

Krossberg										Strekktider										-22.05.2024	
Plass		Navn		Klasse		Tid															
Damer 16 - 39 år																					
1		Aina Kalsaas Urstad				3580				38:01											
03:14=	04:49=	06:57=	07:52=	09:27=	12:47=	14:16=	16:44=	18:36=	21:31=	23:07=	26:18=	29:18=	31:51=	34:24=	35:36=	36:33=	37:50=	38:01=			
03:14=	01:35=	02:08=	00:55=	01:35=	03:20=	01:29=	02:28=	01:52=	02:55=	01:36=	03:11=	03:00=	02:33=	02:33=	01:12=	00:57=	01:17=	00:11=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2		Maren Benjaminsen				1832				38:08											
03:20+	05:14+	07:45+	08:44+	10:17+	14:46+	16:15+	18:39+	20:37+	23:17+	25:15+	28:03+	30:16+	32:55+	34:49+	35:41+	36:37+	37:55+	38:08+			
03:20+	01:54+	02:31+	00:59+	01:33-	04:29+	01:29=	02:24-	01:58+	02:40-	01:58+	02:48-	02:13-	02:39+	01:54-	00:52-	00:56-	01:18+	00:13+			
00:06+	00:19#	00:23#	00:04+	00:02-	01:09&	00:00=	00:04-	00:06+	00:15-	00:22#	00:23-	00:47-	00:06+	00:39-	00:20-	00:01-	00:01+	00:02#			
3		Marie Sigvaldsen				3512				39:33											
04:06+	05:47+	08:02+	08:38+	10:11+	13:43+	15:03+	17:35+	20:41+	23:26+	25:13+	28:06+	30:52+	33:23+	35:36+	36:42+	38:04+	39:19+	39:33+			
04:06+	01:41+	02:15+	00:36-	01:33-	03:32+	01:20-	02:32+	03:06+	02:45-	01:47+	02:53-	02:46-	02:31-	02:13-	01:06-	01:22+	01:15-	00:14+			
00:52&	00:06+	00:07+	00:19-	00:02-	00:12+	00:09-	00:04+	01:14&	00:10-	00:11#	00:18-	00:14-	00:02-	00:20-	00:06-	00:25&	00:02-	00:03&			
4		Marie Silkeborg Brolev				3619				41:46											
03:08-	05:42+	07:59+	08:46+	10:28+	13:20+	14:59+	19:25+	21:33+	24:29+	25:41+	29:09+	32:32+	35:50+	37:43+	38:55+	39:57+	41:32+	41:46+			
03:08-	02:34+	02:17+	00:47-	01:42+	02:52-	01:39+	04:26+	02:08+	02:56+	01:12-	03:28+	03:23+	03:18+	01:53-	01:12=	01:02+	01:35+	00:14+			
00:06-	00:59&	00:09+	00:08-	00:07+	00:28-	00:10#	01:58&	00:16#	00:01+	00:24-	00:17+	00:23#	00:45&	00:40-	00:00=	00:05+	00:18#	00:03&			
5		Rønnaug Egeland				1884				43:11											
02:54-	04:50+	06:53-	07:46-	11:33+	15:03+	16:34+	19:07+	21:01+	23:56+	26:10+	31:19+	34:28+	37:13+	39:20+	40:23+	41:26+	42:56+	43:11+			
02:54-	01:56+	02:03-	00:53-	03:47+	03:30+	01:31+	02:33+	01:54+	02:55=	02:14+	05:09+	03:09+	02:45+	02:07-	01:03-	01:03+	01:30+	00:15+			
00:20-	00:21#	00:05-	00:02-	02:12@	00:10+	00:02+	00:05+	00:02+	00:00=	00:38&	01:58&	00:09+	00:12+	00:26-	00:09-	00:06#	00:13#	00:04&			
6		Hege Bakken				1754				46:37											
03:47+	06:23+	09:19+	10:22+	12:27+	16:05+	17:42+	20:57+	23:24+	26:49+	28:34+	31:50+	35:31+	39:00+	41:34+	43:19+	44:43+	46:21+	46:37+			
03:47+	02:36+	02:56+	01:03+	02:05+	03:38+	01:37+	03:15+	02:27+	03:25+	01:45+	03:16+	03:41+	03:29+	02:34+	01:45+	01:24+	01:38+	00:16+			
00:33#	01:01&	00:48&	00:08#	00:30&	00:18+	00:08+	00:47&	00:35&	00:30#	00:09+	00:05+	00:41#	00:56&	00:01+	00:33&	00:27&	00:21&	00:05&			
7		Dina Baerheim				722				47:45											
04:01+	06:26+	09:30+	10:22+	12:18+	15:48+	17:41+	20:57+	23:29+	26:57+	28:51+	32:33+	35:26+	38:47+	43:01+	44:30+	45:44+	47:31+	47:45+			
04:01+	02:25+	03:04+	00:52-	01:56+	03:30+	01:53+	03:16+	02:32+	03:28+	01:54+	03:42+	02:53-	03:21+	04:14+	01:29+	01:14+	01:47+	00:14+			
00:47#	00:50&	00:56&	00:03-	00:21#	00:10+	00:24&	00:48&	00:40&	00:33#	00:18#	00:31#	00:07-	00:48&	01:41&	00:17#	00:17&	00:30&	00:03&			
8		Frida Erikstein				1830				49:16											
05:07+	07:06+	09:43+	10:27+	12:07+	16:10+	18:11+	21:12+	22:49+	26:00+	27:30+	37:50+	39:43+	42:22+	45:51+	46:55+	47:41+	49:04+	49:16+			
05:07+	01:59+	02:37+	00:44-	01:40+	04:03+	02:01+	03:01+	01:37-	03:11+	01:30-	10:20+	01:53-	02:39+	03:29+	01:04-	00:46-	01:23+	00:12+			
01:53&	00:24&	00:29#	00:11-	00:05+	00:43#	00:32&	00:33#	00:15-	00:16+	00:06-	07:09@	01:07-	00:06+	00:56&	00:08-	00:11-	00:06+	00:01+			
9		Hanne Thu				3516				50:19											
08:44+	10:41+	14:58+	15:48+	18:00+	21:00+	22:40+	25:31+	27:52+	31:24+	33:17+	37:00+	40:05+	43:01+	45:18+	47:26+	48:36+	50:04+	50:19+			
08:44+	01:57+	04:17+	00:50-	02:12+	03:00-	01:40+	02:51+	02:21+	03:32+	01:53+	03:43+	03:05+	02:56+	02:17-	02:08+	01:10+	01:28+	00:15+			
05:30@	00:22#	02:09@	00:05-	00:37&	00:20-	00:11#	00:23#	00:29&	00:37#	00:17#	00:32#	00:05+	00:23#	00:16-	00:56&	00:13#	00:11#	00:04&			
10		Siri Eppeland				1884				52:20											
05:11+	07:39+	11:01+	12:10+	14:13+	20:34+	22:07+	25:01+	28:50+	31:53+	34:37+	38:49+	42:03+	45:21+	47:48+	49:20+	50:32+	52:04+	52:20+			
05:11+	02:28+	03:22+	01:09+	02:03+	06:21+	01:33+	02:54+	03:49+	03:03+	02:44+	04:12+	03:14+	03:18+	02:27-	01:32+	01:12+	01:32+	00:16+			
01:57&	00:53&	01:14&	00:14&	00:28&	03:01&	00:04+	00:26#	01:57@	00:08+	01:08&	01:01&	00:14+	00:45&	00:06-	00:20&	00:15&	00:15#	00:05&			
11		Ann-Mari Vold				3529				53:28											
03:42+	05:55+	08:51+	09:48+	12:10+	15:45+	17:57+	21:19+	24:12+	28:28+	31:48+	37:31+	40:19+	44:11+	47:09+	49:27+	51:27+	53:14+	53:28+			
03:42+	02:13+	02:56+	00:57+	02:22+	03:35+	02:12+	03:22+	02:53+	04:16+	03:20+	05:43+	02:48-	03:52+	02:58+	02:18+	02:00+	01:47+	00:14+			
00:28#	00:38&	00:48&	00:02+	00:47&	00:15+	00:43&	00:54&	01:01&	01:21&	01:44@	02:32&	00:12-	01:19&	00:25#	01:06&	01:03@	00:30&	00:03&			
12		Ingunn Landsnes				892				54:50											
03:51+	06:33+	09:51+	10:40+	15:45+	20:11+	22:12+	25:30+	28:04+	31:59+	34:30+	38:40+	42:57+	46:46+	49:47+	51:13+	52:34+	54:30+	54:50+			
03:51+	02:42+	03:18+	00:49-	05:05+	04:26+	02:01+	03:18+	02:34+	03:55+	02:31+	04:10+	04:17+	03:49+	03:01+	01:26+	01:21+	01:56+	00:20+			
00:37#	01:07&	01:10&	00:06-	03:30@	01:06&	00:32&	00:50&	00:42&	01:00&	00:55&	00:59&	01:17&	01:16&	00:28#	00:14#	00:24&	00:39&	00:09&			
13		Marita Navjord Nicolaysen				1284				55:38											
03:30+	06:12+	10:38+	11:33+	13:39+	20:51+	22:46+	25:34+	28:42+	31:56+	33:32+	39:30+	42:58+	46:39+	49:55+	52:15+	53:52+	55:24+	55:38+			
03:30+	02:42+	04:26+	00:55=	02:06+	07:12+	01:55+	02:48+	03:08+	03:14+	01:36=	05:58+	03:28+	03:41+	03:16+	02:20+	01:37+	01:32+	00:14+			
00:16+	01:07&	02:18@	00:00=	00:31&	03:52@	00:26&	00:20#	01:16&	00:19#	00:00=	02:47&	00:28#	01:08&	00:43&	01:08&	00:40&	00:15#	00:03&			
14		Marie Lunde				1284				56:02											
03:36+	05:38+	10:19+	11:18+	16:54+	20:16+	24:12+	27:49+	30:25+	34:06+	35:50+	42:13+	44:41+	48:07+	50:22+	51:55+	54:05+	55:48+	56:02+			
03:36+	02:02+	04:41+	00:59+	05:36+	03:22+	03:56+	03:37+	02:36+	03:41+	01:44+	06:23+	02:28-	03:26+	02:15-	01:33+	02:10+	01:43+	00:14+			
00:22#	00:27&	02:33@	00:04+	04:01@	00:02+	02:27@	01:09&	00:44&	00:46&	00:08+	03:12@	00:32-	00:53&	00:18-	00:21&	01:13@	00:26&	00:03&			
28.09.2024 21.09.26																				Side:1	

Plass	Navn										Klasse	Tid									
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Damer 16 - 39 år

15	Katja Eliassen										722	58:51									
04:51+	07:13+	10:27+	11:23+	13:47+	17:57+	19:41+	22:15+	25:32+	28:34+	34:08+	38:15+	42:36+	46:17+	51:28+	54:33+	55:59+	58:37+	58:51+			
04:51+	02:22+	03:14+	00:56+	02:24+	04:10+	01:44+	02:34+	03:17+	03:02+	05:34+	04:07+	04:21+	03:41+	05:11+	03:05+	01:26+	02:38+	00:14+			
01:37	00:47	01:06	00:01+	00:49	00:50	00:15	00:06+	01:25	00:07+	03:58	00:56	01:21	01:08	02:38	01:53	00:29	01:21	00:03			
16	Idunn Husøy Naustdal										722	1:07:41									
04:32+	07:15+	10:21+	11:59+	15:28+	24:33+	26:37+	29:40+	33:57+	37:22+	39:27+	44:30+	51:00+	54:52+	59:20+	61:09+	63:07+	67:23+	67:41+			
04:32+	02:43+	03:06+	01:38+	03:29+	09:05+	02:04+	03:03+	04:17+	03:25+	02:05+	05:03+	06:30+	03:52+	04:28+	01:49+	01:58+	04:16+	00:18+			
04:32+	02:43+	03:06+	01:38+	03:29+	09:05+	02:04+	03:03+	04:17+	03:25+	02:05+	05:03+	06:30+	03:52+	04:28+	01:49+	01:58+	04:16+	00:18+			
17	Juliane Tytlandsvik Nødland										3512	1:08:20									
04:42+	08:01+	12:04+	13:50+	17:01+	24:44+	27:19+	32:00+	35:55+	40:39+	43:55+	48:43+	52:57+	58:19+	61:28+	63:12+	65:45+	68:03+	68:20+			
04:42+	03:19+	04:03+	01:46+	03:11+	07:43+	02:35+	04:41+	03:55+	04:44+	03:16+	04:48+	04:14+	05:22+	03:09+	01:44+	02:33+	02:18+	00:17+			
04:42+	03:19+	04:03+	01:46+	03:11+	07:43+	02:35+	04:41+	03:55+	04:44+	03:16+	04:48+	04:14+	05:22+	03:09+	01:44+	02:33+	02:18+	00:17+			

Beste strekktid for klassen

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

Damer 40 - 49 år

1	Ingunn Anda Haug										2342					45:05									
02:46=	04:02=	07:33=	08:55=	09:54=	12:05=	12:53=	15:21=	16:39=	18:16=	19:43=	24:16=	25:49=	26:31=	29:22=	32:02=	36:00=	39:27=	39:57=	41:57=	44:14=	44:50=	45:05=			
02:46=	01:16=	03:31=	01:22=	00:59=	02:11=	00:48=	02:28=	01:18=	01:37=	01:27=	04:33=	01:33=	00:42=	02:51=	02:40=	03:58=	03:27=	00:30=	02:00=	02:17=	00:36=	00:15=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Maren Thu										NOTEAM					45:09									
02:39-	03:50-	06:48-	07:35-	08:16-	12:11+	12:46-	14:09-	16:31-	17:42-	20:04+	23:32-	27:23+	28:06+	30:24+	33:28+	37:07+	38:54-	39:49-	41:58+	44:20+	44:57+	45:09+			
02:39-	01:11-	02:58-	00:47-	00:41-	03:55+	00:35-	01:23-	02:22+	01:11-	02:22+	03:28-	03:51+	00:43+	02:18-	03:04+	03:39-	01:47-	00:55+	02:09+	02:22+	00:37+	00:12-			
00:07-	00:05-	00:33-	00:35-	00:18-	01:44	00:13-	01:05-	01:04	00:26-	00:55	01:05-	02:18	00:01+	00:33-	00:24	00:19-	01:40-	00:25	00:09+	00:05+	00:01+	00:03-			
3	Helen Haneferd										882					46:18									
02:43-	03:54-	07:50+	09:26+	10:22+	12:16+	13:05+	14:46-	15:52-	17:11-	18:44-	22:59-	24:55-	26:16-	29:06-	32:54+	36:52+	38:30-	39:58+	42:25+	45:03+	46:04+	46:18+			
02:43-	01:11-	03:56+	01:36+	00:56-	01:54-	00:49+	01:41-	01:06-	01:19-	01:33+	04:15-	01:56+	01:21+	02:50-	03:48+	03:58=	01:38-	01:28+	02:27+	02:38+	01:01+	00:14-			
00:03-	00:05-	00:25	00:14	00:03-	00:17-	00:01+	00:47-	00:12-	00:18-	00:06+	00:18-	00:23	00:39	00:01-	01:08	00:00=	01:49-	00:58	00:27	00:21	00:25	00:01-			
4	Helene Lie										3565					50:44									
03:01+	05:06+	08:01+	09:07+	10:29+	13:52+	14:48+	16:43+	17:51+	20:08+	22:08+	26:29+	29:12+	30:14+	34:22+	38:14+	42:14+	43:51+	44:22+	47:03+	49:34+	50:28+	50:44+			
03:01+	02:05+	02:55-	01:06-	01:22+	03:23+	00:56+	01:55-	01:08-	02:17+	02:00+	04:21-	02:43+	01:02+	04:08+	03:52+	04:00+	01:37-	00:31+	02:41+	02:31+	00:54+	00:16+			
00:15+	00:49	00:36-	00:16-	00:23	01:12	00:08	00:33-	00:10-	00:40	00:33	00:12-	01:10	00:20	01:17	01:12	00:02+	01:50-	00:01+	00:41	00:14	00:18	00:01+			
5	Randi Ladsten										879					51:06									
04:29+	05:56+	09:11+	10:27+	11:24+	13:09+	13:57+	16:34+	19:44+	21:16+	23:39+	27:52+	31:19+	32:19+	35:03+	38:35+	42:31+	44:07+	44:58+	47:35+	50:08+	50:50+	51:06+			
04:29+	01:27+	03:15-	01:16-	00:57-	01:45-	00:48=	02:37+	03:10+	01:32-	02:23+	04:13-	03:27+	01:00+	02:44-	03:32+	03:56-	01:36-	00:51+	02:37+	02:33+	00:42+	00:16+			
01:43	00:11	00:16-	00:06-	00:02-	00:26-	00:00=	00:09+	01:52	00:05-	00:56	00:20-	01:54	00:18	00:07-	00:52	00:02-	01:51-	00:21	00:37	00:16	00:06	00:01+			
6	Jeanette Mjølhus										722					56:47									
05:16+	06:41+	09:47+	11:04+	12:06+	14:29+	15:24+	18:20+	19:25+	21:17+	23:22+	27:20+	29:02+	29:40+	32:08+	40:34+	46:41+	49:43+	50:46+	53:17+	55:24+	56:32+	56:47+			
05:16+	01:25+	03:06-	01:17-	01:02+	02:23+	00:55+	02:56+	01:05-	01:52+	02:05+	03:58-	01:42+	00:38-	02:28-	08:26+	06:07+	03:02-	01:03+	02:31+	02:07-	01:08+	00:15=			
02:30	00:09	00:25-	00:05-	00:03+	00:12+	00:07	00:28	00:13-	00:15	00:38	00:35-	00:09+	00:04-	00:23-	05:46	02:09	00:25-	00:33	00:31	00:10-	00:32	00:00=			
7	Elin Stueland										880					57:54									
02:48+	03:59-	08:04+	08:57+	09:40-	12:33+	14:07+	16:36+	17:47+	20:41+	25:55+	30:12+	31:38+	33:45+	36:52+	41:06+	47:19+	50:28+	51:00+	54:10+	56:52+	57:36+	57:54+			
02:48+	01:11-	04:05+	00:53-	00:43-	02:53+	01:34+	02:29+	01:11-	02:54+	05:14+	04:17-	01:26-	02:07+	03:07+	04:14+	06:13+	03:09-	00:32+	03:10+	02:42+	00:44+	00:18+			
00:02+	00:05-	00:34	00:29-	00:16-	00:42	00:46	00:01+	00:07-	01:17	03:47	00:16-	00:07-	01:25	00:16+	01:34	02:15	00:18-	00:02+	01:10	00:25	00:08	00:03			
8	Anne Lill M. Njå										892					1:08:17									
04:08+	06:47+	09:49+	10:47+	11:48+	13:44+	14:23+	16:09+	17:58+	20:05+	21:56+	26:25+	28:10+	29:08+	29:43+	33:11+	36:36+	45:42+	47:58+	53:46+	54:43+	58:20+	67:06+	67:56+	68:17+	
04:08+	02:39+	03:02-	00:58-	01:01+	01:56-	00:39-	01:46-	01:49+	02:07+	01:51+	04:29-	01:45+	00:58+	00:35-	03:28+	03:25-	09:06+	02:16+	05:48+	00:57-	03:37+	08:46+	00:50+	00:21+	
01:22	01:23	00:29-	00:24-	00:02+	00:15-	00:09-	00:42-	00:31	00:30	00:24	00:04-	00:12	00:16	02:16-	00:48	00:33-	05:39	01:46	03:48	01:20-	03:01	08:31	00:50+	00:21+	
9	Marianne Strøm Uthaug										3551					1:10:57									
02:44-	03:53-	11:12+	12:15+	13:31+	16:17+	17:41+	28:12+	30:13+	31:22+	33:50+	37:33+	39:45+	40:38+	44:30+	55:20+	58:53+	60:36+	61:40+	67:10+	69:58+	70:43+	70:57+			
02:44-	01:09-	07:19+	01:03-	01:16+	02:46+	01:24+	10:31+	02:01+	01:09-	02:28+	03:43-	02:12+	00:53+	03:52+	10:50+	03:33-	01:43-	01:04+	05:30+	02:48+	00:45+	00:14-			
00:02-	00:07-	03:48	00:19-	00:17	00:35	00:36	08:03	00:43	00:28-	01:01	00:50-	00:39	00:11	01:01	08:10	00:25-	01:44-	00:34	03:30	00:31	00:09	00:01-			

Plass	Navn	Klasse										Tid									
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Damer 40 - 49 år

Beste strekktid for klassen

02:39	01:09	02:55	00:47	00:41	01:45	00:35	01:23	01:05	01:09	01:27	03:28	01:26	00:38	00:35	02:40	03:25	01:36	00:30	02:00	00:57	00:36	00:12
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer 50 - 59 år

1	Signe Ottesen	1683	48:54	02:54=	04:11=	07:41=	09:04=	09:55=	12:01=	13:44=	15:52=	16:59=	18:35=	20:56=	25:04=	29:57=	30:54=	33:44=	36:15=	39:48=	41:11=	41:48=	44:15=	47:45=	48:39=	48:54=
				02:54=	01:17=	03:30=	01:23=	00:51=	02:06=	01:43=	02:08=	01:07=	01:36=	02:21=	04:08=	04:53=	00:57=	02:50=	02:31=	03:33=	01:23=	00:37=	02:27=	03:30=	00:54=	00:15=
				00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Toril Dahle	1683	49:37	02:53-	04:07-	07:26-	08:30-	09:19-	11:00-	12:27-	14:06-	15:19-	17:57-	19:45-	23:53-	26:11-	26:51-	29:18-	33:48-	37:25-	39:38-	43:27+	45:35+	48:17+	49:21+	49:37+
				02:53-	01:14-	03:19-	01:04-	00:49-	01:41-	01:27-	01:39-	01:13+	02:38+	01:48-	04:08=	02:18-	00:40-	02:27-	04:30+	03:37+	02:13+	03:49+	02:08-	02:42-	01:04+	00:16+
				00:01-	00:03-	00:11-	00:19-	00:02-	00:25-	00:16-	00:29-	00:06+	01:02&	00:33-	00:00=	02:35-	00:17-	00:23-	01:59&	00:04+	00:50&	03:12&	00:19-	00:48-	00:10#	00:01+
3	Tone Cecilie Nystrom	874	49:41	02:52-	04:21+	08:11+	09:36+	10:46+	13:47+	14:50+	16:33+	17:41+	20:05+	21:48+	26:10+	28:45-	29:40-	32:40-	36:06-	40:41+	42:51+	43:27+	45:41+	48:35+	49:22+	49:41+
				02:52-	01:29+	03:50+	01:25+	01:10+	03:01+	01:03-	01:43-	01:08+	02:24+	01:43-	04:22+	02:35-	00:55-	03:00+	03:26+	04:35+	02:10+	00:36-	02:14-	02:54-	00:47-	00:19+
				00:02-	00:12#	00:20+	00:02+	00:19&	00:55&	00:40-	00:25-	00:01+	00:48&	00:38-	00:14+	02:18-	00:02-	00:10+	00:55&	01:02&	00:47&	00:01-	00:13-	00:36-	00:07-	00:04&
4	Margrethe Røalsø	1884	51:02	02:46-	03:59-	07:23-	08:19-	09:33-	12:34+	13:31-	20:03+	21:05+	22:30+	25:14+	29:46+	31:38+	32:34+	35:10+	37:55+	41:46+	43:28+	44:12+	47:42+	50:08+	50:43+	51:02+
				02:46-	01:13-	03:24-	00:56-	01:14+	03:01+	00:57-	06:32+	01:02-	01:25-	02:44+	04:32+	01:52-	00:56-	02:36-	02:45+	03:51+	01:42+	00:44+	03:30+	02:26-	00:35-	00:19+
				00:08-	00:04-	00:06-	00:27-	00:23&	00:55&	00:46-	04:24&	00:05-	00:11-	00:23#	00:24+	03:01-	00:01-	00:14-	00:14+	00:18+	00:19#	00:07#	01:03&	01:04-	00:19-	00:04&
5	Tonje Tiley	882	51:07	03:49+	05:11+	08:44+	09:46+	11:21+	14:52+	16:00+	17:53+	19:04+	20:47+	22:46+	27:01+	28:48-	29:34-	32:22-	36:19+	40:41+	43:50+	44:19+	47:19+	49:59+	50:52+	51:07+
				03:49+	01:22+	03:33+	01:02-	01:35+	03:31+	01:08-	01:53-	01:11+	01:43+	01:59-	04:15+	01:47-	00:46-	02:48-	03:57+	04:22+	03:09+	00:29-	03:00+	02:40-	00:53-	00:15=
				00:55&	00:05+	00:03+	00:21-	00:44&	01:25&	00:35-	00:15-	00:04+	00:07+	00:22-	00:07+	03:06-	00:11-	00:02-	01:26&	00:49#	01:46&	00:08-	00:33#	00:50-	00:01-	00:00=
6	Gøril Braut Aarsand	2539	52:38	02:57+	04:27+	08:12+	09:25+	10:29+	12:29+	13:29-	15:25-	17:09+	18:59+	20:53-	26:01+	28:00-	28:51-	31:46-	37:34+	41:54+	43:49+	44:30+	48:12+	50:57+	52:13+	52:38+
				02:57+	01:30+	03:45+	01:13-	01:04+	02:00-	01:00-	01:56-	01:44+	01:50+	01:54-	05:08+	01:59-	00:51-	02:55+	05:48+	04:20+	01:55+	00:41+	03:42+	02:45-	01:16+	00:25+
				00:03+	00:13#	00:15+	00:10-	00:13&	00:06-	00:43-	00:12-	00:37&	00:14#	00:27-	01:00#	02:54-	00:06-	00:05+	03:17&	00:47#	00:32&	00:04#	01:15&	00:45-	00:22&	00:10&
7	Marianne Fuglestad	896	53:16	03:40+	04:47+	07:40-	08:49-	09:55=	14:57+	15:46+	17:25+	18:30+	20:06+	22:03+	25:54+	28:17-	32:37+	36:13+	43:05+	46:43+	48:14+	48:41+	50:24+	52:19+	53:00+	53:16+
				03:40+	01:07-	02:53-	01:09-	01:06+	05:02+	00:49-	01:39-	01:05-	01:36=	01:57-	03:51-	02:23-	04:20+	03:36+	06:52+	03:38+	01:31+	00:27-	01:43-	01:55-	00:41-	00:16+
				00:46&	00:10-	00:37-	00:14-	00:15&	02:56&	00:54-	00:29-	00:02-	00:00=	00:24-	00:17-	02:30-	03:23&	00:46&	04:21&	00:05+	00:08+	00:10-	00:44-	01:35-	00:13-	00:01+
8	Tove Irene Asheim	1683	53:35	03:29+	04:56+	08:35+	09:55+	11:08+	14:40+	15:51+	18:09+	20:24+	22:36+	24:17+	28:57+	31:10+	32:00+	35:35+	40:06+	44:14+	46:22+	47:00+	49:31+	52:06+	53:18+	53:35+
				03:29+	01:27+	03:39+	01:20-	01:13+	03:32+	01:11-	02:18+	02:15+	02:12+	01:41-	04:40+	02:13-	00:50-	03:35+	04:31+	04:08+	02:08+	00:38+	02:31+	02:35-	01:12+	00:17+
				00:35#	00:10#	00:09+	00:03-	00:22&	01:26&	00:32-	00:10+	01:08&	00:36&	00:40-	00:32#	02:40-	00:07-	00:45&	02:00&	00:35#	00:45&	00:01+	00:04+	00:55-	00:18&	00:02#
9	Marie-Elizabeth Reinseth	882	53:39	03:21+	04:47+	07:59+	09:09+	10:13+	17:10+	17:49+	22:25+	23:27+	24:58+	26:34+	31:11+	34:08+	34:52+	37:21+	39:59+	43:57+	46:26+	47:21+	50:04+	52:23+	52:59+	53:39+
				03:21+	01:26+	03:12-	01:10-	01:04+	06:57+	00:39-	04:36+	01:02-	01:31-	01:36-	04:37+	02:57-	00:44-	02:29-	02:38+	03:58+	02:29+	00:55+	02:43+	02:19-	00:36-	00:40+
				00:27#	00:09#	00:18-	00:13-	00:13&	04:51&	01:04-	02:28&	00:05-	00:05-	00:45-	00:29#	01:56-	00:13-	00:21-	00:07+	00:25#	01:06&	00:18&	00:16#	01:11-	00:18-	00:25&
10	Astri Sandanger	896	54:28	03:13+	04:53+	08:51+	10:17+	12:12+	15:23+	17:41+	19:42+	21:05+	22:40+	24:48+	29:35+	31:53+	32:47+	36:02+	39:13+	43:32+	45:22+	46:08+	49:26+	53:17+	54:13+	54:28+
				03:13+	01:40+	03:58+	01:26+	01:55+	03:11+	02:18+	02:01-	01:23+	01:35-	02:08-	04:47+	02:18-	00:54-	03:15+	03:11+	04:19+	01:50+	00:46+	03:18+	03:51+	00:56+	00:15=
				00:19#	00:23&	00:28#	00:03+	01:04&	01:05&	00:35&	00:07-	00:16#	00:01-	00:13-	00:39#	02:35-	00:03-	00:25#	00:40&	00:46#	00:27&	00:09#	00:51&	00:21#	00:02+	00:00=
11	May Bente Valdal	1683	54:35	02:27-	08:42+	11:44+	12:49+	15:13+	16:57+	17:52+	19:18+	21:34+	22:39+	25:08+	28:39+	32:19+	33:08+	35:29+	38:40+	43:59+	46:11+	46:48+	49:25+	53:44+	54:21+	54:35+
				02:27-	06:15+	03:02-	01:05-	02:24+	01:44-	00:55-	01:26-	02:16+	01:05-	02:29+	03:31-	03:40-	00:49-	02:21-	03:11+	05:19+	02:12+	00:37=	02:37+	04:19+	00:37-	00:14-
				00:27-	04:58&	00:28-	00:18-	01:33&	00:22-	00:48-	00:42-	01:09&	00:31-	00:08+	00:37-	01:13-	00:08-	00:29-	00:40&	01:46&	00:49&	00:00=	00:10+	00:49#	00:17-	00:01-
12	Ingjerd Haddeland	3507	55:55	03:19+	05:02+	08:45+	10:02+	11:22+	13:27+	14:26+	16:22+	17:47+	19:45+	22:01+	28:31+	31:13+	32:14+	36:07+	43:18+	47:06+	49:03+	49:34+	51:38+	54:37+	55:40+	55:55+
				03:19+	01:43+	03:43+	01:17-	01:20+	02:05-	00:59-	01:56-	01:25+	01:58+	02:16-	06:30+	02:42-	01:01+	03:53+	07:11+	03:48+	01:57+	00:31-	02:04-	02:59-	01:03+	00:15=
				00:25#	00:26&	00:13+	00:06-	00:29&	00:01-	00:44-	00:12-	00:18&	00:22#	00:05-	02:22&	02:11-	00:04+	01:03&	04:40&	00:15+	00:34&	00:06-	00:23-	00:31-	00:09#	00:00=

Plass	Navn	Klasse	Tid
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Damer 50 - 59 år

13	Siri Warland										1832										56:36									
03:37+	05:24+	08:49+	09:48+	11:29+	13:39+	14:25+	15:42-	17:16+	18:31-	20:13-	23:54-	26:28-	28:25-	30:43-	40:36+	44:19+	46:15+	47:35+	51:12+	55:19+	56:19+	56:36+								
03:37+	01:47+	03:25-	00:59-	01:41+	02:10+	00:46-	01:17-	01:34+	01:15-	01:42-	03:41-	02:34-	01:57+	02:18-	09:53+	03:43+	01:56+	01:20+	03:37+	04:07+	01:00+	00:17+								
00:43#	00:30&	00:05-	00:24-	00:50&	00:04+	00:57-	00:51-	00:27&	00:21-	00:39-	00:27-	02:19-	01:00#	00:32-	07:22#	00:10+	00:33&	00:43#	01:10&	00:37#	00:06#	00:02#								
14	Turid Eikebu Alfsen										1683										1:00:19									
02:29+	05:59+	09:09+	10:37+	11:51+	14:00+	14:58+	17:08+	18:24+	19:34+	21:21+	25:31+	27:46+	28:59+	31:58+	43:30+	50:38+	52:55+	53:26+	56:41+	59:04+	60:02+	60:19+								
02:29+	03:30+	03:10+	01:28+	01:14+	02:09+	00:58+	02:10+	01:16+	01:10+	01:47+	04:10+	02:15+	01:13+	02:59+	11:32+	07:08+	02:17+	00:31+	03:15+	02:23+	00:58+	00:17+								
02:29+	03:30+	03:10+	01:28+	01:14+	02:09+	00:58+	02:10+	01:16+	01:10+	01:47+	04:10+	02:15+	01:13+	02:59+	11:32+	07:08+	02:17+	00:31+	03:15+	02:23+	00:58+	00:17+								
15	Iren Undheim Øgreid										769										1:02:43									
02:45+	04:09+	07:50+	08:49+	09:58+	15:37+	20:21+	22:09+	23:42+	25:21+	27:22+	31:40+	34:49+	35:47+	38:42+	44:04+	49:08+	55:02+	56:21+	58:56+	61:38+	62:25+	62:43+								
02:45+	01:24+	03:41+	00:59+	01:09+	05:39+	04:44+	01:48+	01:33+	01:39+	02:01+	04:18+	03:09+	00:58+	02:55+	05:22+	05:04+	05:54+	01:19+	02:35+	02:42+	00:47+	00:18+								
02:45+	01:24+	03:41+	00:59+	01:09+	05:39+	04:44+	01:48+	01:33+	01:39+	02:01+	04:18+	03:09+	00:58+	02:55+	05:22+	05:04+	05:54+	01:19+	02:35+	02:42+	00:47+	00:18+								
16	Ragnhild Båtnes Berntsen										1758										1:03:09									
06:07+	07:36+	11:47+	13:03+	14:02+	16:33+	17:29+	19:48+	21:59+	25:39+	28:22+	33:42+	36:56+	37:49+	41:24+	46:16+	50:45+	53:30+	54:30+	59:03+	61:48+	62:50+	63:09+								
06:07+	01:29+	04:11+	01:16+	00:59+	02:31+	00:56+	02:19+	02:11+	03:40+	02:43+	05:20+	03:14+	00:53+	03:35+	04:52+	04:29+	02:45+	01:00+	04:33+	02:45+	01:02+	00:19+								
06:07+	01:29+	04:11+	01:16+	00:59+	02:31+	00:56+	02:19+	02:11+	03:40+	02:43+	05:20+	03:14+	00:53+	03:35+	04:52+	04:29+	02:45+	01:00+	04:33+	02:45+	01:02+	00:19+								
17	Marianne Gjesdal Lyngås										892										1:06:36									
03:40+	05:31+	10:24+	12:11+	13:55+	24:47+	26:32+	28:37+	29:41+	32:02+	34:18+	39:11+	42:05+	43:09+	46:26+	50:44+	55:08+	58:04+	59:20+	61:41+	64:57+	66:17+	66:36+								
03:40+	01:51+	04:53+	01:47+	01:44+	10:52+	01:45+	02:05+	01:04+	02:21+	02:16+	04:53+	02:54+	01:04+	03:17+	04:18+	04:24+	02:56+	01:16+	02:21+	03:16+	01:20+	00:19+								
03:40+	01:51+	04:53+	01:47+	01:44+	10:52+	01:45+	02:05+	01:04+	02:21+	02:16+	04:53+	02:54+	01:04+	03:17+	04:18+	04:24+	02:56+	01:16+	02:21+	03:16+	01:20+	00:19+								
18	Andrea Tapken										3529										1:09:00									
03:52+	05:20+	09:54+	11:11+	12:08+	17:44+	20:47+	23:41+	25:30+	27:44+	34:07+	39:06+	41:04+	42:19+	46:19+	50:51+	56:41+	59:47+	61:07+	64:14+	67:22+	68:38+	69:00+								
03:52+	01:28+	04:34+	01:17+	00:57+	05:36+	03:03+	02:54+	01:49+	02:14+	06:23+	04:59+	01:58+	01:15+	04:00+	04:32+	05:50+	03:06+	01:20+	03:07+	03:08+	01:16+	00:22+								
03:52+	01:28+	04:34+	01:17+	00:57+	05:36+	03:03+	02:54+	01:49+	02:14+	06:23+	04:59+	01:58+	01:15+	04:00+	04:32+	05:50+	03:06+	01:20+	03:07+	03:08+	01:16+	00:22+								

Beste strekktid for klassen

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

Damer 60 - 64 år

1	Elisabeth Christie Ørke												722			40:36					
01:37=	03:42=	06:15=	09:48=	15:01=	15:40=	17:05=	19:52=	21:28=	24:20=	27:03=	29:36=	32:05=	36:41=	37:47=	39:26=	40:24=	40:36=				
01:37=	02:05=	02:33=	03:33=	05:13=	00:39=	01:25=	02:47=	01:36=	02:52=	02:43=	02:33=	02:29=	04:36=	01:06=	01:39=	00:58=	00:12=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Nina Christiansen												722			44:49					
01:43+	04:05+	06:53+	09:24-	10:50-	11:42-	14:14-	15:47-	22:02+	27:08+	29:10+	32:23+	35:42+	38:44+	40:16+	42:18+	44:31+	44:49+				
01:43+	02:22+	02:48+	02:31-	01:26-	00:52+	02:32+	01:33-	06:15+	05:06+	02:02-	03:13+	03:19+	03:02-	01:32+	02:02+	02:13+	00:18+				
00:06+	00:17#	00:15+	01:02-	03:47-	00:13&	01:07&	01:14-	04:39#	02:14&	00:41-	00:40&	00:50&	01:34-	00:26&	00:23#	01:15#	00:06&				
3	Nidunn Sandvik												3565			45:13					
02:14+	04:48+	09:16+	11:08+	13:35-	14:25-	17:32+	19:50-	21:51+	26:15+	28:15+	31:56+	36:19+	39:59+	41:30+	43:32+	44:53+	45:13+				
02:14+	02:34+	04:28+	01:52-	02:27-	00:50+	03:07+	02:18-	02:01+	04:24+	02:00-	03:41+	04:23+	03:40-	01:31+	02:02+	01:21+	00:20+				
00:37&	00:29#	01:55&	01:41-	02:46-	00:11&	01:42#	00:29-	00:25&	01:32&	00:43-	01:08&	01:54&	00:56-	00:25&	00:23#	00:23&	00:08&				
4	Ellinor Nesse												1683			46:55					
02:27+	05:35+	09:49+	11:49+	13:48-	14:40-	16:43+	19:13-	21:22-	25:53+	27:58+	34:14+	38:05+	40:47+	42:22+	44:57+	46:38+	46:55+				
02:27+	03:08+	04:14+	02:00-	01:59-	00:52+	02:03+	02:30-	02:09+	04:31+	02:05-	06:16+	03:51+	02:42-	01:35+	02:35+	01:41+	00:17+				
00:50&	01:03&	01:41&	01:33-	03:14-	00:13&	00:38&	00:17-	00:33&	01:39&	00:38-	03:43#	01:22&	01:54-	00:29&	00:56&	00:43&	00:05&				
5	Kari Anstensrud												896			47:56					
01:53+	04:39+	08:18+	12:12+	15:02+	16:21+	18:47+	23:05+	25:02+	29:24+	31:08+	35:18+	39:48+	42:16+	44:38+	46:31+	47:41+	47:56+				
01:53+	02:46+	03:39+	03:54+	02:50-	01:19+	02:26+	04:18+	01:57+	04:22+	01:44-	04:10+	04:30+	02:28-	02:22+	01:53+	01:10+	00:15+				
00:16#	00:41&	01:06&	00:21+	02:23-	00:40#	01:01&	01:31&	00:21#	01:30&	00:59-	01:37&	02:01&	02:08-	01:16#	00:14#	00:12#	00:03#				
6	Anne-Siv Gjertsen												882			48:27					
02:00+	04:52+	08:06+	10:18+	15:08+	15:49+	23:57+	25:36+	27:59+	32:05+	34:17+	37:19+	40:05+	42:22+	44:52+	46:34+	48:10+	48:27+				
02:00+	02:52+	03:14+	02:12-	04:50-	00:41+	08:08+	01:39-	02:23+	04:06+	02:12-	03:02+	02:46+	02:17-	02:30+	01:42+	01:36+	00:17+				
00:23#	00:47&	00:41&	01:21-	00:23-	00:02+	06:43#	01:08-	00:47&	01:14&	00:31-	00:29#	00:17#	02:19-	01:24#	00:03+	00:38&	00:05&				

Plass	Navn	Klasse	Tid
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Damer 60 - 64 år

7	Ellinor Hoemsnes												1683				50:57			
02:16+	05:24+	08:30+	11:20+	15:36+	18:13+	21:04+	23:29+	25:24+	29:36+	34:38+	38:47+	41:38+	45:04+	47:10+	48:54+	50:41+	50:57+			
02:16+	03:08+	03:06+	02:50-	04:16-	02:37+	02:51+	02:25-	01:55+	04:12+	05:02+	04:09+	02:51+	03:26-	02:06+	01:44+	01:47+	00:16+			
00:39%	01:03%	00:33#	00:43-	00:57-	01:58@	01:26@	00:22-	00:19#	01:20%	02:19%	01:36%	00:22#	01:10-	01:00%	00:05+	00:49%	00:04%			
8	Ingrid E. I. Øxnevad												3516				54:07			
09:12+	11:21+	17:28+	20:42+	23:04+	24:02+	25:47+	27:10+	30:05+	34:31+	36:53+	40:08+	46:56+	49:07+	50:39+	52:49+	53:51+	54:07+			
09:12+	02:09+	06:07+	03:14+	02:22+	00:58+	01:45+	01:23+	02:55+	04:26+	02:22+	03:15+	06:48+	02:11+	01:32+	02:10+	01:02+	00:16+			
09:12+	02:09+	06:07+	03:14+	02:22+	00:58+	01:45+	01:23+	02:55+	04:26+	02:22+	03:15+	06:48+	02:11+	01:32+	02:10+	01:02+	00:16+			

Beste strekktid for klassen

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

Damer 65 - 69 år

1	Ingrid Eik	1830	35:25														
01:56=	04:13=	07:11=	09:06=	11:28=	12:22=	14:14=	15:57=	17:56=	21:34=	23:12=	25:57=	28:55=	30:59=	32:12=	34:03=	35:12=	35:25=
01:56=	02:17=	02:58=	01:55=	02:22=	00:54=	01:52=	01:43=	01:59=	03:38=	01:38=	02:45=	02:58=	02:04=	01:13=	01:51=	01:09=	00:13=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	May Meling	593	37:51														
02:33+	05:06+	08:00+	10:11+	12:52+	13:44+	15:25+	17:05+	19:11+	22:22+	24:02+	26:51+	30:22+	33:04+	34:18+	36:15+	37:34+	37:51+
02:33+	02:33+	02:54-	02:11+	02:41+	00:52-	01:41-	01:40-	02:06+	03:11-	01:40+	02:49+	03:31+	02:42+	01:14+	01:57+	01:19+	00:17+
00:37%	00:16#	00:04-	00:16#	00:19#	00:02-	00:11-	00:03-	00:07+	00:27-	00:02+	00:04+	00:33#	00:38%	00:01+	00:06+	00:10#	00:04%
3	Eli Frafjord	1141	41:13														
02:18+	05:06+	08:54+	11:20+	13:25+	14:17+	16:52+	19:14+	21:20+	25:35+	27:26+	30:39+	33:36+	36:01+	37:23+	39:47+	40:57+	41:13+
02:18+	02:48+	03:48+	02:26+	02:05-	00:52-	02:35+	02:22+	02:06+	04:15+	01:51+	03:13+	02:57-	02:25+	01:22+	02:24+	01:10+	00:16+
00:22#	00:31#	00:50%	00:31%	00:17-	00:02-	00:43%	00:39%	00:07+	00:37#	00:13#	00:28#	00:01-	00:21#	00:09#	00:33%	00:01+	00:03#
4	Margot Asheim	722	42:51														
03:28+	05:48+	08:34+	10:30+	12:14+	13:02+	14:53+	17:25+	19:27+	23:14+	25:02+	27:54+	35:37+	37:44+	39:43+	41:29+	42:36+	42:51+
03:28+	02:20+	02:46-	01:56+	01:44-	00:48-	01:51-	02:32+	02:02+	03:47+	01:48+	02:52+	07:43+	02:07+	01:59+	01:46-	01:07-	00:15+
01:32%	00:03+	00:12-	00:01+	00:38-	00:06-	00:01-	00:49%	00:03+	00:09+	00:10#	00:07+	04:45@	00:03+	00:46%	00:05-	00:02-	00:02#
5	Berit Bakken	1884	44:20														
02:13+	04:45+	09:07+	11:58+	14:49+	15:54+	17:57+	19:39+	23:20+	27:44+	29:44+	33:32+	36:34+	39:12+	40:36+	42:47+	44:01+	44:20+
02:13+	02:32+	04:22+	02:51+	02:51+	01:05+	02:03+	01:42-	03:41+	04:24+	02:00+	03:48+	03:02+	02:38+	01:24+	02:11+	01:14+	00:19+
00:17#	00:15#	01:24%	00:56%	00:29#	00:11#	00:11+	00:01-	01:42%	00:46#	00:22#	01:03%	00:04+	00:34%	00:11#	00:20#	00:05+	00:06%
6	Tove Bjerkreim	722	45:30														
02:17+	04:43+	15:03+	16:54+	18:43+	19:30+	21:08+	22:43+	24:30+	28:15+	29:54+	32:47+	35:44+	40:50+	42:32+	43:55+	45:15+	45:30+
02:17+	02:26+	10:20+	01:51-	01:49-	00:47-	01:38-	01:35-	01:47-	03:45+	01:39+	02:53+	02:57-	05:06+	01:42+	01:23-	01:20+	00:15+
00:21#	00:09+	07:22@	00:04-	00:33-	00:07-	00:14-	00:08-	00:12-	00:07+	00:01+	00:08+	00:01-	03:02@	00:29%	00:28-	00:11#	00:02#
7	Marit Karin Skretting Nygård	892	45:50														
02:36+	05:19+	08:45+	10:42+	12:32+	13:31+	15:38+	18:09+	20:17+	24:44+	26:51+	33:15+	36:51+	39:43+	41:16+	44:00+	45:34+	45:50+
02:36+	02:43+	03:26+	01:57+	01:50-	00:59+	02:07+	02:31+	02:08+	04:27+	02:07+	06:24+	03:36+	02:52+	01:33+	02:44+	01:34+	00:16+
00:40%	00:26#	00:28#	00:02+	00:32-	00:05+	00:15#	00:48%	00:09+	00:49#	00:29%	03:39@	00:38#	00:48%	00:20%	00:53%	00:25%	00:03#
8	Liv Sissel Obrestad	3529	1:00:45														
02:51+	12:55+	17:06+	19:32+	21:47+	23:08+	26:25+	28:16+	33:20+	38:50+	40:50+	43:53+	47:27+	50:22+	52:24+	54:52+	60:28+	60:45+
02:51+	10:04+	04:11+	02:26+	02:15-	01:21+	03:17+	01:51+	05:04+	05:30+	02:00+	03:03+	03:34+	02:55+	02:02+	02:28+	05:36+	00:17+
00:55%	07:47@	01:13%	00:31%	00:07-	00:27%	01:25%	00:08+	03:05@	01:52%	00:22#	00:18#	00:36#	00:51%	00:49%	00:37%	04:27@	00:04%
9	Kari Eva Thiis Blixhavn	3565	1:05:53														
03:02+	06:36+	11:05+	14:09+	22:39+	24:10+	26:30+	29:05+	32:18+	37:57+	40:24+	47:53+	55:01+	58:30+	60:25+	63:25+	65:32+	65:53+
03:02+	03:34+	04:29+	03:04+	08:30+	01:31+	02:20+	02:35+	03:13+	05:39+	02:27+	07:29+	07:08+	03:29+	01:55+	03:00+	02:07+	00:21+
01:06%	01:17%	01:31%	01:09%	06:08@	00:37%	00:28#	00:52%	01:14%	02:01%	00:49%	04:44@	04:10@	01:25%	00:42%	01:09%	00:58%	00:08%
10	Åse Jacobsen Kro	879	1:22:15														
10:36+	14:55+	30:57+	32:54+	35:52+	36:43+	40:13+	42:24+	45:21+	54:58+	58:28+	63:47+	71:17+	74:57+	77:21+	79:31+	81:49+	82:15+
10:36+	04:19+	16:02+	01:57+	02:58+	00:51-	03:30+	02:11+	02:57+	09:37+	03:30+	05:19+	07:30+	03:40+	02:24+	02:10+	02:18+	00:26+
08:40@	02:02%	13:04@	00:02+	00:36%	00:03-	01:38%	00:28%	00:58%	05:59@	01:52@	02:34%	04:32@	01:36%	01:11%	00:19#	01:09%	00:13%

Plass	Navn	Klasse	Tid
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Damer 65 - 69 år

Beste strekktid for klassen

01:56	02:17	02:46	01:51	01:44	00:47	01:38	01:35	01:47	03:11	01:38	02:45	02:57	02:04	01:13	01:23	01:07	00:13
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer 70 - 74 år

1	Berit Gramstad												3551			49:44				
02:48=	05:58=	09:43=	12:16=	15:01=	16:11=	18:38=	23:04=	25:25=	29:43=	32:06=	35:53=	39:44=	42:35=	44:28=	47:00=	49:20=	49:44=			
02:48=	03:10=	03:45=	02:33=	02:45=	01:10=	02:27=	04:26=	02:21=	04:18=	02:23=	03:47=	03:51=	02:51=	01:53=	02:32=	02:20=	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=			
2	Mette Dagsland												874			50:26				
05:09+	07:48+	11:37+	14:02+	16:53+	18:06+	20:49+	24:54+	27:09+	31:32+	33:29+	36:49+	40:28+	43:31+	45:46+	48:28+	50:07+	50:26+			
05:09+	02:39-	03:49+	02:25-	02:51+	01:13+	02:43+	04:05-	02:15-	04:23+	01:57-	03:20-	03:39-	03:03+	02:15+	02:42+	01:39-	00:19-			
02:21&	00:31-	00:04+	00:08-	00:06+	00:03+	00:16#	00:21-	00:06-	00:05+	00:26-	00:27-	00:12-	00:12+	00:22#	00:10+	00:41-	00:05-			
3	Lillian Dahl Fitjar												896			53:02				
02:21-	05:38-	11:14+	14:22+	18:39+	20:06+	22:27+	24:34+	27:36+	32:05+	34:34+	38:07+	41:29+	44:30+	46:54+	49:21+	52:39+	53:02+			
02:21-	03:17+	05:36+	03:08+	04:17+	01:27+	02:21-	02:07-	03:02+	04:29+	02:29+	03:33-	03:22-	03:01+	02:24+	02:27-	03:18+	00:23-			
00:27-	00:07+	01:51&	00:35#	01:32&	00:17#	00:06-	02:19-	00:41&	00:11+	00:06+	00:14-	00:29-	00:10+	00:31&	00:05-	00:58&	00:01-			
4	Halldis Handeland												892			1:01:11				
03:04+	07:10+	16:24+	19:54+	23:12+	25:17+	27:49+	30:00+	32:35+	37:31+	40:04+	44:47+	49:06+	52:43+	54:58+	58:36+	60:36+	61:11+			
03:04+	04:06+	09:14+	03:30+	03:18+	02:05+	02:32+	02:11-	02:35+	04:56+	02:33+	04:43+	04:19+	03:37+	02:15+	03:38+	02:00-	00:35+			
00:16+	00:56&	05:29@	00:57&	00:33#	00:55&	00:05+	02:15-	00:14+	00:38#	00:10+	00:56#	00:28#	00:46&	00:22#	01:06&	00:20-	00:11&			
5	Brit Skjelbred												1141			1:05:32				
03:59+	07:54+	13:04+	17:04+	20:40+	22:16+	25:58+	29:35+	32:32+	39:08+	41:55+	46:57+	51:58+	55:55+	57:49+	60:55+	64:19+	65:06+			
03:59+	03:55+	05:10+	04:00+	03:36+	01:36+	03:42+	03:37-	02:57+	06:36+	02:47+	05:02+	05:01+	03:57+	01:54+	03:06+	03:24+	00:47+			
01:11&	00:45#	01:25&	01:27&	00:51&	00:26&	01:15&	00:49-	00:36&	02:18&	00:24#	01:15&	01:10&	01:06&	00:01+	00:34#	01:04&	00:23&			

Beste strekktid for klassen

02:21	02:39	03:45	02:25	02:45	01:10	02:21	02:07	02:15	04:18	01:57	03:20	03:22	02:51	01:53	02:27	01:39	00:19
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer 75 - 79 år

1	Turid Nystrøm												874			42:47				
02:13=	06:21=	10:07=	12:41=	14:39=	15:38=	17:30=	19:20=	21:31=	25:21=	27:11=	30:28=	33:49=	36:23=	38:12=	41:04=	42:28=	42:47=			
02:13=	04:08=	03:46=	02:34=	01:58=	00:59=	01:52=	01:50=	02:11=	03:50=	01:50=	03:17=	03:21=	02:34=	01:49=	02:52=	01:24=	00:19=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Haldis Glendrange												874			47:28				
02:11-	05:02-	09:08-	11:36-	14:20-	15:24-	17:30=	21:48+	24:21+	28:27+	31:04+	34:19+	38:27+	41:20+	42:59+	45:40+	47:09+	47:28+			
02:11-	02:51-	04:06+	02:28-	02:44+	01:04+	02:06+	04:18+	02:33+	04:06+	02:37+	03:15-	04:08+	02:53+	01:39-	02:41-	01:29+	00:19=			
00:02-	01:17-	00:20+	00:06-	00:46&	00:05+	00:14#	02:28@	00:22#	00:16+	00:47&	00:02-	00:47#	00:19#	00:10-	00:11-	00:05+	00:00=			
3	Inger Skretting Opstad												3529			48:45				
02:32+	05:36-	10:08+	12:58+	15:09+	16:08+	18:04+	20:50+	23:20+	28:21+	30:37+	34:55+	38:38+	42:26+	44:14+	46:52+	48:27+	48:45+			
02:32+	03:04-	04:32+	02:50+	02:11+	00:59=	01:56+	02:46+	02:30+	05:01+	02:16+	04:18+	03:43+	03:48+	01:48-	02:38-	01:35+	00:18-			
00:19#	01:04-	00:46#	00:16#	00:13#	00:00=	00:04+	00:56&	00:19#	01:11&	00:26#	01:01&	00:22#	01:14&	00:01-	00:14-	00:11#	00:01-			
4	Gry Vikhamar Thengs												874			50:10				
02:16+	04:52-	09:22-	12:37-	14:49+	15:54+	23:42+	25:43+	28:18+	32:22+	35:03+	38:17+	41:54+	44:41+	46:11+	48:23+	49:55+	50:10+			
02:16+	02:36-	04:30+	03:15+	02:12+	01:05+	07:48+	02:01+	02:35+	04:04+	02:41+	03:14-	03:37+	02:47+	01:30-	02:12-	01:32+	00:15-			
00:03+	01:32-	00:44#	00:41&	00:14#	00:06#	05:56@	00:11#	00:24#	00:14+	00:51&	00:03-	00:16+	00:13+	00:19-	00:40-	00:08+	00:04-			
5	Hedvig Anda												1683			56:06				
03:37+	06:39+	10:51+	14:07+	17:31+	18:46+	21:12+	23:20+	25:39+	31:51+	34:10+	38:30+	44:31+	48:08+	50:47+	53:51+	55:44+	56:06+			
03:37+	03:02-	04:12+	03:16+	03:24+	01:15+	02:26+	02:08+	02:19+	06:12+	02:19+	04:20+	06:01+	03:37+	02:39+	03:04+	01:53+	00:22+			
01:24&	01:06-	00:26#	00:42&	01:26&	00:16&	00:34&	00:18#	00:08+	02:22&	00:29&	01:03&	02:40&	01:03&	00:50&	00:12+	00:29&	00:03#			

Plass	Navn	Klasse	Tid
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Damer 75 - 79 år

6	Helga Klausen										769			58:53				
03:01+	06:22+	16:25+	19:12+	22:24+	23:53+	26:03+	28:47+	31:32+	37:34+	40:29+	44:25+	48:06+	51:10+	53:20+	56:59+	58:34+	58:53+	
03:01+	03:21-	10:03+	02:47+	03:12+	01:29+	02:10+	02:44+	02:45+	06:02+	02:55+	03:56+	03:41+	03:04+	02:10+	03:39+	01:35+	00:19=	
00:48&	00:47-	06:17@	00:13+	01:14&	00:30&	00:18#	00:54&	00:34&	02:12&	01:05&	00:39#	00:20+	00:30#	00:21#	00:47&	00:11#	00:00=	
7	Aslaug Lura										1141			1:04:36				
02:56+	06:47+	11:58+	16:09+	19:35+	21:15+	25:04+	28:31+	31:40+	38:12+	40:47+	46:02+	50:58+	54:42+	56:47+	59:53+	64:10+	64:36+	
02:56+	03:51+	05:11+	04:11+	03:26+	01:40+	03:49+	03:27+	03:09+	06:32+	02:35+	05:15+	04:56+	03:44+	02:05+	03:06+	04:17+	00:26+	
02:56+	03:51+	05:11+	04:11+	03:26+	01:40+	03:49+	03:27+	03:09+	06:32+	02:35+	05:15+	04:56+	03:44+	02:05+	03:06+	04:17+	00:26+	
8	Brynhild Haaland										1758			1:05:25				
03:45+	07:44+	12:56+	16:54+	20:25+	22:17+	26:01+	29:33+	32:37+	38:58+	41:44+	46:41+	51:59+	55:39+	57:50+	60:53+	64:11+	64:56+	65:25+
03:45+	03:59+	05:12+	03:58+	03:31+	01:52+	03:44+	03:32+	03:04+	06:21+	02:46+	04:57+	05:18+	03:40+	02:11+	03:03+	03:18+	00:45+	00:29+
03:45+	03:59+	05:12+	03:58+	03:31+	01:52+	03:44+	03:32+	03:04+	06:21+	02:46+	04:57+	05:18+	03:40+	02:11+	03:03+	03:18+	00:45+	00:29+

Beste strekktid for klassen

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

Damer 80 år og eldre

1	Helga Aaslid												3529	48:22
04:42=	07:26=	09:28=	11:04=	14:42=	19:16=	22:52=	27:21=	28:58=	30:38=	34:38=	44:40=	47:56=	48:22=	
04:42=	02:44=	02:02=	01:36=	03:38=	04:34=	03:36=	04:29=	01:37=	01:40=	04:00=	10:02=	03:16=	00:26=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Berit Ebbell Olsen												874	52:24
05:29+	08:06+	10:46+	12:34+	23:05+	28:20+	32:09+	36:04+	37:48+	39:55+	43:57+	47:30+	51:51+	52:24+	
05:29+	02:37-	02:40+	01:48+	10:31+	05:15+	03:49+	03:55-	01:44+	02:07+	04:02+	03:33-	04:21+	00:33+	
00:47#	00:07-	00:38&	00:12#	06:53@	00:41#	00:13+	00:34-	00:07+	00:27&	00:02+	06:29-	01:05&	00:07&	

Beste strekktid for klassen

04:42	02:37	02:02	01:36	03:38	04:34	03:36	03:55	01:37	01:40	04:00	03:33	03:16	00:26
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer A

1	Aud Hognestad Taksdal												892	41:34											
02:40=	04:21=	06:02=	06:58=	08:14=	08:44=	10:57=	12:10=	13:24=	14:01=	14:22=	15:12=	17:02=	18:15=	19:34=	20:43=	23:06=	24:17=	24:46=	28:03=	28:51=	29:57=	31:45=	33:15=	34:12=	36:31=
02:40=	01:41=	01:41=	00:56=	01:16=	00:30=	02:13=	01:13=	01:14=	00:37=	00:21=	00:50=	01:50=	01:13=	01:19=	01:09=	02:23=	01:11=	00:29=	03:17=	00:48=	01:06=	01:48=	01:30=	00:57=	02:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
37:20=	38:17=	39:05=	40:20=	41:23=	41:34=	00:49=	00:57=	00:48=	01:15=	01:03=	00:11=														
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																				
2	Clare Leveridge												877	49:10											
02:42+	04:13-	06:03+	06:45-	08:16+	08:47+	12:38+	14:01+	15:16+	15:57+	16:22+	17:20+	19:18+	20:39+	22:08+	23:41+	26:11+	27:54+	28:27+	32:29+	33:46+	35:06+	37:13+	39:30+	40:40+	43:17+
02:42+	01:31-	01:50+	00:42-	01:31+	00:31+	03:51+	01:23+	01:15+	00:41+	00:25+	00:58+	01:58+	01:21+	01:29+	01:33+	02:30+	01:43+	00:33+	04:02+	01:17+	01:20+	02:07+	02:17+	01:10+	02:37+
00:02+	00:10-	00:09+	00:14-	00:15#	00:01+	01:38&	00:10#	00:01+	00:04#	00:04#	00:08#	00:08+	00:08#	00:10#	00:24&	00:07+	00:32&	00:04#	00:45#	00:29&	00:14#	00:19#	00:47&	00:13#	00:18#
44:21+	45:15+	46:18+	47:52+	48:58+	49:10+																				
01:04+	00:54-	01:03+	01:34+	01:06+	00:12+																				
00:15&	00:03-	00:15&	00:19&	00:03+	00:01+																				
3	Trine Bolstad Scheie												769	52:28											
03:18+	04:51+	06:49+	07:33+	08:56+	09:34+	13:21+	14:49+	16:11+	16:58+	17:18+	18:21+	20:26+	21:54+	23:25+	25:13+	28:02+	29:25+	29:58+	35:01+	36:01+	37:15+	39:23+	42:01+	43:03+	45:58+
03:18+	01:33-	01:58+	00:44-	01:23+	00:38+	03:47+	01:28+	01:22+	00:47+	00:20-	01:03+	02:05+	01:28+	01:31+	01:48+	02:49+	01:23+	00:33+	05:03+	01:00+	01:14+	02:08+	02:38+	01:02+	02:55+
00:38#	00:08-	00:17#	00:12-	00:07+	00:08&	01:34&	00:15#	00:08#	00:10&	00:01-	00:13&	00:15#	00:15#	00:12#	00:39&	00:26#	00:12#	00:04#	01:46&	00:12#	00:08#	00:20#	01:08&	00:05+	00:36&
47:27+	48:36+	49:42+	50:59+	52:13+	52:28+																				
01:29+	01:09+	01:06+	01:17+	01:14+	00:15+																				
00:40&	00:12#	00:18&	00:02+	00:11#	00:04&																				

Damer A

4	Ane Helgerud					3516					53:57														
02:42+	04:12-	06:16+	06:55-	09:01+	09:40+	12:12+	13:31+	14:42+	15:22+	15:49+	16:38+	18:46+	20:06+	21:32+	22:44+	25:23+	26:48+	27:26+	35:16+	37:07+	38:56+	41:14+	43:14+	45:28+	48:01+
02:42+	01:30-	02:04+	00:39-	02:06+	00:39+	02:32+	01:19+	01:11-	00:40+	00:27+	00:49-	02:08+	01:20+	01:26+	01:12+	02:39+	01:25+	00:38+	07:50+	01:51+	01:49+	02:18+	02:00+	02:14+	02:33+
00:02+	00:11-	00:23#	00:17-	00:50&	00:09&	00:19#	00:06+	00:03-	00:03+	00:06&	00:01-	00:18#	00:07+	00:07+	00:03+	00:16#	00:14#	00:09&	04:33&	01:03&	00:43&	00:30&	00:30&	01:17&	00:14#
48:52+	49:55+	50:54+	52:11+	53:44+	53:57+																				
00:51+	01:03+	00:59+	01:17+	01:33+	00:13+																				
00:02+	00:06#	00:11#	00:02+	00:30&	00:02#																				
5	Silje Skorve Skarpeid					1758					54:57														
02:52+	04:35+	08:27+	09:47+	11:25+	11:58+	15:09+	16:27+	17:43+	18:31+	19:02+	20:00+	21:51+	23:09+	24:49+	26:26+	29:09+	30:34+	31:05+	35:32+	37:09+	39:20+	41:46+	44:02+	45:17+	48:10+
02:52+	01:43+	03:52+	01:20+	01:38+	00:33+	03:11+	01:18+	01:16+	00:48+	00:31+	00:58+	01:51+	01:18+	01:40+	01:37+	02:43+	01:25+	00:31+	04:27+	01:37+	02:11+	02:26+	02:16+	01:15+	02:53+
02:52+	01:43+	03:52+	01:20+	01:38+	00:33+	03:11+	01:18+	01:16+	00:48+	00:31+	00:58+	01:51+	01:18+	01:40+	01:37+	02:43+	01:25+	00:31+	04:27+	01:37+	02:11+	02:26+	02:16+	01:15+	02:53+
49:20+	50:20+	51:24+	53:14+	54:42+	54:57+																				
01:10+	01:00+	01:04+	01:50+	01:28+	00:15+																				
01:10+	01:00+	01:04+	01:50+	01:28+	00:15+																				
6	Matilde Skjæveland Skår					3486					55:48														
02:55+	04:28+	07:31+	08:06+	10:36+	11:14+	14:27+	15:46+	17:05+	17:48+	18:17+	19:36+	21:29+	22:52+	24:40+	26:09+	28:44+	29:56+	31:05+	35:38+	38:59+	40:19+	43:03+	45:11+	46:51+	49:22+
02:55+	01:33+	03:03+	00:35+	02:30+	00:38+	03:13+	01:19+	01:19+	00:43+	00:29+	01:19+	01:53+	01:23+	01:48+	01:29+	02:35+	01:12+	01:09+	04:33+	03:21+	01:20+	02:44+	02:08+	01:40+	02:31+
02:55+	01:33+	03:03+	00:35+	02:30+	00:38+	03:13+	01:19+	01:19+	00:43+	00:29+	01:19+	01:53+	01:23+	01:48+	01:29+	02:35+	01:12+	01:09+	04:33+	03:21+	01:20+	02:44+	02:08+	01:40+	02:31+
50:17+	51:16+	52:46+	54:26+	55:36+	55:48+																				
00:55+	00:59+	01:30+	01:40+	01:10+	00:12+																				
00:55+	00:59+	01:30+	01:40+	01:10+	00:12+																				
7	Torill Brekken					896					1:09:06														
04:27+	06:39+	09:11+	10:02+	12:07+	12:49+	17:37+	19:23+	21:00+	22:00+	22:33+	24:39+	28:44+	30:34+	32:50+	34:44+	38:14+	40:10+	41:02+	48:17+	49:26+	51:05+	53:31+	56:10+	58:39+	61:43+
04:27+	02:12+	02:32+	00:51+	02:05+	00:42+	04:48+	01:46+	01:37+	01:00+	00:33+	02:06+	04:05+	01:50+	02:16+	01:54+	03:30+	01:56+	00:52+	07:15+	01:09+	01:39+	02:26+	02:39+	02:29+	03:04+
04:27+	02:12+	02:32+	00:51+	02:05+	00:42+	04:48+	01:46+	01:37+	01:00+	00:33+	02:06+	04:05+	01:50+	02:16+	01:54+	03:30+	01:56+	00:52+	07:15+	01:09+	01:39+	02:26+	02:39+	02:29+	03:04+
62:43+	64:08+	65:16+	67:23+	68:48+	69:06+																				
01:00+	01:25+	01:08+	02:07+	01:25+	00:18+																				
01:00+	01:25+	01:08+	02:07+	01:25+	00:18+																				

Beste strekktid for klassen

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

Damer B

1	Tone Torgersen												882												45:35											
02:43=	03:41=	05:25=	07:17=	07:52=	09:16=	09:51=	11:43=	13:07=	14:30=	15:12=	15:34=	16:30=	18:33=	19:57=	23:51=	25:55=	26:26=	30:50=	31:54=	35:05=	37:45=	39:45=	41:29=	42:33=	43:36=											
02:43=	00:58=	01:44=	01:52=	00:35=	01:24=	00:35=	01:52=	01:24=	01:23=	00:42=	00:22=	00:56=	02:03=	01:24=	03:54=	02:04=	00:31=	04:24=	01:04=	03:11=	02:40=	02:00=	01:44=	01:04=	01:03=											
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=											
44:30=	45:22=	45:35=																																		
00:54=	00:52=	00:13=																																		
00:00=	00:00=	00:00=																																		
2	Lise Isachsen												1384												46:05											
02:19-	03:30-	05:09-	07:00-	07:39-	09:24+	10:10+	13:01+	14:20+	15:40+	16:25+	16:52+	17:44+	19:56+	21:19+	24:41+	26:03+	27:01+	31:33+	33:01+	33:53-	38:17+	40:10+	41:41+	42:51+	43:51+											
02:19-	01:11+	01:39-	01:51-	00:39+	01:45+	00:46+	02:51+	01:19-	01:20-	00:45+	00:27+	00:52-	02:12+	01:23-	03:22-	01:22-	00:58+	04:32+	01:28+	00:52-	04:24+	01:53-	01:31-	01:10+	01:00-											
00:24-	00:13#	00:05-	00:01-	00:04#	00:21#	00:11&	00:59&	00:05-	00:03-	00:03+	00:05#	00:04-	00:09+	00:01-	00:32-	00:42-	00:27&	00:08+	00:24&	02:19-	01:44&	00:07-	00:13-	00:06+	00:03-											
45:03+	45:52+	46:05+																																		
01:12+	00:49-	00:13=																																		
00:18&	00:03-	00:00=																																		
3	Inger Tone Nygård												3502												48:06											
02:31-	03:39-	05:37+	07:53+	08:35+	09:45+	10:21+	14:34+	16:06+	17:23+	18:10+	18:40+	19:40+	21:40+	23:15+	26:43+	28:12+	28:45+	33:11+	34:11+	35:19+	39:20+	41:24+	43:45+	44:53+	45:45+											
02:31-	01:08+	01:58+	02:16+	00:42+	01:10-	00:36+	04:13+	01:32+	01:17-	00:47+	00:30+	01:00+	02:00-	01:35+	03:28-	01:29-	00:33+	04:26+	01:00-	01:08-	04:01+	02:04+	02:21+	01:08+	00:52-											
00:12-	00:10#	00:14#	00:24#	00:07#	00:14-	00:01+	02:21&	00:08+	00:06-	00:05#	00:08&	00:04+	00:03-	00:11#	00:26-	00:35-	00:02+	00:02+	00:04-	02:03-	01:21&	00:04+	00:37&	00:04+	00:11-											
46:56+	47:53+	48:06+																																		
01:11+	00:57+	00:13=																																		
00:17&	00:05+	00:00=																																		

Damer B

4	Agnes Haker			1284			48:50																		
02:14-	03:19-	05:02-	07:09-	07:47-	10:02+	11:15+	13:36+	14:52+	16:14+	16:55+	17:21+	18:23+	20:45+	22:21+	25:45+	27:09+	27:46+	33:33+	36:01+	37:03+	40:50+	42:35+	44:12+	45:12+	46:24+
02:14-	01:05+	01:43-	02:07+	00:38+	02:15+	01:13+	02:21+	01:16-	01:22-	00:41-	00:26+	01:02+	02:22+	01:36+	03:24-	01:24-	00:37+	05:47+	02:28+	01:02-	03:47+	01:45-	01:37-	01:00-	01:12+
00:29-	00:07#	00:01-	00:15#	00:03+	00:51&	00:38@	00:29&	00:08-	00:01-	00:01-	00:04#	00:06#	00:19#	00:12#	00:30-	00:40-	00:06#	01:23&	01:24@	02:09-	01:07&	00:15-	00:07-	00:04-	00:09#
47:41+	48:39+	48:50+																							
01:17+	00:58+	00:11-																							
00:23&	00:06#	00:02-																							
5	Ann-Cathrin Nybak Urdal			3595			50:10																		
02:43+	03:56+	05:44+	08:11+	08:56+	10:38+	11:17+	15:08+	16:37+	18:05+	19:03+	19:29+	20:37+	22:55+	24:38+	28:25+	30:40+	31:16+	36:27+	37:45+	38:52+	41:54+	43:44+	45:32+	46:43+	47:51+
02:43+	01:13+	01:48+	02:27+	00:45+	01:42+	00:39+	03:51+	01:29+	01:28+	00:58+	00:26+	01:08+	02:18+	01:43+	03:47+	02:15+	00:36+	05:11+	01:18+	01:07+	03:02+	01:50+	01:48+	01:11+	01:08+
02:43+	01:13+	01:48+	02:27+	00:45+	01:42+	00:39+	03:51+	01:29+	01:28+	00:58+	00:26+	01:08+	02:18+	01:43+	03:47+	02:15+	00:36+	05:11+	01:18+	01:07+	03:02+	01:50+	01:48+	01:11+	01:08+
49:01+	49:56+	50:10+																							
01:10+	00:55+	00:14+																							
01:10+	00:55+	00:14+																							
6	Helen Lomeland			722			50:14																		
02:17+	03:24+	05:09+	08:58+	09:47+	11:13+	11:56+	14:29+	15:56+	17:22+	18:23+	19:08+	20:09+	22:19+	23:45+	27:18+	28:42+	30:21+	34:42+	37:22+	38:29+	41:53+	44:02+	45:51+	46:58+	47:56+
02:17+	01:07+	01:45+	03:49+	00:49+	01:26+	00:43+	02:33+	01:27+	01:26+	01:01+	00:45+	01:01+	02:10+	01:26+	03:33+	01:24+	01:39+	04:21+	02:40+	01:07+	03:24+	02:09+	01:49+	01:07+	00:58+
02:17+	01:07+	01:45+	03:49+	00:49+	01:26+	00:43+	02:33+	01:27+	01:26+	01:01+	00:45+	01:01+	02:10+	01:26+	03:33+	01:24+	01:39+	04:21+	02:40+	01:07+	03:24+	02:09+	01:49+	01:07+	00:58+
49:04+	50:02+	50:14+																							
01:08+	00:58+	00:12+																							
01:08+	00:58+	00:12+																							
7	Ingrid W. Hestness			896			52:12																		
02:25+	03:42+	05:34+	07:53+	08:42+	10:09+	11:03+	14:11+	15:36+	17:02+	19:19+	20:00+	21:04+	23:22+	24:55+	28:29+	29:39+	30:18+	35:34+	37:45+	40:47+	43:41+	45:40+	47:20+	48:36+	49:45+
02:25+	01:17+	01:52+	02:19+	00:49+	01:27+	00:54+	03:08+	01:25+	01:26+	02:17+	00:41+	01:04+	02:18+	01:33+	03:34+	01:10+	00:39+	05:16+	02:11+	03:02+	02:54+	01:59+	01:40+	01:16+	01:09+
02:25+	01:17+	01:52+	02:19+	00:49+	01:27+	00:54+	03:08+	01:25+	01:26+	02:17+	00:41+	01:04+	02:18+	01:33+	03:34+	01:10+	00:39+	05:16+	02:11+	03:02+	02:54+	01:59+	01:40+	01:16+	01:09+
50:51+	51:59+	52:12+																							
01:06+	01:08+	00:13+																							
01:06+	01:08+	00:13+																							
8	Ellen Tindeland			882			52:32																		
02:40+	03:45+	05:36+	08:26+	09:17+	10:49+	11:26+	16:25+	17:53+	19:20+	20:12+	20:37+	21:57+	24:10+	25:44+	29:48+	31:32+	32:10+	36:48+	37:51+	39:51+	43:24+	45:19+	48:06+	49:07+	50:05+
02:40+	01:05+	01:51+	02:50+	00:51+	01:32+	00:37+	04:59+	01:28+	01:27+	00:52+	00:25+	01:20+	02:13+	01:34+	04:04+	01:44+	00:38+	04:38+	01:03+	02:00+	03:33+	01:55+	02:47+	01:01+	00:58+
02:40+	01:05+	01:51+	02:50+	00:51+	01:32+	00:37+	04:59+	01:28+	01:27+	00:52+	00:25+	01:20+	02:13+	01:34+	04:04+	01:44+	00:38+	04:38+	01:03+	02:00+	03:33+	01:55+	02:47+	01:01+	00:58+
51:17+	52:19+	52:32+																							
01:12+	01:02+	00:13+																							
01:12+	01:02+	00:13+																							
9	Jorunn Johannesen			1683			53:14																		
02:26+	03:35+	05:17+	09:27+	10:18+	11:52+	12:33+	15:35+	17:18+	18:45+	21:01+	21:29+	22:36+	24:44+	26:33+	30:12+	31:31+	32:13+	36:26+	37:39+	39:04+	42:30+	44:36+	49:05+	50:08+	50:59+
02:26+	01:09+	01:42+	04:10+	00:51+	01:34+	00:41+	03:02+	01:43+	01:27+	02:16+	00:28+	01:07+	02:08+	01:49+	03:39+	01:19+	00:42+	04:13+	01:13+	01:25+	03:26+	02:06+	04:29+	01:03+	00:51+
02:26+	01:09+	01:42+	04:10+	00:51+	01:34+	00:41+	03:02+	01:43+	01:27+	02:16+	00:28+	01:07+	02:08+	01:49+	03:39+	01:19+	00:42+	04:13+	01:13+	01:25+	03:26+	02:06+	04:29+	01:03+	00:51+
52:06+	53:00+	53:14+																							
01:07+	00:54+	00:14+																							
01:07+	00:54+	00:14+																							
10	Ida Kolstø			3502			54:02																		
02:13+	03:39+	05:27+	08:25+	09:11+	10:37+	11:13+	15:01+	16:20+	17:41+	18:35+	19:04+	19:59+	21:52+	23:28+	27:04+	28:55+	29:32+	37:47+	39:15+	41:03+	45:31+	47:28+	49:27+	50:41+	51:51+
02:13+	01:26+	01:48+	02:58+	00:46+	01:26+	00:36+	03:48+	01:19+	01:21+	00:54+	00:29+	00:55+	01:53+	01:36+	03:36+	01:51+	00:37+	08:15+	01:28+	01:48+	04:28+	01:57+	01:59+	01:14+	01:10+
02:13+	01:26+	01:48+	02:58+	00:46+	01:26+	00:36+	03:48+	01:19+	01:21+	00:54+	00:29+	00:55+	01:53+	01:36+	03:36+	01:51+	00:37+	08:15+	01:28+	01:48+	04:28+	01:57+	01:59+	01:14+	01:10+
53:02+	53:50+	54:02+																							
01:11+	00:48+	00:12+																							
01:11+	00:48+	00:12+																							
11	Anina Hadland			3502			55:34																		
03:20+	04:21+	06:17+	08:43+	09:20+	11:09+	11:53+	14:41+	16:29+	18:10+	18:57+	19:18+	21:28+	25:45+	27:19+	34:07+	35:24+	35:59+	40:54+	42:00+	43:12+	46:17+	48:13+	50:27+	51:39+	53:07+
03:20+	01:01+	01:56+	02:26+	00:37+	01:49+	00:44+	02:48+	01:48+	01:41+	00:47+	00:21+	02:10+	04:17+	01:34+	06:48+	01:17+	00:35+	04:55+	01:06+	01:12+	03:05+	01:56+	02:14+	01:12+	01:28+
03:20+	01:01+	01:56+	02:26+	00:37+	01:49+	00:44+	02:48+	01:48+	01:41+	00:47+	00:21+	02:10+	04:17+	01:34+	06:48+	01:17+	00:35+	04:55+	01:06+	01:12+	03:05+	01:56+	02:14+	01:12+	01:28+
54:24+	55:23+	55:34+																							
01:17+	00:59+	00:11+																							
01:17+	00:59+	00:11+																							

Plass	Navn	Klasse	Tid
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Damer B

Ann Karin Tjørhom			1884			56:37																			
03:12+	04:36+	06:47+	09:18+	10:04+	12:17+	13:02+	15:44+	17:29+	19:05+	20:04+	20:32+	21:36+	24:07+	25:46+	30:05+	32:32+	33:11+	38:01+	39:53+	41:52+	46:00+	47:59+	50:03+	51:28+	54:05+
03:12+	01:24+	02:11+	02:31+	00:46+	02:13+	00:45+	02:42+	01:45+	01:36+	00:59+	00:28+	01:04+	02:31+	01:39+	04:19+	02:27+	00:39+	04:50+	01:52+	01:59+	04:08+	01:59+	02:04+	01:25+	02:37+
55:20+	56:22+	56:37+																							
01:15+	01:02+	00:15+																							
01:15+	01:02+	00:15+																							
Grethe Anda Fuglestad			1683			56:50																			
02:30+	03:42+	06:28+	08:23+	09:12+	10:33+	11:15+	17:03+	18:39+	20:07+	21:02+	21:27+	22:37+	24:59+	26:45+	30:38+	32:23+	33:08+	38:05+	39:12+	40:33+	44:09+	46:58+	51:20+	52:41+	53:44+
02:30+	01:12+	02:46+	01:55+	00:49+	01:21+	00:42+	05:48+	01:36+	01:28+	00:55+	00:25+	01:10+	02:22+	01:46+	03:53+	01:45+	00:45+	04:57+	01:07+	01:21+	03:36+	02:49+	04:22+	01:21+	01:03+
02:30+	01:12+	02:46+	01:55+	00:49+	01:21+	00:42+	05:48+	01:36+	01:28+	00:55+	00:25+	01:10+	02:22+	01:46+	03:53+	01:45+	00:45+	04:57+	01:07+	01:21+	03:36+	02:49+	04:22+	01:21+	01:03+
55:25+	56:35+	56:50+																							
01:41+	01:10+	00:15+																							
01:41+	01:10+	00:15+																							
Anne Garsrud			3518			57:41																			
02:42+	03:59+	05:45+	08:07+	08:54+	11:48+	12:43+	15:18+	17:04+	18:24+	20:08+	20:30+	21:30+	23:42+	25:03+	28:30+	29:53+	30:28+	35:51+	36:50+	37:56+	48:19+	50:22+	52:05+	53:29+	54:34+
02:42+	01:17+	01:46+	02:22+	00:47+	02:54+	00:55+	02:35+	01:46+	01:20+	01:44+	00:22+	01:00+	02:12+	01:21+	03:27+	01:23+	00:35+	05:23+	00:59+	01:06+	10:23+	02:03+	01:43+	01:24+	01:05+
02:42+	01:17+	01:46+	02:22+	00:47+	02:54+	00:55+	02:35+	01:46+	01:20+	01:44+	00:22+	01:00+	02:12+	01:21+	03:27+	01:23+	00:35+	05:23+	00:59+	01:06+	10:23+	02:03+	01:43+	01:24+	01:05+
56:25+	57:26+	57:41+																							
01:51+	01:01+	00:15+																							
01:51+	01:01+	00:15+																							
Toyah Bråtveit			1832			58:06																			
06:30+	07:50+	09:34+	13:11+	13:53+	15:32+	16:07+	19:50+	21:13+	22:33+	23:31+	24:09+	25:11+	27:04+	28:41+	32:18+	35:12+	35:48+	40:29+	41:51+	43:27+	48:19+	50:44+	52:47+	54:46+	56:00+
06:30+	01:20+	01:44+	03:37+	00:42+	01:39+	00:35+	03:43+	01:23+	01:20+	00:58+	00:38+	01:02+	01:53+	01:37+	03:37+	02:54+	00:36+	04:41+	01:22+	01:36+	04:52+	02:25+	02:03+	01:59+	01:14+
06:30+	01:20+	01:44+	03:37+	00:42+	01:39+	00:35+	03:43+	01:23+	01:20+	00:58+	00:38+	01:02+	01:53+	01:37+	03:37+	02:54+	00:36+	04:41+	01:22+	01:36+	04:52+	02:25+	02:03+	01:59+	01:14+
56:52+	57:54+	58:06+																							
00:52+	01:02+	00:12+																							
00:52+	01:02+	00:12+																							
Anne Sæbø Vik			1683			59:12																			
02:34+	03:53+	06:11+	08:26+	09:28+	12:55+	13:38+	20:31+	22:04+	23:33+	24:34+	25:03+	26:08+	28:12+	29:44+	33:24+	34:58+	35:34+	40:40+	41:44+	43:02+	49:37+	51:36+	53:43+	55:22+	56:39+
02:34+	01:19+	02:18+	02:15+	01:02+	03:27+	00:43+	06:53+	01:33+	01:29+	01:01+	00:29+	01:05+	02:04+	01:32+	03:40+	01:34+	00:36+	05:06+	01:04+	01:18+	06:35+	01:59+	02:07+	01:39+	01:17+
02:34+	01:19+	02:18+	02:15+	01:02+	03:27+	00:43+	06:53+	01:33+	01:29+	01:01+	00:29+	01:05+	02:04+	01:32+	03:40+	01:34+	00:36+	05:06+	01:04+	01:18+	06:35+	01:59+	02:07+	01:39+	01:17+
57:52+	58:57+	59:12+																							
01:13+	01:05+	00:15+																							
01:13+	01:05+	00:15+																							
Hege Anita H. Nielsen			3545			59:48																			
03:01+	04:20+	06:59+	09:55+	11:06+	12:33+	13:16+	17:18+	19:02+	20:51+	21:48+	22:18+	23:30+	26:12+	28:07+	32:59+	35:11+	36:04+	42:00+	43:21+	44:39+	48:37+	51:15+	53:40+	55:36+	57:13+
03:01+	01:19+	02:39+	02:56+	01:11+	01:27+	00:43+	04:02+	01:44+	01:49+	00:57+	00:30+	01:12+	02:42+	01:55+	04:52+	02:12+	00:53+	05:56+	01:21+	01:18+	03:58+	02:38+	02:25+	01:56+	01:37+
03:01+	01:19+	02:39+	02:56+	01:11+	01:27+	00:43+	04:02+	01:44+	01:49+	00:57+	00:30+	01:12+	02:42+	01:55+	04:52+	02:12+	00:53+	05:56+	01:21+	01:18+	03:58+	02:38+	02:25+	01:56+	01:37+
58:29+	59:35+	59:48+																							
01:16+	01:06+	00:13+																							
01:16+	01:06+	00:13+																							
Ragnhild Auglænd			769			1:00:16																			
02:57+	04:21+	06:22+	08:56+	09:41+	11:02+	11:42+	15:09+	17:10+	18:59+	20:43+	21:14+	22:31+	25:15+	27:05+	31:52+	33:57+	34:51+	40:51+	42:02+	44:09+	49:41+	51:58+	54:53+	56:13+	57:45+
02:57+	01:24+	02:01+	02:34+	00:45+	01:21+	00:40+	03:27+	02:01+	01:49+	01:44+	00:31+	01:17+	02:44+	01:50+	04:47+	02:05+	00:54+	06:00+	01:11+	02:07+	05:32+	02:17+	02:55+	01:20+	01:32+
02:57+	01:24+	02:01+	02:34+	00:45+	01:21+	00:40+	03:27+	02:01+	01:49+	01:44+	00:31+	01:17+	02:44+	01:50+	04:47+	02:05+	00:54+	06:00+	01:11+	02:07+	05:32+	02:17+	02:55+	01:20+	01:32+
59:00+	60:00+	60:16+																							
01:15+	01:00+	00:16+																							
01:15+	01:00+	00:16+																							
Kristin Breivold			892			1:01:53																			
03:01+	04:14+	08:37+	11:14+	12:46+	16:45+	17:30+	21:12+	22:49+	24:20+	26:04+	26:38+	27:48+	30:15+	32:25+	36:54+	39:04+	39:45+	44:52+	46:28+	48:02+	51:58+	54:22+	56:30+	57:57+	59:04+
03:01+	01:13+	04:23+	02:37+	01:32+	03:59+	00:45+	03:42+	01:37+	01:31+	01:44+	00:34+	01:10+	02:27+	02:10+	04:29+	02:10+	00:41+	05:07+	01:36+	01:34+	03:56+	02:24+	02:08+	01:27+	01:07+
03:01+	01:13+	04:23+	02:37+	01:32+	03:59+	00:45+	03:42+	01:37+	01:31+	01:44+	00:34+	01:10+	02:27+	02:10+	04:29+	02:10+	00:41+	05:07+	01:36+	01:34+	03:56+	02:24+	02:08+	01:27+	01:07+
60:34+	61:37+	61:53+																							
01:30+	01:03+	00:16+																							
01:30+	01:03+	00:16+																							

Plass	Navn	Klasse	Tid
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Damer B

20 Mariann Sveinsvoll													3504													1:04:36												
02:36+	04:01+	06:15+	09:00+	10:03+	12:43+	13:32+	17:18+	19:03+	20:44+	22:10+	22:45+	24:09+	27:02+	28:58+	33:06+	35:10+	36:10+	42:08+	45:00+	46:33+	51:31+	54:25+	56:50+	60:13+	61:54+													
02:36+	01:25+	02:14+	02:45+	01:03+	02:40+	00:49+	03:46+	01:45+	01:41+	01:26+	00:35+	01:24+	02:53+	01:56+	04:08+	02:04+	01:00+	05:58+	02:52+	01:33+	04:58+	02:54+	02:25+	03:23+	01:41+													
02:36+	01:25+	02:14+	02:45+	01:03+	02:40+	00:49+	03:46+	01:45+	01:41+	01:26+	00:35+	01:24+	02:53+	01:56+	04:08+	02:04+	01:00+	05:58+	02:52+	01:33+	04:58+	02:54+	02:25+	03:23+	01:41+													
63:15+	64:22+	64:36+																																				
01:21+	01:07+	00:14+																																				
01:21+	01:07+	00:14+																																				

Beste strekktid for klassen

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

Damer Ny

1	Bente Klausen											769		
01:36=	02:15=	03:23=	04:46=	06:49=	08:19=	09:27=	09:57=	11:28=	12:42=	14:14=	14:31=			
01:36=	00:39=	01:08=	01:23=	02:03=	01:30=	01:08=	00:30=	01:31=	01:14=	01:32=	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=			
2	Karoline Blyberg Lillehammer											1758		
01:23-	02:01-	03:53+	05:08+	07:40+	09:25+	10:34+	11:35+	12:58+	15:58+	17:23+	17:38+			
01:23-	00:38-	01:52+	01:15-	02:32+	01:45+	01:09+	01:01+	01:23-	03:00+	01:25-	00:15-			
00:13-	00:01-	00:44&	00:08-	00:29#	00:15#	00:01+	00:31@	00:08-	01:46@	00:07-	00:02-			
3	Jannecke A. Moe											1758		
01:58+	02:55+	04:52+	06:16+	11:41+	13:22+	14:52+	15:44+	17:57+	19:52+	21:16+	21:46+			
01:58+	00:57+	01:57+	01:24+	05:25+	01:41+	01:30+	00:52+	02:13+	01:55+	01:24-	00:30+			
00:22#	00:18&	00:49&	00:01+	03:22@	00:11#	00:22&	00:22&	00:42&	00:41&	00:08-	00:13&			

Beste strekktid for klassen

01:23	00:38	01:08	01:15	02:03	01:30	01:08	00:30	01:23	01:14	01:24	00:15
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer Trim

1	Fride Wirak													1830		22:49	
01:42=	03:47=	05:47=	07:20=	08:25=	09:59=	10:38=	12:49=	15:20=	17:22=	18:25=	19:35=	21:30=	22:35=	22:49=			
01:42=	02:05=	02:00=	01:33=	01:05=	01:34=	00:39=	02:11=	02:31=	02:02=	01:03=	01:10=	01:55=	01:05=	00:14=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Benedicte Kvalevåg													769		24:48	
01:21-	03:28-	05:20-	06:48-	07:52-	10:47+	11:33+	14:13+	17:04+	19:10+	20:09+	21:19+	23:16+	24:33+	24:48+			
01:21-	02:07+	01:52-	01:28-	01:04-	02:55+	00:46+	02:40+	02:51+	02:06+	00:59-	01:10=	01:57+	01:17+	00:15+			
00:21-	00:02+	00:08-	00:05-	00:01-	01:21&	00:07#	00:29#	00:20#	00:04+	00:04-	00:00=	00:02+	00:12#	00:01+			
3	Marit L. Undheim													3529		25:17	
01:23-	03:25-	05:55+	07:23+	08:29+	10:41+	11:26+	13:50+	16:18+	18:45+	19:50+	21:08+	23:47+	25:01+	25:17+			
01:23-	02:02-	02:30+	01:28-	01:06+	02:12+	00:45+	02:24+	02:28-	02:27+	01:05+	01:18+	02:39+	01:14+	00:16+			
00:19-	00:03-	00:30#	00:05-	00:01+	00:38&	00:06#	00:13+	00:03-	00:25#	00:02+	00:08#	00:44&	00:09#	00:02#			
4	Marta Bertolaso													1832		26:45	
01:23-	03:27-	05:14-	06:50-	08:04-	10:21+	11:10+	13:22+	16:22+	18:54+	20:23+	21:50+	24:16+	26:27+	26:45+			
01:23-	02:04-	01:47-	01:36+	01:14+	02:17+	00:49+	02:12+	03:00+	02:32+	01:29+	01:27+	02:26+	02:11+	00:18+			
00:19-	00:01-	00:13-	00:03+	00:09#	00:43&	00:10&	00:01+	00:29#	00:30#	00:26&	00:17#	00:31&	01:06@	00:04&			
5	Silje Rese													1832		26:45	
01:21-	03:24-	05:17-	06:52-	08:06-	10:18+	11:13+	13:25+	16:19+	19:00+	20:27+	21:53+	24:13+	26:24+	26:45+			
01:21-	02:03-	01:53-	01:35+	01:14+	02:12+	00:55+	02:12+	02:54+	02:41+	01:27+	01:26+	02:20+	02:11+	00:21+			
00:21-	00:02-	00:07-	00:02+	00:09#	00:38&	00:16&	00:01+	00:23#	00:39&	00:24&	00:16#	00:25#	01:06@	00:07&			
6	Elisabet Horpestad													896		26:59	
01:25-	04:14+	06:11+	07:39+	08:44+	11:28+	13:11+	15:24+	18:08+	20:51+	22:10+	23:26+	25:34+	26:47+	26:59+			
01:25-	02:49+	01:57-	01:28-	01:05=	02:44+	01:43+	02:13+	02:44+	02:43+	01:19+	01:16+	02:08+	01:13+	00:12-			
00:17-	00:44&	00:03-	00:05-	00:00=	01:10&	01:04@	00:02+	00:13+	00:41&	00:16&	00:06+	00:13#	00:08#	00:02-			

Plass	Navn										Klasse				Tid			
Damer Trim																		
7	Monica Regine Romstad										722				27:28			
	01:32-	04:03+	05:55+	07:35+	08:45+	11:40+	12:36+	15:04+	17:36+	20:11+	21:56+	23:10+	25:51+	27:13+	27:28+			
	01:32-	02:31+	01:52-	01:40+	01:10+	02:55+	00:56+	02:28+	02:32+	02:35+	01:45+	01:14+	02:41+	01:22+	00:15+			
	00:10-	00:26#	00:08-	00:07+	00:05+	01:21#	00:17#	00:17#	00:01+	00:33#	00:42#	00:04+	00:46#	00:17#	00:01+			
8	Ane Odland										1683				28:02			
	01:31+	03:36+	05:41+	07:09+	08:18+	12:39+	14:17+	16:19+	19:15+	21:54+	23:29+	24:47+	26:41+	27:50+	28:02+			
	01:31+	02:05+	02:05+	01:28+	01:09+	04:21+	01:38+	02:02+	02:56+	02:39+	01:35+	01:18+	01:54+	01:09+	00:12+			
	01:31+	02:05+	02:05+	01:28+	01:09+	04:21+	01:38+	02:02+	02:56+	02:39+	01:35+	01:18+	01:54+	01:09+	00:12+			
9	Elisa Møller										769				28:03			
	01:43+	04:13+	06:22+	08:05+	09:19+	11:46+	12:42+	15:19+	18:23+	21:11+	22:28+	24:10+	26:25+	27:49+	28:03+			
	01:43+	02:30+	02:09+	01:43+	01:14+	02:27+	00:56+	02:37+	03:04+	02:48+	01:17+	01:42+	02:15+	01:24+	00:14+			
	01:43+	02:30+	02:09+	01:43+	01:14+	02:27+	00:56+	02:37+	03:04+	02:48+	01:17+	01:42+	02:15+	01:24+	00:14+			
10	Siv Bogfjelldal										3507				28:05			
	01:28+	03:39+	05:48+	07:27+	08:34+	11:46+	12:34+	15:37+	18:32+	21:11+	22:26+	23:49+	25:52+	27:47+	28:05+			
	01:28+	02:11+	02:09+	01:39+	01:07+	03:12+	00:48+	03:03+	02:55+	02:39+	01:15+	01:23+	02:03+	01:55+	00:18+			
	01:28+	02:11+	02:09+	01:39+	01:07+	03:12+	00:48+	03:03+	02:55+	02:39+	01:15+	01:23+	02:03+	01:55+	00:18+			
11	Mona Berntsen										1832				28:20			
	01:25+	03:39+	05:37+	07:17+	08:29+	10:40+	11:27+	16:09+	19:13+	22:02+	23:12+	24:32+	26:44+	28:03+	28:20+			
	01:25+	02:14+	01:58+	01:40+	01:12+	02:11+	00:47+	04:42+	03:04+	02:49+	01:10+	01:20+	02:12+	01:19+	00:17+			
	01:25+	02:14+	01:58+	01:40+	01:12+	02:11+	00:47+	04:42+	03:04+	02:49+	01:10+	01:20+	02:12+	01:19+	00:17+			
12	Karine Ditlevsen										896				28:28			
	01:52+	04:29+	07:05+	08:48+	09:54+	12:28+	13:30+	16:06+	19:30+	21:48+	23:04+	24:28+	26:37+	28:12+	28:28+			
	01:52+	02:37+	02:36+	01:43+	01:06+	02:34+	01:02+	02:36+	03:24+	02:18+	01:16+	01:24+	02:09+	01:35+	00:16+			
	01:52+	02:37+	02:36+	01:43+	01:06+	02:34+	01:02+	02:36+	03:24+	02:18+	01:16+	01:24+	02:09+	01:35+	00:16+			
13	Therese Østbø										896				28:31			
	01:54+	04:32+	07:10+	08:50+	09:56+	12:31+	13:32+	16:08+	19:29+	21:50+	23:07+	24:31+	26:37+	28:15+	28:31+			
	01:54+	02:38+	02:38+	01:40+	01:06+	02:35+	01:01+	02:36+	03:21+	02:21+	01:17+	01:24+	02:06+	01:38+	00:16+			
	01:54+	02:38+	02:38+	01:40+	01:06+	02:35+	01:01+	02:36+	03:21+	02:21+	01:17+	01:24+	02:06+	01:38+	00:16+			
14	Sigrund Serigstad										879				28:54			
	01:09+	04:46+	07:12+	10:15+	11:08+	15:00+	15:56+	18:23+	21:22+	23:17+	24:24+	25:38+	27:18+	28:42+	28:54+			
	01:09+	03:37+	02:26+	03:03+	00:53+	03:52+	00:56+	02:27+	02:59+	01:55+	01:07+	01:14+	01:40+	01:24+	00:12+			
	01:09+	03:37+	02:26+	03:03+	00:53+	03:52+	00:56+	02:27+	02:59+	01:55+	01:07+	01:14+	01:40+	01:24+	00:12+			
15	Ingunn Monsen										3525				29:03			
	01:28+	03:47+	06:36+	08:12+	09:28+	11:49+	12:36+	17:09+	20:10+	22:42+	23:52+	25:11+	27:29+	28:47+	29:03+			
	01:28+	02:19+	02:49+	01:36+	01:16+	02:21+	00:47+	04:33+	03:01+	02:32+	01:10+	01:19+	02:18+	01:18+	00:16+			
	01:28+	02:19+	02:49+	01:36+	01:16+	02:21+	00:47+	04:33+	03:01+	02:32+	01:10+	01:19+	02:18+	01:18+	00:16+			
16	Oda Ravnås Waldeland										NOTEAM				30:53			
	01:34+	03:38+	06:12+	07:50+	08:52+	13:19+	16:08+	18:56+	22:00+	24:31+	25:59+	27:10+	29:28+	30:36+	30:53+			
	01:34+	02:04+	02:34+	01:38+	01:02+	04:27+	02:49+	02:48+	03:04+	02:31+	01:28+	01:11+	02:18+	01:08+	00:17+			
	01:34+	02:04+	02:34+	01:38+	01:02+	04:27+	02:49+	02:48+	03:04+	02:31+	01:28+	01:11+	02:18+	01:08+	00:17+			
17	Karianne Skogland Enerstvedt										722				32:03			
	01:35+	03:48+	05:36+	09:37+	10:43+	13:32+	14:54+	18:52+	21:58+	24:52+	25:51+	27:23+	29:31+	31:45+	32:03+			
	01:35+	02:13+	01:48+	04:01+	01:06+	02:49+	01:22+	03:58+	03:06+	02:54+	00:59+	01:32+	02:08+	02:14+	00:18+			
	01:35+	02:13+	01:48+	04:01+	01:06+	02:49+	01:22+	03:58+	03:06+	02:54+	00:59+	01:32+	02:08+	02:14+	00:18+			
18	Ingrid Dagsland Halderaker										3562				32:26			
	02:05+	04:56+	07:19+	09:24+	11:02+	13:14+	14:02+	16:35+	20:18+	23:15+	24:42+	26:29+	28:51+	32:05+	32:26+			
	02:05+	02:51+	02:23+	02:05+	01:38+	02:12+	00:48+	02:33+	03:43+	02:57+	01:27+	01:47+	02:22+	03:14+	00:21+			
	02:05+	02:51+	02:23+	02:05+	01:38+	02:12+	00:48+	02:33+	03:43+	02:57+	01:27+	01:47+	02:22+	03:14+	00:21+			
19	Tonje Undheim										3533				32:41			
	01:27+	04:19+	07:11+	09:01+	10:13+	14:28+	15:48+	18:34+	21:25+	24:16+	25:38+	27:13+	31:00+	32:22+	32:41+			
	01:27+	02:52+	02:52+	01:50+	01:12+	04:15+	01:20+	02:46+	02:51+	02:51+	01:22+	01:35+	03:47+	01:22+	00:19+			
	01:27+	02:52+	02:52+	01:50+	01:12+	04:15+	01:20+	02:46+	02:51+	02:51+	01:22+	01:35+	03:47+	01:22+	00:19+			
20	Marianne Berge										3512				33:02			
	01:35+	04:56+	07:48+	09:30+	10:46+	12:51+	13:59+	19:12+	23:03+	26:19+	27:32+	28:59+	31:16+	32:44+	33:02+			
	01:35+	03:21+	02:52+	01:42+	01:16+	02:05+	01:08+	05:13+	03:51+	03:16+	01:13+	01:27+	02:17+	01:28+	00:18+			
	01:35+	03:21+	02:52+	01:42+	01:16+	02:05+	01:08+	05:13+	03:51+	03:16+	01:13+	01:27+	02:17+	01:28+	00:18+			

Plass	Navn											Klasse				Tid			
Damer Trim																			
21	Unni Byberg Mæstad											892				33:14			
	01:41+	04:22+	06:45+	08:41+	10:06+	13:18+	14:12+	17:08+	20:33+	24:18+	25:35+	27:08+	30:21+	32:56+	33:14+				
	01:41+	02:41+	02:23+	01:56+	01:25+	03:12+	00:54+	02:56+	03:25+	03:45+	01:17+	01:33+	03:13+	02:35+	00:18+				
	01:41+	02:41+	02:23+	01:56+	01:25+	03:12+	00:54+	02:56+	03:25+	03:45+	01:17+	01:33+	03:13+	02:35+	00:18+				
22	Anette Tronstad											1832				34:31			
	01:36+	05:04+	07:30+	09:36+	10:55+	15:33+	16:28+	20:49+	24:16+	27:05+	28:19+	30:06+	32:37+	34:12+	34:31+				
	01:36+	03:28+	02:26+	02:06+	01:19+	04:38+	00:55+	04:21+	03:27+	02:49+	01:14+	01:47+	02:31+	01:35+	00:19+				
	01:36+	03:28+	02:26+	02:06+	01:19+	04:38+	00:55+	04:21+	03:27+	02:49+	01:14+	01:47+	02:31+	01:35+	00:19+				
23	Marie Hernæs Larsen											3565				34:41			
	01:32+	04:56+	08:27+	10:12+	11:24+	16:08+	17:07+	20:03+	23:17+	26:52+	28:45+	30:12+	32:44+	34:22+	34:41+				
	01:32+	03:24+	03:31+	01:45+	01:12+	04:44+	00:59+	02:56+	03:14+	03:35+	01:53+	01:27+	02:32+	01:38+	00:19+				
	01:32+	03:24+	03:31+	01:45+	01:12+	04:44+	00:59+	02:56+	03:14+	03:35+	01:53+	01:27+	02:32+	01:38+	00:19+				
24	Stine Dalland											3512				35:00			
	01:13+	03:23+	06:32+	12:29+	13:29+	15:23+	18:42+	21:54+	25:05+	28:04+	29:13+	30:27+	32:57+	34:45+	35:00+				
	01:13+	02:10+	03:09+	05:57+	01:00+	01:54+	03:19+	03:12+	03:11+	02:59+	01:09+	01:14+	02:30+	01:48+	00:15+				
	01:13+	02:10+	03:09+	05:57+	01:00+	01:54+	03:19+	03:12+	03:11+	02:59+	01:09+	01:14+	02:30+	01:48+	00:15+				
25	Heidi Camilla Raugstad Hovet											769				35:32			
	01:31+	05:37+	08:13+	10:05+	11:27+	15:25+	16:40+	20:54+	24:15+	27:18+	28:39+	30:23+	33:29+	35:13+	35:32+				
	01:31+	04:06+	02:36+	01:52+	01:22+	03:58+	01:15+	04:14+	03:21+	03:03+	01:21+	01:44+	03:06+	01:44+	00:19+				
	01:31+	04:06+	02:36+	01:52+	01:22+	03:58+	01:15+	04:14+	03:21+	03:03+	01:21+	01:44+	03:06+	01:44+	00:19+				
26	Eli Thorset Våge											896				35:47			
	02:06+	05:04+	08:02+	10:14+	11:59+	15:49+	16:54+	19:59+	23:59+	27:17+	28:54+	30:42+	33:32+	35:29+	35:47+				
	02:06+	02:58+	02:58+	02:12+	01:45+	03:50+	01:05+	03:05+	04:00+	03:18+	01:37+	01:48+	02:50+	01:57+	00:18+				
	02:06+	02:58+	02:58+	02:12+	01:45+	03:50+	01:05+	03:05+	04:00+	03:18+	01:37+	01:48+	02:50+	01:57+	00:18+				
27	Ritva Halsne											722				35:55			
	01:31+	03:49+	06:23+	08:09+	09:21+	12:22+	13:23+	17:35+	20:50+	28:52+	30:24+	31:33+	33:49+	35:38+	35:55+				
	01:31+	02:18+	02:34+	01:46+	01:12+	03:01+	01:01+	04:12+	03:15+	08:02+	01:32+	01:09+	02:16+	01:49+	00:17+				
	01:31+	02:18+	02:34+	01:46+	01:12+	03:01+	01:01+	04:12+	03:15+	08:02+	01:32+	01:09+	02:16+	01:49+	00:17+				
28	Marianne Høie											1683				36:02			
	06:25+	09:22+	11:58+	13:40+	15:03+	18:10+	19:14+	22:22+	26:17+	29:06+	30:24+	31:51+	34:11+	35:45+	36:02+				
	06:25+	02:57+	02:36+	01:42+	01:23+	03:07+	01:04+	03:08+	03:55+	02:49+	01:18+	01:27+	02:20+	01:34+	00:17+				
	06:25+	02:57+	02:36+	01:42+	01:23+	03:07+	01:04+	03:08+	03:55+	02:49+	01:18+	01:27+	02:20+	01:34+	00:17+				
29	Ingrid Overegseth Foss											896				37:24			
	01:25+	03:26+	05:08+	06:38+	07:50+	11:02+	11:59+	21:20+	24:11+	26:32+	27:49+	29:23+	35:46+	37:08+	37:24+				
	01:25+	02:01+	01:42+	01:30+	01:12+	03:12+	00:57+	09:21+	02:51+	02:21+	01:17+	01:34+	06:23+	01:22+	00:16+				
	01:25+	02:01+	01:42+	01:30+	01:12+	03:12+	00:57+	09:21+	02:51+	02:21+	01:17+	01:34+	06:23+	01:22+	00:16+				
30	Lisbeth Davidsen											722				37:26			
	01:35+	04:06+	07:20+	08:53+	10:03+	12:44+	16:18+	22:57+	25:55+	28:46+	30:45+	32:33+	35:15+	37:09+	37:26+				
	01:35+	02:31+	03:14+	01:33+	01:10+	02:41+	03:34+	06:39+	02:58+	02:51+	01:59+	01:48+	02:42+	01:54+	00:17+				
	01:35+	02:31+	03:14+	01:33+	01:10+	02:41+	03:34+	06:39+	02:58+	02:51+	01:59+	01:48+	02:42+	01:54+	00:17+				
31	Kristine Vik											1284				38:02			
	01:36+	06:31+	09:11+	11:31+	13:36+	16:27+	17:21+	20:48+	24:51+	29:04+	30:43+	32:21+	35:19+	37:42+	38:02+				
	01:36+	04:55+	02:40+	02:20+	02:05+	02:51+	00:54+	03:27+	04:03+	04:13+	01:39+	01:38+	02:58+	02:23+	00:20+				
	01:36+	04:55+	02:40+	02:20+	02:05+	02:51+	00:54+	03:27+	04:03+	04:13+	01:39+	01:38+	02:58+	02:23+	00:20+				
32	Ruth Grødem											722				39:06			
	02:07+	06:00+	08:24+	10:43+	12:54+	15:55+	17:14+	23:37+	27:03+	30:15+	31:47+	33:29+	36:09+	38:44+	39:06+				
	02:07+	03:53+	02:24+	02:19+	02:11+	03:01+	01:19+	06:23+	03:26+	03:12+	01:32+	01:42+	02:40+	02:35+	00:22+				
	02:07+	03:53+	02:24+	02:19+	02:11+	03:01+	01:19+	06:23+	03:26+	03:12+	01:32+	01:42+	02:40+	02:35+	00:22+				
33	Kirsti Strand Salvesen											3540				39:15			
	02:14+	07:50+	10:21+	12:35+	14:20+	17:17+	18:43+	22:41+	26:41+	30:02+	31:33+	33:27+	36:03+	38:48+	39:15+				
	02:14+	05:36+	02:31+	02:14+	01:45+	02:57+	01:26+	03:58+	04:00+	03:21+	01:31+	01:54+	02:36+	02:45+	00:27+				
	02:14+	05:36+	02:31+	02:14+	01:45+	02:57+	01:26+	03:58+	04:00+	03:21+	01:31+	01:54+	02:36+	02:45+	00:27+				
34	Ida Sjursø											1754				40:09			
	01:49+	05:38+	08:38+	10:41+	12:06+	15:49+	16:43+	23:30+	27:18+	31:32+	32:56+	34:32+	37:25+	39:52+	40:09+				
	01:49+	03:49+	03:00+	02:03+	01:25+	03:43+	00:54+	06:47+	03:48+	04:14+	01:24+	01:36+	02:53+	02:27+	00:17+				
	01:49+	03:49+	03:00+	02:03+	01:25+	03:43+	00:54+	06:47+	03:48+	04:14+	01:24+	01:36+	02:53+	02:27+	00:17+				

Damer Trim

35	Brit Svihus					892								43:27	
02:12+	05:28+	08:36+	11:09+	12:58+	16:13+	18:19+	24:26+	28:16+	34:18+	35:54+	37:36+	40:36+	42:50+	43:27+	
02:12+	03:16+	03:08+	02:33+	01:49+	03:15+	02:06+	06:07+	03:50+	06:02+	01:36+	01:42+	03:00+	02:14+	00:37+	
02:12+	03:16+	03:08+	02:33+	01:49+	03:15+	02:06+	06:07+	03:50+	06:02+	01:36+	01:42+	03:00+	02:14+	00:37+	
36	Agnete Dedekam Stabel					1758								44:24	
02:59+	07:03+	10:12+	12:21+	14:05+	17:37+	18:26+	24:26+	29:43+	33:04+	35:03+	36:34+	41:17+	44:06+	44:24+	
02:59+	04:04+	03:09+	02:09+	01:44+	03:32+	00:49+	06:00+	05:17+	03:21+	01:59+	01:31+	04:43+	02:49+	00:18+	
02:59+	04:04+	03:09+	02:09+	01:44+	03:32+	00:49+	06:00+	05:17+	03:21+	01:59+	01:31+	04:43+	02:49+	00:18+	
37	Signe Lise Haaland					3507								45:15	
02:31+	05:57+	09:41+	12:23+	14:17+	17:39+	18:58+	24:43+	29:38+	34:21+	36:28+	38:51+	42:16+	44:44+	45:15+	
02:31+	03:26+	03:44+	02:42+	01:54+	03:22+	01:19+	05:45+	04:55+	04:43+	02:07+	02:23+	03:25+	02:28+	00:31+	
02:31+	03:26+	03:44+	02:42+	01:54+	03:22+	01:19+	05:45+	04:55+	04:43+	02:07+	02:23+	03:25+	02:28+	00:31+	
38	Solbjørg Borgersen					3527								46:56	
01:58+	04:28+	06:33+	15:26+	16:41+	19:12+	26:22+	32:54+	36:12+	38:48+	40:10+	42:04+	44:18+	46:36+	46:56+	
01:58+	02:30+	02:05+	08:53+	01:15+	02:31+	07:10+	06:32+	03:18+	02:36+	01:22+	01:54+	02:14+	02:18+	00:20+	
01:58+	02:30+	02:05+	08:53+	01:15+	02:31+	07:10+	06:32+	03:18+	02:36+	01:22+	01:54+	02:14+	02:18+	00:20+	
39	Liv Janne Fandrem Biland					892								47:31	
01:22+	03:52+	06:44+	08:29+	09:46+	14:24+	15:18+	18:03+	21:27+	38:59+	40:22+	42:03+	44:39+	46:53+	47:31+	
01:22+	02:30+	02:52+	01:45+	01:17+	04:38+	00:54+	02:45+	03:24+	17:32+	01:23+	01:41+	02:36+	02:14+	00:38+	
01:22+	02:30+	02:52+	01:45+	01:17+	04:38+	00:54+	02:45+	03:24+	17:32+	01:23+	01:41+	02:36+	02:14+	00:38+	
40	Johanna Rajala					885								49:48	
02:24+	08:41+	11:38+	14:27+	17:30+	22:54+	24:08+	28:22+	33:10+	38:08+	40:48+	43:33+	47:03+	49:20+	49:48+	
02:24+	06:17+	02:57+	02:49+	03:03+	05:24+	01:14+	04:14+	04:48+	04:58+	02:40+	02:45+	03:30+	02:17+	00:28+	
02:24+	06:17+	02:57+	02:49+	03:03+	05:24+	01:14+	04:14+	04:48+	04:58+	02:40+	02:45+	03:30+	02:17+	00:28+	
41	Margaux Simon					2023								49:57	
01:51+	06:22+	09:07+	10:51+	12:16+	28:18+	30:00+	35:26+	38:43+	42:02+	44:24+	46:04+	48:30+	49:43+	49:57+	
01:51+	04:31+	02:45+	01:44+	01:25+	16:02+	01:42+	05:26+	03:17+	03:19+	02:22+	01:40+	02:26+	01:13+	00:14+	
01:51+	04:31+	02:45+	01:44+	01:25+	16:02+	01:42+	05:26+	03:17+	03:19+	02:22+	01:40+	02:26+	01:13+	00:14+	
42	May Kristin Haaland					3511								54:55	
02:22+	05:44+	08:38+	11:13+	13:06+	18:13+	21:44+	30:42+	36:19+	40:55+	43:02+	45:07+	48:56+	54:21+	54:55+	
02:22+	03:22+	02:54+	02:35+	01:53+	05:07+	03:31+	08:58+	05:37+	04:36+	02:07+	02:05+	03:49+	05:25+	00:34+	
02:22+	03:22+	02:54+	02:35+	01:53+	05:07+	03:31+	08:58+	05:37+	04:36+	02:07+	02:05+	03:49+	05:25+	00:34+	
43	Bente Skagseth					3558								1:04:35	
01:44+	14:34+	16:41+	18:43+	20:11+	43:19+	44:08+	49:56+	53:25+	57:02+	58:24+	60:09+	62:43+	64:15+	64:35+	
01:44+	12:50+	02:07+	02:02+	01:28+	23:08+	00:49+	05:48+	03:29+	03:37+	01:22+	01:45+	02:34+	01:32+	00:20+	
01:44+	12:50+	02:07+	02:02+	01:28+	23:08+	00:49+	05:48+	03:29+	03:37+	01:22+	01:45+	02:34+	01:32+	00:20+	

Beste strekktid for klassen

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

Herrer 16 - 39 år

1	Ole Morten Haaland												3528												45:27											
01:56=	02:58=	04:40=	06:49=	07:29=	08:55=	09:29=	12:12=	13:39=	14:50=	15:52=	16:11=	17:05=	19:14=	20:25=	24:27=	25:44=	26:23=	31:44=	32:47=	34:08=	37:48=	39:35=	41:03=	42:15=	43:10=											
01:56=	01:02=	01:42=	02:09=	00:40=	01:26=	00:34=	02:43=	01:27=	01:11=	01:02=	00:19=	00:54=	02:09=	01:11=	04:02=	01:17=	00:39=	05:21=	01:03=	01:21=	03:40=	01:47=	01:28=	01:12=	00:55=											
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=											
44:23=	45:16=	45:27=																																		
01:13=	00:53=	00:11=																																		
00:00=	00:00=	00:00=																																		
2	Truls Thorkildsen												2074												45:32											
02:04+	03:06+	04:44+	08:44+	09:17+	10:21+	10:50+	14:15+	15:45+	17:16+	17:59+	18:21+	19:17+	21:29+	22:59+	26:25+	28:15+	28:44+	33:23+	34:40+	35:29+	38:00+	39:43+	41:23+	42:20+	43:25+											
02:04+	01:02=	01:38=	04:00+	00:33=	01:04=	00:29=	03:25+	01:30+	01:31+	00:43=	00:22+	00:56+	02:12+	01:30+	03:26=	01:50+	00:29=	04:39=	01:17+	00:49=	02:31=	01:43=	01:40+	00:57=	01:05+											
00:08+	00:00=	00:04=	01:51&	00:07=	00:22=	00:05=	00:42&	00:03+	00:20&	00:19=	00:03#	00:02+	00:03+	00:19&	00:36=	00:33&	00:10=	00:42=	00:14#	00:32=	01:09=	00:04=	00:12#	00:15=	00:10#											
44:28+	45:20+	45:32+																																		
01:03=	00:52=	00:12+																																		
00:10=	00:01=	00:01+																																		

Herrer 16 - 39 år

3	Per Christian Munkhaug										3516	46:25													
03:08+	04:08+	05:43+	07:52+	08:31+	09:46+	10:20+	14:11+	15:32+	16:52+	17:42+	18:05+	19:14+	21:18+	22:48+	26:03+	27:10+	27:37+	31:10-	31:59-	32:43-	38:36+	40:31+	42:14+	43:26+	44:25+
03:08+	01:00-	01:35-	02:09=	00:39-	01:15-	00:34=	03:51+	01:21-	01:20+	00:50-	00:23+	01:09+	02:04-	01:30+	03:15-	01:07-	00:27-	03:33-	00:49-	00:44-	05:53+	01:55+	01:43+	01:12=	00:59+
01:12&	00:02-	00:07-	00:00=	00:01-	00:11-	00:00=	01:08&	00:06-	00:09#	00:12-	00:04#	00:15&	00:05-	00:19&	00:47-	00:10-	00:12-	01:48-	00:14-	00:37-	02:13&	00:08+	00:15#	00:00=	00:04+
45:26+	46:14+	46:25+																							
01:01-	00:48-	00:11=																							
00:12-	00:05-	00:00=																							
4	Martin Skogland										3508	47:08													
02:23+	03:50+	05:22+	07:26+	08:06+	09:48+	10:30+	13:15+	15:20+	16:35+	17:44+	18:18+	19:51+	21:51+	23:12+	26:24+	27:59+	28:35+	33:03+	33:56+	35:05+	38:48+	41:11+	42:49+	44:03+	45:02+
02:23+	01:27+	01:32+	02:04+	00:40+	01:42+	00:42+	02:45+	02:05+	01:15+	01:09+	00:34+	01:33+	02:00+	01:21+	03:12+	01:35+	00:36+	04:28+	00:53+	01:09+	03:43+	02:23+	01:38+	01:14+	00:59+
02:23+	01:27+	01:32+	02:04+	00:40+	01:42+	00:42+	02:45+	02:05+	01:15+	01:09+	00:34+	01:33+	02:00+	01:21+	03:12+	01:35+	00:36+	04:28+	00:53+	01:09+	03:43+	02:23+	01:38+	01:14+	00:59+
46:08+	46:55+	47:08+																							
01:06+	00:47+	00:13+																							
01:06+	00:47+	00:13+																							
5	Håvard Hageberg										1832	52:38													
02:33+	03:46+	05:40+	08:20+	09:07+	10:25+	11:10+	13:44+	15:07+	16:29+	18:17+	18:44+	20:10+	22:11+	23:32+	27:02+	28:55+	30:06+	38:55+	39:51+	41:03+	44:46+	46:28+	48:22+	49:40+	50:37+
02:33+	01:13+	01:54+	02:40+	00:47+	01:18+	00:45+	02:34+	01:23+	01:22+	01:48+	00:27+	01:26+	02:01+	01:21+	03:30+	01:53+	01:11+	08:49+	00:56+	01:12+	03:43+	01:42+	01:54+	01:18+	00:57+
02:33+	01:13+	01:54+	02:40+	00:47+	01:18+	00:45+	02:34+	01:23+	01:22+	01:48+	00:27+	01:26+	02:01+	01:21+	03:30+	01:53+	01:11+	08:49+	00:56+	01:12+	03:43+	01:42+	01:54+	01:18+	00:57+
51:33+	52:25+	52:38+																							
00:56+	00:52+	00:13+																							
00:56+	00:52+	00:13+																							
6	Øyvind Rustan										722	52:50													
01:59+	03:04+	05:22+	07:39+	08:31+	09:48+	10:19+	13:41+	15:11+	16:19+	17:27+	18:15+	19:02+	21:34+	24:18+	27:31+	29:16+	29:53+	35:17+	36:06+	37:14+	44:17+	46:04+	48:45+	49:57+	50:53+
01:59+	01:05+	02:18+	02:17+	00:52+	01:17+	00:31+	03:22+	01:30+	01:08+	01:08+	00:48+	00:47+	02:32+	02:44+	03:13+	01:45+	00:37+	05:24+	00:49+	01:08+	07:03+	01:47+	02:41+	01:12+	00:56+
01:59+	01:05+	02:18+	02:17+	00:52+	01:17+	00:31+	03:22+	01:30+	01:08+	01:08+	00:48+	00:47+	02:32+	02:44+	03:13+	01:45+	00:37+	05:24+	00:49+	01:08+	07:03+	01:47+	02:41+	01:12+	00:56+
51:49+	52:39+	52:50+																							
00:56+	00:50+	00:11+																							
00:56+	00:50+	00:11+																							
7	Torbjørn Fuglestad										878	55:20													
02:13+	03:13+	04:57+	07:49+	08:43+	10:41+	11:37+	15:14+	16:45+	18:06+	18:50+	19:16+	20:13+	22:38+	24:08+	27:53+	29:39+	30:20+	37:19+	38:13+	39:07+	46:53+	48:42+	50:31+	51:54+	53:09+
02:13+	01:00+	01:44+	02:52+	00:54+	01:58+	00:56+	03:37+	01:31+	01:21+	00:44+	00:26+	00:57+	02:25+	01:30+	03:45+	01:46+	00:41+	06:59+	00:54+	00:54+	07:46+	01:49+	01:49+	01:23+	01:15+
02:13+	01:00+	01:44+	02:52+	00:54+	01:58+	00:56+	03:37+	01:31+	01:21+	00:44+	00:26+	00:57+	02:25+	01:30+	03:45+	01:46+	00:41+	06:59+	00:54+	00:54+	07:46+	01:49+	01:49+	01:23+	01:15+
54:12+	55:09+	55:20+																							
01:03+	00:57+	00:11+																							
01:03+	00:57+	00:11+																							
8	Erlend Syse										3559	56:57													
05:33+	06:53+	08:39+	11:04+	11:57+	13:12+	13:53+	18:01+	19:36+	21:12+	22:42+	23:16+	24:20+	26:35+	28:21+	32:21+	34:42+	35:28+	40:57+	42:27+	43:45+	47:43+	50:07+	52:04+	53:20+	54:35+
05:33+	01:20+	01:46+	02:25+	00:53+	01:15+	00:41+	04:08+	01:35+	01:36+	01:30+	00:34+	01:04+	02:15+	01:46+	04:00+	02:21+	00:46+	05:29+	01:30+	01:18+	03:58+	02:24+	01:57+	01:16+	01:15+
05:33+	01:20+	01:46+	02:25+	00:53+	01:15+	00:41+	04:08+	01:35+	01:36+	01:30+	00:34+	01:04+	02:15+	01:46+	04:00+	02:21+	00:46+	05:29+	01:30+	01:18+	03:58+	02:24+	01:57+	01:16+	01:15+
55:39+	56:43+	56:57+																							
01:04+	01:04+	00:14+																							
01:04+	01:04+	00:14+																							
9	Alexander Romanov										3562	58:09													
01:56+	03:18+	04:53+	07:08+	07:54+	09:03+	09:38+	12:14+	13:32+	14:51+	15:45+	16:09+	17:04+	19:55+	21:44+	25:26+	26:56+	27:33+	37:38+	42:18+	44:10+	47:14+	49:20+	53:14+	54:17+	55:33+
01:56+	01:22+	01:35+	02:15+	00:46+	01:09+	00:35+	02:36+	01:18+	01:19+	00:54+	00:24+	00:55+	02:51+	01:49+	03:42+	01:30+	00:37+	10:05+	04:40+	01:52+	03:04+	02:06+	03:54+	01:03+	01:16+
01:56+	01:22+	01:35+	02:15+	00:46+	01:09+	00:35+	02:36+	01:18+	01:19+	00:54+	00:24+	00:55+	02:51+	01:49+	03:42+	01:30+	00:37+	10:05+	04:40+	01:52+	03:04+	02:06+	03:54+	01:03+	01:16+
57:01+	57:56+	58:09+																							
01:28+	00:55+	00:13+																							
01:28+	00:55+	00:13+																							
10	Lars Kartevoll										3548	58:36													
01:59+	03:12+	04:54+	08:32+	09:47+	11:11+	11:45+	14:57+	16:33+	17:57+	19:14+	19:34+	20:40+	22:56+	24:43+	29:34+	30:51+	31:22+	43:50+	45:14+	46:43+	49:56+	51:48+	53:47+	55:08+	56:21+
01:59+	01:13+	01:42+	03:38+	01:15+	01:24+	00:34+	03:12+	01:36+	01:24+	01:17+	00:20+	01:06+	02:16+	01:47+	04:51+	01:17+	00:31+	12:28+	01:24+	01:29+	03:13+	01:52+	01:59+	01:21+	01:13+
01:59+	01:13+	01:42+	03:38+	01:15+	01:24+	00:34+	03:12+	01:36+	01:24+	01:17+	00:20+	01:06+	02:16+	01:47+	04:51+	01:17+	00:31+	12:28+	01:24+	01:29+	03:13+	01:52+	01:59+	01:21+	01:13+
57:30+	58:24+	58:36+																							
01:09+	00:54+	00:12+																							
01:09+	00:54+	00:12+																							

Plass	Navn	Klasse	Tid
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Herrer 16 - 39 år

11	Jone Klemo Øverland					1384					1:02:32														
02:34+	04:07+	06:10+	08:38+	09:34+	11:11+	11:57+	16:16+	17:53+	19:44+	20:42+	21:12+	22:29+	24:56+	27:34+	32:21+	33:53+	34:40+	43:54+	45:26+	47:32+	51:19+	53:59+	55:52+	57:10+	59:25+
02:34+	01:33+	02:03+	02:28+	00:56+	01:37+	00:46+	04:19+	01:37+	01:51+	00:58+	00:30+	01:17+	02:27+	02:38+	04:47+	01:32+	00:47+	09:14+	01:32+	02:06+	03:47+	02:40+	01:53+	01:18+	02:15+
61:17+	62:16+	62:32+																							
01:52+	00:59+	00:16+																							
01:52+	00:59+	00:16+																							
12	Tor Geir Ødegård Garpestad					1832					1:02:42														
02:13+	04:15+	06:15+	09:35+	10:22+	16:00+	17:07+	20:52+	22:18+	23:23+	24:28+	25:05+	26:12+	27:58+	29:33+	33:18+	35:50+	36:51+	41:30+	43:27+	44:31+	49:19+	51:40+	54:38+	57:34+	60:00+
02:13+	02:02+	02:00+	03:20+	00:47+	05:38+	01:07+	03:45+	01:26+	01:05+	01:05+	00:37+	01:07+	01:46+	01:35+	03:45+	02:32+	01:01+	04:39+	01:57+	01:04+	04:48+	02:21+	02:58+	02:56+	02:26+
02:13+	02:02+	02:00+	03:20+	00:47+	05:38+	01:07+	03:45+	01:26+	01:05+	01:05+	00:37+	01:07+	01:46+	01:35+	03:45+	02:32+	01:01+	04:39+	01:57+	01:04+	04:48+	02:21+	02:58+	02:56+	02:26+
61:28+	62:27+	62:42+																							
01:28+	00:59+	00:15+																							
01:28+	00:59+	00:15+																							
13	Isak Austrheim					NOTEAM					1:03:14														
02:42+	03:49+	05:29+	07:43+	09:54+	11:19+	11:55+	15:25+	16:50+	18:10+	19:07+	19:48+	20:46+	23:16+	24:45+	28:37+	30:23+	31:09+	45:08+	46:46+	49:40+	52:53+	56:43+	58:17+	59:00+	59:57+
02:42+	01:07+	01:40+	02:14+	02:11+	01:25+	00:36+	03:30+	01:25+	01:20+	00:57+	00:41+	00:58+	02:30+	01:29+	03:52+	01:46+	00:46+	13:59+	01:38+	02:54+	03:13+	03:50+	01:34+	00:43+	00:57+
02:42+	01:07+	01:40+	02:14+	02:11+	01:25+	00:36+	03:30+	01:25+	01:20+	00:57+	00:41+	00:58+	02:30+	01:29+	03:52+	01:46+	00:46+	13:59+	01:38+	02:54+	03:13+	03:50+	01:34+	00:43+	00:57+
60:56+	62:00+	63:02+	63:14+																						
00:59+	01:04+	01:02+	00:12+																						
00:59+	01:04+	01:02+	00:12+																						
14	Frank Terje Berge					643					1:04:40														
04:48+	05:56+	08:00+	10:21+	11:03+	12:47+	13:28+	17:01+	18:25+	19:42+	21:55+	22:30+	23:19+	25:17+	26:48+	30:06+	31:31+	32:09+	38:04+	39:09+	40:38+	56:30+	58:31+	60:22+	61:25+	62:13+
04:48+	01:08+	02:04+	02:21+	00:42+	01:44+	00:41+	03:33+	01:24+	01:17+	02:13+	00:35+	00:49+	01:58+	01:31+	03:18+	01:25+	00:38+	05:55+	01:05+	01:29+	15:52+	02:01+	01:51+	01:03+	00:48+
04:48+	01:08+	02:04+	02:21+	00:42+	01:44+	00:41+	03:33+	01:24+	01:17+	02:13+	00:35+	00:49+	01:58+	01:31+	03:18+	01:25+	00:38+	05:55+	01:05+	01:29+	15:52+	02:01+	01:51+	01:03+	00:48+
63:22+	64:26+	64:40+																							
01:09+	01:04+	00:14+																							
01:09+	01:04+	00:14+																							
15	Truls Kolnes					3512					1:08:24														
02:18+	03:27+	05:45+	10:19+	11:12+	12:38+	14:26+	17:04+	18:37+	19:58+	21:01+	23:51+	24:45+	30:01+	31:30+	35:14+	37:01+	37:56+	47:30+	48:44+	49:59+	55:54+	58:16+	60:47+	63:11+	65:27+
02:18+	01:09+	02:18+	04:34+	00:53+	01:26+	01:48+	02:38+	01:33+	01:21+	01:03+	02:50+	00:54+	05:16+	01:29+	03:44+	01:47+	00:55+	09:34+	01:14+	01:15+	05:55+	02:22+	02:31+	02:24+	02:16+
02:18+	01:09+	02:18+	04:34+	00:53+	01:26+	01:48+	02:38+	01:33+	01:21+	01:03+	02:50+	00:54+	05:16+	01:29+	03:44+	01:47+	00:55+	09:34+	01:14+	01:15+	05:55+	02:22+	02:31+	02:24+	02:16+
67:05+	68:06+	68:24+																							
01:38+	01:01+	00:18+																							
01:38+	01:01+	00:18+																							
16	Eivind Baltzersen					1283					1:09:39														
02:41+	03:57+	06:26+	08:58+	09:46+	11:38+	12:25+	16:53+	18:14+	19:35+	20:39+	21:24+	22:19+	25:53+	28:02+	32:43+	35:10+	36:09+	50:06+	52:48+	54:06+	58:36+	60:42+	65:08+	66:21+	67:25+
02:41+	01:16+	02:29+	02:32+	00:48+	01:52+	00:47+	04:28+	01:21+	01:21+	01:04+	00:45+	00:55+	03:34+	02:09+	04:41+	02:27+	00:59+	13:57+	02:42+	01:18+	04:30+	02:06+	04:26+	01:13+	01:04+
02:41+	01:16+	02:29+	02:32+	00:48+	01:52+	00:47+	04:28+	01:21+	01:21+	01:04+	00:45+	00:55+	03:34+	02:09+	04:41+	02:27+	00:59+	13:57+	02:42+	01:18+	04:30+	02:06+	04:26+	01:13+	01:04+
68:22+	69:28+	69:39+																							
00:57+	01:06+	00:11+																							
00:57+	01:06+	00:11+																							
17	Eivind Brimsø					3559					1:10:09														
02:25+	03:32+	05:20+	11:08+	11:50+	26:53+	27:14+	31:43+	33:11+	34:28+	35:23+	35:47+	36:42+	38:37+	40:14+	43:48+	45:33+	46:07+	53:51+	55:14+	58:02+	61:10+	63:09+	65:07+	66:19+	67:44+
02:25+	01:07+	01:48+	05:48+	00:42+	15:03+	00:21+	04:29+	01:28+	01:17+	00:55+	00:24+	00:55+	01:55+	01:37+	03:34+	01:45+	00:34+	07:44+	01:23+	02:48+	03:08+	01:59+	01:58+	01:12+	01:25+
02:25+	01:07+	01:48+	05:48+	00:42+	15:03+	00:21+	04:29+	01:28+	01:17+	00:55+	00:24+	00:55+	01:55+	01:37+	03:34+	01:45+	00:34+	07:44+	01:23+	02:48+	03:08+	01:59+	01:58+	01:12+	01:25+
68:59+	69:53+	70:09+																							
01:15+	00:54+	00:16+																							
01:15+	00:54+	00:16+																							

Beste strekktid for klassen

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

Herrer 40 - 49 år

Herrer 40 - 49 år

1	Joakim B. Enne Haug				1284				46:36																
02:22=	03:34=	05:22=	08:07=	08:53=	12:24=	12:56=	15:05=	16:32=	17:39=	18:41=	19:13=	20:03=	21:54=	23:03=	25:44=	27:23=	28:06=	32:29=	33:41=	34:40=	38:48=	40:30=	42:27=	43:41=	44:36=
02:22=	01:12=	01:48=	02:45=	00:46=	03:31=	00:32=	02:09=	01:27=	01:07=	01:02=	00:32=	00:50=	01:51=	01:09=	02:41=	01:39=	00:43=	04:23=	01:12=	00:59=	04:08=	01:42=	01:57=	01:14=	00:55=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
45:35=	46:24=	46:36=																							
00:59=	00:49=	00:12=																							
00:00=	00:00=	00:00=																							
2	Andreas Breiland				3522				46:47																
02:22+	03:34+	05:09+	07:22+	07:57+	09:17+	09:49+	11:46+	13:04+	14:16+	14:53+	15:21+	16:16+	18:07+	19:41+	23:16+	25:22+	25:55+	32:15+	34:21+	35:36+	38:58+	40:52+	42:43+	43:41+	44:32+
02:22+	01:12+	01:35+	02:13+	00:35+	01:20+	00:32+	01:57+	01:18+	01:12+	00:37+	00:28+	00:55+	01:51+	01:34+	03:35+	02:06+	00:33+	06:20+	02:06+	01:15+	03:22+	01:54+	01:51+	00:58+	00:51+
02:22+	01:12+	01:35+	02:13+	00:35+	01:20+	00:32+	01:57+	01:18+	01:12+	00:37+	00:28+	00:55+	01:51+	01:34+	03:35+	02:06+	00:33+	06:20+	02:06+	01:15+	03:22+	01:54+	01:51+	00:58+	00:51+
45:39+	46:35+	46:47+																							
01:07+	00:56+	00:12+																							
01:07+	00:56+	00:12+																							
3	Gunnar Thorset				896				47:23																
02:33+	03:36+	05:15+	07:22+	08:02+	09:12+	11:05+	13:44+	15:08+	16:34+	17:24+	17:52+	19:14+	21:17+	22:44+	26:31+	29:10+	29:44+	34:24+	35:42+	36:37+	39:49+	41:32+	43:20+	44:14+	45:13+
02:33+	01:03+	01:39+	02:07+	00:40+	01:10+	01:53+	02:39+	01:24+	01:26+	00:50+	00:28+	01:22+	02:03+	01:27+	03:47+	02:39+	00:34+	04:40+	01:18+	00:55+	03:12+	01:43+	01:48+	00:54+	00:59+
02:33+	01:03+	01:39+	02:07+	00:40+	01:10+	01:53+	02:39+	01:24+	01:26+	00:50+	00:28+	01:22+	02:03+	01:27+	03:47+	02:39+	00:34+	04:40+	01:18+	00:55+	03:12+	01:43+	01:48+	00:54+	00:59+
46:17+	47:09+	47:23+																							
01:04+	00:52+	00:14+																							
01:04+	00:52+	00:14+																							
4	Reidar Mosvold				1754				47:24																
02:18+	03:30+	05:18+	07:19+	08:12+	09:59+	10:37+	13:40+	15:08+	16:40+	17:35+	18:02+	19:05+	21:27+	22:54+	26:47+	28:21+	28:57+	33:22+	34:39+	35:39+	38:49+	40:53+	43:02+	44:02+	45:04+
02:18+	01:12+	01:48+	02:01+	00:53+	01:47+	00:38+	03:03+	01:28+	01:32+	00:55+	00:27+	01:03+	02:22+	01:27+	03:53+	01:34+	00:36+	04:25+	01:17+	01:00+	03:10+	02:04+	02:09+	01:00+	01:02+
02:18+	01:12+	01:48+	02:01+	00:53+	01:47+	00:38+	03:03+	01:28+	01:32+	00:55+	00:27+	01:03+	02:22+	01:27+	03:53+	01:34+	00:36+	04:25+	01:17+	01:00+	03:10+	02:04+	02:09+	01:00+	01:02+
46:11+	47:12+	47:24+																							
01:07+	01:01+	00:12+																							
01:07+	01:01+	00:12+																							
5	Rune Dahl Fitjar				1754				49:30																
02:15+	03:27+	05:06+	07:33+	08:18+	12:03+	12:43+	15:57+	17:24+	18:51+	19:48+	20:17+	21:21+	23:39+	25:11+	28:52+	30:35+	31:16+	35:29+	36:48+	37:52+	41:17+	43:07+	45:13+	46:16+	47:16+
02:15+	01:12+	01:39+	02:27+	00:45+	03:45+	00:40+	03:14+	01:27+	01:27+	00:57+	00:29+	01:04+	02:18+	01:32+	03:41+	01:43+	00:41+	04:13+	01:19+	01:04+	03:25+	01:50+	02:06+	01:03+	01:00+
02:15+	01:12+	01:39+	02:27+	00:45+	03:45+	00:40+	03:14+	01:27+	01:27+	00:57+	00:29+	01:04+	02:18+	01:32+	03:41+	01:43+	00:41+	04:13+	01:19+	01:04+	03:25+	01:50+	02:06+	01:03+	01:00+
48:21+	49:16+	49:30+																							
01:05+	00:55+	00:14+																							
01:05+	00:55+	00:14+																							
6	Frode Ungar				1683				50:15																
02:46+	03:57+	05:42+	08:03+	08:57+	10:40+	11:25+	15:39+	17:02+	18:23+	19:08+	19:30+	20:29+	22:47+	24:14+	28:22+	30:10+	30:50+	35:07+	36:19+	37:25+	40:45+	42:56+	45:15+	46:37+	48:01+
02:46+	01:11+	01:45+	02:21+	00:54+	01:43+	00:45+	04:14+	01:23+	01:21+	00:45+	00:22+	00:59+	02:18+	01:27+	04:08+	01:48+	00:40+	04:17+	01:12+	01:06+	03:20+	02:11+	02:19+	01:22+	01:24+
02:46+	01:11+	01:45+	02:21+	00:54+	01:43+	00:45+	04:14+	01:23+	01:21+	00:45+	00:22+	00:59+	02:18+	01:27+	04:08+	01:48+	00:40+	04:17+	01:12+	01:06+	03:20+	02:11+	02:19+	01:22+	01:24+
49:06+	50:02+	50:15+																							
01:05+	00:56+	00:13+																							
01:05+	00:56+	00:13+																							
7	Ole-Tobias Frich				1683				50:17																
02:11+	03:12+	05:01+	09:30+	10:19+	11:47+	12:24+	15:01+	16:28+	17:50+	18:44+	19:13+	20:17+	22:24+	23:58+	27:37+	29:05+	29:44+	34:07+	35:17+	36:52+	40:34+	42:28+	44:13+	46:35+	47:57+
02:11+	01:01+	01:49+	04:29+	00:49+	01:28+	00:37+	02:37+	01:27+	01:22+	00:54+	00:29+	01:04+	02:07+	01:34+	03:39+	01:28+	00:39+	04:23+	01:10+	01:35+	03:42+	01:54+	01:45+	02:22+	01:22+
02:11+	01:01+	01:49+	04:29+	00:49+	01:28+	00:37+	02:37+	01:27+	01:22+	00:54+	00:29+	01:04+	02:07+	01:34+	03:39+	01:28+	00:39+	04:23+	01:10+	01:35+	03:42+	01:54+	01:45+	02:22+	01:22+
48:56+	50:00+	50:17+																							
00:59+	01:04+	00:17+																							
00:59+	01:04+	00:17+																							

Plass	Navn	Klasse	Tid
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Herrer 40 - 49 år

9	Eivind Lie	1683	50:30																						
01:56+	03:00+	04:51+	07:26+	07:57+	09:44+	10:26+	12:36+	15:54+	17:05+	17:55+	18:18+	20:04+	21:46+	23:25+	26:28+	28:33+	29:08+	34:27+	36:31+	37:37+	40:01+	41:34+	42:55+	44:22+	47:07+
01:56+	01:04+	01:51+	02:35+	00:31+	01:47+	00:42+	02:10+	03:18+	01:11+	00:50+	00:23+	01:46+	01:42+	01:39+	03:03+	02:05+	00:35+	05:19+	02:04+	01:06+	02:24+	01:33+	01:21+	01:27+	02:45+
01:56+	01:04+	01:51+	02:35+	00:31+	01:47+	00:42+	02:10+	03:18+	01:11+	00:50+	00:23+	01:46+	01:42+	01:39+	03:03+	02:05+	00:35+	05:19+	02:04+	01:06+	02:24+	01:33+	01:21+	01:27+	02:45+
48:10+	49:22+	50:15+	50:30+																						
01:03+	01:12+	00:53+	00:15+																						
01:03+	01:12+	00:53+	00:15+																						
10	Asgeir Nærland	1830	50:59																						
02:08+	03:12+	04:42+	07:50+	08:55+	10:21+	10:54+	13:55+	15:49+	16:58+	17:55+	18:25+	19:16+	22:20+	23:45+	26:48+	28:19+	29:04+	36:31+	37:42+	38:50+	42:14+	44:11+	46:43+	47:59+	49:00+
02:08+	01:04+	01:30+	03:08+	01:05+	01:26+	00:33+	03:01+	01:54+	01:09+	00:57+	00:30+	00:51+	03:04+	01:25+	03:03+	01:31+	00:45+	07:27+	01:11+	01:08+	03:24+	01:57+	02:32+	01:16+	01:01+
02:08+	01:04+	01:30+	03:08+	01:05+	01:26+	00:33+	03:01+	01:54+	01:09+	00:57+	00:30+	00:51+	03:04+	01:25+	03:03+	01:31+	00:45+	07:27+	01:11+	01:08+	03:24+	01:57+	02:32+	01:16+	01:01+
49:56+	50:48+	50:59+																							
00:56+	00:52+	00:11+																							
00:56+	00:52+	00:11+																							
11	Trondr Breiland	NOTEAM	51:09																						
02:15+	03:14+	05:14+	07:28+	08:04+	09:18+	09:50+	13:11+	14:27+	15:45+	16:40+	17:16+	18:11+	20:10+	21:44+	24:57+	26:27+	28:24+	33:48+	35:32+	36:32+	41:01+	43:41+	46:21+	47:33+	48:46+
02:15+	00:59+	02:00+	02:14+	00:36+	01:14+	00:32+	03:21+	01:16+	01:18+	00:55+	00:36+	00:55+	01:59+	01:34+	03:13+	01:30+	01:57+	05:24+	01:44+	01:00+	04:29+	02:40+	02:40+	01:12+	01:13+
02:15+	00:59+	02:00+	02:14+	00:36+	01:14+	00:32+	03:21+	01:16+	01:18+	00:55+	00:36+	00:55+	01:59+	01:34+	03:13+	01:30+	01:57+	05:24+	01:44+	01:00+	04:29+	02:40+	02:40+	01:12+	01:13+
49:44+	50:58+	51:09+																							
00:58+	01:14+	00:11+																							
00:58+	01:14+	00:11+																							
12	Anders Presterud	903	51:32																						
02:26+	03:38+	05:16+	08:46+	09:32+	10:56+	11:29+	15:17+	16:35+	17:54+	18:41+	19:11+	20:33+	23:24+	25:09+	29:05+	30:47+	31:31+	36:26+	37:48+	39:09+	42:19+	44:13+	46:42+	47:58+	48:54+
02:26+	01:12+	01:38+	03:30+	00:46+	01:24+	00:33+	03:48+	01:18+	01:19+	00:47+	00:30+	01:22+	02:51+	01:45+	03:56+	01:42+	00:44+	04:55+	01:22+	01:21+	03:10+	01:54+	02:29+	01:16+	00:56+
02:26+	01:12+	01:38+	03:30+	00:46+	01:24+	00:33+	03:48+	01:18+	01:19+	00:47+	00:30+	01:22+	02:51+	01:45+	03:56+	01:42+	00:44+	04:55+	01:22+	01:21+	03:10+	01:54+	02:29+	01:16+	00:56+
50:26+	51:19+	51:32+																							
01:32+	00:53+	00:13+																							
01:32+	00:53+	00:13+																							
13	Glenn Madland	879	51:40																						
02:01+	03:16+	05:33+	07:39+	08:18+	10:52+	11:50+	15:23+	16:57+	18:42+	19:34+	20:57+	21:55+	23:59+	25:14+	28:27+	30:32+	31:19+	36:30+	38:40+	39:42+	43:08+	45:00+	46:53+	48:17+	49:31+
02:01+	01:15+	02:17+	02:06+	00:39+	02:34+	00:58+	03:33+	01:34+	01:45+	00:52+	01:23+	00:58+	02:04+	01:15+	03:13+	02:05+	00:47+	05:11+	02:10+	01:02+	03:26+	01:52+	01:53+	01:24+	01:14+
02:01+	01:15+	02:17+	02:06+	00:39+	02:34+	00:58+	03:33+	01:34+	01:45+	00:52+	01:23+	00:58+	02:04+	01:15+	03:13+	02:05+	00:47+	05:11+	02:10+	01:02+	03:26+	01:52+	01:53+	01:24+	01:14+
50:26+	51:29+	51:40+																							
00:55+	01:03+	00:11+																							
00:55+	01:03+	00:11+																							
14	Cedric Fayemendy	3559	52:44																						
02:00+	02:57+	04:37+	06:50+	07:35+	09:48+	10:28+	14:14+	16:32+	17:50+	18:42+	19:13+	20:53+	23:02+	24:28+	28:03+	30:13+	30:55+	35:38+	36:58+	38:23+	43:28+	45:47+	48:10+	49:23+	50:18+
02:00+	00:57+	01:40+	02:13+	00:45+	02:13+	00:40+	03:46+	02:18+	01:18+	00:52+	00:31+	01:40+	02:09+	01:26+	03:35+	02:10+	00:42+	04:43+	01:20+	01:25+	05:05+	02:19+	02:23+	01:13+	00:55+
02:00+	00:57+	01:40+	02:13+	00:45+	02:13+	00:40+	03:46+	02:18+	01:18+	00:52+	00:31+	01:40+	02:09+	01:26+	03:35+	02:10+	00:42+	04:43+	01:20+	01:25+	05:05+	02:19+	02:23+	01:13+	00:55+
51:33+	52:31+	52:44+																							
01:15+	00:58+	00:13+																							
01:15+	00:58+	00:13+																							
15	Rune Hatle	903	53:27																						
02:17+	03:18+	05:04+	07:26+	08:11+	10:24+	11:20+	14:38+	16:02+	17:27+	18:14+	18:51+	20:03+	22:52+	24:26+	28:31+	29:51+	30:33+	36:08+	37:44+	39:05+	45:17+	47:34+	49:17+	50:20+	51:24+
02:17+	01:01+	01:46+	02:22+	00:45+	02:13+	00:56+	03:18+	01:24+	01:25+	00:47+	00:37+	01:12+	02:49+	01:34+	04:05+	01:20+	00:42+	05:35+	01:36+	01:21+	06:12+	02:17+	01:43+	01:03+	01:04+
02:17+	01:01+	01:46+	02:22+	00:45+	02:13+	00:56+	03:18+	01:24+	01:25+	00:47+	00:37+	01:12+	02:49+	01:34+	04:05+	01:20+	00:42+	05:35+	01:36+	01:21+	06:12+	02:17+	01:43+	01:03+	01:04+
52:25+	53:14+	53:27+																							
01:01+	00:49+	00:13+																							
01:01+	00:49+	00:13+																							
16	Bjarte Harbo	1830	54:49																						
02:16+	03:16+	05:12+	07:40+	08:35+	10:47+	11:29+	15:21+	16:42+	17:57+	18:55+	19:22+	20:10+	23:18+	24:43+	28:02+	29:53+	30:28+	37:30+	38:42+	39:52+	45:51+	47:38+	49:26+	51:02+	52:27+
02:16+	01:00+	01:56+	02:28+	00:55+	02:12+	00:42+	03:52+	01:21+	01:15+	00:58+	00:27+	00:48+	03:08+	01:25+	03:19+	01:51+	00:35+	07:02+	01:12+	01:10+	05:59+	01:47+	01:48+	01:36+	01:25+
02:16+	01:00+	01:56+	02:28+	00:55+	02:12+	00:42+	03:52+	01:21+	01:15+	00:58+	00:27+	00:48+	03:08+	01:25+	03:19+	01:51+	00:35+	07:02+	01:12+	01:10+	05:59+	01:47+	01:48+	01:36+	01:25+
53:43+	54:37+	54:49+																							
01:16+	00:54+	00:12+																							
01:16+	00:54+	00:12+																							

Plass	Navn	Klasse										Tid									
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Herrer 40 - 49 år

02:19+	03:33+	05:16+	07:24+	08:02+	09:19+	10:02+	14:42+	16:06+	17:28+	18:13+	18:39+	20:02+	22:15+	23:46+	27:21+	28:59+	29:36+	41:38+	42:55+	44:21+	47:44+	49:51+	51:40+	53:01+	54:03+
02:19+	01:14+	01:43+	02:08+	00:38+	01:17+	00:43+	04:40+	01:24+	01:22+	00:45+	00:26+	01:23+	02:13+	01:31+	03:35+	01:38+	00:37+	12:02+	01:17+	01:26+	03:23+	02:07+	01:49+	01:21+	01:02+
55:12+	55:59+	56:11+																							
01:09+	00:47+	00:12+																							
01:09+	00:47+	00:12+																							
18	Jan-Kenneth Polle	3525										57:41													
02:06+	03:00+	04:56+	08:53+	09:26+	11:44+	12:22+	15:19+	16:43+	17:50+	19:07+	19:36+	20:33+	22:29+	23:56+	27:25+	29:37+	30:34+	42:36+	43:57+	45:28+	49:14+	51:00+	53:20+	54:17+	55:27+
02:06+	00:54+	01:56+	03:57+	00:33+	02:18+	00:38+	02:57+	01:24+	01:07+	01:17+	00:29+	00:57+	01:56+	01:27+	03:29+	02:12+	00:57+	12:02+	01:21+	01:31+	03:46+	01:46+	02:20+	00:57+	01:10+
02:06+	00:54+	01:56+	03:57+	00:33+	02:18+	00:38+	02:57+	01:24+	01:07+	01:17+	00:29+	00:57+	01:56+	01:27+	03:29+	02:12+	00:57+	12:02+	01:21+	01:31+	03:46+	01:46+	02:20+	00:57+	01:10+
56:33+	57:28+	57:41+																							
01:06+	00:55+	00:13+																							
01:06+	00:55+	00:13+																							
19	Alexander Khorunzhiy	1456										1:01:05													
02:44+	04:03+	06:31+	09:17+	10:05+	11:52+	12:35+	20:48+	22:20+	23:46+	24:44+	25:14+	26:35+	28:50+	30:26+	34:08+	35:58+	36:41+	41:36+	46:10+	47:34+	52:12+	54:33+	56:32+	57:33+	58:42+
02:44+	01:19+	02:28+	02:46+	00:48+	01:47+	00:43+	08:13+	01:32+	01:26+	00:58+	00:30+	01:21+	02:15+	01:36+	03:42+	01:50+	00:43+	04:55+	04:34+	01:24+	04:38+	02:21+	01:59+	01:01+	01:09+
02:44+	01:19+	02:28+	02:46+	00:48+	01:47+	00:43+	08:13+	01:32+	01:26+	00:58+	00:30+	01:21+	02:15+	01:36+	03:42+	01:50+	00:43+	04:55+	04:34+	01:24+	04:38+	02:21+	01:59+	01:01+	01:09+
59:57+	60:51+	61:05+																							
01:15+	00:54+	00:14+																							
01:15+	00:54+	00:14+																							
20	Sven Undheim	793										1:06:05													
12:46+	13:53+	15:52+	18:53+	19:35+	21:05+	22:19+	25:57+	27:16+	28:30+	30:29+	30:49+	31:51+	34:05+	35:25+	38:54+	41:04+	41:41+	47:53+	49:59+	51:21+	55:00+	56:58+	61:02+	62:31+	63:39+
12:46+	01:07+	01:59+	03:01+	00:42+	01:30+	01:14+	03:38+	01:19+	01:14+	01:59+	00:20+	01:02+	02:14+	01:20+	03:29+	02:10+	00:37+	06:12+	02:06+	01:22+	03:39+	01:58+	04:04+	01:29+	01:08+
12:46+	01:07+	01:59+	03:01+	00:42+	01:30+	01:14+	03:38+	01:19+	01:14+	01:59+	00:20+	01:02+	02:14+	01:20+	03:29+	02:10+	00:37+	06:12+	02:06+	01:22+	03:39+	01:58+	04:04+	01:29+	01:08+
64:54+	65:52+	66:05+																							
01:15+	00:58+	00:13+																							
01:15+	00:58+	00:13+																							
21	Inge Arild Leknes	3548										1:22:24													
02:11+	03:15+	05:15+	12:56+	13:30+	15:51+	16:58+	23:48+	25:17+	26:32+	27:28+	28:18+	30:04+	32:09+	33:39+	37:35+	39:31+	40:34+	54:07+	55:03+	57:45+	61:37+	64:35+	67:29+	75:08+	77:44+
02:11+	01:04+	02:00+	07:41+	00:34+	02:21+	01:07+	06:50+	01:29+	01:15+	00:56+	00:50+	01:46+	02:05+	01:30+	03:56+	01:56+	01:03+	13:33+	00:56+	02:42+	03:52+	02:58+	02:54+	07:39+	02:36+
02:11+	01:04+	02:00+	07:41+	00:34+	02:21+	01:07+	06:50+	01:29+	01:15+	00:56+	00:50+	01:46+	02:05+	01:30+	03:56+	01:56+	01:03+	13:33+	00:56+	02:42+	03:52+	02:58+	02:54+	07:39+	02:36+
80:34+	82:01+	82:24+																							
02:50+	01:27+	00:23+																							
02:50+	01:27+	00:23+																							
22	Andreas Molin	2342										1:22:36													
04:50+	06:09+	07:55+	11:23+	12:17+	13:52+	14:33+	18:11+	19:41+	21:03+	23:35+	24:08+	25:14+	27:24+	29:00+	33:06+	36:18+	37:05+	59:13+	60:19+	61:29+	67:14+	69:32+	71:58+	74:19+	79:27+
04:50+	01:19+	01:46+	03:28+	00:54+	01:35+	00:41+	03:38+	01:30+	01:22+	02:32+	00:33+	01:06+	02:10+	01:36+	04:06+	03:12+	00:47+	22:08+	01:06+	01:10+	05:45+	02:18+	02:26+	02:21+	05:08+
04:50+	01:19+	01:46+	03:28+	00:54+	01:35+	00:41+	03:38+	01:30+	01:22+	02:32+	00:33+	01:06+	02:10+	01:36+	04:06+	03:12+	00:47+	22:08+	01:06+	01:10+	05:45+	02:18+	02:26+	02:21+	05:08+
81:24+	82:22+	82:36+																							
01:57+	00:58+	00:14+																							
01:57+	00:58+	00:14+																							
23	Anders Hagen	3528										1:23:34													
02:28+	03:33+	05:39+	21:53+	22:23+	27:37+	28:26+	33:48+	35:17+	36:39+	37:33+	40:17+	42:42+	46:09+	49:17+	53:13+	55:23+	55:57+	69:07+	70:08+	71:18+	74:22+	76:19+	78:33+	79:49+	81:00+
02:28+	01:05+	02:06+	16:14+	00:30+	05:14+	00:49+	05:22+	01:29+	01:22+	00:54+	02:44+	02:25+	03:27+	03:08+	03:56+	02:10+	00:34+	13:10+	01:01+	01:10+	03:04+	01:57+	02:14+	01:16+	01:11+
02:28+	01:05+	02:06+	16:14+	00:30+	05:14+	00:49+	05:22+	01:29+	01:22+	00:54+	02:44+	02:25+	03:27+	03:08+	03:56+	02:10+	00:34+	13:10+	01:01+	01:10+	03:04+	01:57+	02:14+	01:16+	01:11+
82:15+	83:23+	83:34+																							
01:15+	01:08+	00:11+																							
01:15+	01:08+	00:11+																							
24	Bjarne Bore	3529										1:34:36													
08:44+	09:53+	11:56+	16:23+	17:12+	18:28+	19:09+	38:11+	39:57+	41:05+	42:07+	42:34+	43:30+	45:52+	47:10+	50:59+	52:24+	53:36+	61:20+	62:53+	68:21+	72:46+	75:20+	77:00+	78:17+	89:52+
08:44+	01:09+	02:03+	04:27+	00:49+	01:16+	00:41+	19:02+	01:46+	01:08+	01:02+	00:27+	00:56+	02:22+	01:18+	03:49+	01:25+	01:12+	07:44+	01:33+	05:28+	04:25+	02:34+	01:40+	01:17+	11:35+
08:44+	01:09+	02:03+	04:27+	00:49+	01:16+	00:41+	19:02+	01:46+	01:08+	01:02+	00:27+	00:56+	02:22+	01:18+	03:49+	01:25+	01:12+	07:44+	01:33+	05:28+	04:25+	02:34+	01:40+	01:17+	11:35+
93:21+	94:23+	94:36+																							
03:29+	01:02+	00:13+																							
03:29+	01:02+	00:13+																							

Beste strekktid for klassen

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

Plass	Navn	Klasse	Tid
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Herrer 50 - 59 år

1	Erling Knutzen	879	46:49																						
01:49=	03:19=	04:26=	08:24=	09:01=	10:17=	10:54=	12:11=	14:05=	14:48=	15:42=	19:35=	20:48=	23:27=	25:14=	27:01=	32:01=	33:25=	34:39=	36:18=	38:39=	40:32=	42:54=	44:02=	45:14=	46:34=
01:49=	01:30=	01:07=	03:58=	00:37=	01:16=	00:37=	01:17=	01:54=	00:43=	00:54=	03:53=	01:13=	02:39=	01:47=	01:47=	05:00=	01:24=	01:14=	01:39=	02:21=	01:53=	02:22=	01:08=	01:12=	01:20=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
46:49=																									
00:15=																									
00:00=																									
2	Anders Glenne	793	47:35																						
01:29-	02:48-	03:51-	07:41-	08:21-	10:06-	10:43-	13:22+	15:58+	16:38+	17:38+	21:02+	22:08+	24:16+	25:59+	27:23+	31:58-	32:53-	34:05-	35:40-	39:58+	41:42+	43:40+	44:39+	46:01+	47:23+
01:29-	01:19-	01:03-	03:50-	00:40+	01:45+	00:37=	02:39+	02:36+	00:40-	01:00+	03:24-	01:06-	02:08-	01:43-	01:24-	04:35-	00:55-	01:12-	01:35-	04:18+	01:44-	01:58-	00:59-	01:22+	01:22+
00:20-	00:11-	00:04-	00:08-	00:03+	00:29&	00:00=	01:22@	00:42&	00:03-	00:06#	00:29-	00:07-	00:31-	00:04-	00:23-	00:25-	00:29-	00:02-	00:04-	01:57&	00:09-	00:24-	00:09-	00:10#	00:02+
47:35+																									
00:12-																									
00:03-																									
3	Svein Roar Aas	3486	48:19																						
01:29-	02:48-	03:51-	07:38-	08:17-	10:46+	11:38+	12:47+	14:11+	14:56+	15:47+	19:01-	21:05+	23:13-	24:56-	26:44-	30:48-	31:49-	33:00-	35:13-	37:23-	40:05-	43:53+	45:51+	46:41+	48:06+
01:29-	01:19-	01:03-	03:47-	00:39+	02:29+	00:52+	01:09-	01:24-	00:45+	00:51-	03:14-	02:04+	02:08-	01:43-	01:48+	04:04-	01:01-	01:11-	02:13+	02:10-	02:42+	03:48+	01:58+	00:50-	01:25+
00:20-	00:11-	00:04-	00:11-	00:02+	01:13&	00:15&	00:08-	00:30-	00:02+	00:03-	00:39-	00:51&	00:31-	00:04-	00:01+	00:56-	00:23-	00:03-	00:34&	00:11-	00:49&	01:26&	00:50&	00:22-	00:05+
48:19+																									
00:13-																									
00:02-																									
4	Jone Kalheim	1884	48:20																						
01:36-	02:56-	03:57-	09:27+	10:54+	12:13+	12:47+	14:10+	15:59+	16:36+	17:36+	20:59+	22:23+	24:25+	26:17+	27:35+	31:42-	34:45+	36:25+	37:46+	40:17+	42:17+	44:54+	45:57+	46:51+	48:09+
01:36-	01:20-	01:01-	05:30+	01:27+	01:19+	00:34-	01:23+	01:49-	00:37-	01:00+	03:23-	01:24+	02:02-	01:52+	01:18-	04:07-	03:03+	01:40+	01:21-	02:31+	02:00+	02:37+	01:03-	00:54-	01:18-
00:13-	00:10-	00:06-	01:32&	00:50@	00:03+	00:03-	00:06+	00:05-	00:06-	00:06#	00:30-	00:11#	00:37-	00:05+	00:29-	00:53-	01:39@	00:26&	00:18-	00:10+	00:07+	00:15#	00:05-	00:18-	00:02-
48:20+																									
00:11-																									
00:04-																									
5	Lars Primstad	769	49:15																						
03:38+	04:39+	05:46+	09:26+	10:01+	11:22+	12:07+	14:04+	17:33+	18:13+	19:06+	21:24+	22:39+	24:34+	26:40+	27:58+	33:21+	34:27+	35:25+	38:17+	40:32+	42:34+	44:22+	45:20+	46:51+	49:04+
03:38+	01:01-	01:07=	03:40-	00:35-	01:21+	00:45+	01:57+	03:29+	00:40-	00:53-	02:18-	01:15+	01:55-	02:06+	01:18-	05:23+	01:06-	00:58-	02:52+	02:15-	02:02+	01:48-	00:58-	01:31+	02:13+
01:49&	00:29-	00:00=	00:18-	00:02-	00:05+	00:08#	00:40&	01:35&	00:03-	00:01-	01:35-	00:02+	00:44-	00:19#	00:29-	00:23+	00:18-	00:16-	01:13&	00:06-	00:09+	00:34-	00:10-	00:19&	00:53&
49:15+																									
00:11-																									
00:04-																									
6	Øystein Fuglestad	878	49:38																						
01:49=	03:08-	04:35+	08:07-	08:51-	11:17+	11:57+	13:32+	16:30+	17:14+	18:11+	21:59+	23:33+	25:51+	27:39+	29:17+	35:09+	36:11+	37:19+	38:57+	41:32+	43:36+	45:22+	46:42+	47:58+	49:26+
01:49=	01:19-	01:27+	03:32-	00:44+	02:26+	00:40+	01:35+	02:58+	00:44+	00:57+	03:48-	01:34+	02:18-	01:48+	01:38-	05:52+	01:02-	01:08-	01:38-	02:35+	02:04+	01:46-	01:20+	01:16+	01:28+
00:00=	00:11-	00:20&	00:26-	00:07#	01:10&	00:03+	00:18#	01:04&	00:01+	00:03+	00:05-	00:21&	00:21-	00:01+	00:09-	00:52#	00:22-	00:06-	00:01-	00:14+	00:11+	00:36-	00:12#	00:04+	00:08#
49:38+																									
00:12-																									
00:03-																									
7	Terje Undheim	3529	50:57																						
01:48-	04:05+	05:22+	08:45+	09:31+	10:41+	11:16+	12:51+	16:17+	16:55+	17:34+	20:24+	21:50+	23:45+	25:13-	26:34-	33:46+	34:52+	35:58+	37:31+	42:52+	45:35+	47:25+	48:49+	49:40+	50:47+
01:48-	02:17+	01:17+	03:23-	00:46+	01:10-	00:35-	01:35+	03:26+	00:38-	00:39-	02:50-	01:26+	01:55-	01:28-	01:21-	07:12+	01:06-	01:06-	01:33-	05:21+	02:43+	01:50-	01:24+	00:51-	01:07-
00:01-	00:47&	00:10#	00:35-	00:09#	00:06-	00:02-	00:18#	01:32&	00:05-	00:15-	01:03-	00:13#	00:44-	00:19-	00:26-	02:12&	00:18-	00:08-	00:06-	03:00@	00:50&	00:32-	00:16#	00:21-	00:13-
50:57+																									
00:10-																									
00:05-																									
8	Arngrim Utskarpen	896	51:46																						
01:39-	03:11-	04:11-	08:20-	08:59-	11:16+	12:01+	13:17+	15:33+	16:27+	17:23+	20:39+	21:58+	24:31+	26:51+	28:35+	34:23+	35:39+	36:57+	38:25+	42:51+	44:57+	47:38+	49:05+	50:08+	51:32+
01:39-	01:32+	01:00-	04:09+	00:39+	02:17+	00:45+	01:16-	02:16+	00:54+	00:56+	03:16-	01:19+	02:33-	02:20+	01:44-	05:48+	01:16-	01:18+	01:28-	04:26+	02:06+	02:41+	01:27+	01:03-	01:24+
00:10-	00:02+	00:07-	00:11+	00:02+	01:01&	00:08#	00:01-	00:22#	00:11&	00:02+	00:37-	00:06+	00:06-	00:33&	00:03-	00:48#	00:08-	00:04+	00:11-	02:05&	00:13#	00:19#	00:19&	00:09-	00:04+
51:46+																									
00:14-																									
00:01-																									

Plass	Navn		Klasse										Tid												
Herrer 50 - 59 år																									
17	Harald Taksdal		3547										1:03:31												
02:14+	04:11+	05:38+	10:24+	11:26+	13:13+	14:17+	16:09+	19:34+	20:34+	21:42+	25:29+	27:24+	29:59+	32:32+	34:32+	41:58+	44:35+	46:07+	49:37+	54:18+	57:08+	59:11+	60:22+	61:42+	63:15+
02:14+	01:57+	01:27+	04:46+	01:02+	01:47+	01:04+	01:52+	03:25+	01:00+	01:08+	03:47+	01:55+	02:35+	02:33+	02:00+	07:26+	02:37+	01:32+	03:30+	04:41+	02:50+	02:03+	01:11+	01:20+	01:33+
02:14+	01:57+	01:27+	04:46+	01:02+	01:47+	01:04+	01:52+	03:25+	01:00+	01:08+	03:47+	01:55+	02:35+	02:33+	02:00+	07:26+	02:37+	01:32+	03:30+	04:41+	02:50+	02:03+	01:11+	01:20+	01:33+
63:31+																									
00:16+																									
00:16+																									
18	Raymond B Pettersen		722										1:05:15												
01:57+	03:47+	04:59+	09:42+	10:35+	12:49+	13:39+	15:04+	19:53+	20:39+	22:00+	26:41+	28:16+	31:12+	33:38+	35:42+	43:00+	44:28+	45:57+	50:55+	54:52+	57:53+	60:32+	62:06+	63:26+	64:59+
01:57+	01:50+	01:12+	04:43+	00:53+	02:14+	00:50+	01:25+	04:49+	00:46+	01:21+	04:41+	01:35+	02:56+	02:26+	02:04+	07:18+	01:28+	01:29+	04:58+	03:57+	03:01+	02:39+	01:34+	01:20+	01:33+
01:57+	01:50+	01:12+	04:43+	00:53+	02:14+	00:50+	01:25+	04:49+	00:46+	01:21+	04:41+	01:35+	02:56+	02:26+	02:04+	07:18+	01:28+	01:29+	04:58+	03:57+	03:01+	02:39+	01:34+	01:20+	01:33+
65:15+																									
00:16+																									
00:16+																									
19	Christof Schätz		3598										1:07:13												
02:01+	03:45+	05:14+	09:50+	10:46+	15:37+	16:54+	19:05+	21:20+	22:28+	23:54+	27:50+	29:36+	32:24+	35:05+	37:12+	44:25+	46:13+	48:16+	51:26+	55:49+	58:59+	61:51+	63:51+	65:12+	66:54+
02:01+	01:44+	01:29+	04:36+	00:56+	04:51+	01:17+	02:11+	02:15+	01:08+	01:26+	03:56+	01:46+	02:48+	02:41+	02:07+	07:13+	01:48+	02:03+	03:10+	04:23+	03:10+	02:52+	02:00+	01:21+	01:42+
02:01+	01:44+	01:29+	04:36+	00:56+	04:51+	01:17+	02:11+	02:15+	01:08+	01:26+	03:56+	01:46+	02:48+	02:41+	02:07+	07:13+	01:48+	02:03+	03:10+	04:23+	03:10+	02:52+	02:00+	01:21+	01:42+
67:13+																									
00:19+																									
00:19+																									
20	Sigurd Ravndal		769										1:08:35												
02:42+	06:23+	07:23+	10:34+	11:41+	16:26+	17:21+	18:30+	23:01+	23:40+	24:43+	27:39+	28:42+	30:45+	33:25+	35:14+	43:30+	48:55+	50:52+	54:38+	60:29+	62:17+	64:26+	65:59+	67:07+	68:23+
02:42+	03:41+	01:00+	03:11+	01:07+	04:45+	00:55+	01:09+	04:31+	00:39+	01:03+	02:56+	01:03+	02:03+	02:40+	01:49+	08:16+	05:25+	01:57+	03:46+	05:51+	01:48+	02:09+	01:33+	01:08+	01:16+
02:42+	03:41+	01:00+	03:11+	01:07+	04:45+	00:55+	01:09+	04:31+	00:39+	01:03+	02:56+	01:03+	02:03+	02:40+	01:49+	08:16+	05:25+	01:57+	03:46+	05:51+	01:48+	02:09+	01:33+	01:08+	01:16+
68:35+																									
00:12+																									
00:12+																									
21	Trygve Michaelsen		896										1:11:25												
01:58+	03:22+	04:32+	12:54+	13:32+	17:59+	18:29+	20:12+	22:44+	23:29+	24:19+	29:39+	37:12+	39:33+	41:18+	43:16+	48:27+	51:39+	53:41+	56:39+	62:17+	64:41+	66:43+	67:46+	69:22+	71:13+
01:58+	01:24+	01:10+	08:22+	00:38+	04:27+	00:30+	01:43+	02:32+	00:45+	00:50+	05:20+	07:33+	02:21+	01:45+	01:58+	05:11+	03:12+	02:02+	02:58+	05:38+	02:24+	02:02+	01:03+	01:36+	01:51+
01:58+	01:24+	01:10+	08:22+	00:38+	04:27+	00:30+	01:43+	02:32+	00:45+	00:50+	05:20+	07:33+	02:21+	01:45+	01:58+	05:11+	03:12+	02:02+	02:58+	05:38+	02:24+	02:02+	01:03+	01:36+	01:51+
71:25+																									
00:12+																									
00:12+																									
22	Asbjørn Bråndland		879										1:11:28												
03:54+	05:01+	06:30+	10:29+	11:16+	17:56+	18:56+	21:07+	24:02+	24:51+	25:57+	30:20+	32:12+	34:58+	37:25+	39:13+	47:55+	49:47+	53:34+	55:43+	61:03+	63:32+	66:45+	68:09+	69:31+	71:13+
03:54+	01:07+	01:29+	03:59+	00:47+	06:40+	01:00+	02:11+	02:55+	00:49+	01:06+	04:23+	01:52+	02:46+	02:27+	01:48+	08:42+	01:52+	03:47+	02:09+	05:20+	02:29+	03:13+	01:24+	01:22+	01:42+
03:54+	01:07+	01:29+	03:59+	00:47+	06:40+	01:00+	02:11+	02:55+	00:49+	01:06+	04:23+	01:52+	02:46+	02:27+	01:48+	08:42+	01:52+	03:47+	02:09+	05:20+	02:29+	03:13+	01:24+	01:22+	01:42+
71:28+																									
00:15+																									
00:15+																									

Plass	Navn	Klasse	Tid
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Herrer 50 - 59 år

25 Jerome Renoult				3524				1:13:07																	
01:56+	03:43+	05:01+	09:44+	10:30+	17:30+	18:23+	19:55+	25:02+	26:00+	27:14+	31:49+	33:15+	35:57+	38:06+	39:57+	48:58+	51:33+	52:59+	60:19+	63:46+	66:03+	68:04+	69:52+	71:22+	72:52+
01:56+	01:47+	01:18+	04:43+	00:46+	07:00+	00:53+	01:32+	05:07+	00:58+	01:14+	04:35+	01:26+	02:42+	02:09+	01:51+	09:01+	02:35+	01:26+	07:20+	03:27+	02:17+	02:01+	01:48+	01:30+	01:30+
01:56+	01:47+	01:18+	04:43+	00:46+	07:00+	00:53+	01:32+	05:07+	00:58+	01:14+	04:35+	01:26+	02:42+	02:09+	01:51+	09:01+	02:35+	01:26+	07:20+	03:27+	02:17+	02:01+	01:48+	01:30+	01:30+
73:07+																									
00:15+																									
00:15+																									

26												Ove Mæstad												2342												1:16:50											
02:24+	04:18+	05:40+	07:35+	11:20+	12:00+	13:35+	14:35+	15:55+	21:25+	22:11+	24:21+	28:19+	30:01+	33:06+	35:10+	37:00+	45:40+	47:59+	49:32+	58:35+	66:43+	69:16+	71:44+	73:44+	74:58+																						
02:24+	01:54+	01:22+	01:55+	03:45+	00:40+	01:35+	01:00+	01:20+	05:30+	00:46+	02:10+	03:58+	01:42+	03:05+	02:04+	01:50+	08:40+	02:19+	01:33+	09:03+	08:08+	02:33+	02:28+	02:00+	01:14+																						
02:24+	01:54+	01:22+	01:55+	03:45+	00:40+	01:35+	01:00+	01:20+	05:30+	00:46+	02:10+	03:58+	01:42+	03:05+	02:04+	01:50+	08:40+	02:19+	01:33+	09:03+	08:08+	02:33+	02:28+	02:00+	01:14+																						
76:35+	76:50+																																														
01:37+	00:15+																																														
01:37+	00:15+																																														

27																											Ingve Vold										3529										1:22:02									
06:06+	07:23+	08:52+	13:43+	14:29+	17:38+	18:18+	19:53+	26:05+	26:53+	27:54+	31:40+	32:49+	35:13+	37:27+	39:16+	45:50+	47:47+	49:47+	54:50+	70:35+	74:03+	76:22+	77:48+	80:20+	81:47+																															
06:06+	01:17+	01:29+	04:51+	00:46+	03:09+	00:40+	01:35+	06:12+	00:48+	01:01+	03:46+	01:09+	02:24+	02:14+	01:49+	06:34+	01:57+	02:00+	05:03+	15:45+	03:28+	02:19+	01:26+	02:32+	01:27+																															
06:06+	01:17+	01:29+	04:51+	00:46+	03:09+	00:40+	01:35+	06:12+	00:48+	01:01+	03:46+	01:09+	02:24+	02:14+	01:49+	06:34+	01:57+	02:00+	05:03+	15:45+	03:28+	02:19+	01:26+	02:32+	01:27+																															
82:02+																																																								
00:15+																																																								
00:15+																																																								

28			Josef Luidold										3565			1:44:57											
07:34+	09:06+	10:33+	15:32+	16:16+	20:21+	22:44+	29:22+	32:07+	32:59+	34:21+	38:50+	41:07+	44:55+	47:19+	51:35+	62:33+	64:38+	71:42+	75:40+	90:45+	94:32+	98:28+	99:44+	101:08+	104:19+		
07:34+	01:32+	01:27+	04:59+	00:44+	04:05+	02:23+	06:38+	02:45+	00:52+	01:22+	04:29+	02:17+	03:48+	02:24+	04:16+	10:58+	02:05+	07:04+	03:58+	15:05+	03:47+	03:56+	01:16+	01:24+	03:11+		
07:34+	01:32+	01:27+	04:59+	00:44+	04:05+	02:23+	06:38+	02:45+	00:52+	01:22+	04:29+	02:17+	03:48+	02:24+	04:16+	10:58+	02:05+	07:04+	03:58+	15:05+	03:47+	03:56+	01:16+	01:24+	03:11+		
104:57+																											
00:38+																											
00:38+																											

Beste strekktid for klassen

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

Herrer 60 - 64 år

1	Sturle Omdal										1683										35:19									
02:49=	04:49=	06:52=	07:39=	09:05=	11:59=	13:26=	15:39=	17:39=	20:20=	21:41=	25:58=	27:58=	30:24=	32:04=	33:02=	33:51=	35:06=	35:19=												
02:49=	02:00=	02:03=	00:47=	01:26=	02:54=	01:27=	02:13=	02:00=	02:41=	01:21=	04:17=	02:00=	02:26=	01:40=	00:58=	00:49=	01:15=	00:13=												
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=												

2	Inge Løland												1119												35:46											
03:14+	05:01+	07:26+	08:04+	09:29+	12:51+	14:15+	16:43+	18:20+	21:03+	22:29+	25:26=	27:40=	30:25+	32:06+	33:03+	34:15+	35:33+	35:46+																		
03:14+	01:47=	02:26+	00:38=	01:25=	03:22+	01:24=	02:28+	01:37=	02:43+	01:26+	02:57=	02:14+	02:45+	01:41+	00:57=	01:12+	01:18+	00:13=																		
00:25#	00:13=	00:22#	00:09=	00:01=	00:28#	00:03=	00:15#	00:23=	00:02+	00:05+	01:20=	00:14#	00:19#	00:01+	00:01=	00:23&	00:03+	00:00=																		

3	Kjell Seland												3547				37:58							
03:26+	05:19+	08:04+	08:51+	11:17+	14:21+	15:47+	18:23+	20:37+	23:48+	24:59+	27:40+	29:32+	32:23+	34:14+	35:18+	36:19+	37:46+	37:58+						
03:26+	01:53-	02:45+	00:47=	02:26+	03:04+	01:26-	02:36+	02:14+	03:11+	01:11-	02:41-	01:52-	02:51+	01:51+	01:04+	01:01+	01:27+	00:12-						
00:37#	00:07-	00:42&	00:00=	01:00&	00:10+	00:01-	00:23#	00:14#	00:30#	00:10-	01:36-	00:08-	00:25#	00:11#	00:06#	00:12#	00:12#	00:01-						

4 Ivar Knutsen 1683 40:11																		
03:27+	05:08+	09:29+	10:21+	12:11+	15:58+	17:29+	20:05+	22:17+	24:59+	26:22+	29:09+	31:28+	34:02+	36:03+	37:13+	38:24+	39:57+	40:11+
03:27+	01:41-	04:21+	00:52+	01:50+	03:47+	01:31+	02:36+	02:12+	02:42+	01:23+	02:47-	02:19+	02:34+	02:01+	01:10+	01:11+	01:33+	00:14+
00:38#	00:19-	02:18@	00:05#	00:24&	00:53&	00:04+	00:23#	00:12#	00:01+	00:02+	01:30-	00:19#	00:08+	00:21#	00:12#	00:22&	00:18#	00:01+
5 Magnus Mathias Møller 782 41:11																		

Magnar Mathias Møller																			769	41:14																		
03:06+	05:10+	07:12+	07:54+	09:29+	12:36+	14:10+	17:06+	21:53+	25:08+	26:43+	29:45+	32:38+	35:29+	37:23+	38:31+	39:33+	41:00+	41:14+																				
03:06+	02:04+	02:02=	00:42=	01:35+	03:07+	01:34+	02:56+	04:47+	03:15+	01:35+	03:02=	02:53+	02:51+	01:54+	01:08+	01:02+	01:27+	00:14+																				
00:17#	00:04+	00:01=	00:05=	00:09#	00:13+	00:07+	00:43&	02:47@	00:34#	00:14#	01:15=	00:53&	00:25#	00:14#	00:10#	00:13&	00:12#	00:01+																				

Gyostein Pable																			1884	42:00																		
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Oystein Dahle																			1884		42:00				
03:44+	05:53+	08:02+	09:06+	10:41+	14:07+	15:38+	18:19+	20:04+	23:13+	25:11+	28:18+	31:29+	34:37+	37:32+	38:35+	40:04+	41:44+	42:00+							
03:44+	02:09+	02:09+	01:04+	01:35+	03:26+	01:31+	02:41+	01:45=	03:09+	01:58+	03:07=	03:11+	03:08+	02:55+	01:03+	01:29+	01:40+	00:16+							
00:55&	00:09+	00:06+	00:17&	00:09#	00:32#	00:04+	00:28#	00:15=	00:28#	00:37&	01:10=	01:11&	00:42&	01:15&	00:05+	00:40&	00:25&	00:03#							

Plass	Navn	Klasse										Tid									
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Herrer 60 - 64 år

7	Tor Inge Halvorsen										880	42:09									
	03:47+	05:56+	08:20+	09:07+	11:15+	14:36+	16:23+	19:26+	21:37+	25:35+	27:08+	30:12+	32:20+	35:24+	37:36+	38:57+	40:05+	41:50+	42:09+		
	03:47+	02:09+	02:24+	00:47=	02:08+	03:21+	01:47+	03:03+	02:11+	03:58+	01:33+	03:04-	02:08+	03:04+	02:12+	01:21+	01:08+	01:45+	00:19+		
	00:58&	00:09+	00:21#	00:00=	00:42&	00:27#	00:20+	00:50&	00:11+	01:17&	00:12#	01:13-	00:08+	00:38&	00:32&	00:23&	00:19&	00:30&	00:06&		
8	Arnfinn Rømuld										1683	43:30									
	03:14+	04:52+	07:06+	07:53+	11:00+	13:59+	15:42+	18:29+	21:12+	24:10+	25:53+	28:56+	31:51+	34:47+	39:18+	40:20+	41:40+	43:16+	43:30+		
	03:14+	01:38+	02:14+	00:47+	03:07+	02:59+	01:43+	02:47+	02:43+	02:58+	01:43+	03:03+	02:55+	02:56+	04:31+	01:02+	01:20+	01:36+	00:14+		
	03:14+	01:38+	02:14+	00:47+	03:07+	02:59+	01:43+	02:47+	02:43+	02:58+	01:43+	03:03+	02:55+	02:56+	04:31+	01:02+	01:20+	01:36+	00:14+		
9	Harald Syse										1884	44:00									
	05:52+	07:55+	11:18+	11:59+	13:20+	18:09+	19:42+	22:07+	25:15+	27:53+	29:13+	31:51+	33:56+	38:04+	39:53+	41:05+	42:26+	43:42+	44:00+		
	05:52+	02:03+	03:23+	00:41+	01:21+	04:49+	01:33+	02:25+	03:08+	02:38+	01:20+	02:38+	02:05+	04:08+	01:49+	01:12+	01:21+	01:16+	00:18+		
	05:52+	02:03+	03:23+	00:41+	01:21+	04:49+	01:33+	02:25+	03:08+	02:38+	01:20+	02:38+	02:05+	04:08+	01:49+	01:12+	01:21+	01:16+	00:18+		
10	Kjell Ove Aksland										882	44:15									
	03:40+	05:46+	08:44+	09:33+	11:57+	16:17+	17:43+	20:49+	22:58+	26:08+	27:49+	31:05+	33:59+	36:53+	39:36+	40:53+	42:35+	44:02+	44:15+		
	03:40+	02:06+	02:58+	00:49+	02:24+	04:20+	01:26+	03:06+	02:09+	03:10+	01:41+	03:16+	02:54+	02:54+	02:43+	01:17+	01:42+	01:27+	00:13+		
	03:40+	02:06+	02:58+	00:49+	02:24+	04:20+	01:26+	03:06+	02:09+	03:10+	01:41+	03:16+	02:54+	02:54+	02:43+	01:17+	01:42+	01:27+	00:13+		
11	Arne Øvstebø										1284	44:55									
	03:32+	05:42+	08:32+	09:15+	13:15+	16:25+	18:07+	21:15+	23:06+	26:15+	27:48+	31:27+	34:23+	37:20+	39:48+	41:35+	43:03+	44:40+	44:55+		
	03:32+	02:10+	02:50+	00:43+	04:00+	03:10+	01:42+	03:08+	01:51+	03:09+	01:33+	03:39+	02:56+	02:57+	02:28+	01:47+	01:28+	01:37+	00:15+		
	03:32+	02:10+	02:50+	00:43+	04:00+	03:10+	01:42+	03:08+	01:51+	03:09+	01:33+	03:39+	02:56+	02:57+	02:28+	01:47+	01:28+	01:37+	00:15+		
12	Harald Jansen										3593	45:10									
	02:51+	04:51+	06:56+	07:40+	10:59+	18:41+	20:21+	23:32+	25:13+	28:04+	29:38+	32:36+	36:01+	38:45+	40:42+	41:58+	43:28+	44:55+	45:10+		
	02:51+	02:00+	02:05+	00:44+	03:19+	07:42+	01:40+	03:11+	01:41+	02:51+	01:34+	02:58+	03:25+	02:44+	01:57+	01:16+	01:30+	01:27+	00:15+		
	02:51+	02:00+	02:05+	00:44+	03:19+	07:42+	01:40+	03:11+	01:41+	02:51+	01:34+	02:58+	03:25+	02:44+	01:57+	01:16+	01:30+	01:27+	00:15+		
13	Per Ingar Hadland										793	45:22									
	04:02+	06:00+	08:39+	09:26+	11:50+	15:38+	17:38+	20:56+	23:11+	26:57+	28:37+	32:18+	35:35+	38:47+	40:53+	42:05+	43:24+	45:05+	45:22+		
	04:02+	01:58+	02:39+	00:47+	02:24+	03:48+	02:00+	03:18+	02:15+	03:46+	01:40+	03:41+	03:17+	03:12+	02:06+	01:12+	01:19+	01:41+	00:17+		
	04:02+	01:58+	02:39+	00:47+	02:24+	03:48+	02:00+	03:18+	02:15+	03:46+	01:40+	03:41+	03:17+	03:12+	02:06+	01:12+	01:19+	01:41+	00:17+		
14	Sveinung Svebestad										878	46:16									
	03:45+	06:02+	09:35+	10:20+	12:16+	15:30+	17:11+	20:13+	24:24+	27:58+	29:56+	33:12+	35:41+	39:03+	41:17+	42:41+	44:04+	45:57+	46:16+		
	03:45+	02:17+	03:33+	00:45+	01:56+	03:14+	01:41+	03:02+	04:11+	03:34+	01:58+	03:16+	02:29+	03:22+	02:14+	01:24+	01:23+	01:53+	00:19+		
	03:45+	02:17+	03:33+	00:45+	01:56+	03:14+	01:41+	03:02+	04:11+	03:34+	01:58+	03:16+	02:29+	03:22+	02:14+	01:24+	01:23+	01:53+	00:19+		
15	Stein Sigbjørnsen										882	50:24									
	03:25+	05:40+	10:18+	11:13+	13:31+	18:30+	20:45+	23:41+	26:47+	30:37+	32:05+	35:33+	39:22+	42:28+	45:16+	46:47+	48:31+	50:08+	50:24+		
	03:25+	02:15+	04:38+	00:55+	02:18+	04:59+	02:15+	02:56+	03:06+	03:50+	01:28+	03:28+	03:49+	03:06+	02:48+	01:31+	01:44+	01:37+	00:16+		
	03:25+	02:15+	04:38+	00:55+	02:18+	04:59+	02:15+	02:56+	03:06+	03:50+	01:28+	03:28+	03:49+	03:06+	02:48+	01:31+	01:44+	01:37+	00:16+		
16	Inge Skretting										1384	50:31									
	03:53+	06:03+	09:37+	10:40+	13:10+	19:25+	21:17+	24:24+	26:52+	30:33+	32:03+	35:20+	39:06+	42:37+	44:47+	45:55+	48:34+	50:16+	50:31+		
	03:53+	02:10+	03:34+	01:03+	02:30+	06:15+	01:52+	03:07+	02:28+	03:41+	01:30+	03:17+	03:46+	03:31+	02:10+	01:08+	02:39+	01:42+	00:15+		
	03:53+	02:10+	03:34+	01:03+	02:30+	06:15+	01:52+	03:07+	02:28+	03:41+	01:30+	03:17+	03:46+	03:31+	02:10+	01:08+	02:39+	01:42+	00:15+		
17	John Carsten Sinnes										1884	53:48									
	07:03+	08:56+	11:41+	12:37+	17:00+	24:24+	26:15+	29:10+	31:14+	34:38+	37:29+	41:04+	44:29+	47:23+	49:33+	51:16+	52:10+	53:36+	53:48+		
	07:03+	01:53+	02:45+	00:56+	04:23+	07:24+	01:51+	02:55+	02:04+	03:24+	02:51+	03:35+	03:25+	02:54+	02:10+	01:43+	00:54+	01:26+	00:12+		
	07:03+	01:53+	02:45+	00:56+	04:23+	07:24+	01:51+	02:55+	02:04+	03:24+	02:51+	03:35+	03:25+	02:54+	02:10+	01:43+	00:54+	01:26+	00:12+		

Beste strekktid for klassen

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

Herrer 65 - 69 år

1	Espen Krogh										793	33:46									
	02:34=	04:15=	06:51=	07:26=	08:56=	12:02=	13:21=	15:42=	17:11=	19:44=	20:59=	23:35=	26:06=	28:25=	30:07=	31:26=	32:23=	33:35=	33:46=		
	02:34=	01:41=	02:36=	00:35=	01:30=	03:06=	01:19=	02:21=	01:29=	02:33=	01:15=	02:36=	02:31=	02:19=	01:42=	01:19=	00:57=	01:12=	00:11=		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		

Plass	Navn					Klasse					Tid							
Herrer 65 - 69 år																		
2	Otte Omdal					903					34:51							
02:41+	04:28+	06:40-	07:13-	09:01+	11:51-	13:09-	15:35-	17:03-	19:46+	21:15+	24:22+	26:59+	29:26+	31:21+	32:18+	33:24+	34:40+	34:51+
02:41+	01:47+	02:12-	00:33-	01:48+	02:50-	01:18-	02:26+	01:28-	02:43+	01:29+	03:07+	02:37+	02:27+	01:55+	00:57-	01:06+	01:16+	00:11=
00:07+	00:06+	00:24-	00:02-	00:18#	00:16-	00:01-	00:05+	00:01-	00:10+	00:14#	00:31#	00:06+	00:08+	00:13#	00:22-	00:09#	00:04+	00:00=
3	Kjell Dale					1884					36:22							
03:07+	04:40+	07:24+	08:04+	10:31+	13:11+	14:30+	17:18+	19:45+	22:19+	23:28+	25:40+	27:53+	30:20+	32:04+	33:45+	34:30+	36:07+	36:22+
03:07+	01:33+	02:44+	00:40+	02:27+	02:40+	01:19+	02:48+	02:27+	02:34+	01:09+	02:12+	02:13+	02:27+	01:44+	01:41+	00:45+	01:37+	00:15+
03:07+	01:33+	02:44+	00:40+	02:27+	02:40+	01:19+	02:48+	02:27+	02:34+	01:09+	02:12+	02:13+	02:27+	01:44+	01:41+	00:45+	01:37+	00:15+
4	Kjell Skjæveland					3515					37:37							
03:03+	04:38+	06:56+	08:26+	09:59+	12:49+	16:05+	18:43+	20:31+	23:33+	25:21+	28:03+	30:04+	32:37+	34:14+	35:08+	36:00+	37:21+	37:37+
03:03+	01:35+	02:18+	01:30+	01:33+	02:50+	03:16+	02:38+	01:48+	03:02+	01:48+	02:42+	02:01+	02:33+	01:37+	00:54+	00:52+	01:21+	00:16+
03:03+	01:35+	02:18+	01:30+	01:33+	02:50+	03:16+	02:38+	01:48+	03:02+	01:48+	02:42+	02:01+	02:33+	01:37+	00:54+	00:52+	01:21+	00:16+
5	Torbjørn Evensen					3556					43:08							
03:05+	04:53+	07:05+	07:53+	09:29+	15:04+	16:45+	19:44+	21:36+	24:27+	26:22+	29:12+	33:52+	37:03+	39:07+	40:20+	41:32+	42:55+	43:08+
03:05+	01:48+	02:12+	00:48+	01:36+	05:35+	01:41+	02:59+	01:52+	02:51+	01:55+	02:50+	04:40+	03:11+	02:04+	01:13+	01:12+	01:23+	00:13+
03:05+	01:48+	02:12+	00:48+	01:36+	05:35+	01:41+	02:59+	01:52+	02:51+	01:55+	02:50+	04:40+	03:11+	02:04+	01:13+	01:12+	01:23+	00:13+
6	Bjørn Sivertsen					1332					43:31							
04:08+	06:17+	09:05+	09:49+	11:34+	15:27+	17:26+	20:43+	22:47+	26:04+	27:32+	30:57+	33:57+	37:10+	39:08+	40:16+	41:23+	43:14+	43:31+
04:08+	02:09+	02:48+	00:44+	01:45+	03:53+	01:59+	03:17+	02:04+	03:17+	01:28+	03:25+	03:00+	03:13+	01:58+	01:08+	01:07+	01:51+	00:17+
04:08+	02:09+	02:48+	00:44+	01:45+	03:53+	01:59+	03:17+	02:04+	03:17+	01:28+	03:25+	03:00+	03:13+	01:58+	01:08+	01:07+	01:51+	00:17+
7	Sveinung Tveit					3547					43:41							
03:45+	05:48+	08:09+	08:52+	10:42+	13:42+	15:25+	18:24+	22:31+	26:04+	28:10+	31:10+	33:44+	36:51+	39:12+	40:33+	41:57+	43:27+	43:41+
03:45+	02:03+	02:21+	00:43+	01:50+	03:00+	01:43+	02:59+	04:07+	03:33+	02:06+	03:00+	02:34+	03:07+	02:21+	01:21+	01:24+	01:30+	00:14+
03:45+	02:03+	02:21+	00:43+	01:50+	03:00+	01:43+	02:59+	04:07+	03:33+	02:06+	03:00+	02:34+	03:07+	02:21+	01:21+	01:24+	01:30+	00:14+
8	Olav Tunheim					1884					44:06							
03:08+	05:16+	08:40+	09:36+	11:25+	16:34+	18:13+	20:55+	23:28+	26:24+	27:56+	31:14+	34:36+	37:37+	40:08+	41:31+	42:22+	43:52+	44:06+
03:08+	02:08+	03:24+	00:56+	01:49+	05:09+	01:39+	02:42+	02:33+	02:56+	01:32+	03:18+	03:22+	03:01+	02:31+	01:23+	00:51+	01:30+	00:14+
03:08+	02:08+	03:24+	00:56+	01:49+	05:09+	01:39+	02:42+	02:33+	02:56+	01:32+	03:18+	03:22+	03:01+	02:31+	01:23+	00:51+	01:30+	00:14+
9	Arnstein Skretting					3529					46:38							
03:50+	06:37+	09:08+	10:00+	12:12+	15:50+	17:38+	20:44+	23:01+	26:47+	28:27+	32:04+	34:55+	38:41+	41:50+	43:11+	44:32+	46:22+	46:38+
03:50+	02:47+	02:31+	00:52+	02:12+	03:38+	01:48+	03:06+	02:17+	03:46+	01:40+	03:37+	02:51+	03:46+	03:09+	01:21+	01:21+	01:50+	00:16+
03:50+	02:47+	02:31+	00:52+	02:12+	03:38+	01:48+	03:06+	02:17+	03:46+	01:40+	03:37+	02:51+	03:46+	03:09+	01:21+	01:21+	01:50+	00:16+
10	Steinar Barmen					722					48:25							
03:50+	06:13+	09:23+	10:38+	13:01+	17:54+	19:51+	23:00+	26:08+	29:40+	31:39+	35:07+	38:00+	41:11+	43:42+	45:01+	46:38+	48:11+	48:25+
03:50+	02:23+	03:10+	01:15+	02:23+	04:53+	01:57+	03:09+	03:08+	03:32+	01:59+	03:28+	02:53+	03:11+	02:31+	01:19+	01:37+	01:33+	00:14+
03:50+	02:23+	03:10+	01:15+	02:23+	04:53+	01:57+	03:09+	03:08+	03:32+	01:59+	03:28+	02:53+	03:11+	02:31+	01:19+	01:37+	01:33+	00:14+
11	Terje Stokkeland					3522					48:40							
04:18+	06:39+	10:56+	11:51+	14:10+	19:30+	21:24+	24:23+	26:38+	30:01+	31:57+	35:31+	38:48+	42:23+	44:36+	45:37+	46:45+	48:27+	48:40+
04:18+	02:21+	04:17+	00:55+	02:19+	05:20+	01:54+	02:59+	02:15+	03:23+	01:56+	03:34+	03:17+	03:35+	02:13+	01:01+	01:08+	01:42+	00:13+
04:18+	02:21+	04:17+	00:55+	02:19+	05:20+	01:54+	02:59+	02:15+	03:23+	01:56+	03:34+	03:17+	03:35+	02:13+	01:01+	01:08+	01:42+	00:13+
12	Tor Geir Espedal					3530					49:49							
03:48+	06:05+	08:18+	09:11+	13:08+	20:27+	22:12+	25:12+	27:09+	30:15+	32:09+	35:21+	38:01+	41:17+	43:31+	44:51+	48:01+	49:33+	49:49+
03:48+	02:17+	02:13+	00:53+	03:57+	07:19+	01:45+	03:00+	01:57+	03:06+	01:54+	03:12+	02:40+	03:16+	02:14+	01:20+	03:10+	01:32+	00:16+
03:48+	02:17+	02:13+	00:53+	03:57+	07:19+	01:45+	03:00+	01:57+	03:06+	01:54+	03:12+	02:40+	03:16+	02:14+	01:20+	03:10+	01:32+	00:16+
13	Jan Arendal					1683					51:58							
04:01+	06:24+	09:18+	10:17+	12:50+	17:44+	19:45+	23:14+	26:01+	29:59+	31:47+	35:35+	39:25+	43:16+	46:11+	48:04+	49:36+	51:37+	51:58+
04:01+	02:23+	02:54+	00:59+	02:33+	04:54+	02:01+	03:29+	02:47+	03:58+	01:48+	03:48+	03:50+	03:51+	02:55+	01:53+	01:32+	02:01+	00:21+
04:01+	02:23+	02:54+	00:59+	02:33+	04:54+	02:01+	03:29+	02:47+	03:58+	01:48+	03:48+	03:50+	03:51+	02:55+	01:53+	01:32+	02:01+	00:21+
14	Bjørn H Engseth					1884					59:32							
04:28+	07:17+	14:11+	15:12+	17:40+	21:35+	23:50+	27:45+	30:11+	34:24+	36:18+	40:33+	44:28+	49:00+	52:36+	54:37+	56:17+	59:08+	59:32+
04:28+	02:49+	06:54+	01:01+	02:28+	03:55+	02:15+	03:55+	02:26+	04:13+	01:54+	04:15+	03:55+	04:32+	03:36+	02:01+	01:40+	02:51+	00:24+
04:28+	02:49+	06:54+	01:01+	02:28+	03:55+	02:15+	03:55+	02:26+	04:13+	01:54+	04:15+	03:55+	04:32+	03:36+	02:01+	01:40+	02:51+	00:24+
15	Asgeir Kleppa					3511					1:01:36							
06:30+	09:00+	11:47+	13:04+	16:10+	22:59+	25:01+	29:57+	33:01+	37:14+	39:56+	43:40+	47:10+	51:16+	54:08+	57:01+	59:15+	61:14+	61:36+
06:30+	02:30+	02:47+	01:17+	03:06+	06:49+	02:02+	04:56+	03:04+	04:13+	02:42+	03:44+	03:30+	04:06+	02:52+	02:53+	02:14+	01:59+	00:22+
06:30+	02:30+	02:47+	01:17+	03:06+	06:49+	02:02+	04:56+	03:04+	04:13+	02:42+	03:44+	03:30+	04:06+	02:52+	02:53+	02:14+	01:59+	00:22+

Plass	Navn	Klasse	Tid
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Herrer 65 - 69 år

16		Kjell Lervik										3598				1:04:04			
04:27+	08:16+	12:04+	13:16+	15:41+	23:19+	26:07+	29:46+	32:49+	37:24+	40:04+	46:46+	50:32+	54:27+	58:10+	59:57+	62:00+	63:44+	64:04+	
04:27+	03:49+	03:48+	01:12+	02:25+	07:38+	02:48+	03:39+	03:03+	04:35+	02:40+	06:42+	03:46+	03:55+	03:43+	01:47+	02:03+	01:44+	00:20+	
04:27+	03:49+	03:48+	01:12+	02:25+	07:38+	02:48+	03:39+	03:03+	04:35+	02:40+	06:42+	03:46+	03:55+	03:43+	01:47+	02:03+	01:44+	00:20+	
17		Rolf Kleppe										3524				1:17:06			
05:55+	09:24+	18:44+	19:58+	22:22+	29:27+	31:42+	36:25+	39:26+	44:57+	46:51+	54:36+	58:16+	62:43+	67:09+	68:57+	71:35+	76:46+	77:06+	
05:55+	03:29+	09:20+	01:14+	02:24+	07:05+	02:15+	04:43+	03:01+	05:31+	01:54+	07:45+	03:40+	04:27+	04:26+	01:48+	02:38+	05:11+	00:20+	
05:55+	03:29+	09:20+	01:14+	02:24+	07:05+	02:15+	04:43+	03:01+	05:31+	01:54+	07:45+	03:40+	04:27+	04:26+	01:48+	02:38+	05:11+	00:20+	

Beste strekktid for klassen

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

Herrer 70 - 74 år

1	Arne Kristian Espedal										874	30:20									
02:53=	04:16=	06:04=	06:45=	07:59=	10:34=	11:54=	14:03=	15:33=	17:56=	19:35=	21:49=	23:37=	26:02=	27:28=	28:14=	28:58=	30:08=	30:20=			
02:53=	01:23=	01:48=	00:41=	01:14=	02:35=	01:20=	02:09=	01:30=	02:23=	01:39=	02:14=	01:48=	02:25=	01:26=	00:46=	00:44=	01:10=	00:12=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Bjørn Martin Alsaker										3530	33:51									
02:48-	04:15-	06:28+	07:06+	08:21+	12:19+	13:41+	16:19+	17:59+	20:26+	21:43+	24:10+	26:21+	28:48+	30:30+	31:27+	32:29+	33:39+	33:51+			
02:48-	01:27+	02:13+	00:38-	01:15+	03:58+	01:22+	02:38+	01:40+	02:27+	01:17-	02:27+	02:11+	02:27+	01:42+	00:57+	01:02+	01:10=	00:12=			
00:05-	00:04+	00:25#	00:03-	00:01+	01:23&	00:02+	00:29#	00:10#	00:04+	00:22-	00:13+	00:23#	00:02+	00:16#	00:11#	00:18&	00:00=	00:00=			
3	Harry Breiland										3507	34:58									
03:07+	04:46+	06:49+	07:58+	09:31+	12:35+	13:58+	16:27+	18:07+	20:57+	22:07+	24:49+	26:55+	29:26+	31:12+	32:22+	33:20+	34:47+	34:58+			
03:07+	01:39+	02:03+	01:09+	01:33+	03:04+	01:23+	02:29+	01:40+	02:50+	01:10-	02:42+	02:06+	02:31+	01:46+	01:10+	00:58+	01:27+	00:11-			
00:14+	00:16#	00:15#	00:28&	00:19&	00:29#	00:03+	00:20#	00:10#	00:27#	00:29-	00:28#	00:18#	00:06+	00:20#	00:24&	00:14&	00:17#	00:01-			
4	Jan Hetland										3502	44:01									
04:01+	05:53+	08:22+	09:22+	11:34+	15:05+	16:58+	19:19+	21:34+	24:30+	26:58+	31:07+	34:52+	37:43+	39:59+	41:30+	42:37+	43:48+	44:01+			
04:01+	01:52+	02:29+	01:00+	02:12+	03:31+	01:53+	02:21+	02:15+	02:56+	02:28+	04:09+	03:45+	02:51+	02:16+	01:31+	01:07+	01:11+	00:13+			
01:08&	00:29&	00:41&	00:19&	00:58&	00:56&	00:33&	00:12+	00:45&	00:33#	00:49&	01:55&	01:57@	00:26#	00:50&	00:45&	00:23&	00:01+	00:01+			
5	Svein Berge										643	44:53									
03:02+	05:25+	07:09+	07:58+	09:41+	15:29+	16:52+	20:19+	22:35+	25:28+	27:07+	32:46+	35:00+	37:47+	39:55+	42:10+	43:15+	44:40+	44:53+			
03:02+	02:23+	01:44-	00:49+	01:43+	05:48+	01:23+	03:27+	02:16+	02:53+	01:39=	05:39+	02:14+	02:47+	02:08+	02:15+	01:05+	01:25+	00:13+			
00:09+	01:00&	00:04-	00:08#	00:29&	03:13@	00:03+	01:18&	00:46&	00:30#	00:00=	03:25@	00:26#	00:22#	00:42&	01:29@	00:21&	00:15#	00:01+			
6	Jan Inge Lunde										1830	46:04									
04:07+	06:29+	09:09+	10:02+	11:52+	17:12+	19:04+	22:22+	24:33+	27:57+	29:47+	33:25+	35:59+	39:18+	41:33+	42:56+	44:03+	45:48+	46:04+			
04:07+	02:22+	02:40+	00:53+	01:50+	05:20+	01:52+	03:18+	02:11+	03:24+	01:50+	03:38+	02:34+	03:19+	02:15+	01:23+	01:07+	01:45+	00:16+			
01:14&	00:59&	00:52&	00:12&	00:36&	02:45@	00:32&	01:09&	00:41&	01:01&	00:11#	01:24&	00:46&	00:54&	00:49&	00:37&	00:23&	00:35&	00:04&			
7	Ragnvald Frøyland										879	47:27									
03:17+	05:25+	07:56+	08:51+	10:40+	17:06+	18:51+	21:30+	23:53+	26:44+	28:16+	31:45+	34:43+	37:43+	40:44+	44:22+	45:39+	47:11+	47:27+			
03:17+	02:08+	02:31+	00:55+	01:49+	06:26+	01:45+	02:39+	02:23+	02:51+	01:32-	03:29+	02:58+	03:00+	03:01+	03:38+	01:17+	01:32+	00:16+			
00:24#	00:45&	00:43&	00:14&	00:35&	03:51@	00:25&	00:30#	00:53&	00:28#	00:07-	01:15&	01:10&	00:35#	01:35@	02:52@	00:33&	00:22&	00:04&			
8	Kjell Ivar Skjørestad										892	47:28									
03:33+	05:40+	08:50+	09:29+	11:16+	16:20+	18:09+	21:17+	23:18+	27:18+	28:50+	32:03+	36:13+	39:35+	41:38+	42:51+	45:32+	47:12+	47:28+			
03:33+	02:07+	03:10+	00:39-	01:47+	05:04+	01:49+	03:08+	02:01+	04:00+	01:32-	03:13+	04:10+	03:22+	02:03+	01:13+	02:41+	01:40+	00:16+			
00:40#	00:44&	01:22&	00:02-	00:33&	02:29&	00:29&	00:59&	00:31&	01:37&	00:07-	00:59&	02:22@	00:57&	00:37&	00:27&	01:57@	00:30&	00:04&			
9	Bjørn Bjelland										3541	50:25									
03:48+	06:08+	12:01+	12:41+	14:24+	19:10+	21:04+	24:10+	26:14+	30:29+	31:58+	35:16+	39:24+	42:39+	44:39+	45:51+	48:28+	50:09+	50:25+			
03:48+	02:20+	05:53+	00:40-	01:43+	04:46+	01:54+	03:06+	02:04+	04:15+	01:29-	03:18+	04:08+	03:15+	02:00+	01:12+	02:37+	01:41+	00:16+			
00:55&	00:57&	04:05@	00:01-	00:29&	02:11&	00:34&	00:57&	00:34&	01:52&	00:10-	01:04&	02:20@	00:50&	00:34&	00:26&	01:53@	00:31&	00:04&			
10	Tom Hetland										880	52:42									
07:17+	09:19+	13:01+	13:55+	15:49+	21:43+	23:37+	26:31+	29:36+	32:51+	34:28+	38:05+	42:21+	45:34+	48:07+	49:47+	50:53+	52:28+	52:42+			
07:17+	02:02+	03:42+	00:54+	01:54+	05:54+	01:54+	02:54+	03:05+	03:15+	01:37-	03:37+	04:16+	03:13+	02:33+	01:40+	01:06+	01:35+	00:14+			
04:24@	00:39&	01:54@	00:13&	00:40&	03:19@	00:34&	00:45&	01:35@	00:52&	00:02-	01:23&	02:28@	00:48&	01:07&	00:54@	00:22&	00:25&	00:02#			

Plass	Navn		Klasse										Tid					
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Herrer 70 - 74 år

11	Bjarne Gimre						1830						52:44					
04:29+	07:07+	09:45+	10:44+	12:52+	20:05+	22:19+	25:45+	28:19+	32:24+	34:09+	38:05+	41:13+	45:19+	47:58+	49:18+	50:44+	52:26+	52:44+
04:29+	02:38+	02:38+	00:59+	02:08+	07:13+	02:14+	03:26+	02:34+	04:05+	01:45+	03:56+	03:08+	04:06+	02:39+	01:20+	01:26+	01:42+	00:18+
01:36&	01:15&	00:50&	00:18&	00:54&	04:38&	00:54&	01:17&	01:04&	01:42&	00:06+	01:42&	01:20&	01:41&	01:13&	00:34&	00:42&	00:32&	00:06&
12	Tore Romon Tvedt						3518						53:01					
05:36+	08:02+	10:56+	11:54+	13:44+	18:27+	20:30+	23:48+	26:05+	31:45+	33:58+	37:27+	41:15+	44:51+	47:21+	49:12+	50:40+	52:40+	53:01+
05:36+	02:26+	02:54+	00:58+	01:50+	04:43+	02:03+	03:18+	02:17+	05:40+	02:13+	03:29+	03:48+	03:36+	02:30+	01:51+	01:28+	02:00+	00:21+
05:36+	02:26+	02:54+	00:58+	01:50+	04:43+	02:03+	03:18+	02:17+	05:40+	02:13+	03:29+	03:48+	03:36+	02:30+	01:51+	01:28+	02:00+	00:21+
13	Svein Ims						903						53:41					
03:31+	05:45+	08:37+	09:27+	11:22+	14:58+	16:52+	20:10+	26:34+	30:26+	32:38+	36:27+	39:56+	43:27+	45:49+	47:42+	51:24+	53:25+	53:41+
03:31+	02:14+	02:52+	00:50+	01:55+	03:36+	01:54+	03:18+	06:24+	03:52+	02:12+	03:49+	03:29+	03:31+	02:22+	01:53+	03:42+	02:01+	00:16+
03:31+	02:14+	02:52+	00:50+	01:55+	03:36+	01:54+	03:18+	06:24+	03:52+	02:12+	03:49+	03:29+	03:31+	02:22+	01:53+	03:42+	02:01+	00:16+
14	Kjell-Ingar Olsen						1119						1:00:14					
04:44+	07:25+	11:33+	12:57+	15:05+	21:48+	23:59+	27:30+	30:11+	34:03+	35:57+	39:31+	42:27+	46:42+	54:34+	56:21+	57:47+	59:56+	60:14+
04:44+	02:41+	04:08+	01:24+	02:08+	06:43+	02:11+	03:31+	02:41+	03:52+	01:54+	03:34+	02:56+	04:15+	07:52+	01:47+	01:26+	02:09+	00:18+
04:44+	02:41+	04:08+	01:24+	02:08+	06:43+	02:11+	03:31+	02:41+	03:52+	01:54+	03:34+	02:56+	04:15+	07:52+	01:47+	01:26+	02:09+	00:18+
15	Arne Magne Handeland						892						1:01:25					
03:43+	05:54+	09:19+	11:01+	12:59+	19:33+	21:22+	24:29+	28:29+	32:06+	34:20+	39:17+	50:12+	53:55+	56:35+	58:05+	59:28+	61:10+	61:25+
03:43+	02:11+	03:25+	01:42+	01:58+	06:34+	01:49+	03:07+	04:00+	03:37+	02:14+	04:57+	10:55+	03:43+	02:40+	01:30+	01:23+	01:42+	00:15+
03:43+	02:11+	03:25+	01:42+	01:58+	06:34+	01:49+	03:07+	04:00+	03:37+	02:14+	04:57+	10:55+	03:43+	02:40+	01:30+	01:23+	01:42+	00:15+
16	Leif Kåre Lende						879						1:01:39					
03:48+	06:04+	09:41+	10:31+	12:30+	29:19+	31:09+	34:24+	36:35+	39:55+	41:46+	46:18+	49:58+	53:53+	56:20+	57:47+	59:14+	61:20+	61:39+
03:48+	02:16+	03:37+	00:50+	01:59+	16:49+	01:50+	03:15+	02:11+	03:20+	01:51+	04:32+	03:40+	03:55+	02:27+	01:27+	01:27+	02:06+	00:19+
03:48+	02:16+	03:37+	00:50+	01:59+	16:49+	01:50+	03:15+	02:11+	03:20+	01:51+	04:32+	03:40+	03:55+	02:27+	01:27+	01:27+	02:06+	00:19+

Beste strekktid for klassen

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

Herrer 75 - 79 år

1	Asgeir Bell													896					32:40				
01:45=	03:47=	06:46=	08:29=	10:03=	10:41=	12:30=	14:01=	15:36=	18:57=	20:58=	23:23=	25:45=	27:47=	28:57=	31:26=	32:25=	32:40=						
01:45=	02:02=	02:59=	01:43=	01:34=	00:38=	01:49=	01:31=	01:35=	03:21=	02:01=	02:25=	02:22=	02:02=	01:10=	02:29=	00:59=	00:15=						
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=						
2	Finn-Morten Årstad													3530					34:43				
02:02+	04:34+	07:32+	09:34+	11:25+	12:06+	13:45+	15:34+	17:28+	21:08+	23:06+	25:46+	28:05+	30:18+	31:39+	33:20+	34:28+	34:43+						
02:02+	02:32+	02:58-	02:02+	01:51+	00:41+	01:39-	01:49+	01:54+	03:40+	01:58-	02:40+	02:19-	02:13+	01:21+	01:41-	01:08+	00:15=						
00:17#	00:30#	00:01-	00:19#	00:17#	00:03+	00:10-	00:18#	00:19#	00:19+	00:03-	00:15#	00:03-	00:11+	00:11#	00:48-	00:09#	00:00=						
3	Hilmar Røthing													879					37:39				
02:07+	04:16+	06:59+	08:47+	11:50+	12:36+	16:04+	18:01+	20:32+	24:01+	25:45+	28:24+	31:36+	33:29+	34:45+	36:19+	37:25+	37:39+						
02:07+	02:09+	02:43-	01:48+	03:03+	00:46+	03:28+	01:57+	02:31+	03:29+	01:44-	02:39+	03:12+	01:53-	01:16+	01:34-	01:06+	00:14-						
00:22#	00:07+	00:16-	00:05+	01:29&	00:08#	01:39&	00:26&	00:56&	00:08+	00:17-	00:14+	00:50&	00:09-	00:06+	00:55-	00:07#	00:01-						
4	Arne Østensen													3518					38:32				
01:54+	03:55+	09:27+	11:31+	13:06+	13:47+	15:27+	17:03+	18:58+	22:14+	24:42+	27:23+	30:54+	33:22+	34:48+	37:06+	38:14+	38:32+						
01:54+	02:01-	05:32+	02:04+	01:35+	00:41+	01:40-	01:36+	01:55+	03:16-	02:28+	02:41+	03:31+	02:28+	01:26+	02:18-	01:08+	00:18+						
00:09+	00:01-	02:33&	00:21#	00:01+	00:03+	00:09-	00:05+	00:20#	00:05-	00:27#	00:16#	01:09&	00:26#	00:16#	00:11-	00:09#	00:03#						
5	Knut Skjæveland													1884					39:05				
02:11+	04:53+	08:07+	10:42+	12:40+	13:25+	15:13+	17:10+	20:24+	24:33+	26:29+	29:19+	32:01+	34:19+	35:47+	37:37+	38:49+	39:05+						
02:11+	02:42+	03:14+	02:35+	01:58+	00:45+	01:48-	01:57+	03:14+	04:09+	01:56-	02:50+	02:42+	02:18+	01:28+	01:50-	01:12+	00:16+						
00:26#	00:40&	00:15+	00:52&	00:24&	00:07#	00:01-	00:26&	01:39&	00:48#	00:05-	00:25#	00:20#	00:16#	00:18&	00:39-	00:13#	00:01+						
6	Jostein Tunheim													1683					39:17				
01:59+	04:23+	07:30+	09:35+	11:10+	12:02+	14:42+	18:41+	20:26+	23:53+	26:24+	29:22+	32:28+	34:23+	36:01+	37:43+	39:01+	39:17+						
01:59+	02:24+	03:07+	02:05+	01:35+	00:52+	02:40+	03:59+	01:45+	03:27+	02:31+	02:58+	03:06+	01:55-	01:38+	01:42-	01:18+	00:16+						
00:14#	00:22#	00:08+	00:22#	00:01+	00:14&	00:51&	02:28&	00:10#	00:06+	00:30#	00:33#	00:44&	00:07-	00:28&	00:47-	00:19&	00:01+						

Plass	Navn	Klasse										Tid						
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Herrer 75 - 79 år

7	Øyvind Egeskog										880	39:55						
02:10+	06:59+	10:13+	12:13+	14:16+	15:06+	16:50+	18:42+	20:29+	24:54+	26:49+	29:41+	32:37+	35:03+	36:37+	38:23+	39:38+	39:55+	
02:10+	04:49+	03:14+	02:00+	02:03+	00:50+	01:44-	01:52+	01:47+	04:25+	01:55-	02:52+	02:56+	02:26+	01:34+	01:46-	01:15+	00:17+	
00:25#	02:47@	00:15+	00:17#	00:29&	00:12&	00:05-	00:21#	00:12#	01:04&	00:06-	00:27#	00:34#	00:24#	00:24&	00:43-	00:16&	00:02#	
8	Kjell Svihus										892	40:47						
02:10+	05:37+	09:01+	11:05+	14:32+	15:45+	17:43+	19:45+	21:35+	25:56+	27:59+	30:54+	33:40+	36:09+	37:30+	39:17+	40:32+	40:47+	
02:10+	03:27+	03:24+	02:04+	03:27+	01:13+	01:58+	02:02+	01:50+	04:21+	02:03+	02:55+	02:46+	02:29+	01:21+	01:47+	01:15+	00:15+	
02:10+	03:27+	03:24+	02:04+	03:27+	01:13+	01:58+	02:02+	01:50+	04:21+	02:03+	02:55+	02:46+	02:29+	01:21+	01:47+	01:15+	00:15+	
9	Hans Klausen										769	41:15						
02:07+	04:55+	08:14+	10:29+	12:42+	13:52+	16:16+	18:42+	21:03+	25:03+	26:57+	30:06+	33:28+	36:05+	37:33+	39:39+	41:01+	41:15+	
02:07+	02:48+	03:19+	02:15+	02:13+	01:10+	02:24+	02:26+	02:21+	04:00+	01:54+	03:09+	03:22+	02:37+	01:28+	02:06+	01:22+	00:14+	
02:07+	02:48+	03:19+	02:15+	02:13+	01:10+	02:24+	02:26+	02:21+	04:00+	01:54+	03:09+	03:22+	02:37+	01:28+	02:06+	01:22+	00:14+	
10	Olav Dag Borgersen										3536	42:02						
02:20+	04:34+	07:42+	10:16+	14:50+	15:34+	17:18+	19:10+	20:43+	24:13+	26:34+	29:45+	35:46+	37:51+	39:06+	40:53+	41:50+	42:02+	
02:20+	02:14+	03:08+	02:34+	04:34+	00:44+	01:44+	01:52+	01:33+	03:30+	02:21+	03:11+	06:01+	02:05+	01:15+	01:47+	00:57+	00:12+	
02:20+	02:14+	03:08+	02:34+	04:34+	00:44+	01:44+	01:52+	01:33+	03:30+	02:21+	03:11+	06:01+	02:05+	01:15+	01:47+	00:57+	00:12+	
11	Svein Glendrange										874	42:26						
02:16+	05:03+	08:41+	10:50+	12:36+	13:35+	15:39+	17:43+	19:58+	24:36+	26:34+	29:44+	33:23+	36:25+	38:03+	40:36+	42:06+	42:26+	
02:16+	02:47+	03:38+	02:09+	01:46+	00:59+	02:04+	02:04+	02:15+	04:38+	01:58+	03:10+	03:39+	03:02+	01:38+	02:33+	01:30+	00:20+	
02:16+	02:47+	03:38+	02:09+	01:46+	00:59+	02:04+	02:04+	02:15+	04:38+	01:58+	03:10+	03:39+	03:02+	01:38+	02:33+	01:30+	00:20+	
12	Paul Andreas Paulsen										896	42:43						
02:08+	04:44+	08:41+	11:17+	14:34+	15:30+	17:44+	19:53+	22:23+	26:34+	28:32+	31:23+	34:40+	37:29+	38:56+	41:12+	42:25+	42:43+	
02:08+	02:36+	03:57+	02:36+	03:17+	00:56+	02:14+	02:09+	02:30+	04:11+	01:58+	02:51+	03:17+	02:49+	01:27+	02:16+	01:13+	00:18+	
02:08+	02:36+	03:57+	02:36+	03:17+	00:56+	02:14+	02:09+	02:30+	04:11+	01:58+	02:51+	03:17+	02:49+	01:27+	02:16+	01:13+	00:18+	
13	Leif Gunnar Wikene										1832	44:47						
02:10+	05:49+	09:14+	12:13+	14:34+	15:35+	17:21+	19:23+	21:33+	25:56+	29:04+	31:48+	36:00+	38:19+	40:26+	43:01+	44:29+	44:47+	
02:10+	03:39+	03:25+	02:59+	02:21+	01:01+	01:46+	02:02+	02:10+	04:23+	03:08+	02:44+	04:12+	02:19+	02:07+	02:35+	01:28+	00:18+	
02:10+	03:39+	03:25+	02:59+	02:21+	01:01+	01:46+	02:02+	02:10+	04:23+	03:08+	02:44+	04:12+	02:19+	02:07+	02:35+	01:28+	00:18+	
14	Olav A. Hognestad										892	45:11						
02:09+	04:52+	08:54+	10:58+	12:32+	13:26+	14:58+	19:49+	22:32+	26:41+	29:03+	32:08+	37:41+	39:47+	41:59+	43:45+	44:56+	45:11+	
02:09+	02:43+	04:02+	02:04+	01:34+	00:54+	01:32+	04:51+	02:43+	04:09+	02:22+	03:05+	05:33+	02:06+	02:12+	01:46+	01:11+	00:15+	
02:09+	02:43+	04:02+	02:04+	01:34+	00:54+	01:32+	04:51+	02:43+	04:09+	02:22+	03:05+	05:33+	02:06+	02:12+	01:46+	01:11+	00:15+	
15	Geir Husdal										1884	49:52						
02:25+	05:16+	08:53+	11:07+	13:48+	15:18+	17:37+	19:50+	22:18+	26:20+	28:15+	31:31+	35:06+	38:39+	45:37+	48:10+	49:33+	49:52+	
02:25+	02:51+	03:37+	02:14+	02:41+	01:30+	02:19+	02:13+	02:28+	04:02+	01:55+	03:16+	03:35+	03:33+	06:58+	02:33+	01:23+	00:19+	
02:25+	02:51+	03:37+	02:14+	02:41+	01:30+	02:19+	02:13+	02:28+	04:02+	01:55+	03:16+	03:35+	03:33+	06:58+	02:33+	01:23+	00:19+	
16	Norvald Skretting										1832	51:29						
02:24+	05:14+	12:53+	15:10+	17:08+	18:04+	19:53+	21:56+	24:21+	29:29+	32:17+	35:33+	40:10+	43:01+	45:19+	49:33+	51:05+	51:29+	
02:24+	02:50+	07:39+	02:17+	01:58+	00:56+	01:49+	02:03+	02:25+	05:08+	02:48+	03:16+	04:37+	02:51+	02:18+	04:14+	01:32+	00:24+	
02:24+	02:50+	07:39+	02:17+	01:58+	00:56+	01:49+	02:03+	02:25+	05:08+	02:48+	03:16+	04:37+	02:51+	02:18+	04:14+	01:32+	00:24+	
17	Reidar Liland										3507	1:17:15						
03:01+	06:22+	14:14+	33:20+	36:54+	37:59+	41:09+	44:29+	46:44+	53:12+	55:33+	61:40+	66:04+	69:41+	71:34+	74:38+	76:48+	77:15+	
03:01+	03:21+	07:52+	19:06+	03:34+	01:05+	03:10+	03:20+	02:15+	06:28+	02:21+	06:07+	04:24+	03:37+	01:53+	03:04+	02:10+	00:27+	
03:01+	03:21+	07:52+	19:06+	03:34+	01:05+	03:10+	03:20+	02:15+	06:28+	02:21+	06:07+	04:24+	03:37+	01:53+	03:04+	02:10+	00:27+	
18	Knut Jonas Espedal										1754	1:20:24						
03:35+	08:49+	24:16+	27:21+	30:21+	31:45+	34:38+	38:19+	43:00+	50:28+	54:11+	59:23+	65:50+	70:28+	73:23+	76:32+	79:48+	80:24+	
03:35+	05:14+	15:27+	03:05+	03:00+	01:24+	02:53+	03:41+	04:41+	07:28+	03:43+	05:12+	06:27+	04:38+	02:55+	03:09+	03:16+	00:36+	
03:35+	05:14+	15:27+	03:05+	03:00+	01:24+	02:53+	03:41+	04:41+	07:28+	03:43+	05:12+	06:27+	04:38+	02:55+	03:09+	03:16+	00:36+	

Beste strekktid for klassen

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

Herrer 80 år og eldre

Plass	Navn	Klasse	Tid
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Herrer 80 år og eldre

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

Beste strekktid for klassen

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

Herrer A

1													Jone Valdal										1683										37:41									
01:44=	02:32=	03:49=	05:11=	05:42=	06:35=	07:02=	08:46=	09:54=	10:51=	11:20=	11:36=	12:16=	13:46=	14:47=	17:11=	18:00=	18:26=	21:52=	22:39=	23:17=	24:33=	25:33=	27:11=	29:00=	29:42=																	
01:44=	00:48=	01:17=	01:22=	00:31=	00:53=	00:27=	01:44=	01:08=	00:57=	00:29=	00:16=	00:40=	01:30=	01:01=	02:24=	00:49=	00:26=	03:26=	00:47=	00:38=	01:16=	01:00=	01:38=	01:49=	00:42=																	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																	
30:02=	31:04=	33:10=	33:48=	34:32=	35:20=	36:16=	37:03=	37:30=	37:41=																																	
00:20=	01:02=	02:06=	00:38=	00:44=	00:48=	00:56=	00:47=	00:27=	00:11=																																	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																																	

Herrer A

2	Morten Bjerga Sundli										3522	39:42													
01:39-	02:29-	03:52+	05:44+	06:11+	07:05+	07:39+	09:13+	10:20+	11:20+	11:53+	12:10+	12:51+	14:26+	15:30+	18:03+	19:02+	19:28+	22:13+	22:55+	24:35+	25:47+	26:58+	28:37+	30:34+	31:13+
01:39-	00:50+	01:23+	01:52+	00:27-	00:54+	00:34+	01:34-	01:07-	01:00+	00:33+	00:17+	00:41+	01:35+	01:04+	02:33+	00:59+	00:26=	02:45-	00:42-	01:40+	01:12-	01:11+	01:39+	01:57+	00:39-
00:05-	00:02+	00:06+	00:30&	00:04-	00:01+	00:07&	00:10-	00:01-	00:03+	00:04#	00:01+	00:01+	00:05+	00:03+	00:09+	00:10#	00:00=	00:41-	00:05-	01:02@	00:04-	00:11#	00:01+	00:08+	00:03-
31:39+	32:44+	35:03+	35:48+	36:27+	37:09+	38:10+	39:02+	39:29+	39:42+																
00:26+	01:05+	02:19+	00:45+	00:39-	00:42-	01:01+	00:52+	00:27=	00:13+																
00:06&	00:03+	00:13#	00:07#	00:05-	00:06-	00:05+	00:05#	00:00=	00:02#																
3	Harald Kalager										793	43:51													
01:48+	02:37+	03:55+	05:24+	06:00+	07:34+	08:05+	09:58+	11:41+	12:44+	13:18+	13:38+	14:21+	17:34+	18:44+	21:17+	22:26+	22:53+	25:55+	26:39+	27:29+	28:32+	29:46+	31:16+	33:32+	34:43+
01:48+	00:49+	01:18+	01:29+	00:36+	01:34+	00:31+	01:53+	01:43+	01:03+	00:34+	00:20+	00:43+	03:13+	01:10+	02:33+	01:09+	00:27+	03:02+	00:44+	00:50+	01:03+	01:14+	01:30+	02:16+	01:11+
01:48+	00:49+	01:18+	01:29+	00:36+	01:34+	00:31+	01:53+	01:43+	01:03+	00:34+	00:20+	00:43+	03:13+	01:10+	02:33+	01:09+	00:27+	03:02+	00:44+	00:50+	01:03+	01:14+	01:30+	02:16+	01:11+
35:16+	36:21+	38:58+	39:43+	40:32+	41:18+	42:17+	43:13+	43:40+	43:51+																
00:33+	01:05+	02:37+	00:45+	00:49+	00:46+	00:59+	00:56+	00:27+	00:11+																
00:33+	01:05+	02:37+	00:45+	00:49+	00:46+	00:59+	00:56+	00:27+	00:11+																
4	Svein Magnus Halsne										3634	44:59													
01:36+	02:23+	03:41+	05:05+	05:58+	06:56+	07:22+	09:16+	10:22+	11:26+	12:01+	12:20+	13:09+	14:50+	15:55+	18:41+	20:00+	20:30+	24:00+	25:16+	26:08+	27:25+	28:54+	30:44+	33:13+	34:02+
01:36+	00:47+	01:18+	01:24+	00:53+	00:58+	00:26+	01:54+	01:06+	01:04+	00:35+	00:19+	00:49+	01:41+	01:05+	02:46+	01:19+	00:30+	03:30+	01:16+	00:52+	01:17+	01:29+	01:50+	02:29+	00:49+
01:36+	00:47+	01:18+	01:24+	00:53+	00:58+	00:26+	01:54+	01:06+	01:04+	00:35+	00:19+	00:49+	01:41+	01:05+	02:46+	01:19+	00:30+	03:30+	01:16+	00:52+	01:17+	01:29+	01:50+	02:29+	00:49+
34:38+	36:04+	39:14+	40:02+	41:16+	42:08+	43:25+	44:24+	44:49+	44:59+																
00:36+	01:26+	03:10+	00:48+	01:14+	00:52+	01:17+	00:59+	00:25+	00:10+																
00:36+	01:26+	03:10+	00:48+	01:14+	00:52+	01:17+	00:59+	00:25+	00:10+																
5	Andreas Terjesen										1832	50:01													
02:08+	03:03+	04:32+	06:35+	07:13+	08:39+	09:12+	11:34+	12:48+	13:59+	14:43+	15:18+	16:07+	17:49+	18:59+	21:43+	23:03+	23:34+	28:00+	29:00+	30:02+	31:17+	32:36+	35:27+	38:15+	39:44+
02:08+	00:55+	01:29+	02:03+	00:38+	01:26+	00:33+	02:22+	01:14+	01:11+	00:44+	00:35+	00:49+	01:42+	01:10+	02:44+	01:20+	00:31+	04:26+	01:00+	01:02+	01:15+	01:19+	02:51+	02:48+	01:29+
02:08+	00:55+	01:29+	02:03+	00:38+	01:26+	00:33+	02:22+	01:14+	01:11+	00:44+	00:35+	00:49+	01:42+	01:10+	02:44+	01:20+	00:31+	04:26+	01:00+	01:02+	01:15+	01:19+	02:51+	02:48+	01:29+
40:13+	41:18+	44:14+	45:16+	46:13+	47:07+	48:24+	49:23+	49:50+	50:01+																
00:29+	01:05+	02:56+	01:02+	00:57+	00:54+	01:17+	00:59+	00:27+	00:11+																
00:29+	01:05+	02:56+	01:02+	00:57+	00:54+	01:17+	00:59+	00:27+	00:11+																
6	Kristian Frafjord Haarr										882	51:03													
01:56+	03:00+	04:21+	05:57+	06:27+	08:29+	08:59+	11:13+	12:27+	13:43+	14:21+	14:37+	15:54+	19:35+	20:59+	24:12+	25:20+	25:55+	30:01+	30:48+	31:35+	32:55+	34:35+	36:02+	38:26+	39:19+
01:56+	01:04+	01:21+	01:36+	00:30+	02:02+	00:30+	02:14+	01:14+	01:16+	00:38+	00:16+	01:17+	03:41+	01:24+	03:13+	01:08+	00:35+	04:06+	00:47+	00:47+	01:20+	01:40+	01:27+	02:24+	00:53+
01:56+	01:04+	01:21+	01:36+	00:30+	02:02+	00:30+	02:14+	01:14+	01:16+	00:38+	00:16+	01:17+	03:41+	01:24+	03:13+	01:08+	00:35+	04:06+	00:47+	00:47+	01:20+	01:40+	01:27+	02:24+	00:53+
39:57+	42:25+	45:20+	46:09+	46:51+	47:45+	48:54+	50:23+	50:50+	51:03+																
00:38+	02:28+	02:55+	00:49+	00:42+	00:54+	01:09+	01:29+	00:27+	00:13+																
00:38+	02:28+	02:55+	00:49+	00:42+	00:54+	01:09+	01:29+	00:27+	00:13+																
7	Lars Erik Malde										NOTEAM	52:25													
02:00+	03:07+	04:53+	07:08+	07:45+	09:06+	09:45+	12:19+	13:49+	15:01+	15:47+	16:15+	17:11+	18:59+	20:18+	23:12+	24:25+	25:01+	29:55+	30:51+	32:03+	33:55+	35:26+	37:15+	39:44+	40:55+
02:00+	01:07+	01:46+	02:15+	00:37+	01:21+	00:39+	02:34+	01:30+	01:12+	00:46+	00:28+	00:56+	01:48+	01:19+	02:54+	01:13+	00:36+	04:54+	00:56+	01:12+	01:52+	01:31+	01:49+	02:29+	01:11+
02:00+	01:07+	01:46+	02:15+	00:37+	01:21+	00:39+	02:34+	01:30+	01:12+	00:46+	00:28+	00:56+	01:48+	01:19+	02:54+	01:13+	00:36+	04:54+	00:56+	01:12+	01:52+	01:31+	01:49+	02:29+	01:11+
41:26+	42:50+	46:34+	47:34+	48:19+	49:18+	50:32+	51:44+	52:14+	52:25+																
00:31+	01:24+	03:44+	01:00+	00:45+	00:59+	01:14+	01:12+	00:30+	00:11+																
00:31+	01:24+	03:44+	01:00+	00:45+	00:59+	01:14+	01:12+	00:30+	00:11+																
8	Magne Hatteland										3528	57:51													
02:46+	03:36+	05:06+	13:01+	13:30+	15:14+	15:42+	17:31+	18:40+	19:46+	20:29+	20:50+	21:59+	23:47+	24:52+	28:12+	29:30+	30:01+	34:54+	35:54+	36:59+	38:19+	39:49+	41:50+	44:41+	45:44+
02:46+	00:50+	01:30+	07:55+	00:29+	01:44+	00:28+	01:49+	01:09+	01:06+	00:43+	00:21+	01:09+	01:48+	01:05+	03:20+	01:18+	00:31+	04:53+	01:00+	01:05+	01:20+	01:30+	02:01+	02:51+	01:03+
02:46+	00:50+	01:30+	07:55+	00:29+	01:44+	00:28+	01:49+	01:09+	01:06+	00:43+	00:21+	01:09+	01:48+	01:05+	03:20+	01:18+	00:31+	04:53+	01:00+	01:05+	01:20+	01:30+	02:01+	02:51+	01:03+
46:11+	48:11+	50:56+	52:17+	53:25+	54:36+	56:00+	57:12+	57:39+	57:51+																
00:27+	02:00+	02:45+	01:21+	01:08+	01:11+	01:24+	01:12+	00:27+	00:12+																
00:27+	02:00+	02:45+	01:21+	01:08+	01:11+	01:24+	01:12+	00:27+	00:12+																
9	Briac Le Ray										2342	58:41													
02:05+	02:59+	04:29+	06:44+	07:16+	08:02+	08:39+	11:35+	12:37+	15:31+	16:18+	16:41+	17:35+	19:23+	20:30+	23:23+	24:53+	25:37+	30:25+	32:20+	37:19+	38:30+	40:02+	42:09+	45:00+	46:33+
02:05+	00:54+	01:30+	02:15+	00:32+	00:46+	00:37+	02:56+	01:02+	02:54+	00:47+	00:23+	00:54+	01:48+	01:07+	02:53+	01:30+	00:44+	04:48+	01:55+	04:59+	01:11+	01:32+	02:07+	02:51+	01:33+
02:05+	00:54+	01:30+	02:15+	00:32+	00:46+	00:37+	02:56+	01:02+	02:54+	00:47+	00:23+	00:54+	01:48+	01:07+	02:53+	01:30+	00:44+	04:48+	01:55+	04:59+	01:11+	01:32+	02:07+	02:51+	01:33+
47:06+	48:29+	51:53+	53:01+	53:54+	54:53+	57:00+	57:58+	58:29+	58:41+																
00:33+	01:23+	03:24+	01:08+	00:53+	00:59+	02:07+	00:58+	00:31+	00:12+																
00:33+	01:23+	03:24+	01:08+	00:53+	00:59+	02:07+	00:58+	00:31+	00:12+																

Plass	Navn					Klasse					Tid														
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Herrer A

10	Maximilian Erlbeck										2342					1:00:59														
01:38+	02:27+	03:55+	05:47+	06:14+	07:17+	07:41+	10:08+	11:57+	13:00+	13:37+	13:57+	15:06+	16:58+	18:12+	21:14+	22:16+	22:46+	28:40+	30:30+	31:18+	33:54+	39:42+	42:27+	46:25+	47:56+					
01:38+	00:49+	01:28+	01:52+	00:27+	01:03+	00:24+	02:27+	01:49+	01:03+	00:37+	00:20+	01:09+	01:52+	01:14+	03:02+	01:02+	00:30+	05:54+	01:50+	00:48+	02:36+	05:48+	02:45+	03:58+	01:31+					
01:38+	00:49+	01:28+	01:52+	00:27+	01:03+	00:24+	02:27+	01:49+	01:03+	00:37+	00:20+	01:09+	01:52+	01:14+	03:02+	01:02+	00:30+	05:54+	01:50+	00:48+	02:36+	05:48+	02:45+	03:58+	01:31+					
48:32+	50:26+	53:45+	54:43+	56:21+	57:26+	59:19+	60:21+	60:48+	60:59+																					
00:36+	01:54+	03:19+	00:58+	01:38+	01:05+	01:53+	01:02+	00:27+	00:11+																					
00:36+	01:54+	03:19+	00:58+	01:38+	01:05+	01:53+	01:02+	00:27+	00:11+																					
11	Fredrik Hana Voss										793					1:01:50														
02:21+	03:17+	05:01+	07:24+	08:11+	11:42+	12:25+	17:57+	19:10+	20:17+	21:17+	21:46+	22:35+	24:15+	25:38+	28:44+	31:09+	31:53+	36:54+	38:06+	39:36+	41:34+	43:01+	45:09+	48:19+	49:15+					
02:21+	00:56+	01:44+	02:23+	00:47+	03:31+	00:43+	05:32+	01:13+	01:07+	01:00+	00:29+	00:49+	01:40+	01:23+	03:06+	02:25+	00:44+	05:01+	01:12+	01:30+	01:58+	01:27+	02:08+	03:10+	00:56+					
02:21+	00:56+	01:44+	02:23+	00:47+	03:31+	00:43+	05:32+	01:13+	01:07+	01:00+	00:29+	00:49+	01:40+	01:23+	03:06+	02:25+	00:44+	05:01+	01:12+	01:30+	01:58+	01:27+	02:08+	03:10+	00:56+					
49:45+	51:12+	53:56+	54:28+	55:34+	56:27+	57:43+	59:28+	60:37+	61:38+	61:50+																				
00:30+	01:27+	02:44+	00:32+	01:06+	00:53+	01:16+	01:45+	01:09+	01:01+	00:12+																				
00:30+	01:27+	02:44+	00:32+	01:06+	00:53+	01:16+	01:45+	01:09+	01:01+	00:12+																				
12	Svein Kyllingstad										1284					1:02:42														
02:04+	03:02+	04:35+	08:11+	08:49+	10:33+	11:01+	14:56+	16:15+	17:27+	19:53+	20:20+	21:09+	24:48+	26:09+	29:20+	30:40+	31:29+	35:19+	37:54+	38:53+	40:52+	43:33+	45:25+	48:02+	49:27+					
02:04+	00:58+	01:33+	03:36+	00:38+	01:44+	00:28+	03:55+	01:19+	01:12+	02:26+	00:27+	00:49+	03:39+	01:21+	03:11+	01:20+	00:49+	03:50+	02:35+	00:59+	01:59+	02:41+	01:52+	02:37+	01:25+					
02:04+	00:58+	01:33+	03:36+	00:38+	01:44+	00:28+	03:55+	01:19+	01:12+	02:26+	00:27+	00:49+	03:39+	01:21+	03:11+	01:20+	00:49+	03:50+	02:35+	00:59+	01:59+	02:41+	01:52+	02:37+	01:25+					
49:54+	52:08+	55:33+	56:32+	57:59+	59:12+	60:43+	61:58+	62:29+	62:42+																					
00:27+	02:14+	03:25+	00:59+	01:27+	01:13+	01:31+	01:15+	00:31+	00:13+																					
00:27+	02:14+	03:25+	00:59+	01:27+	01:13+	01:31+	01:15+	00:31+	00:13+																					

Beste strekktid for klassen

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

Herrer B

1	Tom Furland										769										44:51									
02:01=	02:54=	04:23=	05:56=	06:27=	07:20=	07:51=	09:58=	11:20=	12:34=	13:10=	13:30=	14:21=	16:22=	17:38=	20:46=	21:55=	22:26=	25:50=	26:42=	27:24=	28:39=	29:43=	31:29=	33:51=	34:41=					
02:01=	00:53=	01:29=	01:33=	00:31=	00:53=	00:31=	02:07=	01:22=	01:14=	00:36=	00:20=	00:51=	02:01=	01:16=	03:08=	01:09=	00:31=	03:24=	00:52=	00:42=	01:15=	01:04=	01:46=	02:22=	00:50=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
35:06=	36:15=	39:37=	40:21=	41:04=	41:54=	43:04=	44:05=	44:35=	44:51=																					
00:25=	01:09=	03:22=	00:44=	00:43=	00:50=	01:10=	01:01=	00:30=	00:16=																					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																					
2	Aart Joakim in't Veld										1884										45:34									
01:42-	02:28-	03:46-	05:38-	06:21-	07:25+	07:54+	10:20+	11:26+	12:30-	13:05-	13:23-	14:12-	15:49-	16:52-	19:44-	21:05-	21:29-	24:50-	25:41-	26:27-	27:39-	28:39-	30:26-	32:39-	33:37-					
01:42-	00:46-	01:18-	01:52+	00:43+	01:04+	00:29-	02:26+	01:06-	01:04-	00:35-	00:18-	00:49-	01:37-	01:03-	02:52-	01:21+	00:24-	03:21-	00:51-	00:46+	01:12-	01:00-	01:47+	02:13-	00:58+					
00:19-	00:07-	00:11-	00:19#	00:12#	00:11#	00:02-	00:19#	00:16-	00:10-	00:01-	00:02-	00:02-	00:24-	00:13-	00:16-	00:12#	00:07-	00:03-	00:01-	00:04+	00:03-	00:04-	00:01+	00:09-	00:08#					
34:18-	36:41+	39:33-	40:46+	41:37+	42:41+	43:55+	44:51+	45:23+	45:34+																					
00:41+	02:23+	02:52-	01:13+	00:51+	01:04+	01:14+	00:56-	00:32+	00:11-																					
00:16#	01:14#	00:30-	00:29#	00:08#	00:14#	00:04+	00:05-	00:02+	00:05-																					
3	Jan-Rune Larsen Basso										1376										46:13									
01:41-	02:34-	04:02-	05:55-	06:27=	07:23+	07:52+	10:45+	11:50+	12:55+	13:40+	14:16+	15:03+	16:42+	17:54+	20:49+	22:03+	22:36+	26:00+	26:51+	27:43+	29:31+	30:43+	32:19+	34:42+	35:38+					
01:41-	00:53=	01:28-	01:53+	00:32+	00:56+	00:29-	02:53+	01:05-	01:05-	00:45+	00:36+	00:47-	01:39-	01:12-	02:55-	01:14+	00:33+	03:24=	00:51-	00:52+	01:48+	01:12+	01:36-	02:23+	00:56+					
00:20-	00:00=	00:01-	00:20#	00:01+	00:03+	00:02-	00:46#	00:17-	00:09-	00:09#	00:16#	00:04-	00:22-	00:04-	00:13-	00:05+	00:02+	00:00=	00:01-	00:10#	00:33#	00:08#	00:10-	00:01+	00:06#					
36:22+	37:35+	40:29+	41:20+	42:04+	43:05+	44:17+	45:26+	46:00+	46:13+																					
00:44+	01:13+	02:54-	00:51+	00:44+	01:01+	01:12+	01:09+	00:34+	00:13-																					
00:19#	00:04+	00:28-	00:07#	00:01+	00:11#	00:02+	00:08#	00:04#	00:03-																					
4	Geir Sand										722										46:22									
01:55-	02:53-	04:18-	06:04+	06:38+	08:16+	08:44+	11:28+	12:56+	14:02+	14:41+	15:07+	16:00+	17:41+	18:53+	21:40+	23:01+	23:30+	27:18+	28:32+	29:44+	30:51+	32:13+	34:04+	36:14+	37:06+					
01:55-	00:58+	01:25-	01:46+	00:34+	01:38+	00:28-	02:44+	01:28+	01:06-	00:39+	00:26+	00:53+	01:41-	01:12-	02:47-	01:21+	00:29-	03:48+	01:14+	01:12+	01:07-	01:22+	01:51+	02:10-	00:52+					
00:06-	00:05+	00:04-	00:13#	00:03+	00:04#	00:03-	00:37#	00:06+	00:08-	00:03+	00:06#	00:02+	00:20-	00:04-	00:21-	00:12#	00:02-	00:24#	00:22#	00:30#	00:08-	00:18#	00:05+	00:12-	00:02+					
37:38+	39:05+	41:30+	42:17+	42:52+	43:44+	44:48+	45:44+	46:11+	46:22+																					
00:32+	01:27+	02:25-	00:47+	00:35-	00:52+	01:04-	00:56-	00:27-	00:11-																					
00:07#	00:18#	00:57-	00:03+	00:08-	00:02+	00:06-	00:05-	00:03-	00:05-																					

Herrer B

5	Oddvar Taksdal										3522										46:29									
01:59-	02:49-	04:09-	05:43-	06:19-	07:19-	07:53+	09:49-	11:02-	12:13-	12:59-	13:18-	14:07-	15:54-	17:08-	20:08-	21:15-	21:48-	25:20-	26:26-	27:36+	28:58+	30:15+	31:47+	34:19+	35:14+					
01:59-	00:50-	01:20-	01:34-	00:36+	01:00+	00:34+	01:56-	01:13-	00:46+	00:19-	00:00+	00:49-	01:47-	01:14-	03:00-	01:07-	00:33+	03:32+	01:06+	01:10+	01:22+	01:17+	01:32-	02:32+	00:55+					
00:02-	00:03-	00:09-	00:01+	00:05#	00:07#	00:03+	00:11-	00:09-	00:03-	00:10#	00:01-	00:02-	00:14-	00:02-	00:08-	00:02-	00:02+	00:08+	00:14#	00:28#	00:07+	00:13#	00:14-	00:10+	00:05#					
35:38+	37:51+	40:44+	41:39+	42:36+	43:29+	44:48+	45:47+	46:16+	46:29+																					
00:24-	02:13+	02:53-	00:55+	00:57+	00:53+	01:19+	00:59-	00:29-	00:13-																					
00:01-	01:04#	00:29-	00:11#	00:14#	00:03+	00:09#	00:02-	00:01-	00:03-																					
6	Magnus Landstad										3507										46:46									
01:54+	02:51+	04:29+	06:08+	06:43+	07:58+	08:31+	11:12+	12:57+	14:07+	14:44+	15:07+	15:55+	17:39+	18:46+	21:51+	22:53+	23:24+	26:59+	27:59+	28:46+	30:03+	31:19+	33:16+	35:47+	36:43+					
01:54+	00:57+	01:38+	01:39+	00:35+	01:15+	00:33+	02:41+	01:45+	01:10+	00:37+	00:23+	00:48+	01:44+	01:07+	03:05+	01:02+	00:31+	03:35+	01:00+	00:47+	01:17+	01:16+	01:57+	02:31+	00:56+					
01:54+	00:57+	01:38+	01:39+	00:35+	01:15+	00:33+	02:41+	01:45+	01:10+	00:37+	00:23+	00:48+	01:44+	01:07+	03:05+	01:02+	00:31+	03:35+	01:00+	00:47+	01:17+	01:16+	01:57+	02:31+	00:56+					
37:37+	38:42+	41:20+	42:17+	43:06+	44:00+	45:02+	46:00+	46:34+	46:46+																					
00:54+	01:05+	02:38+	00:57+	00:49+	00:54+	01:02+	00:58+	00:34+	00:12+																					
00:54+	01:05+	02:38+	00:57+	00:49+	00:54+	01:02+	00:58+	00:34+	00:12+																					
7	Joar Eilevstjønn										2342										47:21									
01:51+	02:43+	04:13+	06:23+	07:00+	08:20+	08:47+	10:40+	11:48+	12:50+	13:24+	13:45+	14:53+	16:32+	17:44+	20:38+	21:44+	22:09+	26:30+	28:22+	29:09+	30:41+	31:56+	33:50+	36:06+	36:56+					
01:51+	00:52+	01:30+	02:10+	00:37+	01:20+	00:27+	01:53+	01:08+	01:02+	00:34+	00:21+	01:08+	01:39+	01:12+	02:54+	01:06+	00:25+	04:21+	01:52+	00:47+	01:32+	01:15+	01:54+	02:16+	00:50+					
01:51+	00:52+	01:30+	02:10+	00:37+	01:20+	00:27+	01:53+	01:08+	01:02+	00:34+	00:21+	01:08+	01:39+	01:12+	02:54+	01:06+	00:25+	04:21+	01:52+	00:47+	01:32+	01:15+	01:54+	02:16+	00:50+					
37:20+	38:44+	41:35+	42:25+	43:37+	44:37+	45:43+	46:45+	47:11+	47:21+																					
00:24+	01:24+	02:51+	00:50+	01:12+	01:00+	01:06+	01:02+	00:26+	00:10+																					
00:24+	01:24+	02:51+	00:50+	01:12+	01:00+	01:06+	01:02+	00:26+	00:10+																					
8	Arne Eirik Nielsen										3588										48:44									
01:52+	02:55+	04:18+	06:00+	06:48+	08:18+	08:48+	11:17+	12:30+	13:37+	14:17+	14:43+	15:31+	18:23+	19:33+	22:25+	23:32+	24:02+	27:26+	28:24+	29:16+	31:03+	32:28+	35:11+	37:35+	38:37+					
01:52+	01:03+	01:23+	01:42+	00:48+	01:30+	00:30+	02:29+	01:13+	01:07+	00:40+	00:26+	00:48+	02:52+	01:10+	02:52+	01:07+	00:30+	03:24+	00:58+	00:52+	01:47+	01:25+	02:43+	02:24+	01:02+					
01:52+	01:03+	01:23+	01:42+	00:48+	01:30+	00:30+	02:29+	01:13+	01:07+	00:40+	00:26+	00:48+	02:52+	01:10+	02:52+	01:07+	00:30+	03:24+	00:58+	00:52+	01:47+	01:25+	02:43+	02:24+	01:02+					
39:04+	40:34+	43:34+	44:20+	44:57+	45:49+	46:51+	47:55+	48:32+	48:44+																					
00:27+	01:30+	03:00+	00:46+	00:37+	00:52+	01:02+	01:04+	00:37+	00:12+																					
00:27+	01:30+	03:00+	00:46+	00:37+	00:52+	01:02+	01:04+	00:37+	00:12+																					
9	Njål F. Vadla										1884										50:02									
02:06+	03:00+	04:44+	06:25+	07:05+	08:28+	09:03+	12:16+	14:12+	15:30+	16:15+	16:41+	17:34+	19:30+	21:03+	24:22+	25:24+	25:54+	29:27+	30:40+	31:29+	33:16+	34:15+	35:49+	38:15+	39:10+					
02:06+	00:54+	01:44+	01:41+	00:40+	01:23+	00:35+	03:13+	01:56+	01:18+	00:45+	00:26+	00:53+	01:56+	01:33+	03:19+	01:02+	00:30+	03:33+	01:13+	00:49+	01:47+	00:59+	01:34+	02:26+	00:55+					
02:06+	00:54+	01:44+	01:41+	00:40+	01:23+	00:35+	03:13+	01:56+	01:18+	00:45+	00:26+	00:53+	01:56+	01:33+	03:19+	01:02+	00:30+	03:33+	01:13+	00:49+	01:47+	00:59+	01:34+	02:26+	00:55+					
39:43+	41:18+	44:18+	45:06+	45:52+	46:45+	48:02+	49:18+	49:48+	50:02+																					
00:33+	01:35+	03:00+	00:48+	00:46+	00:53+	01:17+	01:16+	00:30+	00:14+																					
00:33+	01:35+	03:00+	00:48+	00:46+	00:53+	01:17+	01:16+	00:30+	00:14+																					
10	Tor Gunnar Aksland										1683										51:22									
02:13+	03:09+	04:42+	06:38+	07:10+	08:14+	08:43+	11:23+	12:47+	13:56+	14:39+	14:57+	16:01+	17:48+	19:13+	22:17+	23:31+	24:07+	28:37+	29:44+	30:41+	32:06+	35:52+	37:36+	40:16+	41:15+					
02:13+	00:56+	01:33+	01:56+	00:32+	01:04+	00:29+	02:40+	01:24+	01:09+	00:43+	00:18+	01:04+	01:47+	01:25+	03:04+	01:14+	00:36+	04:30+	01:07+	00:57+	01:25+	03:46+	01:44+	02:40+	00:59+					
02:13+	00:56+	01:33+	01:56+	00:32+	01:04+	00:29+	02:40+	01:24+	01:09+	00:43+	00:18+	01:04+	01:47+	01:25+	03:04+	01:14+	00:36+	04:30+	01:07+	00:57+	01:25+	03:46+	01:44+	02:40+	00:59+					
41:51+	43:11+	45:54+	46:52+	47:38+	48:36+	49:42+	50:41+	51:10+	51:22+																					
00:36+	01:20+	02:43+	00:58+	00:46+	00:58+	01:06+	00:59+	00:29+	00:12+																					
00:36+	01:20+	02:43+	00:58+	00:46+	00:58+	01:06+	00:59+	00:29+	00:12+																					
11	Trond Sigurd Fotland										3507										51:58									
01:49+	02:50+	04:21+	06:04+	06:55+	07:58+	08:39+	12:40+	13:51+	14:56+	15:38+	16:00+	16:49+	18:33+	19:50+	22:46+	23:57+	24:25+	29:39+	30:39+	31:31+	33:46+	35:02+	37:03+	40:04+	40:57+					
01:49+	01:01+	01:31+	01:43+	00:51+	01:03+	00:41+	04:01+	01:11+	01:05+	00:42+	00:22+	00:49+	01:44+	01:17+	02:56+	01:11+	00:28+	05:14+	01:00+	00:52+	02:15+	01:16+	02:01+	03:01+	00:53+					
01:49+	01:01+	01:31+	01:43+	00:51+	01:03+	00:41+	04:01+	01:11+	01:05+	00:42+	00:22+	00:49+	01:44+	01:17+	02:56+	01:11+	00:28+	05:14+	01:00+	00:52+	02:15+	01:16+	02:01+	03:01+	00:53+					
41:33+	42:46+	45:44+	46:42+	47:43+	48:53+	50:20+	51:19+	51:46+	51:58+																					
00:36+	01:13+	02:58+	00:58+	01:01+	01:10+	01:27+	00:59+	00:27+	00:12+																					
00:36+	01:13+	02:58+	00:58+	01:01+	01:10+	01:27+	00:59+	00:27+	00:12+																					
12	Kristoffer Johannessen										1830										54:23									
02:33+	03:45+	05:23+	07:06+	07:41+	08:55+	09:35+	13:38+	14:54+	15:59+	16:42+	17:04+	17:52+	19:36+	20:51+	23:50+	25:11+	25:43+	30:25+	31:41+	32:39+	34:45+	36:09+	38:25+	41:14+	44:12+					
02:33+	01:12+	01:38+	01:43+	00:35+	01:14+	00:40+	04:03+	01:16+	01:05+	00:43+	00:22+	00:48+	01:44+	01:15+	02:59+	01:21+	00:32+	04:42+	01:16+	00:58+	02:06+	01:24+	02:16+	02:49+	02:58+					
02:33+	01:12+	01:38+	01:43+	00:35+	01:14+	00:40+	04:03+	01:16+	01:05+	00:43+	00:22+	00:48+	01:44+	01:15+	02:59+	01:21+	00:32+	04:42+	01:16+	00:58+	02:06+	01:24+	02:16+	02:49+	02:58+					
44:44+	46:16+	48:57+	49:49+	50:36+	51:30+	52:43+	53:45+	54:12+	54:23+																					
00:32+	01:32+	02:41+	00:52+	00:47+	00:54+	01:13+	01:02+	00:27+	00:11+																					
00:32+	01:32+	02:41+	00:52+	00:47+	00:54+	01:13+	01:02+	00:27+	00:11+																					

Plass	Navn		Klasse										Tid									
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Herrer B

13	Per Olav Haarr										769										57:28									
01:53+	02:58+	04:31+	06:14+	06:49+	07:47+	08:23+	11:09+	12:18+	13:26+	14:05+	14:27+	15:19+	17:13+	18:29+	21:27+	22:36+	23:06+	32:07+	33:09+	34:03+	35:20+	38:57+	40:45+	43:23+	44:52+					
01:53+	01:05+	01:33+	01:43+	00:35+	00:58+	00:36+	02:46+	01:09+	01:08+	00:39+	00:22+	00:52+	01:54+	01:16+	02:58+	01:09+	00:30+	09:01+	01:02+	00:54+	01:17+	03:37+	01:48+	02:38+	01:29+					
01:53+	01:05+	01:33+	01:43+	00:35+	00:58+	00:36+	02:46+	01:09+	01:08+	00:39+	00:22+	00:52+	01:54+	01:16+	02:58+	01:09+	00:30+	09:01+	01:02+	00:54+	01:17+	03:37+	01:48+	02:38+	01:29+					
45:15+	47:02+	49:46+	51:00+	52:01+	53:01+	55:27+	56:36+	57:15+	57:28+																					
00:23+	01:47+	02:44+	01:14+	01:01+	01:00+	02:26+	01:09+	00:39+	00:13+																					
00:23+	01:47+	02:44+	01:14+	01:01+	01:00+	02:26+	01:09+	00:39+	00:13+																					
14	Jørgen Breivold										3529										59:23									
02:21+	03:16+	04:38+	06:35+	07:18+	09:04+	09:50+	13:40+	15:08+	16:27+	17:21+	17:46+	18:40+	20:39+	22:03+	25:22+	26:49+	27:29+	31:42+	32:49+	35:22+	38:17+	40:31+	42:41+	45:34+	47:11+					
02:21+	00:55+	01:22+	01:57+	00:43+	01:46+	00:46+	03:50+	01:28+	01:19+	00:54+	00:25+	00:54+	01:59+	01:24+	03:19+	01:27+	00:40+	04:13+	01:07+	02:33+	02:55+	02:14+	02:10+	02:53+	01:37+					
02:21+	00:55+	01:22+	01:57+	00:43+	01:46+	00:46+	03:50+	01:28+	01:19+	00:54+	00:25+	00:54+	01:59+	01:24+	03:19+	01:27+	00:40+	04:13+	01:07+	02:33+	02:55+	02:14+	02:10+	02:53+	01:37+					
48:16+	50:06+	53:02+	54:07+	55:01+	55:58+	57:23+	58:32+	59:11+	59:23+																					
01:05+	01:50+	02:56+	01:05+	00:54+	00:57+	01:25+	01:09+	00:39+	00:12+																					
01:05+	01:50+	02:56+	01:05+	00:54+	00:57+	01:25+	01:09+	00:39+	00:12+																					
15	Espen Fyhn Nilsen										1683										1:04:18									
02:29+	03:46+	06:08+	08:35+	09:27+	10:59+	11:35+	14:32+	16:04+	17:49+	18:46+	19:13+	20:16+	23:18+	24:54+	29:10+	30:42+	31:23+	36:52+	38:13+	39:16+	41:00+	42:29+	45:13+	49:04+	50:27+					
02:29+	01:17+	02:22+	02:27+	00:52+	01:32+	00:36+	02:57+	01:32+	01:45+	00:57+	00:27+	01:03+	03:02+	01:36+	04:16+	01:32+	00:41+	05:29+	01:21+	01:03+	01:44+	01:29+	02:44+	03:51+	01:23+					
02:29+	01:17+	02:22+	02:27+	00:52+	01:32+	00:36+	02:57+	01:32+	01:45+	00:57+	00:27+	01:03+	03:02+	01:36+	04:16+	01:32+	00:41+	05:29+	01:21+	01:03+	01:44+	01:29+	02:44+	03:51+	01:23+					
51:07+	53:11+	57:03+	58:02+	59:00+	60:14+	61:54+	63:25+	64:03+	64:18+																					
00:40+	02:04+	03:52+	00:59+	00:58+	01:14+	01:40+	01:31+	00:38+	00:15+																					
00:40+	02:04+	03:52+	00:59+	00:58+	01:14+	01:40+	01:31+	00:38+	00:15+																					

Beste strekktid for klassen

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

Herrer C

1	Lars Drage						3583						41:59													
	02:18=	03:48=	05:37=	06:08=	07:26=	07:52=	09:47=	10:56=	12:04=	12:38=	12:58=	13:58=	17:15=	18:27=	19:30=	20:41=	22:59=	23:59=	24:26=	28:22=	29:21=	31:02=	32:47=	34:22=	35:20=	37:35=
	02:18=	01:30=	01:49=	00:31=	01:18=	00:26=	01:55=	01:09=	01:08=	00:34=	00:20=	01:00=	03:17=	01:12=	01:03=	01:11=	02:18=	01:00=	00:27=	03:56=	00:59=	01:41=	01:45=	01:35=	00:58=	02:15=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
	38:21=	39:03=	39:50=	40:54=	41:48=	41:59=																				
	00:46=	00:42=	00:47=	01:04=	00:54=	00:11=																				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=																				
2	Morten Aamodt						1683						42:50													
	02:36+	04:09+	06:01+	06:35+	07:45+	08:12+	10:21+	11:38+	12:50+	13:33+	13:55+	14:49+	16:36=	17:46=	18:51=	20:09=	22:30=	23:40=	24:14=	28:14=	28:57=	30:04=	32:02=	34:02=	35:03=	37:09=
	02:36+	01:33+	01:52+	00:34+	01:10=	00:27+	02:09+	01:17+	01:12+	00:43+	00:22+	00:54=	01:47=	01:10=	01:05+	01:18+	02:21+	01:10+	00:34+	04:00+	00:43=	01:07=	01:58+	02:00+	01:01+	02:06=
	00:18#	00:03+	00:03+	00:03+	00:08=	00:01+	00:14#	00:08#	00:04+	00:09&	00:02#	00:06=	01:30=	00:02=	00:02+	00:07+	00:03+	00:10#	00:07&	00:04+	00:16=	00:34=	00:13#	00:25&	00:03+	00:09=
	37:44=	38:37=	39:19=	40:17=	41:30=	42:36+	42:50+																			
	00:35=	00:53+	00:42=	00:58=	01:13+	01:06+	00:14+																			
	00:11=	00:11&	00:05=	00:06=	00:19&	00:55&	00:14+																			
3	Kjetil Wirak						3486						43:05													
	02:43+	04:23+	06:14+	06:46+	08:08+	08:35+	11:40+	12:53+	14:03+	14:44+	15:09+	16:01+	17:52+	19:06+	20:29+	21:48+	24:09+	25:32+	25:59+	29:33+	30:14+	31:20+	33:01+	34:28+	35:29+	37:52+
	02:43+	01:40+	01:51+	00:32+	01:22+	00:27+	03:05+	01:13+	01:10+	00:41+	00:25+	00:52=	01:51=	01:14+	01:23+	01:19+	02:21+	01:23+	00:27=	03:34=	00:41=	01:06=	01:41=	01:27=	01:01+	02:23+
	00:25#	00:10#	00:02+	00:01+	00:04+	00:01+	01:10&	00:04+	00:02+	00:07#	00:05#	00:08=	01:26=	00:02+	00:20&	00:08#	00:03+	00:23&	00:00=	00:22=	00:18=	00:35=	00:04=	00:08=	00:03+	00:08+
	38:53+	39:42+	40:35+	41:48+	42:54+	43:05+																				
	01:01+	00:49+	00:53+	01:13+	01:06+	00:11=																				
	00:15&	00:07#	00:06#	00:09#	00:12#	00:00=																				
4	Øyvind Rummelhoff						882						45:07													
	02:45+	04:17+	06:04+	06:38+	08:34+	09:15+	11:21+	12:40+	13:46+	14:28+	14:49+	15:37+	17:25+	18:45+	19:55+	21:09+	23:27+	24:37+	25:08+	29:36+	30:22+	31:47+	33:49+	36:06+	36:56+	39:31+
	02:45+	01:32+	01:47=	00:34+	01:56+	00:41+	02:06+	01:19+	01:06=	00:42+	00:21+	00:48=	01:48=	01:20+	01:10+	01:14+	02:18=	01:10+	00:31+	04:28+	00:46=	01:25=	02:02+	02:17+	00:50=	02:35+
	00:27#	00:02+	00:02=	00:03+	00:38&	00:15&	00:11+	00:10#	00:02=	00:08#	00:01+	00:12=	01:29=	00:08#	00:07#	00:03+	00:00=	00:10#	00:04#	00:32#	00:13=	00:16=	00:17#	00:42&	00:08=	00:20#
	40:19+	41:38+	42:21+	43:54+	44:56+	45:07+																				
	00:48+	01:19+	00:43=	01:33+	01:02+	00:11=																				
	00:02+	00:37&	00:04=	00:29&	00:08#	00:00=																				

Herrer C

Henning Sundby					3486					45:41															
02:25+	03:50+	05:34-	06:09+	07:31+	08:08+	10:13+	12:06+	13:12+	13:58+	14:20+	15:13+	17:15=	18:28+	19:53+	21:08+	23:20+	24:31+	25:01+	28:25+	29:30+	31:02=	32:52+	35:48+	36:41+	39:47+
02:25+	01:25-	01:44-	00:35+	01:22+	00:37+	02:05+	01:53+	01:06-	00:46+	00:22+	00:53-	02:02-	01:13+	01:25+	01:15+	02:12-	01:11+	00:30+	03:24-	01:05+	01:32-	01:50+	02:56+	00:53-	03:06+
00:07+	00:05-	00:05-	00:04#	00:04+	00:11&	00:10+	00:44&	00:02-	00:12&	00:02#	00:07-	01:15-	00:01+	00:22&	00:04+	00:06-	00:11#	00:03#	00:32-	00:06#	00:09-	00:05+	01:21&	00:05-	00:51&
40:54+	41:44+	42:41+	44:31+	45:27+	45:41+																				
01:07+	00:50+	00:57+	01:50+	00:56+	00:14+																				
00:21&	00:08#	00:10#	00:46&	00:02+	00:03&																				
6 Stein Arne Olsen					874					46:32															
02:51+	04:23+	06:06+	06:43+	07:57+	08:27+	11:35+	12:55+	14:10+	14:52+	15:12+	16:06+	18:01+	19:20+	20:46+	21:56+	24:19+	25:46+	26:18+	29:57+	31:20+	32:49+	35:03+	36:59+	38:07+	40:49+
02:51+	01:32+	01:43+	00:37+	01:14+	00:30+	03:08+	01:20+	01:15+	00:42+	00:20+	00:54+	01:55+	01:19+	01:26+	01:10+	02:23+	01:27+	00:32+	03:39+	01:23+	01:29+	02:14+	01:56+	01:08+	02:42+
02:51+	01:32+	01:43+	00:37+	01:14+	00:30+	03:08+	01:20+	01:15+	00:42+	00:20+	00:54+	01:55+	01:19+	01:26+	01:10+	02:23+	01:27+	00:32+	03:39+	01:23+	01:29+	02:14+	01:56+	01:08+	02:42+
41:42+	42:43+	43:49+	45:15+	46:20+	46:32+																				
00:53+	01:01+	01:06+	01:26+	01:05+	00:12+																				
00:53+	01:01+	01:06+	01:26+	01:05+	00:12+																				
7 Nils John Vestøl					3541					47:07															
02:32+	04:19+	06:24+	07:06+	08:44+	09:31+	12:07+	13:25+	14:39+	15:45+	16:00+	16:55+	18:56+	20:14+	22:06+	23:32+	26:12+	27:17+	27:43+	32:28+	33:02+	34:08+	36:03+	38:00+	39:15+	41:43+
02:32+	01:47+	02:05+	00:42+	01:38+	00:47+	02:36+	01:18+	01:14+	01:06+	00:15+	00:55+	02:01+	01:18+	01:52+	01:26+	02:40+	01:05+	00:26+	04:45+	00:34+	01:06+	01:55+	01:57+	01:15+	02:28+
02:32+	01:47+	02:05+	00:42+	01:38+	00:47+	02:36+	01:18+	01:14+	01:06+	00:15+	00:55+	02:01+	01:18+	01:52+	01:26+	02:40+	01:05+	00:26+	04:45+	00:34+	01:06+	01:55+	01:57+	01:15+	02:28+
42:42+	43:29+	44:36+	45:51+	46:57+	47:07+																				
00:59+	00:47+	01:07+	01:15+	01:06+	00:10+																				
00:59+	00:47+	01:07+	01:15+	01:06+	00:10+																				
8 Leif Kjetil Hinna Gausel					1683					48:16															
02:51+	04:17+	06:12+	06:45+	08:29+	09:05+	14:14+	15:33+	16:48+	17:34+	17:56+	18:49+	20:55+	22:12+	23:26+	24:42+	27:14+	28:27+	29:01+	33:04+	34:03+	35:23+	37:00+	39:03+	39:55+	42:19+
02:51+	01:26+	01:55+	00:33+	01:44+	00:36+	05:09+	01:19+	01:15+	00:46+	00:22+	00:53+	02:06+	01:17+	01:14+	01:16+	02:32+	01:13+	00:34+	04:03+	00:59+	01:20+	01:37+	02:03+	00:52+	02:24+
02:51+	01:26+	01:55+	00:33+	01:44+	00:36+	05:09+	01:19+	01:15+	00:46+	00:22+	00:53+	02:06+	01:17+	01:14+	01:16+	02:32+	01:13+	00:34+	04:03+	00:59+	01:20+	01:37+	02:03+	00:52+	02:24+
43:17+	44:10+	45:13+	46:49+	47:58+	48:16+																				
00:58+	00:53+	01:03+	01:36+	01:09+	00:18+																				
00:58+	00:53+	01:03+	01:36+	01:09+	00:18+																				
9 Svein-Erik Kvame					1683					49:30															
03:07+	04:58+	06:59+	07:36+	09:01+	09:33+	13:35+	15:00+	16:19+	17:00+	17:25+	18:26+	20:30+	21:43+	23:14+	24:27+	27:13+	28:26+	29:03+	32:54+	33:47+	35:15+	37:17+	39:59+	40:57+	43:57+
03:07+	01:51+	02:01+	00:37+	01:25+	00:32+	04:02+	01:25+	01:19+	00:41+	00:25+	01:01+	02:04+	01:13+	01:31+	01:13+	02:46+	01:13+	00:37+	03:51+	00:53+	01:28+	02:02+	02:42+	00:58+	03:00+
03:07+	01:51+	02:01+	00:37+	01:25+	00:32+	04:02+	01:25+	01:19+	00:41+	00:25+	01:01+	02:04+	01:13+	01:31+	01:13+	02:46+	01:13+	00:37+	03:51+	00:53+	01:28+	02:02+	02:42+	00:58+	03:00+
44:53+	45:57+	47:03+	48:13+	49:16+	49:30+																				
00:56+	01:04+	01:06+	01:10+	01:03+	00:14+																				
00:56+	01:04+	01:06+	01:10+	01:03+	00:14+																				
10 Paul Terje Haarr					769					50:07															
03:23+	05:26+	07:18+	07:50+	09:08+	09:43+	12:36+	13:55+	15:11+	15:52+	16:19+	17:12+	19:27+	20:54+	22:12+	23:31+	27:23+	28:50+	29:32+	34:20+	35:08+	36:40+	38:47+	40:34+	42:07+	44:47+
03:23+	02:03+	01:52+	00:32+	01:18+	00:35+	02:53+	01:19+	01:16+	00:41+	00:27+	00:53+	02:15+	01:27+	01:18+	01:19+	03:52+	01:27+	00:42+	04:48+	00:48+	01:32+	02:07+	01:47+	01:33+	02:40+
03:23+	02:03+	01:52+	00:32+	01:18+	00:35+	02:53+	01:19+	01:16+	00:41+	00:27+	00:53+	02:15+	01:27+	01:18+	01:19+	03:52+	01:27+	00:42+	04:48+	00:48+	01:32+	02:07+	01:47+	01:33+	02:40+
45:43+	46:32+	47:34+	48:58+	49:53+	50:07+																				
00:56+	00:49+	01:02+	01:24+	00:55+	00:14+																				
00:56+	00:49+	01:02+	01:24+	00:55+	00:14+																				
11 Jan-Einar Øvremo					1119					50:18															
02:47+	04:13+	06:34+	07:33+	09:55+	10:45+	13:04+	14:21+	15:37+	16:18+	16:42+	17:35+	19:40+	20:53+	22:34+	23:47+	26:40+	27:59+	28:29+	32:34+	34:02+	35:26+	37:32+	40:55+	42:23+	44:57+
02:47+	01:26+	02:21+	00:59+	02:22+	00:50+	02:19+	01:17+	01:16+	00:41+	00:24+	00:53+	02:05+	01:13+	01:41+	01:13+	02:53+	01:19+	00:30+	04:05+	01:28+	01:24+	02:06+	03:23+	01:28+	02:34+
02:47+	01:26+	02:21+	00:59+	02:22+	00:50+	02:19+	01:17+	01:16+	00:41+	00:24+	00:53+	02:05+	01:13+	01:41+	01:13+	02:53+	01:19+	00:30+	04:05+	01:28+	01:24+	02:06+	03:23+	01:28+	02:34+
45:48+	46:30+	47:40+	49:02+	50:07+	50:18+																				
00:51+	00:42+	01:10+	01:22+	01:05+	00:11+																				
00:51+	00:42+	01:10+	01:22+	01:05+	00:11+																				
12 Terje Michaelsen					3511					51:50															
02:16+	03:34+	05:12+	05:43+	08:39+	09:33+	12:44+	13:55+	15:01+	15:42+	16:01+	17:26+	19:07+	20:20+	21:33+	22:35+	25:01+	26:19+	26:49+	35:19+	36:08+	37:08+	38:57+	41:09+	42:29+	45:35+
02:16+	01:18+	01:38+	00:31+	02:56+	00:54+	03:11+	01:11+	01:06+	00:41+	00:19+	01:25+	01:41+	01:13+	01:13+	01:02+	02:26+	01:18+	00:30+	08:30+	00:49+	01:00+	01:49+	02:12+	01:20+	03:06+
02:16+	01:18+	01:38+	00:31+	02:56+	00:54+	03:11+	01:11+	01:06+	00:41+	00:19+	01:25+	01:41+	01:13+	01:13+	01:02+	02:26+	01:18+	00:30+	08:30+	00:49+	01:00+	01:49+	02:12+	01:20+	03:06+
46:43+	47:48+	48:49+	50:35+	51:37+	51:50+																				
01:08+	01:05+	01:01+	01:46+	01:02+	00:13+																				
01:08+	01:05+	01:01+	01:46+	01:02+	00:13+																				

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02:48+	04:21+	06:27+	07:00+	08:30+	09:00+	11:47+	13:04+	14:15+	15:02+	15:30+	16:26+	18:20+	19:34+	21:16+	23:05+	25:43+	27:24+	28:04+	33:10+	34:12+	35:39+	37:41+	40:36+	41:56+	44:48+
02:48+	01:33+	02:06+	00:33+	01:30+	00:30+	02:47+	01:17+	01:11+	00:47+	00:28+	00:56+	01:54+	01:14+	01:42+	01:49+	02:38+	01:41+	00:40+	05:06+	01:02+	01:27+	02:02+	02:55+	01:20+	02:52+
02:48+	01:33+	02:06+	00:33+	01:30+	00:30+	02:47+	01:17+	01:11+	00:47+	00:28+	00:56+	01:54+	01:14+	01:42+	01:49+	02:38+	01:41+	00:40+	05:06+	01:02+	01:27+	02:02+	02:55+	01:20+	02:52+
45:59+	47:08+	48:20+	50:07+	51:51+	52:04+																				
01:11+	01:09+	01:12+	01:47+	01:44+	00:13+																				
01:11+	01:09+	01:12+	01:47+	01:44+	00:13+																				
14	Geir Haugvaldstad	1683	52:33																						
02:52+	04:39+	06:56+	07:44+	10:12+	10:49+	17:07+	18:29+	19:42+	20:23+	20:49+	21:42+	23:50+	25:14+	26:28+	27:35+	30:10+	31:22+	31:53+	35:51+	36:30+	38:16+	39:54+	41:48+	42:36+	45:04+
02:52+	01:47+	02:17+	00:48+	02:28+	00:37+	06:18+	01:22+	01:13+	00:41+	00:26+	00:53+	02:08+	01:24+	01:14+	01:07+	02:35+	01:12+	00:31+	03:58+	00:39+	01:46+	01:38+	01:54+	00:48+	02:28+
02:52+	01:47+	02:17+	00:48+	02:28+	00:37+	06:18+	01:22+	01:13+	00:41+	00:26+	00:53+	02:08+	01:24+	01:14+	01:07+	02:35+	01:12+	00:31+	03:58+	00:39+	01:46+	01:38+	01:54+	00:48+	02:28+
46:03+	47:47+	48:50+	51:09+	52:22+	52:33+																				
00:59+	01:44+	01:03+	02:19+	01:13+	00:11+																				
00:59+	01:44+	01:03+	02:19+	01:13+	00:11+																				
15	Trond Lamark	878	52:48																						
03:37+	05:32+	08:31+	09:10+	10:32+	11:06+	14:06+	15:39+	17:03+	18:02+	18:37+	19:40+	21:55+	23:21+	24:58+	26:21+	29:13+	30:55+	31:32+	36:13+	37:02+	38:28+	40:41+	42:39+	43:48+	46:32+
03:37+	01:55+	02:59+	00:39+	01:22+	00:34+	03:00+	01:33+	01:24+	00:59+	00:35+	01:03+	02:15+	01:26+	01:37+	01:23+	02:52+	01:42+	00:37+	04:41+	00:49+	01:26+	02:13+	01:58+	01:09+	02:44+
03:37+	01:55+	02:59+	00:39+	01:22+	00:34+	03:00+	01:33+	01:24+	00:59+	00:35+	01:03+	02:15+	01:26+	01:37+	01:23+	02:52+	01:42+	00:37+	04:41+	00:49+	01:26+	02:13+	01:58+	01:09+	02:44+
47:45+	48:43+	49:49+	51:13+	52:35+	52:48+																				
01:13+	00:58+	01:06+	01:24+	01:22+	00:13+																				
01:13+	00:58+	01:06+	01:24+	01:22+	00:13+																				
16	Svein Oddvar Netland	1683	54:27																						
02:47+	04:18+	06:19+	07:11+	09:26+	09:55+	13:15+	14:45+	16:03+	17:23+	18:26+	19:18+	21:15+	22:43+	24:30+	26:06+	28:51+	30:24+	31:11+	35:28+	36:09+	40:15+	42:32+	44:36+	45:54+	48:33+
02:47+	01:31+	02:01+	00:52+	02:15+	00:29+	03:20+	01:30+	01:18+	01:20+	01:03+	00:52+	01:57+	01:28+	01:47+	01:36+	02:45+	01:33+	00:47+	04:17+	00:41+	04:06+	02:17+	02:04+	01:18+	02:39+
02:47+	01:31+	02:01+	00:52+	02:15+	00:29+	03:20+	01:30+	01:18+	01:20+	01:03+	00:52+	01:57+	01:28+	01:47+	01:36+	02:45+	01:33+	00:47+	04:17+	00:41+	04:06+	02:17+	02:04+	01:18+	02:39+
49:44+	50:33+	51:57+	53:18+	54:16+	54:27+																				
01:11+	00:49+	01:24+	01:21+	00:58+	00:11+																				
01:11+	00:49+	01:24+	01:21+	00:58+	00:11+																				
17	Pål H. Gjerden	1683	54:47																						
02:54+	04:36+	07:07+	07:47+	09:04+	09:40+	14:11+	15:40+	17:06+	18:05+	18:36+	19:37+	21:53+	23:26+	24:57+	26:28+	29:12+	31:09+	31:46+	36:39+	37:47+	39:21+	41:44+	44:06+	45:33+	48:31+
02:54+	01:42+	02:31+	00:40+	01:17+	00:36+	04:31+	01:29+	01:26+	00:59+	00:31+	01:01+	02:16+	01:33+	01:31+	01:31+	02:44+	01:57+	00:37+	04:53+	01:08+	01:34+	02:23+	02:22+	01:27+	02:58+
02:54+	01:42+	02:31+	00:40+	01:17+	00:36+	04:31+	01:29+	01:26+	00:59+	00:31+	01:01+	02:16+	01:33+	01:31+	01:31+	02:44+	01:57+	00:37+	04:53+	01:08+	01:34+	02:23+	02:22+	01:27+	02:58+
49:31+	50:30+	51:39+	53:22+	54:34+	54:47+																				
01:00+	00:59+	01:09+	01:43+	01:12+	00:13+																				
01:00+	00:59+	01:09+	01:43+	01:12+	00:13+																				
18	Oddmund Nordgård	722	56:19																						
02:55+	04:27+	06:32+	07:12+	08:44+	09:14+	15:38+	16:59+	18:12+	18:58+	19:21+	20:32+	25:04+	26:24+	28:14+	29:34+	32:02+	33:43+	34:23+	39:10+	40:02+	41:54+	43:54+	45:54+	46:57+	50:19+
02:55+	01:32+	02:05+	00:40+	01:32+	00:30+	06:24+	01:21+	01:13+	00:46+	00:23+	01:11+	04:32+	01:20+	01:50+	01:20+	02:28+	01:41+	00:40+	04:47+	00:52+	01:52+	02:00+	02:00+	01:03+	03:22+
02:55+	01:32+	02:05+	00:40+	01:32+	00:30+	06:24+	01:21+	01:13+	00:46+	00:23+	01:11+	04:32+	01:20+	01:50+	01:20+	02:28+	01:41+	00:40+	04:47+	00:52+	01:52+	02:00+	02:00+	01:03+	03:22+
51:22+	52:22+	53:32+	54:58+	56:06+	56:19+																				
01:03+	01:00+	01:10+	01:26+	01:08+	00:13+																				
01:03+	01:00+	01:10+	01:26+	01:08+	00:13+																				
19	Ludovic Antresangle	877	57:19																						
03:11+	05:02+	07:19+	08:04+	09:35+	10:21+	13:17+	14:49+	16:04+	16:52+	17:33+	18:33+	20:36+	22:14+	23:38+	25:13+	27:39+	29:01+	29:41+	37:51+	38:53+	41:17+	44:14+	46:27+	47:41+	50:27+
03:11+	01:51+	02:17+	00:45+	01:31+	00:46+	02:56+	01:32+	01:15+	00:48+	00:41+	01:00+	02:03+	01:38+	01:24+	01:35+	02:26+	01:22+	00:40+	08:10+	01:02+	02:24+	02:57+	02:13+	01:14+	02:46+
03:11+	01:51+	02:17+	00:45+	01:31+	00:46+	02:56+	01:32+	01:15+	00:48+	00:41+	01:00+	02:03+	01:38+	01:24+	01:35+	02:26+	01:22+	00:40+	08:10+	01:02+	02:24+	02:57+	02:13+	01:14+	02:46+
51:30+	52:32+	54:15+	55:39+	57:07+	57:19+																				
01:03+	01:02+	01:43+	01:24+	01:28+	00:12+																				
01:03+	01:02+	01:43+	01:24+	01:28+	00:12+																				
20	Geir Frøyttlog	3502	58:52																						
03:22+	05:00+	07:05+	07:41+	09:06+	09:41+	12:18+	13:42+	15:07+	16:03+	16:39+	17:37+	19:45+	21:10+	22:45+	24:09+	27:10+	28:26+	29:06+	33:52+	34:41+	39:27+	41:26+	44:21+	46:03+	46:56+
03:22+	01:38+	02:05+	00:36+	01:25+	00:35+	02:37+	01:24+	01:25+	00:56+	00:36+	00:58+	02:08+	01:25+	01:35+	01:24+	03:01+	01:16+	00:40+	04:46+	00:49+	04:46+	01:59+	02:55+	01:42+	00:53+
03:22+	01:38+	02:05+	00:36+	01:25+	00:35+	02:37+	01:24+	01:25+	00:56+	00:36+	00:58+	02:08+	01:25+	01:35+	01:24+	03:01+	01:16+	00:40+	04:46+	00:49+	04:46+	01:59+	02:55+	01:42+	00:53+
51:13+	52:27+	54:18+	55:44+	57:22+	58:39+	58:52+																			
04:17+	01:14+	01:51+	01:26+	01:38+	01:17+	00:13+																			
04:17+	01:14+	01:51+	01:26+	01:38+	01:17+	00:13+																			

Herrer C

21	Erling Mauland					3541										1:05:39									
03:06+	05:11+	13:28+	14:16+	16:07+	16:44+	19:37+	21:08+	22:31+	23:30+	24:07+	25:44+	28:03+	29:48+	31:40+	33:24+	36:10+	37:54+	38:39+	43:36+	44:50+	46:52+	49:59+	52:27+	54:25+	58:22+
03:06+	02:05+	08:17+	00:48+	01:51+	00:37+	02:53+	01:31+	01:23+	00:59+	00:37+	01:37+	02:19+	01:45+	01:52+	01:44+	02:46+	01:44+	00:45+	04:57+	01:14+	02:02+	03:07+	02:28+	01:58+	03:57+
03:06+	02:05+	08:17+	00:48+	01:51+	00:37+	02:53+	01:31+	01:23+	00:59+	00:37+	01:37+	02:19+	01:45+	01:52+	01:44+	02:46+	01:44+	00:45+	04:57+	01:14+	02:02+	03:07+	02:28+	01:58+	03:57+
60:13+	61:26+	62:46+	64:12+	65:25+	65:39+																				
01:51+	01:13+	01:20+	01:26+	01:13+	00:14+																				
01:51+	01:13+	01:20+	01:26+	01:13+	00:14+																				
22	Ove Oaland					1683										1:10:30									
03:47+	05:38+	08:37+	09:33+	14:03+	14:54+	19:59+	21:41+	23:13+	25:04+	25:30+	27:21+	31:12+	33:09+	34:58+	36:49+	40:08+	42:06+	42:55+	48:23+	49:41+	51:23+	54:13+	57:07+	58:31+	63:16+
03:47+	01:51+	02:59+	00:56+	04:30+	00:51+	05:05+	01:42+	01:32+	01:51+	00:26+	01:51+	03:51+	01:57+	01:49+	01:51+	03:19+	01:58+	00:49+	05:28+	01:18+	01:42+	02:50+	02:54+	01:24+	04:45+
03:47+	01:51+	02:59+	00:56+	04:30+	00:51+	05:05+	01:42+	01:32+	01:51+	00:26+	01:51+	03:51+	01:57+	01:49+	01:51+	03:19+	01:58+	00:49+	05:28+	01:18+	01:42+	02:50+	02:54+	01:24+	04:45+
64:38+	65:46+	67:01+	68:50+	70:14+	70:30+																				
01:22+	01:08+	01:15+	01:49+	01:24+	00:16+																				
01:22+	01:08+	01:15+	01:49+	01:24+	00:16+																				

Beste strekktid for klassen

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

Herrer Ny

1	Gunnar Mannes											3531			
01:32=	02:19=	04:21=	05:45=	07:56=	09:11=	10:54=	11:33=	12:56=	14:10=	16:04=	16:25=				
01:32=	00:47=	02:02=	01:24=	02:11=	01:15=	01:43=	00:39=	01:23=	01:14=	01:54=	00:21=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Håvard Jektnes											3531			
02:16+	02:55+	05:16+	07:30+	12:46+	14:54+	16:58+	17:52+	20:58+	24:23+	26:20+	26:55+				
02:16+	00:39-	02:21+	02:14+	05:16+	02:08+	02:04+	00:54+	03:06+	03:25+	01:57+	00:35+				
00:44&	00:08-	00:19#	00:50&	03:05&	00:53&	00:21#	00:15&	01:43&	02:11&	00:03+	00:14&				
3	Nikolai Khorunzhiy											1456			
02:54+	05:55+	07:10+	08:57+	13:48+	17:04+	20:04+	21:11+	23:52+	25:32+	27:24+	27:40+				
02:54+	03:01+	01:15-	01:47+	04:51+	03:16+	03:00+	01:07+	02:41+	01:40+	01:52-	00:16-				
01:22&	02:14&	00:47-	00:23&	02:40&	02:01&	01:17&	00:28&	01:18&	00:26&	00:02-	00:05-				

Beste strekktid for klassen

01:32	00:39	01:15	01:24	02:11	01:15	01:43	00:39	01:23	01:14	01:52	00:16
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Herrer Trim

1	Frode Halvor Lund													3516	23:59
03:03=	04:40=	06:05=	07:14=	09:26=	11:25=	13:40=	15:42=	16:36=	17:46=	20:12=	21:26=	23:44=	23:59=		
03:03=	01:37=	01:25=	01:09=	02:12=	01:59=	02:15=	02:02=	00:54=	01:10=	02:26=	01:14=	02:18=	00:15=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Svein Erik Bjørnsen													1376	25:12
03:13+	04:58+	06:32+	08:33+	11:06+	12:53+	15:10+	17:14+	18:18+	19:25+	21:52+	23:04+	24:58+	25:12+		
03:13+	01:45+	01:34+	02:01+	02:33+	01:47-	02:17+	02:04+	01:04+	01:07-	02:27+	01:12-	01:54-	00:14-		
00:10+	00:08+	00:09#	00:52&	00:21#	00:12-	00:02+	00:02+	00:10#	00:03-	00:01+	00:02-	00:24-	00:01-		
3	Matthieu Pereira-Pires													877	25:25
02:39-	04:36-	06:01-	07:00-	10:07+	11:56+	14:13+	16:04+	17:10+	18:09+	20:51+	23:07+	25:10+	25:25+		
02:39-	01:57+	01:25=	00:59-	03:07+	01:49-	02:17+	01:51-	01:06+	00:59-	02:42+	02:16+	02:03-	00:15=		
00:24-	00:20#	00:00=	00:10-	00:55&	00:10-	00:02+	00:11-	00:12#	00:11-	00:16#	01:02&	00:15-	00:00=		
4	Arne Magne Søndresen													722	25:32
03:10+	04:40=	06:12+	07:17+	10:01+	12:24+	14:54+	17:04+	18:07+	19:19+	21:58+	23:10+	25:15+	25:32+		
03:10+	01:30-	01:32+	01:05-	02:44+	02:23+	02:30+	02:10+	01:03+	01:12+	02:39+	01:12-	02:05-	00:17+		
00:07+	00:07-	00:07+	00:04-	00:32#	00:24#	00:15#	00:08+	00:09#	00:02+	00:13+	00:02-	00:13-	00:02#		

Plass	Navn										Klasse										Tid	
Herrer Trim																						
5	Torkel Schibevaag										3486										25:52	
02:41-	04:02-	05:18-	06:18-	08:37-	12:58+	15:17+	17:15+	18:12+	19:19+	21:50+	23:47+	25:41+	25:52+									
02:41-	01:21-	01:16-	01:00-	02:19+	04:21+	02:19+	01:58-	00:57+	01:07-	02:31+	01:57+	01:54-	00:11-									
00:22-	00:16-	00:09-	00:09-	00:07+	02:22±	00:04+	00:04-	00:03+	00:03-	00:05+	00:43±	00:24-	00:04-									
6	Bruno Pierfelice										3519										26:51	
02:58+	04:48+	06:24+	07:29+	10:04+	13:12+	16:04+	18:29+	19:22+	20:42+	23:43+	24:32+	26:39+	26:51+									
02:58+	01:50+	01:36+	01:05+	02:35+	03:08+	02:52+	02:25+	00:53+	01:20+	03:01+	00:49+	02:07+	00:12+									
02:58+	01:50+	01:36+	01:05+	02:35+	03:08+	02:52+	02:25+	00:53+	01:20+	03:01+	00:49+	02:07+	00:12+									
7	Per Olof Wallerstedt										3516										27:20	
03:13+	04:54+	06:17+	07:21+	09:57+	13:22+	15:56+	18:04+	19:09+	20:22+	23:00+	25:04+	27:07+	27:20+									
03:13+	01:41+	01:23+	01:04+	02:36+	03:25+	02:34+	02:08+	01:05+	01:13+	02:38+	02:04+	02:03+	00:13+									
03:13+	01:41+	01:23+	01:04+	02:36+	03:25+	02:34+	02:08+	01:05+	01:13+	02:38+	02:04+	02:03+	00:13+									
8	Bjørn kristian Røyland										3503										28:01	
03:24+	05:01+	06:37+	07:41+	10:46+	12:51+	15:49+	18:20+	19:16+	20:26+	23:28+	24:58+	27:48+	28:01+									
03:24+	01:37+	01:36+	01:04+	03:05+	02:05+	02:58+	02:31+	00:56+	01:10+	03:02+	01:30+	02:50+	00:13+									
03:24+	01:37+	01:36+	01:04+	03:05+	02:05+	02:58+	02:31+	00:56+	01:10+	03:02+	01:30+	02:50+	00:13+									
9	Hans Gundersen										2342										28:02	
02:57+	04:24+	07:29+	08:26+	13:02+	15:00+	17:15+	19:19+	20:32+	21:37+	24:15+	25:59+	27:49+	28:02+									
02:57+	01:27+	03:05+	00:57+	04:36+	01:58+	02:15+	02:04+	01:13+	01:05+	02:38+	01:44+	01:50+	00:13+									
02:57+	01:27+	03:05+	00:57+	04:36+	01:58+	02:15+	02:04+	01:13+	01:05+	02:38+	01:44+	01:50+	00:13+									
10	Marius Bergstøl Hvidsten										3533										29:26	
02:52+	04:38+	07:56+	08:53+	11:42+	16:03+	18:23+	20:44+	21:53+	23:05+	25:28+	26:55+	29:13+	29:26+									
02:52+	01:46+	03:18+	00:57+	02:49+	04:21+	02:20+	02:21+	01:09+	01:12+	02:23+	01:27+	02:18+	00:13+									
02:52+	01:46+	03:18+	00:57+	02:49+	04:21+	02:20+	02:21+	01:09+	01:12+	02:23+	01:27+	02:18+	00:13+									
11	Sjur Bjerke										3525										29:46	
03:07+	05:14+	06:57+	08:13+	11:43+	14:11+	16:47+	19:09+	21:01+	22:15+	25:18+	26:53+	29:28+	29:46+									
03:07+	02:07+	01:43+	01:16+	03:30+	02:28+	02:36+	02:22+	01:52+	01:14+	03:03+	01:35+	02:35+	00:18+									
03:07+	02:07+	01:43+	01:16+	03:30+	02:28+	02:36+	02:22+	01:52+	01:14+	03:03+	01:35+	02:35+	00:18+									
12	Andreas Primstad										3548										29:53	
04:11+	05:41+	07:12+	08:21+	13:36+	15:50+	18:54+	21:04+	22:38+	23:52+	26:35+	27:49+	29:43+	29:53+									
04:11+	01:30+	01:31+	01:09+	05:15+	02:14+	03:04+	02:10+	01:34+	01:14+	02:43+	01:14+	01:54+	00:10+									
04:11+	01:30+	01:31+	01:09+	05:15+	02:14+	03:04+	02:10+	01:34+	01:14+	02:43+	01:14+	01:54+	00:10+									
13	Roger Endre Nyseth										892										30:29	
03:37+	05:27+	07:41+	08:47+	11:26+	13:46+	16:43+	19:14+	20:31+	21:49+	24:51+	27:37+	30:13+	30:29+									
03:37+	01:50+	02:14+	01:06+	02:39+	02:20+	02:57+	02:31+	01:17+	01:18+	03:02+	02:46+	02:36+	00:16+									
03:37+	01:50+	02:14+	01:06+	02:39+	02:20+	02:57+	02:31+	01:17+	01:18+	03:02+	02:46+	02:36+	00:16+									
14	Leif Jarle Skåra										3502										30:32	
03:57+	05:44+	07:33+	08:57+	11:33+	14:01+	17:32+	20:21+	21:30+	22:59+	26:29+	27:44+	30:17+	30:32+									
03:57+	01:47+	01:49+	01:24+	02:36+	02:28+	03:31+	02:49+	01:09+	01:29+	03:30+	01:15+	02:33+	00:15+									
03:57+	01:47+	01:49+	01:24+	02:36+	02:28+	03:31+	02:49+	01:09+	01:29+	03:30+	01:15+	02:33+	00:15+									
15	Svein Mæle										643										31:33	
03:23+	04:54+	07:27+	08:39+	09:45+	13:02+	15:21+	17:55+	20:13+	21:24+	22:43+	25:53+	28:45+	31:14+	31:33+								
03:23+	01:31+	02:33+	01:12+	01:06+	03:17+	02:19+	02:34+	02:18+	01:11+	01:19+	03:10+	02:52+	02:29+	00:19+								
03:23+	01:31+	02:33+	01:12+	01:06+	03:17+	02:19+	02:34+	02:18+	01:11+	01:19+	03:10+	02:52+	02:29+	00:19+								
16	Christian Nilsen										3525										31:53	
03:48+	05:38+	07:23+	08:49+	11:28+	14:06+	17:41+	20:34+	21:58+	23:30+	27:04+	28:49+	31:39+	31:53+									
03:48+	01:50+	01:45+	01:26+	02:39+	02:38+	03:35+	02:53+	01:24+	01:32+	03:34+	01:45+	02:50+	00:14+									
03:48+	01:50+	01:45+	01:26+	02:39+	02:38+	03:35+	02:53+	01:24+	01:32+	03:34+	01:45+	02:50+	00:14+									
17	Hans Frode Andersen										3548										31:54	
02:34+	04:14+	05:26+	06:19+	09:11+	12:17+	14:11+	22:03+	23:40+	24:34+	27:02+	30:02+	31:40+	31:54+									
02:34+	01:40+	01:12+	00:53+	02:52+	03:06+	01:54+	07:52+	01:37+	00:54+	02:28+	03:00+	01:38+	00:14+									
02:34+	01:40+	01:12+	00:53+	02:52+	03:06+	01:54+	07:52+	01:37+	00:54+	02:28+	03:00+	01:38+	00:14+									
18	Ivar Aalbu										3502										32:29	
03:52+	05:48+	07:39+	09:07+	11:42+	14:33+	17:38+	21:28+	23:13+	24:41+	27:59+	29:25+	32:11+	32:29+									
03:52+	01:56+	01:51+	01:28+	02:35+	02:51+	03:05+	03:50+	01:45+	01:28+	03:18+	01:26+	02:46+	00:18+									
03:52+	01:56+	01:51+	01:28+	02:35+	02:51+	03:05+	03:50+	01:45+	01:28+	03:18+	01:26+	02:46+	00:18+									

Plass	Navn												Klasse	Tid											
Herrer Trim																									

Plass	Navn												Klasse	Tid											
Herrer Trim																									

Beste strekktid for klassen

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