:26+	02:41+	01:02+	00:36-	00:27+
01:30&	00:05#	00:20#	00:23&	00:32&	00:38-	00:29&	00:39#	01:17&	00:12&	00:25#	00:16#	00:31&	00:23-	00:56#	00:06-	00:30&	00:37&	00:14&	00:04-	00:04#
7	Anne Lill M. Njå	892	52:18																	
02:35+	03:26+	05:32+	07:40+	09:03+	13:16+	14:17+	17:26+	19:38+	20:13+	23:50+	26:00+	27:39+	31:18+	38:41+	42:58+	46:29+	49:38+	50:31+	51:48+	52:18+
02:35+	00:51+	02:06+	02:08+	01:23+	04:13+	01:01+	03:09-	02:12+	00:35+	03:37+	02:10-	01:39+	03:39+	07:23+	04:17+	03:31+	03:09+	00:53+	01:17+	00:30+
00:38&	00:16&	00:30&	00:42&	00:34&	00:22+	00:17&	00:55-	00:26#	00:16&	00:17+	00:15-	00:11#	01:01&	00:35+	03:29@	01:35&	01:05&	00:05#	00:37&	00:07&
8	Jeanette Mjølhus	722	56:23																	
02:18+	03:10+	05:07+	07:15+	08:35+	11:54+	13:06+	23:19+	24:56+	25:54+	30:08+	32:38+	34:28+	36:31+	45:22+	47:03+	50:07+	52:30+	54:33+	55:59+	56:23+
02:18+	00:52+	01:57+	02:08+	01:20+	03:19-	01:12+	10:13+	01:37-	00:58+	04:14+	02:30+	01:50+	02:03-	08:51+	01:41+	03:04+	02:23+	02:03+	01:26+	00:24+
00:21#	00:17&	00:21#	00:42&	00:31&	00:32-	00:28&	06:09@	00:09-	00:39@	00:54&	00:05+	00:22#	00:35-	02:03&	00:53@	01:08&	00:19#	01:15@	00:46@	00:01+

Beste strekktid for klassen

01:54	00:35	01:36	01:26	00:49	02:23	00:44	02:46	01:37	00:19	02:55	02:10	01:24	02:03	06:48	00:42	01:56	01:59	00:47	00:36	00:23
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer 50 - 59 år

1	Anita Glenne Kallhovd										3502										41:19									
03:11=	03:46=	05:36=	07:14=	08:06=	11:15=	12:02=	14:35=	16:41=	17:01=	20:13=	22:24=	23:52=	25:57=	33:17=	34:24=	37:00=	39:34=	40:17=	40:55=	41:19=										
03:11=	00:35=	01:50=	01:38=	00:52=	03:09=	00:47=	02:33=	02:06=	00:20=	03:12=	02:11=	01:28=	02:05=	07:20=	01:07=	02:36=	02:34=	00:43=	00:38=	00:24=										
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=										

Plass	Navn	Klasse										Tid									
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Damer 50 - 59 år

2	Gerd Olaug Vikeså										1758	41:37									
	01:51-	02:30-	04:21-	06:04-	07:01-	09:45-	10:39-	14:39+	16:49+	17:15+	20:56+	23:37+	24:56+	27:10+	34:30+	35:20+	37:38+	39:30-	40:26+	41:11+	41:37+
	01:51-	00:39+	01:51+	01:43+	00:57+	02:44-	00:54+	04:00+	02:10+	00:26+	03:41+	02:41+	01:19-	02:14+	07:20=	00:50-	02:18-	01:52-	00:56+	00:45+	00:26+
	01:20-	00:04#	00:01+	00:05+	00:05+	00:25-	00:07#	01:27&	00:04+	00:06&	00:29#	00:30#	00:09-	00:09+	00:00=	00:17-	00:18-	00:42-	00:13&	00:07#	00:02+
3	Marianne Fuglestad										896	41:54									
	01:35+	02:12+	03:55+	05:24+	06:11+	08:38+	09:55+	13:40+	15:47+	16:12+	19:14+	21:39+	24:54+	27:57+	34:29+	35:17+	37:32+	39:50+	40:48+	41:31+	41:54+
	01:35+	00:37+	01:43+	01:29+	00:47+	02:27+	01:17+	03:45+	02:07+	00:25+	03:02+	02:25+	03:15+	03:03+	06:32+	00:48+	02:15+	02:18+	00:58+	00:43+	00:23+
	01:35+	00:37+	01:43+	01:29+	00:47+	02:27+	01:17+	03:45+	02:07+	00:25+	03:02+	02:25+	03:15+	03:03+	06:32+	00:48+	02:15+	02:18+	00:58+	00:43+	00:23+
4	Torill Andersen										1683	42:27									
	02:01+	02:39+	04:35+	06:45+	07:43+	11:05+	11:57+	15:21+	17:50+	18:20+	21:55+	23:54+	25:26+	27:44+	34:46+	35:35+	37:44+	40:19+	41:15+	41:58+	42:27+
	02:01+	00:38+	01:56+	02:10+	00:58+	03:22+	00:52+	03:24+	02:29+	00:30+	03:35+	01:59+	01:32+	02:18+	07:02+	00:49+	02:09+	02:35+	00:56+	00:43+	00:29+
	02:01+	00:38+	01:56+	02:10+	00:58+	03:22+	00:52+	03:24+	02:29+	00:30+	03:35+	01:59+	01:32+	02:18+	07:02+	00:49+	02:09+	02:35+	00:56+	00:43+	00:29+
5	Trude Hermanrud										896	44:35									
	02:43+	03:20+	05:15+	07:27+	08:47+	12:00+	13:08+	16:05+	18:07+	18:41+	22:33+	25:09+	26:41+	29:07+	37:07+	37:59+	40:14+	42:35+	43:23+	44:07+	44:35+
	02:43+	00:37+	01:55+	02:12+	01:20+	03:13+	01:08+	02:57+	02:02+	00:34+	03:52+	02:36+	01:32+	02:26+	08:00+	00:52+	02:15+	02:21+	00:48+	00:44+	00:28+
	02:43+	00:37+	01:55+	02:12+	01:20+	03:13+	01:08+	02:57+	02:02+	00:34+	03:52+	02:36+	01:32+	02:26+	08:00+	00:52+	02:15+	02:21+	00:48+	00:44+	00:28+
6	Toril Dahle										1683	45:40									
	02:12+	02:51+	05:16+	06:56+	08:00+	11:16+	12:18+	15:08+	17:44+	18:10+	21:35+	23:56+	25:30+	27:38+	38:37+	39:35+	41:44+	43:49+	44:34+	45:11+	45:40+
	02:12+	00:39+	02:25+	01:40+	01:04+	03:16+	01:02+	02:50+	02:36+	00:26+	03:25+	02:21+	01:34+	02:08+	10:59+	00:58+	02:09+	02:05+	00:45+	00:37+	00:29+
	02:12+	00:39+	02:25+	01:40+	01:04+	03:16+	01:02+	02:50+	02:36+	00:26+	03:25+	02:21+	01:34+	02:08+	10:59+	00:58+	02:09+	02:05+	00:45+	00:37+	00:29+
7	Åse Sellereite										882	46:26									
	01:54+	02:43+	05:37+	07:06+	08:14+	10:42+	11:49+	15:24+	17:42+	18:17+	22:49+	25:19+	26:48+	29:10+	37:17+	38:18+	41:04+	43:36+	45:02+	45:55+	46:26+
	01:54+	00:49+	02:54+	01:29+	01:08+	02:28+	01:07+	03:35+	02:18+	00:35+	04:32+	02:30+	01:29+	02:22+	08:07+	01:01+	02:46+	02:32+	01:26+	00:53+	00:31+
	01:54+	00:49+	02:54+	01:29+	01:08+	02:28+	01:07+	03:35+	02:18+	00:35+	04:32+	02:30+	01:29+	02:22+	08:07+	01:01+	02:46+	02:32+	01:26+	00:53+	00:31+
8	Elisabeth Melbø										879	46:37									
	01:48+	02:26+	04:25+	05:59+	07:36+	11:12+	12:46+	15:34+	17:40+	18:16+	22:37+	25:18+	28:49+	31:05+	38:50+	39:52+	42:10+	44:24+	45:17+	46:04+	46:37+
	01:48+	00:38+	01:59+	01:34+	01:37+	03:36+	01:34+	02:48+	02:06+	00:36+	04:21+	02:41+	03:31+	02:16+	07:45+	01:02+	02:18+	02:14+	00:53+	00:47+	00:33+
	01:48+	00:38+	01:59+	01:34+	01:37+	03:36+	01:34+	02:48+	02:06+	00:36+	04:21+	02:41+	03:31+	02:16+	07:45+	01:02+	02:18+	02:14+	00:53+	00:47+	00:33+
9	Signe Ottesen										1683	46:53									
	01:55+	02:47+	05:43+	07:40+	08:44+	11:53+	12:53+	16:17+	19:18+	19:48+	23:14+	26:04+	27:37+	30:10+	39:01+	39:54+	42:43+	44:41+	45:33+	46:25+	46:53+
	01:55+	00:52+	02:56+	01:57+	01:04+	03:09+	01:00+	03:24+	03:01+	00:30+	03:26+	02:50+	01:33+	02:33+	08:51+	00:53+	02:49+	01:58+	00:52+	00:52+	00:28+
	01:55+	00:52+	02:56+	01:57+	01:04+	03:09+	01:00+	03:24+	03:01+	00:30+	03:26+	02:50+	01:33+	02:33+	08:51+	00:53+	02:49+	01:58+	00:52+	00:52+	00:28+
10	Tonje Tiley										882	47:44									
	02:25+	03:10+	05:17+	07:32+	08:28+	12:02+	12:59+	17:22+	19:47+	20:22+	24:23+	26:26+	28:35+	30:57+	39:40+	40:30+	42:49+	45:13+	46:14+	47:13+	47:44+
	02:25+	00:45+	02:07+	02:15+	00:56+	03:34+	00:57+	04:23+	02:25+	00:35+	04:01+	02:03+	02:09+	02:22+	08:43+	00:50+	02:19+	02:24+	01:01+	00:59+	00:31+
	02:25+	00:45+	02:07+	02:15+	00:56+	03:34+	00:57+	04:23+	02:25+	00:35+	04:01+	02:03+	02:09+	02:22+	08:43+	00:50+	02:19+	02:24+	01:01+	00:59+	00:31+
11	Siv Skretting										1884	49:40									
	02:17+	03:03+	05:02+	06:57+	08:21+	12:46+	13:45+	18:53+	22:14+	22:40+	26:20+	28:34+	30:43+	33:02+	41:52+	42:42+	45:07+	47:22+	48:21+	49:09+	49:40+
	02:17+	00:46+	01:59+	01:55+	01:24+	04:25+	00:59+	05:08+	03:21+	00:26+	03:40+	02:14+	02:09+	02:19+	08:50+	00:50+	02:25+	02:15+	00:59+	00:48+	00:31+
	02:17+	00:46+	01:59+	01:55+	01:24+	04:25+	00:59+	05:08+	03:21+	00:26+	03:40+	02:14+	02:09+	02:19+	08:50+	00:50+	02:25+	02:15+	00:59+	00:48+	00:31+
12	Liv Omdal										1683	49:52									
	03:38+	04:27+	06:42+	08:33+	09:47+	13:54+	15:18+	19:02+	21:43+	22:31+	26:30+	29:15+	31:06+	33:38+	41:52+	43:20+	45:50+	47:44+	48:38+	49:24+	49:52+
	03:38+	00:49+	02:15+	01:51+	01:14+	04:07+	01:24+	03:44+	02:41+	00:48+	03:59+	02:45+	01:51+	02:32+	08:14+	01:28+	02:30+	01:54+	00:54+	00:46+	00:28+
	03:38+	00:49+	02:15+	01:51+	01:14+	04:07+	01:24+	03:44+	02:41+	00:48+	03:59+	02:45+	01:51+	02:32+	08:14+	01:28+	02:30+	01:54+	00:54+	00:46+	00:28+
13	Gøril Braut Aarsand										2539	50:22									
	02:19+	03:15+	05:29+	07:34+	08:50+	12:21+	13:21+	17:17+	20:06+	20:48+	25:34+	27:54+	29:45+	32:14+	40:27+	41:25+	45:22+	47:44+	48:53+	49:43+	50:22+
	02:19+	00:56+	02:14+	02:05+	01:16+	03:31+	01:00+	03:56+	02:49+	00:42+	04:46+	02:20+	01:51+	02:29+	08:13+	00:58+	03:57+	02:22+	01:09+	00:50+	00:39+
	02:19+	00:56+	02:14+	02:05+	01:16+	03:31+	01:00+	03:56+	02:49+	00:42+	04:46+	02:20+	01:51+	02:29+	08:13+	00:58+	03:57+	02:22+	01:09+	00:50+	00:39+
14	Turid Eikebu Alfsen										1683	52:14									
	02:08+	03:19+	05:23+	07:22+	09:07+	12:19+	13:33+	16:51+	19:58+	20:56+	24:50+	28:01+	30:04+	33:07+	41:15+	43:46+	47:12+	49:52+	50:49+	51:41+	52:14+
	02:08+	01:11+	02:04+	01:59+	01:45+	03:12+	01:14+	03:18+	03:07+	00:58+	03:54+	03:11+	02:03+	03:03+	08:08+	02:31+	03:26+	02:40+	00:57+	00:52+	00:33+
	02:08+	01:11+	02:04+	01:59+	01:45+	03:12+	01:14+	03:18+	03:07+	00:58+	03:54+	03:11+	02:03+	03:03+	08:08+	02:31+	03:26+	02:40+	00:57+	00:52+	00:33+
15	Ingjerd Haddeland										3507	52:48									
	02:32+	03:17+	05:29+	07:51+	09:03+	12:50+	13:44+	18:21+	20:48+	21:16+	25:54+	29:16+	31:09+	33:35+	43:51+	44:47+	47:39+	50:29+	51:28+	52:20+	52:48+
	02:32+	00:45+	02:12+	02:22+	01:12+	03:47+	00:54+	04:37+	02:27+	00:28+	04:38+	03:22+	01:53+	02:26+	10:16+	00:56+	02:52+	02:50+	00:59+	00:52+	00:28+
	02:32+	00:45+	02:12+	02:22+	01:12+	03:47+	00:54+	04:37+	02:27+	00:28+	04:38+	03:22+	01:53+	02:26+	10:16+	00:56+	02:52+	02:50+	00:59+	00:52+	00:28+

Plass	Navn				Klasse				Tid			
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Damer 50 - 59 år

16	Irene Sirevåg										1754										56:55									
02:23+	03:10+	05:30+	07:32+	08:42+	12:30+	13:34+	17:00+	19:51+	20:36+	25:20+	28:25+	30:24+	34:16+	44:21+	45:34+	51:53+	54:23+	55:28+	56:24+	56:55+										
02:23+	00:47+	02:20+	02:02+	01:10+	03:48+	01:04+	03:26+	02:51+	00:45+	04:44+	03:05+	01:59+	03:52+	10:05+	01:13+	06:19+	02:30+	01:05+	00:56+	00:31+										
02:23+	00:47+	02:20+	02:02+	01:10+	03:48+	01:04+	03:26+	02:51+	00:45+	04:44+	03:05+	01:59+	03:52+	10:05+	01:13+	06:19+	02:30+	01:05+	00:56+	00:31+										
17	Astri Sandanger										896										58:07									
02:24+	03:17+	06:11+	10:18+	11:37+	16:43+	18:13+	21:20+	23:59+	24:40+	29:14+	32:15+	35:45+	38:50+	48:51+	49:56+	53:36+	55:55+	56:52+	57:40+	58:07+										
02:24+	00:53+	02:54+	04:07+	01:19+	05:06+	01:30+	03:07+	02:39+	00:41+	04:34+	03:01+	03:30+	03:05+	10:01+	01:05+	03:40+	02:19+	00:57+	00:48+	00:27+										
02:24+	00:53+	02:54+	04:07+	01:19+	05:06+	01:30+	03:07+	02:39+	00:41+	04:34+	03:01+	03:30+	03:05+	10:01+	01:05+	03:40+	02:19+	00:57+	00:48+	00:27+										
18	Synnøve Westermoen										1683										58:28									
03:18+	04:10+	07:09+	08:53+	10:10+	17:10+	21:43+	22:29+	25:40+	28:02+	28:30+	34:18+	36:15+	38:07+	40:31+	48:53+	49:52+	52:48+	54:41+	57:09+	57:57+	58:28+									
03:18+	00:52+	02:59+	01:44+	01:17+	07:00+	04:33+	00:46+	03:11+	02:22+	00:28+	05:48+	01:57+	01:52+	02:24+	08:22+	00:59+	02:56+	01:53+	02:28+	00:48+	00:31+									
03:18+	00:52+	02:59+	01:44+	01:17+	07:00+	04:33+	00:46+	03:11+	02:22+	00:28+	05:48+	01:57+	01:52+	02:24+	08:22+	00:59+	02:56+	01:53+	02:28+	00:48+	00:31+									
19	Tove Irene Asheim										1683										1:02:34									
02:32+	03:37+	06:43+	09:06+	10:24+	15:44+	16:42+	19:58+	23:01+	23:37+	28:53+	32:04+	34:03+	37:07+	46:22+	50:40+	54:58+	60:13+	61:08+	61:54+	62:34+										
02:32+	01:05+	03:06+	02:23+	01:18+	05:20+	00:58+	03:16+	03:03+	00:36+	05:16+	03:11+	01:59+	03:04+	09:15+	04:18+	04:18+	05:15+	00:55+	00:46+	00:40+										
02:32+	01:05+	03:06+	02:23+	01:18+	05:20+	00:58+	03:16+	03:03+	00:36+	05:16+	03:11+	01:59+	03:04+	09:15+	04:18+	04:18+	05:15+	00:55+	00:46+	00:40+										
20	Brit Vivian Meling										1683										1:06:12									
02:51+	03:44+	06:07+	12:06+	13:34+	18:21+	20:01+	23:32+	26:54+	27:39+	33:00+	35:55+	38:02+	41:43+	52:43+	57:11+	60:27+	62:58+	64:14+	65:26+	66:12+										
02:51+	00:53+	02:23+	05:59+	01:28+	04:47+	01:40+	03:31+	03:22+	00:45+	05:21+	02:55+	02:07+	03:41+	11:00+	04:28+	03:16+	02:31+	01:16+	01:12+	00:46+										
02:51+	00:53+	02:23+	05:59+	01:28+	04:47+	01:40+	03:31+	03:22+	00:45+	05:21+	02:55+	02:07+	03:41+	11:00+	04:28+	03:16+	02:31+	01:16+	01:12+	00:46+										
21	Kristin Furre Owe										896										1:17:35									
03:52+	04:56+	08:10+	10:45+	13:08+	17:20+	18:35+	28:13+	31:44+	32:23+	38:35+	43:00+	45:14+	48:51+	62:57+	65:35+	69:18+	72:47+	75:45+	76:55+	77:35+										
03:52+	01:04+	03:14+	02:35+	02:23+	04:12+	01:15+	09:38+	03:31+	00:39+	06:12+	04:25+	02:14+	03:37+	14:06+	02:38+	03:43+	03:29+	02:58+	01:10+	00:40+										
03:52+	01:04+	03:14+	02:35+	02:23+	04:12+	01:15+	09:38+	03:31+	00:39+	06:12+	04:25+	02:14+	03:37+	14:06+	02:38+	03:43+	03:29+	02:58+	01:10+	00:40+										

Beste strekktid for klassen

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

Damer 60 - 64 år

1	Ingrid E. I. Øxnevad										3516					29:40				
01:53=	04:00=	05:57=	06:20=	09:08=	10:56=	11:37=	15:06=	19:10=	21:07=	22:22=	26:01=	27:39=	28:27=	29:15=	29:40=					
01:53=	02:07=	01:57=	00:23=	02:48=	01:48=	00:41=	03:29=	04:04=	01:57=	01:15=	03:39=	01:38=	00:48=	00:48=	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	Anne-Siv Gjertsen										882					35:04				
02:08+	07:06+	08:41+	09:09+	12:42+	15:38+	16:32+	20:20+	23:46+	25:41+	27:02+	31:00+	32:37+	33:35+	34:36+	35:04+					
02:08+	04:58+	01:35=	00:28+	03:33+	02:56+	00:54+	03:48+	03:26=	01:55=	01:21+	03:58+	01:37=	00:58+	01:01+	00:28+					
00:15#	02:51@	00:22=	00:05#	00:45&	01:08&	00:13&	00:19+	00:38=	00:02=	00:06+	00:19+	00:01=	00:10#	00:13&	00:03#					
3	Nidunn Sandvik										3565					36:31				
02:21+	05:40+	08:21+	08:46+	12:32+	15:13+	16:06+	19:29+	23:16+	25:20+	27:06+	31:45+	33:46+	34:46+	35:58+	36:31+					
02:21+	03:19+	02:41+	00:25+	03:46+	02:41+	00:53+	03:23=	03:47=	02:04+	01:46+	04:39+	02:01+	01:00+	01:12+	00:33+					
00:28#	01:12&	00:44&	00:02+	00:58&	00:53&	00:12&	00:06=	00:17=	00:07+	00:31&	01:00&	00:23#	00:12#	00:24&	00:08&					
4	Ellinor Nesse										1683					43:17				
03:13+	07:33+	10:23+	10:52+	15:29+	18:34+	19:39+	24:57+	29:25+	31:53+	33:38+	37:42+	39:37+	41:24+	42:44+	43:17+					
03:13+	04:20+	02:50+	00:29+	04:37+	03:05+	01:05+	05:18+	04:28+	02:28+	01:45+	04:04+	01:55+	01:47+	01:20+	00:33+					
01:20&	02:13@	00:53&	00:06&	01:49&	01:17&	00:24&	01:49&	00:24+	00:31&	00:30&	00:25#	00:17#	00:59@	00:32&	00:08&					
5	Kari Anstensrud										896					49:27				
02:26+	08:12+	10:57+	11:25+	15:32+	18:17+	19:29+	23:38+	27:09+	29:13+	30:34+	44:15+	46:29+	47:36+	48:58+	49:27+					
02:26+	05:46+	02:45+	00:28+	04:07+	02:45+	01:12+	04:09+	03:31=	02:04+	01:21+	13:41+	02:14+	01:07+	01:22+	00:29+					
00:33&	03:39@	00:48&	00:05#	01:19&	00:57&	00:31&	00:40#	00:33=	00:07+	00:06+	10:02@	00:36&	00:19&	00:34&	00:04#					
6	Ellinor Hoemsnes										1683					50:50				
05:06+	10:36+	14:00+	14:25+	20:26+	23:32+	24:35+	28:37+	35:44+	39:33+	41:30+	45:58+	47:51+	49:00+	50:19+	50:50+					
05:06+	05:30+	03:24+	00:25+	06:01+	03:06+	01:03+	04:02+	07:07+	03:49+	01:57+	04:28+	01:53+	01:09+	01:19+	00:31+					
03:13@	03:23@	01:27&	00:02+	03:13@	01:18&	00:22&	00:33#	03:03&	01:52&	00:42&	00:49#	00:15#	00:21&	00:31&	00:06#					

Plass	Navn	Klasse	Tid
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Damer 60 - 64 år

7	Nina Christiansen					722					55:05				
02:19+	08:00+	10:42+	11:08+	14:54+	18:48+	19:59+	31:47+	36:01+	39:02+	45:28+	50:17+	52:25+	53:32+	54:31+	55:05+
02:19+	05:41+	02:42+	00:26+	03:46+	03:54+	01:11+	11:48+	04:14+	03:01+	06:26+	04:49+	02:08+	01:07+	00:59+	00:34+
00:26#	03:34@	00:45&	00:03#	00:58&	02:06@	00:30&	08:19@	00:10+	01:04&	05:11@	01:10&	00:30&	00:19&	00:11#	00:09&

Beste strekktid for klassen

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

Damer 65 - 69 år

1	May Meling												593			32:33		
02:06=	04:24=	06:31=	06:58=	10:14=	12:27=	13:20=	16:44=	19:54=	22:15=	23:34=	27:41=	29:53=	30:53=	32:03=	32:33=			
02:06=	02:18=	02:07=	00:27=	03:16=	02:13=	00:53=	03:24=	03:10=	02:21=	01:19=	04:07=	02:12=	01:00=	01:10=	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=			
2	Liv-Grete Obrestad												3551			32:56		
02:15+	05:50+	07:57+	08:23+	11:29+	13:51+	14:53+	17:41+	20:51+	22:22+	23:38+	29:04+	30:31+	31:26+	32:31+	32:56+			
02:15+	03:35+	02:07=	00:26=	03:06=	02:22+	01:02+	02:48=	03:10=	01:31=	01:16=	05:26+	01:27=	00:55=	01:05=	00:25=			
00:09+	01:17&	00:00=	00:01=	00:10=	00:09+	00:09#	00:36=	00:00=	00:50=	00:03=	01:19&	00:45=	00:05=	00:05=	00:05=			
3	Tove Bjerkreim												722			33:30		
02:18+	04:55+	09:04+	09:32+	12:43+	14:32+	15:27+	18:26+	21:33+	23:27+	24:43+	29:44+	31:10+	32:05+	33:03+	33:30+			
02:18+	02:37+	04:09+	00:28+	03:11=	01:49=	00:55+	02:59=	03:07=	01:54=	01:16=	05:01+	01:26=	00:55=	00:58=	00:27=			
00:12+	00:19#	02:02&	00:01+	00:05=	00:24=	00:02+	00:25=	00:03=	00:27=	00:03=	00:54#	00:46=	00:05=	00:12=	00:03=			
4	Amanda Renshaw												1758			33:56		
02:46+	06:10+	08:19+	08:40+	12:09+	14:01+	15:45+	19:28+	22:38+	25:04+	26:11+	29:55+	31:30+	32:28+	33:29+	33:56+			
02:46+	03:24+	02:09+	00:21=	03:29+	01:52=	01:44+	03:43+	03:10=	02:26+	01:07=	03:44=	01:35=	00:58=	01:01=	00:27=			
00:40&	01:06&	00:02+	00:06=	00:13+	00:21=	00:51&	00:19+	00:00=	00:05+	00:12=	00:23=	00:37=	00:02=	00:09=	00:03=			
5	Margot Asheim												722			33:58		
01:50=	04:46+	06:44+	07:08+	10:34+	13:12+	15:39+	18:41+	22:13+	24:14+	25:35+	29:50+	31:34+	32:30+	33:33+	33:58+			
01:50=	02:56+	01:58=	00:24=	03:26+	02:38+	02:27+	03:02=	03:32+	02:01=	01:21+	04:15+	01:44=	00:56=	01:03=	00:25=			
00:16=	00:38&	00:09=	00:03=	00:10+	00:25#	01:34@	00:22=	00:22#	00:20=	00:02+	00:08+	00:28=	00:04=	00:07=	00:05=			
6	Marit Karin Skretting Nygård												892			36:21		
02:24+	05:21+	09:00+	09:28+	13:22+	16:14+	17:12+	20:30+	24:00+	26:10+	27:41+	31:54+	33:44+	34:53+	35:58+	36:21+			
02:24+	02:57+	03:39+	00:28+	03:54+	02:52+	00:58+	03:18=	03:30+	02:10=	01:31+	04:13+	01:50=	01:09+	01:05=	00:23=			
00:18#	00:39&	01:32&	00:01+	00:38#	00:39&	00:05+	00:06=	00:20#	00:11=	00:12#	00:06+	00:22=	00:09#	00:05=	00:07=			
7	Berit Bakken												1884			39:47		
02:55+	06:00+	08:39+	09:19+	13:06+	16:34+	17:51+	21:33+	25:29+	28:16+	30:02+	34:13+	36:16+	37:37+	39:04+	39:47+			
02:55+	03:05+	02:39+	00:40+	03:47+	03:28+	01:17+	03:42+	03:56+	02:47+	01:46+	04:11+	02:03=	01:21+	01:27+	00:43+			
00:49&	00:47&	00:32&	00:13&	00:31#	01:15&	00:24&	00:18+	00:46#	00:26#	00:27&	00:04+	00:09=	00:21&	00:17#	00:13&			
8	Liv Sissel Obrestad												3529			44:47		
02:50+	06:10+	08:48+	09:22+	14:00+	17:01+	17:55+	21:50+	26:04+	28:39+	30:39+	35:46+	41:22+	42:53+	44:14+	44:47+			
02:50+	03:20+	02:38+	00:34+	04:38+	03:01+	00:54+	03:55+	04:14+	02:35+	02:00+	05:07+	05:36+	01:31+	01:21+	00:33+			
00:44&	01:02&	00:31#	00:07&	01:22&	00:48&	00:01+	00:31#	01:04&	00:14+	00:41&	01:00#	03:24@	00:31&	00:11#	00:03#			
9	Åse Jacobsen Kro												879			1:35:04		
03:15+	09:24+	13:14+	16:19+	17:28+	24:43+	29:11+	30:04+	34:39+	42:16+	46:23+	48:14+	85:49+	88:37+	90:07+	94:24+			
03:15+	06:09+	03:50+	03:05+	01:09=	07:15+	04:28+	00:53=	04:35+	07:37+	04:07+	01:51=	37:35+	02:48+	01:30+	04:17+			
01:09&	03:51@	01:43&	02:38@	02:07=	05:02@	03:35@	02:31=	01:25&	05:16@	02:48@	02:16=	35:23@	01:48@	00:20&	03:47@			

Beste strekktid for klassen

01:50	02:18	01:58	00:21	01:09	01:49	00:53	00:53	03:07	01:31	01:07	01:51	01:26	00:55	00:58	00:23
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer 70 - 74 år

Plass	Navn	Klasse	Tid
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Damer 70 - 74 år

1	Mette Dagsland												874			45:40		
02:55=	13:51=	16:12=	16:39=	21:48=	24:18=	25:33=	30:15=	33:59=	35:49=	37:11=	41:19=	43:03=	44:03=	45:06=	45:40=			
02:55=	10:56=	02:21=	00:27=	05:09=	02:30=	01:15=	04:42=	03:44=	01:50=	01:22=	04:08=	01:44=	01:00=	01:03=	00:34=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Halldis Handeland												892			52:16		
06:07+	12:57+	15:38+	16:21+	21:17+	24:47+	26:02+	30:26+	35:54+	39:06+	40:52+	46:05+	48:39+	50:07+	51:37+	52:16+			
06:07+	06:50+	02:41+	00:43+	04:56+	03:30+	01:15+	04:24+	05:28+	03:12+	01:46+	05:13+	02:34+	01:28+	01:30+	00:39+			
06:07+	06:50+	02:41+	00:43+	04:56+	03:30+	01:15+	04:24+	05:28+	03:12+	01:46+	05:13+	02:34+	01:28+	01:30+	00:39+			
3	Berit Gramstad												3551			58:45		
03:44+	11:59+	14:27+	15:11+	20:08+	24:30+	26:21+	31:45+	37:03+	41:33+	44:04+	51:21+	54:35+	56:39+	58:08+	58:45+			
03:44+	08:15+	02:28+	00:44+	04:57+	04:22+	01:51+	05:24+	05:18+	04:30+	02:31+	07:17+	03:14+	02:04+	01:29+	00:37+			
03:44+	08:15+	02:28+	00:44+	04:57+	04:22+	01:51+	05:24+	05:18+	04:30+	02:31+	07:17+	03:14+	02:04+	01:29+	00:37+			
4	Brit Skjelbred												1141			1:02:12		
05:31+	11:49+	15:51+	16:30+	22:38+	26:12+	27:44+	33:14+	38:55+	45:28+	47:45+	54:53+	58:15+	59:53+	61:28+	62:12+			
05:31+	06:18+	04:02+	00:39+	06:08+	03:34+	01:32+	05:30+	05:41+	06:33+	02:17+	07:08+	03:22+	01:38+	01:35+	00:44+			
05:31+	06:18+	04:02+	00:39+	06:08+	03:34+	01:32+	05:30+	05:41+	06:33+	02:17+	07:08+	03:22+	01:38+	01:35+	00:44+			

Beste strekktid for klassen

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

Damer 75 - 79 år

1	Haldis Glendrange												874			45:16		
03:13=	06:19=	09:24=	09:58=	14:52=	18:24=	19:29=	24:33=	28:51=	31:34=	33:52=	39:32=	41:53=	43:12=	44:40=	45:16=			
03:02=	03:06=	03:05=	00:34=	04:54=	03:32=	01:05=	05:04=	04:18=	02:43=	02:18=	05:40=	02:21=	01:19=	01:28=	00:36=			
00:00=	00:00=	00:00=	00:00=	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	Gry Vikhamar Thengs												874			48:40		
02:57-	09:07+	12:07+	12:37+	16:45+	22:12+	23:41+	29:37+	33:30+	38:05+	39:47+	43:43+	45:49+	47:04+	48:12+	48:40+			
02:57-	06:10+	03:00-	00:30-	04:08-	05:27+	01:29+	05:56+	03:53-	04:35+	01:42-	03:56-	02:06-	01:15-	01:08-	00:28-			
00:16-	03:04&	00:05-	00:04-	00:46-	01:55&	00:24&	00:52#	00:25-	01:52&	00:36-	01:44-	00:15-	00:04-	00:20-	00:08-			
3	Helga Klausen												769			50:12		
03:17+	07:21+	10:25+	11:11+	16:27+	19:31+	20:58+	25:35+	30:35+	34:03+	36:11+	44:37+	46:58+	48:21+	49:37+	50:12+			
03:17+	04:04+	03:04-	00:46+	05:16+	03:04-	01:27+	04:37-	05:00+	03:28+	02:08-	08:26+	02:21=	01:23+	01:16-	00:35-			
00:04+	00:58&	00:01-	00:12&	00:22+	00:28-	00:22&	00:27-	00:42#	00:45&	00:10-	02:46&	00:00=	00:04+	00:12-	00:01-			
4	Hedvig Anda												1683			52:00		
03:15+	08:26+	11:28+	12:10+	16:50+	22:03+	23:27+	28:09+	32:42+	35:42+	37:44+	45:46+	48:17+	49:39+	51:13+	52:00+			
03:15+	05:11+	03:02-	00:42+	04:40-	05:13+	01:24+	04:42-	04:33+	03:00+	02:02-	08:02+	02:31+	01:22+	01:34+	00:47+			
00:02+	02:05&	00:03-	00:08#	00:14-	01:41&	00:19&	00:22-	00:15+	00:17#	00:16-	02:22&	00:10+	00:03+	00:06+	00:11&			
5	Aslaug Lura												1141			1:00:11		
03:16+	09:44+	13:40+	14:21+	20:46+	24:08+	25:35+	31:07+	36:59+	43:30+	45:38+	53:03+	56:15+	57:52+	59:27+	60:11+			
03:16+	06:28+	03:56+	00:41+	06:25+	03:22-	01:27+	05:32+	05:52+	06:31+	02:08-	07:25+	03:12+	01:37+	01:35+	00:44+			
00:03+	03:22@	00:51&	00:07#	01:31&	00:10-	00:22&	00:28+	01:34&	03:48@	00:10-	01:45&	00:51&	00:18#	00:07+	00:08#			
6	Brynhild Haaland												1758			1:01:11		
04:10+	10:57+	14:46+	15:30+	21:37+	25:18+	26:41+	32:21+	37:56+	44:38+	46:45+	53:54+	57:15+	58:54+	60:28+	61:11+			
04:10+	06:47+	03:49+	00:44+	06:07+	03:41+	01:23+	05:40+	05:35+	06:42+	02:07-	07:09+	03:21+	01:39+	01:34+	00:43+			
00:57&	03:41@	00:44#	00:10&	01:13#	00:09+	00:18&	00:36#	01:17&	03:59@	00:11-	01:29&	01:00&	00:20&	00:06+	00:07#			

Beste strekktid for klassen

02:57	03:06	03:00	00:30	04:08	03:04	01:05	04:37	03:53	02:43	01:42	03:56	02:06	01:15	01:08	00:28
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer 80 år og eldre

Plass	Navn	Klasse	Tid
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Damer 80 år og eldre

1	Helga Aaslid												3529				39:42			
04:16=	05:47=	08:15=	09:59=	14:59=	16:23=	19:00=	21:28=	23:08=	27:11=	29:12=	30:03=	34:01=	37:11=	38:02=	39:01=	39:42=				
04:16=	01:31=	02:28=	01:44=	05:00=	01:24=	02:37=	02:28=	01:40=	04:03=	02:01=	00:51=	03:58=	03:10=	00:51=	00:59=	00:41=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Berit Ebbell Olsen												874				54:34			
08:36+	10:36+	14:43+	16:48+	23:04+	24:47+	28:12+	30:43+	32:31+	38:45+	41:25+	42:45+	47:39+	51:01+	52:02+	53:27+	54:34+				
08:36+	02:00+	04:07+	02:05+	06:16+	01:43+	03:25+	02:31+	01:48+	06:14+	02:40+	01:20+	04:54+	03:22+	01:01+	01:25+	01:07+				
08:36+	02:00+	04:07+	02:05+	06:16+	01:43+	03:25+	02:31+	01:48+	06:14+	02:40+	01:20+	04:54+	03:22+	01:01+	01:25+	01:07+				

Beste strekktid for klassen

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

Damer A

1	Aud Hognestad Taksdal					892					30:44										
01:45=	03:11=	04:13=	04:55=	06:58=	07:31=	09:05=	11:14=	12:35=	13:23=	14:56=	19:55=	21:40=	22:37=	23:25=	25:10=	26:02=	28:09=	29:10=	29:50=	30:27=	30:44=
01:45=	01:26=	01:02=	00:42=	02:03=	00:33=	01:34=	02:09=	01:21=	00:48=	01:33=	04:59=	01:45=	00:57=	00:48=	01:45=	00:52=	02:07=	01:01=	00:40=	00:37=	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=
2	Ane Helgerud					3516					35:54										
02:00+	03:17+	04:16+	04:57+	07:04+	07:40+	09:22+	11:54+	13:38+	14:34+	16:16+	21:40+	24:02+	25:23+	26:31+	29:00+	30:04+	32:59+	34:12+	34:54+	35:35+	35:54+
02:00+	01:17=	00:59=	00:41=	02:07+	00:36+	01:42+	02:32+	01:44+	00:56+	01:42+	05:24+	02:22+	01:21+	01:08+	02:29+	01:04+	02:55+	01:13+	00:42+	00:41+	00:19+
00:15#	00:09=	00:03=	00:01=	00:04+	00:03+	00:08+	00:23#	00:23#	00:08#	00:09+	00:25+	00:37#	00:24#	00:20#	00:44#	00:12#	00:48#	00:12#	00:02+	00:04#	00:02#
3	Trine Bolstad Scheie					769					37:09										
01:53+	03:21+	04:31+	05:16+	07:23+	08:02+	09:49+	13:11+	14:38+	15:40+	17:19+	23:20+	25:34+	26:33+	27:33+	30:04+	31:10+	33:45+	35:19+	36:03+	36:47+	37:09+
01:53+	01:28+	01:10+	00:45+	02:07+	00:39+	01:47+	03:22+	01:27+	01:02+	01:39+	06:01+	02:14+	00:59+	01:00+	02:31+	01:06+	02:35+	01:34+	00:44+	00:44+	00:22+
00:08+	00:02+	00:08#	00:03+	00:04+	00:06#	00:13#	01:13#	00:06+	00:14#	00:06+	01:02#	00:29#	00:02+	00:12#	00:46#	00:14#	00:28#	00:33#	00:04#	00:07#	00:05#
4	Clare Leveridge					877					38:20										
01:51+	03:37+	04:42+	05:26+	07:54+	08:38+	10:37+	12:56+	14:29+	15:33+	17:23+	23:21+	25:52+	27:09+	28:29+	31:07+	32:21+	35:12+	36:28+	37:15+	38:01+	38:20+
01:51+	01:46+	01:05+	00:44+	02:28+	00:44+	01:59+	02:19+	01:33+	01:04+	01:50+	05:58+	02:31+	01:17+	01:20+	02:38+	01:14+	02:51+	01:16+	00:47+	00:46+	00:19+
00:06+	00:20#	00:03+	00:02+	00:25#	00:11#	00:25#	00:10+	00:12#	00:16#	00:17#	00:59#	00:46#	00:20#	00:32#	00:53#	00:22#	00:44#	00:15#	00:07#	00:09#	00:02#
5	Katrine Haaland Leveraas					896					38:29										
01:56+	03:13+	04:21+	05:04+	07:07+	07:43+	10:34+	13:09+	14:43+	15:41+	17:27+	22:58+	25:26+	26:37+	28:14+	30:40+	31:48+	34:49+	36:05+	37:29+	38:10+	38:29+
01:56+	01:17=	01:08+	00:43+	02:03=	00:36+	02:51+	02:35+	01:34+	00:58+	01:46+	05:31+	02:28+	01:11+	01:37+	02:26+	01:08+	03:01+	01:16+	01:24+	00:41+	00:19+
00:11#	00:09=	00:06+	00:01+	00:00=	00:03+	01:17#	00:26#	00:13#	00:10#	00:13#	00:32#	00:43#	00:14#	00:49#	00:41#	00:16#	00:54#	00:15#	00:44#	00:04#	00:02#
6	Matilde Skjæveland Skår					3486					40:16										
02:13+	04:02+	05:16+	06:07+	08:29+	09:20+	11:56+	14:24+	16:20+	17:24+	19:07+	25:00+	27:13+	28:25+	29:50+	32:42+	33:53+	36:57+	38:16+	39:06+	39:54+	40:16+
02:13+	01:49+	01:14+	00:51+	02:22+	00:51+	02:36+	02:28+	01:56+	01:04+	01:43+	05:53+	02:13+	01:12+	01:25+	02:52+	01:11+	03:04+	01:19+	00:50+	00:48+	00:22+
00:28#	00:23#	00:12#	00:09#	00:19#	00:18#	01:02#	00:19#	00:35#	00:16#	00:10#	00:54#	00:28#	00:15#	00:37#	01:07#	00:19#	00:57#	00:18#	00:10#	00:11#	00:05#
7	Torill Brekken					896					42:37										
02:10+	03:51+	05:11+	05:55+	08:04+	08:52+	14:13+	16:36+	18:33+	19:36+	21:20+	27:32+	29:58+	31:06+	32:04+	34:43+	35:53+	38:47+	40:26+	41:11+	42:04+	42:37+
02:10+	01:41+	01:20+	00:44+	02:09+	00:48+	05:21+	02:23+	01:57+	01:03+	01:44+	06:12+	02:26+	01:08+	00:58+	02:39+	01:10+	02:54+	01:39+	00:45+	00:53+	00:33+
00:25#	00:15#	00:18#	00:02+	00:06+	00:15#	03:47#	00:14#	00:36#	00:15#	00:11#	01:13#	00:41#	00:11#	00:10#	00:54#	00:18#	00:47#	00:38#	00:05#	00:16#	00:16#
8	Nina Karlsen					3531					43:44										
01:54+	03:29+	04:49+	05:41+	08:12+	08:56+	11:19+	14:25+	16:39+	17:46+	19:42+	26:30+	29:26+	31:07+	32:24+	35:05+	36:15+	39:36+	41:38+	42:24+	43:17+	43:44+
01:54+	01:35+	01:20+	00:52+	02:31+	00:44+	02:23+	03:06+	02:14+	01:07+	01:56+	06:48+	02:56+	01:41+	01:17+	02:41+	01:10+	03:21+	02:02+	00:46+	00:53+	00:27+
00:09+	00:09#	00:18#	00:10#	00:28#	00:11#	00:49#	00:57#	00:53#	00:19#	00:23#	01:49#	01:11#	00:44#	00:29#	00:56#	00:18#	01:14#	01:01#	00:06#	00:16#	00:10#

Beste strekktid for klassen

01:45	01:17	00:59	00:41	02:03	00:33	01:34	02:09	01:21	00:48	01:33	04:59	01:45	00:57	00:48	01:45	00:52	02:07	01:01	00:40	00:37	00:17
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

Damer B

Plass	Navn	Klasse	Tid
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Damer B

1	Tone Torgersen				882								34:25							
01:50=	03:56=	05:58=	06:19=	09:08=	10:49=	11:27=	12:02=	13:51=	20:11=	21:32=	22:35=	23:42=	25:15=	27:17=	27:55=	31:33=	32:45=	34:02=	34:25=	
01:50=	02:06=	02:02=	00:21=	02:49=	01:41=	00:38=	00:35=	01:49=	06:20=	01:21=	01:03=	01:07=	01:33=	02:02=	00:38=	03:38=	01:12=	01:17=	00:23=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Vibeke Lamark				878								35:14							
01:42+	04:06+	05:47+	06:15+	09:10+	10:55+	11:38+	12:18+	14:08+	20:06+	21:34+	22:44+	24:01+	25:06+	27:43+	28:25+	32:02+	33:25+	34:51+	35:14+	
01:42+	02:24+	01:41+	00:28+	02:55+	01:45+	00:43+	00:40+	01:50+	05:58+	01:28+	01:10+	01:17+	01:05+	02:37+	00:42+	03:37+	01:23+	01:26+	00:23+	
01:42+	02:24+	01:41+	00:28+	02:55+	01:45+	00:43+	00:40+	01:50+	05:58+	01:28+	01:10+	01:17+	01:05+	02:37+	00:42+	03:37+	01:23+	01:26+	00:23+	
3	Helen Lomeland				722								35:19							
01:52+	04:07+	05:46+	06:03+	08:57+	10:38+	11:21+	11:54+	13:48+	19:53+	21:24+	22:31+	24:28+	25:24+	27:31+	28:10+	32:12+	33:24+	34:58+	35:19+	
01:52+	02:15+	01:39+	00:17+	02:54+	01:41+	00:43+	00:33+	01:54+	06:05+	01:31+	01:07+	01:57+	00:56+	02:07+	00:39+	04:02+	01:12+	01:34+	00:21+	
01:52+	02:15+	01:39+	00:17+	02:54+	01:41+	00:43+	00:33+	01:54+	06:05+	01:31+	01:07+	01:57+	00:56+	02:07+	00:39+	04:02+	01:12+	01:34+	00:21+	
4	Lise Isachsen				1384								35:29							
01:33+	03:43+	05:14+	05:36+	08:25+	10:10+	11:13+	12:01+	13:40+	20:21+	22:03+	23:06+	24:15+	25:33+	28:16+	28:51+	32:13+	33:39+	35:07+	35:29+	
01:33+	02:10+	01:31+	00:22+	02:49+	01:45+	01:03+	00:48+	01:39+	06:41+	01:42+	01:03+	01:09+	01:18+	02:43+	00:35+	03:22+	01:26+	01:28+	00:22+	
01:33+	02:10+	01:31+	00:22+	02:49+	01:45+	01:03+	00:48+	01:39+	06:41+	01:42+	01:03+	01:09+	01:18+	02:43+	00:35+	03:22+	01:26+	01:28+	00:22+	
5	Silje Thorsen Borthen				877								36:00							
01:42+	04:56+	06:26+	06:47+	09:36+	11:05+	11:49+	12:27+	14:05+	20:38+	21:59+	22:56+	24:03+	25:05+	27:23+	27:56+	33:03+	34:20+	35:42+	36:00+	
01:42+	03:14+	01:30+	00:21+	02:49+	01:29+	00:44+	00:38+	01:38+	06:33+	01:21+	00:57+	01:07+	01:02+	02:18+	00:33+	05:07+	01:17+	01:22+	00:18+	
01:42+	03:14+	01:30+	00:21+	02:49+	01:29+	00:44+	00:38+	01:38+	06:33+	01:21+	00:57+	01:07+	01:02+	02:18+	00:33+	05:07+	01:17+	01:22+	00:18+	
6	Jorunn Johannesen				1683								36:52							
01:53+	04:15+	05:58+	06:20+	09:17+	11:01+	11:56+	12:35+	14:27+	20:41+	22:09+	23:18+	24:42+	26:04+	28:37+	29:23+	33:23+	34:56+	36:26+	36:52+	
01:53+	02:22+	01:43+	00:22+	02:57+	01:44+	00:55+	00:39+	01:52+	06:14+	01:28+	01:09+	01:24+	01:22+	02:33+	00:46+	04:00+	01:33+	01:30+	00:26+	
01:53+	02:22+	01:43+	00:22+	02:57+	01:44+	00:55+	00:39+	01:52+	06:14+	01:28+	01:09+	01:24+	01:22+	02:33+	00:46+	04:00+	01:33+	01:30+	00:26+	
7	Anne Garsrud				3518								37:06							
01:58+	04:24+	06:17+	06:38+	09:27+	11:07+	11:47+	12:28+	14:22+	20:30+	22:08+	23:28+	24:54+	26:02+	28:56+	29:36+	34:05+	35:18+	36:44+	37:06+	
01:58+	02:26+	01:53+	00:21+	02:49+	01:40+	00:40+	00:41+	01:54+	06:08+	01:38+	01:20+	01:26+	01:08+	02:54+	00:40+	04:29+	01:13+	01:26+	00:22+	
01:58+	02:26+	01:53+	00:21+	02:49+	01:40+	00:40+	00:41+	01:54+	06:08+	01:38+	01:20+	01:26+	01:08+	02:54+	00:40+	04:29+	01:13+	01:26+	00:22+	
8	Ann-Cathrin Nybak Urdal				3595								37:28							
01:53+	04:13+	05:52+	06:11+	09:20+	11:07+	11:49+	12:28+	14:31+	21:18+	22:50+	24:18+	25:38+	26:58+	29:30+	30:11+	34:17+	35:41+	37:04+	37:28+	
01:53+	02:20+	01:39+	00:19+	03:09+	01:47+	00:42+	00:39+	02:03+	06:47+	01:32+	01:28+	01:20+	01:20+	02:32+	00:41+	04:06+	01:24+	01:23+	00:24+	
01:53+	02:20+	01:39+	00:19+	03:09+	01:47+	00:42+	00:39+	02:03+	06:47+	01:32+	01:28+	01:20+	01:20+	02:32+	00:41+	04:06+	01:24+	01:23+	00:24+	
9	Ellen Tindeland				882								38:23							
02:01+	04:39+	06:27+	06:58+	10:01+	11:48+	12:33+	13:13+	15:14+	21:45+	23:25+	24:41+	26:00+	27:14+	30:12+	30:59+	35:07+	36:28+	38:00+	38:23+	
02:01+	02:38+	01:48+	00:31+	03:03+	01:47+	00:45+	00:40+	02:01+	06:31+	01:40+	01:16+	01:19+	01:14+	02:58+	00:47+	04:08+	01:21+	01:32+	00:23+	
02:01+	02:38+	01:48+	00:31+	03:03+	01:47+	00:45+	00:40+	02:01+	06:31+	01:40+	01:16+	01:19+	01:14+	02:58+	00:47+	04:08+	01:21+	01:32+	00:23+	
10	Grethe Anda Fuglestad				1683								38:28							
02:00+	04:25+	06:26+	06:54+	10:11+	11:55+	12:39+	13:27+	15:23+	22:08+	23:44+	24:53+	26:13+	27:25+	30:03+	30:48+	35:00+	36:28+	38:02+	38:28+	
02:00+	02:25+	02:01+	00:28+	03:17+	01:44+	00:44+	00:48+	01:56+	06:45+	01:36+	01:09+	01:20+	01:12+	02:38+	00:45+	04:12+	01:28+	01:34+	00:26+	
02:00+	02:25+	02:01+	00:28+	03:17+	01:44+	00:44+	00:48+	01:56+	06:45+	01:36+	01:09+	01:20+	01:12+	02:38+	00:45+	04:12+	01:28+	01:34+	00:26+	
11	Toyah Bråtveit				1832								38:55							
02:10+	05:08+	06:58+	07:23+	10:06+	11:54+	12:39+	13:22+	15:06+	21:49+	23:30+	24:36+	26:15+	27:16+	30:44+	31:38+	35:25+	36:46+	38:34+	38:55+	
02:10+	02:58+	01:50+	00:25+	02:43+	01:48+	00:45+	00:43+	01:44+	06:43+	01:41+	01:06+	01:39+	01:01+	03:28+	00:54+	03:47+	01:21+	01:48+	00:21+	
02:10+	02:58+	01:50+	00:25+	02:43+	01:48+	00:45+	00:43+	01:44+	06:43+	01:41+	01:06+	01:39+	01:01+	03:28+	00:54+	03:47+	01:21+	01:48+	00:21+	
12	Agnes Haker				1284								41:07							
01:32+	04:13+	06:11+	06:30+	09:31+	11:27+	12:08+	12:48+	14:56+	21:27+	22:51+	23:57+	26:16+	27:33+	30:38+	31:25+	37:44+	39:11+	40:49+	41:07+	
01:32+	02:41+	01:58+	00:19+	03:01+	01:56+	00:41+	00:40+	02:08+	06:31+	01:24+	01:06+	02:19+	01:17+	03:05+	00:47+	06:19+	01:27+	01:38+	00:18+	
01:32+	02:41+	01:58+	00:19+	03:01+	01:56+	00:41+	00:40+	02:08+	06:31+	01:24+	01:06+	02:19+	01:17+	03:05+	00:47+	06:19+	01:27+	01:38+	00:18+	
13	Kristin Breivold				892								41:25							
02:13+	04:53+	06:58+	07:25+	10:45+	12:48+	13:55+	14:48+	16:43+	23:55+	25:32+	26:47+	28:04+	29:52+	32:50+	33:34+	37:42+	39:10+	40:59+	41:25+	
02:13+	02:40+	02:05+	00:27+	03:20+	02:03+	01:07+	00:53+	01:55+	07:12+	01:37+	01:15+	01:17+	01:48+	02:58+	00:44+	04:08+	01:28+	01:49+	00:26+	
02:13+	02:40+	02:05+	00:27+	03:20+	02:03+	01:07+	00:53+	01:55+	07:12+	01:37+	01:15+	01:17+	01:48+	02:58+	00:44+	04:08+	01:28+	01:49+	00:26+	
14	Marit Haavardsholm				1683								41:28							
02:19+	04:39+	06:27+	06:50+	10:19+	12:15+	13:10+	13:53+	16:00+	23:38+	25:32+	27:15+	28:44+	30:08+	33:03+	33:49+	38:08+	39:39+	41:03+	41:28+	
02:19+	02:20+	01:48+	00:23+	03:29+	01:56+	00:55+	00:43+	02:07+	07:38+	01:54+	01:43+	01:29+	01:24+	02:55+	00:46+	04:19+	01:31+	01:24+	00:25+	
02:19+	02:20+	01:48+	00:23+	03:29+	01:56+	00:55+	00:43+	02:07+	07:38+	01:54+	01:43+	01:29+	01:24+	02:55+	00:46+	04:19+	01:31+	01:24+	00:25+	

Plass	Navn	Klasse	Tid
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Damer B

15	Ida Kolstø												3502				43:19			
01:53+	04:07+	06:41+	07:09+	10:35+	13:27+	15:03+	15:37+	17:32+	23:59+	25:39+	26:46+	28:12+	29:51+	33:09+	33:54+	39:49+	41:23+	43:00+	43:19+	
01:53+	02:14+	02:34+	00:28+	03:26+	02:52+	01:36+	00:34+	01:55+	06:27+	01:40+	01:07+	01:26+	01:39+	03:18+	00:45+	05:55+	01:34+	01:37+	00:19+	
01:53+	02:14+	02:34+	00:28+	03:26+	02:52+	01:36+	00:34+	01:55+	06:27+	01:40+	01:07+	01:26+	01:39+	03:18+	00:45+	05:55+	01:34+	01:37+	00:19+	
16	Mariann Sveinsvoll												3504				43:28			
02:02+	04:52+	06:49+	07:14+	10:34+	12:25+	13:14+	14:05+	16:32+	23:36+	25:52+	27:34+	29:06+	30:31+	33:22+	34:13+	39:53+	41:23+	42:58+	43:28+	
02:02+	02:50+	01:57+	00:25+	03:20+	01:51+	00:49+	00:51+	02:27+	07:04+	02:16+	01:42+	01:32+	01:25+	02:51+	00:51+	05:40+	01:30+	01:35+	00:30+	
02:02+	02:50+	01:57+	00:25+	03:20+	01:51+	00:49+	00:51+	02:27+	07:04+	02:16+	01:42+	01:32+	01:25+	02:51+	00:51+	05:40+	01:30+	01:35+	00:30+	
17	Hege Anita H. Nielsen												3545				43:42			
01:47+	04:20+	06:09+	06:25+	10:02+	12:13+	12:56+	13:36+	15:32+	23:04+	25:18+	26:35+	28:13+	30:06+	33:28+	34:12+	39:58+	41:30+	43:22+	43:42+	
01:47+	02:33+	01:49+	00:16+	03:37+	02:11+	00:43+	00:40+	01:56+	07:32+	02:14+	01:17+	01:38+	01:53+	03:22+	00:44+	05:46+	01:32+	01:52+	00:20+	
01:47+	02:33+	01:49+	00:16+	03:37+	02:11+	00:43+	00:40+	01:56+	07:32+	02:14+	01:17+	01:38+	01:53+	03:22+	00:44+	05:46+	01:32+	01:52+	00:20+	
18	Ann Karin Tjørhom												1884				44:20			
02:05+	05:14+	07:31+	08:04+	11:53+	14:14+	15:29+	17:16+	19:31+	26:29+	28:06+	29:27+	31:04+	32:16+	35:17+	36:04+	40:40+	42:16+	43:51+	44:20+	
02:05+	03:09+	02:17+	00:33+	03:49+	02:21+	01:15+	01:47+	02:15+	06:58+	01:37+	01:21+	01:37+	01:12+	03:01+	00:47+	04:36+	01:36+	01:35+	00:29+	
02:05+	03:09+	02:17+	00:33+	03:49+	02:21+	01:15+	01:47+	02:15+	06:58+	01:37+	01:21+	01:37+	01:12+	03:01+	00:47+	04:36+	01:36+	01:35+	00:29+	
19	Ragnhild Auglænd												769				46:31			
02:21+	06:24+	08:42+	09:04+	12:29+	14:34+	15:21+	16:00+	18:22+	27:16+	29:20+	30:37+	32:15+	33:58+	37:12+	37:58+	42:49+	44:25+	46:07+	46:31+	
02:21+	04:03+	02:18+	00:22+	03:25+	02:05+	00:47+	00:39+	02:22+	08:54+	02:04+	01:17+	01:38+	01:43+	03:14+	00:46+	04:51+	01:36+	01:42+	00:24+	
02:21+	04:03+	02:18+	00:22+	03:25+	02:05+	00:47+	00:39+	02:22+	08:54+	02:04+	01:17+	01:38+	01:43+	03:14+	00:46+	04:51+	01:36+	01:42+	00:24+	
20	Berit Aksland												1683				48:28			
01:55+	04:43+	06:52+	07:12+	10:10+	12:11+	13:21+	14:21+	16:24+	23:20+	25:00+	26:08+	27:47+	29:18+	32:35+	33:14+	45:14+	46:35+	48:09+	48:28+	
01:55+	02:48+	02:09+	00:20+	02:58+	02:01+	01:10+	01:00+	02:03+	06:56+	01:40+	01:08+	01:39+	01:31+	03:17+	00:39+	12:00+	01:21+	01:34+	00:19+	
01:55+	02:48+	02:09+	00:20+	02:58+	02:01+	01:10+	01:00+	02:03+	06:56+	01:40+	01:08+	01:39+	01:31+	03:17+	00:39+	12:00+	01:21+	01:34+	00:19+	

Beste strekktid for klassen

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

Damer Ny

1	Bente Klausen					769				
02:51	05:08	06:20	08:47	09:56	11:32	13:54	15:04	16:18	16:56	17:32
02:51	02:17	01:12	02:27	01:09	01:36	02:22	01:10	01:14	00:38	00:36
00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00	00:00
2	Jannecke A. Moe					1758				
02:22-	05:26+	07:00+	10:27+	11:58+	15:25+	18:01+	23:47+	24:57+	26:11+	27:03+
02:22-	03:04+	01:34+	03:27+	01:31+	03:27+	02:36+	05:46+	01:10-	01:14+	00:52+
00:29-	00:47&	00:22&	01:00&	00:22&	01:51@	00:14+	04:36@	00:04-	00:36&	00:16&
3	Anne Louise Gilling					1284				
05:04+	11:44+	13:50+	16:15+	18:00+	20:32+	23:12+	24:44+	29:33+	29:55+	30:25+
05:04+	06:40+	02:06+	02:25-	01:45+	02:32+	02:40+	01:32+	04:49+	00:22-	00:30-
02:13&	04:23@	00:54&	00:02-	00:36&	00:56&	00:18#	00:22&	03:35@	00:16-	00:06-
4	Lise Nessa Di Lorenzo					NOTEAM				
05:09+	08:29+	10:46+	14:24+	15:38+	18:42+	23:51+	25:50+	28:54+	30:02+	31:06+
05:09+	03:20+	02:17+	03:38+	01:14+	03:04+	05:09+	01:59+	03:04+	01:08+	01:04+
02:18&	01:03&	01:05&	01:11&	00:05+	01:28&	02:47@	00:49&	01:50@	00:30&	00:28&
5	Åse Karin Taugbøl					3511				
05:59+	15:41+	18:52+	23:17+	25:56+	39:11+	55:38+	67:48+	77:43+	82:59+	84:04+
05:59+	09:42+	03:11+	04:25+	02:39+	13:15+	16:27+	12:10+	09:55+	05:16+	01:05+
03:08@	07:25@	01:59@	01:58&	01:30@	11:39@	14:05@	11:00@	08:41@	04:38@	00:29&

Beste strekktid for klassen

02:22	02:17	01:12	02:25	01:09	01:36	02:22	01:10	01:10	00:22	00:30
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Plass	Navn					Klasse					Tid							
Damer Trim																		
1	Wibeke Lende					3503					26:11							
	02:00=	03:44=	05:13=	06:31=	10:04=	11:03=	12:36=	15:07=	16:01=	18:09=	19:13=	19:39=	22:46=	23:41=	24:43=	25:09=	25:44=	26:11=
	02:00=	01:44=	01:29=	01:18=	03:33=	00:59=	01:33=	02:31=	00:54=	02:08=	01:04=	00:26=	03:07=	00:55=	01:02=	00:26=	00:35=	00:27=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Marit L. Undheim					3529					26:43							
	01:56-	03:35-	05:11-	06:10-	09:55-	10:55-	12:33-	14:25-	15:23-	17:59-	19:18+	19:57+	22:48+	23:43+	24:43=	25:10+	26:12+	26:43+
	01:56-	01:39-	01:36+	00:59-	03:45+	01:00+	01:38+	01:52-	00:58+	02:36+	01:19+	00:39+	02:51-	00:55=	01:00-	00:27+	01:02+	00:31+
	00:04-	00:05-	00:07+	00:19-	00:12+	00:01+	00:05+	00:39-	00:04+	00:28#	00:15#	00:13&	00:16-	00:00=	00:02-	00:01+	00:27&	00:04#
3	Benedicte Kvalevåg					769					27:29							
	01:59-	03:38-	05:23+	06:28-	10:15+	11:24+	13:16+	14:39-	15:42-	18:39+	19:56+	20:32+	23:38+	24:34+	25:38+	26:09+	26:58+	27:29+
	01:59-	01:39-	01:45+	01:05-	03:47+	01:09+	01:52+	01:23-	01:03+	02:57+	01:17+	00:36+	03:06-	00:56+	01:04+	00:31+	00:49+	00:31+
	00:01-	00:05-	00:16#	00:13-	00:14+	00:10#	00:19#	01:08-	00:09#	00:49&	00:13#	00:10&	00:01-	00:01+	00:02+	00:05#	00:14&	00:04#
4	Ingunn Monsen					3525					29:10							
	02:20+	04:07+	05:53+	07:09+	11:25+	12:28+	14:35+	15:46+	17:23+	19:57+	21:12+	21:44+	25:13+	26:10+	27:19+	27:54+	28:38+	29:10+
	02:20+	01:47+	01:46+	01:16-	04:16+	01:03+	02:07+	01:11-	01:37+	02:34+	01:15+	00:32+	03:29+	00:57+	01:09+	00:35+	00:44+	00:32+
	00:20#	00:03+	00:17#	00:02-	00:43#	00:04+	00:34&	01:20-	00:43&	00:26#	00:11#	00:06#	00:22#	00:02+	00:07#	00:09&	00:09&	00:05#
5	Silje Lea Sletten					892					29:34							
	01:32-	03:04-	04:27-	05:30-	08:48-	09:49-	11:14-	12:29-	14:04-	16:23-	17:44-	18:36-	26:11+	27:06+	28:02+	28:31+	29:13+	29:34+
	01:32-	01:32-	01:23-	01:03-	03:18-	01:01+	01:25-	01:15-	01:35+	02:19+	01:21+	00:52+	07:35+	00:55=	00:56-	00:29+	00:42+	00:21-
	00:28-	00:12-	00:06-	00:15-	00:15-	00:02+	00:08-	01:16-	00:41&	00:11+	00:17&	00:26&	04:28@	00:00=	00:06-	00:03#	00:07#	00:06-
6	Grete Stokke Seljeskog					879					29:40							
	01:56-	03:25-	05:17+	06:15-	09:50-	10:47-	12:41+	13:59-	15:06-	18:07-	21:02+	21:42+	25:50+	26:47+	28:00+	28:30+	29:11+	29:40+
	01:56-	01:29-	01:52+	00:58-	03:35+	00:57-	01:54+	01:18-	01:07+	03:01+	02:55+	00:40+	04:08+	00:57+	01:13+	00:30+	00:41+	00:29+
	00:04-	00:15-	00:23&	00:20-	00:02+	00:02-	00:21#	01:13-	00:13#	00:53&	01:51@	00:14&	01:01&	00:02+	00:11#	00:04#	00:06#	00:02+
7	Johanne Trandem Næss					3512					30:54							
	01:53-	03:31-	05:02-	06:44+	12:14+	13:19+	15:02+	17:13+	19:54+	22:04+	23:31+	24:15+	26:51+	27:59+	29:23+	29:52+	30:33+	30:54+
	01:53-	01:38-	01:31+	01:42+	05:30+	01:05+	01:43+	02:11-	02:41+	02:10+	01:27+	00:44+	02:36-	01:08+	01:24+	00:29+	00:41+	00:21-
	00:07-	00:06-	00:02+	00:24&	01:57&	00:06#	00:10#	00:20-	01:47@	00:02+	00:23&	00:18&	00:31-	00:13#	00:22&	00:03#	00:06#	00:06-
8	Ann Iren Undheim Seitzberg					3548					31:59							
	02:01+	03:46+	05:40+	07:01+	10:39+	11:37+	13:35+	15:46+	17:44+	21:33+	22:55+	23:52+	27:18+	28:05+	30:15+	30:53+	31:32+	31:59+
	02:01+	01:45+	01:54+	01:21+	03:38+	00:58-	01:58+	02:11-	01:58+	03:49+	01:22+	00:57+	03:26+	00:47-	02:10+	00:38+	00:39+	00:27=
	00:01+	00:01+	00:25&	00:03+	00:05+	00:01-	00:25&	00:20-	01:04@	01:41&	00:18&	00:31@	00:19#	00:08-	01:08@	00:12&	00:04#	00:00=
9	Karine Ditlevsen					896					32:55							
	02:27+	04:24+	06:26+	07:41+	11:50+	13:05+	15:22+	17:48+	19:18+	22:44+	24:12+	25:21+	28:35+	29:39+	30:52+	31:32+	32:27+	32:55+
	02:27+	01:57+	02:02+	01:15-	04:09+	01:15+	02:17+	02:26-	01:30+	03:26+	01:28+	01:09+	03:14+	01:04+	01:13+	00:40+	00:55+	00:28+
	00:27#	00:13#	00:33&	00:03-	00:36#	00:16&	00:44&	00:05-	00:36&	01:18&	00:24&	00:43@	00:07+	00:09#	00:11#	00:14&	00:20&	00:01+
10	Therese Østbø					896					32:58							
	02:30+	04:22+	06:25+	07:43+	11:52+	13:05+	15:28+	17:46+	19:21+	22:47+	24:14+	25:22+	28:38+	29:41+	30:55+	31:31+	32:30+	32:58+
	02:30+	01:52+	02:03+	01:18=	04:09+	01:13+	02:23+	02:18-	01:35+	03:26+	01:27+	01:08+	03:16+	01:03+	01:14+	00:36+	00:59+	00:28+
	00:30#	00:08+	00:34&	00:00=	00:36#	00:14#	00:50&	00:13-	00:41&	01:18&	00:23&	00:42@	00:09+	00:08#	00:12#	00:10&	00:24&	00:01+
11	Sara Dudzinska					1376					33:23							
	03:28+	05:24+	07:13+	08:31+	12:51+	13:56+	15:50+	17:40+	19:04+	22:22+	23:48+	25:02+	29:45+	30:32+	31:23+	31:56+	32:53+	33:23+
	03:28+	01:56+	01:49+	01:18=	04:20+	01:05+	01:54+	01:50-	01:24+	03:18+	01:26+	01:14+	04:43+	00:47-	00:51-	00:33+	00:57+	00:30+
	01:28&	00:12#	00:20#	00:00=	00:47#	00:06#	00:21#	00:41-	00:30&	01:10&	00:22&	00:48@	01:36&	00:08-	00:11-	00:07&	00:22&	00:03#
12	Elisa Møller					769					34:52							
	02:08+	04:01+	05:56+	07:14+	11:53+	13:01+	15:30+	17:03+	19:16+	22:29+	25:22+	25:59+	30:24+	31:40+	32:49+	33:29+	34:18+	34:52+
	02:08+	01:53+	01:55+	01:18=	04:39+	01:08+	02:29+	01:33-	02:13+	03:13+	02:53+	00:37+	04:25+	01:16+	01:09+	00:40+	00:49+	00:34+
	00:08+	00:09+	00:26&	00:00=	01:06&	00:09#	00:56&	00:58-	01:19@	01:05&	01:49@	00:11&	01:18&	00:21&	00:07#	00:14&	00:14&	00:07&
13	Ritva Halsne					722					35:08							
	02:50+	04:34+	06:44+	08:06+	12:52+	14:02+	16:15+	18:03+	19:41+	23:54+	25:45+	27:08+	30:45+	31:48+	32:54+	33:23+	34:35+	35:08+
	02:50+	01:44=	02:10+	01:22+	04:46+	01:10+	02:13+	01:48-	01:38+	04:13+	01:51+	01:23+	03:37+	01:03+	01:06+	00:29+	01:12+	00:33+
	00:50&	00:00=	00:41&	00:04+	01:13&	00:11#	00:40&	00:43-	00:44&	02:05&	00:47&	00:57@	00:30#	00:08#	00:04+	00:03#	00:37@	00:06#
14	Heidi Camilla Raugstad Hovet					769					37:18							
	02:37+	04:30+	06:08+	07:00+	10:32+	12:01+	13:53+	19:38+	21:14+	24:15+	27:04+	27:51+	32:22+	34:02+	35:05+	35:46+	36:53+	37:18+
	02:37+	01:53+	01:38+	00:52-	03:32-	01:29+	01:52+	05:45+	01:36+	03:01+	02:49+	00:47+	04:31+	01:40+	01:03+	00:41+	01:07+	00:25-
	00:37&	00:09+	00:09#	00:26-	00:01-	00:30&	00:19#	03:14@	00:42&	00:53&	01:45@	00:21&	01:24&	00:45&	00:01+	00:15&	00:32&	00:02-

Plass	Navn					Klasse					Tid						
Damer Trim																	
15	Siv Bogfjelldal					3507					37:40						
02:15+	04:05+	05:58+	08:30+	13:00+	14:23+	16:46+	21:53+	22:36+	25:51+	27:34+	28:34+	32:53+	34:10+	35:29+	36:07+	37:05+	37:40+
02:15+	01:50+	01:53+	02:32+	04:30+	01:23+	02:23+	05:07+	00:43-	03:15+	01:43+	01:00+	04:19+	01:17+	01:19+	00:38+	00:58+	00:35+
00:15#	00:06+	00:24#	01:14#	00:57#	00:24#	00:50#	02:36#	00:11-	01:07#	00:39#	00:34#	01:12#	00:22#	00:17#	00:12#	00:23#	00:08#
16	Marianne Berge					3512					37:41						
03:43+	05:35+	07:19+	08:31+	18:39+	19:36+	22:34+	24:07+	25:15+	28:10+	29:53+	30:35+	33:50+	34:50+	35:54+	36:23+	37:10+	37:41+
03:43+	01:52+	01:44+	01:12+	10:08+	00:57+	02:58+	01:33+	01:08+	02:55+	01:43+	00:42+	03:15+	01:00+	01:04+	00:29+	00:47+	00:31+
03:43+	01:52+	01:44+	01:12+	10:08+	00:57+	02:58+	01:33+	01:08+	02:55+	01:43+	00:42+	03:15+	01:00+	01:04+	00:29+	00:47+	00:31+
17	Anastasia Ollestad					1884					37:46						
01:54+	03:44+	05:27+	06:52+	11:26+	12:28+	14:41+	22:39+	23:37+	27:27+	29:10+	29:39+	33:41+	34:43+	35:54+	36:30+	37:12+	37:46+
01:54+	01:50+	01:43+	01:25+	04:34+	01:02+	02:13+	07:58+	00:58+	03:50+	01:43+	00:29+	04:02+	01:02+	01:11+	00:36+	00:42+	00:34+
01:54+	01:50+	01:43+	01:25+	04:34+	01:02+	02:13+	07:58+	00:58+	03:50+	01:43+	00:29+	04:02+	01:02+	01:11+	00:36+	00:42+	00:34+
18	Oda Roaldsdotter Ravndal					3486					38:32						
02:52+	05:21+	07:25+	08:37+	14:05+	15:29+	17:42+	21:35+	23:00+	26:57+	28:45+	29:36+	33:02+	34:30+	36:17+	36:57+	37:57+	38:32+
02:52+	02:29+	02:04+	01:12+	05:28+	01:24+	02:13+	03:53+	01:25+	03:57+	01:48+	00:51+	03:26+	01:28+	01:47+	00:40+	01:00+	00:35+
02:52+	02:29+	02:04+	01:12+	05:28+	01:24+	02:13+	03:53+	01:25+	03:57+	01:48+	00:51+	03:26+	01:28+	01:47+	00:40+	01:00+	00:35+
19	Karianne Skogland Enerstvedt					722					38:56						
03:56+	05:35+	07:32+	08:36+	12:54+	14:03+	16:20+	23:37+	24:25+	28:09+	29:59+	30:59+	34:23+	35:22+	36:35+	37:07+	38:21+	38:56+
03:56+	01:39+	01:57+	01:04+	04:18+	01:09+	02:17+	07:17+	00:48+	03:44+	01:50+	01:00+	03:24+	00:59+	01:13+	00:32+	01:14+	00:35+
03:56+	01:39+	01:57+	01:04+	04:18+	01:09+	02:17+	07:17+	00:48+	03:44+	01:50+	01:00+	03:24+	00:59+	01:13+	00:32+	01:14+	00:35+
20	Marie Silkeborg Brolev					3619					39:10						
02:36+	04:56+	06:59+	08:32+	12:50+	14:23+	17:04+	19:13+	20:24+	23:25+	25:47+	26:23+	34:34+	35:25+	36:35+	37:02+	38:32+	39:10+
02:36+	02:20+	02:03+	01:33+	04:18+	01:33+	02:41+	02:09+	01:11+	03:01+	02:22+	00:36+	08:11+	00:51+	01:10+	00:27+	01:30+	00:38+
02:36+	02:20+	02:03+	01:33+	04:18+	01:33+	02:41+	02:09+	01:11+	03:01+	02:22+	00:36+	08:11+	00:51+	01:10+	00:27+	01:30+	00:38+
21	Anette Tronstad					1832					39:54						
02:04+	04:06+	06:08+	07:31+	12:28+	13:43+	16:18+	22:40+	23:44+	28:04+	29:49+	30:39+	34:32+	35:37+	37:57+	38:26+	39:17+	39:54+
02:04+	02:02+	02:02+	01:23+	04:57+	01:15+	02:35+	06:22+	01:04+	04:20+	01:45+	00:50+	03:53+	01:05+	02:20+	00:29+	00:51+	00:37+
02:04+	02:02+	02:02+	01:23+	04:57+	01:15+	02:35+	06:22+	01:04+	04:20+	01:45+	00:50+	03:53+	01:05+	02:20+	00:29+	00:51+	00:37+
22	Tonje Undheim					3533					40:19						
02:07+	03:54+	06:28+	07:48+	13:11+	14:46+	18:09+	21:08+	22:29+	26:13+	30:24+	31:15+	35:06+	35:59+	37:03+	38:45+	39:43+	40:19+
02:07+	01:47+	02:34+	01:20+	05:23+	01:35+	03:23+	02:59+	01:21+	03:44+	04:11+	00:51+	03:51+	00:53+	01:04+	01:42+	00:58+	00:36+
02:07+	01:47+	02:34+	01:20+	05:23+	01:35+	03:23+	02:59+	01:21+	03:44+	04:11+	00:51+	03:51+	00:53+	01:04+	01:42+	00:58+	00:36+
23	Solbjørg Borgersen					3527					40:26						
03:43+	05:56+	08:15+	09:53+	15:02+	16:17+	19:06+	22:01+	23:08+	26:42+	28:36+	29:27+	34:01+	35:11+	36:28+	38:51+	39:43+	40:26+
03:43+	02:13+	02:19+	01:38+	05:09+	01:15+	02:49+	02:55+	01:07+	03:34+	01:54+	00:51+	04:34+	01:10+	01:17+	02:23+	00:52+	00:43+
03:43+	02:13+	02:19+	01:38+	05:09+	01:15+	02:49+	02:55+	01:07+	03:34+	01:54+	00:51+	04:34+	01:10+	01:17+	02:23+	00:52+	00:43+
24	Thea Karoline Mork Aamodt					3512					41:21						
02:20+	04:32+	06:47+	09:47+	13:37+	14:41+	16:22+	18:39+	19:56+	23:05+	25:02+	25:41+	36:10+	37:31+	38:58+	39:38+	40:47+	41:21+
02:20+	02:12+	02:15+	03:00+	03:50+	01:04+	01:41+	02:17+	01:17+	03:09+	01:57+	00:39+	10:29+	01:21+	01:27+	00:40+	01:09+	00:34+
02:20+	02:12+	02:15+	03:00+	03:50+	01:04+	01:41+	02:17+	01:17+	03:09+	01:57+	00:39+	10:29+	01:21+	01:27+	00:40+	01:09+	00:34+
25	Stine Dalland					3512					41:23						
02:26+	04:32+	06:54+	09:48+	13:43+	14:46+	16:20+	18:47+	20:00+	23:02+	25:03+	25:41+	36:15+	37:32+	38:59+	39:50+	40:49+	41:23+
02:26+	02:06+	02:22+	02:54+	03:55+	01:03+	01:34+	02:27+	01:13+	03:02+	02:01+	00:38+	10:34+	01:17+	01:27+	00:51+	00:59+	00:34+
02:26+	02:06+	02:22+	02:54+	03:55+	01:03+	01:34+	02:27+	01:13+	03:02+	02:01+	00:38+	10:34+	01:17+	01:27+	00:51+	00:59+	00:34+
26	Marianne Høie					1683					42:19						
07:55+	09:50+	11:54+	13:40+	18:41+	19:59+	22:33+	24:28+	25:42+	29:42+	31:54+	32:36+	37:19+	38:29+	39:47+	40:25+	41:43+	42:19+
07:55+	01:55+	02:04+	01:46+	05:01+	01:18+	02:34+	01:55+	01:14+	04:00+	02:12+	00:42+	04:43+	01:10+	01:18+	00:38+	01:18+	00:36+
07:55+	01:55+	02:04+	01:46+	05:01+	01:18+	02:34+	01:55+	01:14+	04:00+	02:12+	00:42+	04:43+	01:10+	01:18+	00:38+	01:18+	00:36+
27	Kristine Vik					1284					42:31						
02:53+	05:01+	07:14+	08:33+	13:13+	14:38+	17:10+	19:40+	21:05+	25:08+	28:46+	29:52+	35:09+	36:31+	37:52+	38:41+	41:51+	42:31+
02:53+	02:08+	02:13+	01:19+	04:40+	01:25+	02:32+	02:30+	01:25+	04:03+	03:38+	01:06+	05:17+	01:22+	01:21+	00:49+	03:10+	00:40+
02:53+	02:08+	02:13+	01:19+	04:40+	01:25+	02:32+	02:30+	01:25+	04:03+	03:38+	01:06+	05:17+	01:22+	01:21+	00:49+	03:10+	00:40+
28	Kirsti Strand Salvesen					3540					42:32						
03:14+	05:53+	08:22+	09:55+	15:24+	17:02+	20:06+	22:16+	24:07+	28:12+	30:08+	31:09+	36:32+	37:58+	39:39+	40:26+	41:37+	42:32+
03:14+	02:39+	02:29+	01:33+	05:29+	01:38+	03:04+	02:10+	01:51+	04:05+	01:56+	01:01+	05:23+	01:26+	01:41+	00:47+	01:11+	00:55+
03:14+	02:39+	02:29+	01:33+	05:29+	01:38+	03:04+	02:10+	01:51+	04:05+	01:56+	01:01+	05:23+	01:26+	01:41+	00:47+	01:11+	00:55+

Plass	Navn					Klasse					Tid				
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Damer Trim

29	Unni Byberg Mæstad					892					43:43							
05:02+	07:00+	09:09+	11:46+	16:39+	17:54+	24:15+	27:26+	28:56+	33:14+	34:49+	35:45+	39:05+	40:11+	41:47+	42:19+	43:08+	43:43+	
05:02+	01:58+	02:09+	02:37+	04:53+	01:15+	06:21+	03:11+	01:30+	04:18+	01:35+	00:56+	03:20+	01:06+	01:36+	00:32+	00:49+	00:35+	
05:02+	01:58+	02:09+	02:37+	04:53+	01:15+	06:21+	03:11+	01:30+	04:18+	01:35+	00:56+	03:20+	01:06+	01:36+	00:32+	00:49+	00:35+	
30	Ane Odland					1683					44:13							
02:14+	03:58+	05:37+	06:41+	10:34+	11:43+	13:40+	21:11+	22:03+	27:57+	31:21+	33:09+	39:47+	40:42+	42:17+	42:50+	43:44+	44:13+	
02:14+	01:44+	01:39+	01:04+	03:53+	01:09+	01:57+	07:31+	00:52+	05:54+	03:24+	01:48+	06:38+	00:55+	01:35+	00:33+	00:54+	00:29+	
02:14+	01:44+	01:39+	01:04+	03:53+	01:09+	01:57+	07:31+	00:52+	05:54+	03:24+	01:48+	06:38+	00:55+	01:35+	00:33+	00:54+	00:29+	
31	Esther Boenheim					2539					44:36							
02:29+	04:24+	06:21+	07:27+	12:46+	13:50+	26:37+	28:15+	29:08+	33:39+	35:46+	36:20+	40:18+	41:30+	42:46+	43:15+	44:04+	44:36+	
02:29+	01:55+	01:57+	01:06+	05:19+	01:04+	12:47+	01:38+	00:53+	04:31+	02:07+	00:34+	03:58+	01:12+	01:16+	00:29+	00:49+	00:32+	
02:29+	01:55+	01:57+	01:06+	05:19+	01:04+	12:47+	01:38+	00:53+	04:31+	02:07+	00:34+	03:58+	01:12+	01:16+	00:29+	00:49+	00:32+	
32	Maria Haukalid					3511					45:10							
02:23+	04:42+	06:54+	08:30+	13:24+	14:47+	17:51+	20:18+	22:27+	25:26+	31:31+	33:19+	38:03+	39:38+	41:25+	43:45+	44:33+	45:10+	
02:23+	02:19+	02:12+	01:36+	04:54+	01:23+	03:04+	02:27+	02:09+	02:59+	06:05+	01:48+	04:44+	01:35+	01:47+	02:20+	00:48+	00:37+	
02:23+	02:19+	02:12+	01:36+	04:54+	01:23+	03:04+	02:27+	02:09+	02:59+	06:05+	01:48+	04:44+	01:35+	01:47+	02:20+	00:48+	00:37+	
33	Ruth Grødem					722					46:31							
04:03+	06:13+	08:37+	10:15+	16:01+	17:25+	20:17+	22:15+	23:50+	31:26+	33:24+	34:04+	40:44+	41:59+	44:05+	44:42+	45:46+	46:31+	
04:03+	02:10+	02:24+	01:38+	05:46+	01:24+	02:52+	01:58+	01:35+	07:36+	01:58+	00:40+	06:40+	01:15+	02:06+	00:37+	01:04+	00:45+	
04:03+	02:10+	02:24+	01:38+	05:46+	01:24+	02:52+	01:58+	01:35+	07:36+	01:58+	00:40+	06:40+	01:15+	02:06+	00:37+	01:04+	00:45+	
34	Monica Regine Romstad					722					48:00							
03:04+	04:44+	06:16+	07:26+	10:57+	11:56+	13:37+	21:45+	22:32+	33:06+	35:55+	37:11+	37:36+	41:44+	43:11+	46:19+	46:43+	47:35+	48:00+
03:04+	01:40+	01:32+	01:10+	03:31+	00:59+	01:41+	08:08+	00:47+	10:34+	02:49+	01:16+	00:25+	04:08+	01:27+	03:08+	00:24+	00:52+	00:25+
03:04+	01:40+	01:32+	01:10+	03:31+	00:59+	01:41+	08:08+	00:47+	10:34+	02:49+	01:16+	00:25+	04:08+	01:27+	03:08+	00:24+	00:52+	00:25+
35	Liv Janne Fandrem Biland					892					48:02							
02:22+	04:18+	06:35+	07:53+	12:40+	13:58+	16:26+	21:01+	22:14+	35:54+	37:49+	38:43+	42:38+	43:57+	45:28+	46:18+	47:26+	48:02+	
02:22+	01:56+	02:17+	01:18+	04:47+	01:18+	02:28+	04:35+	01:13+	13:40+	01:55+	00:54+	03:55+	01:19+	01:31+	00:50+	01:08+	00:36+	
02:22+	01:56+	02:17+	01:18+	04:47+	01:18+	02:28+	04:35+	01:13+	13:40+	01:55+	00:54+	03:55+	01:19+	01:31+	00:50+	01:08+	00:36+	
36	Unni B Sundli					892					48:09							
03:18+	05:46+	08:20+	09:58+	15:17+	17:09+	20:31+	26:29+	29:17+	33:32+	35:30+	36:48+	42:01+	43:16+	44:54+	45:38+	47:16+	48:09+	
03:18+	02:28+	02:34+	01:38+	05:19+	01:52+	03:22+	05:58+	02:48+	04:15+	01:58+	01:18+	05:13+	01:15+	01:38+	00:44+	01:38+	00:53+	
03:18+	02:28+	02:34+	01:38+	05:19+	01:52+	03:22+	05:58+	02:48+	04:15+	01:58+	01:18+	05:13+	01:15+	01:38+	00:44+	01:38+	00:53+	
37	Ingunn Johanne Fandrem					3511					48:11							
05:23+	07:53+	10:32+	12:11+	17:30+	19:04+	22:29+	24:50+	27:22+	31:07+	34:29+	35:59+	41:08+	42:32+	44:31+	45:18+	47:24+	48:11+	
05:23+	02:30+	02:39+	01:39+	05:19+	01:34+	03:25+	02:21+	02:32+	03:45+	03:22+	01:30+	05:09+	01:24+	01:59+	00:47+	02:06+	00:47+	
05:23+	02:30+	02:39+	01:39+	05:19+	01:34+	03:25+	02:21+	02:32+	03:45+	03:22+	01:30+	05:09+	01:24+	01:59+	00:47+	02:06+	00:47+	
38	Sigrund Serigstad					879					50:06							
01:37+	06:19+	07:37+	09:32+	15:31+	16:24+	21:33+	30:40+	31:15+	34:42+	40:52+	41:28+	46:19+	47:14+	48:11+	48:41+	49:41+	50:06+	
01:37+	04:42+	01:18+	01:55+	05:59+	00:53+	05:09+	09:07+	00:35+	03:27+	06:10+	00:36+	04:51+	00:55+	00:57+	00:30+	01:00+	00:25+	
01:37+	04:42+	01:18+	01:55+	05:59+	00:53+	05:09+	09:07+	00:35+	03:27+	06:10+	00:36+	04:51+	00:55+	00:57+	00:30+	01:00+	00:25+	
39	Stina Tran Huynh					3533					50:38							
01:56+	03:29+	05:06+	06:04+	10:08+	11:06+	13:00+	29:40+	30:59+	34:04+	41:32+	42:21+	46:20+	47:40+	48:58+	49:30+	50:13+	50:38+	
01:56+	01:33+	01:37+	00:58+	04:04+	00:58+	01:54+	16:40+	01:19+	03:05+	07:28+	00:49+	03:59+	01:20+	01:18+	00:32+	00:43+	00:25+	
01:56+	01:33+	01:37+	00:58+	04:04+	00:58+	01:54+	16:40+	01:19+	03:05+	07:28+	00:49+	03:59+	01:20+	01:18+	00:32+	00:43+	00:25+	
40	Signe Lise Haaland					3507					50:40							
03:21+	06:24+	09:09+	11:01+	18:00+	19:47+	23:18+	25:42+	27:40+	33:33+	35:50+	37:25+	42:34+	44:35+	47:04+	48:02+	49:34+	50:40+	
03:21+	03:03+	02:45+	01:52+	06:59+	01:47+	03:31+	02:24+	01:58+	05:53+	02:17+	01:35+	05:09+	02:01+	02:29+	00:58+	01:32+	01:06+	
03:21+	03:03+	02:45+	01:52+	06:59+	01:47+	03:31+	02:24+	01:58+	05:53+	02:17+	01:35+	05:09+	02:01+	02:29+	00:58+	01:32+	01:06+	
41	Synnøve Vidstein					3558					53:16							
02:56+	05:13+	07:49+	09:12+	14:31+	16:10+	18:39+	32:18+	34:21+	38:24+	40:13+	41:09+	45:47+	48:09+	50:35+	51:24+	52:37+	53:16+	
02:56+	02:17+	02:36+	01:23+	05:19+	01:39+	02:29+	13:39+	02:03+	04:03+	01:49+	00:56+	04:38+	02:22+	02:26+	00:49+	01:13+	00:39+	
02:56+	02:17+	02:36+	01:23+	05:19+	01:39+	02:29+	13:39+	02:03+	04:03+	01:49+	00:56+	04:38+	02:22+	02:26+	00:49+	01:13+	00:39+	
42	Bente Skagseth					3558					53:16							
02:39+	05:13+	07:38+	09:13+	14:22+	16:03+	18:36+	32:09+	34:14+	38:27+	40:13+	41:08+	45:57+	48:09+	50:33+	51:11+	52:22+	53:16+	
02:39+	02:34+	02:25+	01:35+	05:09+	01:41+	02:33+	13:33+	02:05+	04:13+	01:46+	00:55+	04:49+	02:12+	02:24+	00:38+	01:11+	00:54+	
02:39+	02:34+	02:25+	01:35+	05:09+	01:41+	02:33+	13:33+	02:05+	04:13+	01:46+	00:55+	04:49+	02:12+	02:24+	00:38+	01:11+	00:54+	

Damer Trim

43	Linn Kristin Askø												3507				56:39			
04:00+	05:54+	07:58+	09:21+	13:26+	16:40+	19:46+	33:29+	36:54+	40:21+	42:33+	43:22+	49:54+	51:14+	53:43+	54:34+	55:49+	56:39+			
04:00+	01:54+	02:04+	01:23+	04:05+	03:14+	03:06+	13:43+	03:25+	03:27+	02:12+	00:49+	06:32+	01:20+	02:29+	00:51+	01:15+	00:50+			
04:00+	01:54+	02:04+	01:23+	04:05+	03:14+	03:06+	13:43+	03:25+	03:27+	02:12+	00:49+	06:32+	01:20+	02:29+	00:51+	01:15+	00:50+			
44	Renate Furenes												892				56:49			
03:18+	06:08+	07:49+	09:12+	13:37+	14:50+	17:19+	33:10+	34:20+	43:32+	46:00+	46:57+	50:58+	52:22+	54:14+	54:50+	56:02+	56:49+			
03:18+	02:50+	01:41+	01:23+	04:25+	01:13+	02:29+	15:51+	01:10+	09:12+	02:28+	00:57+	04:01+	01:24+	01:52+	00:36+	01:12+	00:47+			
03:18+	02:50+	01:41+	01:23+	04:25+	01:13+	02:29+	15:51+	01:10+	09:12+	02:28+	00:57+	04:01+	01:24+	01:52+	00:36+	01:12+	00:47+			
45	Ane Hatteland Nese												769				57:15			
02:26+	04:39+	06:44+	08:11+	12:54+	14:14+	16:30+	41:49+	42:50+	45:39+	47:25+	48:01+	52:11+	53:21+	55:03+	55:47+	56:37+	57:15+			
02:26+	02:13+	02:05+	01:27+	04:43+	01:20+	02:16+	25:19+	01:01+	02:49+	01:46+	00:36+	04:10+	01:10+	01:42+	00:44+	00:50+	00:38+			
02:26+	02:13+	02:05+	01:27+	04:43+	01:20+	02:16+	25:19+	01:01+	02:49+	01:46+	00:36+	04:10+	01:10+	01:42+	00:44+	00:50+	00:38+			
46	Marie Hernæs Larsen												3565				57:28			
03:08+	05:16+	07:56+	09:03+	13:14+	15:18+	17:44+	42:19+	43:19+	45:53+	47:36+	48:58+	52:47+	54:03+	55:15+	55:54+	56:51+	57:28+			
03:08+	02:08+	02:40+	01:07+	04:11+	02:04+	02:26+	24:35+	01:00+	02:34+	01:43+	01:22+	03:49+	01:16+	01:12+	00:39+	00:57+	00:37+			
03:08+	02:08+	02:40+	01:07+	04:11+	02:04+	02:26+	24:35+	01:00+	02:34+	01:43+	01:22+	03:49+	01:16+	01:12+	00:39+	00:57+	00:37+			
47	Ragnhild Christiansen												1884				58:37			
04:17+	07:54+	11:11+	13:41+	21:38+	23:45+	27:17+	29:42+	31:59+	38:05+	41:09+	42:09+	49:28+	52:16+	54:32+	55:42+	57:23+	58:37+			
04:17+	03:37+	03:17+	02:30+	07:57+	02:07+	03:32+	02:25+	02:17+	06:06+	03:04+	01:00+	07:19+	02:48+	02:16+	01:10+	01:41+	01:14+			
04:17+	03:37+	03:17+	02:30+	07:57+	02:07+	03:32+	02:25+	02:17+	06:06+	03:04+	01:00+	07:19+	02:48+	02:16+	01:10+	01:41+	01:14+			
48	Else Marie Furland												NOTEAM				58:43			
04:23+	07:56+	11:28+	13:46+	21:42+	23:55+	27:22+	29:45+	32:02+	38:08+	41:14+	42:18+	49:40+	52:13+	54:41+	56:03+	57:30+	58:43+			
04:23+	03:33+	03:32+	02:18+	07:56+	02:13+	03:27+	02:23+	02:17+	06:06+	03:06+	01:04+	07:22+	02:33+	02:28+	01:22+	01:27+	01:13+			
04:23+	03:33+	03:32+	02:18+	07:56+	02:13+	03:27+	02:23+	02:17+	06:06+	03:06+	01:04+	07:22+	02:33+	02:28+	01:22+	01:27+	01:13+			
49	Marit Kløvstad Braut												892				58:51			
04:42+	08:01+	11:30+	14:02+	21:57+	24:02+	27:39+	30:00+	32:18+	38:45+	41:29+	42:34+	50:34+	52:33+	55:03+	56:09+	57:33+	58:51+			
04:42+	03:19+	03:29+	02:32+	07:55+	02:05+	03:37+	02:21+	02:18+	06:27+	02:44+	01:05+	08:00+	01:59+	02:30+	01:06+	01:24+	01:18+			
04:42+	03:19+	03:29+	02:32+	07:55+	02:05+	03:37+	02:21+	02:18+	06:27+	02:44+	01:05+	08:00+	01:59+	02:30+	01:06+	01:24+	01:18+			
50	Anna Langlo												722				1:01:22			
04:48+	08:15+	12:09+	14:14+	21:35+	23:25+	27:14+	30:55+	34:26+	41:24+	44:33+	45:49+	52:54+	55:04+	57:21+	58:14+	60:03+	61:22+			
04:48+	03:27+	03:54+	02:05+	07:21+	01:50+	03:49+	03:41+	03:31+	06:58+	03:09+	01:16+	07:05+	02:10+	02:17+	00:53+	01:49+	01:19+			
04:48+	03:27+	03:54+	02:05+	07:21+	01:50+	03:49+	03:41+	03:31+	06:58+	03:09+	01:16+	07:05+	02:10+	02:17+	00:53+	01:49+	01:19+			
51	Linda Strøm												722				1:01:25			
04:45+	08:12+	12:01+	14:19+	21:25+	23:28+	27:02+	30:59+	34:30+	41:20+	44:26+	45:52+	52:52+	55:03+	57:19+	58:07+	60:02+	61:25+			
04:45+	03:27+	03:49+	02:18+	07:06+	02:03+	03:34+	03:57+	03:31+	06:50+	03:06+	01:26+	07:00+	02:11+	02:16+	00:48+	01:55+	01:23+			
04:45+	03:27+	03:49+	02:18+	07:06+	02:03+	03:34+	03:57+	03:31+	06:50+	03:06+	01:26+	07:00+	02:11+	02:16+	00:48+	01:55+	01:23+			
52	Agnete Dedekam Stabel												1758				1:02:39			
08:30+	11:50+	14:44+	16:22+	22:31+	24:24+	28:05+	34:40+	36:58+	43:32+	46:04+	47:30+	55:09+	57:02+	59:38+	60:32+	62:03+	62:39+			
08:30+	03:20+	02:54+	01:38+	06:09+	01:53+	03:41+	06:35+	02:18+	06:34+	02:32+	01:26+	07:39+	01:53+	02:36+	00:54+	01:31+	00:36+			
08:30+	03:20+	02:54+	01:38+	06:09+	01:53+	03:41+	06:35+	02:18+	06:34+	02:32+	01:26+	07:39+	01:53+	02:36+	00:54+	01:31+	00:36+			

Beste strekktid for klassen

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

Herrer 16 - 39 år

1	Arild Pfluger Hundeide												769									31:28
01:30=	03:36=	05:09=	05:27=	08:15=	09:52=	10:25=	10:58=	12:45=	18:33=	19:49=	20:54=	21:56=	23:00=	25:02=	25:38=	28:54=	30:07=	31:10=	31:28=			
01:30=	02:06=	01:33=	00:18=	02:48=	01:37=	00:33=	00:33=	01:47=	05:48=	01:16=	01:05=	01:02=	01:04=	02:02=	00:36=	03:16=	01:13=	01:03=	00:18=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Dag Eivind Watsend												892									32:17
01:47+	03:39+	05:00=	05:17=	08:03=	09:52=	10:28+	11:02+	12:33=	17:53=	19:19=	20:22=	21:21=	23:10+	25:30+	26:00+	29:17+	30:40+	31:56+	32:17+			
01:47+	01:52=	01:21=	00:17=	02:46=	01:49+	00:36+	00:34+	01:31=	05:20=	01:26+	01:03=	00:59=	01:49+	02:20+	00:30=	03:17+	01:23+	01:16+	00:21+			
00:17#	00:14=	00:12=	00:01=	00:02=	00:12#	00:03+	00:01+	00:16=	00:28=	00:10#	00:02=	00:03=	00:45#	00:18#	00:06=	00:01+	00:10#	00:13#	00:03#			

Plass	Navn					Klasse					Tid									
Herrer 16 - 39 år																				
3	Per Christian Munkhaug					3516					32:38									
01:27-	03:27-	05:01-	05:22-	07:59-	09:47-	10:25=	11:01+	12:46+	18:42+	20:04+	21:10+	22:43+	23:44+	26:10+	26:49+	29:57+	31:05+	32:15+	32:38+	
01:27-	02:00-	01:34+	00:21+	02:37-	01:48+	00:38+	00:36+	01:45-	05:56+	01:22+	01:06+	01:33+	01:01-	02:26+	00:39+	03:08-	01:08-	01:10+	00:23+	
00:03-	00:06-	00:01+	00:03#	00:11-	00:11#	00:05#	00:03+	00:02-	00:08+	00:06+	00:01+	00:31#	00:03-	00:24#	00:03+	00:08-	00:05-	00:07#	00:05#	
4	Martin Skogland					3508					32:46									
01:27+	03:28+	05:04+	05:27+	08:17+	09:53+	10:35+	11:14+	12:54+	18:23+	19:44+	20:45+	22:19+	23:05+	25:38+	26:33+	30:01+	31:12+	32:25+	32:46+	
01:27+	02:01+	01:36+	00:23+	02:50+	01:36+	00:42+	00:39+	01:40+	05:29+	01:21+	01:01+	01:34+	00:46+	02:33+	00:55+	03:28+	01:11+	01:13+	00:21+	
01:27+	02:01+	01:36+	00:23+	02:50+	01:36+	00:42+	00:39+	01:40+	05:29+	01:21+	01:01+	01:34+	00:46+	02:33+	00:55+	03:28+	01:11+	01:13+	00:21+	
5	Eivind Brimsø					3559					33:58									
01:37+	03:36+	05:01+	05:21+	08:09+	09:53+	10:34+	11:13+	12:55+	18:52+	20:19+	21:29+	22:39+	24:08+	26:39+	27:21+	30:52+	32:08+	33:39+	33:58+	
01:37+	01:59+	01:25+	00:20+	02:48+	01:44+	00:41+	00:39+	01:42+	05:57+	01:27+	01:10+	01:10+	01:29+	02:31+	00:42+	03:31+	01:16+	01:31+	00:19+	
01:37+	01:59+	01:25+	00:20+	02:48+	01:44+	00:41+	00:39+	01:42+	05:57+	01:27+	01:10+	01:10+	01:29+	02:31+	00:42+	03:31+	01:16+	01:31+	00:19+	
6	Torbjørn Fuglestad					878					34:05									
01:39+	03:26+	04:58+	05:16+	08:09+	10:03+	10:51+	11:27+	13:23+	19:41+	21:07+	22:08+	23:21+	24:37+	27:10+	27:49+	31:20+	32:31+	33:50+	34:05+	
01:39+	01:47+	01:32+	00:18+	02:53+	01:54+	00:48+	00:36+	01:56+	06:18+	01:26+	01:01+	01:13+	01:16+	02:33+	00:39+	03:31+	01:11+	01:19+	00:15+	
01:39+	01:47+	01:32+	00:18+	02:53+	01:54+	00:48+	00:36+	01:56+	06:18+	01:26+	01:01+	01:13+	01:16+	02:33+	00:39+	03:31+	01:11+	01:19+	00:15+	
7	Øyvind Rustan					722					34:25									
01:19+	05:06+	06:36+	06:59+	09:31+	11:14+	12:01+	12:45+	14:37+	20:21+	22:09+	23:28+	24:44+	25:54+	28:08+	28:45+	32:05+	33:05+	34:09+	34:25+	
01:19+	03:47+	01:30+	00:23+	02:32+	01:43+	00:47+	00:44+	01:52+	05:44+	01:48+	01:19+	01:16+	01:10+	02:14+	00:37+	03:20+	01:00+	01:04+	00:16+	
01:19+	03:47+	01:30+	00:23+	02:32+	01:43+	00:47+	00:44+	01:52+	05:44+	01:48+	01:19+	01:16+	01:10+	02:14+	00:37+	03:20+	01:00+	01:04+	00:16+	
8	Aksel Joranger					2023					34:44									
01:56+	04:24+	06:11+	06:30+	08:53+	10:37+	11:22+	12:17+	13:55+	19:27+	21:05+	22:16+	23:44+	24:50+	27:28+	28:14+	31:55+	33:21+	34:27+	34:44+	
01:56+	02:28+	01:47+	00:19+	02:23+	01:44+	00:45+	00:55+	01:38+	05:32+	01:38+	01:11+	01:28+	01:06+	02:38+	00:46+	03:41+	01:26+	01:06+	00:17+	
01:56+	02:28+	01:47+	00:19+	02:23+	01:44+	00:45+	00:55+	01:38+	05:32+	01:38+	01:11+	01:28+	01:06+	02:38+	00:46+	03:41+	01:26+	01:06+	00:17+	
9	Ole Morten Haaland					3528					35:10									
01:35+	03:45+	05:51+	06:12+	09:01+	10:43+	11:14+	11:52+	14:15+	19:38+	21:07+	22:12+	23:49+	25:00+	27:51+	28:23+	32:16+	33:29+	34:49+	35:10+	
01:35+	02:10+	02:06+	00:21+	02:49+	01:42+	00:31+	00:38+	02:23+	05:23+	01:29+	01:05+	01:37+	01:11+	02:51+	00:32+	03:53+	01:13+	01:20+	00:21+	
01:35+	02:10+	02:06+	00:21+	02:49+	01:42+	00:31+	00:38+	02:23+	05:23+	01:29+	01:05+	01:37+	01:11+	02:51+	00:32+	03:53+	01:13+	01:20+	00:21+	
10	Truls Thorkildsen					2074					35:14									
01:57+	03:50+	05:16+	05:32+	08:35+	10:13+	10:54+	11:29+	13:09+	19:31+	20:58+	22:02+	23:08+	24:13+	26:28+	27:05+	32:19+	33:32+	34:52+	35:14+	
01:57+	01:53+	01:26+	00:16+	03:03+	01:38+	00:41+	00:35+	01:40+	06:22+	01:27+	01:04+	01:06+	01:05+	02:15+	00:37+	05:14+	01:13+	01:20+	00:22+	
01:57+	01:53+	01:26+	00:16+	03:03+	01:38+	00:41+	00:35+	01:40+	06:22+	01:27+	01:04+	01:06+	01:05+	02:15+	00:37+	05:14+	01:13+	01:20+	00:22+	
11	Alexander Romanov					3562					36:00									
01:27+	04:05+	05:40+	05:59+	08:45+	10:23+	11:02+	11:42+	13:32+	19:50+	21:48+	22:50+	24:24+	25:42+	28:35+	29:10+	32:52+	34:11+	35:38+	36:00+	
01:27+	02:38+	01:35+	00:19+	02:46+	01:38+	00:39+	00:40+	01:50+	06:18+	01:58+	01:02+	01:34+	01:18+	02:53+	00:35+	03:42+	01:19+	01:27+	00:22+	
01:27+	02:38+	01:35+	00:19+	02:46+	01:38+	00:39+	00:40+	01:50+	06:18+	01:58+	01:02+	01:34+	01:18+	02:53+	00:35+	03:42+	01:19+	01:27+	00:22+	
12	Frank Terje Berge					643					36:51									
01:51+	03:50+	05:48+	06:10+	08:52+	10:55+	11:43+	12:41+	14:40+	20:28+	22:07+	23:21+	24:49+	26:24+	29:17+	29:57+	33:31+	34:55+	36:26+	36:51+	
01:51+	01:59+	01:58+	00:22+	02:42+	02:03+	00:48+	00:58+	01:59+	05:48+	01:39+	01:14+	01:28+	01:35+	02:53+	00:40+	03:34+	01:24+	01:31+	00:25+	
01:51+	01:59+	01:58+	00:22+	02:42+	02:03+	00:48+	00:58+	01:59+	05:48+	01:39+	01:14+	01:28+	01:35+	02:53+	00:40+	03:34+	01:24+	01:31+	00:25+	
13	Lars Kartevoll					3548					39:28									
02:22+	05:51+	07:30+	08:00+	11:23+	13:03+	13:49+	14:35+	16:30+	23:28+	25:02+	26:11+	27:46+	29:06+	31:48+	32:27+	36:30+	37:37+	39:05+	39:28+	
02:22+	03:29+	01:39+	00:30+	03:23+	01:40+	00:46+	00:46+	01:55+	06:58+	01:34+	01:09+	01:35+	01:20+	02:42+	00:39+	04:03+	01:07+	01:28+	00:23+	
02:22+	03:29+	01:39+	00:30+	03:23+	01:40+	00:46+	00:46+	01:55+	06:58+	01:34+	01:09+	01:35+	01:20+	02:42+	00:39+	04:03+	01:07+	01:28+	00:23+	
14	Sondre Aspøy					896					39:32									
01:51+	05:36+	07:21+	07:43+	10:44+	12:44+	13:28+	14:10+	15:55+	22:28+	24:08+	25:31+	26:47+	28:03+	30:42+	31:23+	36:19+	37:48+	39:11+	39:32+	
01:51+	03:45+	01:45+	00:22+	03:01+	02:00+	00:44+	00:42+	01:45+	06:33+	01:40+	01:23+	01:16+	01:16+	02:39+	00:41+	04:56+	01:29+	01:23+	00:21+	
01:51+	03:45+	01:45+	00:22+	03:01+	02:00+	00:44+	00:42+	01:45+	06:33+	01:40+	01:23+	01:16+	01:16+	02:39+	00:41+	04:56+	01:29+	01:23+	00:21+	
15	Truls Kolnes					3512					40:04									
03:14+	05:05+	06:38+	07:04+	10:56+	12:11+	14:14+	15:00+	16:45+	22:01+	23:24+	24:27+	26:05+	27:50+	29:56+	30:55+	36:37+	37:56+	39:42+	40:04+	
03:14+	01:51+	01:33+	00:26+	03:52+	01:15+	02:03+	00:46+	01:45+	05:16+	01:23+	01:03+	01:38+	01:45+	02:06+	00:59+	05:42+	01:19+	01:46+	00:22+	
03:14+	01:51+	01:33+	00:26+	03:52+	01:15+	02:03+	00:46+	01:45+	05:16+	01:23+	01:03+	01:38+	01:45+	02:06+	00:59+	05:42+	01:19+	01:46+	00:22+	
16	Erlend Syse					3559					40:16									
02:03+	04:04+	05:51+	06:13+	09:30+	11:20+	12:02+	13:53+	15:48+	22:41+	24:44+	25:47+	27:41+	28:58+	31:44+	32:23+	36:18+	38:07+	39:54+	40:16+	
02:03+	02:01+	01:47+	00:22+	03:17+	01:50+	00:42+	01:51+	01:55+	06:53+	02:03+	01:03+	01:54+	01:17+	02:46+	00:39+	03:55+	01:49+	01:47+	00:22+	
02:03+	02:01+	01:47+	00:22+	03:17+	01:50+	00:42+	01:51+	01:55+	06:53+	02:03+	01:03+	01:54+	01:17+	02:46+	00:39+	03:55+	01:49+	01:47+	00:22+	

Plass	Navn					Klasse					Tid				
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Herrer 16 - 39 år

17	Gaute Haugen Sandnes					1832					49:15									
03:43+	07:37+	09:25+	09:52+	12:48+	15:01+	15:47+	16:36+	18:47+	25:37+	31:42+	32:48+	34:24+	35:57+	38:46+	39:46+	45:31+	47:09+	48:52+	49:15+	
03:43+	03:54+	01:48+	00:27+	02:56+	02:13+	00:46+	00:49+	02:11+	06:50+	06:05+	01:06+	01:36+	01:33+	02:49+	01:00+	05:45+	01:38+	01:43+	00:23+	
03:43+	03:54+	01:48+	00:27+	02:56+	02:13+	00:46+	00:49+	02:11+	06:50+	06:05+	01:06+	01:36+	01:33+	02:49+	01:00+	05:45+	01:38+	01:43+	00:23+	
18	Jone Klemo Øverland					1384					49:28									
01:56+	05:33+	07:25+	07:43+	11:28+	13:59+	15:22+	16:26+	17:05+	19:25+	28:10+	30:25+	31:52+	34:09+	36:07+	39:52+	41:04+	45:51+	47:29+	49:05+	49:28+
01:56+	03:37+	01:52+	00:18+	03:45+	02:31+	01:23+	01:04+	00:39+	02:20+	08:45+	02:15+	01:27+	02:17+	01:58+	03:45+	01:12+	04:47+	01:38+	01:36+	00:23+
01:56+	03:37+	01:52+	00:18+	03:45+	02:31+	01:23+	01:04+	00:39+	02:20+	08:45+	02:15+	01:27+	02:17+	01:58+	03:45+	01:12+	04:47+	01:38+	01:36+	00:23+
19	Bjørn Morten Bøe Brunstøl					2023					49:53									
05:11+	10:03+	11:23+	11:43+	14:42+	16:30+	17:15+	17:56+	19:44+	26:29+	27:44+	28:48+	34:00+	34:51+	38:05+	38:59+	46:11+	47:33+	49:29+	49:53+	
05:11+	04:52+	01:20+	00:20+	02:59+	01:48+	00:45+	00:41+	01:48+	06:45+	01:15+	01:04+	05:12+	00:51+	03:14+	00:54+	07:12+	01:22+	01:56+	00:24+	
05:11+	04:52+	01:20+	00:20+	02:59+	01:48+	00:45+	00:41+	01:48+	06:45+	01:15+	01:04+	05:12+	00:51+	03:14+	00:54+	07:12+	01:22+	01:56+	00:24+	
20	Isak Austrheim					NOTEAM					53:31									
02:40+	07:49+	09:44+	10:02+	15:17+	17:33+	18:22+	19:05+	21:41+	33:55+	35:58+	37:37+	38:40+	40:05+	43:17+	44:05+	49:26+	51:42+	53:08+	53:31+	
02:40+	05:09+	01:55+	00:18+	05:15+	02:16+	00:49+	00:43+	02:36+	12:14+	02:03+	01:39+	01:03+	01:25+	03:12+	00:48+	05:21+	02:16+	01:26+	00:23+	
02:40+	05:09+	01:55+	00:18+	05:15+	02:16+	00:49+	00:43+	02:36+	12:14+	02:03+	01:39+	01:03+	01:25+	03:12+	00:48+	05:21+	02:16+	01:26+	00:23+	
21	Christoffer Soma					903					54:38									
02:00+	05:23+	08:05+	08:30+	12:36+	14:58+	15:56+	17:14+	19:29+	28:30+	31:10+	32:28+	37:00+	38:14+	42:04+	43:19+	50:58+	52:38+	54:17+	54:38+	
02:00+	03:23+	02:42+	00:25+	04:06+	02:22+	00:58+	01:18+	02:15+	09:01+	02:40+	01:18+	04:32+	01:14+	03:50+	01:15+	07:39+	01:40+	01:39+	00:21+	
02:00+	03:23+	02:42+	00:25+	04:06+	02:22+	00:58+	01:18+	02:15+	09:01+	02:40+	01:18+	04:32+	01:14+	03:50+	01:15+	07:39+	01:40+	01:39+	00:21+	

Beste strekktid for klassen

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

Herrer 40 - 49 år

1	Joakim B. Enne Haug										1284					29:43									
01:28=	03:15=	04:44=	05:06=	07:28=	09:00=	09:34=	10:14=	11:49=	16:35=	18:01=	19:01=	20:11=	21:22=	23:43=	24:20=	27:22=	28:23=	29:28=	29:43=						
01:28=	01:47=	01:29=	00:22=	02:22=	01:32=	00:34=	00:40=	01:35=	04:46=	01:26=	01:00=	01:10=	01:11=	02:21=	00:37=	03:02=	01:01=	01:05=	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=						
2	Per Jan Ersland										3510					32:39									
01:42+	03:31+	04:46+	05:12+	05:28-	08:20-	09:59+	10:45+	11:30-	13:22-	18:57+	20:17+	21:10+	22:10+	23:33-	25:42+	26:20-	29:56+	31:06+	32:20+	32:39+					
01:42+	01:49+	01:15-	00:26+	00:16-	02:52+	01:39+	00:46+	00:45-	01:52-	05:35+	01:20+	00:53-	01:00-	01:23-	02:09+	00:38-	03:36+	01:10+	01:14+	00:19+					
00:14#	00:02+	00:14-	00:04#	02:06-	01:20&	01:05@	00:06#	00:50-	02:54-	04:09@	00:20&	00:17-	00:11-	00:58-	01:32@	02:24-	02:35@	00:05+	00:59@	00:19+					
3	Frode Ungar										1683					34:44									
01:36+	03:42+	05:05+	05:22+	08:03+	09:44+	10:23+	11:08+	12:55+	19:03+	20:30+	21:37+	22:48+	24:33+	27:13+	27:47+	31:48+	33:02+	34:22+	34:44+						
01:36+	02:06+	01:23-	00:17-	02:41+	01:41+	00:39+	00:45+	01:47+	06:08+	01:27+	01:07+	01:11+	01:45+	02:40+	00:34-	04:01+	01:14+	01:20+	00:22+						
00:08+	00:19#	00:06-	00:05-	00:19#	00:09+	00:05#	00:05#	00:12#	01:22&	00:01+	00:07#	00:01+	00:34&	00:19#	00:03-	00:59&	00:13#	00:15#	00:07&						
4	Rolf Frøyland										880					35:37									
01:53+	04:00+	05:35+	05:55+	08:16+	10:03+	11:00+	11:36+	13:31+	19:03+	20:28+	21:36+	22:45+	23:48+	26:10+	26:49+	31:49+	33:09+	35:16+	35:37+						
01:53+	02:07+	01:35+	00:20-	02:21-	01:47+	00:57+	00:36-	01:55+	05:32+	01:25-	01:08+	01:09-	01:03-	02:22+	00:39+	05:00+	01:20+	02:07+	00:21+						
00:25&	00:20#	00:06+	00:02-	00:01-	00:15#	00:23&	00:04-	00:20#	00:46#	00:01-	00:08#	00:01-	00:08-	00:01+	00:02+	01:58&	00:19&	01:02&	00:06&						
5	Reidar Mosvold										1754					35:56									
01:42+	03:52+	05:26+	05:55+	08:43+	10:36+	11:14+	11:50+	13:52+	20:28+	21:53+	23:08+	24:17+	25:55+	28:38+	29:20+	32:50+	34:19+	35:32+	35:56+						
01:42+	02:10+	01:34+	00:29+	02:48+	01:53+	00:38+	00:36-	02:02+	06:36+	01:25-	01:15+	01:09-	01:38+	02:43+	00:42+	03:30+	01:29+	01:13+	00:24+						
00:14#	00:23#	00:05+	00:07&	00:26#	00:21#	00:04#	00:04-	00:27&	01:50&	00:01-	00:15#	00:01-	00:27&	00:22#	00:05#	00:28#	00:28&	00:08#	00:09&						
6	Gunnar Thorset										896					36:13									
02:07+	04:08+	05:43+	06:03+	08:57+	10:38+	11:17+	11:57+	13:46+	19:56+	21:27+	22:36+	23:54+	25:31+	28:18+	29:03+	33:08+	34:33+	35:49+	36:13+						
02:07+	02:01+	01:35+	00:20-	02:54+	01:41+	00:39+	00:40=	01:49+	06:10+	01:31+	01:09+	01:18+	01:37+	02:47+	00:45+	04:05+	01:25+	01:16+	00:24+						
00:39&	00:14#	00:06+	00:02-	00:32#	00:09+	00:05#	00:00=	00:14#	01:24&	00:05+	00:09#	00:08#	00:26&	00:26#	00:08#	01:03&	00:24&	00:11#	00:09&						
7	Sjur Sismo										1683					36:30									
02:58+	04:54+	06:31+	06:49+	09:40+	11:18+	11:55+	12:33+	14:24+	20:54+	22:22+	23:27+	24:58+	26:12+	29:02+	29:45+	33:27+	34:39+	36:06+	36:30+						
02:58+	01:56+	01:37+	00:18-	02:51+	01:38+	00:37+	00:38-	01:51+	06:30+	01:28+	01:05+	01:31+	01:14+	02:50+	00:43+	03:42+	01:12+	01:27+	00:24+						
01:30@	00:09+	00:08+	00:04-	00:29#	00:06+	00:03+	00:02-	00:16#	01:44&	00:02+	00:05+	00:21&	00:03+	00:29#	00:06#	00:40#	00:11#	00:22&	00:09&						

Plass	Navn				Klasse				Tid											
Herrer 40 - 49 år																				
8	Trondr Breiland				NOTEAM				36:35											
	01:41+	03:41+	05:03+	05:22+	08:19+	10:21+	11:01+	11:33+	13:15+	19:55+	21:46+	22:37+	23:51+	24:57+	28:12+	28:56+	33:21+	34:49+	36:09+	36:35+
	01:41+	02:00+	01:22-	00:19-	02:57+	02:02+	00:40+	00:32-	01:42+	06:40+	01:51+	00:51-	01:14+	01:06-	03:15+	00:44+	04:25+	01:28+	01:20+	00:26+
	00:13#	00:13#	00:07-	00:03-	00:35#	00:30#	00:06#	00:08-	00:07+	01:54#	00:25#	00:09-	00:04+	00:05-	00:54#	00:07#	01:23#	00:27#	00:15#	00:11#
9	Antal Jansen				3530				37:22											
	01:53+	04:12+	05:57+	06:17+	09:05+	11:07+	11:57+	12:36+	14:15+	20:18+	22:05+	23:07+	24:23+	25:26+	28:47+	29:30+	34:01+	35:33+	37:02+	37:22+
	01:53+	02:19+	01:45+	00:20+	02:48+	02:02+	00:50+	00:39+	01:39+	06:03+	01:47+	01:02+	01:16+	01:03+	03:21+	00:43+	04:31+	01:32+	01:29+	00:20+
	01:53+	02:19+	01:45+	00:20+	02:48+	02:02+	00:50+	00:39+	01:39+	06:03+	01:47+	01:02+	01:16+	01:03+	03:21+	00:43+	04:31+	01:32+	01:29+	00:20+
10	Ole-Tobias Frich				1683				37:27											
	01:54+	04:01+	05:36+	05:58+	08:44+	10:44+	11:24+	12:11+	14:05+	20:03+	21:36+	23:10+	24:28+	25:49+	28:21+	29:03+	34:00+	35:23+	37:01+	37:27+
	01:54+	02:07+	01:35+	00:22+	02:46+	02:00+	00:40+	00:47+	01:54+	05:58+	01:33+	01:34+	01:18+	01:21+	02:32+	00:42+	04:57+	01:23+	01:38+	00:26+
	01:54+	02:07+	01:35+	00:22+	02:46+	02:00+	00:40+	00:47+	01:54+	05:58+	01:33+	01:34+	01:18+	01:21+	02:32+	00:42+	04:57+	01:23+	01:38+	00:26+
11	Asgeir Nærland				1830				37:55											
	01:36+	03:40+	05:32+	05:55+	09:04+	10:53+	11:39+	12:27+	14:20+	21:06+	23:03+	24:28+	26:05+	27:14+	30:00+	30:41+	34:34+	36:12+	37:35+	37:55+
	01:36+	02:04+	01:52+	00:23+	03:09+	01:49+	00:46+	00:48+	01:53+	06:46+	01:57+	01:25+	01:37+	01:09+	02:46+	00:41+	03:53+	01:38+	01:23+	00:20+
	01:36+	02:04+	01:52+	00:23+	03:09+	01:49+	00:46+	00:48+	01:53+	06:46+	01:57+	01:25+	01:37+	01:09+	02:46+	00:41+	03:53+	01:38+	01:23+	00:20+
12	Magne Habbestad				3531				38:05											
	01:39+	03:50+	05:29+	05:48+	08:33+	10:27+	11:21+	12:02+	13:50+	20:30+	22:36+	23:50+	25:11+	26:24+	29:36+	30:20+	34:57+	36:13+	37:38+	38:05+
	01:39+	02:11+	01:39+	00:19+	02:45+	01:54+	00:54+	00:41+	01:48+	06:40+	02:06+	01:14+	01:21+	01:13+	03:12+	00:44+	04:37+	01:16+	01:25+	00:27+
	01:39+	02:11+	01:39+	00:19+	02:45+	01:54+	00:54+	00:41+	01:48+	06:40+	02:06+	01:14+	01:21+	01:13+	03:12+	00:44+	04:37+	01:16+	01:25+	00:27+
13	Christian Ask				3563				38:11											
	01:57+	04:21+	07:55+	08:11+	11:13+	12:48+	13:31+	14:07+	16:01+	22:17+	24:07+	25:12+	26:26+	27:41+	30:40+	31:22+	35:16+	36:25+	37:52+	38:11+
	01:57+	02:24+	03:34+	00:16+	03:02+	01:35+	00:43+	00:36+	01:54+	06:16+	01:50+	01:05+	01:14+	01:15+	02:59+	00:42+	03:54+	01:09+	01:27+	00:19+
	01:57+	02:24+	03:34+	00:16+	03:02+	01:35+	00:43+	00:36+	01:54+	06:16+	01:50+	01:05+	01:14+	01:15+	02:59+	00:42+	03:54+	01:09+	01:27+	00:19+
14	Jan-Kenneth Polle				3525				38:15											
	01:55+	04:10+	05:45+	06:07+	09:03+	11:01+	11:39+	12:21+	14:11+	20:48+	22:28+	23:35+	24:49+	26:02+	29:09+	29:51+	34:18+	35:59+	37:55+	38:15+
	01:55+	02:15+	01:35+	00:22+	02:56+	01:58+	00:38+	00:42+	01:50+	06:37+	01:40+	01:07+	01:14+	01:13+	03:07+	00:42+	04:27+	01:41+	01:56+	00:20+
	01:55+	02:15+	01:35+	00:22+	02:56+	01:58+	00:38+	00:42+	01:50+	06:37+	01:40+	01:07+	01:14+	01:13+	03:07+	00:42+	04:27+	01:41+	01:56+	00:20+
15	Rune Dahl Fitjar				1754				38:26											
	01:50+	04:34+	06:22+	06:47+	09:57+	12:02+	12:46+	13:31+	15:38+	22:18+	24:16+	25:29+	26:57+	28:20+	31:15+	31:58+	35:30+	36:47+	38:02+	38:26+
	01:50+	02:44+	01:48+	00:25+	03:10+	02:05+	00:44+	00:45+	02:07+	06:40+	01:58+	01:13+	01:28+	01:23+	02:55+	00:43+	03:32+	01:17+	01:15+	00:24+
	01:50+	02:44+	01:48+	00:25+	03:10+	02:05+	00:44+	00:45+	02:07+	06:40+	01:58+	01:13+	01:28+	01:23+	02:55+	00:43+	03:32+	01:17+	01:15+	00:24+
16	Cedric Fayemendy				3559				38:34											
	02:48+	04:51+	06:54+	07:16+	10:00+	11:45+	12:32+	13:16+	15:05+	21:00+	22:48+	24:12+	25:44+	26:54+	29:54+	30:44+	35:19+	36:52+	38:14+	38:34+
	02:48+	02:03+	02:03+	00:22+	02:44+	01:45+	00:47+	00:44+	01:49+	05:55+	01:48+	01:24+	01:32+	01:10+	03:00+	00:50+	04:35+	01:33+	01:22+	00:20+
	02:48+	02:03+	02:03+	00:22+	02:44+	01:45+	00:47+	00:44+	01:49+	05:55+	01:48+	01:24+	01:32+	01:10+	03:00+	00:50+	04:35+	01:33+	01:22+	00:20+
17	Inge Arild Leknes				3548				39:56											
	02:05+	05:05+	07:04+	07:28+	10:32+	12:17+	13:01+	13:40+	15:37+	21:32+	23:16+	24:30+	26:19+	27:40+	31:14+	31:57+	36:36+	37:58+	39:30+	39:56+
	02:05+	03:00+	01:59+	00:24+	03:04+	01:45+	00:44+	00:39+	01:57+	05:55+	01:44+	01:14+	01:49+	01:21+	03:34+	00:43+	04:39+	01:22+	01:32+	00:26+
	02:05+	03:00+	01:59+	00:24+	03:04+	01:45+	00:44+	00:39+	01:57+	05:55+	01:44+	01:14+	01:49+	01:21+	03:34+	00:43+	04:39+	01:22+	01:32+	00:26+
18	Bjarne Bore				3529				41:04											
	01:42+	04:09+	06:14+	06:41+	09:45+	11:45+	12:35+	13:19+	15:09+	22:27+	24:43+	25:56+	27:41+	29:12+	32:41+	33:23+	37:56+	39:21+	40:43+	41:04+
	01:42+	02:27+	02:05+	00:27+	03:04+	02:00+	00:50+	00:44+	01:50+	07:18+	02:16+	01:13+	01:45+	01:31+	03:29+	00:42+	04:33+	01:25+	01:22+	00:21+
	01:42+	02:27+	02:05+	00:27+	03:04+	02:00+	00:50+	00:44+	01:50+	07:18+	02:16+	01:13+	01:45+	01:31+	03:29+	00:42+	04:33+	01:25+	01:22+	00:21+
19	Rune Hatle				903				41:47											
	02:42+	04:46+	06:27+	06:43+	09:40+	11:09+	11:57+	12:37+	14:33+	21:19+	23:08+	24:14+	25:46+	27:31+	29:45+	30:28+	38:55+	40:09+	41:28+	41:47+
	02:42+	02:04+	01:41+	00:16+	02:57+	01:29+	00:48+	00:40+	01:56+	06:46+	01:49+	01:06+	01:32+	01:45+	02:14+	00:43+	08:27+	01:14+	01:19+	00:19+
	02:42+	02:04+	01:41+	00:16+	02:57+	01:29+	00:48+	00:40+	01:56+	06:46+	01:49+	01:06+	01:32+	01:45+	02:14+	00:43+	08:27+	01:14+	01:19+	00:19+
20	Anders Hagen				3528				42:21											
	03:31+	06:55+	08:46+	09:09+	12:13+	13:46+	14:51+	15:38+	17:18+	23:05+	25:41+	27:37+	29:03+	30:12+	32:52+	33:34+	37:46+	39:09+	42:03+	42:21+
	03:31+	03:24+	01:51+	00:23+	03:04+	01:33+	01:05+	00:47+	01:40+	05:47+	02:36+	01:56+	01:26+	01:09+	02:40+	00:42+	04:12+	01:23+	02:54+	00:18+
	03:31+	03:24+	01:51+	00:23+	03:04+	01:33+	01:05+	00:47+	01:40+	05:47+	02:36+	01:56+	01:26+	01:09+	02:40+	00:42+	04:12+	01:23+	02:54+	00:18+
21	Anders Presterud				903				42:26											
	01:41+	06:15+	08:05+	08:30+	11:27+	13:20+	14:05+	14:46+	16:35+	23:46+	27:41+	28:44+	30:10+	31:32+	34:10+	35:15+	39:09+	40:37+	42:06+	42:26+
	01:41+	04:34+	01:50+	00:25+	02:57+	01:53+	00:45+	00:41+	01:49+	07:11+	03:55+	01:03+	01:26+	01:22+	02:38+	01:05+	03:54+	01:28+	01:29+	00:20+
	01:41+	04:34+	01:50+	00:25+	02:57+	01:53+	00:45+	00:41+	01:49+	07:11+	03:55+	01:03+	01:26+	01:22+	02:38+	01:05+	03:54+	01:28+	01:29+	00:20+

Plass	Navn	Klasse										Tid									
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Herrer 40 - 49 år

22	Bjarte Harbo												1830								43:38							
01:43+	05:14+	07:04+	07:24+	10:21+	12:06+	12:58+	13:38+	15:36+	21:47+	24:31+	26:14+	27:41+	29:27+	34:32+	35:14+	40:19+	41:47+	43:14+	43:38+									
01:43+	03:31+	01:50+	00:20+	02:57+	01:45+	00:52+	00:40+	01:58+	06:11+	02:44+	01:43+	01:27+	01:46+	05:05+	00:42+	05:05+	01:28+	01:27+	00:24+									
01:43+	03:31+	01:50+	00:20+	02:57+	01:45+	00:52+	00:40+	01:58+	06:11+	02:44+	01:43+	01:27+	01:46+	05:05+	00:42+	05:05+	01:28+	01:27+	00:24+									
23	Stian Gunstensen												892								44:20							
01:51+	04:04+	05:49+	06:05+	08:54+	10:27+	11:08+	12:08+	14:51+	21:39+	23:22+	24:21+	26:21+	27:31+	36:42+	37:38+	41:10+	42:33+	44:01+	44:20+									
01:51+	02:13+	01:45+	00:16+	02:49+	01:33+	00:41+	01:00+	02:43+	06:48+	01:43+	00:59+	02:00+	01:10+	09:11+	00:56+	03:32+	01:23+	01:28+	00:19+									
01:51+	02:13+	01:45+	00:16+	02:49+	01:33+	00:41+	01:00+	02:43+	06:48+	01:43+	00:59+	02:00+	01:10+	09:11+	00:56+	03:32+	01:23+	01:28+	00:19+									
24	Sjur Gausel												2342								47:24							
02:45+	06:29+	08:28+	08:52+	14:38+	17:00+	17:48+	18:40+	20:55+	28:09+	30:09+	31:22+	33:23+	34:58+	38:12+	38:58+	43:36+	45:18+	47:01+	47:24+									
02:45+	03:44+	01:59+	00:24+	05:46+	02:22+	00:48+	00:52+	02:15+	07:14+	02:00+	01:13+	02:01+	01:35+	03:14+	00:46+	04:38+	01:42+	01:43+	00:23+									
02:45+	03:44+	01:59+	00:24+	05:46+	02:22+	00:48+	00:52+	02:15+	07:14+	02:00+	01:13+	02:01+	01:35+	03:14+	00:46+	04:38+	01:42+	01:43+	00:23+									
25	Thomas Thue												1830								53:57							
02:03+	06:44+	08:39+	09:02+	12:05+	14:43+	15:31+	16:28+	20:39+	28:10+	30:16+	31:39+	33:36+	36:44+	40:02+	41:06+	46:37+	48:36+	53:23+	53:57+									
02:03+	04:41+	01:55+	00:23+	03:03+	02:38+	00:48+	00:57+	04:11+	07:31+	02:06+	01:23+	01:57+	03:08+	03:18+	01:04+	05:31+	01:59+	04:47+	00:34+									
02:03+	04:41+	01:55+	00:23+	03:03+	02:38+	00:48+	00:57+	04:11+	07:31+	02:06+	01:23+	01:57+	03:08+	03:18+	01:04+	05:31+	01:59+	04:47+	00:34+									
26	Kjetil Gjerde												1683								55:40							
02:36+	06:46+	10:59+	11:32+	15:38+	18:08+	19:14+	20:15+	22:54+	31:55+	34:23+	36:04+	37:57+	39:46+	44:21+	45:36+	51:02+	53:12+	55:04+	55:40+									
02:36+	04:10+	04:13+	00:33+	04:06+	02:30+	01:06+	01:01+	02:39+	09:01+	02:28+	01:41+	01:53+	01:49+	04:35+	01:15+	05:26+	02:10+	01:52+	00:36+									
02:36+	04:10+	04:13+	00:33+	04:06+	02:30+	01:06+	01:01+	02:39+	09:01+	02:28+	01:41+	01:53+	01:49+	04:35+	01:15+	05:26+	02:10+	01:52+	00:36+									
27	Glenn Madland												879								59:19							
03:37+	06:57+	26:38+	26:57+	30:04+	31:45+	32:37+	33:29+	35:20+	41:32+	43:18+	44:29+	46:06+	47:36+	50:09+	50:49+	55:22+	57:14+	58:57+	59:19+									
03:37+	03:20+	19:41+	00:19+	03:07+	01:41+	00:52+	00:52+	01:51+	06:12+	01:46+	01:11+	01:37+	01:30+	02:33+	00:40+	04:33+	01:52+	01:43+	00:22+									
03:37+	03:20+	19:41+	00:19+	03:07+	01:41+	00:52+	00:52+	01:51+	06:12+	01:46+	01:11+	01:37+	01:30+	02:33+	00:40+	04:33+	01:52+	01:43+	00:22+									

Beste strekktid for klassen

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

Herrer 50 - 59 år

1	Lars Primstad												769			26:47							
01:23=	01:52=	03:22=	04:25=	05:12=	07:44=	09:55=	12:40=	13:38=	14:52=	15:57=	18:08=	18:46=	19:23=	22:58=	24:13=	25:26=	26:01=	26:29=	26:47=				
01:23=	00:29=	01:30=	01:03=	00:47=	02:32=	02:11=	02:45=	00:58=	01:14=	01:05=	02:11=	00:38=	00:37=	03:35=	01:15=	01:13=	00:35=	00:28=	00:18=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Frank Hansen												3502			27:54							
01:43+	02:15+	03:58+	05:15+	06:08+	08:54+	11:06+	12:41+	14:01+	15:18+	16:22+	18:34+	19:16+	20:05+	23:12+	24:29+	26:15+	26:52+	27:29+	27:54+				
01:43+	00:32+	01:43+	01:17+	00:53+	02:46+	02:12+	01:35=	01:20+	01:17+	01:04=	02:12+	00:42+	00:49+	03:07=	01:17+	01:46+	00:37+	00:37+	00:25+				
00:20#	00:03#	00:13#	00:14#	00:06#	00:14+	00:01+	01:10=	00:22&	00:03+	00:01=	00:01+	00:04#	00:12&	00:28=	00:02+	00:33&	00:02+	00:09&	00:07&				
3	Øystein Fuglestad												878			28:12							
01:28+	02:05+	03:37+	04:56+	05:43+	08:48+	11:05+	12:27=	13:34=	14:40=	15:47=	18:25+	19:10+	19:52+	23:11+	24:47+	26:27+	27:11+	27:48+	28:12+				
01:28+	00:37+	01:32+	01:19+	00:47=	03:05+	02:17+	01:22=	01:07+	01:06=	01:07+	02:38+	00:45+	00:42+	03:19=	01:36+	01:40+	00:44+	00:37+	00:24+				
00:05+	00:08&	00:02+	00:16&	00:00=	00:33#	00:06+	01:23=	00:09#	00:08=	00:02+	00:27#	00:07#	00:05#	00:16=	00:21&	00:27&	00:09&	00:09&	00:06&				
4	Sigurd Ravndal												769			28:59							
01:30+	02:04+	03:50+	05:11+	06:00+	08:42+	10:40+	12:21=	13:36=	15:28+	16:42+	20:11+	21:07+	21:48+	24:37+	26:01+	27:28+	28:03+	28:39+	28:59+				
01:30+	00:34+	01:46+	01:21+	00:49+	02:42+	01:58=	01:41=	01:15+	01:52+	01:14+	03:29+	00:56+	00:41+	02:49=	01:24+	01:27+	00:35=	00:36+	00:20+				
00:07+	00:05#	00:16#	00:18&	00:02+	00:10+	00:13=	01:04=	00:17&	00:38&	00:09#	01:18&	00:18&	00:04#	00:46=	00:09#	00:14#	00:00=	00:08&	00:02#				
5	Steinar Hansen												882			30:03							
01:52+	02:34+	04:08+	05:35+	06:45+	10:51+	13:10+	14:37+	15:40+	16:59+	18:11+	20:52+	21:28+	22:09+	25:37+	26:56+	28:28+	29:06+	29:42+	30:03+				
01:52+	00:42+	01:34+	01:27+	01:10+	04:06+	02:19+	01:27=	01:03+	01:19+	01:12+	02:41+	00:36=	00:41+	03:28=	01:19+	01:32+	00:38+	00:36+	00:21+				
00:29&	00:13&	00:04+	00:24&	00:23&	01:34&	00:08+	01:18=	00:05+	00:05+	00:07#	00:30#	00:02=	00:04#	00:07=	00:04+	00:19&	00:03+	00:08&	00:03#				
6	Anders Glenne												793			30:06							
01:40+	02:18+	03:55+	05:22+	06:17+	09:17+	12:24+	14:12+	15:16+	16:30+	17:51+	20:47+	21:26+	22:11+	25:43+	27:13+	28:35+	29:09+	29:44+	30:06+				
01:40+	00:38+	01:37+	01:27+	00:55+	03:00+	03:07+	01:48=	01:04+	01:14=	01:21+	02:56+	00:39+	00:45+	03:32=	01:30+	01:22+	00:34=	00:35+	00:22+				
00:17#	00:09&	00:07+	00:24&	00:08#	00:28#	00:56&	00:57=	00:06#	00:00=	00:16#	00:45&	00:01+	00:08#	00:03=	00:15#	00:09#	00:01=	00:07#	00:04#				

Plass	Navn				Klasse				Tid											
Herrer 50 - 59 år																				
7	Terje Undheim				3529				30:14											
01:24+	01:54+	03:18-	04:29+	05:12=	07:59+	10:23+	15:37+	17:03+	18:26+	19:20+	21:58+	22:34+	23:10+	26:07+	27:12+	28:41+	29:20+	29:53+	30:14+	
01:24+	00:30+	01:24-	01:11+	00:43-	02:47+	02:24+	05:14+	01:26+	01:23+	00:54-	02:38+	00:36-	00:36-	02:57-	01:05-	01:29+	00:39+	00:33+	00:21+	
00:01+	00:01+	00:06-	00:08#	00:04-	00:15+	00:13+	02:29#	00:28#	00:09#	00:11-	00:27#	00:02-	00:01-	00:38-	00:10-	00:16#	00:04#	00:05#	00:03#	
8	Jørgen Nilsen				1683				30:42											
01:48+	02:19+	04:04+	05:29+	06:21+	09:43+	12:17+	13:52+	14:57+	16:14+	17:48+	20:44+	21:30+	22:13+	25:27+	27:03+	28:48+	29:38+	30:14+	30:42+	
01:48+	00:31+	01:45+	01:25+	00:52+	03:22+	02:34+	01:35+	01:05+	01:17+	01:34+	02:56+	00:46+	00:43+	03:14+	01:36+	01:45+	00:50+	00:36+	00:28+	
01:48+	00:31+	01:45+	01:25+	00:52+	03:22+	02:34+	01:35+	01:05+	01:17+	01:34+	02:56+	00:46+	00:43+	03:14+	01:36+	01:45+	00:50+	00:36+	00:28+	
9	Erling Knutzen				879				31:01											
01:42+	02:23+	04:01+	05:33+	06:21+	09:58+	12:44+	14:14+	15:20+	16:43+	18:15+	21:13+	21:57+	22:41+	26:10+	27:34+	29:18+	30:02+	30:36+	31:01+	
01:42+	00:41+	01:38+	01:32+	00:48+	03:37+	02:46+	01:30+	01:06+	01:23+	01:32+	02:58+	00:44+	00:44+	03:29+	01:24+	01:44+	00:44+	00:34+	00:25+	
01:42+	00:41+	01:38+	01:32+	00:48+	03:37+	02:46+	01:30+	01:06+	01:23+	01:32+	02:58+	00:44+	00:44+	03:29+	01:24+	01:44+	00:44+	00:34+	00:25+	
10	Erik Bjørnbom				3559				31:41											
01:51+	02:22+	03:58+	05:36+	06:24+	09:34+	12:05+	13:30+	14:36+	16:12+	17:26+	20:52+	21:36+	22:25+	25:49+	27:52+	29:44+	30:34+	31:14+	31:41+	
01:51+	00:31+	01:36+	01:38+	00:48+	03:10+	02:31+	01:25+	01:06+	01:36+	01:14+	03:26+	00:44+	00:49+	03:24+	02:03+	01:52+	00:50+	00:40+	00:27+	
01:51+	00:31+	01:36+	01:38+	00:48+	03:10+	02:31+	01:25+	01:06+	01:36+	01:14+	03:26+	00:44+	00:49+	03:24+	02:03+	01:52+	00:50+	00:40+	00:27+	
11	Jan S. Eike				NOTEAM				31:58											
02:25+	03:02+	04:43+	06:14+	07:03+	09:48+	12:16+	13:40+	14:52+	16:21+	17:47+	20:47+	21:32+	22:53+	27:14+	28:48+	30:19+	31:00+	31:34+	31:58+	
02:25+	00:37+	01:41+	01:31+	00:49+	02:45+	02:28+	01:24+	01:12+	01:29+	01:26+	03:00+	00:45+	01:21+	04:21+	01:34+	01:31+	00:41+	00:34+	00:24+	
02:25+	00:37+	01:41+	01:31+	00:49+	02:45+	02:28+	01:24+	01:12+	01:29+	01:26+	03:00+	00:45+	01:21+	04:21+	01:34+	01:31+	00:41+	00:34+	00:24+	
12	Svein Roar Aas				3486				32:10											
02:02+	02:49+	04:19+	05:47+	06:47+	09:52+	12:14+	14:11+	15:18+	17:02+	18:20+	21:18+	22:07+	23:36+	27:08+	28:52+	30:26+	31:11+	31:47+	32:10+	
02:02+	00:47+	01:30+	01:28+	01:00+	03:05+	02:22+	01:57+	01:07+	01:44+	01:18+	02:58+	00:49+	01:29+	03:32+	01:44+	01:34+	00:45+	00:36+	00:23+	
02:02+	00:47+	01:30+	01:28+	01:00+	03:05+	02:22+	01:57+	01:07+	01:44+	01:18+	02:58+	00:49+	01:29+	03:32+	01:44+	01:34+	00:45+	00:36+	00:23+	
13	Tore Halset				3486				32:16											
01:45+	02:16+	03:57+	05:25+	06:10+	09:29+	12:01+	13:56+	15:25+	16:52+	18:01+	20:54+	21:37+	22:27+	26:18+	28:05+	30:16+	31:03+	31:47+	32:16+	
01:45+	00:31+	01:41+	01:28+	00:45+	03:19+	02:32+	01:55+	01:29+	01:27+	01:09+	02:53+	00:43+	00:50+	03:51+	01:47+	02:11+	00:47+	00:44+	00:29+	
01:45+	00:31+	01:41+	01:28+	00:45+	03:19+	02:32+	01:55+	01:29+	01:27+	01:09+	02:53+	00:43+	00:50+	03:51+	01:47+	02:11+	00:47+	00:44+	00:29+	
14	Ove Mæstad				2342				32:57											
02:05+	02:50+	04:34+	06:18+	07:08+	10:47+	13:37+	15:11+	16:13+	17:33+	18:47+	21:58+	22:47+	23:35+	27:48+	29:15+	31:10+	31:57+	32:35+	32:57+	
02:05+	00:45+	01:44+	01:44+	00:50+	03:39+	02:50+	01:34+	01:02+	01:20+	01:14+	03:11+	00:49+	00:48+	04:13+	01:27+	01:55+	00:47+	00:38+	00:22+	
02:05+	00:45+	01:44+	01:44+	00:50+	03:39+	02:50+	01:34+	01:02+	01:20+	01:14+	03:11+	00:49+	00:48+	04:13+	01:27+	01:55+	00:47+	00:38+	00:22+	
15	Arne Hetlelid				3508				33:28											
01:42+	02:26+	04:02+	05:33+	06:18+	10:05+	12:33+	14:19+	15:34+	17:44+	19:11+	22:17+	23:05+	24:04+	28:04+	29:40+	31:39+	32:22+	33:01+	33:28+	
01:42+	00:44+	01:36+	01:31+	00:45+	03:47+	02:28+	01:46+	01:15+	02:10+	01:27+	03:06+	00:48+	00:59+	04:00+	01:36+	01:59+	00:43+	00:39+	00:27+	
01:42+	00:44+	01:36+	01:31+	00:45+	03:47+	02:28+	01:46+	01:15+	02:10+	01:27+	03:06+	00:48+	00:59+	04:00+	01:36+	01:59+	00:43+	00:39+	00:27+	
16	Trygve Michaelsen				896				33:39											
01:45+	02:20+	03:56+	06:25+	07:13+	10:49+	15:39+	17:25+	18:45+	20:03+	21:22+	23:35+	24:22+	25:04+	28:18+	30:19+	31:59+	32:40+	33:16+	33:39+	
01:45+	00:35+	01:36+	02:29+	00:48+	03:36+	04:50+	01:46+	01:20+	01:18+	01:19+	02:13+	00:47+	00:42+	03:14+	02:01+	01:40+	00:41+	00:36+	00:23+	
01:45+	00:35+	01:36+	02:29+	00:48+	03:36+	04:50+	01:46+	01:20+	01:18+	01:19+	02:13+	00:47+	00:42+	03:14+	02:01+	01:40+	00:41+	00:36+	00:23+	
17	Arve Sonflå				3563				34:49											
02:01+	02:42+	04:26+	05:53+	07:12+	10:44+	13:20+	15:05+	16:18+	18:35+	21:22+	24:25+	25:15+	26:00+	29:12+	30:55+	32:55+	33:42+	34:23+	34:49+	
02:01+	00:41+	01:44+	01:27+	01:19+	03:32+	02:36+	01:45+	01:13+	02:17+	02:47+	03:03+	00:50+	00:45+	03:12+	01:43+	02:00+	00:47+	00:41+	00:26+	
02:01+	00:41+	01:44+	01:27+	01:19+	03:32+	02:36+	01:45+	01:13+	02:17+	02:47+	03:03+	00:50+	00:45+	03:12+	01:43+	02:00+	00:47+	00:41+	00:26+	
18	Arngrim Utskarpen				896				35:06											
01:57+	02:55+	04:46+	06:19+	07:05+	10:12+	12:45+	14:24+	15:39+	17:10+	18:32+	23:42+	24:26+	25:18+	29:51+	31:25+	33:19+	34:09+	34:44+	35:06+	
01:57+	00:58+	01:51+	01:33+	00:46+	03:07+	02:33+	01:39+	01:15+	01:31+	01:22+	05:10+	00:44+	00:52+	04:33+	01:34+	01:54+	00:50+	00:35+	00:22+	
01:57+	00:58+	01:51+	01:33+	00:46+	03:07+	02:33+	01:39+	01:15+	01:31+	01:22+	05:10+	00:44+	00:52+	04:33+	01:34+	01:54+	00:50+	00:35+	00:22+	
19	Jone Kalheim				1884				35:07											
02:52+	03:19+	04:58+	06:12+	07:02+	09:32+	10:34+	12:55+	14:43+	15:50+	17:05+	19:50+	22:52+	23:39+	24:25+	29:49+	31:28+	33:19+	34:11+	34:48+	35:07+
02:52+	00:27+	01:39+	01:14+	00:50+	02:30+	01:02+	02:21+	01:48+	01:07+	01:15+	02:45+	03:02+	00:47+	00:46+	05:24+	01:39+	01:51+	00:52+	00:37+	00:19+
02:52+	00:27+	01:39+	01:14+	00:50+	02:30+	01:02+	02:21+	01:48+	01:07+	01:15+	02:45+	03:02+	00:47+	00:46+	05:24+	01:39+	01:51+	00:52+	00:37+	00:19+
20	Rune Paulsen				3508				35:56											
02:56+	03:35+	05:09+	06:20+	07:11+	10:33+	12:52+	18:58+	20:10+	21:57+	23:05+	25:31+	26:14+	27:02+	31:23+	32:52+	34:24+	35:06+	35:39+	35:56+	
02:56+	00:39+	01:34+	01:11+	00:51+	03:22+	02:19+	06:06+	01:12+	01:47+	01:08+	02:26+	00:43+	00:48+	04:21+	01:29+	01:32+	00:42+	00:33+	00:17+	
02:56+	00:39+	01:34+	01:11+	00:51+	03:22+	02:19+	06:06+	01:12+	01:47+	01:08+	02:26+	00:43+	00:48+	04:21+	01:29+	01:32+	00:42+	00:33+	00:17+	

Plass	Navn	Klasse										Tid									
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Herrer 50 - 59 år

21	André Sirevåg												1683				36:40							
01:47+	02:28+	04:07+	05:47+	06:44+	10:26+	14:16+	16:31+	17:52+	19:34+	21:19+	24:48+	25:32+	26:56+	31:02+	32:49+	34:45+	35:37+	36:15+	36:40+					
01:47+	00:41+	01:39+	01:40+	00:57+	03:42+	03:50+	02:15+	01:21+	01:42+	01:45+	03:29+	00:44+	01:24+	04:06+	01:47+	01:56+	00:52+	00:38+	00:25+					
01:47+	00:41+	01:39+	01:40+	00:57+	03:42+	03:50+	02:15+	01:21+	01:42+	01:45+	03:29+	00:44+	01:24+	04:06+	01:47+	01:56+	00:52+	00:38+	00:25+					
22	Sindre M. Dyrstad												1754				36:47							
02:00+	02:32+	04:01+	05:28+	06:17+	09:33+	12:15+	16:11+	17:11+	19:04+	20:38+	24:15+	25:00+	26:01+	29:11+	30:48+	34:53+	35:41+	36:20+	36:47+					
02:00+	00:32+	01:29+	01:27+	00:49+	03:16+	02:42+	03:56+	01:00+	01:53+	01:34+	03:37+	00:45+	01:01+	03:10+	01:37+	04:05+	00:48+	00:39+	00:27+					
02:00+	00:32+	01:29+	01:27+	00:49+	03:16+	02:42+	03:56+	01:00+	01:53+	01:34+	03:37+	00:45+	01:01+	03:10+	01:37+	04:05+	00:48+	00:39+	00:27+					
23	John Breiland												NOTEAM				37:12							
03:00+	03:36+	05:14+	06:45+	07:38+	10:31+	13:01+	14:57+	16:28+	18:02+	19:44+	23:07+	23:49+	25:19+	30:03+	32:05+	35:03+	35:59+	36:40+	37:12+					
03:00+	00:36+	01:38+	01:31+	00:53+	02:53+	02:30+	01:56+	01:31+	01:34+	01:42+	03:23+	00:42+	01:30+	04:44+	02:02+	02:58+	00:56+	00:41+	00:32+					
03:00+	00:36+	01:38+	01:31+	00:53+	02:53+	02:30+	01:56+	01:31+	01:34+	01:42+	03:23+	00:42+	01:30+	04:44+	02:02+	02:58+	00:56+	00:41+	00:32+					
24	Raymond B Pettersen												722				39:47							
01:41+	02:26+	04:11+	06:32+	07:28+	12:48+	16:01+	18:03+	19:19+	21:11+	22:51+	27:14+	28:03+	28:53+	33:55+	35:46+	37:58+	38:42+	39:25+	39:47+					
01:41+	00:45+	01:45+	02:21+	00:56+	05:20+	03:13+	02:02+	01:16+	01:52+	01:40+	04:23+	00:49+	00:50+	05:02+	01:51+	02:12+	00:44+	00:43+	00:22+					
01:41+	00:45+	01:45+	02:21+	00:56+	05:20+	03:13+	02:02+	01:16+	01:52+	01:40+	04:23+	00:49+	00:50+	05:02+	01:51+	02:12+	00:44+	00:43+	00:22+					
25	Christof Schätz												3598				40:28							
02:04+	02:42+	04:40+	06:22+	07:28+	11:34+	14:30+	16:58+	18:42+	20:37+	22:33+	26:51+	27:47+	29:11+	33:35+	35:44+	37:54+	39:00+	39:52+	40:28+					
02:04+	00:38+	01:58+	01:42+	01:06+	04:06+	02:56+	02:28+	01:44+	01:55+	01:56+	04:18+	00:56+	01:24+	04:24+	02:09+	02:10+	01:06+	00:52+	00:36+					
02:04+	00:38+	01:58+	01:42+	01:06+	04:06+	02:56+	02:28+	01:44+	01:55+	01:56+	04:18+	00:56+	01:24+	04:24+	02:09+	02:10+	01:06+	00:52+	00:36+					
26	Jerome Renoult												3524				40:40							
02:11+	03:06+	05:05+	07:08+	08:25+	12:53+	16:25+	18:56+	20:19+	22:08+	24:16+	28:05+	28:59+	29:59+	34:14+	36:14+	38:39+	39:29+	40:12+	40:40+					
02:11+	00:55+	01:59+	02:03+	01:17+	04:28+	03:32+	02:31+	01:23+	01:49+	02:08+	03:49+	00:54+	01:00+	04:15+	02:00+	02:25+	00:50+	00:43+	00:28+					
02:11+	00:55+	01:59+	02:03+	01:17+	04:28+	03:32+	02:31+	01:23+	01:49+	02:08+	03:49+	00:54+	01:00+	04:15+	02:00+	02:25+	00:50+	00:43+	00:28+					
27	Stein Arve Finnestad												1456				41:31							
02:52+	03:33+	05:28+	07:08+	08:13+	12:26+	15:16+	17:14+	18:58+	20:26+	21:50+	25:41+	26:29+	27:30+	35:56+	37:34+	39:29+	40:18+	41:05+	41:31+					
02:52+	00:41+	01:55+	01:40+	01:05+	04:13+	02:50+	01:58+	01:44+	01:28+	01:24+	03:51+	00:48+	01:01+	08:26+	01:38+	01:55+	00:49+	00:47+	00:26+					
02:52+	00:41+	01:55+	01:40+	01:05+	04:13+	02:50+	01:58+	01:44+	01:28+	01:24+	03:51+	00:48+	01:01+	08:26+	01:38+	01:55+	00:49+	00:47+	00:26+					
28	Geir Rune Seldal												2023				43:27							
02:10+	02:46+	04:57+	07:04+	08:13+	12:26+	20:41+	22:45+	24:11+	26:06+	27:58+	31:07+	32:03+	32:57+	37:22+	39:04+	41:20+	42:12+	42:58+	43:27+					
02:10+	00:36+	02:11+	02:07+	01:09+	04:13+	08:15+	02:04+	01:26+	01:55+	01:52+	03:09+	00:56+	00:54+	04:25+	01:42+	02:16+	00:52+	00:46+	00:29+					
02:10+	00:36+	02:11+	02:07+	01:09+	04:13+	08:15+	02:04+	01:26+	01:55+	01:52+	03:09+	00:56+	00:54+	04:25+	01:42+	02:16+	00:52+	00:46+	00:29+					

Beste strekktid for klassen

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

Herrer 60 - 64 år

1	Inge Løland										1119					30:01				
01:53=	04:40=	06:09=	06:24=	09:05=	10:37=	11:52=	12:59=	13:54=	14:39=	17:27=	19:33=	20:59=	22:00=	25:26=	26:42=	28:20=	29:02=	29:36=	30:01=	
01:53=	02:47=	01:29=	00:15=	02:41=	01:32=	01:15=	01:07=	00:55=	00:45=	02:48=	02:06=	01:26=	01:01=	03:26=	01:16=	01:38=	00:42=	00:34=	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=	00:00=	00:00=	00:00=	00:00=	
2	Morten Johannessen										793					31:09				
02:07+	04:25=	06:18+	06:42+	09:29+	11:13+	13:00+	14:09+	15:03+	15:46+	18:34+	20:41+	22:10+	23:15+	26:45+	28:06+	29:33+	30:09+	30:43+	31:09+	
02:07+	02:18=	01:53+	00:24+	02:47+	01:44+	01:47+	01:09+	00:54=	00:43=	02:48=	02:07+	01:29+	01:05+	03:30+	01:21+	01:27=	00:36=	00:34=	00:26+	
00:14#	00:29=	00:24#	00:09#	00:06+	00:12#	00:32#	00:02+	00:01=	00:02=	00:00=	00:01+	00:03+	00:04+	00:04+	00:05+	00:11=	00:06=	00:00=	00:01+	
3	Sturle Omdal										1683					31:51				
02:48+	05:54+	07:37+	08:02+	10:36+	12:12+	13:10+	14:19+	15:20+	16:06+	18:56+	21:04+	22:23+	23:24+	27:19+	28:28+	30:02+	30:48+	31:28+	31:51+	
02:48+	03:06+	01:43+	00:25+	02:34=	01:36+	00:58=	01:09+	01:01+	00:46+	02:50+	02:08+	01:19=	01:01=	03:55+	01:09=	01:34=	00:46+	00:40+	00:23=	
00:55#	00:19#	00:14#	00:10#	00:07=	00:04+	00:17=	00:02+	00:06#	00:01+	00:02+	00:02+	00:07=	00:00=	00:29#	00:07=	00:04=	00:04+	00:06#	00:02=	
4	Magnar Mathias Møller										769					34:38				
02:13+	04:45+	06:37+	06:54+	10:07+	11:53+	13:08+	14:32+	15:44+	16:39+	20:13+	23:13+	24:54+	26:17+	29:49+	31:14+	33:02+	33:40+	34:16+	34:38+	
02:13+	02:32=	01:52+	00:17+	03:13+	01:46+	01:15=	01:24+	01:12+	00:55+	03:34+	03:00+	01:41+	01:23+	03:32+	01:25+	01:48+	00:38=	00:36+	00:22=	
00:20#	00:15=	00:23#	00:02#	00:32#	00:14#	00:00=	00:17#	00:17#	00:10#	00:46#	00:54#	00:15#	00:22#	00:06+	00:09#	00:10#	00:04=	00:02+	00:03=	

Plass	Navn																			Klasse										Tid									
Herrer 60 - 64 år																																							

Plass	Navn					Klasse					Tid									
Herrer 65 - 69 år																				
4	Kjell Skjæveland					3515					34:34									
02:12+	04:44+	06:32+	07:04+	10:49+	12:35+	13:52+	15:05+	16:08+	16:59+	19:57+	22:11+	23:43+	25:10+	29:37+	31:14+	32:45+	33:31+	34:08+	34:34+	
02:12+	02:32+	01:48+	00:32+	03:45+	01:46+	01:17+	01:13+	01:03+	00:51+	02:58+	02:14+	01:32+	01:27+	04:27+	01:37-	01:31+	00:46+	00:37+	00:26+	
00:22#	00:22#	00:14#	00:13%	00:58%	00:23%	00:20%	00:13#	00:11#	00:10#	00:44%	00:13#	00:11#	00:19%	01:46%	00:42-	00:06+	00:09#	00:08%	00:04#	
5	Torbjørn Evensen					3556					35:44									
02:02+	05:13+	06:52+	07:19+	10:45+	13:11+	14:45+	15:43+	16:56+	17:57+	18:50+	22:04+	24:39+	26:19+	27:30+	30:41+	32:05+	33:54+	34:42+	35:18+	35:44+
02:02+	03:11+	01:39+	00:27+	03:26+	02:26+	01:34+	00:58+	01:13+	01:01+	00:53+	03:14+	02:35+	01:40+	01:11+	03:11+	01:24+	01:49+	00:48+	00:36+	00:26+
02:02+	03:11+	01:39+	00:27+	03:26+	02:26+	01:34+	00:58+	01:13+	01:01+	00:53+	03:14+	02:35+	01:40+	01:11+	03:11+	01:24+	01:49+	00:48+	00:36+	00:26+
6	Olav Tunheim					1884					35:46									
02:19+	05:15+	07:33+	07:58+	11:09+	12:58+	14:22+	15:52+	17:00+	17:50+	21:14+	23:54+	25:56+	27:06+	30:42+	32:15+	34:01+	34:47+	35:22+	35:46+	
02:19+	02:56+	02:18+	00:25+	03:11+	01:49+	01:24+	01:30+	01:08+	00:50+	03:24+	02:40+	02:02+	01:10+	03:36+	01:33+	01:46+	00:46+	00:35+	00:24+	
02:19+	02:56+	02:18+	00:25+	03:11+	01:49+	01:24+	01:30+	01:08+	00:50+	03:24+	02:40+	02:02+	01:10+	03:36+	01:33+	01:46+	00:46+	00:35+	00:24+	
7	Tor Geir Espedal					3530					40:03									
02:20+	07:23+	09:27+	09:52+	13:22+	15:41+	16:50+	18:17+	19:35+	20:32+	24:48+	27:48+	29:37+	30:56+	34:20+	35:59+	38:06+	38:53+	39:35+	40:03+	
02:20+	05:03+	02:04+	00:25+	03:30+	02:19+	01:09+	01:27+	01:18+	00:57+	04:16+	03:00+	01:49+	01:19+	03:24+	01:39+	02:07+	00:47+	00:42+	00:28+	
02:20+	05:03+	02:04+	00:25+	03:30+	02:19+	01:09+	01:27+	01:18+	00:57+	04:16+	03:00+	01:49+	01:19+	03:24+	01:39+	02:07+	00:47+	00:42+	00:28+	
8	Bjørn Sivertsen					1332					41:06									
04:01+	06:55+	08:57+	09:22+	13:05+	16:09+	17:43+	19:08+	20:24+	21:33+	25:28+	28:18+	30:09+	31:36+	35:25+	37:05+	39:00+	39:55+	40:36+	41:06+	
04:01+	02:54+	02:02+	00:25+	03:43+	03:04+	01:34+	01:25+	01:16+	01:09+	03:55+	02:50+	01:51+	01:27+	03:49+	01:40+	01:55+	00:55+	00:41+	00:30+	
04:01+	02:54+	02:02+	00:25+	03:43+	03:04+	01:34+	01:25+	01:16+	01:09+	03:55+	02:50+	01:51+	01:27+	03:49+	01:40+	01:55+	00:55+	00:41+	00:30+	
9	Sverre Magnar Nordal					1683					44:16									
03:14+	06:36+	09:00+	09:33+	13:17+	15:53+	17:18+	18:53+	20:10+	21:22+	24:25+	26:19+	29:37+	31:49+	33:11+	37:56+	39:43+	42:20+	43:11+	43:49+	44:16+
03:14+	03:22+	02:24+	00:33+	03:44+	02:36+	01:25+	01:35+	01:17+	01:12+	03:03+	01:54+	03:18+	02:12+	01:22+	04:45+	01:47+	02:37+	00:51+	00:38+	00:27+
03:14+	03:22+	02:24+	00:33+	03:44+	02:36+	01:25+	01:35+	01:17+	01:12+	03:03+	01:54+	03:18+	02:12+	01:22+	04:45+	01:47+	02:37+	00:51+	00:38+	00:27+
10	Jan Arendal					1683					44:22									
03:03+	06:13+	08:36+	09:08+	13:23+	15:48+	17:19+	19:00+	20:20+	21:24+	25:55+	29:16+	31:57+	33:36+	37:43+	39:58+	42:03+	43:01+	43:49+	44:22+	
03:03+	03:10+	02:23+	00:32+	04:15+	02:25+	01:31+	01:41+	01:20+	01:04+	04:31+	03:21+	02:41+	01:39+	04:07+	02:15+	02:05+	00:58+	00:48+	00:33+	
03:03+	03:10+	02:23+	00:32+	04:15+	02:25+	01:31+	01:41+	01:20+	01:04+	04:31+	03:21+	02:41+	01:39+	04:07+	02:15+	02:05+	00:58+	00:48+	00:33+	
11	Sveinung Tveit					3547					44:29									
03:05+	08:54+	10:55+	11:25+	15:06+	17:08+	19:54+	21:32+	22:45+	23:52+	27:57+	31:20+	33:22+	34:47+	38:48+	40:23+	42:30+	43:17+	43:56+	44:29+	
03:05+	05:49+	02:01+	00:30+	03:41+	02:02+	02:46+	01:38+	01:13+	01:07+	04:05+	03:23+	02:02+	01:25+	04:01+	01:35+	02:07+	00:47+	00:39+	00:33+	
03:05+	05:49+	02:01+	00:30+	03:41+	02:02+	02:46+	01:38+	01:13+	01:07+	04:05+	03:23+	02:02+	01:25+	04:01+	01:35+	02:07+	00:47+	00:39+	00:33+	
12	Bjørn H Engseth					1884					47:49									
02:59+	06:36+	08:58+	09:29+	13:34+	16:10+	17:55+	19:47+	21:26+	22:41+	27:32+	31:03+	33:16+	35:11+	40:40+	42:46+	45:05+	46:05+	47:04+	47:49+	
02:59+	03:37+	02:22+	00:31+	04:05+	02:36+	01:45+	01:52+	01:39+	01:15+	04:51+	03:31+	02:13+	01:55+	05:29+	02:06+	02:19+	01:00+	00:59+	00:45+	
02:59+	03:37+	02:22+	00:31+	04:05+	02:36+	01:45+	01:52+	01:39+	01:15+	04:51+	03:31+	02:13+	01:55+	05:29+	02:06+	02:19+	01:00+	00:59+	00:45+	
13	Steinar Barmen					722					49:24									
03:14+	07:23+	10:03+	10:33+	14:26+	17:00+	18:31+	20:09+	21:23+	22:23+	31:09+	34:14+	36:54+	38:10+	43:14+	44:50+	47:24+	48:17+	49:00+	49:24+	
03:14+	04:09+	02:40+	00:30+	03:53+	02:34+	01:31+	01:38+	01:14+	01:00+	08:46+	03:05+	02:40+	01:16+	05:04+	01:36+	02:34+	00:53+	00:43+	00:24+	
03:14+	04:09+	02:40+	00:30+	03:53+	02:34+	01:31+	01:38+	01:14+	01:00+	08:46+	03:05+	02:40+	01:16+	05:04+	01:36+	02:34+	00:53+	00:43+	00:24+	
14	Asgeir Kleppa					3511					52:07									
03:05+	07:03+	09:05+	10:46+	11:21+	15:36+	18:07+	19:41+	21:11+	23:49+	24:53+	28:51+	35:12+	37:28+	39:15+	44:26+	46:27+	49:08+	50:11+	51:21+	52:07+
03:05+	03:58+	02:02+	01:41+	00:35+	04:15+	02:31+	01:34+	01:30+	02:38+	01:04+	03:58+	06:21+	02:16+	01:47+	05:11+	02:01+	02:41+	01:03+	01:10+	00:46+
03:05+	03:58+	02:02+	01:41+	00:35+	04:15+	02:31+	01:34+	01:30+	02:38+	01:04+	03:58+	06:21+	02:16+	01:47+	05:11+	02:01+	02:41+	01:03+	01:10+	00:46+
15	Tore Karlsen					722					57:49									
03:35+	09:00+	11:21+	11:47+	15:30+	18:29+	20:16+	21:41+	22:53+	23:56+	28:00+	34:07+	36:05+	37:57+	49:48+	53:17+	55:29+	56:28+	57:21+	57:49+	
03:35+	05:25+	02:21+	00:26+	03:43+	02:59+	01:47+	01:25+	01:12+	01:03+	04:04+	06:07+	01:58+	01:52+	11:51+	03:29+	02:12+	00:59+	00:53+	00:28+	
03:35+	05:25+	02:21+	00:26+	03:43+	02:59+	01:47+	01:25+	01:12+	01:03+	04:04+	06:07+	01:58+	01:52+	11:51+	03:29+	02:12+	00:59+	00:53+	00:28+	
16	Ommund Bakkevold					874					59:13									
03:13+	07:38+	11:16+	11:51+	17:22+	20:38+	22:52+	24:34+	26:23+	27:43+	33:28+	37:44+	41:17+	43:23+	49:21+	52:23+	56:11+	57:31+	58:35+	59:13+	
03:13+	04:25+	03:38+	00:35+	05:31+	03:16+	02:14+	01:42+	01:49+	01:20+	05:45+	04:16+	03:33+	02:06+	05:58+	03:02+	03:48+	01:20+	01:04+	00:38+	
03:13+	04:25+	03:38+	00:35+	05:31+	03:16+	02:14+	01:42+	01:49+	01:20+	05:45+	04:16+	03:33+	02:06+	05:58+	03:02+	03:48+	01:20+	01:04+	00:38+	
17	Rolf Kleppe					3524					1:04:35									
03:19+	08:09+	11:10+	14:33+	19:31+	22:44+	25:16+	27:57+	29:20+	30:41+	35:46+	45:39+	49:27+	51:41+	56:33+	58:50+	62:06+	63:08+	63:56+	64:35+	
03:19+	04:50+	03:01+	03:23+	04:58+	03:13+	02:32+	02:41+	01:23+	01:21+	05:05+	09:53+	03:48+	02:14+	04:52+	02:17+	03:16+	01:02+	00:48+	00:39+	
03:19+	04:50+	03:01+	03:23+	04:58+	03:13+	02:32+	02:41+	01:23+	01:21+	05:05+	09:53+	03:48+	02:14+	04:52+	02:17+	03:16+	01:02+	00:48+	00:39+	

Plass	Navn	Klasse	Tid
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Herrer 65 - 69 år

Beste strekketid for klassen

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

Herrer 70 - 74 år

1	Harry Breiland	3507	30:25																
02:17=	04:33=	06:08=	06:28=	09:06=	10:50=	11:58=	13:06=	14:05=	14:50=	17:34=	19:55=	21:22=	22:29=	25:33=	27:08=	28:39=	29:26=	30:01=	30:25=
02:17=	02:16=	01:35=	00:20=	02:38=	01:44=	01:08=	01:08=	00:59=	00:45=	02:44=	02:21=	01:27=	01:07=	03:04=	01:35=	01:31=	00:47=	00:35=	00:24=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Bjørn Martin Alsaker	3530	30:40																
01:56-	04:02-	05:40-	06:02-	09:16+	10:58+	12:06+	13:14+	14:05=	14:51+	17:56+	20:22+	21:53+	22:55+	26:03+	27:23+	28:59+	29:44+	30:16+	30:40+
01:56-	02:06-	01:38+	00:22+	03:14+	01:42-	01:08=	01:08=	00:51-	00:46+	03:05+	02:26+	01:31+	01:02-	03:08+	01:20-	01:36+	00:45-	00:32-	00:24=
00:21-	00:10-	00:03+	00:02#	00:36#	00:02-	00:00=	00:00=	00:08-	00:01+	00:21#	00:05+	00:04+	00:05-	00:04+	00:15-	00:05+	00:02-	00:03-	00:00=
3	Ragnvald Frøyland	879	37:11																
02:27+	05:24+	07:29+	07:56+	11:44+	13:43+	15:11+	16:31+	17:44+	18:41+	22:21+	25:46+	27:33+	28:37+	31:45+	33:10+	35:11+	35:58+	36:48+	37:11+
02:27+	02:57+	02:05+	00:27+	03:48+	01:59+	01:28+	01:20+	01:13+	00:57+	03:40+	03:25+	01:47+	01:04-	03:08+	01:25-	02:01+	00:47=	00:50+	00:23-
00:10+	00:41&	00:30&	00:07&	01:10&	00:15#	00:20&	00:12#	00:14#	00:12&	00:56&	01:04&	00:20#	00:03-	00:04+	00:10-	00:30&	00:00=	00:15&	00:01-
4	Jan Inge Lunde	1830	38:13																
02:46+	05:52+	07:51+	08:11+	11:48+	13:50+	15:02+	16:32+	17:44+	18:47+	22:28+	25:32+	27:23+	28:41+	32:46+	34:17+	36:14+	37:04+	37:45+	38:13+
02:46+	03:06+	01:59+	00:20=	03:37+	02:02+	01:12+	01:30+	01:12+	01:03+	03:41+	03:04+	01:51+	01:18+	04:05+	01:31-	01:57+	00:50+	00:41+	00:28+
00:29#	00:50&	00:24&	00:00=	00:59&	00:18#	00:04+	00:22&	00:13#	00:18&	00:57&	00:43&	00:24&	00:11#	01:01&	00:04-	00:26&	00:03+	00:06#	00:04#
5	Eivind Lars Rake	892	38:36																
02:45+	05:30+	07:39+	08:03+	11:36+	13:36+	14:47+	16:19+	17:37+	18:41+	22:28+	25:39+	27:43+	29:08+	32:52+	34:36+	36:37+	37:26+	38:06+	38:36+
02:45+	02:45+	02:09+	00:24+	03:33+	02:00+	01:11+	01:32+	01:18+	01:04+	03:47+	03:11+	02:04+	01:25+	03:44+	01:44+	02:01+	00:49+	00:40+	00:30+
00:28#	00:29#	00:34&	00:04#	00:55&	00:16#	00:03+	00:24&	00:19&	00:19&	01:03&	00:50&	00:37&	00:18&	00:40#	00:09+	00:30&	00:02+	00:05#	00:06#
6	Jan Hetland	3502	40:15																
02:15-	05:54+	07:47+	08:07+	12:02+	14:40+	16:12+	17:37+	18:58+	19:55+	23:24+	27:14+	30:59+	32:17+	35:28+	36:49+	38:32+	39:18+	39:57+	40:15+
02:15-	03:39+	01:53+	00:20=	03:55+	02:38+	01:32+	01:25+	01:21+	00:57+	03:29+	03:50+	03:45+	01:18+	03:11+	01:21-	01:43+	00:46-	00:39+	00:18-
00:02-	01:23&	00:18#	00:00=	01:17&	00:54&	00:24&	00:17#	00:22&	00:12&	00:45&	01:29&	02:18@	00:11#	00:07+	00:14-	00:12#	00:01-	00:04#	00:06-
7	Kjell Ivar Skjørestad	892	40:32																
02:12-	05:50+	07:46+	08:15+	11:13+	13:31+	16:52+	18:09+	19:10+	20:20+	23:28+	27:12+	30:54+	32:15+	35:36+	36:50+	38:38+	39:23+	40:06+	40:32+
02:12-	03:38+	01:56+	00:29+	02:58+	02:18+	03:21+	01:17+	01:01+	01:10+	03:08+	03:44+	03:42+	01:21+	03:21+	01:14-	01:48+	00:45-	00:43+	00:26+
00:05-	01:22&	00:21#	00:09&	00:20#	00:34&	02:13@	00:09#	00:02+	00:25&	00:24#	01:23&	02:15@	00:14#	00:17+	00:21-	00:17#	00:02-	00:08#	00:02+
8	Arne Magne Handeland	892	42:37																
05:29+	08:38+	10:47+	11:17+	15:11+	17:37+	19:01+	20:37+	21:51+	22:56+	26:34+	29:30+	31:41+	33:01+	36:57+	38:39+	40:40+	41:24+	42:09+	42:37+
05:29+	03:09+	02:09+	00:30+	03:54+	02:26+	01:24+	01:36+	01:14+	01:05+	03:38+	02:56+	02:11+	01:20+	03:56+	01:42+	02:01+	00:44-	00:45+	00:28+
03:12@	00:53&	00:34&	00:10&	01:16&	00:42&	00:16#	00:28&	00:15&	00:20&	00:54&	00:35#	00:44&	00:13#	00:52&	00:07+	00:30&	00:03-	00:10&	00:04#
9	Olav Habbestad	1683	42:58																
02:45+	07:02+	09:03+	09:30+	13:20+	15:31+	16:55+	18:44+	19:49+	20:47+	25:01+	27:59+	29:39+	31:00+	37:17+	38:47+	40:43+	41:51+	42:31+	42:58+
02:45+	04:17+	02:01+	00:27+	03:50+	02:11+	01:24+	01:49+	01:05+	00:58+	04:14+	02:58+	01:40+	01:21+	06:17+	01:30-	01:56+	01:08+	00:40+	00:27+
00:28#	02:01&	00:26&	00:07&	01:12&	00:27&	00:16#	00:41&	00:06#	00:13&	01:30&	00:37&	00:13#	00:14#	03:13@	00:05-	00:25&	00:21&	00:05#	00:03#
10	Bjørn Bjelland	3541	44:54																
03:14+	07:19+	09:43+	10:10+	14:23+	16:32+	17:49+	19:19+	21:01+	22:11+	26:48+	30:58+	33:49+	35:26+	39:11+	40:55+	42:53+	43:44+	44:24+	44:54+
03:14+	04:05+	02:24+	00:27+	04:13+	02:09+	01:17+	01:30+	01:42+	01:10+	04:37+	04:10+	02:51+	01:37+	03:45+	01:44+	01:58+	00:51+	00:40+	00:30+
00:57&	01:49&	00:49&	00:07&	01:35&	00:25#	00:09#	00:22&	00:43&	00:25&	01:53&	01:49&	01:24&	00:30&	00:41#	00:09+	00:27&	00:04+	00:05#	00:06#
11	Tore Romon Tvedt	3518	45:24																
03:08+	06:31+	08:44+	09:16+	12:47+	15:22+	17:18+	18:55+	20:23+	21:31+	26:17+	30:36+	32:37+	34:14+	38:47+	40:56+	42:58+	43:53+	44:47+	45:24+
03:08+	03:23+	02:13+	00:32+	03:31+	02:35+	01:56+	01:37+	01:28+	01:08+	04:46+	04:19+	02:01+	01:37+	04:33+	02:09+	02:02+	00:55+	00:54+	00:37+
00:51&	01:07&	00:38&	00:12&	00:53&	00:51&	00:48&	00:29&	00:29&	00:23&	02:02&	01:58&	00:34&	00:30&	01:29&	00:34&	00:31&	00:08#	00:19&	00:13&
12	Svein Ims	903	46:35																
03:08+	06:25+	09:01+	09:54+	14:00+	16:24+	18:18+	19:59+	21:29+	22:38+	27:18+	30:44+	33:14+	35:19+	39:30+	41:35+	43:55+	44:57+	46:01+	46:35+
03:08+	03:17+	02:36+	00:53+	04:06+	02:24+	01:54+	01:41+	01:30+	01:09+	04:40+	03:26+	02:30+	02:05+	04:11+	02:05+	02:20+	01:02+	01:04+	00:34+
00:51&	01:01&	01:01&	00:33@	01:28&	00:40&	00:46&	00:33&	00:31&	00:24&	01:56&	01:05&	01:03&	00:58&	01:07&	00:30&	00:49&	00:15&	00:29&	00:10&

Plass	Navn	Klasse	Tid
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Herrer 70 - 74 år

13	Bjarne Gimre												1830								47:03							
03:04+	06:25+	08:44+	09:10+	13:22+	16:03+	17:35+	19:27+	20:53+	22:13+	26:50+	30:53+	33:08+	34:52+	39:44+	41:41+	44:45+	45:40+	46:25+	47:03+									
03:04+	03:21+	02:19+	00:26+	04:12+	02:41+	01:32+	01:52+	01:26+	01:20+	04:37+	04:03+	02:15+	01:44+	04:52+	01:57+	03:04+	00:55+	00:45+	00:38+									
00:47%	01:05%	00:44%	00:06%	01:34%	00:57%	00:24%	00:44%	00:27%	00:35%	01:53%	01:42%	00:48%	00:37%	01:48%	00:22#	01:33#	00:08#	00:10%	00:14%									
14	Kjell-Ingar Olsen												1119								47:56							
03:08+	07:00+	09:26+	09:54+	14:26+	17:29+	19:08+	20:58+	22:27+	23:38+	28:38+	32:11+	34:34+	36:14+	41:26+	43:45+	45:47+	46:38+	47:22+	47:56+									
03:08+	03:52+	02:26+	00:28+	04:32+	03:03+	01:39+	01:50+	01:29+	01:11+	05:00+	03:33+	02:23+	01:40+	05:12+	02:19+	02:02+	00:51+	00:44+	00:34+									
03:08+	03:52+	02:26+	00:28+	04:32+	03:03+	01:39+	01:50+	01:29+	01:11+	05:00+	03:33+	02:23+	01:40+	05:12+	02:19+	02:02+	00:51+	00:44+	00:34+									
15	Rune Inge Olsen												1884								57:50							
02:38+	05:42+	08:07+	08:34+	12:08+	17:01+	18:30+	20:07+	21:19+	24:07+	28:23+	40:09+	41:57+	43:26+	49:49+	52:39+	54:51+	56:18+	57:15+	57:50+									
02:38+	03:04+	02:25+	00:27+	03:34+	04:53+	01:29+	01:37+	01:12+	02:48+	04:16+	11:46+	01:48+	01:29+	06:23+	02:50+	02:12+	01:27+	00:57+	00:35+									
02:38+	03:04+	02:25+	00:27+	03:34+	04:53+	01:29+	01:37+	01:12+	02:48+	04:16+	11:46+	01:48+	01:29+	06:23+	02:50+	02:12+	01:27+	00:57+	00:35+									
16	Sverre Uhling												722								1:13:25							
06:14+	15:26+	18:12+	18:49+	24:42+	29:11+	31:49+	33:53+	36:02+	37:55+	43:54+	51:11+	53:50+	56:41+	64:42+	67:00+	70:25+	71:48+	72:49+	73:25+									
06:14+	09:12+	02:46+	00:37+	05:53+	04:29+	02:38+	02:04+	02:09+	01:53+	05:59+	07:17+	02:39+	02:51+	08:01+	02:18+	03:25+	01:23+	01:01+	00:36+									
06:14+	09:12+	02:46+	00:37+	05:53+	04:29+	02:38+	02:04+	02:09+	01:53+	05:59+	07:17+	02:39+	02:51+	08:01+	02:18+	03:25+	01:23+	01:01+	00:36+									

Beste strekktid for klassen

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

Herrer 75 - 79 år

1	Asgeir Bell										896					29:19				
01:49=	04:02=	05:50=	06:14=	09:30=	11:56=	12:43=	15:18=	19:08=	20:45=	21:57=	25:37=	26:59=	27:57=	28:52=	29:19=					
00:49=	02:13=	01:48=	00:24=	03:16=	02:26=	00:47=	02:35=	03:50=	01:37=	01:12=	03:40=	01:22=	00:58=	00:55=	00:27=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Hilmar Røthing										879					30:15				
02:08=	04:37+	06:29+	06:53+	10:34+	13:08+	13:52+	16:42+	19:43+	21:12+	22:34+	26:26+	27:58+	29:00+	29:52+	30:15+					
02:08+	02:29+	01:52+	00:24=	03:41+	02:34+	00:44=	02:50+	03:01=	01:29=	01:22+	03:52+	01:32+	01:02+	00:52=	00:23=					
00:19#	00:16#	00:04+	00:00=	00:25#	00:08+	00:03=	00:15+	00:49=	00:08=	00:10#	00:12+	00:10#	00:04+	00:03=	00:04=					
3	Finn-Morten Årstad										3530					30:34				
02:13+	04:36+	06:45+	07:09+	10:33+	12:38+	13:33+	16:26+	19:51+	21:34+	22:59+	26:37+	28:11+	29:10+	30:07+	30:34+					
02:13+	02:23+	02:09+	00:24=	03:24+	02:05=	00:55+	02:53+	03:25=	01:43+	01:25+	03:38=	01:34+	00:59+	00:57+	00:27=					
00:24#	00:10+	00:21#	00:00=	00:08+	00:21=	00:08#	00:18#	00:25=	00:06+	00:13#	00:02=	00:12#	00:01+	00:02+	00:00=					
4	Paul Andreas Paulsen										896					31:21				
01:53+	04:25+	06:33+	07:00+	10:19+	12:14+	13:11+	16:39+	20:03+	21:57+	23:47+	27:21+	28:49+	29:55+	30:55+	31:21+					
01:53+	02:32+	02:08+	00:27+	03:19+	01:55=	00:57+	03:28+	03:24=	01:54+	01:50+	03:34=	01:28+	01:06+	01:00+	00:26=					
00:04+	00:19#	00:20#	00:03#	00:03+	00:31=	00:10#	00:53#	00:26=	00:17#	00:38#	00:06=	00:06+	00:08#	00:05+	00:01=					
5	Olav Dag Borgersen										3536					32:03				
02:02+	04:26+	06:40+	07:05+	10:12+	12:23+	13:06+	15:54+	19:08=	20:49+	22:26+	25:58+	28:27+	29:37+	31:40+	32:03+					
02:02+	02:24+	02:14+	00:25+	03:07=	02:11=	00:43=	02:48+	03:14=	01:41+	01:37+	03:32=	02:29+	01:10+	02:03+	00:23=					
00:13#	00:11+	00:26#	00:01+	00:09=	00:15=	00:04=	00:13+	00:36=	00:04+	00:25#	00:08=	01:07#	00:12#	01:08#	00:04=					
6	Knut Skjæveland										1884					32:12				
02:16+	04:37+	06:46+	07:19+	11:07+	13:10+	14:15+	17:23+	20:48+	22:45+	24:19+	28:01+	29:42+	30:40+	31:41+	32:12+					
02:16+	02:21+	02:09+	00:33+	03:48+	02:03=	01:05+	03:08+	03:25=	01:57+	01:34+	03:42+	01:41+	00:58=	01:01+	00:31+					
00:27#	00:08+	00:21#	00:09#	00:32#	00:26=	00:18#	00:33#	00:25=	00:20#	00:22#	00:02+	00:19=	00:00=	00:06#	00:04#					
7	Hermann Skogsholm										1754					32:43				
02:14+	05:09+	07:13+	07:40+	11:03+	13:31+	14:23+	17:23+	20:43+	22:37+	23:50+	27:53+	30:05+	31:10+	32:13+	32:43+					
02:14+	02:55+	02:04+	00:27+	03:23+	02:28+	00:52+	03:00+	03:20=	01:54+	01:13+	04:03+	02:12+	01:05+	01:03+	00:30+					
00:25#	00:42#	00:16#	00:03#	00:07+	00:02+	00:05#	00:25#	00:30=	00:17#	00:01+	00:23#	00:50#	00:07#	00:08#	00:03#					
8	Jostein Tunheim										1683					33:47				
02:29+	04:52+	07:03+	07:26+	10:43+	12:44+	14:07+	19:04+	22:11+	24:36+	25:45+	29:46+	31:31+	32:25+	33:21+	33:47+					
02:29+	02:23+	02:11+	00:23=	03:17+	02:01=	01:23+	04:57+	03:07=	02:25+	01:09=	04:01+	01:45+	00:54=	00:56+	00:26=					
00:40#	00:10+	00:23#	00:01=	00:01+	00:25=	00:36#	02:22#	00:43=	00:48#	00:03=	00:21+	00:23#	00:04=	00:01+	00:01=					

Plass	Navn	Klasse										Tid			
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Herrer 75 - 79 år

9	Steinar Undheim												3529			34:59		
02:16+	05:22+	07:33+	07:57+	11:50+	15:01+	15:53+	19:31+	23:07+	25:05+	26:22+	30:42+	32:22+	33:22+	34:32+	34:59+			
02:16+	03:06+	02:11+	00:24=	03:53+	03:11+	00:52+	03:38+	03:36=	01:58+	01:17+	04:20+	01:40+	01:00+	01:10+	00:27=			
00:27#	00:53&	00:23#	00:00=	00:37#	00:45&	00:05#	01:03&	00:14=	00:21#	00:05+	00:40#	00:18#	00:02+	00:15&	00:00=			
10	Svein Glendrange												874			35:20		
02:35+	05:17+	07:25+	07:57+	11:50+	14:13+	15:13+	18:37+	22:32+	24:35+	26:11+	30:19+	32:21+	33:37+	34:44+	35:20+			
02:35+	02:42+	02:08+	00:32+	03:53+	02:23+	01:00+	03:24+	03:55+	02:03+	01:36+	04:08+	02:02+	01:16+	01:07+	00:36+			
02:35+	02:42+	02:08+	00:32+	03:53+	02:23+	01:00+	03:24+	03:55+	02:03+	01:36+	04:08+	02:02+	01:16+	01:07+	00:36+			
11	Øyvind Egeskog												880			35:20		
02:19+	05:14+	07:21+	07:45+	11:40+	13:55+	14:47+	17:59+	21:56+	23:54+	26:53+	31:08+	32:43+	33:52+	34:55+	35:20+			
02:19+	02:55+	02:07+	00:24+	03:55+	02:15+	00:52+	03:12+	03:57+	01:58+	02:59+	04:15+	01:35+	01:09+	01:03+	00:25+			
02:19+	02:55+	02:07+	00:24+	03:55+	02:15+	00:52+	03:12+	03:57+	01:58+	02:59+	04:15+	01:35+	01:09+	01:03+	00:25+			
12	Geir Husdal												1884			36:40		
02:26+	05:17+	07:32+	08:19+	12:32+	14:46+	15:46+	19:27+	23:52+	26:03+	27:33+	31:40+	33:38+	34:51+	36:11+	36:40+			
02:26+	02:51+	02:15+	00:47+	04:13+	02:14+	01:00+	03:41+	04:25+	02:11+	01:30+	04:07+	01:58+	01:13+	01:20+	00:29+			
02:26+	02:51+	02:15+	00:47+	04:13+	02:14+	01:00+	03:41+	04:25+	02:11+	01:30+	04:07+	01:58+	01:13+	01:20+	00:29+			
13	Olav A. Hognestad												892			38:36		
02:16+	04:50+	07:04+	07:31+	11:16+	13:24+	14:26+	17:42+	21:53+	23:50+	25:36+	34:27+	36:08+	37:08+	38:11+	38:36+			
02:16+	02:34+	02:14+	00:27+	03:45+	02:08+	01:02+	03:16+	04:11+	01:57+	01:46+	08:51+	01:41+	01:00+	01:03+	00:25+			
02:16+	02:34+	02:14+	00:27+	03:45+	02:08+	01:02+	03:16+	04:11+	01:57+	01:46+	08:51+	01:41+	01:00+	01:03+	00:25+			
14	Ole Auklend												885			38:45		
02:33+	05:52+	08:07+	08:41+	12:32+	14:52+	15:51+	19:28+	23:41+	26:03+	28:01+	32:58+	35:22+	36:45+	38:05+	38:45+			
02:33+	03:19+	02:15+	00:34+	03:51+	02:20+	00:59+	03:37+	04:13+	02:22+	01:58+	04:57+	02:24+	01:23+	01:20+	00:40+			
02:33+	03:19+	02:15+	00:34+	03:51+	02:20+	00:59+	03:37+	04:13+	02:22+	01:58+	04:57+	02:24+	01:23+	01:20+	00:40+			
15	Arne Østensen												3518			38:51		
03:04+	06:35+	08:28+	08:52+	12:36+	15:48+	16:37+	20:45+	24:02+	25:53+	27:27+	31:13+	35:19+	36:01+	38:23+	38:51+			
03:04+	03:31+	01:53+	00:24+	03:44+	03:12+	00:49+	04:08+	03:17+	01:51+	01:34+	03:46+	04:06+	00:42+	02:22+	00:28+			
03:04+	03:31+	01:53+	00:24+	03:44+	03:12+	00:49+	04:08+	03:17+	01:51+	01:34+	03:46+	04:06+	00:42+	02:22+	00:28+			
16	Hans Klausen												769			47:05		
02:19+	04:54+	07:35+	08:03+	15:54+	17:49+	18:38+	22:45+	26:29+	29:01+	30:16+	36:41+	43:16+	44:45+	45:41+	46:37+			
02:19+	02:35+	02:41+	00:28+	07:51+	01:55+	00:49+	04:07+	03:44+	02:32+	01:15+	06:25+	06:35+	01:29+	00:56+	00:56+			
02:19+	02:35+	02:41+	00:28+	07:51+	01:55+	00:49+	04:07+	03:44+	02:32+	01:15+	06:25+	06:35+	01:29+	00:56+	00:56+			
17	Norvald Skretting												1832			47:07		
03:06+	08:02+	10:43+	11:19+	14:52+	17:26+	18:49+	22:32+	28:57+	32:47+	34:26+	39:09+	41:14+	45:13+	46:28+	47:07+			
03:06+	04:56+	02:41+	00:36+	03:33+	02:34+	01:23+	03:43+	06:25+	03:50+	01:39+	04:43+	02:05+	03:59+	01:15+	00:39+			
03:06+	04:56+	02:41+	00:36+	03:33+	02:34+	01:23+	03:43+	06:25+	03:50+	01:39+	04:43+	02:05+	03:59+	01:15+	00:39+			
18	Knut Jonas Espedal												1754			59:57		
04:52+	10:00+	13:13+	14:05+	20:22+	24:31+	26:10+	32:59+	38:47+	42:14+	44:46+	52:09+	55:18+	57:35+	59:09+	59:57+			
04:52+	05:08+	03:13+	00:52+	06:17+	04:09+	01:39+	06:49+	05:48+	03:27+	02:32+	07:23+	03:09+	02:17+	01:34+	00:48+			
04:52+	05:08+	03:13+	00:52+	06:17+	04:09+	01:39+	06:49+	05:48+	03:27+	02:32+	07:23+	03:09+	02:17+	01:34+	00:48+			
19	Mangor Eikeland												892			1:05:44		
04:00+	09:54+	14:06+	15:13+	21:49+	25:51+	27:32+	35:33+	41:23+	45:42+	48:18+	56:28+	59:50+	62:03+	64:36+	65:44+			
04:00+	05:54+	04:12+	01:07+	06:36+	04:02+	01:41+	08:01+	05:50+	04:19+	02:36+	08:10+	03:22+	02:13+	02:33+	01:08+			
04:00+	05:54+	04:12+	01:07+	06:36+	04:02+	01:41+	08:01+	05:50+	04:19+	02:36+	08:10+	03:22+	02:13+	02:33+	01:08+			

Beste strekktid for klassen

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

Herrer 80 år og eldre

1	Kjell Langvik															1884					36:21				
03:11=	04:50=	06:42=	08:16=	12:47=	14:18=	16:59=	21:46=	22:48=	26:07=	27:42=	28:30=	31:55=	34:29=	35:04=	35:51=	36:21=									
03:11=	01:39=	01:52=	01:34=	04:31=	01:31=	02:41=	04:47=	01:02=	03:19=	01:35=	00:48=	03:25=	02:34=	00:35=	00:47=	00:30=									
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=									

Plass	Navn	Klasse										Tid									
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Herrer 80 år og eldre

2	Sigurd Krosli												1884				36:25			
04:23+	05:59+	08:12+	09:49+	14:49+	16:15+	18:41+	20:19-	21:30-	25:52-	27:32-	28:08-	32:02+	34:20-	35:05+	35:52+	36:25+				
04:23+	01:36-	02:13+	01:37+	05:00+	01:26-	02:26-	01:38-	01:11+	04:22+	01:40+	00:36-	03:54+	02:18-	00:45+	00:47=	00:33+				
01:12&	00:03-	00:21#	00:03+	00:29#	00:05-	00:15-	03:09-	00:09#	01:03&	00:05+	00:12-	00:29#	00:16-	00:10&	00:00=	00:03#				
3	Harald Vatne												2342				38:07			
03:15+	04:48+	06:59+	08:28+	13:01+	14:17+	21:02+	22:43+	23:56+	27:36+	29:12+	29:59+	33:19+	35:45+	36:29+	37:33+	38:07+				
03:15+	01:33+	02:11+	01:29+	04:33+	01:16+	06:45+	01:41+	01:13+	03:40+	01:36+	00:47+	03:20+	02:26+	00:44+	01:04+	00:34+				
03:15+	01:33+	02:11+	01:29+	04:33+	01:16+	06:45+	01:41+	01:13+	03:40+	01:36+	00:47+	03:20+	02:26+	00:44+	01:04+	00:34+				
4	Terje Braut												892				38:43			
04:43+	06:07+	07:55+	09:15+	13:26+	14:35+	16:32+	18:11+	19:18+	26:14+	27:36+	29:34+	33:22+	35:47+	36:32+	38:08+	38:43+				
04:43+	01:24+	01:48+	01:20+	04:11+	01:09+	01:57+	01:39+	01:07+	06:56+	01:22+	01:58+	03:48+	02:25+	00:45+	01:36+	00:35+				
04:43+	01:24+	01:48+	01:20+	04:11+	01:09+	01:57+	01:39+	01:07+	06:56+	01:22+	01:58+	03:48+	02:25+	00:45+	01:36+	00:35+				
5	Alf Gyland												892				38:55			
03:05+	04:43+	06:42+	08:10+	15:05+	16:17+	18:40+	20:29+	22:11+	25:36+	29:45+	30:40+	34:29+	36:50+	37:23+	38:21+	38:55+				
03:05+	01:38+	01:59+	01:28+	06:55+	01:12+	02:23+	01:49+	01:42+	03:25+	04:09+	00:55+	03:49+	02:21+	00:33+	00:58+	00:34+				
03:05+	01:38+	01:59+	01:28+	06:55+	01:12+	02:23+	01:49+	01:42+	03:25+	04:09+	00:55+	03:49+	02:21+	00:33+	00:58+	00:34+				
6	Tormod Aaslid												3529				39:36			
04:14+	05:53+	08:25+	09:54+	14:58+	16:22+	18:56+	21:27+	23:07+	27:17+	29:09+	29:56+	33:49+	37:25+	38:08+	39:01+	39:36+				
04:14+	01:39+	02:32+	01:29+	05:04+	01:24+	02:34+	02:31+	01:40+	04:10+	01:52+	00:47+	03:53+	03:36+	00:43+	00:53+	00:35+				
04:14+	01:39+	02:32+	01:29+	05:04+	01:24+	02:34+	02:31+	01:40+	04:10+	01:52+	00:47+	03:53+	03:36+	00:43+	00:53+	00:35+				
7	Magne Jakobsen												3524				45:36			
03:15+	04:50+	08:03+	09:33+	14:58+	16:39+	19:21+	21:27+	29:06+	33:46+	35:48+	36:33+	40:31+	43:02+	43:43+	44:53+	45:36+				
03:15+	01:35+	03:13+	01:30+	05:25+	01:41+	02:42+	08:06+	01:39+	04:40+	02:02+	00:45+	03:58+	02:31+	00:41+	01:10+	00:43+				
03:15+	01:35+	03:13+	01:30+	05:25+	01:41+	02:42+	08:06+	01:39+	04:40+	02:02+	00:45+	03:58+	02:31+	00:41+	01:10+	00:43+				
8	Magne Andreas Westerheim												1884				47:22			
03:41+	05:36+	08:04+	09:58+	16:07+	17:47+	20:50+	25:36+	27:25+	33:04+	34:53+	36:35+	41:07+	44:40+	45:43+	46:41+	47:22+				
03:41+	01:55+	02:28+	01:54+	06:09+	01:40+	03:03+	04:46+	01:49+	05:39+	01:49+	01:42+	04:32+	03:33+	01:03+	00:58+	00:41+				
03:41+	01:55+	02:28+	01:54+	06:09+	01:40+	03:03+	04:46+	01:49+	05:39+	01:49+	01:42+	04:32+	03:33+	01:03+	00:58+	00:41+				
9	Arne Brandsberg												3502				54:27			
04:29+	07:28+	10:23+	16:10+	22:39+	24:25+	27:32+	32:20+	34:23+	39:19+	41:20+	42:48+	47:37+	51:11+	52:02+	53:21+	54:27+				
04:29+	02:59+	02:55+	05:47+	06:29+	01:46+	03:07+	04:48+	02:03+	04:56+	02:01+	01:28+	04:49+	03:34+	00:51+	01:19+	01:06+				
04:29+	02:59+	02:55+	05:47+	06:29+	01:46+	03:07+	04:48+	02:03+	04:56+	02:01+	01:28+	04:49+	03:34+	00:51+	01:19+	01:06+				
10	Bjarne Edland												892				57:30			
05:37+	07:30+	09:33+	12:43+	17:07+	18:23+	20:46+	22:06+	23:15+	35:25+	44:35+	45:30+	50:50+	54:46+	55:38+	56:58+	57:30+				
05:37+	01:53+	02:03+	03:10+	04:24+	01:16+	02:23+	01:20+	01:09+	12:10+	09:10+	00:55+	05:20+	03:56+	00:52+	01:20+	00:32+				
05:37+	01:53+	02:03+	03:10+	04:24+	01:16+	02:23+	01:20+	01:09+	12:10+	09:10+	00:55+	05:20+	03:56+	00:52+	01:20+	00:32+				
11	Torleiv Møgedal												874				58:15			
04:22+	06:30+	09:10+	10:56+	16:54+	19:11+	22:00+	25:10+	27:18+	32:42+	36:40+	37:56+	48:51+	53:54+	54:57+	56:36+	58:15+				
04:22+	02:08+	02:40+	01:46+	05:58+	02:17+	02:49+	03:10+	02:08+	05:24+	03:58+	01:16+	10:55+	05:03+	01:03+	01:39+	01:39+				
04:22+	02:08+	02:40+	01:46+	05:58+	02:17+	02:49+	03:10+	02:08+	05:24+	03:58+	01:16+	10:55+	05:03+	01:03+	01:39+	01:39+				
12	Kjell Audun Maudal												3524				1:08:01			
07:24+	09:50+	12:30+	15:09+	21:39+	24:13+	32:15+	34:06+	35:58+	41:52+	45:58+	47:07+	60:47+	64:35+	65:45+	67:06+	68:01+				
07:24+	02:26+	02:40+	02:39+	06:30+	02:34+	08:02+	01:51+	01:52+	05:54+	04:06+	01:09+	13:40+	03:48+	01:10+	01:21+	00:55+				
07:24+	02:26+	02:40+	02:39+	06:30+	02:34+	08:02+	01:51+	01:52+	05:54+	04:06+	01:09+	13:40+	03:48+	01:10+	01:21+	00:55+				

Beste strekktid for klassen

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

Herrer A

1	Ørjan Ravndal												3522	29:07											
01:12=	01:33=	02:36=	03:25=	03:59=	05:29=	05:56=	07:12=	08:18=	08:30=	10:30=	11:44=	12:23=	13:35=	17:47=	18:46=	19:40=	20:29=	21:16=	23:07=	23:37=	24:03=	26:03=	26:56=	28:02=	28:28=
01:12=	00:21=	01:03=	00:49=	00:34=	01:30=	00:27=	01:16=	01:06=	00:12=	02:00=	01:14=	00:39=	01:12=	04:12=	00:59=	00:54=	00:49=	00:47=	01:51=	00:30=	00:26=	02:00=	00:53=	01:06=	00:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
28:52=	29:07=																								
00:24=	00:15=																								
00:00=	00:00=																								

Herrer A

01:07-	01:31-	02:40+	03:34+	04:06+	05:38+	06:09+	07:35+	08:43+	08:59+	11:00+	12:11+	12:53+	14:13+	18:14+	19:12+	20:05+	20:57+	21:45+	23:36+	24:00+	24:27+	26:28+	27:19+	28:28+	28:53+
01:07-	00:24+	01:09+	00:54+	00:32-	01:32+	00:31+	01:26+	01:08+	00:16+	02:01+	01:11-	00:42+	01:20+	04:01-	00:58-	00:53-	00:52+	00:48+	01:51=	00:24-	00:27+	02:01+	00:51-	01:09+	00:25-
00:05-	00:03#	00:06+	00:05#	00:02-	00:02+	00:04#	00:10#	00:02+	00:04&	00:01+	00:03-	00:03+	00:08#	00:11-	00:01-	00:01-	00:03+	00:01+	00:00=	00:06-	00:01+	00:01+	00:02-	00:03+	00:01-
29:17+	29:33+																								
00:24=	00:16+																								
00:00=	00:01+																								
3	Harald Kalager	793	31:44																						
01:11+	01:39+	02:46+	03:39+	04:18+	05:58+	06:28+	07:58+	09:14+	09:31+	11:36+	12:55+	13:45+	15:11+	19:41+	20:51+	21:40+	22:41+	23:27+	25:13+	25:42+	26:12+	28:28+	29:27+	30:31+	31:00+
01:11+	00:28+	01:07+	00:53+	00:39+	01:40+	00:30+	01:30+	01:16+	00:17+	02:05+	01:19+	00:50+	01:26+	04:30+	01:10+	00:49+	01:01+	00:46+	01:46+	00:29+	00:30+	02:16+	00:59+	01:04+	00:29+
01:11+	00:28+	01:07+	00:53+	00:39+	01:40+	00:30+	01:30+	01:16+	00:17+	02:05+	01:19+	00:50+	01:26+	04:30+	01:10+	00:49+	01:01+	00:46+	01:46+	00:29+	00:30+	02:16+	00:59+	01:04+	00:29+
31:27+	31:44+																								
00:27+	00:17+																								
00:27+	00:17+																								
4	Kristian Frafjord Haarr	882	32:32																						
01:12+	01:35+	02:48+	03:54+	04:26+	06:08+	06:38+	08:10+	09:24+	09:37+	12:02+	13:24+	14:20+	15:44+	20:17+	21:25+	22:16+	23:10+	23:56+	25:58+	26:27+	26:57+	29:13+	30:11+	31:17+	31:49+
01:12+	00:23+	01:13+	01:06+	00:32+	01:42+	00:30+	01:32+	01:14+	00:13+	02:25+	01:22+	00:56+	01:24+	04:33+	01:08+	00:51+	00:54+	00:46+	02:02+	00:29+	00:30+	02:16+	00:58+	01:06+	00:32+
01:12+	00:23+	01:13+	01:06+	00:32+	01:42+	00:30+	01:32+	01:14+	00:13+	02:25+	01:22+	00:56+	01:24+	04:33+	01:08+	00:51+	00:54+	00:46+	02:02+	00:29+	00:30+	02:16+	00:58+	01:06+	00:32+
32:15+	32:32+																								
00:26+	00:17+																								
00:26+	00:17+																								
5	Maximilian Erlbeck	2342	33:54																						
01:07+	01:28+	02:38+	03:29+	04:04+	05:36+	06:05+	07:33+	08:47+	09:07+	11:21+	13:08+	13:53+	15:14+	21:19+	22:39+	23:29+	24:27+	25:39+	27:33+	28:01+	28:29+	30:32+	31:34+	32:44+	33:15+
01:07+	00:21+	01:10+	00:51+	00:35+	01:32+	00:29+	01:28+	01:14+	00:20+	02:14+	01:47+	00:45+	01:21+	06:05+	01:20+	00:50+	00:58+	01:12+	01:54+	00:28+	00:28+	02:03+	01:02+	01:10+	00:31+
01:07+	00:21+	01:10+	00:51+	00:35+	01:32+	00:29+	01:28+	01:14+	00:20+	02:14+	01:47+	00:45+	01:21+	06:05+	01:20+	00:50+	00:58+	01:12+	01:54+	00:28+	00:28+	02:03+	01:02+	01:10+	00:31+
33:40+	33:54+																								
00:25+	00:14+																								
00:25+	00:14+																								
6	Erik Lima	1832	34:31																						
01:34+	02:00+	03:25+	04:25+	05:03+	07:11+	07:52+	09:27+	10:49+	11:07+	13:18+	14:44+	15:40+	17:11+	21:47+	22:59+	23:46+	24:46+	25:33+	27:26+	27:54+	28:25+	31:00+	32:04+	33:18+	33:48+
01:34+	00:26+	01:25+	01:00+	00:38+	02:08+	00:41+	01:35+	01:22+	00:18+	02:11+	01:26+	00:56+	01:31+	04:36+	01:12+	00:47+	01:00+	00:47+	01:53+	00:28+	00:31+	02:35+	01:04+	01:14+	00:30+
01:34+	00:26+	01:25+	01:00+	00:38+	02:08+	00:41+	01:35+	01:22+	00:18+	02:11+	01:26+	00:56+	01:31+	04:36+	01:12+	00:47+	01:00+	00:47+	01:53+	00:28+	00:31+	02:35+	01:04+	01:14+	00:30+
34:13+	34:31+																								
00:25+	00:18+																								
00:25+	00:18+																								
7	Jørgen Strømstad	1786	34:31																						
01:08+	01:36+	02:52+	03:56+	04:35+	06:14+	06:50+	08:27+	09:39+	09:55+	12:24+	13:52+	14:51+	16:27+	21:16+	22:36+	23:32+	24:28+	25:29+	27:20+	27:52+	28:23+	30:50+	31:56+	33:10+	33:43+
01:08+	00:28+	01:16+	01:04+	00:39+	01:39+	00:36+	01:37+	01:12+	00:16+	02:29+	01:28+	00:59+	01:36+	04:49+	01:20+	00:56+	00:56+	01:01+	01:51+	00:32+	00:31+	02:27+	01:06+	01:14+	00:33+
01:08+	00:28+	01:16+	01:04+	00:39+	01:39+	00:36+	01:37+	01:12+	00:16+	02:29+	01:28+	00:59+	01:36+	04:49+	01:20+	00:56+	00:56+	01:01+	01:51+	00:32+	00:31+	02:27+	01:06+	01:14+	00:33+
34:14+	34:31+																								
00:31+	00:17+																								
00:31+	00:17+																								
8	Thomas Schive	643	35:28																						
01:19+	01:48+	03:13+	04:11+	04:50+	06:38+	07:37+	09:07+	10:28+	10:43+	13:06+	14:36+	15:30+	17:00+	22:11+	23:17+	24:11+	25:11+	26:08+	28:06+	28:38+	29:15+	31:45+	32:53+	34:09+	34:42+
01:19+	00:29+	01:25+	00:58+	00:39+	01:48+	00:59+	01:30+	01:21+	00:15+	02:23+	01:30+	00:54+	01:30+	05:11+	01:06+	00:54+	01:00+	00:57+	01:58+	00:32+	00:37+	02:30+	01:08+	01:16+	00:33+
01:19+	00:29+	01:25+	00:58+	00:39+	01:48+	00:59+	01:30+	01:21+	00:15+	02:23+	01:30+	00:54+	01:30+	05:11+	01:06+	00:54+	01:00+	00:57+	01:58+	00:32+	00:37+	02:30+	01:08+	01:16+	00:33+
35:09+	35:28+																								
00:27+	00:19+																								
00:27+	00:19+																								
9	Magne Hatteland	3528	35:38																						
01:12+	01:38+	02:55+	04:04+	04:41+	06:35+	07:06+	08:30+	10:21+	10:36+	13:08+	14:31+	15:24+	17:12+	22:09+	23:19+	24:28+	25:34+	26:26+	28:21+	28:56+	29:30+	31:57+	33:05+	34:26+	34:57+
01:12+	00:26+	01:17+	01:09+	00:37+	01:54+	00:31+	01:44+	01:31+	00:15+	02:32+	01:23+	00:53+	01:48+	04:57+	01:10+	01:09+	01:06+	00:52+	01:55+	00:35+	00:34+	02:27+	01:08+	01:21+	00:31+
01:12+	00:26+	01:17+	01:09+	00:37+	01:54+	00:31+	01:44+	01:31+	00:15+	02:32+	01:23+	00:53+	01:48+	04:57+	01:10+	01:09+	01:06+	00:52+	01:55+	00:35+	00:34+	02:27+	01:08+	01:21+	00:31+
35:20+	35:38+																								
00:23+	00:18+																								
00:23+	00:18+																								

Plass	Navn	Klasse	Tid
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Herrer A

10	Sven Hatteland				3528				36:29																
01:17+	01:42+	03:05+	04:08+	04:48+	06:34+	07:12+	09:03+	10:28+	10:46+	13:11+	14:45+	15:46+	17:21+	22:46+	23:56+	24:59+	26:01+	26:57+	29:05+	29:39+	30:11+	32:50+	33:54+	35:11+	35:45+
01:17+	00:25+	01:23+	01:03+	00:40+	01:46+	00:38+	01:51+	01:25+	00:18+	02:25+	01:34+	01:01+	01:35+	05:25+	01:10+	01:03+	01:02+	00:56+	02:08+	00:34+	00:32+	02:39+	01:04+	01:17+	00:34+
01:17+	00:25+	01:23+	01:03+	00:40+	01:46+	00:38+	01:51+	01:25+	00:18+	02:25+	01:34+	01:01+	01:35+	05:25+	01:10+	01:03+	01:02+	00:56+	02:08+	00:34+	00:32+	02:39+	01:04+	01:17+	00:34+
36:12+	36:29+																								
00:27+	00:17+																								
00:27+	00:17+																								
11	Lars Sigve Oftedal				772				37:26																
01:26+	01:54+	04:36+	05:42+	06:23+	08:14+	08:50+	10:41+	12:02+	12:21+	14:36+	15:57+	16:54+	18:26+	23:29+	24:43+	25:49+	26:55+	27:56+	29:55+	30:28+	31:04+	33:27+	34:36+	36:00+	36:32+
01:26+	00:28+	02:42+	01:06+	00:41+	01:51+	00:36+	01:51+	01:21+	00:19+	02:15+	01:21+	00:57+	01:32+	05:03+	01:14+	01:06+	01:06+	01:01+	01:59+	00:33+	00:36+	02:23+	01:09+	01:24+	00:32+
01:26+	00:28+	02:42+	01:06+	00:41+	01:51+	00:36+	01:51+	01:21+	00:19+	02:15+	01:21+	00:57+	01:32+	05:03+	01:14+	01:06+	01:06+	01:01+	01:59+	00:33+	00:36+	02:23+	01:09+	01:24+	00:32+
37:04+	37:26+																								
00:32+	00:22+																								
00:32+	00:22+																								
12	Lars Erik Malde				NOTEAM				38:10																
01:12+	01:44+	02:58+	04:25+	05:07+	07:03+	07:47+	10:45+	12:01+	12:15+	14:28+	15:46+	16:49+	18:14+	22:48+	24:25+	25:16+	26:12+	27:47+	29:44+	30:27+	31:34+	34:09+	35:36+	36:51+	37:22+
01:12+	00:32+	01:14+	01:27+	00:42+	01:56+	00:44+	02:58+	01:16+	00:14+	02:13+	01:18+	01:03+	01:25+	04:34+	01:37+	00:51+	00:56+	01:35+	01:57+	00:43+	01:07+	02:35+	01:27+	01:15+	00:31+
01:12+	00:32+	01:14+	01:27+	00:42+	01:56+	00:44+	02:58+	01:16+	00:14+	02:13+	01:18+	01:03+	01:25+	04:34+	01:37+	00:51+	00:56+	01:35+	01:57+	00:43+	01:07+	02:35+	01:27+	01:15+	00:31+
37:50+	38:10+																								
00:28+	00:20+																								
00:28+	00:20+																								
13	Briac Le Ray				2342				38:47																
01:12+	01:40+	03:01+	04:14+	04:55+	07:14+	07:44+	09:23+	11:10+	11:22+	13:32+	14:53+	16:06+	17:38+	22:41+	24:16+	25:06+	26:31+	27:45+	29:56+	30:27+	31:17+	35:02+	36:17+	37:34+	38:03+
01:12+	00:28+	01:21+	01:13+	00:41+	02:19+	00:30+	01:39+	01:47+	00:12+	02:10+	01:21+	01:13+	01:32+	05:03+	01:35+	00:50+	01:25+	01:14+	02:11+	00:31+	00:50+	03:45+	01:15+	01:17+	00:29+
01:12+	00:28+	01:21+	01:13+	00:41+	02:19+	00:30+	01:39+	01:47+	00:12+	02:10+	01:21+	01:13+	01:32+	05:03+	01:35+	00:50+	01:25+	01:14+	02:11+	00:31+	00:50+	03:45+	01:15+	01:17+	00:29+
38:30+	38:47+																								
00:27+	00:17+																								
00:27+	00:17+																								
14	Fredrik Hana Voss				793				39:16																
01:35+	02:04+	03:26+	04:27+	05:07+	07:04+	07:45+	10:01+	11:28+	11:46+	13:59+	15:52+	16:44+	18:14+	23:45+	25:05+	26:25+	27:47+	29:10+	31:32+	32:07+	32:41+	35:16+	36:27+	37:46+	38:22+
01:35+	00:29+	01:22+	01:01+	00:40+	01:57+	00:41+	02:16+	01:27+	00:18+	02:13+	01:53+	00:52+	01:30+	05:31+	01:20+	01:20+	01:22+	01:23+	02:22+	00:35+	00:34+	02:35+	01:11+	01:19+	00:36+
01:35+	00:29+	01:22+	01:01+	00:40+	01:57+	00:41+	02:16+	01:27+	00:18+	02:13+	01:53+	00:52+	01:30+	05:31+	01:20+	01:20+	01:22+	01:23+	02:22+	00:35+	00:34+	02:35+	01:11+	01:19+	00:36+
38:57+	39:16+																								
00:35+	00:19+																								
00:35+	00:19+																								
15	Torbjørn Ims Østby				3507				39:56																
01:09+	01:37+	02:55+	04:13+	04:56+	07:01+	07:37+	10:22+	12:01+	12:21+	14:51+	16:22+	17:24+	19:07+	24:26+	25:42+	26:41+	27:49+	29:17+	31:42+	32:12+	32:50+	35:51+	37:00+	38:27+	39:08+
01:09+	00:28+	01:18+	01:18+	00:43+	02:05+	00:36+	02:45+	01:39+	00:20+	02:30+	01:31+	01:02+	01:43+	05:19+	01:16+	00:59+	01:08+	01:28+	02:25+	00:30+	00:38+	03:01+	01:09+	01:27+	00:41+
01:09+	00:28+	01:18+	01:18+	00:43+	02:05+	00:36+	02:45+	01:39+	00:20+	02:30+	01:31+	01:02+	01:43+	05:19+	01:16+	00:59+	01:08+	01:28+	02:25+	00:30+	00:38+	03:01+	01:09+	01:27+	00:41+
39:39+	39:56+																								
00:31+	00:17+																								
00:31+	00:17+											</													

Beste strekketid for klassen

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

Herrer B

1	Aart Joakim in't Veld										1884										32:37									
01:04=	01:28=	02:34=	03:37=	04:13=	05:50=	06:21=	08:31=	09:56=	10:10=	12:24=	13:52=	14:34=	15:57=	20:24=	21:25=	22:13=	23:05=	23:48=	25:51=	26:17=	26:59=	29:09=	30:07=	31:22=	31:53=					
01:04=	00:24=	01:06=	01:03=	00:36=	01:37=	00:31=	02:10=	01:25=	00:14=	02:14=	01:28=	00:42=	01:23=	04:27=	01:01=	00:48=	00:52=	00:43=	02:03=	00:26=	00:42=	02:10=	00:58=	01:15=	00:31=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
32:20=	32:37=																													
00:27=	00:17=																													
00:00=	00:00=																													
2	Joar Eilevstjønn										2342										33:46									
01:18+	01:47+	03:05+	04:05+	04:42+	06:33+	07:10+	09:03+	10:18+	10:37+	12:52+	14:16+	15:09+	16:45+	21:14+	22:16+	23:21+	24:18+	25:17+	27:20+	27:47+	28:15+	30:22+	31:26+	32:34+	33:06+					
01:18+	00:29+	01:18+	01:00-	00:37+	01:51+	00:37+	01:53-	01:15-	00:19+	02:15+	01:24-	00:53+	01:36+	04:29+	01:02+	01:05+	00:57+	00:59+	02:03=	00:27+	00:28-	02:07-	01:04+	01:08-	00:32+					
00:14#	00:05#	00:12#	00:03-	00:01+	00:14#	00:06#	00:17-	00:10-	00:05&	00:01+	00:04-	00:11&	00:13#	00:02+	00:01+	00:17&	00:05+	00:16&	00:00=	00:01+	00:14-	00:03-	00:06#	00:07-	00:01+					
33:31+	33:46+																													
00:25-	00:15-																													
00:02-	00:02-																													
3	Jon Åsmund Espedal										1000										34:14									
01:46+	02:07+	03:16+	04:11+	04:47+	06:27+	06:59+	09:08+	10:22+	10:34+	12:43+	14:03+	14:47+	16:19+	20:58+	21:59+	22:49+	23:44+	25:25+	27:24+	27:54+	28:22+	30:38+	31:40+	33:00+	33:30+					
01:46+	00:21-	01:09+	00:55-	00:36=	01:40+	00:32+	02:09-	01:14-	00:12-	02:09-	01:20-	00:44+	01:32+	04:39+	01:01=	00:50+	00:55+	01:41+	01:59-	00:30+	00:28-	02:16+	01:02+	01:20+	00:30-					
00:42&	00:03-	00:03+	00:08-	00:00=	00:03+	00:01+	00:01-	00:11-	00:02-	00:05-	00:08-	00:02+	00:09#	00:12+	00:00=	00:02+	00:03+	00:58@	00:04-	00:04#	00:14-	00:06+	00:04+	00:05+	00:01-					
33:57+	34:14+																													
00:27=	00:17=																													
00:00=	00:00=																													
4	Tor Gunnar Aksland										1683										34:22									
01:13+	01:42+	02:59+	04:02+	04:39+	06:48+	07:20+	08:56+	10:16+	10:30+	12:44+	14:14+	15:05+	16:36+	21:33+	22:36+	23:35+	24:36+	25:32+	27:18+	27:49+	28:21+	30:37+	31:45+	33:05+	33:36+					
01:13+	00:29+	01:17+	01:03=	00:37+	02:09+	00:32+	01:36-	01:20-	00:14=	02:14=	01:30+	00:51+	01:31+	04:57+	01:03+	00:59+	01:01+	00:56+	01:46-	00:31+	00:32-	02:16+	01:08+	01:20+	00:31=					
00:09#	00:05#	00:11#	00:00=	00:01+	00:32&	00:01+	00:34-	00:05-	00:00=	00:00=	00:02+	00:09#	00:08+	00:30#	00:02+	00:11#	00:09#	00:13&	00:17-	00:05#	00:10-	00:06+	00:10#	00:05+	00:00=					
34:04+	34:22+																													
00:28+	00:18+																													
00:01+	00:01+																													
5	Oddvar Taksdal										3522										34:52									
01:17+	01:42+	03:04+	04:07+	04:44+	06:38+	07:10+	08:57+	10:17+	10:34+	12:58+	14:29+	15:21+	16:57+	21:54+	23:13+	24:09+	25:02+	25:59+	27:44+	28:18+	28:51+	31:13+	32:11+	33:28+	34:01+					
01:17+	00:25+	01:22+	01:03=	00:37+	01:54+	00:32+	01:47-	01:20-	00:17+	02:24+	01:31+	00:52+	01:36+	04:57+	01:19+	00:56+	00:53+	00:57+	01:45-	00:34+	00:33-	02:22+	00:58=	01:17+	00:33+					
00:13#	00:01+	00:16#	00:00=	00:01+	00:17#	00:01+	00:23-	00:05-	00:03#	00:10+	00:03+	00:10#	00:13#	00:30#	00:18&	00:08#	00:01+	00:14&	00:18-	00:08&	00:09-	00:12+	00:00=	00:02+	00:02+					
34:28+	34:52+																													
00:27=	00:24+																													
00:00=	00:07&																													
6	Geir Sand										722										34:52									
01:16+	01:40+	02:55+	04:00+	04:37+	06:22+	06:55+	08:29-	09:45-	10:04-	12:16-	13:58+	14:56+	16:21+	21:37+	22:47+	23:40+	24:42+	25:32+	27:46+	28:24+	28:54+	31:24+	32:27+	33:38+	34:08+					
01:16+	00:24=	01:15+	01:05+	00:37+	01:45+	00:33+	01:34-	01:16-	00:19+	02:12-	01:42+	00:58+	01:25+	05:16+	01:10+	00:53+	01:02+	00:50+	02:14+	00:38+	00:30-	02:30+	01:03+	01:11-	00:30-					
00:12#	00:00=	00:09#	00:02+	00:01+	00:08+	00:02+	00:36-	00:09-	00:05&	00:02-	00:14#	00:16&	00:02+	00:49#	00:09#	00:05#	00:10#	00:07#	00:11+	00:12&	00:12-	00:20#	00:05+	00:04-	00:01-					
34:35+	34:52+																													
00:27=	00:17=																													
00:00=	00:00=																													
7	Njål F. Vadla										1884										35:16									
01:15+	01:43+	03:03+	04:04+	04:44+	06:39+	07:13+	09:24+	10:48+	11:06+	13:31+	14:45+	15:37+	17:06+	22:10+	23:45+	24:38+	25:38+	26:34+	28:35+	29:04+	29:36+	31:53+	32:47+	34:00+	34:28+					
01:15+	00:28+	01:20+	01:01-	00:40+	01:55+	00:34+	02:11+	01:24-	00:18+	02:25+	01:14-	00:52+	01:29+	05:04+	01:35+	00:53+	01:00+	00:56+	02:01-	00:29+	00:32-	02:17+	00:54-	01:13-	00:28-					
00:11#	00:04#	00:14#	00:02-	00:04#	00:18#	00:03+	00:01+	00:01-	00:04&	00:11+	00:14-	00:10#	00:06+	00:37#	00:34&	00:05#	00:08#	00:13&	00:02-	00:03#	00:10-	00:07+	00:04-	00:02-	00:03-					
34:57+	35:16+																													
00:29+	00:19+																													
00:02+	00:02#																													
8	Arne Eirik Nielsen										3588										36:41									
01:14+	01:46+	03:05+	04:04+	04:45+	06:48+	07:24+	08:58+	10:22+	10:43+	13:06+	14:33+	16:00+	17:33+	22:37+	23:49+	24:42+	25:52+	27:01+	29:20+	29:53+	30:28+	32:54+	34:00+	35:19+	35:53+					
01:14+	00:32+	01:19+	00:59-	00:41+	02:03+	00:36+	01:34-	01:24-	00:21+	02:23+	01:27-	01:27+	01:33+	05:04+	01:12+	00:53+	01:10+	01:09+	02:19+	00:33+	00:35-	02:26+	01:06+	01:19+	00:34+					
00:10#	00:08&	00:13#	00:04-	00:05#	00:26&	00:05#	00:36-	00:01-	00:07&	00:09+	00:01-	00:45@	00:10#	00:37#	00:11#	00:05#	00:18&	00:26&	00:16#	00:07&	00:07-	00:16#	00:08#	00:04+	00:03+					
36:20+	36:41+																													
00:27=	00:21+																													
00:00=	00:04#																													

Herrer B

9	Jan-Rune Larsen Basso												1376												37:38											
01:10+	01:40+	02:56+	03:59+	04:44+	06:36+	07:20+	09:04+	10:28+	10:47+	13:47+	15:15+	16:08+	17:47+	22:39+	23:52+	25:01+	26:09+	27:23+	29:33+	30:08+	30:42+	33:11+	34:59+	36:15+	36:48+											
01:10+	00:30+	01:16+	01:03=	00:45+	01:52+	00:44+	01:44-	01:24-	00:19+	03:00+	01:28=	00:53+	01:39+	04:52+	01:13+	01:09+	01:08+	01:14+	02:10+	00:35+	00:34-	02:29+	01:48+	01:16+	00:33+											
00:06+	00:06#	00:10#	00:00=	00:09#	00:15#	00:13#	00:26-	00:01-	00:05&	00:46&	00:00=	00:11&	00:16#	00:25+	00:12#	00:21&	00:16&	00:31&	00:07+	00:09&	00:08-	00:19#	00:50&	00:01+	00:02+											
37:18+	37:38+																																			
00:30+	00:20+																																			
00:03#	00:03#																																			
10	Trond Sigurd Fotland												3507												38:09											
01:20+	01:50+	03:20+	04:23+	05:09+	06:57+	07:33+	09:39+	10:56+	11:12+	13:41+	15:02+	16:03+	17:40+	22:54+	24:12+	25:11+	26:16+	27:37+	29:53+	30:29+	31:12+	34:09+	35:26+	36:48+	37:20+											
01:20+	00:30+	01:30+	01:03+	00:46+	01:48+	00:36+	02:06+	01:17+	00:16+	02:29+	01:21+	01:01+	01:37+	05:14+	01:18+	00:59+	01:05+	01:21+	02:16+	00:36+	00:43+	02:57+	01:17+	01:22+	00:32+											
01:20+	00:30+	01:30+	01:03+	00:46+	01:48+	00:36+	02:06+	01:17+	00:16+	02:29+	01:21+	01:01+	01:37+	05:14+	01:18+	00:59+	01:05+	01:21+	02:16+	00:36+	00:43+	02:57+	01:17+	01:22+	00:32+											
37:51+	38:09+																																			
00:31+	00:18+																																			
00:31+	00:18+																																			
11	Per Olav Haarr												769												38:48											
02:56+	03:20+	04:34+	05:38+	06:14+	07:54+	08:26+	10:38+	12:10+	12:25+	14:57+	16:30+	17:21+	19:00+	24:37+	25:47+	26:48+	27:55+	29:00+	31:18+	31:49+	32:29+	34:57+	36:04+	37:23+	37:59+											
02:56+	00:24+	01:14+	01:04+	00:36+	01:40+	00:32+	02:12+	01:32+	00:15+	02:32+	01:33+	00:51+	01:39+	05:37+	01:10+	01:01+	01:07+	01:05+	02:18+	00:31+	00:40+	02:28+	01:07+	01:19+	00:36+											
02:56+	00:24+	01:14+	01:04+	00:36+	01:40+	00:32+	02:12+	01:32+	00:15+	02:32+	01:33+	00:51+	01:39+	05:37+	01:10+	01:01+	01:07+	01:05+	02:18+	00:31+	00:40+	02:28+	01:07+	01:19+	00:36+											
38:27+	38:48+																																			
00:28+	00:21+																																			
00:28+	00:21+																																			
12	Jørgen Breivold												3529												38:52											
01:12+	02:04+	03:36+	04:42+	05:23+	07:31+	08:07+	10:36+	12:01+	12:22+	14:45+	16:14+	17:10+	18:51+	24:25+	25:54+	27:08+	28:14+	29:20+	31:18+	31:50+	32:27+	35:01+	36:14+	37:35+	38:07+											
01:12+	00:52+	01:32+	01:06+	00:41+	02:08+	00:36+	02:29+	01:25+	00:21+	02:23+	01:29+	00:56+	01:41+	05:34+	01:29+	01:14+	01:06+	01:06+	01:58+	00:32+	00:37+	02:34+	01:13+	01:21+	00:32+											
01:12+	00:52+	01:32+	01:06+	00:41+	02:08+	00:36+	02:29+	01:25+	00:21+	02:23+	01:29+	00:56+	01:41+	05:34+	01:29+	01:14+	01:06+	01:06+	01:58+	00:32+	00:37+	02:34+	01:13+	01:21+	00:32+											
38:34+	38:52+																																			
00:27+	00:18+																																			
00:27+	00:18+																																			
13	Bård Martby-Skogsholm												3522												39:29											
01:21+	01:55+	03:15+	04:32+	05:13+	07:28+	08:11+	09:50+	11:22+	11:42+	14:21+	15:51+	16:45+	18:24+	24:03+	25:39+	27:00+	28:17+	29:13+	31:20+	32:02+	32:33+	35:26+	36:44+	38:10+	38:43+											
01:21+	00:34+	01:20+	01:17+	00:41+	02:15+	00:43+	01:39+	01:32+	00:20+	02:39+	01:30+	00:54+	01:39+	05:39+	01:36+	01:21+	01:17+	00:56+	02:07+	00:42+	00:31+	02:53+	01:18+	01:26+	00:33+											
01:21+	00:34+	01:20+	01:17+	00:41+	02:15+	00:43+	01:39+	01:32+	00:20+	02:39+	01:30+	00:54+	01:39+	05:39+	01:36+	01:21+	01:17+	00:56+	02:07+	00:42+	00:31+	02:53+	01:18+	01:26+	00:33+											
39:11+	39:29+																																			
00:28+	00:18+																																			
00:28+	00:18+																																			
14	Tom Furland												769												42:20											
01:50+	02:28+	04:08+	05:26+	06:10+	08:27+	09:05+	10:54+	12:30+	12:47+	15:37+	17:20+	18:14+	20:00+	25:54+	27:21+	28:47+	29:56+	31:05+	33:17+	34:01+	34:45+	37:40+	38:58+	40:32+	41:11+											
01:50+	00:38+	01:40+	01:18+	00:44+	02:17+	00:38+	01:49+	01:36+	00:17+	02:50+	01:43+	00:54+	01:46+	05:54+	01:27+	01:26+	01:09+	01:09+	02:12+	00:44+	00:44+	02:55+	01:18+	01:34+	00:39+											
01:50+	00:38+	01:40+	01:18+	00:44+	02:17+	00:38+	01:49+	01:36+	00:17+	02:50+	01:43+	00:54+	01:46+	05:54+	01:27+	01:26+	01:09+	01:09+	02:12+	00:44+	00:44+	02:55+	01:18+	01:34+	00:39+											
41:47+	42:20+																																			
00:36+	00:33+																																			
00:36+	00:33+																																			
15	Jone Sæbbø												3516												43:49											
02:08+	02:40+	04:11+	05:28+	06:12+	08:22+	09:00+	10:51+	12:21+	12:41+	15:37+	17:24+	18:33+	20:22+	26:16+	27:41+	28:48+	30:07+	31:13+	33:39+	34:27+	35:12+	39:15+	40:35+	42:05+	42:47+											
02:08+	00:32+	01:31+	01:17+	00:44+	02:10+	00:38+	01:51+	01:30+	00:20+	02:56+	01:47+	01:09+	01:49+	05:54+	01:25+	01:07+	01:19+	01:06+	02:26+	00:48+	00:45+	04:03+	01:20+	01:30+	00:42+											
02:08+	00:32+	01:31+	01:17+	00:44+	02:10+	00:38+	01:51+	01:30+	00:20+	02:56+	01:47+	01:09+	01:49+	05:54+	01:25+	01:07+	01:19+	01:06+	02:26+	00:48+	00:45+	04:03+	01:20+	01:30+	00:42+											
43:21+	43:49+																																			
00:34+	00:28+																																			
00:34+	00:28+																																			
16	Espen Fyhn Nilsen												1683												48:21											
01:38+	02:19+	04:13+	05:47+	06:39+	09:19+	10:04+	12:22+	14:22+	14:51+	18:18+	20:10+	21:27+	23:34+	30:25+	31:57+	33:10+	34:38+	36:01+	38:32+	39:13+	40:02+	43:18+	44:48+	46:30+	47:17+											
01:38+	00:41+	01:54+	01:34+	00:52+	02:40+	00:45+	02:18+	02:00+	00:29+	03:27+	01:52+	01:17+	02:07+	06:51+	01:32+	01:13+	01:28+	01:23+	02:31+	00:41+	00:49+	03:16+	01:30+	01:42+	00:47+											
01:38+	00:41+	01:54+	01:34+	00:52+	02:40+	00:45+	02:18+	02:00+	00:29+	03:27+	01:52+	01:17+	02:07+	06:51+	01:32+	01:13+	01:28+	01:23+	02:31+	00:41+	00:49+	03:16+	01:30+	01:42+	00:47+											
47:51+	48:21+																																			
00:34+	00:30+																																			
00:34+	00:30+																																			

Beste strekktid for klassen

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

Plass	Navn	Klasse	Tid
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Herrer C

1	Geir Haugvaldstad										1683										31:24									
02:17=	03:53=	04:57=	05:40=	07:33=	08:11=	09:47=	11:57=	13:18=	14:08=	15:38=	20:36=	22:21=	23:17=	24:04=	25:50=	26:42=	28:50=	29:51=	30:30=	31:07=	31:24=									
02:17=	01:36=	01:04=	00:43=	01:53=	00:38=	01:36=	02:10=	01:21=	00:50=	01:30=	04:58=	01:45=	00:56=	00:47=	01:46=	00:52=	02:08=	01:01=	00:39=	00:37=	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=									
2	Lars Drage										3583										32:23									
01:36=	02:52=	03:55=	04:30=	06:23=	06:54=	08:26=	10:20=	11:39=	12:29=	14:01=	19:22=	21:13=	22:07=	23:22=	25:47=	26:43+	29:45+	30:45+	31:28+	32:06+	32:23+									
01:36=	01:16=	01:03=	00:35=	01:53=	00:31=	01:32=	01:54=	01:19=	00:50=	01:32+	05:21+	01:51+	00:54=	01:15+	02:25+	00:56+	03:02+	01:00=	00:43+	00:38+	00:17=									
00:41=	00:20=	00:01=	00:08=	00:00=	00:07=	00:04=	00:16=	00:02=	00:00=	00:02+	00:23+	00:06+	00:02=	00:28&	00:39&	00:04+	00:54&	00:01=	00:04#	00:01+	00:00=									
3	Terje Michaelsen										3511										32:25									
01:37=	02:51=	03:52=	04:30=	06:16=	06:56=	08:34=	10:48=	12:15=	13:04=	15:19=	20:26=	22:49+	23:43+	24:33+	26:39+	27:39+	30:09+	31:00+	31:34+	32:09+	32:25+									
01:37=	01:14=	01:01=	00:38=	01:46=	00:40+	01:38+	02:14+	01:27+	00:49=	02:15+	05:07+	02:23+	00:54=	00:50+	02:06+	01:00+	02:30+	00:51=	00:34=	00:35=	00:16=									
00:40=	00:22=	00:03=	00:05=	00:07=	00:02+	00:02+	00:04+	00:06+	00:01=	00:45&	00:09+	00:38&	00:02=	00:03+	00:20#	00:08#	00:22#	00:10=	00:05=	00:02=	00:01=									
4	Morten Aamodt										1683										33:54									
01:43=	03:08=	04:14=	04:54=	06:51=	07:23=	09:20=	11:30=	13:06=	13:59=	15:33=	20:43+	22:41+	23:45+	24:54+	27:00+	27:59+	31:02+	32:09+	32:50+	33:32+	33:54+									
01:43=	01:25=	01:06+	00:40=	01:57+	00:32=	01:57+	02:10=	01:36+	00:53+	01:34+	05:10+	01:58+	01:04+	01:09+	02:06+	00:59+	03:03+	01:07+	00:41+	00:42+	00:22+									
00:34=	00:11=	00:02+	00:03=	00:04+	00:06=	00:21#	00:00=	00:15#	00:03+	00:04+	00:12+	00:13#	00:08#	00:22&	00:20#	00:07#	00:55&	00:06+	00:02+	00:05#	00:05&									
5	Kjetil Wirak										3486										34:04									
01:45=	03:19=	04:25=	05:08=	07:09=	07:57=	09:36=	11:54=	13:21+	14:22+	16:04+	21:10+	23:12+	24:16+	25:05+	27:19+	28:17+	31:19+	32:23+	33:00+	33:44+	34:04+									
01:45=	01:34=	01:06+	00:43=	02:01+	00:48+	01:39+	02:18+	01:27+	01:01+	01:42+	05:06+	02:02+	01:04+	00:49+	02:14+	00:58+	03:02+	01:04+	00:37=	00:44+	00:20+									
00:32=	00:02=	00:02+	00:00=	00:08+	00:10&	00:03+	00:08+	00:06+	00:11#	00:12#	00:08+	00:17#	00:08#	00:02+	00:28&	00:06#	00:54&	00:03+	00:02=	00:07#	00:03#									
6	Nils John Vestøl										3541										34:39									
01:46=	03:11=	04:14=	05:11=	07:24=	08:05=	09:49+	11:57=	13:21+	14:21+	16:04+	21:32+	23:48+	24:57+	26:06+	28:16+	29:20+	31:51+	33:03+	33:46+	34:23+	34:39+									
01:46=	01:25=	01:03=	00:57+	02:13+	00:41+	01:44+	02:08=	01:24+	01:00+	01:43+	05:28+	02:16+	01:09+	01:09+	02:10+	01:04+	02:31+	01:12+	00:43+	00:37=	00:16=									
00:31=	00:11=	00:01=	00:14&	00:20#	00:03+	00:08+	00:02=	00:03+	00:10#	00:13#	00:30#	00:31&	00:13#	00:22&	00:24#	00:12#	00:23#	00:11#	00:04#	00:00=	00:01=									
7	Svein Oddvar Netland										1683										36:35									
02:17=	03:51=	05:03+	05:46+	07:59+	08:37+	10:26+	12:47+	14:46+	15:43+	17:22+	23:12+	25:21+	26:29+	27:27+	29:29+	30:43+	33:28+	34:34+	35:24+	36:11+	36:35+									
02:17=	01:34=	01:12+	00:43=	02:13+	00:38=	01:49+	02:21+	01:59+	00:57+	01:39+	05:50+	02:09+	01:08+	00:58+	02:02+	01:14+	02:45+	01:06+	00:50+	00:47+	00:24+									
00:00=	00:02=	00:08#	00:00=	00:20#	00:00=	00:13#	00:11+	00:38&	00:07#	00:09#	00:52#	00:24#	00:12#	00:11#	00:16#	00:22&	00:37&	00:05+	00:11&	00:10&	00:07&									
8	Henning Sundby										3486										36:36									
01:37=	02:51=	03:48=	04:23=	06:17=	06:49=	12:32+	14:42+	15:54+	16:48+	18:58+	23:24+	25:13+	26:35+	28:36+	30:40+	31:32+	34:02+	34:59+	35:39+	36:17+	36:36+									
01:37=	01:14=	00:57=	00:35=	01:54+	00:32=	05:43+	02:10=	01:12=	00:54+	02:10+	04:26=	01:49+	01:22+	02:01+	02:04+	00:52=	02:30+	00:57=	00:40+	00:38+	00:19+									
00:40=	00:22=	00:07=	00:08=	00:01+	00:06=	04:07&	00:00=	00:09=	00:04+	00:40&	00:32=	00:04+	00:26&	01:14&	00:18#	00:00=	00:22#	00:04=	00:01+	00:01+	00:02#									
9	Bertrand Denieul										877										37:18									
01:44=	03:33=	04:40=	05:26=	07:26=	08:48+	10:34+	13:00+	14:37+	15:44+	17:25+	22:55+	25:25+	26:45+	27:55+	30:33+	31:34+	34:11+	35:24+	36:05+	36:58+	37:18+									
01:44=	01:49+	01:07+	00:46+	02:00+	01:22+	01:46+	02:26+	01:37+	01:07+	01:41+	05:30+	02:30+	01:20+	01:10+	02:38+	01:01+	02:37+	01:13+	00:41+	00:53+	00:20+									
00:33=	00:13#	00:03+	00:03+	00:07+	00:44&	00:10#	00:16#	00:16#	00:17&	00:11#	00:32#	00:45&	00:24&	00:23&	00:52&	00:09#	00:29#	00:12#	00:02+	00:16&	00:03#									
10	Leif Kjetil Hinna Gausel										1683										37:22									
01:49=	03:17=	04:28=	05:11=	07:20=	07:58=	09:52+	13:07+	14:57+	16:03+	17:46+	23:23+	25:42+	26:51+	27:52+	30:17+	31:21+	34:21+	35:27+	36:12+	36:59+	37:22+									
01:49=	01:28=	01:11+	00:43=	02:09+	00:38=	01:54+	03:15+	01:50+	01:06+	01:43+	05:37+	02:19+	01:09+	01:01+	02:25+	01:04+	03:00+	01:06+	00:45+	00:47+	00:23+									
00:28=	00:08=	00:07#	00:00=	00:16#	00:00=	00:18#	01:05&	00:29&	00:16&	00:13#	00:39#	00:34&	00:13#	00:14&	00:39&	00:12#	00:52&	00:05+	00:06#	00:10&	00:06&									
11	Jan-Einar Øvremo										1119										37:48									
01:54=	04:46+	06:06+	06:46+	08:46+	09:22+	11:18+	14:05+	15:42+	16:42+	18:22+	24:12+	26:20+	27:37+	28:40+	30:40+	31:41+	34:32+	35:53+	36:42+	37:30+	37:48+									
01:54=	02:52+	01:20+	00:40=	02:00+	00:36=	01:56+	02:47+	01:37+	01:00+	01:40+	05:50+	02:08+	01:17+	01:03+	02:00+	01:01+	02:51+	01:21+	00:49+	00:48+	00:18+									
00:23=	01:16&	00:16#	00:03=	00:07+	00:02=	00:20#	00:37&	00:16#	00:10#	00:10#	00:52#	00:23#	00:21&	00:16&	00:14#	00:09#	00:43&	00:20&	00:10&	00:11&	00:01+									
12	Trond Lamark										878										39:06									
02:21+	04:03+	05:21+	06:07+	08:22+	09:03+	10:51+	13:48+	15:29+	16:33+	18:25+	25:01+	27:25+	28:26+	29:35+	31:48+	33:01+	35:58+	37:16+	38:03+	38:45+	39:06+									
02:21+	01:42+	01:18+	00:46+	02:15+	00:41+	01:48+	02:57+	01:41+	01:04+	01:52+	06:36+	02:24+	01:01+	01:09+	02:13+	01:13+	02:57+	01:18+	00:47+	00:42+	00:21+									
00:04+	00:06+	00:14#	00:03+	00:22#	00:03+	00:12#	00:47&	00:20#	00:14&	00:22#	01:38&	00:39&	00:05+	00:22&	00:27&	00:21&	00:49&	00:17&	00:08#	00:05#	00:04#									
13	Knut Taugbøl										1683										39:52									
02:02=	03:40=	04:59+	05:47+	08:39+	09:24+	11:20+	13:51+	15:33+	16:39+	18:26+	24:10+	26:32+	28:05+	29:16+	31:59+	33:08+	36:08+	37:32+	38:27+	39:27+	39:52+									
02:02=	01:38+	01:19+	00:48+	02:52+	00:45+	01:56+	02:31+	01:42+	01:06+	01:47+	05:44+	02:22+	01:33+	01:11+	02:43+	01:09+	03:00+	01:24+	00:55+	01:00+	00:25+									
00:15=	00:02+	00:15#	00:05#	00:59&	00:07#	00:20#	00:21#	00:21&	00:16&	00:17#	00:46#	00:37&	00:37&	00:24&	00:57&	00:17&	00:52&	00:23&	00:16&	00:23&	00:08&									
14	Pål H. Gjerden										1683										40:26									
01:55=	03:22=	04:38=	05:22=	07:36+	08:25+	10:42+	13:05+	14:50+	15:54+	17:53+	24:16+	26:57+	28:24+	29:44+	32:14+	33:28+	37:03+	38:18+	39:16+	40:02+	40:26+									
01:55=	01:27=	01:16+	00:44+	02:14+	00:49+	02:17+	02:23+	01:45+	01:04+	01:59+	06:23+	02:41+	01:27+	01:20+	02:30+	01:14+	03:35+	01:15+	00:58+	00:46+	00:24+									
00:22=	00:09=	00:12#	00:01+	00:21#	00:11&	00:41&	00:13#	00:24&	00:14&	00:29&	01:25&	00:56&	00:31&	00:33&	00:44&	00:22&	01:27&	00:14#	00:19&	00:09#	00:07&									

Plass	Navn	Klasse	Tid
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Herrer C

15	Kevin Foust	2023	42:12																		
01:57-	03:28-	04:43-	05:21-	07:36+	08:22+	10:16+	13:08+	14:56+	16:13+	17:55+	23:48+	26:09+	27:20+	28:51+	31:18+	32:23+	39:03+	40:44+	41:17+	41:54+	42:12+
01:57-	01:31-	01:15+	00:38-	02:15+	00:46+	01:54+	02:52+	01:48+	01:17+	01:42+	05:53+	02:21+	01:11+	01:31+	02:27+	01:05+	06:40+	01:41+	00:33-	00:37=	00:18+
00:20-	00:05-	00:11#	00:05-	00:22#	00:08#	00:18#	00:42&	00:27&	00:27&	00:12#	00:55#	00:36&	00:15&	00:44&	00:41&	00:13#	04:32@	00:40&	00:06-	00:00=	00:01+
16	Øivind Berggraf	1683	43:29																		
01:56+	03:29+	04:52+	05:38+	07:58+	08:43+	12:08+	14:25+	16:11+	17:19+	19:02+	25:16+	27:43+	28:54+	31:21+	35:22+	36:42+	39:53+	41:23+	42:19+	43:08+	43:29+
01:56+	01:33+	01:23+	00:46+	02:20+	00:45+	03:25+	02:17+	01:46+	01:08+	01:43+	06:14+	02:27+	01:11+	02:27+	04:01+	01:20+	03:11+	01:30+	00:56+	00:49+	00:21+
01:56+	01:33+	01:23+	00:46+	02:20+	00:45+	03:25+	02:17+	01:46+	01:08+	01:43+	06:14+	02:27+	01:11+	02:27+	04:01+	01:20+	03:11+	01:30+	00:56+	00:49+	00:21+
17	Ove Oaland	1683	44:09																		
02:16+	03:55+	05:23+	06:20+	08:55+	09:40+	12:31+	15:07+	16:59+	18:16+	20:13+	27:22+	30:12+	31:34+	32:48+	35:38+	36:53+	40:27+	41:48+	42:42+	43:42+	44:09+
02:16+	01:39+	01:28+	00:57+	02:35+	00:45+	02:51+	02:36+	01:52+	01:17+	01:57+	07:09+	02:50+	01:22+	01:14+	02:50+	01:15+	03:34+	01:21+	00:54+	01:00+	00:27+
02:16+	01:39+	01:28+	00:57+	02:35+	00:45+	02:51+	02:36+	01:52+	01:17+	01:57+	07:09+	02:50+	01:22+	01:14+	02:50+	01:15+	03:34+	01:21+	00:54+	01:00+	00:27+

Beste strekktid for klassen

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

Herrer Ny

1	Magnus Landstad										3507
02:41=	05:15=	06:24=	09:20=	10:14=	12:19=	15:18=	17:11=	18:53=	19:47=	20:30=	
02:41=	02:34=	01:09=	02:56=	00:54=	02:05=	02:59=	01:53=	01:42=	00:54=	00:43=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Håvard Jektnes										3531
03:25+	05:38+	07:17+	10:33+	11:23+	13:37+	16:22+	17:57+	19:45+	20:43+	21:42+	
03:25+	02:13-	01:39+	03:16+	00:50-	02:14+	02:45-	01:35-	01:48+	00:58+	00:59+	
00:44&	00:21-	00:30&	00:20#	00:04-	00:09+	00:14-	00:18-	00:06+	00:04+	00:16&	
3	Nikolai Khorunzhiy										1456
03:01+	10:48+	13:12+	16:16+	17:53+	20:09+	22:43+	24:12+	26:52+	28:21+	28:48+	
03:01+	07:47+	02:24+	03:04+	01:37+	02:16+	02:34-	01:29-	02:40+	01:29+	00:27-	
00:20#	05:13@	01:15@	00:08+	00:43&	00:11+	00:25-	00:24-	00:58&	00:35&	00:16-	

Beste strekktid for klassen

02:41 02:13 01:09 02:56 00:50 02:05 02:34 01:29 01:42 00:54 00:27

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

Herrer Trim

1	Håvard Hageberg												1832				20:51			
01:45=	02:48=	04:09=	05:04=	07:39=	08:27=	09:51=	11:01=	11:56=	14:02=	15:16=	15:48=	17:50=	19:31=	19:54=	20:31=	20:51=				
01:45=	01:03=	01:21=	00:55=	02:35=	00:48=	01:24=	01:10=	00:55=	02:06=	01:14=	00:32=	02:02=	01:41=	00:23=	00:37=	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=				
2	Anders Klungre												3548				21:01			
01:46+	02:48=	04:33+	05:18+	08:13+	09:00+	10:25+	11:40+	12:36+	14:34+	15:43+	16:11+	18:09+	19:47+	20:12+	20:41+	21:01+				
01:46+	01:02-	01:45+	00:45-	02:55+	00:47-	01:25+	01:15+	00:56+	01:58-	01:09-	00:28-	01:58-	01:38-	00:25+	00:29-	00:20=				
00:01+	00:01-	00:24&	00:10-	00:20#	00:01-	00:01+	00:05+	00:01+	00:08-	00:05-	00:04-	00:04-	00:03-	00:02+	00:08-	00:00=				
3	Sven Undheim												793				24:14			
02:26+	03:30+	04:53+	05:38+	07:55+	08:39+	09:58+	12:24+	15:18+	17:18+	18:14+	18:46+	20:55+	22:40+	23:13+	23:54+	24:14+				
02:26+	01:04+	01:23+	00:45-	02:17-	00:44-	01:19-	02:26+	02:54+	02:00-	00:56-	00:32=	02:09+	01:45+	00:33+	00:41+	00:20=				
00:41&	00:01+	00:02+	00:10-	00:18-	00:04-	00:05-	01:16@	01:59@	00:06-	00:18-	00:00=	00:07+	00:04+	00:10&	00:04#	00:00=				
4	Stig E. Ollestad												3519				25:37			
02:00+	03:06+	04:19+	05:12+	08:15+	09:03+	10:35+	11:39+	12:26+	18:35+	19:42+	20:12+	22:32+	24:24+	24:46+	25:18+	25:37+				
02:00+	01:06+	01:13-	00:53-	03:03+	00:48=	01:32+	01:04-	00:47-	06:09+	01:07-	00:30-	02:20+	01:52+	00:22-	00:32-	00:19-				
00:15#	00:03+	00:08-	00:02-	00:28#	00:00=	00:08+	00:06-	00:08-	04:03@	00:07-	00:02-	00:18#	00:11#	00:01-	00:05-	00:01-				

Plass	Navn					Klasse					Tid					
Herrer Trim																
5	Per Olof Wallerstedt					3516					25:40					
02:06+	03:21+	04:48+	05:59+	09:50+	10:51+	12:41+	14:52+	15:44+	17:59+	19:09+	19:41+	21:44+	24:01+	24:31+	25:16+	25:40+
02:06+	01:15+	01:27+	01:11+	03:51+	01:01+	01:50+	02:11+	00:52-	02:15+	01:10-	00:32=	02:03+	02:17+	00:30+	00:45+	00:24+
00:21#	00:12#	00:06+	00:16%	01:16%	00:13%	00:26%	01:01%	00:03-	00:09+	00:04-	00:00=	00:01+	00:36%	00:07%	00:08#	00:04#
6	Thomas Romstad					1683					25:45					
02:20+	03:32+	04:44+	05:41+	11:03+	11:53+	13:24+	14:40+	15:49+	17:58+	19:24+	20:13+	22:28+	24:15+	24:43+	25:19+	25:45+
02:20+	01:12+	01:12+	00:57+	05:22+	00:50+	01:31+	01:16+	01:09+	02:09+	01:26+	00:49+	02:15+	01:47+	00:28+	00:36+	00:26+
02:20+	01:12+	01:12+	00:57+	05:22+	00:50+	01:31+	01:16+	01:09+	02:09+	01:26+	00:49+	02:15+	01:47+	00:28+	00:36+	00:26+
7	Bjørn kristian Røyland					3503					26:22					
02:30+	03:37+	05:25+	06:38+	10:13+	11:21+	13:21+	14:48+	15:47+	18:27+	19:36+	20:21+	22:57+	24:39+	25:16+	25:58+	26:22+
02:30+	01:07+	01:48+	01:13+	03:35+	01:08+	02:00+	01:27+	00:59+	02:40+	01:09+	00:45+	02:36+	01:42+	00:37+	00:42+	00:24+
02:30+	01:07+	01:48+	01:13+	03:35+	01:08+	02:00+	01:27+	00:59+	02:40+	01:09+	00:45+	02:36+	01:42+	00:37+	00:42+	00:24+
8	Arne Magne Sondresen					722					27:26					
03:01+	04:12+	05:58+	07:03+	10:40+	11:43+	13:32+	14:55+	15:58+	18:23+	19:40+	20:10+	23:18+	25:35+	26:10+	26:53+	27:26+
03:01+	01:11+	01:46+	01:05+	03:37+	01:03+	01:49+	01:23+	01:03+	02:25+	01:17+	00:30+	03:08+	02:17+	00:35+	00:43+	00:33+
03:01+	01:11+	01:46+	01:05+	03:37+	01:03+	01:49+	01:23+	01:03+	02:25+	01:17+	00:30+	03:08+	02:17+	00:35+	00:43+	00:33+
9	Bruno Pierfelice					3519					27:43					
02:18+	03:24+	04:55+	06:05+	10:05+	11:01+	13:16+	15:45+	16:41+	19:58+	21:26+	21:57+	24:27+	26:18+	26:42+	27:22+	27:43+
02:18+	01:06+	01:31+	01:10+	04:00+	00:56+	02:15+	02:29+	00:56+	03:17+	01:28+	00:31+	02:30+	01:51+	00:24+	00:40+	00:21+
02:18+	01:06+	01:31+	01:10+	04:00+	00:56+	02:15+	02:29+	00:56+	03:17+	01:28+	00:31+	02:30+	01:51+	00:24+	00:40+	00:21+
10	Roger Endre Nyseth					892					28:10					
02:18+	03:44+	05:28+	06:42+	10:53+	12:05+	14:07+	15:19+	16:19+	19:01+	20:22+	20:55+	24:02+	26:19+	26:47+	27:39+	28:10+
02:18+	01:26+	01:44+	01:14+	04:11+	01:12+	02:02+	01:12+	01:00+	02:42+	01:21+	00:33+	03:07+	02:17+	00:28+	00:52+	00:31+
02:18+	01:26+	01:44+	01:14+	04:11+	01:12+	02:02+	01:12+	01:00+	02:42+	01:21+	00:33+	03:07+	02:17+	00:28+	00:52+	00:31+
11	Marius Bergstøl Hvidsten					3533					28:23					
03:19+	04:30+	05:56+	07:28+	11:14+	12:12+	13:49+	15:02+	15:57+	19:15+	20:39+	21:14+	24:21+	26:35+	27:16+	28:00+	28:23+
03:19+	01:11+	01:26+	01:32+	03:46+	00:58+	01:37+	01:13+	00:55+	03:18+	01:24+	00:35+	03:07+	02:14+	00:41+	00:44+	00:23+
03:19+	01:11+	01:26+	01:32+	03:46+	00:58+	01:37+	01:13+	00:55+	03:18+	01:24+	00:35+	03:07+	02:14+	00:41+	00:44+	00:23+
12	Alexander Khorunzhiy					1456					29:05					
02:58+	04:20+	05:53+	07:04+	10:46+	11:57+	13:37+	16:43+	17:34+	20:08+	21:32+	22:06+	25:46+	27:38+	28:03+	28:42+	29:05+
02:58+	01:22+	01:33+	01:11+	03:42+	01:11+	01:40+	03:06+	00:51+	02:34+	01:24+	00:34+	03:40+	01:52+	00:25+	00:39+	00:23+
02:58+	01:22+	01:33+	01:11+	03:42+	01:11+	01:40+	03:06+	00:51+	02:34+	01:24+	00:34+	03:40+	01:52+	00:25+	00:39+	00:23+
13	Arild Svihus					892					29:16					
02:36+	03:52+	05:30+	06:40+	10:27+	11:28+	13:16+	15:10+	16:17+	19:29+	21:14+	21:58+	25:11+	27:34+	28:05+	28:50+	29:16+
02:36+	01:16+	01:38+	01:10+	03:47+	01:01+	01:48+	01:54+	01:07+	03:12+	01:45+	00:44+	03:13+	02:23+	00:31+	00:45+	00:26+
02:36+	01:16+	01:38+	01:10+	03:47+	01:01+	01:48+	01:54+	01:07+	03:12+	01:45+	00:44+	03:13+	02:23+	00:31+	00:45+	00:26+
14	Tor Geir Ødegård Garpestad					1832					29:36					
05:27+	07:05+	08:21+	09:25+	12:11+	13:01+	14:23+	16:15+	17:07+	19:13+	21:21+	22:14+	24:42+	27:57+	28:26+	29:11+	29:36+
05:27+	01:38+	01:16+	01:04+	02:46+	00:50+	01:22+	01:52+	00:52+	02:06+	02:08+	00:53+	02:28+	03:15+	00:29+	00:45+	00:25+
05:27+	01:38+	01:16+	01:04+	02:46+	00:50+	01:22+	01:52+	00:52+	02:06+	02:08+	00:53+	02:28+	03:15+	00:29+	00:45+	00:25+
15	Svein Sivertsen					3530					30:06					
02:49+	04:13+	05:57+	07:16+	11:34+	13:16+	15:10+	17:11+	18:20+	21:26+	22:53+	23:20+	26:27+	28:31+	29:00+	29:39+	30:06+
02:49+	01:24+	01:44+	01:19+	04:18+	01:42+	01:54+	02:01+	01:09+	03:06+	01:27+	00:27+	03:07+	02:04+	00:29+	00:39+	00:27+
02:49+	01:24+	01:44+	01:19+	04:18+	01:42+	01:54+	02:01+	01:09+	03:06+	01:27+	00:27+	03:07+	02:04+	00:29+	00:39+	00:27+
16	Jan Henrik Neuenkirchen					896					30:49					
02:26+	03:39+	05:18+	06:30+	10:59+	11:59+	13:51+	15:22+	16:31+	21:07+	22:44+	23:24+	26:39+	28:41+	29:11+	30:11+	30:49+
02:26+	01:13+	01:39+	01:12+	04:29+	01:00+	01:52+	01:31+	01:09+	04:36+	01:37+	00:40+	03:15+	02:02+	00:30+	01:00+	00:38+
02:26+	01:13+	01:39+	01:12+	04:29+	01:00+	01:52+	01:31+	01:09+	04:36+	01:37+	00:40+	03:15+	02:02+	00:30+	01:00+	00:38+
17	Matthieu Pereira-Pires					877					30:55					
02:55+	04:01+	05:27+	06:31+	11:24+	12:20+	14:01+	15:34+	16:33+	19:29+	20:46+	24:53+	27:26+	29:08+	29:34+	30:25+	30:55+
02:55+	01:06+	01:26+	01:04+	04:53+	00:56+	01:41+	01:33+	00:59+	02:56+	01:17+	04:07+	02:33+	01:42+	00:26+	00:51+	00:30+
02:55+	01:06+	01:26+	01:04+	04:53+	00:56+	01:41+	01:33+	00:59+	02:56+	01:17+	04:07+	02:33+	01:42+	00:26+	00:51+	00:30+
18	Stephane Bordet					877					30:56					
02:52+	04:03+	05:31+	06:34+	11:30+	12:21+	13:57+	15:36+	16:30+	19:27+	20:48+	24:36+	27:14+	29:13+	29:38+	30:34+	30:56+
02:52+	01:11+	01:28+	01:03+	04:56+	00:51+	01:36+	01:39+	00:54+	02:57+	01:21+	03:48+	02:38+	01:59+	00:25+	00:56+	00:22+
02:52+	01:11+	01:28+	01:03+	04:56+	00:51+	01:36+	01:39+	00:54+	02:57+	01:21+	03:48+	02:38+	01:59+	00:25+	00:56+	00:22+

Plass	Navn				Klasse				Tid			
Herrer Trim												
19	Lars Salvesen				1119				31:21			
03:11+	04:29+	06:05+	07:20+	11:06+	12:22+	14:14+	15:36+	16:48+	21:16+	22:35+	24:38+	27:36+
03:11+	01:18+	01:36+	01:15+	03:46+	01:16+	01:52+	01:22+	01:12+	04:28+	01:19+	02:03+	02:58+
03:11+	01:18+	01:36+	01:15+	03:46+	01:16+	01:52+	01:22+	01:12+	04:28+	01:19+	02:03+	02:58+
20	Andreas Primstad				3548				31:36			
04:31+	05:46+	07:07+	09:27+	14:51+	16:11+	17:35+	19:43+	20:57+	23:08+	24:20+	25:05+	27:59+
04:31+	01:15+	01:21+	02:20+	05:24+	01:20+	01:24+	02:08+	01:14+	02:11+	01:12+	00:45+	02:54+
04:31+	01:15+	01:21+	02:20+	05:24+	01:20+	01:24+	02:08+	01:14+	02:11+	01:12+	00:45+	02:54+
21	Per Marthon Møeland				880				32:17			
02:25+	03:45+	05:17+	06:29+	10:11+	11:16+	13:18+	15:17+	16:11+	18:40+	20:09+	20:35+	28:36+
02:25+	01:20+	01:32+	01:12+	03:42+	01:05+	02:02+	01:59+	00:54+	02:29+	01:29+	00:26+	08:01+
02:25+	01:20+	01:32+	01:12+	03:42+	01:05+	02:02+	01:59+	00:54+	02:29+	01:29+	00:26+	08:01+
22	John Helge Svandal				3531				33:05			
03:01+	04:24+	06:10+	07:19+	11:52+	13:04+	15:09+	16:36+	17:57+	20:55+	22:41+	24:05+	29:01+
03:01+	01:23+	01:46+	01:09+	04:33+	01:12+	02:05+	01:27+	01:21+	02:58+	01:46+	01:24+	04:56+
03:01+	01:23+	01:46+	01:09+	04:33+	01:12+	02:05+	01:27+	01:21+	02:58+	01:46+	01:24+	04:56+
23	Ketil Vestbakke				1683				33:20			
02:41+	04:10+	05:48+	07:02+	10:50+	11:59+	13:59+	15:32+	16:53+	19:44+	21:21+	22:20+	28:14+
02:41+	01:29+	01:38+	01:14+	03:48+	01:09+	02:00+	01:33+	01:21+	02:51+	01:37+	00:59+	05:54+
02:41+	01:29+	01:38+	01:14+	03:48+	01:09+	02:00+	01:33+	01:21+	02:51+	01:37+	00:59+	05:54+
24	Ivar Aalbu				3502				34:23			
02:59+	04:36+	06:38+	07:46+	11:54+	13:07+	15:26+	16:55+	17:58+	23:20+	24:48+	25:29+	29:44+
02:59+	01:37+	02:02+	01:08+	04:08+	01:13+	02:19+	01:29+	01:03+	05:22+	01:28+	00:41+	04:15+
02:59+	01:37+	02:02+	01:08+	04:08+	01:13+	02:19+	01:29+	01:03+	05:22+	01:28+	00:41+	04:15+
25	Frode Følgesvold				880				34:30			
02:28+	03:59+	05:51+	07:17+	11:54+	13:02+	15:21+	17:35+	19:38+	23:35+	25:36+	26:16+	29:24+
02:28+	01:31+	01:52+	01:26+	04:37+	01:08+	02:19+	02:14+	02:03+	03:57+	02:01+	00:40+	03:08+
02:28+	01:31+	01:52+	01:26+	04:37+	01:08+	02:19+	02:14+	02:03+	03:57+	02:01+	00:40+	03:08+
26	Nils Egil Lie				3548				35:12			
02:16+	03:34+	05:14+	06:29+	10:42+	11:53+	13:55+	20:18+	21:21+	25:31+	27:05+	27:44+	30:50+
02:16+	01:18+	01:40+	01:15+	04:13+	01:11+	02:02+	06:23+	01:03+	04:10+	01:34+	00:39+	03:06+
02:16+	01:18+	01:40+	01:15+	04:13+	01:11+	02:02+	06:23+	01:03+	04:10+	01:34+	00:39+	03:06+
27	Erland Båtnes Berntsen				643				35:23			
06:22+	07:21+	08:40+	09:55+	13:33+	14:34+	16:04+	19:07+	20:55+	23:23+	26:12+	27:16+	30:51+
06:22+	00:59+	01:19+	01:15+	03:38+	01:01+	01:30+	03:03+	01:48+	02:28+	02:49+	01:04+	03:35+
06:22+	00:59+	01:19+	01:15+	03:38+	01:01+	01:30+	03:03+	01:48+	02:28+	02:49+	01:04+	03:35+
28	Sjur Bjerke				3525				35:45			
06:11+	07:27+	09:03+	10:04+	13:56+	15:19+	17:10+	19:17+	20:31+	23:05+	24:42+	25:32+	31:05+
06:11+	01:16+	01:36+	01:01+	03:52+	01:23+	01:51+	02:07+	01:14+	02:34+	01:37+	00:50+	05:33+
06:11+	01:16+	01:36+	01:01+	03:52+	01:23+	01:51+	02:07+	01:14+	02:34+	01:37+	00:50+	05:33+
29	Kjell Husebø				1832				36:25			
02:22+	04:22+	06:08+	07:25+	11:43+	12:45+	14:50+	16:30+	17:41+	23:57+	25:47+	27:29+	30:55+
02:22+	02:00+	01:46+	01:17+	04:18+	01:02+	02:05+	01:40+	01:11+	06:16+	01:50+	01:42+	03:26+
02:22+	02:00+	01:46+	01:17+	04:18+	01:02+	02:05+	01:40+	01:11+	06:16+	01:50+	01:42+	03:26+
30	Kjell-Ole Topnes				1683				37:07			
03:30+	05:11+	07:17+	08:45+	14:00+	15:12+	17:24+	19:13+	21:23+	24:43+	26:14+	28:05+	32:17+
03:30+	01:41+	02:06+	01:28+	05:15+	01:12+	02:12+	01:49+	02:10+	03:20+	01:31+	01:51+	04:12+
03:30+	01:41+	02:06+	01:28+	05:15+	01:12+	02:12+	01:49+	02:10+	03:20+	01:31+	01:51+	04:12+
31	Torgeir Færevåg				3553				37:17			
03:01+	04:37+	06:17+	07:31+	11:18+	12:24+	15:20+	17:49+	19:09+	22:28+	24:07+	26:41+	32:14+
03:01+	01:36+	01:40+	01:14+	03:47+	01:06+	02:56+	02:29+	01:20+	03:19+	01:39+	02:34+	05:33+
03:01+	01:36+	01:40+	01:14+	03:47+	01:06+	02:56+	02:29+	01:20+	03:19+	01:39+	02:34+	05:33+
32	Hans Gundersen				2342				40:19			
05:31+	07:33+	09:02+	10:00+	13:31+	14:39+	16:17+	24:47+	25:32+	30:42+	32:40+	33:28+	36:25+
05:31+	02:02+	01:29+	00:58+	03:31+	01:08+	01:38+	08:30+	00:45+	05:10+	01:58+	00:48+	02:57+
05:31+	02:02+	01:29+	00:58+	03:31+	01:08+	01:38+	08:30+	00:45+	05:10+	01:58+	00:48+	02:57+

Plass	Navn				Klasse				Tid							
Herrer Trim																
33	Øystein Endresen				3504				40:48							
02:56+	04:18+	05:56+	06:55+	11:02+	12:10+	14:16+	16:54+	17:58+	25:21+	26:39+	27:37+	35:27+	38:37+	39:41+	40:19+	40:48+
02:56+	01:22+	01:38+	00:59+	04:07+	01:08+	02:06+	02:38+	01:04+	07:23+	01:18+	00:58+	07:50+	03:10+	01:04+	00:38+	00:29+
02:56+	01:22+	01:38+	00:59+	04:07+	01:08+	02:06+	02:38+	01:04+	07:23+	01:18+	00:58+	07:50+	03:10+	01:04+	00:38+	00:29+
34	Trond Vigesdal				896				40:57							
02:53+	04:22+	05:58+	07:21+	11:41+	12:45+	14:51+	22:13+	24:14+	27:06+	29:22+	30:35+	35:23+	38:44+	39:24+	40:26+	40:57+
02:53+	01:29+	01:36+	01:23+	04:20+	01:04+	02:06+	07:22+	02:01+	02:52+	02:16+	01:13+	04:48+	03:21+	00:40+	01:02+	00:31+
02:53+	01:29+	01:36+	01:23+	04:20+	01:04+	02:06+	07:22+	02:01+	02:52+	02:16+	01:13+	04:48+	03:21+	00:40+	01:02+	00:31+
35	Steinar Løgith Aase				2539				45:16							
02:57+	04:42+	06:50+	08:08+	13:06+	14:13+	16:25+	28:18+	29:04+	33:44+	35:42+	36:24+	40:20+	43:18+	43:52+	44:41+	45:16+
02:57+	01:45+	02:08+	01:18+	04:58+	01:07+	02:12+	11:53+	00:46+	04:40+	01:58+	00:42+	03:56+	02:58+	00:34+	00:49+	00:35+
02:57+	01:45+	02:08+	01:18+	04:58+	01:07+	02:12+	11:53+	00:46+	04:40+	01:58+	00:42+	03:56+	02:58+	00:34+	00:49+	00:35+
36	Joar Fandrem				1141				45:21							
03:17+	04:44+	06:50+	08:03+	12:25+	14:22+	16:54+	24:06+	28:05+	30:36+	36:17+	36:52+	40:51+	43:00+	43:35+	44:45+	45:21+
03:17+	01:27+	02:06+	01:13+	04:22+	01:57+	02:32+	07:12+	03:59+	02:31+	05:41+	00:35+	03:59+	02:09+	00:35+	01:10+	00:36+
03:17+	01:27+	02:06+	01:13+	04:22+	01:57+	02:32+	07:12+	03:59+	02:31+	05:41+	00:35+	03:59+	02:09+	00:35+	01:10+	00:36+
37	Robert Hooper				1683				46:49							
02:33+	03:59+	06:18+	08:03+	16:19+	17:40+	20:45+	24:33+	26:26+	31:54+	34:26+	35:13+	41:53+	44:41+	45:20+	46:13+	46:49+
02:33+	01:26+	02:19+	01:45+	08:16+	01:21+	03:05+	03:48+	01:53+	05:28+	02:32+	00:47+	06:40+	02:48+	00:39+	00:53+	00:36+
02:33+	01:26+	02:19+	01:45+	08:16+	01:21+	03:05+	03:48+	01:53+	05:28+	02:32+	00:47+	06:40+	02:48+	00:39+	00:53+	00:36+
38	Håvard Thomassen				3578				48:16							
11:30+	13:11+	15:02+	18:06+	24:00+	25:11+	27:49+	30:10+	31:21+	34:56+	37:46+	39:15+	43:08+	45:57+	46:36+	47:45+	48:16+
11:30+	01:41+	01:51+	03:04+	05:54+	01:11+	02:38+	02:21+	01:11+	03:35+	02:50+	01:29+	03:53+	02:49+	00:39+	01:09+	00:31+
11:30+	01:41+	01:51+	03:04+	05:54+	01:11+	02:38+	02:21+	01:11+	03:35+	02:50+	01:29+	03:53+	02:49+	00:39+	01:09+	00:31+
39	Svein Olav Høyland				1683				48:29							
05:14+	07:00+	09:17+	10:40+	16:08+	17:32+	21:01+	23:56+	25:26+	32:31+	34:42+	35:34+	41:39+	45:13+	46:40+	47:52+	48:29+
05:14+	01:46+	02:17+	01:23+	05:28+	01:24+	03:29+	02:55+	01:30+	07:05+	02:11+	00:52+	06:05+	03:34+	01:27+	01:12+	00:37+
05:14+	01:46+	02:17+	01:23+	05:28+	01:24+	03:29+	02:55+	01:30+	07:05+	02:11+	00:52+	06:05+	03:34+	01:27+	01:12+	00:37+
40	Dima Fjellberg				NOTEAM				49:15							
12:32+	14:10+	15:56+	19:05+	25:00+	26:11+	28:52+	31:06+	32:15+	35:49+	38:37+	40:07+	44:02+	46:58+	47:31+	48:45+	49:15+
12:32+	01:38+	01:46+	03:09+	05:55+	01:11+	02:41+	02:14+	01:09+	03:34+	02:48+	01:30+	03:55+	02:56+	00:33+	01:14+	00:30+
12:32+	01:38+	01:46+	03:09+	05:55+	01:11+	02:41+	02:14+	01:09+	03:34+	02:48+	01:30+	03:55+	02:56+	00:33+	01:14+	00:30+
41	Ashwin Ashok				1376				50:28							
03:16+	05:24+	07:23+	10:03+	15:45+	17:22+	20:26+	23:48+	25:42+	36:02+	38:29+	39:19+	45:09+	48:40+	49:03+	50:04+	50:28+
03:16+	02:08+	01:59+	02:40+	05:42+	01:37+	03:04+	03:22+	01:54+	10:20+	02:27+	00:50+	05:50+	03:31+	00:23+	01:01+	00:24+
03:16+	02:08+	01:59+	02:40+	05:42+	01:37+	03:04+	03:22+	01:54+	10:20+	02:27+	00:50+	05:50+	03:31+	00:23+	01:01+	00:24+
42	Rohan Joseph				1376				50:49							
04:03+	05:21+	07:23+	10:30+	15:22+	17:12+	20:23+	23:35+	25:32+	35:52+	38:20+	39:21+	45:07+	48:46+	49:20+	50:07+	50:49+
04:03+	01:18+	02:02+	03:07+	04:52+	01:50+	03:11+	03:12+	01:57+	10:20+	02:28+	01:01+	05:46+	03:39+	00:34+	00:47+	00:42+
04:03+	01:18+	02:02+	03:07+	04:52+	01:50+	03:11+	03:12+	01:57+	10:20+	02:28+	01:01+	05:46+	03:39+	00:34+	00:47+	00:42+
43	Svein Inge Sævereid				643				51:12							
03:59+	06:28+	09:26+	11:34+	17:56+	20:06+	23:33+	26:11+	28:29+	32:54+	35:30+	36:37+	43:04+	47:30+	48:42+	50:05+	51:12+
03:59+	02:29+	02:58+	02:08+	06:22+	02:10+	03:27+	02:38+	02:18+	04:25+	02:36+	01:07+	06:27+	04:26+	01:12+	01:23+	01:07+
03:59+	02:29+	02:58+	02:08+	06:22+	02:10+	03:27+	02:38+	02:18+	04:25+	02:36+	01:07+	06:27+	04:26+	01:12+	01:23+	01:07+
44	Erik Campbell Henriksen				1683				58:24							
03:59+	05:59+	08:52+	10:31+	17:10+	18:45+	21:48+	37:07+	38:30+	43:19+	45:22+	46:23+	50:41+	55:34+	56:23+	57:41+	58:24+
03:59+	02:00+	02:53+	01:39+	06:39+	01:35+	03:03+	15:19+	01:23+	04:49+	02:03+	01:01+	04:18+	04:53+	00:49+	01:18+	00:43+
03:59+	02:00+	02:53+	01:39+	06:39+	01:35+	03:03+	15:19+	01:23+	04:49+	02:03+	01:01+	04:18+	04:53+	00:49+	01:18+	00:43+
45	Jacek Jagodzinski				3486				1:04:44							
10:39+	13:05+	15:53+	17:40+	25:12+	26:49+	30:04+	33:11+	35:24+	42:04+	45:02+	45:45+	55:03+	61:44+	62:30+	63:50+	64:44+
10:39+	02:26+	02:48+	01:47+	07:32+	01:37+	03:15+	03:07+	02:13+	06:40+	02:58+	00:43+	09:18+	06:41+	00:46+	01:20+	00:54+
10:39+	02:26+	02:48+	01:47+	07:32+	01:37+	03:15+	03:07+	02:13+	06:40+	02:58+	00:43+	09:18+	06:41+	00:46+	01:20+	00:54+

Beste strekktid for klassen

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