

1	Maren Benjaminsen												1832				35:03			
04:50=	06:07=	08:47=	10:25=	13:30=	13:57=	15:55=	19:23=	21:12=	23:10=	24:11=	26:57=	28:32=	29:41=	33:12=	34:39=	35:03=				
04:50=	01:17=	02:40=	01:38=	03:05=	00:27=	01:58=	03:28=	01:49=	01:58=	01:01=	02:46=	01:35=	01:09=	03:31=	01:27=	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=				
2	Rønnaug Egeland												1884				35:22			
03:38=	05:01=	07:03=	08:56=	12:19=	13:39=	15:41=	19:22=	21:18+	23:22+	24:27+	27:42+	29:31+	30:46+	33:18+	34:53+	35:22+				
03:38=	01:23+	02:02=	01:53+	03:23+	01:20+	02:02+	03:41+	01:56+	02:04+	01:05+	03:15+	01:49+	01:15+	02:32=	01:35+	00:29+				
01:12=	00:06+	00:38=	00:15#	00:18+	00:53#	00:04+	00:13+	00:07+	00:06+	00:04+	00:29#	00:14#	00:06+	00:59=	00:08+	00:05#				
3	Aina Kalsaas Urstad												3580				38:38			
04:26=	05:58=	08:25=	10:04=	13:40+	14:12+	16:06+	19:52+	23:37+	25:49+	26:52+	30:31+	32:05+	33:53+	36:50+	38:15+	38:38+				
04:26=	01:32+	02:27=	01:39+	03:36+	00:32+	01:54=	03:46+	03:45+	02:12+	01:03+	03:39+	01:34=	01:48+	02:57=	01:25=	00:23=				
00:24=	00:15#	00:13=	00:01+	00:31#	00:05#	00:04=	00:18+	01:56#	00:14#	00:02+	00:53#	00:01=	00:39#	00:34=	00:02=	00:01=				
4	Marie Sigvaldsen												3512				39:02			
05:14+	06:07=	08:32=	10:16=	14:16+	14:46+	16:52+	20:55+	24:02+	25:50+	26:54+	29:29+	30:54+	33:33+	37:16+	38:39+	39:02+				
05:14+	00:53=	02:25=	01:44+	04:00+	00:30+	02:06+	04:03+	03:07+	01:48=	01:04+	02:35=	01:25=	02:39+	03:43+	01:23=	00:23=				
00:24+	00:24=	00:15=	00:06+	00:06+	00:03#	00:08+	00:35#	01:18#	00:10=	00:03+	00:11=	00:10=	01:30#	00:12+	00:04=	00:01=				
5	Guro Fuglestad												878				40:13			
04:57+	07:13+	10:22+	12:04+	16:17+	16:41+	19:05+	22:12+	25:09+	27:20+	28:24+	31:18+	33:13+	35:13+	38:19+	39:43+	40:13+				
04:57+	02:16+	03:09+	01:42+	04:13+	00:24=	02:24+	03:07=	02:57+	02:11+	01:04+	02:54+	01:55+	02:00+	03:06=	01:24=	00:30+				
00:07+	00:59#	00:29#	00:04+	01:08#	00:03=	00:26#	00:21=	01:08#	00:13#	00:03+	00:08+	00:20#	00:51#	00:25=	00:03=	00:06#				
6	Hanne Berg Aspøy												896				40:51			
04:46=	06:04=	08:23=	10:10=	13:26=	14:13+	16:10+	20:01+	24:34+	26:50+	27:48+	30:36+	32:29+	34:07+	38:48+	40:21+	40:51+				
04:46=	01:18+	02:19=	01:47+	03:16+	00:47+	01:57=	03:51+	04:33+	02:16+	00:58=	02:48+	01:53+	01:38+	04:41+	01:33+	00:30+				
00:04=	00:01+	00:21=	00:09+	00:11+	00:20#	00:01=	00:23#	02:44#	00:18#	00:03=	00:02+	00:18#	00:29#	01:10#	00:06+	00:06#				
7	Ingrid Lycke Austbø												989				43:01			
06:01+	07:08+	09:09+	10:41+	14:18+	14:45+	16:48+	20:14+	22:04+	24:19+	25:12+	28:44+	30:16+	32:46+	41:03+	42:30+	43:01+				
06:01+	01:07=	02:01=	01:32=	03:37+	00:27=	02:03+	03:26=	01:50+	02:15+	00:53=	03:32+	01:32=	02:30+	08:17+	01:27=	00:31+				
01:11#	00:10=	00:39=	00:06=	00:32#	00:00=	00:05+	00:02=	00:01+	00:17#	00:08=	00:46#	00:03=	01:21#	04:46#	00:00=	00:07#				
8	Marita Skorpe Falnes												3568				43:14			
04:25=	07:30+	09:19+	11:25+	15:29+	15:53+	18:04+	21:24+	23:44+	26:26+	27:30+	30:37+	32:45+	36:37+	40:57+	42:40+	43:14+				
04:25=	03:05+	01:49=	02:06+	04:04+	00:24=	02:11+	03:20=	02:20+	02:42+	01:04+	03:07+	02:08+	03:52+	04:20+	01:43+	00:34+				
00:25=	01:48#	00:51=	00:28#	00:59#	00:03=	00:13#	00:08=	00:31#	00:44#	00:03+	00:21#	00:33#	02:43#	00:49#	00:16#	00:10#				
9	Marita Navjord Nicolaysen												1284				43:59			
05:38+	07:01+	09:44+	12:05+	15:55+	16:49+	19:07+	23:09+	25:46+	28:04+	29:10+	32:35+	34:15+	38:05+	41:58+	43:33+	43:59+				
05:38+	01:23+	02:43+	02:21+	03:50+	00:54+	02:18+	04:02+	02:37+	02:18+	01:06+	03:25+	01:40+	03:50+	03:53+	01:35+	00:26+				
00:48#	00:06+	00:03+	00:43#	00:45#	00:27#	00:20#	00:34#	00:48#	00:20#	00:05+	00:39#	00:05+	02:41#	00:22#	00:08+	00:02+				
10	Wibeke Lende												3503				44:56			
05:17+	06:26+	09:03+	11:30+	15:37+	16:17+	19:04+	23:11+	25:22+	27:32+	28:40+	33:38+	35:37+	37:57+	42:47+	44:26+	44:56+				
05:17+	01:09=	02:37=	02:27+	04:07+	00:40+	02:47+	04:07+	02:11+	02:10+	01:08+	04:58+	01:59+	02:20+	04:50+	01:39+	00:30+				
00:27+	00:08=	00:03=	00:49#	01:02#	00:13#	00:49#	00:39#	00:22#	00:12#	00:07#	02:12#	00:24#	01:11#	01:19#	00:12#	00:06#				
11	Hege Bakken												1754				48:58			
05:08+	07:50+	10:41+	12:41+	17:07+	17:48+	20:44+	24:23+	27:14+	29:45+	30:56+	34:48+	36:43+	42:50+	46:51+	48:28+	48:58+				
05:08+	02:42+	02:51+	02:00+	04:26+	00:41+	02:56+	03:39+	02:51+	02:31+	01:11+	03:52+	01:55+	06:07+	04:01+	01:37+	00:30+				
00:18+	01:25#	00:11+	00:22#	01:21#	00:14#	00:58#	00:11+	01:02#	00:33#	00:10#	01:06#	00:20#	04:58#	00:30#	00:10#	00:06#				
12	Lisa Turko												NOTEAM				49:31			
10:17+	12:18+	14:24+	15:59+	20:22+	20:53+	24:43+	29:18+	31:12+	33:18+	34:26+	39:13+	40:44+	44:29+	47:24+	49:04+	49:31+				
10:17+	02:01+	02:06=	01:35=	04:23+	00:31+	03:50+	04:35+	01:54+	02:06+	01:08+	04:47+	01:31=	03:45+	02:55=	01:40+	00:27+				
05:27#	00:44#	00:34=	00:03=	01:18#	00:04#	01:52#	01:07#	00:05+	00:08+	00:07#	02:01#	00:04=	02:36#	00:36=	00:13#	00:03#				
13	Dina Baerheim												722				53:05			
06:44+	14:49+	17:22+	19:33+	24:03+	24:36+	27:15+	31:20+	33:57+	36:23+	37:34+	41:10+	43:17+	44:40+	50:40+	52:32+	53:05+				
06:44+	08:05+	02:33=	02:11+	04:30+	00:33+	02:39+	04:05+	02:37+	02:26+	01:11+	03:36+	02:07+	01:23+	06:00+	01:52+	00:33+				
01:54#	06:48#	00:07=	00:33#	01:25#	00:06#	00:41#	00:37#	00:48#	00:28#	00:10#	00:50#	00:32#	00:14#	02:29#	00:25#	00:09#				
14	Ingunn Landsnes												892				58:12			
06:13+	08:03+	10:39+	13:14+	18:17+	19:31+	22:34+	27:30+	34:33+	37:46+	39:14+	43:58+	46:26+	50:01+	55:20+	57:24+	58:12+				
06:13+	01:50+	02:36=	02:35+	05:03+	01:14+	03:03+	04:56+	07:03+	03:13+	01:28+	04:44+	02:28+	03:35+	05:19+	02:04+	00:48+				
01:23#	00:33#	00:04=	00:57#	01:58#	00:47#	01:05#	01:28#	05:14#	01:15#	00:27#	01:58#	00:53#	02:26#	01:48#	00:37#	00:24#				

Plass	Navn	Klasse										Tid					
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Damer 16 - 39 år

15	Svitlana Rasheva										1683	58:18					
06:45+	10:48+	15:16+	17:59+	25:20+	26:01+	29:20+	34:01+	37:31+	39:53+	41:33+	45:20+	47:03+	49:50+	55:05+	57:43+	58:18+	
06:45+	04:03+	04:28+	02:43+	07:21+	00:41+	03:19+	04:41+	03:30+	02:22+	01:40+	03:47+	01:43+	02:47+	05:15+	02:38+	00:35+	
01:55&	02:46@	01:48&	01:05&	04:16@	00:14&	01:21&	01:13&	01:41&	00:24#	00:39&	01:01&	00:08+	01:38@	01:44&	01:11&	00:11&	
16	Frida Erikstein										1830	58:33					
16:34+	18:16+	20:17+	26:20+	29:42+	30:07+	31:43+	34:50+	43:52+	45:58+	46:58+	50:38+	52:15+	53:55+	56:36+	58:04+	58:33+	
16:34+	01:42+	02:01+	06:03+	03:22+	00:25+	01:36+	03:07+	09:02+	02:06+	01:00+	03:40+	01:37+	01:40+	02:41+	01:28+	00:29+	
16:34+	01:42+	02:01+	06:03+	03:22+	00:25+	01:36+	03:07+	09:02+	02:06+	01:00+	03:40+	01:37+	01:40+	02:41+	01:28+	00:29+	
17	Ann-Mari Vold										3529	1:00:34					
06:37+	08:20+	18:56+	21:01+	26:34+	27:06+	29:37+	34:42+	37:22+	40:27+	42:31+	46:48+	48:31+	54:18+	58:20+	60:05+	60:34+	
06:37+	01:43+	10:36+	02:05+	05:33+	00:32+	02:31+	05:05+	02:40+	03:05+	02:04+	04:17+	01:43+	05:47+	04:02+	01:45+	00:29+	
06:37+	01:43+	10:36+	02:05+	05:33+	00:32+	02:31+	05:05+	02:40+	03:05+	02:04+	04:17+	01:43+	05:47+	04:02+	01:45+	00:29+	
18	Idunn Husøy Naustdal										722	1:07:56					
15:00+	16:48+	21:54+	23:31+	27:31+	34:06+	36:14+	42:12+	45:05+	47:28+	49:16+	52:40+	54:24+	60:38+	65:31+	67:25+	67:56+	
15:00+	01:48+	05:06+	01:37+	04:00+	06:35+	02:08+	05:58+	02:53+	02:23+	01:48+	03:24+	01:44+	06:14+	04:53+	01:54+	00:31+	
15:00+	01:48+	05:06+	01:37+	04:00+	06:35+	02:08+	05:58+	02:53+	02:23+	01:48+	03:24+	01:44+	06:14+	04:53+	01:54+	00:31+	

Beste strekktid for klassen

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

Damer 40 - 49 år

1	Marianne Strøm Uthaug										3551	39:38					
05:02=	07:51=	09:55=	12:45=	13:05=	16:14=	19:19=	21:45=	23:33=	25:18=	28:04=	30:02=	33:47=	35:24=	37:51=	39:13=	39:38=	
05:02=	02:49=	02:04=	02:50=	00:20=	03:09=	03:05=	02:26=	01:48=	01:45=	02:46=	01:58=	03:45=	01:37=	02:27=	01:22=	00:25=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Ingunn Anda Haug										2342	41:30					
04:00-	06:12-	08:02-	10:57-	11:25-	14:51-	17:49-	19:58-	22:09-	25:02-	28:05+	30:21+	35:08+	36:29+	38:56+	40:55+	41:30+	
04:00-	02:12-	01:50-	02:55+	00:28+	03:26+	02:58-	02:09-	02:11+	02:53+	03:03+	02:16+	04:47+	01:21-	02:27=	01:59+	00:35+	
01:02-	00:37-	00:14-	00:05+	00:08&	00:17+	00:07-	00:17-	00:23#	01:08&	00:17#	00:18#	01:02&	00:16-	00:00=	00:37&	00:10&	
3	Grethe Mo										896	42:46					
03:12-	05:30-	07:02-	09:57-	10:23-	13:31-	16:59-	19:39-	21:46-	24:31-	27:21-	29:52-	35:45+	37:27+	40:29+	42:15+	42:46+	
03:12-	02:18-	01:32-	02:55+	00:26+	03:08-	03:28+	02:40+	02:07+	02:45+	02:50+	02:31+	05:53+	01:42+	03:02+	01:46+	00:31+	
01:50-	00:31-	00:32-	00:05+	00:06&	00:01-	00:23#	00:14+	00:19#	01:00&	00:04+	00:33&	02:08&	00:05+	00:35#	00:24&	00:06#	
4	Helene Lie										3565	43:58					
05:00-	07:15-	09:14-	13:04+	13:31+	17:01+	19:43+	22:09+	24:19+	27:15+	29:47+	32:03+	36:33+	38:06+	41:38+	43:26+	43:58+	
05:00-	02:15-	01:59-	03:50+	00:27+	03:30+	02:42-	02:26=	02:10+	02:56+	02:32-	02:16+	04:30+	01:33-	03:32+	01:48+	00:32+	
00:02-	00:34-	00:05-	01:00&	00:07&	00:21#	00:23-	00:00=	00:22#	01:11&	00:14-	00:18#	00:45#	00:04-	01:05&	00:26&	00:07&	
5	Randi Ladsten										879	44:11					
04:02-	06:54-	08:52-	11:40-	12:17-	15:54-	18:39-	21:14-	25:17+	28:03+	31:11+	33:36+	37:53+	39:04+	42:05+	43:41+	44:11+	
04:02-	02:52+	01:58-	02:48-	00:37+	03:37+	02:45-	02:35+	04:03+	02:46+	03:08+	02:25+	04:17+	01:11-	03:01+	01:36+	00:30+	
01:00-	00:03+	00:06-	00:02-	00:17&	00:28#	00:20-	00:09+	02:15@	01:01&	00:22#	00:27#	00:32#	00:26-	00:34#	00:14#	00:05#	
6	Maren Thu										NOTEAM	45:22					
02:52-	06:17-	08:38-	10:44-	11:03-	13:40-	16:08-	19:02-	22:19-	24:28-	27:23-	29:28-	34:26+	35:40+	43:21+	44:55+	45:22+	
02:52-	03:25+	02:21+	02:06-	00:19-	02:37-	02:28-	02:54+	03:17+	02:09+	02:55+	02:05+	04:58+	01:14-	07:41+	01:34+	00:27+	
02:10-	00:36#	00:17#	00:44-	00:01-	00:32-	00:37-	00:28#	01:29&	00:24#	00:09+	00:07+	01:13&	00:23-	05:14@	00:12#	00:02+	
7	Helen Haneferd										882	46:52					
03:19-	10:20+	11:52+	14:26+	15:13+	18:37+	21:29+	24:16+	26:41+	29:20+	32:07+	34:23+	39:45+	41:38+	44:15+	46:16+	46:52+	
03:19-	07:01+	01:32-	02:34-	00:47+	03:24+	02:52-	02:47+	02:25+	02:39+	02:47+	02:16+	05:22+	01:53+	02:37+	02:01+	00:36+	
01:43-	04:12@	00:32-	00:16-	00:27@	00:15+	00:13-	00:21#	00:37&	00:54&	00:01+	00:18#	01:37&	00:16#	00:10+	00:39&	00:11&	
8	Anne Lill M. Njå										892	58:18					
05:16+	08:43+	10:17+	13:56+	14:29+	19:40+	26:16+	36:02+	38:11+	40:25+	44:19+	46:29+	51:33+	53:05+	55:43+	57:45+	58:18+	
05:16+	03:27+	01:34-	03:39+	00:33+	05:11+	06:36+	09:46+	02:09+	02:14+	03:54+	02:10+	05:04+	01:32-	02:38+	02:02+	00:33+	
00:14+	00:38#	00:30-	00:49&	00:13&	02:02&	03:31@	07:20@	00:21#	00:29&	01:08&	00:12#	01:19&	00:05-	00:11+	00:40&	00:08&	

Plass	Navn	Klasse	Tid
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Damer 40 - 49 år

Beste strekktid for klassen

02:52 02:12 01:32 02:06 00:19 02:37 02:28 02:09 01:48 01:45 02:32 01:58 03:45 01:11 02:27 01:22 00:25

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

Damer 50 - 59 år

1	Anita Glenne Kallhovd										3502			38:23			
03:21=	05:44=	07:18=	09:46=	10:11=	13:32=	16:27=	18:24=	20:10=	23:09=	25:55=	28:15=	32:32=	33:49=	36:05=	37:54=	38:23=	
03:21=	02:23=	01:34=	02:28=	00:25=	03:21=	02:55=	01:57=	01:46=	02:59=	02:46=	02:20=	04:17=	01:17=	02:16=	01:49=	00:29=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Elisabeth Melbø										879			39:21			
03:35+	05:34=	08:13+	11:02+	11:27+	14:16+	17:10+	19:34+	20:59+	23:24+	26:00+	28:21+	33:35+	34:52+	36:54+	38:48+	39:21+	
03:35+	01:59=	02:39+	02:49+	00:25=	02:49=	02:54=	02:24+	01:25=	02:25=	02:36=	02:21+	05:14+	01:17=	02:02=	01:54+	00:33+	
00:14+	00:24=	01:05&	00:21#	00:00=	00:32=	00:01=	00:27#	00:21=	00:34=	00:10=	00:01+	00:57#	00:00=	00:14=	00:05+	00:04#	
3	Marianne Fuglestad										896			40:07			
03:19=	05:39=	07:13=	09:44=	10:04=	13:41+	16:26=	19:58+	22:09+	24:12+	27:39+	29:47+	33:45+	35:24+	37:49+	39:39+	40:07+	
03:19=	02:20=	01:34=	02:31+	00:20=	03:37+	02:45=	03:32+	02:11+	02:03=	03:27+	02:08=	03:58=	01:39+	02:25+	01:50+	00:28=	
00:02=	00:03=	00:00=	00:03+	00:05=	00:16+	00:10=	01:35&	00:25#	00:56=	00:41#	00:12=	00:19=	00:22&	00:09+	00:01+	00:01=	
4	Keth Berggraf										1683			40:40			
03:03=	05:47+	08:02+	10:37+	11:04+	14:20+	17:03+	19:35+	22:14+	24:58+	27:41+	30:03+	34:44+	36:19+	38:22+	40:06+	40:40+	
03:03=	02:44+	02:15+	02:35+	00:27+	03:16=	02:43=	02:32+	02:39+	02:44=	02:43=	02:22+	04:41+	01:35+	02:03=	01:44=	00:34+	
00:18=	00:21#	00:41&	00:07+	00:02+	00:05=	00:12=	00:35&	00:53&	00:15=	00:03=	00:02+	00:24+	00:18#	00:13=	00:05=	00:05#	
5	Tonje Tiley										882			42:10			
03:28+	06:13+	08:13+	11:07+	12:04+	15:18+	18:01+	20:13+	21:44+	24:43+	27:42+	30:36+	35:32+	37:19+	39:37+	41:35+	42:10+	
03:28+	02:45+	02:00+	02:54+	00:57+	03:14=	02:43=	02:12+	01:31=	02:59=	02:59+	02:54+	04:56+	01:47+	02:18+	01:58+	00:35+	
00:07+	00:22#	00:26&	00:26#	00:32@	00:07=	00:12=	00:15#	00:15=	00:00=	00:13+	00:34#	00:39#	00:30&	00:02+	00:09+	00:06#	
6	Toril Dahle										1683			42:35			
03:30+	05:51+	08:01+	10:55+	11:28+	14:50+	18:37+	20:42+	22:24+	25:09+	27:57+	30:16+	35:25+	37:07+	40:20+	42:03+	42:35+	
03:30+	02:21=	02:10+	02:54+	00:33+	03:22+	03:47+	02:05+	01:42=	02:45=	02:48+	02:19=	05:09+	01:42+	03:13+	01:43=	00:32+	
00:09+	00:02=	00:36&	00:26#	00:08&	00:01+	00:52&	00:08+	00:04=	00:14=	00:02+	00:01=	00:52#	00:25&	00:57&	00:06=	00:03#	
7	Tone Cecilie Nystrom										874			42:45			
03:24+	06:09+	07:49+	11:00+	11:32+	15:01+	18:36+	21:38+	23:25+	26:14+	29:02+	31:21+	36:33+	37:58+	40:26+	42:13+	42:45+	
03:24+	02:45+	01:40+	03:11+	00:32+	03:29+	03:35+	03:02+	01:47+	02:49=	02:48+	02:19=	05:12+	01:25+	02:28+	01:47=	00:32+	
00:03+	00:22#	00:06+	00:43&	00:07&	00:08+	00:40#	01:05&	00:01+	00:10=	00:02+	00:01=	00:55#	00:08#	00:12+	00:02=	00:03#	
8	Irene Rummelhoff										1683			42:50			
03:19=	05:36=	07:08=	11:39+	12:02+	15:45+	18:46+	21:30+	23:48+	26:11+	28:47+	31:21+	36:39+	38:27+	40:39+	42:22+	42:50+	
03:19=	02:17=	01:32=	04:31+	00:23=	03:43+	03:01+	02:44+	02:18+	02:23=	02:36=	02:34+	05:18+	01:48+	02:12=	01:43=	00:28=	
00:02=	00:06=	00:02=	02:03&	00:02=	00:22#	00:06+	00:47&	00:32&	00:36=	00:10=	00:14#	01:01#	00:31&	00:04=	00:06=	00:01=	
9	Trude Hermanrud										896			43:35			
03:51+	06:14+	08:01+	10:42+	11:21+	11:45=	15:21=	18:00=	20:16+	22:06=	24:59=	28:13=	30:48=	36:44+	38:20+	41:08+	42:57+	43:35+
03:51+	02:23=	01:47+	02:41+	00:39+	00:24=	03:36+	02:39+	02:16+	01:50=	02:53+	03:14+	02:35=	05:56+	01:36=	02:48+	01:49+	00:38+
00:30#	00:00=	00:13#	00:13+	00:14&	02:57=	00:41#	00:42&	00:30&	01:09=	00:07+	00:54&	01:42=	04:39&	00:40=	00:59&	01:20@	00:38+
10	May Bente Valdal										1683			44:42			
03:11=	05:47+	07:30+	10:05+	10:31+	13:29=	16:40+	20:36+	23:21+	25:52+	28:50+	31:33+	36:10+	37:29+	42:36+	44:12+	44:42+	
03:11=	02:36+	01:43+	02:35+	00:26+	02:58=	03:11+	03:56+	02:45+	02:31=	02:58+	02:43+	04:37+	01:19+	05:07+	01:36=	00:30+	
00:10=	00:13+	00:09+	00:07+	00:01+	00:23=	00:16+	01:59@	00:59&	00:28=	00:12+	00:23#	00:20+	00:02+	02:51@	00:13=	00:01+	
11	Liv Omdal										1683			47:38			
04:12+	06:54+	08:35+	11:18+	12:11+	12:37=	16:23=	19:26+	21:57+	26:17+	29:48+	32:52+	35:19+	40:20+	41:57+	45:14+	47:06+	47:38+
04:12+	02:42+	01:41+	02:43+	00:53+	00:26=	03:46+	03:03+	02:31+	04:20+	03:31+	03:04+	02:27=	05:01+	01:37=	03:17+	01:52+	00:32+
00:51&	00:19#	00:07+	00:15#	00:28@	02:55=	00:51&	01:06&	00:45&	01:21&	00:45&	00:44&	01:50=	03:44@	00:39=	01:28&	01:23@	00:32+
12	Iren Undheim Øgreid										769			49:07			
03:43+	05:59+	07:45+	10:22+	10:45+	14:44+	17:37+	19:36+	27:57+	30:31+	36:00+	38:39+	42:49+	44:13+	46:49+	48:35+	49:07+	
03:43+	02:16=	01:46+	02:37+	00:23=	03:59+	02:53=	01:59+	08:21+	02:34=	05:29+	02:39+	04:10=	01:24+	02:36+	01:46=	00:32+	
00:22#	00:07=	00:12#	00:09+	00:02=	00:38#	00:02=	00:02+	06:35@	00:25=	02:43&	00:19#	00:07=	00:07+	00:20#	00:03=	00:03#	

Plass	Navn		Klasse										Tid			
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Damer 50 - 59 år

13	Marie-Elizabeth Reinseth										882				50:14			
04:24+	07:37+	09:39+	13:17+	13:59+	17:46+	21:21+	27:08+	29:51+	32:26+	35:36+	38:47+	43:18+	45:08+	47:48+	49:35+	50:14+		
04:24+	03:13+	02:02+	03:38+	00:42+	03:47+	03:35+	05:47+	02:43+	02:35-	03:10+	03:11+	04:31+	01:50+	02:40+	01:47-	00:39+		
01:03&	00:50&	00:28&	01:10&	00:17&	00:26#	00:40#	03:50@	00:57&	00:24-	00:24#	00:51&	00:14+	00:33&	00:24#	00:02-	00:10&		
14	Gøril Braut Aarsand										2539				50:53			
03:53+	06:32+	08:39+	11:48+	12:28+	15:46+	18:26+	23:25+	25:26+	28:13+	31:22+	34:07+	39:49+	46:06+	48:16+	50:12+	50:53+		
03:53+	02:39+	02:07+	03:09+	00:40+	03:18+	02:40+	04:59+	02:01+	02:47+	03:09+	02:45+	05:42+	06:17+	02:10+	01:56+	00:41+		
03:53+	02:39+	02:07+	03:09+	00:40+	03:18+	02:40+	04:59+	02:01+	02:47+	03:09+	02:45+	05:42+	06:17+	02:10+	01:56+	00:41+		
15	Hilde Frøytlog Karlsen										1284				52:22			
04:14+	07:35+	09:56+	13:34+	14:09+	18:15+	21:45+	25:16+	29:07+	32:47+	35:59+	39:00+	44:29+	46:01+	49:23+	51:38+	52:22+		
04:14+	03:21+	02:21+	03:38+	00:35+	04:06+	03:30+	03:31+	03:51+	03:40+	03:12+	03:01+	05:29+	01:32+	03:22+	02:15+	00:44+		
04:14+	03:21+	02:21+	03:38+	00:35+	04:06+	03:30+	03:31+	03:51+	03:40+	03:12+	03:01+	05:29+	01:32+	03:22+	02:15+	00:44+		
16	Turid Eikebu Alfsen										1683				52:42			
03:59+	06:57+	08:48+	12:19+	13:01+	16:53+	19:51+	30:34+	32:26+	35:31+	38:44+	41:48+	46:31+	47:54+	50:23+	52:12+	52:42+		
03:59+	02:58+	01:51+	03:31+	00:42+	03:52+	02:58+	10:43+	01:52+	03:05+	03:13+	03:04+	04:43+	01:23+	02:29+	01:49+	00:30+		
03:59+	02:58+	01:51+	03:31+	00:42+	03:52+	02:58+	10:43+	01:52+	03:05+	03:13+	03:04+	04:43+	01:23+	02:29+	01:49+	00:30+		
17	Marianne Gjesdal Lyngås										892				53:00			
05:04+	08:40+	10:51+	14:36+	15:02+	19:08+	21:52+	24:33+	26:38+	30:01+	33:41+	37:02+	44:44+	47:11+	50:04+	52:19+	53:00+		
05:04+	03:36+	02:11+	03:45+	00:26+	04:06+	02:44+	02:41+	02:05+	03:23+	03:40+	03:21+	07:42+	02:27+	02:53+	02:15+	00:41+		
05:04+	03:36+	02:11+	03:45+	00:26+	04:06+	02:44+	02:41+	02:05+	03:23+	03:40+	03:21+	07:42+	02:27+	02:53+	02:15+	00:41+		
18	Astri Sandanger										896				53:22			
04:12+	07:00+	09:11+	12:22+	12:51+	16:53+	19:51+	27:51+	31:15+	34:38+	37:59+	41:00+	46:07+	47:48+	50:38+	52:46+	53:22+		
04:12+	02:48+	02:11+	03:11+	00:29+	04:02+	02:58+	08:00+	03:24+	03:23+	03:21+	03:01+	05:07+	01:41+	02:50+	02:08+	00:36+		
04:12+	02:48+	02:11+	03:11+	00:29+	04:02+	02:58+	08:00+	03:24+	03:23+	03:21+	03:01+	05:07+	01:41+	02:50+	02:08+	00:36+		
19	Tove Irene Asheim										1683				53:34			
04:32+	07:32+	09:50+	13:49+	14:30+	18:51+	22:45+	25:46+	27:59+	31:26+	35:05+	38:05+	45:21+	47:16+	50:53+	52:57+	53:34+		
04:32+	03:00+	02:18+	03:59+	00:41+	04:21+	03:54+	03:01+	02:13+	03:27+	03:39+	03:00+	07:16+	01:55+	03:37+	02:04+	00:37+		
04:32+	03:00+	02:18+	03:59+	00:41+	04:21+	03:54+	03:01+	02:13+	03:27+	03:39+	03:00+	07:16+	01:55+	03:37+	02:04+	00:37+		
20	Andrea Tapken										3529				54:42			
04:13+	07:26+	09:35+	13:11+	14:19+	18:23+	24:41+	28:27+	31:17+	34:13+	37:47+	41:00+	46:34+	48:25+	51:49+	53:55+	54:42+		
04:13+	03:13+	02:09+	03:36+	01:08+	04:04+	06:18+	03:46+	02:50+	02:56+	03:34+	03:13+	05:34+	01:51+	03:24+	02:06+	00:47+		
04:13+	03:13+	02:09+	03:36+	01:08+	04:04+	06:18+	03:46+	02:50+	02:56+	03:34+	03:13+	05:34+	01:51+	03:24+	02:06+	00:47+		
21	Ragnhild Båtnes Berntsen										1758				55:47			
05:44+	08:33+	11:22+	14:56+	15:26+	20:05+	25:21+	28:42+	32:23+	35:27+	39:31+	42:32+	47:51+	49:32+	53:04+	55:07+	55:47+		
05:44+	02:49+	02:49+	03:34+	00:30+	04:39+	05:16+	03:21+	03:41+	03:04+	04:04+	03:01+	05:19+	01:41+	03:32+	02:03+	00:40+		
05:44+	02:49+	02:49+	03:34+	00:30+	04:39+	05:16+	03:21+	03:41+	03:04+	04:04+	03:01+	05:19+	01:41+	03:32+	02:03+	00:40+		
22	Kristin Barvik										892				58:50			
06:59+	09:49+	11:50+	15:00+	15:25+	19:09+	22:55+	26:26+	35:22+	38:53+	42:22+	45:19+	50:32+	52:19+	55:57+	58:02+	58:50+		
06:59+	02:50+	02:01+	03:10+	00:25+	03:44+	03:46+	03:31+	08:56+	03:31+	03:29+	02:57+	05:13+	01:47+	03:38+	02:05+	00:48+		
06:59+	02:50+	02:01+	03:10+	00:25+	03:44+	03:46+	03:31+	08:56+	03:31+	03:29+	02:57+	05:13+	01:47+	03:38+	02:05+	00:48+		
23	Åse Sellereite										882				1:11:15			
03:59+	06:37+	08:37+	27:31+	28:03+	36:11+	42:19+	46:35+	48:51+	51:48+	54:28+	57:04+	63:38+	65:06+	68:50+	70:37+	71:15+		
03:59+	02:38+	02:00+	18:54+	00:32+	08:08+	06:08+	04:16+	02:16+	02:57+	02:40+	02:36+	06:34+	01:28+	03:44+	01:47+	00:38+		
03:59+	02:38+	02:00+	18:54+	00:32+	08:08+	06:08+	04:16+	02:16+	02:57+	02:40+	02:36+	06:34+	01:28+	03:44+	01:47+	00:38+		
24	Kristin Furre Owe										896				1:49:12			
06:03+	10:42+	13:34+	21:06+	21:50+	27:53+	34:06+	47:58+	79:49+	83:49+	89:22+	93:59+	100:25+	102:16+	105:33+	108:20+	109:12+		
06:03+	04:39+	02:52+	07:32+	00:44+	06:03+	06:13+	13:52+	31:51+	04:00+	05:33+	04:37+	06:26+	01:51+	03:17+	02:47+	00:52+		
06:03+	04:39+	02:52+	07:32+	00:44+	06:03+	06:13+	13:52+	31:51+	04:00+	05:33+	04:37+	06:26+	01:51+	03:17+	02:47+	00:52+		

Beste strekktid for klassen

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

Damer 60 - 64 år

Plass	Navn	Klasse										Tid									
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Damer 60 - 64 år

1	Ingrid E. I. Øxnevad										3516				32:00					
03:03=	04:38=	07:07=	07:51=	09:27=	13:14=	13:43=	15:35=	17:50=	19:57=	21:56=	23:28=	24:21=	25:22=	26:21=	27:38=	30:05=	31:32=	32:00=		
03:03=	01:35=	02:29=	00:44=	01:36=	03:47=	00:29=	01:52=	02:15=	02:07=	01:59=	01:32=	00:53=	01:01=	00:59=	01:17=	02:27=	01:27=	00:28=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Elisabeth Christie Ørke										722				36:09					
03:43+	05:13+	07:46+	08:52+	10:50+	14:52+	15:26+	17:35+	19:42+	21:24+	23:54+	25:31+	26:08+	27:24+	30:10+	31:56+	34:05+	35:39+	36:09+		
03:43+	01:30+	02:33+	01:06+	01:58+	04:02+	00:34+	02:09+	02:07+	01:42+	02:30+	01:37+	00:37+	01:16+	02:46+	01:46+	02:09+	01:34+	00:30+		
03:43+	01:30+	02:33+	01:06+	01:58+	04:02+	00:34+	02:09+	02:07+	01:42+	02:30+	01:37+	00:37+	01:16+	02:46+	01:46+	02:09+	01:34+	00:30+		
3	Kari Anstensrud										896				38:05					
05:00+	06:46+	09:11+	10:16+	12:18+	16:20+	17:03+	19:28+	21:55+	23:45+	25:49+	28:07+	29:03+	30:25+	31:46+	33:41+	35:34+	37:37+	38:05+		
05:00+	01:46+	02:25+	01:05+	02:02+	04:02+	00:43+	02:25+	02:27+	01:50+	02:04+	02:18+	00:56+	01:22+	01:21+	01:55+	01:53+	02:03+	00:28+		
05:00+	01:46+	02:25+	01:05+	02:02+	04:02+	00:43+	02:25+	02:27+	01:50+	02:04+	02:18+	00:56+	01:22+	01:21+	01:55+	01:53+	02:03+	00:28+		
4	Anne-Siv Gjertsen										882				39:50					
03:54+	05:42+	08:58+	09:48+	11:43+	17:59+	18:35+	20:50+	23:23+	25:52+	28:17+	30:21+	31:15+	32:30+	33:51+	35:02+	37:12+	39:14+	39:50+		
03:54+	01:48+	03:16+	00:50+	01:55+	06:16+	00:36+	02:15+	02:33+	02:29+	02:25+	02:04+	00:54+	01:15+	01:21+	01:11+	02:10+	02:02+	00:36+		
03:54+	01:48+	03:16+	00:50+	01:55+	06:16+	00:36+	02:15+	02:33+	02:29+	02:25+	02:04+	00:54+	01:15+	01:21+	01:11+	02:10+	02:02+	00:36+		
5	Nidunn Sandvik										3565				47:01					
04:46+	06:42+	08:39+	12:16+	13:23+	16:20+	21:05+	21:42+	24:22+	26:48+	29:33+	33:34+	35:55+	37:00+	38:22+	39:18+	41:02+	44:15+	46:22+	47:01+	
04:46+	01:56+	01:57+	03:37+	01:07+	02:57+	04:45+	00:37+	02:40+	02:26+	02:45+	04:01+	02:21+	01:05+	01:22+	00:56+	01:44+	03:13+	02:07+	00:39+	
04:46+	01:56+	01:57+	03:37+	01:07+	02:57+	04:45+	00:37+	02:40+	02:26+	02:45+	04:01+	02:21+	01:05+	01:22+	00:56+	01:44+	03:13+	02:07+	00:39+	
6	Ellinor Nesse										1683				47:26					
05:32+	07:22+	10:35+	11:39+	14:46+	19:15+	19:50+	22:33+	25:49+	28:02+	30:39+	32:57+	33:58+	35:40+	38:49+	40:51+	44:23+	46:47+	47:26+		
05:32+	01:50+	03:13+	01:04+	03:07+	04:29+	00:35+	02:43+	03:16+	02:13+	02:37+	02:18+	01:01+	01:42+	03:09+	02:02+	03:32+	02:24+	00:39+		
05:32+	01:50+	03:13+	01:04+	03:07+	04:29+	00:35+	02:43+	03:16+	02:13+	02:37+	02:18+	01:01+	01:42+	03:09+	02:02+	03:32+	02:24+	00:39+		
7	Nina Christiansen										722				54:26					
16:00+	18:30+	20:59+	22:06+	24:48+	29:01+	29:43+	32:17+	34:40+	36:44+	39:09+	40:58+	42:19+	43:35+	47:36+	49:26+	52:07+	53:53+	54:26+		
16:00+	02:30+	02:29+	01:07+	02:42+	04:13+	00:42+	02:34+	02:23+	02:04+	02:25+	01:49+	01:21+	01:16+	04:01+	01:50+	02:41+	01:46+	00:33+		
16:00+	02:30+	02:29+	01:07+	02:42+	04:13+	00:42+	02:34+	02:23+	02:04+	02:25+	01:49+	01:21+	01:16+	04:01+	01:50+	02:41+	01:46+	00:33+		
8	Ellinor Hoemsnes										1683				59:56					
05:25+	09:14+	13:11+	20:48+	23:09+	28:55+	30:22+	33:19+	37:01+	39:40+	42:45+	44:51+	45:51+	47:30+	50:40+	52:33+	57:31+	59:22+	59:56+		
05:25+	03:49+	03:57+	07:37+	02:21+	05:46+	01:27+	02:57+	03:42+	02:39+	03:05+	02:06+	01:00+	01:39+	03:10+	01:53+	04:58+	01:51+	00:34+		
05:25+	03:49+	03:57+	07:37+	02:21+	05:46+	01:27+	02:57+	03:42+	02:39+	03:05+	02:06+	01:00+	01:39+	03:10+	01:53+	04:58+	01:51+	00:34+		
9	Marit Aandahl										3523				1:02:35					
04:15+	11:44+	16:38+	17:26+	19:39+	29:09+	29:54+	32:40+	35:48+	38:44+	42:48+	45:32+	46:42+	48:21+	50:08+	52:05+	59:34+	61:58+	62:35+		
04:15+	07:29+	04:54+	00:48+	02:13+	09:30+	00:45+	02:46+	03:08+	02:56+	04:04+	02:44+	01:10+	01:39+	01:47+	01:57+	07:29+	02:24+	00:37+		
04:15+	07:29+	04:54+	00:48+	02:13+	09:30+	00:45+	02:46+	03:08+	02:56+	04:04+	02:44+	01:10+	01:39+	01:47+	01:57+	07:29+	02:24+	00:37+		
10	Eli Tjåland Stokka										1141				1:03:25					
14:18+	17:00+	21:35+	22:39+	25:57+	31:38+	32:33+	35:27+	38:44+	41:28+	46:59+	49:29+	51:09+	52:59+	54:33+	57:25+	60:28+	62:42+	63:25+		
14:18+	02:42+	04:35+	01:04+	03:18+	05:41+	00:55+	02:54+	03:17+	02:44+	05:31+	02:30+	01:40+	01:50+	01:34+	02:52+	03:03+	02:14+	00:43+		
14:18+	02:42+	04:35+	01:04+	03:18+	05:41+	00:55+	02:54+	03:17+	02:44+	05:31+	02:30+	01:40+	01:50+	01:34+	02:52+	03:03+	02:14+	00:43+		

Beste strekktid for klassen

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

Damer 65 - 69 år

1	Ingrid Eik												1830								36:45							
03:59=	05:41=	08:55=	09:47=	11:48=	16:13=	16:48=	19:13=	21:40=	23:32=	25:41=	27:32=	28:20=	29:33=	31:04=	32:15=	34:25=	36:16=	36:45=										
03:59=	01:42=	03:14=	00:52=	02:01=	04:25=	00:35=	02:25=	02:27=	01:52=	02:09=	01:51=	00:48=	01:13=	01:31=	01:11=	02:10=	01:51=	00:29=										
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=										
2	May Meling												593								39:50							
03:45-	05:49+	09:21+	10:23+	12:32+	17:18+	17:59+	20:18+	22:43+	24:33+	26:43+	28:45+	29:44+	31:06+	33:14+	35:23+	37:24+	39:14+	39:50+										
03:45-	02:04+	03:32+	01:02+	02:09+	04:46+	00:41+	02:19-	02:25-	01:50-	02:10+	02:02+	00:59+	01:22+	02:08+	02:09+	02:01-	01:50-	00:36+										
00:14-	00:22#	00:18+	00:10#	00:08+	00:21+	00:06#	00:06-	00:02-	00:02-	00:01+	00:11+	00:11#	00:09#	00:37#	00:58#	00:09-	00:01-	00:07#										

Plass	Navn		Klasse										Tid						
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Damer 65 - 69 år

3	Marit Karin Skretting Nygård		892										43:52						
	04:38+	08:17+	12:00+	13:00+	15:22+	19:48+	20:31+	23:16+	26:16+	29:01+	31:33+	33:52+	34:57+	36:19+	37:13+	38:53+	41:13+	43:13+	43:52+
	04:38+	03:39+	03:43+	01:00+	02:22+	04:26+	00:43+	02:45+	03:00+	02:45+	02:32+	02:19+	01:05+	01:22+	00:54-	01:40+	02:20+	02:00+	00:39+
	00:39#	01:57@	00:29#	00:08#	00:21#	00:01+	00:08#	00:20#	00:33#	00:53&	00:23#	00:28&	00:17&	00:09#	00:37-	00:29&	00:10+	00:09+	00:10&
4	Margot Asheim		722										45:06						
	03:09+	04:45+	07:01+	07:58+	10:02+	14:08+	14:54+	17:36+	19:44+	21:36+	23:42+	26:05+	27:04+	36:23+	38:13+	40:01+	42:57+	44:36+	45:06+
	03:09+	01:36+	02:16+	00:57+	02:04+	04:06+	00:46+	02:42+	02:08+	01:52+	02:06+	02:23+	00:59+	09:19+	01:50+	01:48+	02:56+	01:39+	00:30+
	03:09+	01:36+	02:16+	00:57+	02:04+	04:06+	00:46+	02:42+	02:08+	01:52+	02:06+	02:23+	00:59+	09:19+	01:50+	01:48+	02:56+	01:39+	00:30+
5	Eli Frafjord		1141										45:35						
	04:04+	06:07+	10:54+	11:43+	14:25+	18:58+	19:37+	22:13+	24:55+	27:17+	29:42+	32:07+	33:10+	34:25+	38:44+	40:45+	42:45+	44:55+	45:35+
	04:04+	02:03+	04:47+	00:49+	02:42+	04:33+	00:39+	02:36+	02:42+	02:22+	02:25+	02:25+	01:03+	01:15+	04:19+	02:01+	02:00+	02:10+	00:40+
	04:04+	02:03+	04:47+	00:49+	02:42+	04:33+	00:39+	02:36+	02:42+	02:22+	02:25+	02:25+	01:03+	01:15+	04:19+	02:01+	02:00+	02:10+	00:40+
6	Vigdis Løseth		722										45:47						
	04:14+	06:31+	11:09+	12:14+	14:49+	19:27+	20:08+	23:02+	25:40+	28:04+	32:19+	34:37+	35:40+	37:15+	38:18+	39:48+	42:40+	44:56+	45:47+
	04:14+	02:17+	04:38+	01:05+	02:35+	04:38+	00:41+	02:54+	02:38+	02:24+	04:15+	02:18+	01:03+	01:35+	01:03+	01:30+	02:52+	02:16+	00:51+
	04:14+	02:17+	04:38+	01:05+	02:35+	04:38+	00:41+	02:54+	02:38+	02:24+	04:15+	02:18+	01:03+	01:35+	01:03+	01:30+	02:52+	02:16+	00:51+
7	Berit Bakken		1884										47:51						
	05:35+	07:38+	11:06+	12:05+	14:59+	19:47+	20:29+	23:19+	26:36+	28:41+	31:23+	33:37+	34:33+	35:57+	39:35+	41:31+	45:10+	47:14+	47:51+
	05:35+	02:03+	03:28+	00:59+	02:54+	04:48+	00:42+	02:50+	03:17+	02:05+	02:42+	02:14+	00:56+	01:24+	03:38+	01:56+	03:39+	02:04+	00:37+
	05:35+	02:03+	03:28+	00:59+	02:54+	04:48+	00:42+	02:50+	03:17+	02:05+	02:42+	02:14+	00:56+	01:24+	03:38+	01:56+	03:39+	02:04+	00:37+
8	Tove Bjerkreim		722										52:11						
	04:31+	06:59+	11:11+	12:39+	15:15+	21:05+	21:58+	25:18+	29:02+	31:54+	35:16+	38:22+	39:51+	41:37+	43:39+	45:20+	48:08+	51:11+	52:11+
	04:31+	02:28+	04:12+	01:28+	02:36+	05:50+	00:53+	03:20+	03:44+	02:52+	03:22+	03:06+	01:29+	01:46+	02:02+	01:41+	02:48+	03:03+	01:00+
	04:31+	02:28+	04:12+	01:28+	02:36+	05:50+	00:53+	03:20+	03:44+	02:52+	03:22+	03:06+	01:29+	01:46+	02:02+	01:41+	02:48+	03:03+	01:00+
9	Kari Eva Thiis Blixhavn		3565										55:45						
	06:01+	09:00+	13:19+	15:03+	18:10+	24:08+	25:05+	28:47+	32:02+	34:55+	39:24+	42:56+	44:26+	46:09+	47:36+	49:48+	52:11+	54:52+	55:45+
	06:01+	02:59+	04:19+	01:44+	03:07+	05:58+	00:57+	03:42+	03:15+	02:53+	04:29+	03:32+	01:30+	01:43+	01:27+	02:12+	02:23+	02:41+	00:53+
	06:01+	02:59+	04:19+	01:44+	03:07+	05:58+	00:57+	03:42+	03:15+	02:53+	04:29+	03:32+	01:30+	01:43+	01:27+	02:12+	02:23+	02:41+	00:53+
10	Liv Sissel Obrestad		3529										59:13						
	06:49+	09:32+	17:57+	19:04+	21:51+	27:04+	27:45+	30:50+	34:09+	38:47+	43:13+	45:23+	46:45+	48:18+	49:48+	51:42+	56:04+	58:25+	59:13+
	06:49+	02:43+	08:25+	01:07+	02:47+	05:13+	00:41+	03:05+	03:19+	04:38+	04:26+	02:10+	01:22+	01:33+	01:30+	01:54+	04:22+	02:21+	00:48+
	06:49+	02:43+	08:25+	01:07+	02:47+	05:13+	00:41+	03:05+	03:19+	04:38+	04:26+	02:10+	01:22+	01:33+	01:30+	01:54+	04:22+	02:21+	00:48+

Beste strekktid for klassen

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

Damer 70 - 74 år

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

Beste strekktid for klassen

07:06	02:15	05:02	01:05	02:50	06:20	00:47	03:40	03:22	02:41	02:39	02:16	01:26	01:26	01:07	02:13	02:13	02:39	00:40
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Plass	Navn	Klasse	Tid
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Damer 75 - 79 år

1	Turid Nystrøm										874	41:17									
03:53=	06:13=	10:26=	11:32=	14:17=	19:14=	19:55=	22:34=	24:55=	27:02=	29:28=	31:37=	32:42=	33:58=	34:56=	36:31=	38:42=	40:42=	41:17=			
03:53=	02:20=	04:13=	01:06=	02:45=	04:57=	00:41=	02:39=	02:21=	02:07=	02:26=	02:09=	01:05=	01:16=	00:58=	01:35=	02:11=	02:00=	00:35=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Inger Skretting Opstad										3529	46:04									
04:37+	07:03+	10:47+	11:57+	15:08+	20:02+	20:46+	23:51+	26:58+	29:29+	32:05+	34:33+	35:47+	37:14+	38:21+	40:33+	42:57+	45:26+	46:04+			
04:37+	02:26+	03:44=	01:10+	03:11+	04:54=	00:44+	03:05+	03:07+	02:31+	02:36+	02:28+	01:14+	01:27+	01:07+	02:12+	02:24+	02:29+	00:38+			
00:44#	00:06+	00:29=	00:04+	00:26#	00:03=	00:03+	00:26#	00:46&	00:24#	00:10+	00:19#	00:09#	00:11#	00:09#	00:37&	00:13+	00:29#	00:03+			
3	Haldis Glendrange										874	46:40									
04:12+	06:26+	12:25+	13:32+	16:33+	20:54+	21:44+	24:45+	28:00+	30:19+	33:15+	35:50+	37:01+	38:35+	39:49+	41:25+	43:43+	45:59+	46:40+			
04:12+	02:14=	05:59+	01:07+	03:01+	04:21=	00:50+	03:01+	03:15+	02:19+	02:56+	02:35+	01:11+	01:34+	01:14+	01:36+	02:18+	02:16+	00:41+			
00:19+	00:06=	01:46&	00:01+	00:16+	00:36=	00:09#	00:22#	00:54&	00:12+	00:30#	00:26#	00:06+	00:18#	00:16&	00:01+	00:07+	00:16#	00:06#			
4	Helga Klausen										769	52:44									
05:53+	08:00+	13:35+	15:31+	18:41+	25:17+	26:01+	29:01+	32:23+	35:20+	37:52+	40:26+	41:36+	43:03+	45:06+	46:42+	49:14+	51:55+	52:44+			
05:53+	02:07=	05:35+	01:56+	03:10+	06:36+	00:44+	03:00+	03:22+	02:57+	02:32+	02:34+	01:10+	01:27+	02:03+	01:36+	02:32+	02:41+	00:49+			
02:00&	00:13=	01:22&	00:50&	00:25#	01:39&	00:03+	00:21#	01:01&	00:50&	00:06+	00:25#	00:05+	00:11#	01:05@	00:01+	00:21#	00:41&	00:14&			
5	Hedvig Anda										1683	54:32									
05:17+	11:37+	15:34+	17:02+	20:26+	25:55+	26:51+	30:04+	33:13+	36:04+	38:31+	40:57+	42:24+	43:52+	46:16+	48:39+	51:39+	53:51+	54:32+			
05:17+	06:20+	03:57=	01:28+	03:24+	05:29+	00:56+	03:13+	03:09+	02:51+	02:27+	02:26+	01:27+	01:28+	02:24+	02:23+	03:00+	02:12+	00:41+			
01:24&	04:00@	00:16=	00:22&	00:39#	00:32#	00:15&	00:34#	00:48&	00:44&	00:01+	00:17#	00:22&	00:12#	01:26@	00:48&	00:49&	00:12#	00:06#			
6	Aslaug Lura										1141	1:03:30									
05:14+	12:34+	17:40+	18:50+	22:05+	28:17+	29:46+	33:22+	37:07+	40:23+	44:26+	47:40+	49:04+	51:02+	52:35+	56:02+	59:19+	62:36+	63:30+			
05:14+	07:20+	05:06+	01:10+	03:15+	06:12+	01:29+	03:36+	03:45+	03:16+	04:03+	03:14+	01:24+	01:58+	01:33+	03:27+	03:17+	03:17+	00:54+			
01:21&	05:00@	00:53#	00:04+	00:30#	01:15&	00:48@	00:57&	01:24&	01:09&	01:37&	01:05&	00:19&	00:42&	00:35&	01:52@	01:06&	01:17&	00:19&			

Beste strekktid for klassen

03:53	02:07	03:44	01:06	02:45	04:21	00:41	02:39	02:21	02:07	02:26	02:09	01:05	01:16	00:58	01:35	02:11	02:00	00:35
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer 80 år og eldre

1	Helga Aaslid											3529								
03:03=	06:49=	09:51=	11:39=	14:43=	15:24=	18:36=	24:38=	33:50=	38:04=	40:29=	41:07=									
03:03=	03:46=	03:02=	01:48=	03:04=	00:41=	03:12=	06:02=	09:12=	04:14=	02:25=	00:38=									
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								
05:07+	09:48+	13:57+	16:58+	21:22+	23:09+	27:43+	36:32+	42:07+	45:50+	48:55+	49:46+									
05:07+	04:41+	04:09+	03:01+	04:24+	01:47+	04:34+	08:49+	05:35=	03:43=	03:05+	00:51+									
02:04&	00:55#	01:07&	01:13&	01:20&	01:06@	01:22&	02:47&	03:37=	00:31=	00:40&	00:13&									

Beste strekktid for klassen

03:03	03:46	03:02	01:48	03:04	00:41	03:12	06:02	05:35	03:43	02:25	00:38
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

Damer A

1	Aud Hognestad Taksdal										892					28:47									
	03:38=	04:38=	05:27=	06:19=	07:13=	09:45=	10:07=	12:12=	13:26=	14:28=	17:34=	17:56=	19:28=	21:56=	22:28=	23:56=	25:28=	27:05=	28:22=	28:47=					
	03:38=	01:00=	00:49=	00:52=	00:54=	02:32=	00:22=	02:05=	01:14=	01:02=	03:06=	00:22=	01:32=	02:28=	00:32=	01:28=	01:32=	01:37=	01:17=	00:25=					
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Ane Helgerud										3516					31:23									
	04:04+	05:05+	06:04+	07:11+	08:09+	10:55+	11:18+	13:37+	15:24+	16:08+	19:10+	19:34+	21:13+	23:44+	24:20+	26:01+	27:49+	29:39+	30:58+	31:23+					
	04:04+	01:01+	00:59+	01:07+	00:58+	02:46+	00:23+	02:19+	01:47+	00:44=	03:02=	00:24+	01:39+	02:31+	00:36+	01:41+	01:48+	01:50+	01:19+	00:25=					
	00:26#	00:01+	00:10#	00:15&	00:04+	00:14+	00:01+	00:14#	00:33&	00:18=	00:04=	00:02+	00:07+	00:03+	00:04#	00:13#	00:16#	00:13#	00:02+	00:00=					

Damer A

3	Matilde Skjæveland Skår										3486	32:06									
03:14-	04:11-	05:03-	07:23+	08:24+	11:22+	11:44+	14:10+	15:24+	15:59+	19:22+	19:47+	21:26+	24:15+	24:57+	26:33+	28:42+	30:15+	31:42+	32:06+		
03:14-	00:57-	00:52+	02:20+	01:01+	02:58+	00:22=	02:26+	01:14=	00:35-	03:23+	00:25+	01:39+	02:49+	00:42+	01:36+	02:09+	01:33-	01:27+	00:24-		
00:24-	00:03-	00:03+	01:280	00:07#	00:26#	00:00=	00:21#	00:00=	00:27-	00:17+	00:03#	00:07+	00:21#	00:10&	00:08+	00:37&	00:04-	00:10#	00:01-		
4	Silje Skorve Skarpeid										1758	35:03									
04:42+	05:41+	06:34+	07:42+	08:52+	12:13+	12:45+	15:13+	16:45+	17:43+	20:59+	21:48+	23:45+	26:15+	26:57+	29:07+	31:17+	33:00+	34:36+	35:03+		
04:42+	00:59+	00:53+	01:08+	01:10+	03:21+	00:32+	02:28+	01:32+	00:58+	03:16+	00:49+	01:57+	02:30+	00:42+	02:10+	02:10+	01:43+	01:36+	00:27+		
04:42+	00:59+	00:53+	01:08+	01:10+	03:21+	00:32+	02:28+	01:32+	00:58+	03:16+	00:49+	01:57+	02:30+	00:42+	02:10+	02:10+	01:43+	01:36+	00:27+		
5	Torill Brekken										896	35:26									
04:44+	05:49+	06:52+	07:42+	08:45+	12:50+	13:12+	15:55+	17:25+	18:05+	21:49+	22:15+	24:06+	27:19+	27:59+	29:51+	31:41+	33:22+	35:01+	35:26+		
04:44+	01:05+	01:03+	00:50+	01:03+	04:05+	00:22+	02:43+	01:30+	00:40+	03:44+	00:26+	01:51+	03:13+	00:40+	01:52+	01:50+	01:41+	01:39+	00:25+		
04:44+	01:05+	01:03+	00:50+	01:03+	04:05+	00:22+	02:43+	01:30+	00:40+	03:44+	00:26+	01:51+	03:13+	00:40+	01:52+	01:50+	01:41+	01:39+	00:25+		
6	Trine Bolstad Scheie										769	37:59									
04:29+	05:37+	06:37+	07:45+	08:57+	12:33+	13:05+	15:53+	17:14+	18:08+	22:39+	23:07+	25:08+	28:18+	28:58+	31:07+	33:36+	35:33+	37:21+	37:59+		
04:29+	01:08+	01:00+	01:08+	01:12+	03:36+	00:32+	02:48+	01:21+	00:54+	04:31+	00:28+	02:01+	03:10+	00:40+	02:09+	02:29+	01:57+	01:48+	00:38+		
04:29+	01:08+	01:00+	01:08+	01:12+	03:36+	00:32+	02:48+	01:21+	00:54+	04:31+	00:28+	02:01+	03:10+	00:40+	02:09+	02:29+	01:57+	01:48+	00:38+		

Beste strekktid for klassen

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

Damer B

1	Tone Torgersen												882				34:02			
03:26=	04:39=	06:20=	08:18=	11:28=	12:29=	14:17=	17:58=	19:53=	20:52=	22:50=	24:31=	26:37=	28:44=	29:44=	31:35=	33:23=	34:02=			
03:26=	01:13=	01:41=	01:58=	03:10=	01:01=	01:48=	03:41=	01:55=	00:59=	01:58=	01:41=	02:06=	02:07=	01:00=	01:51=	01:48=	00:39=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Inger Tone Nygård												3502				34:55			
03:51+	05:31+	07:05+	08:57+	12:29+	13:19+	15:35+	19:25+	21:21+	22:17+	24:18+	26:04+	27:51+	30:08+	31:10+	32:56+	34:28+	34:55+			
03:51+	01:40+	01:34-	01:52-	03:32+	00:50-	02:16+	03:50+	01:56+	00:56-	02:01+	01:46+	01:47-	02:17+	01:02+	01:46-	01:32-	00:27-			
00:25#	00:27&	00:07-	00:06-	00:22#	00:11-	00:28&	00:09+	00:01+	00:03-	00:03+	00:05+	00:19-	00:10+	00:02+	00:05-	00:16-	00:12-			
3	Vibeke Lamark												878				35:17			
03:15-	04:35-	06:22+	08:20+	11:37+	12:43+	14:57+	18:45+	20:40+	21:35+	23:48+	25:35+	27:24+	30:28+	31:35+	33:17+	34:49+	35:17+			
03:15-	01:20+	01:47+	01:58=	03:17+	01:06+	02:14+	03:48+	01:55=	00:55-	02:13+	01:47+	01:49-	03:04+	01:07+	01:42-	01:32-	00:28-			
00:11-	00:07+	00:06+	00:00=	00:07+	00:05+	00:26#	00:07+	00:00=	00:04-	00:15#	00:06+	00:17-	00:57&	00:07#	00:09-	00:16-	00:11-			
4	Anne Sæbø Vik												1683				37:40			
04:24+	05:51+	08:16+	10:03+	13:38+	14:44+	17:08+	20:46+	22:54+	23:54+	26:07+	27:58+	30:03+	32:24+	33:25+	35:28+	37:04+	37:40+			
04:24+	01:27+	02:25+	01:47-	03:35+	01:06+	02:24+	03:38-	02:08+	01:00+	02:13+	01:51+	02:05-	02:21+	01:01+	02:03+	01:36-	00:36-			
00:58&	00:14#	00:44&	00:11-	00:25#	00:05+	00:36&	00:03-	00:13#	00:01+	00:15#	00:10+	00:01-	00:14#	00:01+	00:12#	00:12-	00:03-			
5	Lise Isachsen												1384				38:15			
06:35+	08:52+	10:29+	12:04+	16:06+	17:01+	19:05+	22:20+	24:46+	25:36+	27:27+	29:15+	31:40+	33:49+	34:51+	36:27+	37:48+	38:15+			
06:35+	02:17+	01:37-	01:35-	04:02+	00:55-	02:04+	03:15-	02:26+	00:50-	01:51-	01:48+	02:25+	02:09+	01:02+	01:36-	01:21-	00:27-			
03:09&	01:04&	00:04-	00:23-	00:52&	00:06-	00:16#	00:26-	00:31&	00:09-	00:07-	00:07+	00:19#	00:02+	00:02+	00:15-	00:27-	00:12-			
6	Agnes Haker												1284				39:38			
04:01+	05:25+	07:15+	09:59+	13:39+	14:41+	16:41+	20:51+	26:01+	26:46+	28:42+	30:21+	32:42+	34:53+	36:12+	37:42+	39:12+	39:38+			
04:01+	01:24+	01:50+	02:44+	03:40+	01:02+	02:00+	04:10+	05:10+	00:45-	01:56-	01:39-	02:21+	02:11+	01:19+	01:30-	01:30-	00:26-			
00:35#	00:11#	00:09+	00:46&	00:30#	00:01+	00:12#	00:29#	03:150	00:14-	00:02-	00:02-	00:15#	00:04+	00:19&	00:21-	00:18-	00:13-			
7	Jorunn Johannesen												1683				40:12			
04:47+	06:21+	09:21+	11:37+	15:06+	16:14+	18:33+	22:35+	25:22+	26:20+	28:17+	30:03+	32:12+	34:46+	36:01+	37:57+	39:40+	40:12+			
04:47+	01:34+	03:00+	02:16+	03:29+	01:08+	02:19+	04:02+	02:47+	00:58-	01:57-	01:46+	02:09+	02:34+	01:15+	01:56+	01:43-	00:32-			
01:21&	00:21&	01:19&	00:18#	00:19#	00:07#	00:31&	00:21+	00:52&	00:01-	00:01-	00:05+	00:03+	00:27#	00:15#	00:05+	00:05-	00:07-			
8	Helen Lomeland												722				40:56			
03:55+	06:50+	08:42+	10:46+	14:23+	15:20+	18:01+	21:52+	24:26+	25:15+	27:12+	29:15+	31:59+	34:14+	35:35+	38:53+	40:27+	40:56+			
03:55+	02:55+	01:52+	02:04+	03:37+	00:57-	02:41+	03:51+	02:34+	00:49-	01:57-	02:03+	02:44+	02:15+	01:21+	03:18+	01:34-	00:29-			
00:29#	01:420	00:11#	00:06+	00:27#	00:04-	00:53&	00:10+	00:39&	00:10-	00:01-	00:22#	00:38&	00:08+	00:21&	01:27&	00:14-	00:10-			

Plass	Navn	Klasse										Tid						
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Damer B

9	Anina Hadland										3502	41:49									
05:33+	07:00+	08:50+	10:46+	14:54+	15:51+	18:32+	22:54+	25:32+	26:30+	28:56+	31:13+	33:12+	35:48+	37:06+	39:33+	41:15+	41:49+				
05:33+	01:27+	01:50+	01:56+	04:08+	00:57-	02:41+	04:22+	02:38+	00:58-	02:26+	02:17+	01:59-	02:36+	01:18+	02:27+	01:42-	00:34-				
02:07&	00:14#	00:09+	00:02-	00:58&	00:04-	00:53&	00:41#	00:43&	00:01-	00:28#	00:36&	00:07-	00:29#	00:18&	00:36&	00:06-	00:05-				
10	Ann Karin Tjørhom										1884	42:02									
04:45+	06:22+	08:26+	10:52+	14:57+	16:04+	18:58+	23:35+	25:50+	26:49+	29:01+	30:52+	32:54+	35:41+	36:54+	39:36+	41:25+	42:02+				
04:45+	01:37+	02:04+	02:26+	04:05+	01:07+	02:54+	04:37+	02:15+	00:59+	02:12+	01:51+	02:02+	02:47+	01:13+	02:42+	01:49+	00:37+				
04:45+	01:37+	02:04+	02:26+	04:05+	01:07+	02:54+	04:37+	02:15+	00:59+	02:12+	01:51+	02:02+	02:47+	01:13+	02:42+	01:49+	00:37+				
11	Toyah Bråtveit										1832	42:36									
04:10+	07:26+	09:18+	11:16+	15:40+	16:36+	18:43+	23:36+	26:53+	27:38+	29:42+	31:16+	33:21+	36:07+	39:03+	40:56+	42:13+	42:36+				
04:10+	03:16+	01:52+	01:58+	04:24+	00:56+	02:07+	04:53+	03:17+	00:45+	02:04+	01:34+	02:05+	02:46+	02:56+	01:53+	01:17+	00:23+				
04:10+	03:16+	01:52+	01:58+	04:24+	00:56+	02:07+	04:53+	03:17+	00:45+	02:04+	01:34+	02:05+	02:46+	02:56+	01:53+	01:17+	00:23+				
12	Hege Anita H. Nielsen										3545	42:49									
04:00+	06:37+	08:19+	11:18+	15:11+	16:30+	19:03+	23:05+	26:16+	27:16+	29:45+	31:41+	34:27+	37:00+	38:20+	40:27+	42:17+	42:49+				
04:00+	02:37+	01:42+	02:59+	03:53+	01:19+	02:33+	04:02+	03:11+	01:00+	02:29+	01:56+	02:46+	02:33+	01:20+	02:07+	01:50+	00:32+				
04:00+	02:37+	01:42+	02:59+	03:53+	01:19+	02:33+	04:02+	03:11+	01:00+	02:29+	01:56+	02:46+	02:33+	01:20+	02:07+	01:50+	00:32+				
13	Anne Garsrud										3518	42:56									
06:27+	09:30+	11:58+	14:03+	17:22+	18:27+	20:36+	24:50+	27:19+	28:15+	30:27+	32:20+	34:26+	36:50+	38:56+	40:56+	42:26+	42:56+				
06:27+	03:03+	02:28+	02:05+	03:19+	01:05+	02:09+	04:14+	02:29+	00:56+	02:12+	01:53+	02:06+	02:24+	02:06+	02:00+	01:30+	00:30+				
06:27+	03:03+	02:28+	02:05+	03:19+	01:05+	02:09+	04:14+	02:29+	00:56+	02:12+	01:53+	02:06+	02:24+	02:06+	02:00+	01:30+	00:30+				
14	Kristin Breivold										892	42:56									
04:33+	06:32+	08:36+	10:57+	14:31+	15:40+	18:15+	23:00+	27:30+	28:27+	30:55+	32:50+	34:44+	37:22+	38:38+	40:47+	42:24+	42:56+				
04:33+	01:59+	02:04+	02:21+	03:34+	01:09+	02:35+	04:45+	04:30+	00:57+	02:28+	01:55+	01:54+	02:38+	01:16+	02:09+	01:37+	00:32+				
04:33+	01:59+	02:04+	02:21+	03:34+	01:09+	02:35+	04:45+	04:30+	00:57+	02:28+	01:55+	01:54+	02:38+	01:16+	02:09+	01:37+	00:32+				
15	Heidi Martby-Skogsholm										3522	44:05									
05:07+	07:28+	09:30+	11:53+	16:26+	17:32+	20:01+	23:55+	26:39+	27:46+	29:51+	31:46+	34:22+	36:53+	39:29+	41:52+	43:32+	44:05+				
05:07+	02:21+	02:02+	02:23+	04:33+	01:06+	02:29+	03:54+	02:44+	01:07+	02:05+	01:55+	02:36+	02:31+	02:36+	02:23+	01:40+	00:33+				
05:07+	02:21+	02:02+	02:23+	04:33+	01:06+	02:29+	03:54+	02:44+	01:07+	02:05+	01:55+	02:36+	02:31+	02:36+	02:23+	01:40+	00:33+				
16	Grethe Anda Fuglestad										1683	45:30									
04:23+	06:09+	08:03+	10:10+	13:47+	14:54+	17:11+	21:02+	23:14+	24:14+	26:41+	28:26+	35:51+	38:54+	40:10+	43:15+	44:57+	45:30+				
04:23+	01:46+	01:54+	02:07+	03:37+	01:07+	02:17+	03:51+	02:12+	01:00+	02:27+	01:45+	07:25+	03:03+	01:16+	03:05+	01:42+	00:33+				
04:23+	01:46+	01:54+	02:07+	03:37+	01:07+	02:17+	03:51+	02:12+	01:00+	02:27+	01:45+	07:25+	03:03+	01:16+	03:05+	01:42+	00:33+				
17	Ingrid W. Hestness										896	48:13									
04:38+	07:03+	08:58+	10:56+	14:38+	15:42+	18:22+	22:27+	31:00+	31:48+	34:10+	37:01+	39:06+	42:00+	43:25+	46:02+	47:38+	48:13+				
04:38+	02:25+	01:55+	01:58+	03:42+	01:04+	02:40+	04:05+	08:33+	00:48+	02:22+	02:51+	02:05+	02:54+	01:25+	02:37+	01:36+	00:35+				
04:38+	02:25+	01:55+	01:58+	03:42+	01:04+	02:40+	04:05+	08:33+	00:48+	02:22+	02:51+	02:05+	02:54+	01:25+	02:37+	01:36+	00:35+				
18	Silje Thorsen Borthen										877	48:15									
03:39+	10:19+	12:52+	14:55+	18:32+	19:19+	21:25+	26:22+	33:17+	33:51+	35:58+	38:43+	40:35+	42:36+	43:59+	46:32+	47:50+	48:15+				
03:39+	06:40+	02:33+	02:03+	03:37+	00:47+	02:06+	04:57+	06:55+	00:34+	02:07+	02:45+	01:52+	02:01+	01:23+	02:33+	01:18+	00:25+				
03:39+	06:40+	02:33+	02:03+	03:37+	00:47+	02:06+	04:57+	06:55+	00:34+	02:07+	02:45+	01:52+	02:01+	01:23+	02:33+	01:18+	00:25+				
19	Ragnhild Auglænd										769	48:54									
04:45+	06:42+	08:53+	11:15+	15:25+	16:51+	19:33+	24:18+	31:08+	32:30+	35:15+	37:23+	39:44+	42:40+	44:05+	46:10+	48:14+	48:54+				
04:45+	01:57+	02:11+	02:22+	04:10+	01:26+	02:42+	04:45+	06:50+	01:22+	02:45+	02:08+	02:21+	02:56+	01:25+	02:05+	02:04+	00:40+				
04:45+	01:57+	02:11+	02:22+	04:10+	01:26+	02:42+	04:45+	06:50+	01:22+	02:45+	02:08+	02:21+	02:56+	01:25+	02:05+	02:04+	00:40+				
20	Mariann Sveinsvoll										3504	49:59									
07:23+	09:43+	11:44+	14:26+	18:23+	19:41+	22:23+	27:09+	30:47+	32:06+	35:54+	38:10+	40:58+	43:42+	45:18+	47:50+	49:31+	49:59+				
07:23+	02:20+	02:01+	02:42+	03:57+	01:18+	02:42+	04:46+	03:38+	01:19+	03:48+	02:16+	02:48+	02:44+	01:36+	02:32+	01:41+	00:28+				
07:23+	02:20+	02:01+	02:42+	03:57+	01:18+	02:42+	04:46+	03:38+	01:19+	03:48+	02:16+	02:48+	02:44+	01:36+	02:32+	01:41+	00:28+				

Beste strekktid for klassen

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

Damer Ny

Damer Ny

1	Bente Klausen					769					21:30	
01:35=	04:24=	05:33=	07:13=	10:55=	12:05=	15:08=	16:41=	18:50=	20:53=	21:30=		
01:35=	02:49=	01:09=	01:40=	03:42=	01:10=	03:03=	01:33=	02:09=	02:03=	00:37=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Jannecke A. Moe					1758					32:08	
01:26+	05:49+	07:54+	09:36+	15:47+	17:09+	19:42+	25:28+	28:57+	31:28+	32:08+		
01:26+	04:23+	02:05+	01:42+	06:11+	01:22+	02:33+	05:46+	03:29+	02:31+	00:40+		
01:26+	04:23+	02:05+	01:42+	06:11+	01:22+	02:33+	05:46+	03:29+	02:31+	00:40+		
3	Helene Racine Bjordal Bergesen					1830					42:27	
02:49+	08:43+	10:40+	13:11+	27:32+	28:55+	32:50+	35:20+	39:23+	41:52+	42:27+		
02:49+	05:54+	01:57+	02:31+	14:21+	01:23+	03:55+	02:30+	04:03+	02:29+	00:35+		
02:49+	05:54+	01:57+	02:31+	14:21+	01:23+	03:55+	02:30+	04:03+	02:29+	00:35+		
4	Emilie W Refseth					1830					43:15	
03:42+	09:37+	11:35+	14:04+	28:26+	29:49+	33:44+	36:13+	40:09+	42:35+	43:15+		
03:42+	05:55+	01:58+	02:29+	14:22+	01:23+	03:55+	02:29+	03:56+	02:26+	00:40+		
03:42+	05:55+	01:58+	02:29+	14:22+	01:23+	03:55+	02:29+	03:56+	02:26+	00:40+		

Beste strekktid for klassen

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

Damer Trim

1	Marit L. Undheim												3529	20:46
01:55=	02:35=	04:49=	06:18=	07:29=	09:05=	11:31=	12:34=	14:34=	16:29=	18:19=	20:10=	20:46=		
01:55=	00:40=	02:14=	01:29=	01:11=	01:36=	02:26=	01:03=	02:00=	01:55=	01:50=	01:51=	00:36=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Mari-Marthe Aamold												880	23:10
03:32+	04:56+	06:23+	08:16+	09:20+	11:15+	13:11+	14:08+	17:04+	19:09+	21:05+	22:43+	23:10+		
03:32+	01:24+	01:27-	01:53+	01:04-	01:55+	01:56-	00:57-	02:56+	02:05+	01:56+	01:38-	00:27-		
01:37&	00:44@	00:47-	00:24&	00:07-	00:19#	00:30-	00:06-	00:56&	00:10+	00:06+	00:13-	00:09-		
3	Benedicte Kvalevåg												769	23:32
02:52+	03:51+	06:00+	07:25+	08:37+	09:49+	12:23+	13:20+	16:05+	17:54+	21:18+	23:02+	23:32+		
02:52+	00:59+	02:09-	01:25-	01:12+	01:12-	02:34+	00:57-	02:45+	01:49-	03:24+	01:44-	00:30-		
00:57&	00:19&	00:05-	00:04-	00:01+	00:24-	00:08+	00:06-	00:45&	00:06-	01:34&	00:07-	00:06-		
4	Marta Bertolaso												1832	24:21
02:20+	03:13+	05:17+	07:08+	08:19+	10:46+	13:54+	15:00+	17:24+	18:55+	21:44+	23:49+	24:21+		
02:20+	00:53+	02:04-	01:51+	01:11=	02:27+	03:08+	01:06+	02:24+	01:31-	02:49+	02:05+	00:32-		
00:25#	00:13&	00:10-	00:22#	00:00=	00:51&	00:42&	00:03+	00:24#	00:24-	00:59&	00:14#	00:04-		
5	Ingunn Monsen												3525	25:46
02:58+	03:56+	06:25+	08:08+	09:32+	10:48+	13:30+	14:41+	19:26+	21:17+	23:16+	25:15+	25:46+		
02:58+	00:58+	02:29+	01:43+	01:24+	01:16-	02:42+	01:11+	04:45+	01:51-	01:59+	01:59+	00:31-		
01:03&	00:18&	00:15#	00:14#	00:13#	00:20-	00:16#	00:08#	02:45@	00:04-	00:09+	00:08+	00:05-		
6	Kristin Ye-Eun Yoon												3533	27:13
02:46+	04:05+	05:59+	07:46+	12:52+	14:08+	17:17+	18:15+	20:31+	22:00+	24:42+	26:45+	27:13+		
02:46+	01:19+	01:54-	01:47+	05:06+	01:16-	03:09+	00:58-	02:16+	01:29-	02:42+	02:03+	00:28-		
00:51&	00:39&	00:20-	00:18#	03:55@	00:20-	00:43&	00:05-	00:16#	00:26-	00:52&	00:12#	00:08-		
7	Elisa Møller												769	27:32
02:40+	03:46+	06:00+	07:47+	09:11+	10:28+	14:31+	15:36+	18:14+	22:35+	25:16+	27:05+	27:32+		
02:40+	01:06+	02:14=	01:47+	01:24+	01:17-	04:03+	01:05+	02:38+	04:21+	02:41+	01:49-	00:27-		
00:45&	00:26&	00:00=	00:18#	00:13#	00:19-	01:37&	00:02+	00:38&	02:26@	00:51&	00:02-	00:09-		
8	Inger Johanne Klausen												3529	27:44
02:40+	03:36+	06:00+	07:31+	09:12+	10:23+	17:13+	18:24+	21:15+	23:33+	25:22+	27:18+	27:44+		
02:40+	00:56+	02:24+	01:31+	01:41+	01:11-	06:50+	01:11+	02:51+	02:18+	01:49-	01:56+	00:26-		
00:45&	00:16&	00:10+	00:02+	00:30&	00:25-	04:24@	00:08#	00:51&	00:23#	00:01-	00:05+	00:10-		

Plass	Navn												Klasse	Tid											
Damer Trim																									
9	Lynn Marie Galston												1683	28:35											
	03:55+	06:02+	08:31+	09:50+	11:29+	12:53+	16:09+	17:15+	19:59+	22:33+	26:24+	28:06+	28:35+												
	03:55+	02:07+	02:29+	01:19-	01:39+	01:24-	03:16+	01:06+	02:44+	02:34+	03:51+	01:42-	00:29-												
	02:00ø	01:27ø	00:15#	00:10-	00:28&	00:12-	00:50&	00:03+	00:44&	00:39&	02:01ø	00:09-	00:07-												
10	Janeth Kleppe												879	28:53											
	02:14+	03:25+	06:20+	13:53+	15:15+	16:19+	19:02+	20:13+	22:27+	24:29+	26:26+	28:20+	28:53+												
	02:14+	01:11+	02:55+	07:33+	01:22+	01:04+	02:43+	01:11+	02:14+	02:02+	01:57+	01:54+	00:33+												
	02:14+	01:11+	02:55+	07:33+	01:22+	01:04+	02:43+	01:11+	02:14+	02:02+	01:57+	01:54+	00:33+												
11	Karoline Blyberg Lillehammer												1758	29:01											
	03:46+	05:06+	07:47+	09:35+	11:21+	12:46+	16:25+	17:35+	21:54+	24:19+	26:30+	28:30+	29:01+												
	03:46+	01:20+	02:41+	01:48+	01:46+	01:25+	03:39+	01:10+	04:19+	02:25+	02:11+	02:00+	00:31+												
	03:46+	01:20+	02:41+	01:48+	01:46+	01:25+	03:39+	01:10+	04:19+	02:25+	02:11+	02:00+	00:31+												
12	Johanne Trandem Næss												3512	29:37											
	02:35+	03:52+	05:50+	10:46+	12:24+	13:55+	17:22+	18:23+	20:41+	22:28+	27:25+	29:11+	29:37+												
	02:35+	01:17+	01:58+	04:56+	01:38+	01:31+	03:27+	01:01+	02:18+	01:47+	04:57+	01:46+	00:26+												
	02:35+	01:17+	01:58+	04:56+	01:38+	01:31+	03:27+	01:01+	02:18+	01:47+	04:57+	01:46+	00:26+												
13	Ane Odland												1683	29:44											
	02:14+	03:41+	06:12+	07:51+	09:10+	10:51+	13:23+	14:27+	17:09+	25:09+	27:24+	29:15+	29:44+												
	02:14+	01:27+	02:31+	01:39+	01:19+	01:41+	02:32+	01:04+	02:42+	08:00+	02:15+	01:51+	00:29+												
	02:14+	01:27+	02:31+	01:39+	01:19+	01:41+	02:32+	01:04+	02:42+	08:00+	02:15+	01:51+	00:29+												
14	Maria Fjelde												722	31:09											
	02:45+	03:44+	06:08+	07:49+	09:44+	10:59+	13:49+	14:55+	18:22+	23:07+	28:52+	30:40+	31:09+												
	02:45+	00:59+	02:24+	01:41+	01:55+	01:15+	02:50+	01:06+	03:27+	04:45+	05:45+	01:48+	00:29+												
	02:45+	00:59+	02:24+	01:41+	01:55+	01:15+	02:50+	01:06+	03:27+	04:45+	05:45+	01:48+	00:29+												
15	Anne Turid Vestbakke												1683	31:31											
	02:47+	04:14+	06:47+	08:43+	10:17+	12:24+	15:38+	17:17+	21:10+	23:49+	28:53+	30:58+	31:31+												
	02:47+	01:27+	02:33+	01:56+	01:34+	02:07+	03:14+	01:39+	03:53+	02:39+	05:04+	02:05+	00:33+												
	02:47+	01:27+	02:33+	01:56+	01:34+	02:07+	03:14+	01:39+	03:53+	02:39+	05:04+	02:05+	00:33+												
16	Monica Regine Romstad												722	31:35											
	02:01+	03:06+	05:53+	07:31+	08:45+	10:44+	13:09+	14:39+	21:28+	26:37+	29:17+	31:08+	31:35+												
	02:01+	01:05+	02:47+	01:38+	01:14+	01:59+	02:25+	01:30+	06:49+	05:09+	02:40+	01:51+	00:27+												
	02:01+	01:05+	02:47+	01:38+	01:14+	01:59+	02:25+	01:30+	06:49+	05:09+	02:40+	01:51+	00:27+												
17	Marie Hernæs Larsen												3565	32:00											
	03:18+	04:46+	07:18+	09:59+	11:25+	14:37+	17:07+	18:21+	21:52+	24:58+	29:15+	31:22+	32:00+												
	03:18+	01:28+	02:32+	02:41+	01:26+	03:12+	02:30+	01:14+	03:31+	03:06+	04:17+	02:07+	00:38+												
	03:18+	01:28+	02:32+	02:41+	01:26+	03:12+	02:30+	01:14+	03:31+	03:06+	04:17+	02:07+	00:38+												
18	Elisabet Horpestad												896	32:04											
	02:12+	03:27+	05:43+	07:12+	10:06+	11:25+	15:41+	16:32+	23:51+	26:10+	29:52+	31:31+	32:04+												
	02:12+	01:15+	02:16+	01:29+	02:54+	01:19+	04:16+	00:51+	07:19+	02:19+	03:42+	01:39+	00:33+												
	02:12+	01:15+	02:16+	01:29+	02:54+	01:19+	04:16+	00:51+	07:19+	02:19+	03:42+	01:39+	00:33+												
19	Lina Dahle												3533	32:32											
	05:10+	07:57+	11:04+	13:06+	14:46+	16:32+	19:20+	21:06+	24:00+	26:53+	29:39+	32:01+	32:32+												
	05:10+	02:47+	03:07+	02:02+	01:40+	01:46+	02:48+	01:46+	02:54+	02:53+	02:46+	02:22+	00:31+												
	05:10+	02:47+	03:07+	02:02+	01:40+	01:46+	02:48+	01:46+	02:54+	02:53+	02:46+	02:22+	00:31+												
20	Unni Byberg Mæstad												892	32:49											
	02:39+	04:00+	06:41+	09:20+	11:50+	14:03+	18:40+	20:09+	23:47+	27:01+	29:38+	32:01+	32:49+												
	02:39+	01:21+	02:41+	02:39+	02:30+	02:13+	04:37+	01:29+	03:38+	03:14+	02:37+	02:23+	00:48+												
	02:39+	01:21+	02:41+	02:39+	02:30+	02:13+	04:37+	01:29+	03:38+	03:14+	02:37+	02:23+	00:48+												
21	Esther Boenheim												2539	32:57											
	03:44+	05:39+	08:42+	10:46+	12:25+	14:18+	17:39+	19:12+	22:59+	25:41+	30:04+	32:21+	32:57+												
	03:44+	01:55+	03:03+	02:04+	01:39+	01:53+	03:21+	01:33+	03:47+	02:42+	04:23+	02:17+	00:36+												
	03:44+	01:55+	03:03+	02:04+	01:39+	01:53+	03:21+	01:33+	03:47+	02:42+	04:23+	02:17+	00:36+												
22	Karine Ditlevsen												896	32:59											
	03:19+	04:25+	07:17+	09:12+	10:35+	12:05+	14:45+	15:57+	18:21+	20:39+	30:23+	32:27+	32:59+												
	03:19+	01:06+	02:52+	01:55+	01:23+	01:30+	02:40+	01:12+	02:24+	02:18+	09:44+	02:04+	00:32+												
	03:19+	01:06+	02:52+	01:55+	01:23+	01:30+	02:40+	01:12+	02:24+	02:18+	09:44+	02:04+	00:32+												

Plass	Navn										Klasse			Tid		
Damer Trim																
23	Therese Østbø										896			32:59		
03:18+	04:27+	07:18+	09:09+	10:36+	12:00+	14:44+	15:54+	18:23+	20:41+	30:22+	32:26+	32:59+				
03:18+	01:09+	02:51+	01:51+	01:27+	01:24+	02:44+	01:10+	02:29+	02:18+	09:41+	02:04+	00:33+				
03:18+	01:09+	02:51+	01:51+	01:27+	01:24+	02:44+	01:10+	02:29+	02:18+	09:41+	02:04+	00:33+				
24	Hilde Meisingset										1456			33:59		
03:33+	04:40+	07:38+	10:59+	12:42+	14:27+	17:47+	19:10+	22:24+	27:15+	30:32+	33:12+	33:59+				
03:33+	01:07+	02:58+	03:21+	01:43+	01:45+	03:20+	01:23+	03:14+	04:51+	03:17+	02:40+	00:47+				
03:33+	01:07+	02:58+	03:21+	01:43+	01:45+	03:20+	01:23+	03:14+	04:51+	03:17+	02:40+	00:47+				
25	Maria Haukalid										3511			34:06		
02:52+	05:46+	08:40+	10:33+	12:08+	14:50+	18:11+	19:36+	24:14+	27:30+	31:02+	33:26+	34:06+				
02:52+	02:54+	02:54+	01:53+	01:35+	02:42+	03:21+	01:25+	04:38+	03:16+	03:32+	02:24+	00:40+				
02:52+	02:54+	02:54+	01:53+	01:35+	02:42+	03:21+	01:25+	04:38+	03:16+	03:32+	02:24+	00:40+				
26	Solbjørg Borgersen										3527			34:35		
03:09+	04:06+	07:23+	09:24+	11:38+	17:54+	19:00+	23:24+	24:37+	27:28+	29:16+	31:33+	33:48+	34:35+			
03:09+	00:57+	03:17+	02:01+	02:14+	06:16+	01:06+	04:24+	01:13+	02:51+	01:48+	02:17+	02:15+	00:47+			
03:09+	00:57+	03:17+	02:01+	02:14+	06:16+	01:06+	04:24+	01:13+	02:51+	01:48+	02:17+	02:15+	00:47+			
27	Heidi Camilla Raugstad Hovet										769			35:19		
03:13+	04:06+	07:08+	08:17+	09:44+	11:28+	13:51+	15:02+	23:59+	28:36+	31:49+	34:47+	35:19+				
03:13+	00:53+	03:02+	01:09+	01:27+	01:44+	02:23+	01:11+	08:57+	04:37+	03:13+	02:58+	00:32+				
03:13+	00:53+	03:02+	01:09+	01:27+	01:44+	02:23+	01:11+	08:57+	04:37+	03:13+	02:58+	00:32+				
28	Camilla Huynh										3533			35:50		
06:22+	08:31+	12:38+	14:26+	17:05+	19:46+	22:34+	23:55+	27:45+	30:30+	33:14+	35:18+	35:50+				
06:22+	02:09+	04:07+	01:48+	02:39+	02:41+	02:48+	01:21+	03:50+	02:45+	02:44+	02:04+	00:32+				
06:22+	02:09+	04:07+	01:48+	02:39+	02:41+	02:48+	01:21+	03:50+	02:45+	02:44+	02:04+	00:32+				
29	Grete Sveinsvoll										3552			36:32		
03:16+	04:21+	08:53+	10:26+	12:12+	14:19+	18:41+	20:07+	25:12+	29:38+	33:05+	35:44+	36:32+				
03:16+	01:05+	04:32+	01:33+	01:46+	02:07+	04:22+	01:26+	05:05+	04:26+	03:27+	02:39+	00:48+				
03:16+	01:05+	04:32+	01:33+	01:46+	02:07+	04:22+	01:26+	05:05+	04:26+	03:27+	02:39+	00:48+				
30	Hilde Christine Hoff										848			37:28		
03:56+	05:16+	08:40+	11:20+	13:26+	15:14+	19:28+	21:22+	25:48+	28:37+	33:02+	36:25+	37:28+				
03:56+	01:20+	03:24+	02:40+	02:06+	01:48+	04:14+	01:54+	04:26+	02:49+	04:25+	03:23+	01:03+				
03:56+	01:20+	03:24+	02:40+	02:06+	01:48+	04:14+	01:54+	04:26+	02:49+	04:25+	03:23+	01:03+				
31	Renate Furenes										892			37:48		
04:37+	05:54+	08:04+	10:56+	12:40+	15:30+	18:34+	19:51+	30:09+	32:12+	35:12+	37:11+	37:48+				
04:37+	01:17+	02:10+	02:52+	01:44+	02:50+	03:04+	01:17+	10:18+	02:03+	03:00+	01:59+	00:37+				
04:37+	01:17+	02:10+	02:52+	01:44+	02:50+	03:04+	01:17+	10:18+	02:03+	03:00+	01:59+	00:37+				
32	Ritva Halsne										722			38:04		
03:09+	04:45+	07:34+	10:58+	12:32+	16:33+	19:10+	20:26+	29:03+	31:50+	35:29+	37:39+	38:04+				
03:09+	01:36+	02:49+	03:24+	01:34+	04:01+	02:37+	01:16+	08:37+	02:47+	03:39+	02:10+	00:25+				
03:09+	01:36+	02:49+	03:24+	01:34+	04:01+	02:37+	01:16+	08:37+	02:47+	03:39+	02:10+	00:25+				
33	Signe Lise Haaland										3507			40:08		
04:06+	05:50+	09:48+	12:03+	14:16+	16:50+	22:05+	24:09+	28:05+	31:49+	35:23+	39:04+	40:08+				
04:06+	01:44+	03:58+	02:15+	02:13+	02:34+	05:15+	02:04+	03:56+	03:44+	03:34+	03:41+	01:04+				
04:06+	01:44+	03:58+	02:15+	02:13+	02:34+	05:15+	02:04+	03:56+	03:44+	03:34+	03:41+	01:04+				
34	Kirsti Strand Salvesen										3540			44:08		
03:49+	05:38+	08:41+	10:58+	12:57+	15:04+	26:56+	29:01+	32:40+	35:06+	40:13+	43:17+	44:08+				
03:49+	01:49+	03:03+	02:17+	01:59+	02:07+	11:52+	02:05+	03:39+	02:26+	05:07+	03:04+	00:51+				
03:49+	01:49+	03:03+	02:17+	01:59+	02:07+	11:52+	02:05+	03:39+	02:26+	05:07+	03:04+	00:51+				
35	Eli Thorset Våge										896			45:53		
04:06+	05:31+	09:12+	12:02+	14:16+	23:45+	27:26+	29:00+	34:39+	37:43+	42:09+	44:59+	45:53+				
04:06+	01:25+	03:41+	02:50+	02:14+	09:29+	03:41+	01:34+	05:39+	03:04+	04:26+	02:50+	00:54+				
04:06+	01:25+	03:41+	02:50+	02:14+	09:29+	03:41+	01:34+	05:39+	03:04+	04:26+	02:50+	00:54+				
36	Ragnhild Christiansen										1884			46:09		
04:47+	06:35+	10:38+	14:18+	16:54+	19:16+	25:41+	27:46+	33:34+	36:28+	41:29+	45:04+	46:09+				
04:47+	01:48+	04:03+	03:40+	02:36+	02:22+	06:25+	02:05+	05:48+	02:54+	05:01+	03:35+	01:05+				
04:47+	01:48+	04:03+	03:40+	02:36+	02:22+	06:25+	02:05+	05:48+	02:54+	05:01+	03:35+	01:05+				

Plass	Navn										Klasse	Tid									
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Damer Trim

37	Liv Janne Fandrem Biland										892	47:46									
03:15+	04:52+	07:36+	09:37+	13:54+	16:00+	29:24+	30:47+	34:49+	38:50+	45:04+	47:10+	47:46+									
03:15+	01:37+	02:44+	02:01+	04:17+	02:06+	13:24+	01:23+	04:02+	04:01+	06:14+	02:06+	00:36+									
03:15+	01:37+	02:44+	02:01+	04:17+	02:06+	13:24+	01:23+	04:02+	04:01+	06:14+	02:06+	00:36+									
38	Brit Svihus										892	48:48									
07:10+	09:14+	12:49+	15:23+	17:32+	19:57+	25:00+	27:25+	37:24+	41:02+	45:14+	47:59+	48:48+									
07:10+	02:04+	03:35+	02:34+	02:09+	02:25+	05:03+	02:25+	09:59+	03:38+	04:12+	02:45+	00:49+									
07:10+	02:04+	03:35+	02:34+	02:09+	02:25+	05:03+	02:25+	09:59+	03:38+	04:12+	02:45+	00:49+									
39	Sigrund Serigstad										879	48:59									
04:23+	06:27+	17:48+	19:55+	21:07+	29:30+	34:17+	35:35+	40:39+	41:58+	46:51+	48:27+	48:59+									
04:23+	02:04+	11:21+	02:07+	01:12+	08:23+	04:47+	01:18+	05:04+	01:19+	04:53+	01:36+	00:32+									
04:23+	02:04+	11:21+	02:07+	01:12+	08:23+	04:47+	01:18+	05:04+	01:19+	04:53+	01:36+	00:32+									
40	Unni B Sundli										892	51:10									
04:17+	05:48+	20:01+	22:27+	24:51+	27:23+	31:16+	33:30+	39:13+	43:33+	47:16+	50:24+	51:10+									
04:17+	01:31+	14:13+	02:26+	02:24+	02:32+	03:53+	02:14+	05:43+	04:20+	03:43+	03:08+	00:46+									
04:17+	01:31+	14:13+	02:26+	02:24+	02:32+	03:53+	02:14+	05:43+	04:20+	03:43+	03:08+	00:46+									
41	Ingunn Johanne Fandrem										3511	57:36									
04:43+	06:49+	10:53+	15:51+	19:16+	21:45+	27:37+	29:21+	32:52+	48:20+	54:05+	56:53+	57:36+									
04:43+	02:06+	04:04+	04:58+	03:25+	02:29+	05:52+	01:44+	03:31+	15:28+	05:45+	02:48+	00:43+									
04:43+	02:06+	04:04+	04:58+	03:25+	02:29+	05:52+	01:44+	03:31+	15:28+	05:45+	02:48+	00:43+									
42	Solveig Marie Grønning										3511	57:37									
04:42+	06:53+	10:50+	15:50+	19:13+	21:49+	27:37+	29:22+	32:58+	48:18+	54:02+	56:57+	57:37+									
04:42+	02:11+	03:57+	05:00+	03:23+	02:36+	05:48+	01:45+	03:36+	15:20+	05:44+	02:55+	00:40+									
04:42+	02:11+	03:57+	05:00+	03:23+	02:36+	05:48+	01:45+	03:36+	15:20+	05:44+	02:55+	00:40+									
43	Monika Korbecka										1456	58:20									
08:22+	10:23+	14:52+	17:24+	20:06+	22:32+	28:00+	30:42+	37:23+	41:26+	53:03+	57:10+	58:20+									
08:22+	02:01+	04:29+	02:32+	02:42+	02:26+	05:28+	02:42+	06:41+	04:03+	11:37+	04:07+	01:10+									
08:22+	02:01+	04:29+	02:32+	02:42+	02:26+	05:28+	02:42+	06:41+	04:03+	11:37+	04:07+	01:10+									
44	Agnete Dedekam Stabel										1758	59:31									
06:08+	09:24+	15:07+	18:32+	21:04+	24:15+	30:42+	32:03+	39:59+	47:06+	56:32+	58:44+	59:31+									
06:08+	03:16+	05:43+	03:25+	02:32+	03:11+	06:27+	01:21+	07:56+	07:07+	09:26+	02:12+	00:47+									
06:08+	03:16+	05:43+	03:25+	02:32+	03:11+	06:27+	01:21+	07:56+	07:07+	09:26+	02:12+	00:47+									

Beste strekktid for klassen

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

Herrer 16 - 39 år

1	Vegard Kyllingstad										3507	30:24									
03:03=	05:28=	07:04=	08:46=	11:29=	12:25=	14:38=	17:36=	19:16=	20:02=	21:47=	23:03=	24:34=	26:17=	27:10=	28:58=	30:06=	30:24=				
03:03=	02:25=	01:36=	01:42=	02:43=	00:56=	02:13=	02:58=	01:40=	00:46=	01:45=	01:16=	01:31=	01:43=	00:53=	01:48=	01:08=	00:18=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Arild Pfluger Hundeide										769	32:02									
02:54-	04:52-	06:10-	07:53-	11:13-	12:10-	13:52-	17:04-	18:56-	19:50-	21:38-	23:07+	24:47+	27:23+	28:36+	30:13+	31:35+	32:02+				
02:54-	01:58-	01:18-	01:43+	03:20+	00:57+	01:42-	03:12+	01:52+	00:54+	01:48+	01:29+	01:40+	02:36+	01:13+	01:37-	01:22+	00:27+				
00:09-	00:27-	00:18-	00:01+	00:37#	00:01+	00:31-	00:14+	00:12#	00:08#	00:03+	00:13#	00:09+	00:53&	00:20&	00:11-	00:14#	00:09&				
3	Ole Morten Haaland										3528	32:33									
03:16+	04:26-	06:44-	08:25-	11:57+	12:40+	14:22-	17:44+	19:37+	20:14+	21:52+	23:16+	25:03+	26:59+	28:02+	30:55+	32:08+	32:33+				
03:16+	01:10-	02:18+	01:41-	03:32+	00:43-	01:42-	03:22+	01:53+	00:37-	01:38-	01:24+	01:47+	01:56+	01:03+	02:53+	01:13+	00:25+				
00:13+	01:15-	00:42&	00:01-	00:49&	00:13-	00:31-	00:24#	00:13#	00:09-	00:07-	00:08#	00:16#	00:13#	00:10#	01:05&	00:05+	00:07&				
4	Håvard Hageberg										1832	32:45									
03:41+	05:15-	07:37+	09:31+	12:27+	13:22+	15:17+	18:36+	20:24+	21:10+	22:49+	24:21+	26:02+	28:02+	28:59+	30:54+	32:22+	32:45+				
03:41+	01:34-	02:22+	01:54+	02:56+	00:55-	01:55-	03:19+	01:48+	00:46=	01:39-	01:32+	01:41+	02:00+	00:57+	01:55+	01:28+	00:23+				
00:38#	00:51-	00:46&	00:12#	00:13+	00:01-	00:18-	00:21#	00:08+	00:00=	00:06-	00:16#	00:10#	00:17#	00:04-	00:07+	00:20&	00:05&				

Plass	Navn	Klasse	Tid
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Herrer 16 - 39 år

5	Truls Thorkildsen												2074				34:20			
02:56-	04:16-	06:56-	08:43-	11:58+	12:56+	14:46+	18:10+	20:03+	20:48+	24:00+	25:31+	27:33+	29:47+	30:53+	32:27+	33:53+	34:20+			
02:56-	01:20-	02:40+	01:47+	03:15+	00:58+	01:50-	03:24+	01:53+	00:45-	03:12+	01:31+	02:02+	02:14+	01:06+	01:34-	01:26+	00:27+			
00:07-	01:05-	01:04&	00:05+	00:32#	00:02+	00:23-	00:26#	00:13#	00:01-	01:27&	00:15#	00:31&	00:31&	00:13#	00:14-	00:18&	00:09&			
6	Frank Terje Berge												643				34:24			
03:47+	05:59+	08:52+	10:31+	13:33+	14:25+	16:36+	19:48+	21:45+	22:28+	24:21+	25:56+	27:42+	29:50+	30:55+	32:42+	33:59+	34:24+			
03:47+	02:12+	02:53+	01:39+	03:02+	00:52+	02:11+	03:12+	01:57+	00:43+	01:53+	01:35+	01:46+	02:08+	01:05+	01:47+	01:17+	00:25+			
03:47+	02:12+	02:53+	01:39+	03:02+	00:52+	02:11+	03:12+	01:57+	00:43+	01:53+	01:35+	01:46+	02:08+	01:05+	01:47+	01:17+	00:25+			
7	Torbjørn Fuglestad												878				34:44			
03:42+	05:05+	07:19+	09:14+	12:24+	13:18+	15:10+	18:38+	20:36+	21:27+	23:10+	24:50+	26:53+	28:57+	30:09+	33:05+	34:26+	34:44+			
03:42+	01:23+	02:14+	01:55+	03:10+	00:54+	01:52+	03:28+	01:58+	00:51+	01:43+	01:40+	02:03+	02:04+	01:12+	02:56+	01:21+	00:18+			
03:42+	01:23+	02:14+	01:55+	03:10+	00:54+	01:52+	03:28+	01:58+	00:51+	01:43+	01:40+	02:03+	02:04+	01:12+	02:56+	01:21+	00:18+			
8	Cato Eike												1493				34:49			
03:24+	04:46+	06:44+	08:22+	12:12+	13:05+	15:05+	18:18+	20:12+	21:00+	22:49+	26:15+	27:46+	29:49+	30:53+	33:11+	34:25+	34:49+			
03:24+	01:22+	01:58+	01:38+	03:50+	00:53+	02:00+	03:13+	01:54+	00:48+	01:49+	03:26+	01:31+	02:03+	01:04+	02:18+	01:14+	00:24+			
03:24+	01:22+	01:58+	01:38+	03:50+	00:53+	02:00+	03:13+	01:54+	00:48+	01:49+	03:26+	01:31+	02:03+	01:04+	02:18+	01:14+	00:24+			
9	Anders Klungre												3548				36:07			
04:58+	07:08+	08:49+	10:29+	14:01+	15:00+	17:19+	20:42+	22:54+	23:38+	25:32+	27:19+	29:00+	30:51+	32:20+	34:19+	35:45+	36:07+			
04:58+	02:10+	01:41+	01:40+	03:32+	00:59+	02:19+	03:23+	02:12+	00:44+	01:54+	01:47+	01:41+	01:51+	01:29+	01:59+	01:26+	00:22+			
04:58+	02:10+	01:41+	01:40+	03:32+	00:59+	02:19+	03:23+	02:12+	00:44+	01:54+	01:47+	01:41+	01:51+	01:29+	01:59+	01:26+	00:22+			
10	Magnus Gabriel Ersdal												3528				36:35			
03:55+	06:01+	07:59+	09:42+	12:46+	14:32+	16:16+	20:33+	22:22+	23:09+	25:02+	26:36+	28:41+	30:56+	32:52+	34:39+	36:10+	36:35+			
03:55+	02:06+	01:58+	01:43+	03:04+	01:46+	01:44+	04:17+	01:49+	00:47+	01:53+	01:34+	02:05+	02:15+	01:56+	01:47+	01:31+	00:25+			
03:55+	02:06+	01:58+	01:43+	03:04+	01:46+	01:44+	04:17+	01:49+	00:47+	01:53+	01:34+	02:05+	02:15+	01:56+	01:47+	01:31+	00:25+			
11	Erlend Syse												3559				36:42			
03:57+	05:53+	07:24+	09:04+	12:37+	13:38+	15:57+	19:46+	22:13+	23:13+	25:13+	26:48+	28:59+	31:12+	32:24+	34:40+	36:17+	36:42+			
03:57+	01:56+	01:31+	01:40+	03:33+	01:01+	02:19+	03:49+	02:27+	01:00+	02:00+	01:35+	02:11+	02:13+	01:12+	02:16+	01:37+	00:25+			
03:57+	01:56+	01:31+	01:40+	03:33+	01:01+	02:19+	03:49+	02:27+	01:00+	02:00+	01:35+	02:11+	02:13+	01:12+	02:16+	01:37+	00:25+			
12	Martin Skogland												3508				37:12			
05:00+	06:30+	08:05+	09:57+	13:24+	14:19+	16:12+	19:41+	21:52+	22:45+	24:54+	26:52+	28:47+	31:19+	32:32+	35:15+	36:43+	37:12+			
05:00+	01:30+	01:35+	01:52+	03:27+	00:55+	01:53+	03:29+	02:11+	00:53+	02:09+	01:58+	01:55+	02:32+	01:13+	02:43+	01:28+	00:29+			
05:00+	01:30+	01:35+	01:52+	03:27+	00:55+	01:53+	03:29+	02:11+	00:53+	02:09+	01:58+	01:55+	02:32+	01:13+	02:43+	01:28+	00:29+			
13	Sondre Aspøy												896				42:02			
06:18+	08:25+	10:28+	12:38+	16:59+	18:03+	20:36+	25:07+	27:30+	28:23+	30:45+	32:18+	34:16+	36:39+	38:13+	40:18+	41:37+	42:02+			
06:18+	02:07+	02:03+	02:10+	04:21+	01:04+	02:33+	04:31+	02:23+	00:53+	02:22+	01:33+	01:58+	02:23+	01:34+	02:05+	01:19+	00:25+			
06:18+	02:07+	02:03+	02:10+	04:21+	01:04+	02:33+	04:31+	02:23+	00:53+	02:22+	01:33+	01:58+	02:23+	01:34+	02:05+	01:19+	00:25+			
14	Jone Klemo Øverland												1384				42:28			
04:53+	06:34+	09:34+	11:34+	15:41+	16:59+	19:30+	23:42+	26:07+	27:29+	29:52+	31:50+	34:10+	36:51+	37:58+	40:09+	41:58+	42:28+			
04:53+	01:41+	03:00+	02:00+	04:07+	01:18+	02:31+	04:12+	02:25+	01:22+	02:23+	01:58+	02:20+	02:41+	01:07+	02:11+	01:49+	00:30+			
04:53+	01:41+	03:00+	02:00+	04:07+	01:18+	02:31+	04:12+	02:25+	01:22+	02:23+	01:58+	02:20+	02:41+	01:07+	02:11+	01:49+	00:30+			

Beste strekktid for klassen

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

Herrer 40 - 49 år

1	Asgeir Nærland												1830							31:29
03:59=	05:26=	07:01=	08:46=	11:37=	12:33=	14:27=	17:11=	19:06=	19:56=	21:28=	23:05=	24:58=	26:57=	28:15=	29:52=	31:06=	31:29=			
03:59=	01:27=	01:35=	01:45=	02:51=	00:56=	01:54=	02:44=	01:55=	00:50=	01:32=	01:37=	01:53=	01:59=	01:18=	01:37=	01:14=	00:23=			
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=			
2	Magne Habbestad												3531							33:39
04:02+	05:23=	06:57=	08:31=	11:44+	12:36+	14:36+	18:05+	20:06+	20:55+	22:50+	24:37+	26:33+	28:58+	30:10+	31:51+	33:14+	33:39+			
04:02+	01:21=	01:34=	01:34=	03:13+	00:52=	02:00+	03:29+	02:01+	00:49=	01:55+	01:47+	01:56+	02:25+	01:12=	01:41+	01:23+	00:25+			
00:03+	00:06=	00:01=	00:11=	00:22#	00:04=	00:06+	00:45&	00:06+	00:01=	00:23#	00:10#	00:03+	00:26#	00:06=	00:04+	00:09#	00:02+			

Plass	Navn				Klasse				Tid			
Herrer 40 - 49 år												
3	Glenn Madland				879				34:25			
04:12+	05:48+	07:27+	09:14+	12:10+	13:12+	15:21+	18:30+	20:41+	21:30+	23:15+	25:12+	27:17+
04:12+	01:36+	01:39+	01:47+	02:56+	01:02+	02:09+	03:09+	02:11+	00:49-	01:45+	01:57+	02:05+
00:13+	00:09#	00:04+	00:02+	00:05+	00:06#	00:15#	00:25#	00:16#	00:01-	00:13#	00:20#	00:12#
29:12+	30:11+	32:47+	34:02+	34:25+								
30:59+	32:06+	33:37+	34:56+	35:20+								
02:02+	01:07+	01:31+	01:19+	00:24+								
02:02+	01:07+	01:31+	01:19+	00:24+								
4	Trondr Breiland				NOTEAM				35:20			
03:53+	05:41+	07:48+	09:40+	13:15+	14:14+	16:12+	19:28+	21:25+	22:14+	24:05+	27:11+	28:57+
03:53+	01:48+	02:07+	01:52+	03:35+	00:59+	01:58+	03:16+	01:57+	00:49+	01:51+	03:06+	01:46+
03:53+	01:48+	02:07+	01:52+	03:35+	00:59+	01:58+	03:16+	01:57+	00:49+	01:51+	03:06+	01:46+
30:59+	32:06+	33:37+	34:56+	35:20+								
02:02+	01:07+	01:31+	01:19+	00:24+								
02:02+	01:07+	01:31+	01:19+	00:24+								
5	Bjarte Harbo				1830				35:24			
04:47+	06:28+	07:59+	09:29+	12:44+	13:34+	15:29+	18:45+	20:49+	21:35+	23:39+	25:23+	27:05+
04:47+	01:41+	01:31+	01:30+	03:15+	00:50+	01:55+	03:16+	02:04+	00:46+	02:04+	01:44+	01:42+
04:47+	01:41+	01:31+	01:30+	03:15+	00:50+	01:55+	03:16+	02:04+	00:46+	02:04+	01:44+	01:42+
29:12+	30:22+	33:41+	35:00+	35:24+								
02:07+	01:10+	03:19+	01:19+	00:24+								
02:07+	01:10+	03:19+	01:19+	00:24+								
6	Andreas Breiland				3522				36:05			
03:45+	05:12+	07:06+	08:39+	11:40+	12:36+	14:34+	17:46+	19:32+	20:23+	22:16+	23:46+	25:34+
03:45+	01:27+	01:54+	01:33+	03:01+	00:56+	01:58+	03:12+	01:46+	00:51+	01:53+	01:30+	01:48+
03:45+	01:27+	01:54+	01:33+	03:01+	00:56+	01:58+	03:12+	01:46+	00:51+	01:53+	01:30+	01:48+
27:46+	28:49+	34:16+	35:37+	36:05+								
02:12+	01:03+	05:27+	01:21+	00:28+								
02:12+	01:03+	05:27+	01:21+	00:28+								
7	Anders Presterud				903				36:07			
03:51+	06:46+	08:25+	10:06+	13:30+	14:26+	16:27+	20:34+	22:24+	23:20+	25:11+	26:58+	28:41+
03:51+	02:55+	01:39+	01:41+	03:24+	00:56+	02:01+	04:07+	01:50+	00:56+	01:51+	01:47+	01:43+
03:51+	02:55+	01:39+	01:41+	03:24+	00:56+	02:01+	04:07+	01:50+	00:56+	01:51+	01:47+	01:43+
30:53+	32:26+	34:18+	35:40+	36:07+								
02:12+	01:33+	01:52+	01:22+	00:27+								
02:12+	01:33+	01:52+	01:22+	00:27+								
8	Bjarne Bore				3529				36:15			
04:02+	05:54+	07:44+	09:18+	12:31+	13:32+	15:36+	19:52+	22:01+	22:54+	25:13+	27:17+	29:05+
04:02+	01:52+	01:50+	01:34+	03:13+	01:01+	02:04+	04:16+	02:09+	00:53+	02:19+	02:04+	01:48+
04:02+	01:52+	01:50+	01:34+	03:13+	01:01+	02:04+	04:16+	02:09+	00:53+	02:19+	02:04+	01:48+
31:14+	32:29+	34:32+	35:51+	36:15+								
02:09+	01:15+	02:03+	01:19+	00:24+								
02:09+	01:15+	02:03+	01:19+	00:24+								
9	Christian Ask				3563				36:48			
03:40+	06:01+	08:23+	10:27+	13:35+	14:35+	16:26+	19:50+	21:53+	22:48+	24:38+	26:19+	28:08+
03:40+	02:21+	02:22+	02:04+	03:08+	01:00+	01:51+	03:24+	02:03+	00:55+	01:50+	01:41+	01:49+
03:40+	02:21+	02:22+	02:04+	03:08+	01:00+	01:51+	03:24+	02:03+	00:55+	01:50+	01:41+	01:49+
30:32+	31:32+	34:52+	36:22+	36:48+								
02:24+	01:00+	03:20+	01:30+	00:26+								
02:24+	01:00+	03:20+	01:30+	00:26+								
10	Jan-Kenneth Polle				3525				37:09			
04:15+	06:17+	07:52+	09:25+	13:03+	13:56+	15:48+	20:08+	22:11+	23:06+	24:55+	26:36+	29:06+
04:15+	02:02+	01:35+	01:33+	03:38+	00:53+	01:52+	04:20+	02:03+	00:55+	01:49+	01:41+	02:30+
04:15+	02:02+	01:35+	01:33+	03:38+	00:53+	01:52+	04:20+	02:03+	00:55+	01:49+	01:41+	02:30+
32:03+	33:28+	35:24+	36:42+	37:09+								
02:57+	01:25+	01:56+	01:18+	00:27+								
02:57+	01:25+	01:56+	01:18+	00:27+								
11	Gunnar Thorset				896				37:21			
03:40+	05:07+	06:38+	08:28+	11:37+	12:47+	14:46+	18:05+	20:11+	21:07+	24:09+	25:43+	27:26+
03:40+	01:27+	01:31+	01:50+	03:09+	01:10+	01:59+	03:19+	02:06+	00:56+	03:02+	01:34+	01:43+
03:40+	01:27+	01:31+	01:50+	03:09+	01:10+	01:59+	03:19+	02:06+	00:56+	03:02+	01:34+	01:43+
29:39+	33:49+	35:24+	36:55+	37:21+								
02:13+	04:10+	01:35+	01:31+	00:26+								
02:13+	04:10+	01:35+	01:31+	00:26+								
12	Anders Hagen				3528				39:17			
05:01+	07:16+	09:16+	10:44+	14:44+	16:00+	18:23+	21:57+	24:28+	25:28+	27:49+	29:29+	31:22+
05:01+	02:15+	02:00+	01:28+	04:00+	01:16+	02:23+	03:34+	02:31+	01:00+	02:21+	01:40+	01:53+
05:01+	02:15+	02:00+	01:28+	04:00+	01:16+	02:23+	03:34+	02:31+	01:00+	02:21+	01:40+	01:53+
33:48+	35:12+	37:06+	38:53+	39:17+								
02:26+	01:24+	01:54+	01:47+	00:24+								
02:26+	01:24+	01:54+	01:47+	00:24+								
13	Rune Hatle				903				39:58			
03:48+	05:46+	09:11+	10:56+	14:47+	15:43+	18:11+	21:56+	24:17+	25:10+	27:16+	29:33+	32:30+
03:48+	01:58+	03:25+	01:45+	03:51+	00:56+	02:28+	03:45+	02:21+	00:53+	02:06+	02:17+	02:57+
03:48+	01:58+	03:25+	01:45+	03:51+	00:56+	02:28+	03:45+	02:21+	00:53+	02:06+	02:17+	02:57+
35:02+	36:15+	37:55+	39:26+	39:58+								
02:32+	01:13+	01:40+	01:31+	00:32+								
02:32+	01:13+	01:40+	01:31+	00:32+								
14	Stian Gunstensen				892				43:35			
03:22+	05:39+	09:17+	10:58+	15:21+	16:10+	18:04+	21:21+	23:57+	24:52+	26:52+	28:38+	30:40+
03:22+	02:17+	03:38+	01:41+	04:23+	00:49+	01:54+	03:17+	02:36+	00:55+	02:00+	01:46+	02:02+
03:22+	02:17+	03:38+	01:41+	04:23+	00:49+	01:54+	03:17+	02:36+	00:55+	02:00+	01:46+	02:02+
32:43+	35:04+	41:45+	43:10+	43:35+								
02:03+	02:21+	06:41+	01:25+	00:25+								
02:03+	02:21+	06:41+	01:25+	00:25+								
15	Andreas Molin				2342				44:46			
03:40+	09:05+	10:50+	12:52+	16:13+	17:10+	19:07+	25:01+	27:36+	28:13+	30:41+	33:36+	35:28+
03:40+	05:25+	01:45+	02:02+	03:21+	00:57+	01:57+	05:54+	02:35+	00:37+	02:28+	02:55+	01:52+
03:40+	05:25+	01:45+	02:02+	03:21+	00:57+	01:57+	05:54+	02:35+	00:37+	02:28+	02:55+	01:52+
37:55+	39:11+	42:55+	44:22+	44:46+								
02:27+	01:16+	03:44+	01:27+	00:24+								
02:27+	01:16+	03:44+	01:27+	00:24+								
16	Alexander Khorunzhiy				1456				47:17			
10:02+	12:05+	15:18+	17:17+	21:24+	22:29+	24:31+	28:59+	31:30+	32:28+	34:28+	36:19+	38:17+
10:02+	02:03+	03:13+	01:59+	04:07+	01:05+	02:02+	04:28+	02:31+	00:58+	02:00+	01:51+	01:58+
10:02+	02:03+	03:13+	01:59+	04:07+	01:05+	02:02+	04:28+	02:31+	00:58+	02:00+	01:51+	01:58+

Plass	Navn	Klasse	Tid
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Herrer 40 - 49 år

17	Kjetil Gjerde															1683				51:23			
07:01+	09:01+	11:50+	14:16+	18:46+	20:13+	22:56+	29:09+	32:04+	33:14+	36:01+	38:42+	42:11+	44:44+	46:21+	48:57+	50:45+	51:23+						
07:01+	02:00+	02:49+	02:26+	04:30+	01:27+	02:43+	06:13+	02:55+	01:10+	02:47+	02:41+	03:29+	02:33+	01:37+	02:36+	01:48+	00:38+						
07:01+	02:00+	02:49+	02:26+	04:30+	01:27+	02:43+	06:13+	02:55+	01:10+	02:47+	02:41+	03:29+	02:33+	01:37+	02:36+	01:48+	00:38+						

Beste strekktid for klassen

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

Herrer 50 - 59 år

1	Sigurd Ravndal												769			30:18						
03:42=	04:34=	05:54=	09:22=	09:50=	11:35=	14:06=	15:11=	16:02=	19:05=	19:24=	21:09=	21:46=	22:32=	24:35=	25:40=	28:30=	29:53=	30:18=				
03:42=	00:52=	01:20=	03:28=	00:28=	01:45=	02:31=	01:05=	00:51=	03:03=	00:19=	01:45=	00:37=	00:46=	02:03=	01:05=	02:50=	01:23=	00:25=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Lars Primstad												769			30:51						
03:43+	05:55+	06:44+	09:33+	09:57+	11:30=	14:26+	15:18+	16:13+	19:12+	19:34+	21:19+	21:52+	22:38+	24:35=	27:21+	29:06+	30:25+	30:51+				
03:43+	02:12+	00:49=	02:49=	00:24=	01:33=	02:56+	00:52=	00:55+	02:59=	00:22+	01:45=	00:33=	00:46=	01:57=	02:46+	01:45=	01:19=	00:26+				
00:01+	01:20@	00:31=	00:39=	00:04=	00:12=	00:25#	00:13=	00:04+	00:04=	00:03#	00:00=	00:04=	00:00=	00:06=	01:41@	01:05=	00:04=	00:01+				
3	Terje Undheim												3529			32:13						
03:45+	05:37+	06:55+	10:36+	11:51+	13:40+	16:22+	17:24+	18:10+	21:01+	21:27+	23:16+	23:52+	25:39+	27:26+	28:50+	30:36+	31:50+	32:13+				
03:45+	01:52+	01:18=	03:41+	01:15+	01:49+	02:42+	01:02=	00:46=	02:51=	00:26+	01:49+	00:36=	01:47+	01:47=	01:24+	01:46=	01:14=	00:23=				
00:03+	01:00@	00:02=	00:13+	00:47@	00:04+	00:11+	00:03=	00:05=	00:12=	00:07&	00:04+	00:01=	01:01@	00:16=	00:19&	01:04=	00:09=	00:02=				
4	Anders Glenne												793			33:30						
04:59+	06:30+	07:43+	11:07+	11:35+	13:30+	16:11+	18:06+	18:49+	22:19+	22:45+	24:41+	25:21+	26:24+	28:40+	30:00+	31:38+	33:05+	33:30+				
04:59+	01:31+	01:13=	03:24=	00:28=	01:55+	02:41+	01:55+	00:43=	03:30+	00:26+	01:56+	00:40+	01:03+	02:16+	01:20+	01:38=	01:27+	00:25=				
01:17&	00:39&	00:07=	00:04=	00:00=	00:10+	00:10+	00:50&	00:08=	00:27#	00:07&	00:11#	00:03+	00:17&	00:13#	00:15#	01:12=	00:04+	00:00=				
5	Thomas Chruickshank												3545			33:35						
03:42=	06:26+	07:35+	10:57+	11:26+	13:03+	16:35+	17:40+	18:40+	22:30+	22:54+	24:39+	25:11+	25:58+	28:34+	29:59+	31:56+	33:11+	33:35+				
03:42=	02:44+	01:09=	03:22=	00:29+	01:37=	03:32+	01:05=	01:00+	03:50+	00:24+	01:45=	00:32=	00:47+	02:36+	01:25+	01:57=	01:15=	00:24=				
00:00=	01:52@	00:11=	00:06=	00:01+	00:08=	01:01&	00:00=	00:09#	00:47&	00:05&	00:00=	00:05=	00:01+	00:33&	00:20&	00:53=	00:08=	00:01=				
6	Øystein Fuglestad												878			34:41						
04:14+	05:35+	06:44+	09:59+	10:35+	12:39+	15:34+	16:32+	17:25+	21:15+	21:41+	23:52+	24:46+	26:07+	28:44+	30:18+	32:30+	34:12+	34:41+				
04:14+	01:21+	01:09=	03:15=	00:36+	02:04+	02:55+	00:58=	00:53+	03:50+	00:26+	02:11+	00:54+	01:21+	02:37+	01:34+	02:12=	01:42+	00:29+				
00:32#	00:29&	00:11=	00:13=	00:08&	00:19#	00:24#	00:07=	00:02+	00:47&	00:07&	00:26#	00:17&	00:35&	00:34&	00:29&	00:38=	00:19#	00:04#				
7	John Breiland												NOTEAM			35:00						
04:19+	06:28+	07:46+	11:31+	11:57+	13:53+	16:47+	18:57+	19:41+	23:19+	23:43+	25:43+	26:17+	27:18+	29:17+	30:26+	32:44+	34:28+	35:00+				
04:19+	02:09+	01:18=	03:45+	00:26=	01:56+	02:54+	02:10+	00:44=	03:38+	00:24+	02:00+	00:34=	01:01+	01:59=	01:09+	02:18=	01:44+	00:32+				
00:37#	01:17@	00:02=	00:17+	00:02=	00:11#	00:23#	01:05&	00:07=	00:35#	00:05&	00:15#	00:03=	00:15&	00:04=	00:04+	00:32=	00:21&	00:07&				
8	Jone Kalheim												1884			35:51						
05:09+	06:50+	07:49+	10:53+	11:21+	13:03+	15:36+	18:31+	19:12+	22:19+	22:43+	24:47+	25:21+	26:15+	28:06+	29:35+	34:03+	35:29+	35:51+				
05:09+	01:41+	00:59=	03:04=	00:28=	01:42=	02:33+	02:55+	00:41=	03:07+	00:24+	02:04+	00:34=	00:54+	01:51=	01:29+	04:28+	01:26+	00:22=				
01:27&	00:49&	00:21=	00:24=	00:00=	00:03=	00:02+	01:50@	00:10=	00:04+	00:05&	00:19#	00:03=	00:08#	00:12=	00:24&	01:38&	00:03+	00:03=				
9	Tore Halset												3486			36:43						
05:07+	06:21+	07:37+	11:13+	11:43+	13:42+	16:44+	17:56+	18:57+	22:53+	23:29+	25:43+	26:40+	27:34+	29:48+	31:10+	34:18+	36:12+	36:43+				
05:07+	01:14+	01:16=	03:36+	00:30+	01:59+	03:02+	01:12+	01:01+	03:56+	00:36+	02:14+	00:57+	00:54+	02:14+	01:22+	03:08+	01:54+	00:31+				
01:25&	00:22&	00:04=	00:08+	00:02+	00:14#	00:31#	00:07#	00:10#	00:53&	00:17&	00:29&	00:20&	00:08#	00:11+	00:17&	00:18#	00:31&	00:06#				
10	Svein Roar Aas												3486			36:52						
05:07+	07:33+	08:31+	11:58+	12:34+	14:19+	17:09+	18:28+	19:27+	22:44+	23:26+	25:36+	26:15+	27:07+	31:17+	33:00+	34:58+	36:24+	36:52+				
05:07+	02:26+	00:58=	03:27=	00:36+	01:45=	02:50+	01:19+	00:59+	03:17+	00:42+	02:10+	00:39+	00:52+	04:10+	01:43+	01:58=	01:26+	00:28+				
01:25&	01:34@	00:22=	00:01=	00:08&	00:00=	00:19#	00:14#	00:08#	00:14+	00:23@	00:25#	00:02+	00:06#	02:07@	00:38&	00:52=	00:03+	00:03#				
11	Trygve Michaelsen												896			38:26						
04:38+	07:58+	09:13+	13:18+	14:00+	15:57+	19:20+	21:06+	21:50+	26:12+	26:37+	28:43+	29:34+	30:34+	32:51+	33:55+	36:31+	38:00+	38:26+				
04:38+	03:20+	01:15=	04:05+	00:42+	01:57+	03:23+	01:46+	00:44=	04:22+	00:25+	02:06+	00:51+	01:00+	02:17+	01:04=	02:36=	01:29+	00:26+				
00:56&	02:28@	00:05=	00:37#	00:14&	00:12#	00:52&	00:41&	00:07=	01:19&	00:06&	00:21#	00:14&	00:14&	00:14#	00:01=	00:14=	00:06+	00:01+				

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

Herrer 50 - 59 år

12	Rune Paulsen										3508			39:48						
04:22+	08:59+	10:10+	13:28+	13:55+	15:51+	19:00+	21:01+	22:01+	26:37+	27:10+	29:18+	30:03+	30:55+	33:55+	36:25+	38:02+	39:25+	39:48+		
04:22+	04:37+	01:11-	03:18-	00:27-	01:56+	03:09+	02:01+	01:00+	04:36+	00:33+	02:08+	00:45+	00:52+	03:00+	02:30+	01:37-	01:23=	00:23-		
00:40#	03:45#	00:09-	00:10-	00:01-	00:11#	00:38#	00:56#	00:09#	01:33#	00:14#	00:23#	00:08#	00:06#	00:57#	01:25#	01:13-	00:00=	00:02-		
13	Arve Sonflå										3563			39:48						
04:41+	06:47+	08:02+	11:48+	12:19+	14:54+	18:10+	19:35+	20:41+	24:42+	25:18+	27:50+	28:43+	29:39+	31:47+	33:09+	37:31+	39:18+	39:48+		
04:41+	02:06+	01:15+	03:46+	00:31+	02:35+	03:16+	01:25+	01:06+	04:01+	00:36+	02:32+	00:53+	00:56+	02:08+	01:22+	04:22+	01:47+	00:30+		
04:41+	02:06+	01:15+	03:46+	00:31+	02:35+	03:16+	01:25+	01:06+	04:01+	00:36+	02:32+	00:53+	00:56+	02:08+	01:22+	04:22+	01:47+	00:30+		
14	Hans Frode Andersen										3548			40:00						
05:31+	08:28+	09:44+	15:13+	15:55+	18:23+	21:24+	22:53+	25:15+	28:24+	29:12+	31:08+	31:43+	32:39+	34:49+	36:10+	38:02+	39:35+	40:00+		
05:31+	02:57+	01:16+	05:29+	00:42+	02:28+	03:01+	01:29+	02:22+	03:09+	00:48+	01:56+	00:35+	00:56+	02:10+	01:21+	01:52+	01:33+	00:25+		
05:31+	02:57+	01:16+	05:29+	00:42+	02:28+	03:01+	01:29+	02:22+	03:09+	00:48+	01:56+	00:35+	00:56+	02:10+	01:21+	01:52+	01:33+	00:25+		
15	Arne Hetlelid										3508			40:18						
05:47+	07:39+	09:13+	12:44+	13:21+	15:47+	19:03+	20:33+	21:38+	25:49+	26:21+	28:53+	29:40+	30:52+	33:58+	35:54+	37:54+	39:48+	40:18+		
05:47+	01:52+	01:34+	03:31+	00:37+	02:26+	03:16+	01:30+	01:05+	04:11+	00:32+	02:32+	00:47+	01:12+	03:06+	01:56+	02:00+	01:54+	00:30+		
05:47+	01:52+	01:34+	03:31+	00:37+	02:26+	03:16+	01:30+	01:05+	04:11+	00:32+	02:32+	00:47+	01:12+	03:06+	01:56+	02:00+	01:54+	00:30+		
16	Christof Schätz										3598			41:14						
06:13+	07:29+	08:47+	12:47+	13:23+	15:34+	19:01+	20:29+	21:35+	26:06+	26:32+	29:07+	29:52+	31:10+	33:31+	36:22+	38:44+	40:37+	41:14+		
06:13+	01:16+	01:18+	04:00+	00:36+	02:11+	03:27+	01:28+	01:06+	04:31+	00:26+	02:35+	00:45+	01:18+	02:21+	02:51+	02:22+	01:53+	00:37+		
06:13+	01:16+	01:18+	04:00+	00:36+	02:11+	03:27+	01:28+	01:06+	04:31+	00:26+	02:35+	00:45+	01:18+	02:21+	02:51+	02:22+	01:53+	00:37+		
17	Ingve Vold										3529			42:24						
04:43+	08:42+	09:56+	15:22+	15:52+	18:07+	21:03+	22:17+	23:08+	26:56+	27:23+	29:33+	30:17+	31:20+	35:17+	37:59+	40:31+	41:56+	42:24+		
04:43+	03:59+	01:14+	05:26+	00:30+	02:15+	02:56+	01:14+	00:51+	03:48+	00:27+	02:10+	00:44+	01:03+	03:57+	02:42+	02:32+	01:25+	00:28+		
04:43+	03:59+	01:14+	05:26+	00:30+	02:15+	02:56+	01:14+	00:51+	03:48+	00:27+	02:10+	00:44+	01:03+	03:57+	02:42+	02:32+	01:25+	00:28+		
18	Harald Taksdal										3547			42:28						
06:58+	08:51+	10:16+	14:03+	15:06+	17:29+	20:52+	22:25+	23:36+	27:57+	28:26+	31:05+	31:47+	32:57+	35:55+	37:32+	40:04+	41:52+	42:28+		
06:58+	01:53+	01:25+	03:47+	01:03+	02:23+	03:23+	01:33+	01:11+	04:21+	00:29+	02:39+	00:42+	01:10+	02:58+	01:37+	02:32+	01:48+	00:36+		
06:58+	01:53+	01:25+	03:47+	01:03+	02:23+	03:23+	01:33+	01:11+	04:21+	00:29+	02:39+	00:42+	01:10+	02:58+	01:37+	02:32+	01:48+	00:36+		
19	Erling Knutzen										879			43:48						
04:20+	08:21+	09:33+	13:15+	13:56+	16:04+	19:32+	21:07+	22:09+	26:17+	28:16+	31:00+	31:40+	32:45+	36:30+	39:06+	41:11+	43:10+	43:48+		
04:20+	04:01+	01:12+	03:42+	00:41+	02:08+	03:28+	01:35+	01:02+	04:08+	01:59+	02:44+	00:40+	01:05+	03:45+	02:36+	02:05+	01:59+	00:38+		
04:20+	04:01+	01:12+	03:42+	00:41+	02:08+	03:28+	01:35+	01:02+	04:08+	01:59+	02:44+	00:40+	01:05+	03:45+	02:36+	02:05+	01:59+	00:38+		
20	Raymond B Pettersen										722			46:32						
05:07+	07:00+	08:36+	13:42+	14:13+	16:53+	21:27+	23:00+	24:15+	30:08+	30:42+	34:00+	34:50+	36:03+	38:56+	40:47+	43:41+	45:59+	46:32+		
05:07+	01:53+	01:36+	05:06+	00:31+	02:40+	04:34+	01:33+	01:15+	05:53+	00:34+	03:18+	00:50+	01:13+	02:53+	01:51+	02:54+	02:18+	00:33+		
05:07+	01:53+	01:36+	05:06+	00:31+	02:40+	04:34+	01:33+	01:15+	05:53+	00:34+	03:18+	00:50+	01:13+	02:53+	01:51+	02:54+	02:18+	00:33+		
21	Njål Foldnes										1754			47:27						
08:01+	10:07+	11:36+	15:24+	16:12+	18:24+	23:00+	24:29+	25:49+	30:06+	31:05+	34:18+	35:22+	36:24+	39:44+	42:48+	45:06+	46:51+	47:27+		
08:01+	02:06+	01:29+	03:48+	00:48+	02:12+	04:36+	01:29+	01:20+	04:17+	00:59+	03:13+	01:04+	01:02+	03:20+	03:04+	02:18+	01:45+	00:36+		
08:01+	02:06+	01:29+	03:48+	00:48+	02:12+	04:36+	01:29+	01:20+	04:17+	00:59+	03:13+	01:04+	01:02+	03:20+	03:04+	02:18+	01:45+	00:36+		
22	Jerome Renoult										3524			47:49						
07:51+	09:26+	10:52+	18:03+	18:35+	20:55+	24:28+	25:48+	26:59+	33:07+	33:50+	36:40+	37:20+	38:26+	41:02+	42:31+	45:13+	47:09+	47:49+		
07:51+	01:35+	01:26+	07:11+	00:32+	02:20+	03:33+	01:20+	01:11+	06:08+	00:43+	02:50+	00:40+	01:06+	02:36+	01:29+	02:42+	01:56+	00:40+		
07:51+	01:35+	01:26+	07:11+	00:32+	02:20+	03:33+	01:20+	01:11+	06:08+	00:43+	02:50+	00:40+	01:06+	02:36+	01:29+	02:42+	01:56+	00:40+		
23	Ove Mæstad										2342			47:52						
05:54+	11:20+	12:43+	16:37+	17:08+	21:26+	24:34+	25:48+	26:51+	31:09+	31:40+	34:07+	34:54+	35:58+	38:20+	43:51+	45:49+	47:24+	47:52+		
05:54+	05:26+	01:23+	03:54+	00:31+	04:18+	03:08+	01:14+	01:03+	04:18+	00:31+	02:27+	00:47+	01:04+	02:22+	05:31+	01:58+	01:35+	00:28+		
05:54+	05:26+	01:23+	03:54+	00:31+	04:18+	03:08+	01:14+	01:03+	04:18+	00:31+	02:27+	00:47+	01:04+	02:22+	05:31+	01:58+	01:35+	00:28+		
24	Jarl Steinar Berntsen										882			53:18						
06:33+	09:20+	10:25+	15:48+	16:18+	19:16+	22:57+	24:42+	25:47+	31:54+	32:35+	40:21+	41:05+	42:13+	46:21+	48:18+	51:00+	52:47+	53:18+		
06:33+	02:47+	01:05+	05:23+	00:30+	02:58+	03:41+	01:45+	01:05+	06:07+	00:41+	07:46+	00:44+	01:08+	04:08+	01:57+	02:42+	01:47+	00:31+		
06:33+	02:47+	01:05+	05:23+	00:30+	02:58+	03:41+	01:45+	01:05+	06:07+	00:41+	07:46+	00:44+	01:08+	04:08+	01:57+	02:42+	01:47+	00:31+		

Beste strekktid for klassen

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

Plass	Navn	Klasse										Tid						
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Herrer 60 - 64 år

1	Inge Løland												1119				31:14			
04:36=	05:43=	07:55=	09:24=	12:33=	13:00=	14:44=	17:35=	18:54=	20:49=	21:41=	24:10=	25:45=	26:45=	29:26=	30:48=	31:14=				
04:36=	01:07=	02:12=	01:29=	03:09=	00:27=	01:44=	02:51=	01:19=	01:55=	00:52=	02:29=	01:35=	01:00=	02:41=	01:22=	00:26=				
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Morten Johannessen												793				35:15			
04:41+	05:47+	07:30=	09:16=	12:21=	13:04+	14:59+	18:27+	21:15+	23:15+	24:15+	27:13+	28:53+	29:55+	33:05+	34:43+	35:15+				
04:41+	01:06=	01:43=	01:46+	03:05=	00:43+	01:55+	03:28+	02:48+	02:00+	01:00+	02:58+	01:40+	01:02+	03:10+	01:38+	00:32+				
00:05+	00:01=	00:29=	00:17#	00:04=	00:16#	00:11#	00:37#	01:29#	00:05+	00:08#	00:29#	00:05+	00:02+	00:29#	00:16#	00:06#				
3	Sturle Omdal												1683				36:48			
04:46+	05:44+	08:01+	09:48+	12:47+	13:09+	15:16+	18:50+	21:06+	23:20+	24:26+	27:30+	29:11+	30:52+	34:43+	36:20+	36:48+				
04:46+	00:58=	02:17+	01:47+	02:59=	00:22=	02:07+	03:34+	02:16+	02:14+	01:06+	03:04+	01:41+	01:41+	03:51+	01:37+	00:28+				
00:10+	00:09=	00:05+	00:18#	00:10=	00:05=	00:23#	00:43#	00:57#	00:19#	00:14#	00:35#	00:06+	00:41#	01:10#	00:15#	00:02+				
4	Kjell Seland												3547				37:49			
04:58+	06:02+	08:14+	09:54+	13:18+	13:46+	16:05+	19:37+	21:41+	24:07+	25:15+	28:34+	30:26+	31:48+	35:28+	37:16+	37:49+				
04:58+	01:04=	02:12=	01:40+	03:24+	00:28+	02:19+	03:32+	02:04+	02:26+	01:08+	03:19+	01:52+	01:22+	03:40+	01:48+	00:33+				
00:22+	00:03=	00:00=	00:11#	00:15+	00:01+	00:35#	00:41#	00:45#	00:31#	00:16#	00:50#	00:17#	00:22#	00:59#	00:26#	00:07#				
5	Magnar Mathias Møller												769				38:05			
06:33+	07:38+	09:22+	11:09+	14:30+	14:55+	17:16+	21:23+	23:12+	25:35+	26:35+	29:42+	31:41+	33:09+	35:55+	37:33+	38:05+				
06:33+	01:05=	01:44=	01:47+	03:21+	00:25=	02:21+	04:07+	01:49+	02:23+	01:00+	03:07+	01:59+	01:28+	02:46+	01:38+	00:32+				
01:57#	00:02=	00:28=	00:18#	00:12+	00:02=	00:37#	01:16#	00:30#	00:28#	00:08#	00:38#	00:24#	00:28#	00:05+	00:16#	00:06#				
6	Ivar Knutsen												1683				42:24			
05:47+	07:33+	09:46+	11:44+	15:30+	16:05+	18:29+	22:28+	24:24+	26:46+	28:39+	32:14+	34:16+	36:22+	40:14+	41:53+	42:24+				
05:47+	01:46+	02:13+	01:58+	03:46+	00:35+	02:24+	03:59+	01:56+	02:22+	01:53+	03:35+	02:02+	02:06+	03:52+	01:39+	00:31+				
01:11#	00:39#	00:01+	00:29#	00:37#	00:08#	00:40#	01:08#	00:37#	00:27#	01:01#	01:06#	00:27#	01:06#	01:11#	00:17#	00:05#				
7	Håvard Håland												3507				42:59			
09:14+	10:55+	13:38+	15:19+	18:38+	19:13+	21:29+	24:46+	26:54+	29:01+	30:13+	33:29+	35:10+	36:29+	40:43+	42:26+	42:59+				
09:14+	01:41+	02:43+	01:41+	03:19+	00:35+	02:16+	03:17+	02:08+	02:07+	01:12+	03:16+	01:41+	01:19+	04:14+	01:43+	00:33+				
04:38#	00:34#	00:31#	00:12#	00:10+	00:08#	00:32#	00:26#	00:49#	00:12#	00:20#	00:47#	00:06+	00:19#	01:33#	00:21#	00:07#				
8	Sveinung Svebestad												878				43:01			
05:21+	07:26+	09:52+	11:51+	15:57+	16:29+	18:40+	22:29+	24:32+	27:10+	28:31+	32:19+	34:26+	35:52+	40:15+	42:23+	43:01+				
05:21+	02:05+	02:26+	01:59+	04:06+	00:32+	02:11+	03:49+	02:03+	02:38+	01:21+	03:48+	02:07+	01:26+	04:23+	02:08+	00:38+				
00:45#	00:58#	00:14#	00:30#	00:57#	00:05#	00:27#	00:58#	00:44#	00:43#	00:29#	01:19#	00:32#	00:26#	01:42#	00:46#	00:12#				
9	John Carsten Sinnes												1884				43:02			
05:37+	06:54+	09:37+	11:23+	15:11+	17:42+	20:23+	25:28+	27:19+	29:36+	30:59+	33:59+	35:36+	37:21+	40:57+	42:32+	43:02+				
05:37+	01:17+	02:43+	01:46+	03:48+	02:31+	02:41+	05:05+	01:51+	02:17+	01:23+	03:00+	01:37+	01:45+	03:36+	01:35+	00:30+				
01:01#	00:10#	00:31#	00:17#	00:39#	02:04#	00:57#	02:14#	00:32#	00:22#	00:31#	00:31#	00:02+	00:45#	00:55#	00:13#	00:04#				
10	Arne Øvstebø												1284				45:28			
05:59+	07:08+	09:54+	11:58+	18:06+	18:45+	21:00+	25:01+	27:42+	30:14+	31:47+	36:07+	38:08+	39:43+	43:14+	44:56+	45:28+				
05:59+	01:09+	02:46+	02:04+	06:08+	00:39+	02:15+	04:01+	02:41+	02:32+	01:33+	04:20+	02:01+	01:35+	03:31+	01:42+	00:32+				
01:23#	00:02+	00:34#	00:35#	02:59#	00:12#	00:31#	01:10#	01:22#	00:37#	00:41#	01:51#	00:26#	00:35#	00:50#	00:20#	00:06#				
11	Tor Inge Halvorsen												880				45:36			
08:54+	10:21+	14:56+	16:48+	20:44+	21:16+	23:20+	26:53+	29:02+	31:28+	32:40+	35:57+	37:57+	39:18+	43:12+	45:02+	45:36+				
08:54+	01:27+	04:35+	01:52+	03:56+	00:32+	02:04+	03:33+	02:09+	02:26+	01:12+	03:17+	02:00+	01:21+	03:54+	01:50+	00:34+				
04:18#	00:20#	02:23#	00:23#	00:47#	00:05#	00:20#	00:42#	00:50#	00:31#	00:20#	00:48#	00:25#	00:21#	01:13#	00:28#	00:08#				
12	Per Ingar Hadland												793				50:22			
06:07+	07:34+	10:01+	12:22+	17:19+	17:55+	20:56+	25:51+	28:14+	31:08+	32:47+	38:01+	40:38+	42:41+	46:50+	49:33+	50:22+				
06:07+	01:27+	02:27+	02:21+	04:57+	00:36+	03:01+	04:55+	02:23+	02:54+	01:39+	05:14+	02:37+	02:03+	04:09+	02:43+	00:49+				
01:31#	00:20#	00:15#	00:52#	01:48#	00:09#	01:17#	02:04#	01:04#	00:59#	00:47#	02:45#	01:02#	01:03#	01:28#	01:21#	00:23#				
13	Svein Magne Gloppen												1884				55:11			
06:57+	14:18+	17:11+	19:49+	23:31+	24:11+	26:27+	30:19+	35:38+	38:54+	40:20+	43:53+	45:45+	47:14+	52:55+	54:38+	55:11+				
06:57+	07:21+	02:53+	02:38+	03:42+	00:40+	02:16+	03:52+	05:19+	03:16+	01:26+	03:33+	01:52+	01:29+	05:41+	01:43+	00:33+				
02:21#	06:14#	00:41#	01:09#	00:33#	00:13#	00:32#	01:01#	04:00#	01:21#	00:34#	01:04#	00:17#	00:29#	03:00#	00:21#	00:07#				
14	Inge Skretting												1384				56:44			
14:04+	15:06+	20:07+	22:04+	26:44+	27:19+	29:45+	33:50+	35:57+	38:30+	39:46+	43:41+	46:04+	47:57+	54:06+	55:58+	56:44+				
14:04+	01:02=	05:01+	01:57+	04:40+	00:35+	02:26+	04:05+	02:07+	02:33+	01:16+	03:55+	02:23+	01:53+	06:09+	01:52+	00:46+				
09:28#	00:05=	02:49#	00:28#	01:31#	00:08#	00:42#	01:14#	00:48#	00:38#	00:24#	01:26#	00:48#	00:53#	03:28#	00:30#	00:20#				

Plass	Navn	Klasse	Tid
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Herrer 60 - 64 år

15	Einar Tommy Sundal												3578				1:21:32			
07:58+	09:46+	15:54+	23:46+	29:18+	30:00+	34:18+	39:30+	45:19+	48:36+	50:40+	56:53+	59:04+	61:32+	78:14+	80:48+	81:32+				
07:58+	01:48+	06:08+	07:52+	05:32+	00:42+	04:18+	05:12+	05:49+	03:17+	02:04+	06:13+	02:11+	02:28+	16:42+	02:34+	00:44+				
03:22%	00:41%	03:56%	06:23%	02:23%	00:15%	02:34%	02:21%	04:30%	01:22%	01:12%	03:44%	00:36%	01:28%	14:01%	01:12%	00:18%				

Beste strekktid for klassen

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

Herrer 65 - 69 år

1	Otte Omdal	903	30:23													
03:45=	04:39=	06:09=	07:35=	10:25=	10:46=	12:30=	15:10=	16:51=	18:48=	20:06=	22:33=	24:05=	25:15=	28:41=	29:58=	30:23=
03:45=	00:54=	01:30=	01:26=	02:50=	00:21=	01:44=	02:40=	01:41=	01:57=	01:18=	02:27=	01:32=	01:10=	03:26=	01:17=	00:25=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Espen Krogh	793	32:22													
03:31-	04:25-	06:21+	07:48+	10:33+	10:59+	12:55+	15:44+	17:24+	19:30+	20:41+	23:14+	24:58+	27:38+	30:34+	31:55+	32:22+
03:31-	00:54=	01:56+	01:27+	02:45-	00:26+	01:56+	02:49+	01:40-	02:06+	01:11-	02:33+	01:44+	02:40+	02:56-	01:21+	00:27+
00:14-	00:00=	00:26%	00:01+	00:05-	00:05#	00:12#	00:09+	00:01-	00:09+	00:07-	00:06+	00:12#	01:30%	00:30-	00:04+	00:02+
3	Kjell Dale	1884	33:50													
03:49+	04:42+	06:27+	08:04+	11:38+	12:09+	14:07+	17:34+	19:13+	21:17+	22:22+	25:12+	26:54+	28:36+	31:25+	33:15+	33:50+
03:49+	00:53-	01:45+	01:37+	03:34+	00:31+	01:58+	03:27+	01:39-	02:04+	01:05-	02:50+	01:42+	01:42+	02:49-	01:50+	00:35+
00:04+	00:01-	00:15#	00:11#	00:44%	00:10%	00:14#	00:47%	00:02-	00:07+	00:13-	00:23#	00:10#	00:32%	00:37-	00:33%	00:10%
4	Kjell Skjæveland	3515	37:12													
04:16+	05:47+	07:51+	09:32+	13:38+	14:05+	16:22+	19:50+	22:03+	24:05+	25:14+	28:05+	29:41+	31:21+	35:07+	36:43+	37:12+
04:16+	01:31+	02:04+	01:41+	04:06+	00:27+	02:17+	03:28+	02:13+	02:02+	01:09-	02:51+	01:36+	01:40+	03:46+	01:36+	00:29+
00:31#	00:37%	00:34%	00:15#	01:16%	00:06%	00:33%	00:48%	00:32%	00:05+	00:09-	00:24#	00:04+	00:30%	00:20+	00:19#	00:04#
5	Olav Tunheim	1884	40:05													
04:21+	05:32+	07:51+	09:48+	13:25+	13:56+	16:15+	19:32+	22:40+	25:15+	26:31+	29:57+	32:10+	34:13+	37:50+	39:35+	40:05+
04:21+	01:11+	02:19+	01:57+	03:37+	00:31+	02:19+	03:17+	03:08+	02:35+	01:16-	03:26+	02:13+	02:03+	03:37+	01:45+	00:30+
00:36#	00:17%	00:49%	00:31%	00:47%	00:10%	00:35%	00:37#	01:27%	00:38%	00:02-	00:59%	00:41%	00:53%	00:11+	00:28%	00:05#
6	Bjørn Sivertsen	1332	41:40													
05:08+	06:25+	09:05+	11:01+	14:51+	15:29+	17:43+	21:13+	25:20+	28:02+	29:16+	32:44+	34:50+	35:57+	39:08+	41:05+	41:40+
05:08+	01:17+	02:40+	01:56+	03:50+	00:38+	02:14+	03:30+	04:07+	02:42+	01:14-	03:28+	02:06+	01:07-	03:11-	01:57+	00:35+
01:23%	00:23%	01:10%	00:30%	01:00%	00:17%	00:30%	00:50%	02:26%	00:45%	00:04-	01:01%	00:34%	00:03-	00:15-	00:40%	00:10%
7	Torbjørn Evensen	3556	41:47													
04:42+	06:06+	08:09+	09:48+	13:06+	13:36+	15:42+	19:42+	21:44+	23:54+	25:03+	28:24+	30:27+	36:38+	39:37+	41:13+	41:47+
04:42+	01:24+	02:03+	01:39+	03:18+	00:30+	02:06+	04:00+	02:02+	02:10+	01:09-	03:21+	02:03+	06:11+	02:59-	01:36+	00:34+
00:57%	00:30%	00:33%	00:13#	00:28#	00:09%	00:22#	01:20%	00:21#	00:13#	00:09-	00:54%	00:31%	05:01%	00:27-	00:19#	00:09%
8	Arnstein Skretting	3529	45:43													
06:23+	07:48+	10:42+	12:46+	16:42+	17:12+	19:39+	25:15+	29:01+	31:37+	33:01+	36:44+	38:59+	40:28+	43:12+	45:09+	45:43+
06:23+	01:25+	02:54+	02:04+	03:56+	00:30+	02:27+	05:36+	03:46+	02:36+	01:24+	03:43+	02:15+	01:29+	02:44-	01:57+	00:34+
02:38%	00:31%	01:24%	00:38%	01:06%	00:09%	00:43%	02:56%	02:05%	00:39%	00:06+	01:16%	00:43%	00:19%	00:42-	00:40%	00:09%
9	Terje Stokkeland	3522	46:10													
08:55+	10:22+	13:25+	15:19+	19:22+	19:52+	22:02+	26:06+	28:05+	30:29+	31:41+	34:43+	36:33+	40:01+	43:58+	45:35+	46:10+
08:55+	01:27+	03:03+	01:54+	04:03+	00:30+	02:10+	04:04+	01:59+	02:24+	01:12-	03:02+	01:50+	03:28+	03:57+	01:37+	00:35+
05:10%	00:33%	01:33%	00:28%	01:13%	00:09%	00:26#	01:24%	00:18#	00:27#	00:06-	00:35#	00:18#	02:18%	00:31#	00:20%	00:10%
10	Sveinung Tveit	3547	46:13													
06:02+	07:37+	10:03+	12:31+	16:49+	17:23+	19:58+	24:59+	27:06+	29:52+	31:08+	34:59+	37:04+	39:31+	43:44+	45:39+	46:13+
06:02+	01:35+	02:26+	02:28+	04:18+	00:34+	02:35+	05:01+	02:07+	02:46+	01:16-	03:51+	02:05+	02:27+	04:13+	01:55+	00:34+
02:17%	00:41%	00:56%	01:02%	01:28%	00:13%	00:51%	02:21%	00:26%	00:49%	00:02-	01:24%	00:33%	01:17%	00:47#	00:38%	00:09%
11	Jan Arendal	1683	47:23													
05:36+	06:59+	09:34+	12:10+	16:57+	17:42+	20:24+	24:35+	27:22+	30:20+	31:53+	35:33+	37:55+	40:32+	44:27+	46:41+	47:23+
05:36+	01:23+	02:35+	02:36+	04:47+	00:45+	02:42+	04:11+	02:47+	02:58+	01:33+	03:40+	02:22+	02:37+	03:55+	02:14+	00:42+
01:51%	00:29%	01:05%	01:10%	01:57%	00:24%	00:58%	01:31%	01:06%	01:01%	00:15#	01:13%	00:50%	01:27%	00:29#	00:57%	00:17%

Plass	Navn					Klasse					Tid				
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Herrer 65 - 69 år

12	Sverre Magnar Nordal										1683					49:31				
07:12+	09:44+	13:19+	15:37+	20:10+	21:10+	23:48+	27:30+	30:45+	33:30+	34:59+	39:57+	42:01+	43:54+	47:11+	48:54+	49:31+				
07:12+	02:32+	03:35+	02:18+	04:33+	01:00+	02:38+	03:42+	03:15+	02:45+	01:29+	04:58+	02:04+	01:53+	03:17-	01:43+	00:37+				
03:27&	01:38@	02:05@	00:52&	01:43&	00:39@	00:54&	01:02&	01:34&	00:48&	00:11#	02:31@	00:32&	00:43&	00:09-	00:26&	00:12&				
13	Ommund Bakkevold										874					56:22				
08:08+	10:56+	14:23+	16:56+	21:47+	22:31+	25:24+	30:35+	33:54+	37:21+	39:08+	42:52+	45:27+	48:12+	53:31+	55:36+	56:22+				
08:08+	02:48+	03:27+	02:33+	04:51+	00:44+	02:53+	05:11+	03:19+	03:27+	01:47+	03:44+	02:35+	02:45+	05:19+	02:05+	00:46+				
08:08+	02:48+	03:27+	02:33+	04:51+	00:44+	02:53+	05:11+	03:19+	03:27+	01:47+	03:44+	02:35+	02:45+	05:19+	02:05+	00:46+				
14	Hans Erik Terjesen										1683					1:00:24				
11:52+	13:07+	16:22+	18:30+	24:38+	25:10+	27:44+	32:15+	34:50+	38:02+	39:33+	44:05+	46:18+	52:43+	57:36+	59:46+	60:24+				
11:52+	01:15+	03:15+	02:08+	06:08+	00:32+	02:34+	04:31+	02:35+	03:12+	01:31+	04:32+	02:13+	06:25+	04:53+	02:10+	00:38+				
11:52+	01:15+	03:15+	02:08+	06:08+	00:32+	02:34+	04:31+	02:35+	03:12+	01:31+	04:32+	02:13+	06:25+	04:53+	02:10+	00:38+				
15	Rolf Kleppe										3524					1:07:40				
07:56+	12:39+	19:29+	24:37+	30:03+	30:44+	33:46+	39:04+	41:59+	45:22+	47:12+	52:33+	55:24+	58:13+	64:31+	66:48+	67:40+				
07:56+	04:43+	06:50+	05:08+	05:26+	00:41+	03:02+	05:18+	02:55+	03:23+	01:50+	05:21+	02:51+	02:49+	06:18+	02:17+	00:52+				
07:56+	04:43+	06:50+	05:08+	05:26+	00:41+	03:02+	05:18+	02:55+	03:23+	01:50+	05:21+	02:51+	02:49+	06:18+	02:17+	00:52+				
16	Steinar Barmen										722					1:08:53				
07:09+	08:36+	11:05+	16:52+	20:43+	21:18+	23:48+	28:43+	44:20+	47:13+	48:31+	52:36+	54:49+	57:47+	66:30+	68:17+	68:53+				
07:09+	01:27+	02:29+	05:47+	03:51+	00:35+	02:30+	04:55+	15:37+	02:53+	01:18+	04:05+	02:13+	02:58+	08:43+	01:47+	00:36+				
07:09+	01:27+	02:29+	05:47+	03:51+	00:35+	02:30+	04:55+	15:37+	02:53+	01:18+	04:05+	02:13+	02:58+	08:43+	01:47+	00:36+				
17	Tore Karlsen										722					1:16:21				
23:35+	25:21+	29:37+	32:50+	38:36+	39:28+	42:17+	48:07+	51:12+	53:55+	55:40+	61:06+	63:33+	69:11+	73:13+	75:32+	76:21+				
23:35+	01:46+	04:16+	03:13+	05:46+	00:52+	02:49+	05:50+	03:05+	02:43+	01:45+	05:26+	02:27+	05:38+	04:02+	02:19+	00:49+				
23:35+	01:46+	04:16+	03:13+	05:46+	00:52+	02:49+	05:50+	03:05+	02:43+	01:45+	05:26+	02:27+	05:38+	04:02+	02:19+	00:49+				

Beste strekktid for klassen

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

Herrer 70 - 74 år

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

Plass	Navn				Klasse				Tid			
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Herrer 70 - 74 år

7	Bjarne Gimre				1830				46:51			
05:53+	07:13+	09:41+	12:10+	16:42+	17:18+	20:01+	24:12+	26:43+	29:49+	31:26+	35:16+	38:02+
05:53+	01:20+	02:28+	02:29+	04:32+	00:36+	02:43+	04:11+	02:31+	03:06+	01:37+	03:50+	02:46+
02:07	00:10#	00:36	00:56	01:28	00:06#	00:52	01:05	00:48	01:12	00:38	00:59	01:04
39:29+	43:43+	46:07+	46:51+									
01:27-	04:14+	02:24+	00:44+									
01:21-	01:58	00:56	00:17									
8	Tom Hetland				880				48:24			
06:01+	07:43+	11:04+	13:53+	18:37+	19:34+	21:55+	26:11+	28:53+	31:09+	32:20+	36:34+	38:44+
06:01+	01:42+	03:21+	02:49+	04:44+	00:57+	02:21+	04:16+	02:42+	02:16+	01:11+	04:14+	02:10+
06:01+	01:42+	03:21+	02:49+	04:44+	00:57+	02:21+	04:16+	02:42+	02:16+	01:11+	04:14+	02:10+
40:14+	46:12+	47:58+	48:24+									
01:30+	05:58+	01:46+	00:26+									
01:30+	05:58+	01:46+	00:26+									
9	Bjørn Vidar Gunvaldsen				3502				52:32			
05:27+	06:58+	09:42+	11:56+	16:24+	16:59+	19:37+	24:05+	26:57+	29:59+	31:13+	35:30+	37:55+
05:27+	01:31+	02:44+	02:14+	04:28+	00:35+	02:38+	04:28+	02:52+	03:02+	01:14+	04:17+	02:25+
05:27+	01:31+	02:44+	02:14+	04:28+	00:35+	02:38+	04:28+	02:52+	03:02+	01:14+	04:17+	02:25+
46:49+	49:58+	51:55+	52:32+									
08:54+	03:09+	01:57+	00:37+									
08:54+	03:09+	01:57+	00:37+									
10	Svein Ims				903				53:54			
07:06+	09:03+	11:36+	14:01+	18:45+	19:25+	21:59+	26:02+	30:13+	32:49+	36:42+	40:36+	42:53+
07:06+	01:57+	02:33+	02:25+	04:44+	00:40+	02:34+	04:03+	04:11+	02:36+	03:53+	03:54+	02:17+
07:06+	01:57+	02:33+	02:25+	04:44+	00:40+	02:34+	04:03+	04:11+	02:36+	03:53+	03:54+	02:17+
45:41+	51:24+	53:18+	53:54+									
02:48+	05:43+	01:54+	00:36+									
02:48+	05:43+	01:54+	00:36+									
11	Olav Habbestad				1683				58:16			
09:39+	14:25+	20:41+	22:53+	26:50+	27:24+	29:57+	34:11+	40:05+	42:31+	43:42+	47:32+	49:45+
09:39+	04:46+	06:16+	02:12+	03:57+	00:34+	02:33+	04:14+	05:54+	02:26+	01:11+	03:50+	02:13+
09:39+	04:46+	06:16+	02:12+	03:57+	00:34+	02:33+	04:14+	05:54+	02:26+	01:11+	03:50+	02:13+
51:15+	56:19+	57:47+	58:16+									
01:30+	05:04+	01:28+	00:29+									
01:30+	05:04+	01:28+	00:29+									
12	Kjell Ivar Skjørestad				892				59:23			
11:18+	12:43+	19:10+	21:03+	24:49+	25:19+	27:33+	31:49+	37:35+	40:16+	41:42+	46:00+	48:08+
11:18+	01:25+	06:27+	01:53+	03:46+	00:30+	02:14+	04:16+	05:46+	02:41+	01:26+	04:18+	02:08+
11:18+	01:25+	06:27+	01:53+	03:46+	00:30+	02:14+	04:16+	05:46+	02:41+	01:26+	04:18+	02:08+
51:08+	57:03+	58:46+	59:23+									
03:00+	05:55+	01:43+	00:37+									
03:00+	05:55+	01:43+	00:37+									
13	Leif Kåre Lende				879				1:02:14			
07:08+	15:03+	16:08+	18:57+	20:55+	25:20+	25:55+	28:23+	34:02+	38:56+	41:54+	43:43+	47:37+
07:08+	07:55+	01:05+	02:49+	01:58+	04:25+	00:35+	02:28+	05:39+	04:54+	02:58+	01:49+	03:54+
07:08+	07:55+	01:05+	02:49+	01:58+	04:25+	00:35+	02:28+	05:39+	04:54+	02:58+	01:49+	03:54+
49:40+	52:33+	59:38+	61:39+	62:14+								
02:03+	02:53+	07:05+	02:01+	00:35+								
02:03+	02:53+	07:05+	02:01+	00:35+								
14	Ragnvald Frøyland				879				1:02:46			
07:26+	11:29+	14:32+	17:23+	23:17+	23:54+	27:05+	32:52+	37:40+	40:56+	42:39+	47:44+	50:38+
07:26+	04:03+	03:03+	02:51+	05:54+	00:37+	03:11+	05:47+	04:48+	03:16+	01:43+	05:05+	02:54+
07:26+	04:03+	03:03+	02:51+	05:54+	00:37+	03:11+	05:47+	04:48+	03:16+	01:43+	05:05+	02:54+
53:33+	58:32+	61:50+	62:46+									
02:55+	04:59+	03:18+	00:56+									
02:55+	04:59+	03:18+	00:56+									
15	Tore Romon Tvedt				3518				1:09:04			
10:24+	15:31+	17:09+	20:53+	23:03+	32:17+	32:57+	35:46+	40:29+	44:43+	47:40+	49:23+	54:51+
10:24+	05:07+	01:38+	03:44+	02:10+	09:14+	00:40+	02:49+	04:43+	04:14+	02:57+	01:43+	05:28+
10:24+	05:07+	01:38+	03:44+	02:10+	09:14+	00:40+	02:49+	04:43+	04:14+	02:57+	01:43+	05:28+
57:26+	60:14+	65:58+	68:10+	69:04+								
02:35+	02:48+	05:44+	02:12+	00:54+								
02:35+	02:48+	05:44+	02:12+	00:54+								
16	Rune Inge Olsen				1884				1:25:35			
21:06+	22:21+	24:27+	26:37+	30:55+	32:12+	34:27+	39:04+	44:10+	49:16+	55:06+	60:23+	62:58+
21:06+	01:15+	02:06+	02:10+	04:18+	01:17+	02:15+	04:37+	05:06+	05:06+	05:50+	05:17+	02:35+
21:06+	01:15+	02:06+	02:10+	04:18+	01:17+	02:15+	04:37+	05:06+	05:06+	05:50+	05:17+	02:35+
75:01+	82:51+	84:58+	85:35+									
12:03+	07:50+	02:07+	00:37+									
12:03+	07:50+	02:07+	00:37+									

Beste strekktid for klassen

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

Herrer 75 - 79 år

1	Paul Andreas Paulsen				896				36:29			
03:20=	04:48=	07:18=	08:16=	10:13=	14:24=	14:54=	17:09=	19:33=	21:34=	23:34=	25:17=	26:07=
03:20=	01:28=	02:30=	00:58=	01:57=	04:11=	00:30=	02:15=	02:24=	02:01=	02:00=	01:43=	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=
28:07=	29:02=	30:17=	34:01=	35:50=	36:29=							
02:00=	00:55=	01:15=	03:44=	01:49=	00:39=							
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=							
2	Knut Skjæveland				1884				37:07			
04:02+	05:29+	08:06+	09:04+	11:09+	15:08+	16:00+	18:26+	20:48+	23:05+	25:21+	27:36+	28:26+
04:02+	01:27-	02:37+	00:58=	02:05+	03:59-	00:52+	02:26+	02:22-	02:17+	02:16+	02:15+	00:50=
00:42#	00:01-	00:07+	00:00=	00:08+	00:12-	00:22	00:11+	00:02-	00:16#	00:16#	00:32	00:00=
29:37+	30:32+	32:38+	34:29+	36:34+	37:07+							
01:11-	00:55=	02:06+	01:51-	02:05+	00:33-							
00:49-	00:00=	00:51	01:53-	00:16#	00:06-							

Plass	Navn		Klasse										Tid						
Herrer 75 - 79 år																			
3	Asgeir Bell		896										37:18						
03:28+	04:48=	07:09-	08:02-	09:55-	13:52-	14:21-	17:02-	19:20-	21:59+	23:52+	25:39+	26:28+	27:41-	28:29-	29:35-	34:35+	36:37+	37:18+	
03:28+	01:20-	02:21-	00:53-	01:53-	03:57-	00:29-	02:41+	02:18-	02:39+	01:53-	01:47+	00:49-	01:13-	00:48-	01:06-	05:00+	02:02+	00:41+	
00:08+	00:08-	00:09-	00:05-	00:04-	00:14-	00:01-	00:26#	00:06-	00:38#	00:07-	00:04+	00:01-	00:47-	00:07-	00:09-	01:16#	00:13#	00:02+	
4	Kjell Svihus		892										37:50						
03:53+	05:17+	08:12+	09:06+	11:17+	15:45+	16:16+	18:52+	21:30+	23:29+	25:39+	27:52+	28:52+	30:11+	31:18+	32:59+	34:59+	37:12+	37:50+	
03:53+	01:24+	02:55+	00:54+	02:11+	04:28+	00:31+	02:36+	02:38+	01:59+	02:10+	02:13+	01:00+	01:19+	01:07+	01:41+	02:00+	02:13+	00:38+	
03:53+	01:24+	02:55+	00:54+	02:11+	04:28+	00:31+	02:36+	02:38+	01:59+	02:10+	02:13+	01:00+	01:19+	01:07+	01:41+	02:00+	02:13+	00:38+	
5	Olav Dag Borgersen		3536										38:11						
03:55+	05:24+	08:38+	09:34+	12:05+	16:15+	16:52+	19:16+	22:07+	24:48+	26:58+	29:00+	29:48+	31:01+	31:56+	33:15+	35:41+	37:37+	38:11+	
03:55+	01:29+	03:14+	00:56+	02:31+	04:10+	00:37+	02:24+	02:51+	02:41+	02:10+	02:02+	00:48+	01:13+	00:55+	01:19+	02:26+	01:56+	00:34+	
03:55+	01:29+	03:14+	00:56+	02:31+	04:10+	00:37+	02:24+	02:51+	02:41+	02:10+	02:02+	00:48+	01:13+	00:55+	01:19+	02:26+	01:56+	00:34+	
6	Finn-Morten Årstad		3530										38:58						
03:43+	05:26+	08:17+	09:22+	11:27+	16:35+	17:09+	19:41+	22:14+	24:19+	26:31+	28:31+	29:25+	30:37+	31:35+	34:37+	36:30+	38:24+	38:58+	
03:43+	01:43+	02:51+	01:05+	02:05+	05:08+	00:34+	02:32+	02:33+	02:05+	02:12+	02:00+	00:54+	01:12+	00:58+	03:02+	01:53+	01:54+	00:34+	
03:43+	01:43+	02:51+	01:05+	02:05+	05:08+	00:34+	02:32+	02:33+	02:05+	02:12+	02:00+	00:54+	01:12+	00:58+	03:02+	01:53+	01:54+	00:34+	
7	Jostein Tunheim		1683										39:41						
03:41+	05:28+	09:21+	10:18+	12:45+	17:05+	17:31+	20:08+	22:28+	24:29+	26:41+	28:39+	29:35+	30:39+	31:37+	32:44+	37:26+	39:08+	39:41+	
03:41+	01:47+	03:53+	00:57+	02:27+	04:20+	00:26+	02:37+	02:20+	02:01+	02:12+	01:58+	00:56+	01:04+	00:58+	01:07+	04:42+	01:42+	00:33+	
03:41+	01:47+	03:53+	00:57+	02:27+	04:20+	00:26+	02:37+	02:20+	02:01+	02:12+	01:58+	00:56+	01:04+	00:58+	01:07+	04:42+	01:42+	00:33+	
8	Steinar Undheim		3529										40:49						
04:28+	06:15+	09:24+	10:32+	13:33+	17:47+	18:26+	20:47+	23:32+	25:39+	28:27+	30:25+	31:24+	32:44+	33:49+	35:23+	38:14+	40:12+	40:49+	
04:28+	01:47+	03:09+	01:08+	03:01+	04:14+	00:39+	02:21+	02:45+	02:07+	02:48+	01:58+	00:59+	01:20+	01:05+	01:34+	02:51+	01:58+	00:37+	
04:28+	01:47+	03:09+	01:08+	03:01+	04:14+	00:39+	02:21+	02:45+	02:07+	02:48+	01:58+	00:59+	01:20+	01:05+	01:34+	02:51+	01:58+	00:37+	
9	Svein Glendrange		874										41:09						
04:51+	06:53+	10:00+	11:01+	13:20+	18:10+	18:54+	21:43+	24:22+	26:32+	28:49+	31:09+	32:12+	33:39+	34:30+	36:00+	38:10+	40:30+	41:09+	
04:51+	02:02+	03:07+	01:01+	02:19+	04:50+	00:44+	02:49+	02:39+	02:10+	02:17+	02:20+	01:03+	01:27+	00:51+	01:30+	02:10+	02:20+	00:39+	
04:51+	02:02+	03:07+	01:01+	02:19+	04:50+	00:44+	02:49+	02:39+	02:10+	02:17+	02:20+	01:03+	01:27+	00:51+	01:30+	02:10+	02:20+	00:39+	
10	Hans Klausen		769										41:53						
03:46+	05:45+	10:17+	11:13+	13:28+	18:55+	19:26+	21:44+	24:19+	28:24+	30:12+	32:26+	33:22+	34:34+	35:55+	37:02+	39:20+	41:16+	41:53+	
03:46+	01:59+	04:32+	00:56+	02:15+	05:27+	00:31+	02:18+	02:35+	04:05+	01:48+	02:14+	00:56+	01:12+	01:21+	01:07+	02:18+	01:56+	00:37+	
03:46+	01:59+	04:32+	00:56+	02:15+	05:27+	00:31+	02:18+	02:35+	04:05+	01:48+	02:14+	00:56+	01:12+	01:21+	01:07+	02:18+	01:56+	00:37+	
11	Hermann Skogsholm		1754										43:23						
06:16+	08:25+	12:11+	13:13+	15:32+	19:46+	20:26+	22:36+	24:56+	27:03+	29:31+	31:23+	32:13+	33:29+	34:41+	37:34+	40:49+	42:49+	43:23+	
06:16+	02:09+	03:46+	01:02+	02:19+	04:14+	00:40+	02:10+	02:20+	02:07+	02:28+	01:52+	00:50+	01:16+	01:12+	02:53+	03:15+	02:00+	00:34+	
06:16+	02:09+	03:46+	01:02+	02:19+	04:14+	00:40+	02:10+	02:20+	02:07+	02:28+	01:52+	00:50+	01:16+	01:12+	02:53+	03:15+	02:00+	00:34+	
12	Leif Gunnar Wikene		1832										45:46						
03:46+	05:50+	09:17+	10:39+	13:20+	21:10+	22:06+	24:40+	27:05+	29:09+	31:33+	33:26+	34:20+	35:30+	36:23+	39:22+	42:55+	45:01+	45:46+	
03:46+	02:04+	03:27+	01:22+	02:41+	07:50+	00:56+	02:34+	02:25+	02:04+	02:24+	01:53+	00:54+	01:10+	00:53+	02:59+	03:33+	02:06+	00:45+	
03:46+	02:04+	03:27+	01:22+	02:41+	07:50+	00:56+	02:34+	02:25+	02:04+	02:24+	01:53+	00:54+	01:10+	00:53+	02:59+	03:33+	02:06+	00:45+	
13	Olav A. Hognestad		892										49:23						
04:01+	05:40+	08:37+	10:03+	12:24+	16:51+	17:28+	20:07+	23:42+	26:02+	28:33+	30:47+	39:02+	40:18+	41:13+	42:32+	44:36+	48:01+	49:23+	
04:01+	01:39+	02:57+	01:26+	02:21+	04:27+	00:37+	02:39+	03:35+	02:20+	02:31+	02:14+	08:15+	01:16+	00:55+	01:19+	02:04+	03:25+	01:22+	
04:01+	01:39+	02:57+	01:26+	02:21+	04:27+	00:37+	02:39+	03:35+	02:20+	02:31+	02:14+	08:15+	01:16+	00:55+	01:19+	02:04+	03:25+	01:22+	
14	Ole Auklend		885										59:03						
08:21+	10:34+	14:14+	16:13+	18:58+	26:13+	27:02+	30:32+	34:31+	38:00+	40:55+	45:01+	46:34+	48:44+	50:15+	52:11+	54:45+	58:07+	59:03+	
08:21+	02:13+	03:40+	01:59+	02:45+	07:15+	00:49+	03:30+	03:59+	03:29+	02:55+	04:06+	01:33+	02:10+	01:31+	01:56+	02:34+	03:22+	00:56+	
08:21+	02:13+	03:40+	01:59+	02:45+	07:15+	00:49+	03:30+	03:59+	03:29+	02:55+	04:06+	01:33+	02:10+	01:31+	01:56+	02:34+	03:22+	00:56+	
15	Norvald Skretting		1832										59:07						
05:28+	17:17+	20:37+	21:48+	24:04+	28:57+	29:58+	32:47+	35:56+	38:30+	41:52+	44:08+	45:26+	47:41+	51:40+	53:45+	56:07+	58:27+	59:07+	
05:28+	11:49+	03:20+	01:11+	02:16+	04:53+	01:01+	02:49+	03:09+	02:34+	03:22+	02:16+	01:18+	02:15+	03:59+	02:05+	02:22+	02:20+	00:40+	
05:28+	11:49+	03:20+	01:11+	02:16+	04:53+	01:01+	02:49+	03:09+	02:34+	03:22+	02:16+	01:18+	02:15+	03:59+	02:05+	02:22+	02:20+	00:40+	
16	Mangor Eikeland		892										1:02:44						
06:11+	09:16+	13:36+	15:49+	19:34+	25:49+	27:06+	31:26+	35:31+	39:24+	43:06+	46:30+	48:21+	50:39+	52:00+	54:17+	58:29+	61:46+	62:44+	
06:11+	03:05+	04:20+	02:13+	03:45+	06:15+	01:17+	04:20+	04:05+	03:53+	03:42+	03:24+	01:51+	02:18+	01:21+	02:17+	04:12+	03:17+	00:58+	
06:11+	03:05+	04:20+	02:13+	03:45+	06:15+	01:17+	04:20+	04:05+	03:53+	03:42+	03:24+	01:51+	02:18+	01:21+	02:17+	04:12+	03:17+	00:58+	

Plass	Navn	Klasse	Tid
Herrer 75 - 79 år			
Beste strekktid for klassen			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
Herrer 80 år og eldre			
1	Kjell Langvik	1884	29:54
03:02= 05:16= 07:46= 09:39= 12:45= 13:23= 16:08= 20:49= 23:46= 27:09= 29:04= 29:54= 03:02= 02:14= 02:30= 01:53= 03:06= 00:38= 02:45= 04:41= 02:57= 03:23= 01:55= 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=			
2	Terje Braut	892	30:56
02:59- 05:30+ 08:45+ 10:32+ 13:36+ 14:10+ 16:49+ 20:49= 23:13- 28:13+ 30:15+ 30:56+ 02:59- 02:31+ 03:15+ 01:47- 03:04- 00:34- 02:39- 04:00- 02:24- 05:00+ 02:02+ 00:41- 00:03- 00:17# 00:45& 00:06- 00:02- 00:04- 00:06- 00:41- 00:33- 01:37& 00:07+ 00:09-			
3	Sigurd Krosli	1884	34:22
02:43- 06:21+ 09:46+ 11:48+ 14:52+ 15:33+ 18:13+ 24:05+ 27:45+ 31:11+ 33:45+ 34:22+ 02:43- 03:38+ 03:25+ 02:02+ 03:04- 00:41+ 02:40- 05:52+ 03:40+ 03:26+ 02:34+ 00:37- 00:19- 01:24& 00:55& 00:09+ 00:02- 00:03+ 00:05- 01:11& 00:43# 00:03+ 00:39& 00:13-			
4	Harald Vatne	2342	36:20
03:43+ 07:59+ 10:28+ 12:21+ 15:24+ 19:33+ 22:23+ 26:30+ 30:24+ 33:31+ 35:45+ 36:20+ 03:43+ 04:16+ 02:29- 01:53= 03:03- 04:09+ 02:50+ 04:07- 03:54+ 03:07- 02:14+ 00:35- 00:41# 02:02& 00:01- 00:00= 00:03- 03:31@ 00:05+ 00:34- 00:57& 00:16- 00:19# 00:15-			
5	Tormod Aaslid	3529	41:10
03:04+ 06:49+ 09:47+ 11:34+ 14:49+ 15:31+ 18:41+ 24:37+ 34:01+ 38:14+ 40:31+ 41:10+ 03:04+ 03:45+ 02:58+ 01:47- 03:15+ 00:42+ 03:10+ 05:56+ 09:24+ 04:13+ 02:17+ 00:39- 00:02+ 01:31& 00:28# 00:06- 00:09+ 00:04# 00:25# 01:15& 06:27@ 00:50# 00:22# 00:11-			
6	Arne Brandsberg	3502	44:10
04:03+ 08:51+ 12:19+ 14:59+ 19:24+ 20:30+ 24:25+ 31:17+ 35:22+ 40:00+ 43:10+ 44:10+ 04:03+ 04:48+ 03:28+ 02:40+ 04:25+ 01:06+ 03:55+ 06:52+ 04:05+ 04:38+ 03:10+ 01:00+ 01:01& 02:34@ 00:58& 00:47& 01:19& 00:28& 01:10& 02:11& 01:08& 01:15& 01:15& 00:10#			
7	Magne Jakobsen	3524	47:01
04:17+ 10:15+ 12:59+ 14:54+ 18:54+ 19:47+ 22:58+ 31:06+ 36:40+ 43:58+ 46:14+ 47:01+ 04:17+ 05:58+ 02:44+ 01:55+ 04:00+ 00:53+ 03:11+ 08:08+ 05:34+ 07:18+ 02:16+ 00:47- 01:15& 03:44@ 00:14+ 00:02+ 00:54& 00:15& 00:26# 03:27& 02:37& 03:55@ 00:21# 00:03-			
8	Magne Andreas Westerheim	1884	47:44
04:37+ 08:12+ 14:26+ 16:42+ 20:52+ 21:46+ 25:09+ 33:04+ 38:41+ 44:07+ 46:53+ 47:44+ 04:37+ 03:35+ 06:14+ 02:16+ 04:10+ 00:54+ 03:23+ 07:55+ 05:37+ 05:26+ 02:46+ 00:51+ 01:35& 01:21& 03:44@ 00:23# 01:04& 00:16& 00:38# 03:14& 02:40& 02:03& 00:51& 00:01+			
9	Bjarne Edland	892	54:53
02:52- 05:46+ 08:52+ 12:00+ 15:58+ 16:48+ 20:41+ 39:25+ 49:16+ 51:33+ 54:06+ 54:53+ 02:52- 02:54+ 03:06+ 03:08+ 03:58+ 00:50+ 03:53+ 14:44+ 13:51+ 02:17- 02:33+ 00:47- 00:10- 00:40& 00:36# 01:15& 00:52& 00:12& 01:08& 10:03@ 10:54@ 01:06- 00:38& 00:03-			
10	Kjell Audun Maudal	3524	1:03:43
04:25+ 14:35+ 22:08+ 24:56+ 31:29+ 32:58+ 39:26+ 48:13+ 55:07+ 59:09+ 62:51+ 63:43+ 04:25+ 10:10+ 07:33+ 02:48+ 06:33+ 01:29+ 06:28+ 08:47+ 06:54+ 04:02+ 03:42+ 00:52+ 01:23& 07:56@ 05:03@ 00:55& 03:27@ 00:51@ 03:43@ 04:06& 03:57@ 00:39# 01:47& 00:02+			
11	Torleiv Møgedal	874	1:05:31
03:57+ 07:28+ 11:09+ 27:48+ 32:54+ 33:57+ 38:20+ 45:10+ 55:55+ 60:39+ 64:24+ 65:31+ 03:57+ 03:31+ 03:41+ 16:39+ 05:06+ 01:03+ 04:23+ 06:50+ 10:45+ 04:44+ 03:45+ 01:07+ 00:55& 01:17& 01:11& 14:46@ 02:00& 00:25& 01:38& 02:09& 07:48@ 01:21& 01:50& 00:17&			
Beste strekktid for klassen			
02:43 02:14 02:29 01:47 03:03 00:34 02:39 04:00 02:24 02:17 01:55 00:35			
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			

Herrer A

1	Morten Bjerga Sundli										3522					27:13									
02:52=	03:42=	04:42=	05:32=	06:20=	07:34=	08:00=	09:44=	11:31=	11:48=	14:22=	15:13=	16:07=	18:54=	19:11=	20:30=	22:19=	23:38=	25:43=	26:52=	27:13=					
02:52=	00:50=	01:00=	00:50=	00:48=	01:14=	00:26=	01:44=	01:47=	00:17=	02:34=	00:51=	00:54=	02:47=	00:17=	01:19=	01:49=	01:19=	02:05=	01:09=	00:21=					
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=					
2	Jone Valdal										1683					27:23									
03:07+	04:02+	05:02+	05:55+	06:36+	07:50+	08:16+	09:46+	11:17-	11:32-	15:11+	15:58+	16:52+	19:23+	19:41+	20:55+	22:36+	23:47+	25:56+	27:04+	27:23+					
03:07+	00:55+	01:00=	00:53+	00:41-	01:14=	00:26=	01:30-	01:31-	00:15-	03:39+	00:47-	00:54=	02:31-	00:18+	01:14-	01:41-	01:11-	02:09+	01:08-	00:19-					
00:15+	00:05#	00:00=	00:03+	00:07-	00:00=	00:00=	00:14-	00:16-	00:02-	01:05&	00:04-	00:00=	00:16-	00:01+	00:05-	00:08-	00:08-	00:04+	00:01-	00:02-					
3	Sigurd Oftedal										3516					28:23									
02:54+	03:42=	04:36-	05:17-	06:00-	07:16-	07:41-	09:20-	11:02-	11:38-	14:13-	15:04-	15:52-	18:40-	19:49+	21:10+	22:55+	24:15+	26:48+	27:59+	28:23+					
02:54+	00:48-	00:54-	00:41-	00:43-	01:16+	00:25-	01:39-	01:42-	00:36+	02:35+	00:51=	00:48-	02:48+	01:09+	01:21+	01:45-	01:20+	02:33+	01:11+	00:24+					
00:02+	00:02-	00:06-	00:09-	00:05-	00:02+	00:01-	00:05-	00:05-	00:19#	00:01+	00:00=	00:06-	00:01+	00:52#	00:02+	00:04-	00:01+	00:28#	00:02+	00:03#					
4	Harald Kalager										793					29:17									
03:25+	04:31+	05:31+	06:22+	07:08+	08:33+	09:00+	10:43+	12:26+	12:44+	15:26+	16:32+	17:24+	20:18+	20:38+	22:03+	24:02+	25:22+	27:46+	28:54+	29:17+					
03:25+	01:06+	01:00=	00:51+	00:46-	01:25+	00:27+	01:43-	01:43-	00:18+	02:42+	01:06+	00:52-	02:54+	00:20+	01:25+	01:59+	01:20+	02:24+	01:08-	00:23+					
00:33#	00:16&	00:00=	00:01+	00:02-	00:11#	00:01+	00:01-	00:04-	00:01+	00:08+	00:15&	00:02-	00:07+	00:03#	00:06+	00:10+	00:01+	00:19#	00:01-	00:02+					
5	Fredrik Sandal										1830					29:19									
02:54+	03:40-	04:40-	05:31-	06:19-	07:44+	08:14+	10:05+	11:49+	12:07+	14:53+	15:59+	16:54+	19:46+	20:05+	21:34+	23:42+	25:11+	27:43+	28:54+	29:19+					
02:54+	00:46-	01:00=	00:51+	00:48=	01:25+	00:30+	01:51+	01:44-	00:18+	02:46+	01:06+	00:55+	02:52+	00:19+	01:29+	02:08+	01:29+	02:32+	01:11+	00:25+					
00:02+	00:04-	00:00=	00:01+	00:00=	00:11#	00:04#	00:07+	00:03-	00:01+	00:12+	00:15&	00:01+	00:05+	00:02#	00:10#	00:19#	00:10#	00:27#	00:02+	00:04#					
6	Kristian Frafjord Haarr										882					29:52									
03:19+	04:06+	05:05+	05:50+	06:40+	07:55+	08:20+	10:05+	12:01+	12:19+	15:11+	15:59+	17:00+	20:09+	20:33+	21:58+	23:55+	25:24+	28:14+	29:28+	29:52+					
03:19+	00:47-	00:59-	00:45-	00:50+	01:15+	00:25-	01:45+	01:56+	00:18+	02:52+	00:48-	01:01+	03:09+	00:24+	01:25+	01:57+	01:29+	02:50+	01:14+	00:24+					
00:27#	00:03-	00:01-	00:05-	00:02+	00:01+	00:01-	00:01+	00:09+	00:01+	00:18#	00:03-	00:07#	00:22#	00:07&	00:06+	00:08+	00:10#	00:45&	00:05+	00:03#					
7	Erik Lima										1832					29:59									
03:25+	04:17+	05:18+	06:16+	07:04+	08:26+	08:52+	10:46+	12:32+	12:50+	15:43+	16:38+	17:38+	20:44+	21:03+	22:34+	24:34+	26:03+	28:28+	29:38+	29:59+					
03:25+	00:52+	01:01+	00:58+	00:48=	01:22+	00:26=	01:54+	01:46-	00:18+	02:53+	00:55+	01:00+	03:06+	00:19+	01:31+	02:00+	01:29+	02:25+	01:10+	00:21=					
00:33#	00:02+	00:01+	00:08#	00:00=	00:08#	00:00=	00:10+	00:01-	00:01+	00:19#	00:04+	00:06#	00:19#	00:02#	00:12#	00:11#	00:10#	00:20#	00:01+	00:00=					
8	Sven Hatteland										3528					31:59									
02:55+	03:41-	04:51+	06:13+	07:06+	08:28+	08:56+	10:48+	12:51+	13:11+	16:17+	17:15+	18:25+	21:44+	22:06+	23:38+	25:58+	27:38+	30:20+	31:37+	31:59+					
02:55+	00:46-	01:10+	01:22+	00:53+	01:22+	00:28+	01:52+	02:03+	00:20+	03:06+	00:58+	01:10+	03:19+	00:22+	01:32+	02:20+	01:40+	02:42+	01:17+	00:22+					
00:03+	00:04-	00:10#	00:32&	00:05#	00:08#	00:02+	00:08+	00:16#	00:03#	00:32#	00:07#	00:16&	00:32#	00:05&	00:13#	00:31&	00:21&	00:37&	00:08#	00:01+					
9	Lars Sigve Oftedal										772					32:19									
03:30+	05:05+	06:13+	07:04+	07:54+	09:21+	09:49+	11:36+	13:22+	13:43+	17:39+	18:44+	19:39+	22:47+	23:07+	24:30+	26:32+	28:00+	30:43+	31:54+	32:19+					
03:30+	01:35+	01:08+	00:51+	00:50+	01:27+	00:28+	01:47+	01:46-	00:21+	03:56+	01:05+	00:55+	03:08+	00:20+	01:23+	02:02+	01:28+	02:43+	01:11+	00:25+					
00:38#	00:45&	00:08#	00:01+	00:02+	00:13#	00:02+	00:03+	00:01-	00:04#	01:22&	00:14&	00:01+	00:21#	00:03#	00:04+	00:13#	00:09#	00:38&	00:02+	00:04#					
10	Martin Blystad										3530					32:23									
03:37+	04:38+	05:55+	06:54+	07:49+	09:20+	09:46+	11:40+	13:43+	14:02+	17:05+	18:04+	19:08+	22:17+	22:38+	24:09+	26:36+	28:06+	30:43+	32:01+	32:23+					
03:37+	01:01+	01:17+	00:59+	00:55+	01:31+	00:26=	01:54+	02:03+	00:19+	03:03+	00:59+	01:04+	03:09+	00:21+	01:31+	02:27+	01:30+	02:37+	01:18+	00:22+					
00:45&	00:11#	00:17&	00:09#	00:07#	00:17#	00:00=	00:10+	00:16#	00:02#	00:29#	00:08#	00:10#	00:22#	00:04#	00:12#	00:38&	00:11#	00:32&	00:09#	00:01+					
11	Svein Magnus Halsne										3634					33:03									
03:15+	04:12+	05:42+	06:41+	07:35+	09:01+	09:30+	11:41+	13:33+	13:52+	18:06+	19:07+	20:10+	23:13+	23:34+	24:57+	27:01+	28:35+	31:27+	32:40+	33:03+					
03:15+	00:57+	01:30+	00:59+	00:54+	01:26+	00:29+	02:11+	01:52+	00:19+	04:14+	01:01+	01:03+	03:03+	00:21+	01:23+	02:04+	01:34+	02:52+	01:13+	00:23+					
00:23#	00:07#	00:30&	00:09#	00:06#	00:12#	00:03#	00:27&	00:05+	00:02#	01:40&	00:10#	00:09#	00:16+	00:04#	00:04+	00:15#	00:15#	00:47&	00:04+	00:02+					
12	Briac Le Ray										2342					33:12									
03:50+	05:23+	06:53+	08:03+	08:58+	10:29+	11:27+	13:15+	15:03+	15:23+	18:06+	19:20+	20:15+	22:57+	23:20+	24:41+	27:01+	28:24+	31:46+	32:50+	33:12+					
03:50+	01:33+	01:30+	01:10+	00:55+	01:31+	00:58+	01:48+	01:48+	00:20+	02:43+	01:14+	00:55+	02:42-	00:23+	01:21+	02:20+	01:23+	03:22+	01:04-	00:22+					
00:58&	00:43&	00:30&	00:20&	00:07#	00:17#	00:32#	00:04+	00:01+	00:03#	00:09+	00:23&	00:01+	00:05-	00:06&	00:02+	00:31&	00:04+	01:17&	00:05-	00:01+					
13	Torbjørn Ims Østby										3507					34:30									
03:22+	04:45+	06:00+	07:10+	08:03+	10:07+	10:33+	12:40+	14:36+	15:00+	18:07+	19:09+	20:15+	23:41+	24:06+	25:49+	28:24+	30:03+	32:56+	34:06+	34:30+					
03:22+	01:23+	01:15+	01:10+	00:53+	02:04+	00:26=	02:07+	01:56+	00:24+	03:07+	01:02+	01:06+	03:26+	00:25+	01:43+	02:35+	01:39+	02:53+	01:10+	00:24+					
00:30#	00:33&	00:15#	00:20&	00:05#	00:50&	00:00=	00:23#	00:09+	00:07&	00:33#	00:11#	00:12#	00:39#	00:08&	00:24&	00:46&	00:20&	00:48&	00:01+	00:03#					
14	Bernhard Haver Vagle										643					36:54									
03:53+	07:12+	08:29+	09:23+	10:23+	12:04+	12:39+	14:53+	16:58+	17:20+	20:43+	21:42+	22:54+	26:11+	26:40+	28:17+	30:39+	32:20+	35:12+	36:30+	36:54+					
03:53+	03:19+	01:17+	00:54+	01:00+	01:41+	00:35+	02:14+	02:05+	00:22+	03:23+	00:59+	01:12+	03:17+	00:29+	01:37+	02:22+	01:41+	02:52+	01:18+	00:24+					
01:01&	02:29#	00:17&	00:04+	00:12#	00:27&	00:09&	00:30&	00:18#	00:05&	00:49&	00:08#	00:18&	00:30#	00:12&	00:18#	00:33&	00:22&	00:47&	00:09#	00:03#					

Plass	Navn		Klasse										Tid									
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Herrer A

15	Svein Kyllingstad		1284										36:55									
	04:24+	05:30+	08:18+	09:17+	10:04+	11:55+	12:27+	14:25+	16:32+	16:54+	20:11+	21:20+	22:20+	25:33+	26:02+	27:34+	30:36+	32:12+	35:19+	36:30+	36:55+	
	04:24+	01:06+	02:48+	00:59+	00:47-	01:51+	00:32+	01:58+	02:07+	00:22+	03:17+	01:09+	01:00+	03:13+	00:29+	01:32+	03:02+	01:36+	03:07+	01:11+	00:25+	
	01:32%	00:16%	01:48@	00:09#	00:01-	00:37%	00:06#	00:14#	00:20#	00:05%	00:43%	00:18%	00:06#	00:26#	00:12%	00:13#	01:13%	00:17#	01:02%	00:02+	00:04#	
16	Håkon Eggebø		1284										38:30									
	03:35+	04:26+	05:41+	08:33+	09:26+	11:12+	11:36+	13:46+	15:47+	16:07+	22:10+	23:21+	24:24+	27:48+	28:13+	29:51+	32:11+	33:48+	36:51+	38:05+	38:30+	
	03:35+	00:51+	01:15+	02:52+	00:53+	01:46+	00:24+	02:10+	02:01+	00:20+	06:03+	01:11+	01:03+	03:24+	00:25+	01:38+	02:20+	01:37+	03:03+	01:14+	00:25+	
	03:35+	00:51+	01:15+	02:52+	00:53+	01:46+	00:24+	02:10+	02:01+	00:20+	06:03+	01:11+	01:03+	03:24+	00:25+	01:38+	02:20+	01:37+	03:03+	01:14+	00:25+	
17	Thomas Barvik Mæland		3507										38:49									
	03:57+	05:10+	06:25+	07:54+	08:53+	10:40+	11:18+	13:34+	16:43+	17:07+	20:45+	21:51+	23:43+	27:41+	28:10+	30:01+	32:34+	34:16+	37:03+	38:28+	38:49+	
	03:57+	01:13+	01:15+	01:29+	00:59+	01:47+	00:38+	03:21+	03:09+	00:24+	03:38+	01:06+	01:52+	03:58+	00:29+	01:51+	02:33+	01:42+	02:47+	01:25+	00:21+	
	03:57+	01:13+	01:15+	01:29+	00:59+	01:47+	00:38+	02:16+	03:09+	00:24+	03:38+	01:06+	01:52+	03:58+	00:29+	01:51+	02:33+	01:42+	02:47+	01:25+	00:21+	
18	Magne Hatteland		3528										40:11									
	04:11+	07:16+	08:15+	11:04+	11:56+	13:20+	13:54+	17:15+	19:11+	21:13+	21:35+	24:37+	25:47+	26:51+	30:08+	30:33+	32:10+	34:16+	36:03+	38:30+	39:47+	40:11+
	04:11+	03:05+	00:59+	02:49+	00:52+	01:24+	00:34+	03:21+	01:56+	02:02+	00:22+	03:02+	01:10+	01:04+	03:17+	00:25+	01:37+	02:06+	01:47+	02:27+	01:17+	00:24+
	04:11+	03:05+	00:59+	02:49+	00:52+	01:24+	00:34+	03:21+	01:56+	02:02+	00:22+	03:02+	01:10+	01:04+	03:17+	00:25+	01:37+	02:06+	01:47+	02:27+	01:17+	00:24+
19	Lars Erik Malde		3676										41:04									
	04:54+	09:59+	11:25+	14:52+	15:46+	18:12+	18:43+	20:33+	22:29+	23:02+	25:59+	27:10+	28:38+	31:42+	32:08+	33:39+	35:32+	36:55+	39:35+	40:44+	41:04+	
	04:54+	05:05+	01:26+	03:27+	00:54+	02:26+	00:31+	01:50+	01:56+	00:33+	02:57+	01:11+	01:28+	03:04+	00:26+	01:31+	01:53+	01:23+	02:40+	01:09+	00:20+	
	04:54+	05:05+	01:26+	03:27+	00:54+	02:26+	00:31+	01:50+	01:56+	00:33+	02:57+	01:11+	01:28+	03:04+	00:26+	01:31+	01:53+	01:23+	02:40+	01:09+	00:20+	
20	Ashwin Ashok		1376										1:20:32									
	09:39+	12:13+	16:22+	23:09+	24:33+	27:41+	28:52+	33:30+	38:07+	39:01+	46:34+	48:17+	52:06+	58:10+	63:21+	66:00+	69:40+	71:35+	77:48+	79:50+	80:32+	
	09:39+	02:34+	04:09+	06:47+	01:24+	03:08+	01:11+	04:38+	04:37+	00:54+	07:33+	01:43+	03:49+	06:04+	05:11+	02:39+	03:40+	01:55+	06:13+	02:02+	00:42+	
	09:39+	02:34+	04:09+	06:47+	01:24+	03:08+	01:11+	04:38+	04:37+	00:54+	07:33+	01:43+	03:49+	06:04+	05:11+	02:39+	03:40+	01:55+	06:13+	02:02+	00:42+	

Beste strekktid for klassen

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

Herrer B

1	Aart Joakim in't Veld		1884										28:27									
	02:41=	03:24=	04:30=	05:10=	05:57=	07:21=	07:49=	09:35=	11:26=	11:48=	14:35=	15:28=	16:18=	19:24=	19:44=	21:08=	23:06=	24:28=	26:46=	28:02=	28:27=	
	02:41=	00:43=	01:06=	00:40=	00:47=	01:24=	00:28=	01:46=	01:51=	00:22=	02:47=	00:53=	00:50=	03:06=	00:20=	01:24=	01:58=	01:22=	02:18=	01:16=	00:25=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Jon Åsmund Espedal		NOTEAM										30:18									
	03:18+	04:15+	05:12+	06:07+	06:53+	08:16+	08:45+	10:34+	12:29+	13:04+	13:24+	16:09+	17:14+	18:02-	21:05+	21:21+	22:43-	24:40+	26:11-	28:36+	29:53+	30:18+
	03:18+	00:57+	00:57-	00:55+	00:46-	01:23-	00:29+	01:49+	01:55+	00:35+	00:20-	02:45+	01:05+	00:48-	03:03+	00:16-	01:22-	01:57+	01:31-	02:25+	01:17+	00:25+
	00:37#	00:14%	00:09-	00:15%	00:01-	00:01-	00:01+	00:03+	00:04+	00:13%	02:27-	01:52@	00:15%	02:18-	02:43@	01:08-	00:36-	00:35%	00:47-	01:09%	00:52@	00:25+
3	Geir Sand		722										31:23									
	03:34+	04:25+	05:33+	06:38+	07:33+	09:05+	09:35+	11:19+	13:13+	13:31+	16:31+	17:24+	18:22+	21:25+	22:03+	23:33+	25:38+	27:16+	29:49+	31:00+	31:23+	
	03:34+	00:51+	01:08+	01:05+	00:55+	01:32+	00:30+	01:44-	01:54+	00:18-	03:00+	00:53=	00:58+	03:03-	00:38+	01:30+	02:05+	01:38+	02:33+	01:11-	00:23-	
	00:53%	00:08#	00:02+	00:25%	00:08#	00:08+	00:02+	00:02-	00:03+	00:04-	00:13+	00:00=	00:08#	00:03-	00:18%	00:06+	00:07+	00:16#	00:15#	00:05-	00:02-	
4	Joar Eilevstjønn		2342										31:25									
	03:35+	04:22+	05:22+	06:09+	06:57+	08:44+	09:10+	11:07+	13:00+	13:23+	16:11+	18:13+	19:13+	22:08+	22:27+	24:00+	26:04+	27:31+	29:57+	31:04+	31:25+	
	03:35+	00:47+	01:00-	00:47+	00:48+	01:47+	00:26-	01:57+	01:53+	00:23+	02:48+	02:02+	01:00+	02:55-	00:19-	01:33+	02:04+	01:27+	02:26+	01:07-	00:21-	
	00:54%	00:04+	00:06-	00:07#	00:01+	00:23%	00:02-	00:11#	00:02+	00:01+	00:01+	01:09@	00:10#	00:11-	00:01-	00:09#	00:06+	00:05+	00:08+	00:09-	00:04-	
5	Magnus Landstad		3507										32:20									
	03:32+	04:21+	05:33+	06:21+	07:11+	08:37+	09:06+	10:54+	12:54+	13:13+	16:40+	17:49+	18:59+	22:10+	22:30+	24:09+	26:16+	27:46+	30:37+	31:55+	32:20+	
	03:32+	00:49+	01:12+	00:48+	00:50+	01:26+	00:29+	01:48+	02:00+	00:19-	03:27+	01:09+	01:10+	03:11+	00:20=	01:39+	02:07+	01:30+	02:51+	01:18+	00:25=	
	00:51%	00:06#	00:06+	00:08#	00:03+	00:02+	00:01+	00:02+	00:09+	00:03-	00:40#	00:16%	00:20%	00:05+	00:00=	00:15#	00:09+	00:08+	00:33#	00:02+	00:00=	
6	Jan-Rune Larsen Basso		10376										32:32									
	03:18+	04:39+	05:52+	06:57+	07:52+	09:31+	10:04+	12:00+	13:55+	14:16+	17:11+	18:21+	19:26+	22:34+	22:57+	24:30+	26:33+	28:03+	30:53+	32:09+	32:32+	
	03:18+	01:21+	01:13+	01:05+	00:55+	01:39+	00:33+	01:56+	01:55+	00:21-	02:55+	01:10+	01:05+	03:08+	00:23+	01:33+	02:03+	01:30+	02:50+	01:16=	00:23-	
	00:37#	00:38%	00:07#	00:25%	00:08#	00:15#	00:05#	00:10+	00:04+	00:01-	00:08+	00:17%	00:15%	00:02+	00:03#	00:09#	00:05+	00:08+	00:32#	00:00=	00:02-	

Plass	Navn	Klasse										Tid									
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Herrer B

7	Arne Eirik Nielsen										3588										33:16									
03:13+	04:08+	05:21+	08:15+	09:04+	10:33+	11:01+	12:49+	14:40+	15:01+	17:56+	18:54+	19:57+	23:09+	23:30+	25:05+	27:28+	28:55+	31:37+	32:53+	33:16+										
03:13+	00:55+	01:13+	02:54+	00:49+	01:29+	00:28=	01:48+	01:51=	00:21-	02:55+	00:58+	01:03+	03:12+	00:21+	01:35+	02:23+	01:27+	02:42+	01:16=	00:23-										
00:32#	00:12&	00:07#	02:14@	00:02+	00:05+	00:00=	00:02+	00:00=	00:01-	00:08+	00:05+	00:13&	00:06+	00:01+	00:11#	00:25#	00:05+	00:24#	00:00=	00:02-										
8	Njål F. Vadla										1884										33:38									
03:14+	04:13+	05:28+	06:25+	07:16+	08:34+	09:08+	11:13+	13:15+	13:34+	16:46+	17:54+	19:36+	23:05+	23:26+	25:03+	27:15+	28:49+	31:41+	33:11+	33:38+										
03:14+	00:59+	01:15+	00:57+	00:51+	01:18+	00:34+	02:05+	02:02+	00:19+	03:12+	01:08+	01:42+	03:29+	00:21+	01:37+	02:12+	01:34+	02:52+	01:30+	00:27+										
03:14+	00:59+	01:15+	00:57+	00:51+	01:18+	00:34+	02:05+	02:02+	00:19+	03:12+	01:08+	01:42+	03:29+	00:21+	01:37+	02:12+	01:34+	02:52+	01:30+	00:27+										
9	Thomas Johansen										3531										36:57									
03:18+	04:42+	06:10+	07:07+	08:14+	09:51+	10:30+	12:36+	14:35+	15:06+	18:17+	19:40+	20:55+	24:59+	25:32+	27:21+	29:41+	31:20+	35:20+	36:33+	36:57+										
03:18+	01:24+	01:28+	00:57+	01:07+	01:37+	00:39+	02:06+	01:59+	00:31+	03:11+	01:23+	01:15+	04:04+	00:33+	01:49+	02:20+	01:39+	04:00+	01:13+	00:24+										
03:18+	01:24+	01:28+	00:57+	01:07+	01:37+	00:39+	02:06+	01:59+	00:31+	03:11+	01:23+	01:15+	04:04+	00:33+	01:49+	02:20+	01:39+	04:00+	01:13+	00:24+										
10	Bård Martby-Skogsholm										3522										37:39									
05:22+	06:16+	07:24+	08:30+	09:25+	11:45+	12:09+	14:42+	16:40+	17:35+	21:04+	22:17+	23:20+	27:07+	27:26+	29:02+	31:16+	32:55+	35:57+	37:16+	37:39+										
05:22+	00:54+	01:08+	01:06+	00:55+	02:20+	00:24+	02:33+	01:58+	00:55+	03:29+	01:13+	01:03+	03:47+	00:19+	01:36+	02:14+	01:39+	03:02+	01:19+	00:23+										
05:22+	00:54+	01:08+	01:06+	00:55+	02:20+	00:24+	02:33+	01:58+	00:55+	03:29+	01:13+	01:03+	03:47+	00:19+	01:36+	02:14+	01:39+	03:02+	01:19+	00:23+										
11	Tallak Langmyr										3552										37:59									
03:31+	04:59+	06:09+	06:57+	07:52+	09:29+	10:00+	12:26+	14:41+	15:10+	18:50+	19:59+	21:01+	25:05+	25:29+	27:25+	30:07+	32:11+	35:50+	37:28+	37:59+										
03:31+	01:28+	01:10+	00:48+	00:55+	01:37+	00:31+	02:26+	02:15+	00:29+	03:40+	01:09+	01:02+	04:04+	00:24+	01:56+	02:42+	02:04+	03:39+	01:38+	00:31+										
03:31+	01:28+	01:10+	00:48+	00:55+	01:37+	00:31+	02:26+	02:15+	00:29+	03:40+	01:09+	01:02+	04:04+	00:24+	01:56+	02:42+	02:04+	03:39+	01:38+	00:31+										
12	Espen Fyhn Nilsen										1683										43:12									
04:37+	06:04+	07:30+	08:35+	09:44+	11:52+	12:32+	15:10+	17:42+	18:08+	22:24+	23:46+	24:57+	29:13+	29:52+	31:54+	35:18+	37:18+	41:05+	42:41+	43:12+										
04:37+	01:27+	01:26+	01:05+	01:09+	02:08+	00:40+	02:38+	02:32+	00:26+	04:16+	01:22+	01:11+	04:16+	00:39+	02:02+	03:24+	02:00+	03:47+	01:36+	00:31+										
04:37+	01:27+	01:26+	01:05+	01:09+	02:08+	00:40+	02:38+	02:32+	00:26+	04:16+	01:22+	01:11+	04:16+	00:39+	02:02+	03:24+	02:00+	03:47+	01:36+	00:31+										

Beste strekktid for klassen

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

Herrer C

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

Plass	Navn				Klasse				Tid												
Herrer C																					
7	Odd Fuglestad				3522				32:06												
	03:38+	04:43+	05:34+	06:30-	07:29-	10:21-	10:44-	13:09+	14:34+	15:14+	18:48+	19:13+	20:56+	23:58+	24:43+	26:38+	28:19+	29:58+	31:33+	32:06+	
	03:38+	01:05+	00:51+	00:56-	00:59+	02:52+	00:23+	02:25+	01:25+	00:40+	03:34+	00:25+	01:43+	03:02+	00:45+	01:55+	01:41+	01:39+	01:35+	00:33+	
	00:15+	00:01+	00:05#	00:51-	00:08#	00:14+	00:03#	00:21#	00:19#	00:12#	00:32#	00:06#	00:12#	00:23#	00:13#	00:21#	00:12#	00:11#	00:14#	00:08#	
8	Bertrand Denieul				877				33:35												
	03:50+	05:38+	06:42+	07:41+	08:47+	11:30+	11:54+	14:10+	15:53+	17:15+	20:37+	21:03+	22:51+	25:43+	26:17+	28:25+	30:10+	31:54+	33:13+	33:35+	
	03:50+	01:48+	01:04+	00:59+	01:06+	02:43+	00:24+	02:16+	01:43+	01:22+	03:22+	00:26+	01:48+	02:52+	00:34+	02:08+	01:45+	01:44+	01:19+	00:22+	
	03:50+	01:48+	01:04+	00:59+	01:06+	02:43+	00:24+	02:16+	01:43+	01:22+	03:22+	00:26+	01:48+	02:52+	00:34+	02:08+	01:45+	01:44+	01:19+	00:22+	
9	Øyvind Rummelhoff				882				33:52												
	03:49+	05:02+	05:53+	06:47+	07:43+	10:46+	11:09+	14:35+	16:06+	17:06+	20:28+	20:50+	22:33+	25:50+	26:22+	28:00+	30:22+	32:03+	33:29+	33:52+	
	03:49+	01:13+	00:51+	00:54+	00:56+	03:03+	00:23+	03:26+	01:31+	01:00+	03:22+	00:22+	01:43+	03:17+	00:32+	01:38+	02:22+	01:41+	01:26+	00:23+	
	03:49+	01:13+	00:51+	00:54+	00:56+	03:03+	00:23+	03:26+	01:31+	01:00+	03:22+	00:22+	01:43+	03:17+	00:32+	01:38+	02:22+	01:41+	01:26+	00:23+	
10	Nils John Vestøl				3541				33:54												
	03:57+	04:57+	06:02+	07:52+	08:52+	11:55+	12:21+	14:52+	16:16+	17:07+	20:38+	21:04+	22:44+	25:40+	26:19+	28:10+	30:06+	32:09+	33:30+	33:54+	
	03:57+	01:00+	01:05+	01:50+	01:00+	03:03+	00:26+	02:31+	01:24+	00:51+	03:31+	00:26+	01:40+	02:56+	00:39+	01:51+	01:56+	02:03+	01:21+	00:24+	
	03:57+	01:00+	01:05+	01:50+	01:00+	03:03+	00:26+	02:31+	01:24+	00:51+	03:31+	00:26+	01:40+	02:56+	00:39+	01:51+	01:56+	02:03+	01:21+	00:24+	
11	Paul Terje Haarr				769				34:00												
	04:03+	05:19+	06:25+	07:33+	08:45+	11:41+	12:14+	14:51+	16:14+	17:01+	20:38+	21:02+	22:50+	25:46+	26:31+	28:24+	30:21+	32:00+	33:33+	34:00+	
	04:03+	01:16+	01:06+	01:08+	01:12+	02:56+	00:33+	02:37+	01:23+	00:47+	03:37+	00:24+	01:48+	02:56+	00:45+	01:53+	01:57+	01:39+	01:33+	00:27+	
	04:03+	01:16+	01:06+	01:08+	01:12+	02:56+	00:33+	02:37+	01:23+	00:47+	03:37+	00:24+	01:48+	02:56+	00:45+	01:53+	01:57+	01:39+	01:33+	00:27+	
12	Leif Kjetil Hinna Gausel				1683				34:28												
	03:42+	04:52+	05:51+	07:00+	08:03+	11:25+	11:53+	14:40+	16:07+	16:59+	20:16+	20:43+	22:54+	25:56+	26:47+	28:21+	30:43+	32:18+	34:02+	34:28+	
	03:42+	01:10+	00:59+	01:09+	01:03+	03:22+	00:28+	02:47+	01:27+	00:52+	03:17+	00:27+	02:11+	03:02+	00:51+	01:34+	02:22+	01:35+	01:44+	00:26+	
	03:42+	01:10+	00:59+	01:09+	01:03+	03:22+	00:28+	02:47+	01:27+	00:52+	03:17+	00:27+	02:11+	03:02+	00:51+	01:34+	02:22+	01:35+	01:44+	00:26+	
13	Geir Haugvaldstad				1683				35:24												
	03:51+	04:56+	05:55+	07:06+	08:07+	09:05+	12:21+	12:48+	15:10+	16:33+	17:11+	21:57+	22:22+	24:07+	27:06+	27:46+	29:17+	31:03+	33:41+	35:00+	35:24+
	03:51+	01:05+	00:59+	01:11+	01:01+	00:58+	03:16+	00:27+	02:22+	01:23+	00:38+	04:46+	00:25+	01:45+	02:59+	00:40+	01:31+	01:46+	02:38+	01:19+	00:24+
	03:51+	01:05+	00:59+	01:11+	01:01+	00:58+	03:16+	00:27+	02:22+	01:23+	00:38+	04:46+	00:25+	01:45+	02:59+	00:40+	01:31+	01:46+	02:38+	01:19+	00:24+
14	Trond Lamark				878				35:49												
	04:17+	05:25+	06:21+	07:43+	09:11+	12:22+	12:57+	15:37+	17:33+	18:13+	22:01+	22:33+	24:27+	27:28+	28:09+	29:52+	32:04+	33:43+	35:23+	35:49+	
	04:17+	01:08+	00:56+	01:22+	01:28+	03:11+	00:35+	02:40+	01:56+	00:40+	03:48+	00:32+	01:54+	03:01+	00:41+	01:43+	02:12+	01:39+	01:40+	00:26+	
	04:17+	01:08+	00:56+	01:22+	01:28+	03:11+	00:35+	02:40+	01:56+	00:40+	03:48+	00:32+	01:54+	03:01+	00:41+	01:43+	02:12+	01:39+	01:40+	00:26+	
15	Geir Frøyttlog				3502				35:52												
	04:12+	05:21+	06:24+	07:38+	08:42+	12:01+	12:32+	15:08+	16:42+	17:32+	21:15+	21:44+	23:33+	26:49+	27:35+	29:42+	31:29+	33:45+	35:22+	35:52+	
	04:12+	01:09+	01:03+	01:14+	01:04+	03:19+	00:31+	02:36+	01:34+	00:50+	03:43+	00:29+	01:49+	03:16+	00:46+	02:07+	01:47+	02:16+	01:37+	00:30+	
	04:12+	01:09+	01:03+	01:14+	01:04+	03:19+	00:31+	02:36+	01:34+	00:50+	03:43+	00:29+	01:49+	03:16+	00:46+	02:07+	01:47+	02:16+	01:37+	00:30+	
16	Øivind Berggraf				1683				36:17												
	03:59+	05:41+	06:48+	07:53+	08:53+	12:00+	12:24+	14:59+	16:39+	17:48+	21:31+	21:53+	23:41+	27:03+	27:44+	30:01+	32:11+	34:15+	35:50+	36:17+	
	03:59+	01:42+	01:07+	01:05+	01:00+	03:07+	00:24+	02:35+	01:40+	01:09+	03:43+	00:22+	01:48+	03:22+	00:41+	02:17+	02:10+	02:04+	01:35+	00:27+	
	03:59+	01:42+	01:07+	01:05+	01:00+	03:07+	00:24+	02:35+	01:40+	01:09+	03:43+	00:22+	01:48+	03:22+	00:41+	02:17+	02:10+	02:04+	01:35+	00:27+	
17	Pål H. Gjerden				1683				36:28												
	03:17+	04:21+	05:16+	06:23+	07:38+	10:42+	11:11+	13:55+	15:19+	16:31+	20:52+	21:28+	23:34+	27:12+	27:56+	30:01+	32:07+	34:21+	36:00+	36:28+	
	03:17+	01:04+	00:55+	01:07+	01:15+	03:04+	00:29+	02:44+	01:24+	01:12+	04:21+	00:36+	02:06+	03:38+	00:44+	02:05+	02:06+	02:14+	01:39+	00:28+	
	03:17+	01:04+	00:55+	01:07+	01:15+	03:04+	00:29+	02:44+	01:24+	01:12+	04:21+	00:36+	02:06+	03:38+	00:44+	02:05+	02:06+	02:14+	01:39+	00:28+	
18	Erling Mauland				3541				39:17												
	04:55+	06:07+	07:37+	10:25+	11:39+	15:06+	15:34+	18:08+	19:46+	20:38+	24:15+	24:39+	26:27+	30:00+	30:43+	32:52+	34:50+	37:18+	38:47+	39:17+	
	04:55+	01:12+	01:30+	02:48+	01:14+	03:27+	00:28+	02:34+	01:38+	00:52+	03:37+	00:24+	01:48+	03:33+	00:43+	02:09+	01:58+	02:28+	01:29+	00:30+	
	04:55+	01:12+	01:30+	02:48+	01:14+	03:27+	00:28+	02:34+	01:38+	00:52+	03:37+	00:24+	01:48+	03:33+	00:43+	02:09+	01:58+	02:28+	01:29+	00:30+	
19	Ove Oaland				1683				41:17												
	04:29+	05:55+	07:06+	08:31+	09:44+	13:19+	13:46+	17:04+	18:50+	19:59+	24:07+	24:42+	26:59+	30:14+	30:57+	33:00+	36:02+	39:07+	40:46+	41:17+	
	04:29+	01:26+	01:11+	01:25+	01:13+	03:35+	00:27+	03:18+	01:46+	01:09+	04:08+	00:35+	02:17+	03:15+	00:43+	02:03+	03:02+	03:05+	01:39+	00:31+	
	04:29+	01:26+	01:11+	01:25+	01:13+	03:35+	00:27+	03:18+	01:46+	01:09+	04:08+	00:35+	02:17+	03:15+	00:43+	02:03+	03:02+	03:05+	01:39+	00:31+	

Beste strekktid for klassen

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

Plass	Navn	Klasse	Tid
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Herrer Ny

1	Stian Bentsen Malmanger	3676	18:50
	01:23= 04:16= 06:11= 08:09= 11:09= 11:49= 13:16= 14:40= 16:29= 18:17= 18:50=		
	01:23= 02:53= 01:55= 01:58= 03:00= 00:40= 01:27= 01:24= 01:49= 01:48= 00:33=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Isak Vestbakke	1683	27:50
	01:24+ 05:12+ 06:33+ 07:46= 14:08+ 18:10+ 20:48+ 23:33+ 25:35+ 27:20+ 27:50+		
	01:24+ 03:48+ 01:21= 01:13= 06:22+ 04:02+ 02:38+ 02:45+ 02:02+ 01:45= 00:30=		
	00:01+ 00:55& 00:34= 00:45= 03:22@ 03:22@ 01:11& 01:21& 00:13# 00:03= 00:03=		
3	Håvard Jektnes	3531	32:30
	01:59+ 05:23+ 07:37+ 13:51+ 19:07+ 20:12+ 22:58+ 25:15+ 28:24+ 31:35+ 32:30+		
	01:59+ 03:24+ 02:14+ 06:14+ 05:16+ 01:05+ 02:46+ 02:17+ 03:09+ 03:11+ 00:55+		
	00:36& 00:31# 00:19# 04:16@ 02:16& 00:25& 01:19& 00:53& 01:20& 01:23& 00:22&		
4	Nikolai Khorunzhiy	1456	42:18
	02:21+ 11:12+ 13:08+ 16:02+ 22:26+ 23:10+ 27:19+ 30:05+ 33:29+ 41:28+ 42:18+		
	02:21+ 08:51+ 01:56+ 02:54+ 06:24+ 00:44+ 04:09+ 02:46+ 03:24+ 07:59+ 00:50+		
	00:58& 05:58@ 00:01+ 00:56& 03:24@ 00:04# 02:42@ 01:22& 01:35& 06:11@ 00:17&		

Beste strekktid for klassen

01:23 02:53 01:21 01:13 03:00 00:40 01:27 01:24 01:49 01:45 00:30

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

Herrer Trim

1	Håvard Landråk	3676	19:34
	02:13= 03:47= 05:09= 06:09= 08:29= 08:53= 10:45= 14:04= 16:11= 17:41= 19:10= 19:34=		
	02:13= 01:34= 01:22= 01:00= 02:20= 00:24= 01:52= 03:19= 02:07= 01:30= 01:29= 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=		
2	Andreas Primstad	3548	22:29
	02:06= 04:28+ 06:14+ 07:24+ 09:53+ 10:17+ 12:09+ 16:01+ 18:17+ 20:25+ 22:06+ 22:29+		
	02:06= 02:22+ 01:46+ 01:10+ 02:29+ 00:24= 01:52= 03:52+ 02:16+ 02:08+ 01:41+ 00:23=		
	00:07= 00:48& 00:24& 00:10# 00:09+ 00:00= 00:00= 00:33# 00:09+ 00:38& 00:12# 00:01=		
3	Magnus Kristoffersen	3676	24:01
	02:07= 05:41+ 07:28+ 08:57+ 11:15+ 11:40+ 13:29+ 16:51+ 20:13+ 22:05+ 23:36+ 24:01+		
	02:07= 03:34+ 01:47+ 01:29+ 02:18= 00:25+ 01:49= 03:22+ 03:22+ 01:52+ 01:31+ 00:25+		
	00:06= 02:00@ 00:25& 00:29& 00:02= 00:01+ 00:03= 00:03+ 01:15& 00:22# 00:02+ 00:01+		
4	Arild Stave	3676	24:18
	03:00+ 05:41+ 06:56+ 08:09+ 09:54+ 10:14+ 11:47+ 17:43+ 19:17+ 22:46+ 23:58+ 24:18+		
	03:00+ 02:41+ 01:15= 01:13+ 01:45= 00:20= 01:33= 05:56+ 01:34= 03:29+ 01:12= 00:20=		
	00:47& 01:07& 00:07= 00:13# 00:35= 00:04= 00:19= 02:37& 00:33= 01:59@ 00:17= 00:04=		
5	Helge Hundeide	769	24:21
	01:53= 03:47= 05:49+ 07:24+ 09:50+ 10:17+ 12:35+ 16:28+ 19:07+ 21:50+ 23:48+ 24:21+		
	01:53= 01:54+ 02:02+ 01:35+ 02:26+ 00:27+ 02:18+ 03:53+ 02:39+ 02:43+ 01:58+ 00:33+		
	00:20= 00:20# 00:40& 00:35& 00:06+ 00:03# 00:26# 00:34# 00:32& 01:13& 00:29& 00:09&		
6	Per Marthon Møland	880	25:49
	02:32+ 05:07+ 07:08+ 08:40+ 11:10+ 11:39+ 13:58+ 18:12+ 21:03+ 23:26+ 25:15+ 25:49+		
	02:32+ 02:35+ 02:01+ 01:32+ 02:30+ 00:29+ 02:19+ 04:14+ 02:51+ 02:23+ 01:49+ 00:34+		
	00:19# 01:01& 00:39& 00:32& 00:10+ 00:05# 00:27# 00:55& 00:44& 00:53& 00:20# 00:10&		
7	Lars Salvesen	1119	25:58
	02:37+ 04:38+ 06:48+ 08:20+ 11:19+ 11:57+ 14:12+ 17:57+ 20:01+ 23:26+ 25:19+ 25:58+		
	02:37+ 02:01+ 02:10+ 01:32+ 02:59+ 00:38+ 02:15+ 03:45+ 02:04= 03:25+ 01:53+ 00:39+		
	00:24# 00:27& 00:48& 00:32& 00:39& 00:14& 00:23# 00:26# 00:03= 01:55@ 00:24& 00:15&		
8	Jan Erik Syvertsen	3519	26:21
	02:05= 05:36+ 07:27+ 09:15+ 12:03+ 12:41+ 14:51+ 19:55+ 22:14+ 24:21+ 25:50+ 26:21+		
	02:05= 03:31+ 01:51+ 01:48+ 02:48+ 00:38+ 02:10+ 05:04+ 02:19+ 02:07+ 01:29= 00:31+		
	00:08= 01:57@ 00:29& 00:48& 00:28# 00:14& 00:18# 01:45& 00:12+ 00:37& 00:00= 00:07&		

Plass	Navn										Klasse	Tid
Herrer Trim												
9	Svein Erik Bjørnsen										1376	26:24
01:47-	03:32-	05:21+	06:41+	09:25+	09:58+	11:58+	15:30+	22:12+	24:26+	25:56+	26:24+	
01:47-	01:45+	01:49+	01:20+	02:44+	00:33+	02:00+	03:32+	06:42+	02:14+	01:30+	00:28+	
00:26-	00:11#	00:27#	00:20#	00:24#	00:09#	00:08+	00:13+	04:35#	00:44#	00:01+	00:04#	
10	Roger Endre Nyseth										892	26:31
02:07+	04:22+	06:32+	08:16+	10:59+	11:54+	14:32+	18:38+	20:55+	23:34+	25:50+	26:31+	
02:07+	02:15+	02:10+	01:44+	02:43+	00:55+	02:38+	04:06+	02:17+	02:39+	02:16+	00:41+	
02:07+	02:15+	02:10+	01:44+	02:43+	00:55+	02:38+	04:06+	02:17+	02:39+	02:16+	00:41+	
11	Bruno Pierfelice										3519	26:57
01:22+	04:48+	06:16+	07:58+	10:18+	10:46+	13:12+	16:44+	22:21+	24:38+	26:20+	26:57+	
01:22+	03:26+	01:28+	01:42+	02:20+	00:28+	02:26+	03:32+	05:37+	02:17+	01:42+	00:37+	
01:22+	03:26+	01:28+	01:42+	02:20+	00:28+	02:26+	03:32+	05:37+	02:17+	01:42+	00:37+	
12	Birk Halseth										896	27:12
01:58+	03:51+	05:19+	07:19+	14:46+	15:13+	17:09+	20:51+	23:42+	25:27+	26:48+	27:12+	
01:58+	01:53+	01:28+	02:00+	07:27+	00:27+	01:56+	03:42+	02:51+	01:45+	01:21+	00:24+	
01:58+	01:53+	01:28+	02:00+	07:27+	00:27+	01:56+	03:42+	02:51+	01:45+	01:21+	00:24+	
13	Arne Magne Sondresen										722	28:00
02:01+	04:04+	06:02+	07:35+	10:13+	10:56+	13:22+	19:19+	22:59+	25:27+	27:29+	28:00+	
02:01+	02:03+	01:58+	01:33+	02:38+	00:43+	02:26+	05:57+	03:40+	02:28+	02:02+	00:31+	
02:01+	02:03+	01:58+	01:33+	02:38+	00:43+	02:26+	05:57+	03:40+	02:28+	02:02+	00:31+	
14	Svein Sivertsen										3530	28:06
02:34+	05:05+	07:08+	08:53+	11:37+	12:09+	14:42+	18:59+	22:06+	25:34+	27:24+	28:06+	
02:34+	02:31+	02:03+	01:45+	02:44+	00:32+	02:33+	04:17+	03:07+	03:28+	01:50+	00:42+	
02:34+	02:31+	02:03+	01:45+	02:44+	00:32+	02:33+	04:17+	03:07+	03:28+	01:50+	00:42+	
15	Baard Fuglestad										189	28:37
01:45+	10:00+	12:32+	13:49+	16:17+	16:48+	18:41+	22:00+	24:29+	26:24+	28:09+	28:37+	
01:45+	08:15+	02:32+	01:17+	02:28+	00:31+	01:53+	03:19+	02:29+	01:55+	01:45+	00:28+	
01:45+	08:15+	02:32+	01:17+	02:28+	00:31+	01:53+	03:19+	02:29+	01:55+	01:45+	00:28+	
16	Tor Harald Lunde										3511	28:50
02:23+	05:08+	07:44+	09:26+	12:18+	12:56+	15:52+	20:37+	23:33+	25:57+	28:09+	28:50+	
02:23+	02:45+	02:36+	01:42+	02:52+	00:38+	02:56+	04:45+	02:56+	02:24+	02:12+	00:41+	
02:23+	02:45+	02:36+	01:42+	02:52+	00:38+	02:56+	04:45+	02:56+	02:24+	02:12+	00:41+	
17	Leif Jarle Skåra										3502	29:53
02:42+	05:26+	07:46+	09:32+	12:36+	13:19+	15:55+	21:44+	24:59+	27:13+	29:17+	29:53+	
02:42+	02:44+	02:20+	01:46+	03:04+	00:43+	02:36+	05:49+	03:15+	02:14+	02:04+	00:36+	
02:42+	02:44+	02:20+	01:46+	03:04+	00:43+	02:36+	05:49+	03:15+	02:14+	02:04+	00:36+	
18	Carlos Lluna										2342	30:00
02:55+	04:56+	06:57+	10:37+	13:44+	14:27+	17:18+	22:10+	25:15+	27:36+	29:17+	30:00+	
02:55+	02:01+	02:01+	03:40+	03:07+	00:43+	02:51+	04:52+	03:05+	02:21+	01:41+	00:43+	
02:55+	02:01+	02:01+	03:40+	03:07+	00:43+	02:51+	04:52+	03:05+	02:21+	01:41+	00:43+	
19	Rune Hagen Maudal										3524	30:07
03:07+	06:20+	08:53+	11:00+	14:12+	14:56+	17:42+	21:59+	24:26+	27:17+	29:22+	30:07+	
03:07+	03:13+	02:33+	02:07+	03:12+	00:44+	02:46+	04:17+	02:27+	02:51+	02:05+	00:45+	
03:07+	03:13+	02:33+	02:07+	03:12+	00:44+	02:46+	04:17+	02:27+	02:51+	02:05+	00:45+	
20	Stian Sletten										1376	30:13
03:12+	05:51+	07:37+	10:59+	15:35+	17:52+	20:16+	23:11+	25:39+	28:28+	29:47+	30:13+	
03:12+	02:39+	01:46+	03:22+	04:36+	02:17+	02:24+	02:55+	02:28+	02:49+	01:19+	00:26+	
03:12+	02:39+	01:46+	03:22+	04:36+	02:17+	02:24+	02:55+	02:28+	02:49+	01:19+	00:26+	
21	Marius Bergstøl Hvidsten										3533	30:23
02:10+	09:19+	11:09+	12:38+	15:23+	16:51+	18:49+	24:05+	26:13+	28:16+	30:00+	30:23+	
02:10+	07:09+	01:50+	01:29+	02:45+	01:28+	01:58+	05:16+	02:08+	02:03+	01:44+	00:23+	
02:10+	07:09+	01:50+	01:29+	02:45+	01:28+	01:58+	05:16+	02:08+	02:03+	01:44+	00:23+	
22	Thomas Romstad										1683	30:50
01:42+	11:59+	14:52+	16:01+	19:04+	19:34+	21:39+	24:47+	26:31+	28:35+	30:21+	30:50+	
01:42+	10:17+	02:53+	01:09+	03:03+	00:30+	02:05+	03:08+	01:44+	02:04+	01:46+	00:29+	
01:42+	10:17+	02:53+	01:09+	03:03+	00:30+	02:05+	03:08+	01:44+	02:04+	01:46+	00:29+	

Plass	Navn											Klasse	Tid
Herrer Trim													
23	John Helge Svandal											3531	32:31
04:11+	06:38+	08:50+	10:13+	13:13+	13:43+	16:12+	21:42+	26:42+	30:20+	32:01+	32:31+		
04:11+	02:27+	02:12+	01:23+	03:00+	00:30+	02:29+	05:30+	05:00+	03:38+	01:41+	00:30+		
04:11+	02:27+	02:12+	01:23+	03:00+	00:30+	02:29+	05:30+	05:00+	03:38+	01:41+	00:30+		
24	John Øgreid											882	33:27
03:10+	05:43+	09:43+	11:25+	15:18+	16:04+	19:07+	23:31+	26:52+	29:53+	32:36+	33:27+		
03:10+	02:33+	04:00+	01:42+	03:53+	00:46+	03:03+	04:24+	03:21+	03:01+	02:43+	00:51+		
03:10+	02:33+	04:00+	01:42+	03:53+	00:46+	03:03+	04:24+	03:21+	03:01+	02:43+	00:51+		
25	Kjell-Ole Topnes											1683	33:46
02:57+	06:50+	10:00+	11:51+	15:17+	16:16+	20:12+	24:45+	28:10+	30:54+	33:11+	33:46+		
02:57+	03:53+	03:10+	01:51+	03:26+	00:59+	03:56+	04:33+	03:25+	02:44+	02:17+	00:35+		
02:57+	03:53+	03:10+	01:51+	03:26+	00:59+	03:56+	04:33+	03:25+	02:44+	02:17+	00:35+		
26	Frode Følgesvold											880	34:32
02:23+	07:51+	10:48+	12:29+	15:54+	16:50+	19:54+	26:48+	29:48+	32:00+	34:00+	34:32+		
02:23+	05:28+	02:57+	01:41+	03:25+	00:56+	03:04+	06:54+	03:00+	02:12+	02:00+	00:32+		
02:23+	05:28+	02:57+	01:41+	03:25+	00:56+	03:04+	06:54+	03:00+	02:12+	02:00+	00:32+		
27	Ketil Vestbakke											1683	34:43
02:23+	05:26+	07:52+	09:24+	12:12+	12:48+	15:14+	24:13+	27:12+	32:19+	34:12+	34:43+		
02:23+	03:03+	02:26+	01:32+	02:48+	00:36+	02:26+	08:59+	02:59+	05:07+	01:53+	00:31+		
02:23+	03:03+	02:26+	01:32+	02:48+	00:36+	02:26+	08:59+	02:59+	05:07+	01:53+	00:31+		
28	Stephane Bordet											877	35:05
01:59+	06:36+	08:35+	10:28+	13:26+	16:43+	19:02+	23:17+	29:18+	32:15+	34:21+	35:05+		
01:59+	04:37+	01:59+	01:53+	02:58+	03:17+	02:19+	04:15+	06:01+	02:57+	02:06+	00:44+		
01:59+	04:37+	01:59+	01:53+	02:58+	03:17+	02:19+	04:15+	06:01+	02:57+	02:06+	00:44+		
29	Joar Fandrem											1141	35:34
02:50+	05:19+	07:54+	11:30+	19:02+	19:53+	22:26+	26:58+	30:33+	33:04+	35:02+	35:34+		
02:50+	02:29+	02:35+	03:36+	07:32+	00:51+	02:33+	04:32+	03:35+	02:31+	01:58+	00:32+		
02:50+	02:29+	02:35+	03:36+	07:32+	00:51+	02:33+	04:32+	03:35+	02:31+	01:58+	00:32+		
30	Lars Tore Kvassheim											793	36:01
03:39+	06:43+	09:19+	11:18+	15:01+	15:45+	19:01+	25:35+	29:35+	32:48+	35:18+	36:01+		
03:39+	03:04+	02:36+	01:59+	03:43+	00:44+	03:16+	06:34+	04:00+	03:13+	02:30+	00:43+		
03:39+	03:04+	02:36+	01:59+	03:43+	00:44+	03:16+	06:34+	04:00+	03:13+	02:30+	00:43+		
31	Jan Erik Rasmussen											3519	36:01
03:08+	06:09+	09:33+	11:28+	15:15+	16:27+	19:45+	25:28+	28:32+	32:56+	35:18+	36:01+		
03:08+	03:01+	03:24+	01:55+	03:47+	01:12+	03:18+	05:43+	03:04+	04:24+	02:22+	00:43+		
03:08+	03:01+	03:24+	01:55+	03:47+	01:12+	03:18+	05:43+	03:04+	04:24+	02:22+	00:43+		
32	Christian Nilsen											3525	36:31
02:36+	06:54+	09:28+	12:41+	16:26+	17:04+	19:49+	24:09+	30:12+	33:24+	35:53+	36:31+		
02:36+	04:18+	02:34+	03:13+	03:45+	00:38+	02:45+	04:20+	06:03+	03:12+	02:29+	00:38+		
02:36+	04:18+	02:34+	03:13+	03:45+	00:38+	02:45+	04:20+	06:03+	03:12+	02:29+	00:38+		
33	Torgeir Færevåg											3553	36:54
03:08+	08:27+	11:16+	13:03+	16:10+	16:49+	19:17+	24:46+	30:51+	34:15+	36:20+	36:54+		
03:08+	05:19+	02:49+	01:47+	03:07+	00:39+	02:28+	05:29+	06:05+	03:24+	02:05+	00:34+		
03:08+	05:19+	02:49+	01:47+	03:07+	00:39+	02:28+	05:29+	06:05+	03:24+	02:05+	00:34+		
34	Bernt Christian Bugge											3676	37:03
03:09+	05:03+	07:00+	08:28+	13:52+	14:24+	16:48+	29:33+	32:32+	34:41+	36:30+	37:03+		
03:09+	01:54+	01:57+	01:28+	05:24+	00:32+	02:24+	12:45+	02:59+	02:09+	01:49+	00:33+		
03:09+	01:54+	01:57+	01:28+	05:24+	00:32+	02:24+	12:45+	02:59+	02:09+	01:49+	00:33+		
35	Rohan Joseph											1376	37:32
04:08+	07:23+	09:27+	13:44+	17:03+	17:41+	20:59+	26:14+	30:06+	34:54+	36:54+	37:32+		
04:08+	03:15+	02:04+	04:17+	03:19+	00:38+	03:18+	05:15+	03:52+	04:48+	02:00+	00:38+		
04:08+	03:15+	02:04+	04:17+	03:19+	00:38+	03:18+	05:15+	03:52+	04:48+	02:00+	00:38+		
36	Stein Stornes Nordal											NOTEAM	38:20
01:56+	04:59+	07:15+	18:15+	24:17+	25:16+	27:12+	31:08+	34:19+	36:17+	37:54+	38:20+		
01:56+	03:03+	02:16+	11:00+	06:02+	00:59+	01:56+	03:56+	03:11+	01:58+	01:37+	00:26+		
01:56+	03:03+	02:16+	11:00+	06:02+	00:59+	01:56+	03:56+	03:11+	01:58+	01:37+	00:26+		

Plass	Navn	Klasse	Tid
Herrer Trim			
37	Ivar Aalbu	3502	38:24
02:51+	06:41+ 08:49+	10:29+ 18:14+ 19:01+ 21:46+ 26:44+	32:13+ 35:22+ 37:45+ 38:24+
02:51+	03:50+ 02:08+	01:40+ 07:45+ 00:47+ 02:45+ 04:58+	05:29+ 03:09+ 02:23+ 00:39+
02:51+	03:50+ 02:08+	01:40+ 07:45+ 00:47+ 02:45+ 04:58+	05:29+ 03:09+ 02:23+ 00:39+
38	Svein Olav Høyland	1683	39:49
05:31+	10:37+ 13:16+	15:21+ 19:47+ 20:59+ 26:03+ 30:35+	34:51+ 37:04+ 39:11+ 39:49+
05:31+	05:06+ 02:39+	02:05+ 04:26+ 01:12+ 05:04+ 04:32+	04:16+ 02:13+ 02:07+ 00:38+
05:31+	05:06+ 02:39+	02:05+ 04:26+ 01:12+ 05:04+ 04:32+	04:16+ 02:13+ 02:07+ 00:38+
39	Steinar Løgith Aase	2539	43:12
02:46+	08:27+ 10:59+	13:20+ 16:47+ 17:29+ 20:52+ 25:46+	36:01+ 40:02+ 42:19+ 43:12+
02:46+	05:41+ 02:32+	02:21+ 03:27+ 00:42+ 03:23+ 04:54+	10:15+ 04:01+ 02:17+ 00:53+
02:46+	05:41+ 02:32+	02:21+ 03:27+ 00:42+ 03:23+ 04:54+	10:15+ 04:01+ 02:17+ 00:53+
40	Per Bakken	880	44:01
05:09+	07:50+ 11:19+	16:05+ 20:20+ 22:26+ 26:03+ 31:29+	35:49+ 40:43+ 43:20+ 44:01+
05:09+	02:41+ 03:29+	04:46+ 04:15+ 02:06+ 03:37+ 05:26+	04:20+ 04:54+ 02:37+ 00:41+
05:09+	02:41+ 03:29+	04:46+ 04:15+ 02:06+ 03:37+ 05:26+	04:20+ 04:54+ 02:37+ 00:41+
41	Jacek Jagodzinski	3486	54:03
05:14+	11:06+ 16:03+	18:50+ 23:20+ 24:25+ 28:35+ 35:36+	44:15+ 50:27+ 53:22+ 54:03+
05:14+	05:52+ 04:57+	02:47+ 04:30+ 01:05+ 04:10+ 07:01+	08:39+ 06:12+ 02:55+ 00:41+
05:14+	05:52+ 04:57+	02:47+ 04:30+ 01:05+ 04:10+ 07:01+	08:39+ 06:12+ 02:55+ 00:41+
42	Erik Campbell Henriksen	1683	1:01:51
03:29+	10:36+ 13:59+	19:14+ 23:57+ 24:45+ 28:14+ 34:31+	53:29+ 57:07+ 61:03+ 61:51+
03:29+	07:07+ 03:23+	05:15+ 04:43+ 00:48+ 03:29+ 06:17+	18:58+ 03:38+ 03:56+ 00:48+
03:29+	07:07+ 03:23+	05:15+ 04:43+ 00:48+ 03:29+ 06:17+	18:58+ 03:38+ 03:56+ 00:48+
43	Arvid Walskaar	3512	1:07:44
16:53+	27:36+ 31:39+	34:00+ 38:07+ 39:25+ 47:03+ 54:54+	59:27+ 63:56+ 66:25+ 67:44+
16:53+	10:43+ 04:03+	02:21+ 04:07+ 01:18+ 07:38+ 07:51+	04:33+ 04:29+ 02:29+ 01:19+
16:53+	10:43+ 04:03+	02:21+ 04:07+ 01:18+ 07:38+ 07:51+	04:33+ 04:29+ 02:29+ 01:19+

Beste strekktid for klassen

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