

Class Navn

Klasse

Tid

D 11-12

1 Hanne Daltveit Fana IL 33:53

01:09= 04:38= 11:24= 15:42= 18:12= 28:16= 32:01= 33:25= 33:53=
01:09= 03:29= 06:46= 04:18= 02:30= 10:04= 03:45= 01:24= 00:28=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Julie Mathilde Ullern Fana IL 38:28

01:27+ 08:41+ 15:26+ 19:46+ 22:20+ 32:19+ 36:03+ 37:47+ 38:28+
01:27+ 07:14+ 06:45- 04:20+ 02:34+ 09:59- 03:44- 01:44+ 00:41+
00:18& 03:45@ 00:01- 00:02+ 00:04+ 00:05- 00:01- 00:20# 00:13&

3 Hedvig Kjellevoid Malde IL Gular 46:50

01:38+ 08:20+ 17:25+ 23:16+ 26:18+ 41:07+ 44:35+ 46:19+ 46:50+
01:38+ 06:42+ 09:05+ 05:51+ 03:02+ 14:49+ 03:28- 01:44+ 00:31+
00:29& 03:13& 02:19& 01:33& 00:32# 04:45& 00:17- 00:20# 00:03#

4 Julie Roll Tørnqvist Fana IL 51:49

01:36+ 15:34+ 22:09+ 27:34+ 35:33+ 45:49+ 49:23+ 51:11+ 51:49+
01:36+ 13:58+ 06:35- 05:25+ 07:59+ 10:16+ 03:34- 01:48+ 00:38+
00:27& 10:29@ 00:11- 01:07& 05:29@ 00:12+ 00:11- 00:24& 00:10&

Beste strekktid for klassen

01:09 03:29 06:35 04:18 02:30 09:59 03:28 01:24 00:28

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

D 13-14

1 Ingunn Rognsvåg Fana IL 54:15

06:49= 16:58= 27:30= 35:28= 43:32= 47:35= 50:38= 53:03= 53:49= 54:15=
06:49= 10:09= 10:32= 07:58= 08:04= 04:03= 03:03= 02:25= 00:46= 00:26=
00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Kårhild Husby Nordstad Varegg Fleridrett 56:11

07:11+ 16:13- 31:45+ 37:15+ 44:46+ 49:12+ 52:34+ 54:50+ 55:38+ 56:11+
07:11+ 09:02- 15:32+ 05:30- 07:31- 04:26+ 03:22+ 02:16- 00:48+ 00:33+
00:22+ 01:07- 05:00& 02:28- 00:33- 00:23+ 00:19# 00:09- 00:02+ 00:07&

3 Gunhild Stuland Tysvær Varegg Fleridrett 57:31

06:57+ 17:11+ 25:10- 36:09+ 43:51+ 48:11+ 53:21+ 56:15+ 56:56+ 57:31+
06:57+ 10:14+ 07:59- 10:59+ 07:42- 04:20+ 05:10+ 02:54+ 00:41- 00:35+
00:08+ 00:05+ 02:33- 03:01& 00:22- 00:17+ 02:07& 00:29# 00:05- 00:09&

4 Line Laurantsen IL Gneist 59:11

07:47+ 19:23+ 33:54+ 40:22+ 47:56+ 52:32+ 55:40+ 57:54+ 58:41+ 59:11+
07:47+ 11:36+ 14:31+ 06:28- 07:34- 04:36+ 03:08+ 02:14- 00:47+ 00:30+
00:58# 01:27# 03:59& 01:30- 00:30- 00:33# 00:05+ 00:11- 00:01+ 00:04#

5 Marte Mjeldheim Sandvoll IL Gneist 1:02:13

09:48+ 19:16+ 29:47+ 39:33+ 50:14+ 55:38+ 58:42+ 60:55+ 61:44+ 62:13+
09:48+ 09:28- 10:31- 09:46+ 10:41+ 05:24+ 03:04+ 02:13- 00:49+ 00:29+
02:59& 00:41- 00:01- 01:48# 02:37& 01:21& 00:01+ 00:12- 00:03+ 00:03#

6 Vilde Skage IL Gneist 1:04:42

08:54+ 21:16+ 35:50+ 42:52+ 53:19+ 57:43+ 61:04+ 63:30+ 64:09+ 64:42+
08:54+ 12:22+ 14:34+ 07:02- 10:27+ 04:24+ 03:21+ 02:26+ 00:39- 00:33+
02:05& 02:13# 04:02& 00:56- 02:23& 00:21+ 00:18+ 00:01+ 00:07- 00:07&

7 Lise Lotte Flesland IL Gneist 1:12:47

10:13+ 29:19+ 43:55+ 50:49+ 61:23+ 65:48+ 69:08+ 71:32+ 72:13+ 72:47+
10:13+ 19:06+ 14:36+ 06:54- 10:34+ 04:25+ 03:20+ 02:24- 00:41- 00:34+
03:24& 08:57& 04:04& 01:04- 02:30& 00:22+ 00:17+ 00:01- 00:05- 00:08&

8 Constance Storvestre Varegg Fleridrett 1:39:28

16:47+ 42:26+ 62:53+ 76:15+ 85:01+ 91:23+ 95:24+ 98:07+ 98:52+ 99:28+
16:47+ 25:39+ 20:27+ 13:22+ 08:46+ 06:22+ 04:01+ 02:43+ 00:45- 00:36+
09:58@ 15:30@ 09:55& 05:24& 00:42+ 02:19& 00:58& 00:18# 00:01- 00:10&

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

06:49 09:02 07:59 05:30 07:31 04:03 03:03 02:13 00:39 00:26

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

D 15-16

1	Toril Aasheim Nymark	Askøy OL	53:55								
08:52=	15:28=	23:35=	25:49=	33:02=	38:03=	44:13=	47:30=	50:22=	52:41=	53:26=	53:55=
08:52=	06:36=	08:07=	02:14=	07:13=	05:01=	06:10=	03:17=	02:52=	02:19=	00:45=	00:29=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Vibeke Rykkje	Fana IL	1:04:25								
08:37-	23:42+	30:42+	33:17+	42:27+	49:01+	54:17+	58:31+	61:03+	63:06+	63:56+	64:25+
08:37-	15:05+	07:00-	02:35+	09:10+	06:34+	05:16-	04:14+	02:32-	02:03-	00:50+	00:29=
00:15-	08:29@	01:07-	00:21#	01:57&	01:33&	00:54-	00:57&	00:20-	00:16-	00:05#	00:00=
3	Ingeborg Aadland	Samnanger IL	1:07:35								
09:21+	17:09+	27:29+	30:00+	37:29+	46:41+	53:26+	60:37+	64:00+	66:19+	67:04+	67:35+
09:21+	07:48+	10:20+	02:31+	07:29+	09:12+	06:45+	07:11+	03:23+	02:19=	00:45=	00:31+
00:29+	01:12#	02:13&	00:17#	00:16+	04:11&	00:35+	03:54@	00:31#	00:00=	00:00=	00:02+
4	Hildegunn Heggøy	Voss IL	1:07:47								
09:44+	16:47+	32:15+	34:38+	42:16+	48:41+	54:54+	59:39+	64:06+	66:22+	67:16+	67:47+
09:44+	07:03+	15:28+	02:23+	07:38+	06:25+	06:13+	04:45+	04:27+	02:16-	00:54+	00:31+
00:52+	00:27+	07:21&	00:09+	00:25+	01:24&	00:03+	01:28&	01:35&	00:03-	00:09#	00:02+
5	Synnøve Hatland	Voss IL	1:09:08								
12:08+	19:39+	32:52+	35:15+	42:35+	48:54+	59:32+	62:48+	65:54+	68:03+	68:39+	69:08+
12:08+	07:31+	13:13+	02:23+	07:20+	06:19+	10:38+	03:16-	03:06+	02:09-	00:36-	00:29=
03:16&	00:55#	05:06&	00:09+	00:07+	01:18&	04:28&	00:01-	00:14+	00:10-	00:09-	00:00=

Beste strekktid for klassen

08:37 06:36 07:00 02:14 07:13 05:01 05:16 03:16 02:32 02:03 00:36 00:29

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

D 17-18

1	Johanne Rakner	Varegg Fleridrett	57:51							
08:48=	12:58=	27:24=	34:57=	40:30=	48:53=	52:22=	55:05=	56:48=	57:23=	57:51=
08:48=	04:10=	14:26=	07:33=	05:33=	08:23=	03:29=	02:43=	01:43=	00:35=	00:28=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Ingelinn Molvik	IL Gneist	1:19:09							
11:35+	20:00+	37:17+	51:05+	57:50+	68:31+	72:51+	75:25+	77:47+	78:34+	79:09+
11:35+	08:25+	17:17+	13:48+	06:45+	10:41+	04:20+	02:34-	02:22+	00:47+	00:35+
02:47&	04:15@	02:51#	06:15&	01:12#	02:18&	00:51#	00:09-	00:39&	00:12&	00:07#
3	Camilla Vikingsen	TIF Viking	1:20:51							
10:28+	17:32+	38:48+	53:24+	59:45+	69:48+	74:09+	77:17+	79:28+	80:17+	80:51+
10:28+	07:04+	21:16+	14:36+	06:21+	10:03+	04:21+	03:08+	02:11+	00:49+	00:34+
01:40#	02:54&	06:50&	07:03&	00:48#	01:40#	00:52#	00:25#	00:28&	00:14&	00:06#

Beste strekktid for klassen

08:48 04:10 14:26 07:33 05:33 08:23 03:29 02:34 01:43 00:35 00:28

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

D 17-N

1	Jana Preclikova	NOTEAM	37:42							
03:11=	06:55=	10:10=	14:17=	17:51=	20:53=	28:55=	32:40=	35:34=	37:06=	37:42=
03:11=	03:44=	03:15=	04:07=	03:34=	03:02=	08:02=	03:45=	02:54=	01:32=	00:36=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

03:11 03:44 03:15 04:07 03:34 03:02 08:02 03:45 02:54 01:32 00:36

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

D 17C-

1 Marianne Dymbe IL Gneist 1:12:08

09:09= 21:36= 31:41= 46:53= 60:05= 67:03= 70:17= 71:20= 72:08=
 09:09= 12:27= 10:05= 15:12= 07:51= 05:21= 06:58= 03:14= 01:03= 00:48=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste strekktid for klassen

09:09 12:27 10:05 15:12 07:51 05:21 06:58 03:14 01:03 00:48

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

D 17K-

1 Ina Skage IL Gneist 1:22:36

11:39= 22:41= 37:52= 40:44= 51:08= 59:28= 66:59= 75:03= 78:39= 81:02= 81:59= 82:36=
 11:39= 11:02= 15:11= 02:52= 10:24= 08:20= 07:31= 08:04= 03:36= 02:23= 00:57= 00:37=
 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 Hilde Kristine Hvidevold BSI - Orientering 1:52:55

24:38+ 36:11+ 60:40+ 63:39+ 73:37+ 82:48+ 95:31+ 102:52+ 108:30+ 111:13+ 112:10+ 112:55+
 24:38+ 11:33+ 24:29+ 02:59+ 09:58- 09:11+ 12:43+ 07:21- 05:38+ 02:43+ 00:57= 00:45+
 12:59@ 00:31+ 09:18& 00:07+ 00:26- 00:51# 05:12& 00:43- 02:02& 00:20# 00:00= 00:08#

Beste strekktid for klassen

11:39 11:02 15:11 02:52 09:58 08:20 07:31 07:21 03:36 02:23 00:57 00:37

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

D 19-

1 Christiane Trösse Varegg Fleridrett 1:01:34

06:18= 13:35= 26:25= 29:14= 37:35= 42:44= 54:05= 56:15= 60:02= 61:06= 61:34=
 06:18= 07:17= 12:50= 02:49= 08:21= 05:09= 11:21= 02:10= 03:47= 01:04= 00:28=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Helen Martinsen IL Gular 1:01:39

06:59+ 15:12+ 25:27- 28:15- 35:15- 40:57- 53:08- 55:50- 59:56- 61:08+ 61:39+
 06:59+ 08:13+ 10:15- 02:48- 07:00- 05:42+ 12:11+ 02:42+ 04:06+ 01:12+ 00:31+
 00:41# 00:56# 02:35- 00:01- 01:21- 00:33# 00:50+ 00:32# 00:19+ 00:08# 00:03#

3 Linda Rykkje Stord Orientering 1:12:46

07:02+ 17:42+ 29:11+ 33:06+ 41:56+ 47:42+ 61:30+ 64:36+ 70:42+ 72:10+ 72:46+
 07:02+ 10:40+ 11:29- 03:55+ 08:50+ 05:46+ 13:48+ 03:06+ 06:06+ 01:28+ 00:36+
 00:44# 03:23& 01:21- 01:06& 00:29+ 00:37# 02:27# 00:56& 02:19& 00:24& 00:08&

4 Kristine Fjellanger Varegg Fleridrett 1:15:38

11:30+ 23:26+ 34:04+ 36:43+ 44:11+ 49:46+ 65:54+ 69:36+ 74:06+ 75:12+ 75:38+
 11:30+ 11:56+ 10:38- 02:39- 07:28- 05:35+ 16:08+ 03:42+ 04:30+ 01:06+ 00:26-
 05:12& 04:39& 02:12- 00:10- 00:53- 00:26+ 04:47& 01:32& 00:43# 00:02+ 00:02-

5 Maria Njølstad Vonen Varegg Fleridrett 1:28:27

07:40+ 20:52+ 36:43+ 43:22+ 53:10+ 60:38+ 76:34+ 79:20+ 86:19+ 87:54+ 88:27+
 07:40+ 13:12+ 15:51+ 06:39+ 09:48+ 07:28+ 15:56+ 02:46+ 06:59+ 01:35+ 00:33+
 01:22# 05:55& 03:01# 03:50@ 01:27# 02:19& 04:35& 00:36& 03:12& 00:31& 00:05#

6 Ann-Elin Bendiksen Fana IL 1:37:52

13:17+ 30:41+ 46:20+ 50:26+ 60:21+ 67:43+ 84:42+ 90:06+ 95:31+ 97:14+ 97:52+
 13:17+ 17:24+ 15:39+ 04:06+ 09:55+ 07:22+ 16:59+ 05:24+ 05:25+ 01:43+ 00:38+
 06:59@ 10:07@ 02:49# 01:17& 01:34# 02:13& 05:38& 03:14@ 01:38& 00:39& 00:10&

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

06:18 07:17 10:15 02:39 07:00 05:09 11:21 02:10 03:47 01:04 00:26

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

D 35K-

1 Nina Goga Bergens TF 59:49

10:26= 21:48= 31:23= 39:28= 46:23= 50:49= 55:41= 58:23= 59:12= 59:49=
 10:26= 11:22= 09:35= 08:05= 06:55= 04:26= 04:52= 02:42= 00:49= 00:37=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Siren Hopland IL Gneist 1:42:41

11:59+ 36:41+ 57:20+ 67:16+ 79:58+ 89:56+ 96:02+ 100:27+ 101:43+ 102:41+
 11:59+ 24:42+ 20:39+ 09:56+ 12:42+ 09:58+ 06:06+ 04:25+ 01:16+ 00:58+
 01:33# 13:20@ 11:04@ 01:51# 05:47& 05:32@ 01:14& 01:43& 00:27& 00:21&

Beste strekktid for klassen

10:26 11:22 09:35 08:05 06:55 04:26 04:52 02:42 00:49 00:37

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

D 40-

1 Kirsti Lysaker Fana IL 53:04

08:23= 13:40= 23:21= 29:42= 34:39= 43:46= 47:08= 49:40= 51:45= 52:33= 53:04=
 08:23= 05:17= 09:41= 06:21= 04:57= 09:07= 03:22= 02:32= 02:05= 00:48= 00:31=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Ragnhild Balsvik Osterøy IL 58:01

08:31+ 12:32- 27:21+ 34:38+ 40:23+ 48:46+ 52:18+ 55:00+ 56:50+ 57:29+ 58:01+
 08:31+ 04:01- 14:49+ 07:17+ 05:45+ 08:23- 03:32+ 02:42+ 01:50- 00:39- 00:32+
 00:08+ 01:16- 05:08& 00:56# 00:48# 00:44- 00:10+ 00:10+ 00:15- 00:09- 00:01+

3 Lise Christensen TIF Viking 1:01:55

08:50+ 13:16- 29:19+ 36:32+ 43:03+ 51:51+ 55:20+ 58:27+ 60:38+ 61:22+ 61:55+
 08:50+ 04:26- 16:03+ 07:13+ 06:31+ 08:48- 03:29+ 03:07+ 02:11+ 00:44- 00:33+
 00:27+ 00:51- 06:22& 00:52# 01:34& 00:19- 00:07+ 00:35# 00:06+ 00:04- 00:02+

4 Hege Fjellbirkeland IL Gular 1:04:34

10:23+ 15:54+ 28:59+ 37:58+ 44:26+ 53:55+ 57:44+ 60:50+ 63:08+ 63:57+ 64:34+
 10:23+ 05:31+ 13:05+ 08:59+ 06:28+ 09:29+ 03:49+ 03:06+ 02:18+ 00:49+ 00:37+
 02:00# 00:14+ 03:24& 02:38& 01:31& 00:22+ 00:27# 00:34# 00:13# 00:01+ 00:06#

5 Lise Roll Fana IL 1:07:10

09:10+ 14:22+ 26:52+ 41:37+ 47:30+ 57:15+ 60:57+ 63:25+ 65:50+ 66:34+ 67:10+
 09:10+ 05:12- 12:30+ 14:45+ 05:53+ 09:45+ 03:42+ 02:28- 02:25+ 00:44- 00:36+
 00:47+ 00:05- 02:49& 08:24@ 00:56# 00:38+ 00:20+ 00:04- 00:20# 00:04- 00:05#

6 Marian Kjellefold Malde IL Gular 1:15:05

11:15+ 17:14+ 38:40+ 45:55+ 53:51+ 64:23+ 68:30+ 71:22+ 73:40+ 74:29+ 75:05+
 11:15+ 05:59+ 21:26+ 07:15+ 07:56+ 10:32+ 04:07+ 02:52+ 02:18+ 00:49+ 00:36+
 02:52& 00:42# 11:45@ 00:54# 02:59& 01:25# 00:45# 00:20# 00:13# 00:01+ 00:05#

7 Linda Kländerud Årstad IL 1:16:29

11:46+ 18:29+ 33:15+ 42:01+ 49:25+ 62:36+ 69:19+ 72:45+ 75:00+ 75:52+ 76:29+
 11:46+ 06:43+ 14:46+ 08:46+ 07:24+ 13:11+ 06:43+ 03:26+ 02:15+ 00:52+ 00:37+
 03:23& 01:26& 05:05& 02:25& 04:04& 03:21& 00:54& 00:10+ 00:04+ 00:06#

8 Ingrid Sandvoll IL Gneist 1:18:52

15:05+ 21:00+ 42:48+ 51:26+ 58:10+ 67:57+ 72:23+ 75:29+ 77:37+ 78:20+ 78:52+
 15:05+ 05:55+ 21:48+ 08:38+ 06:44+ 09:47+ 04:26+ 03:06+ 02:08+ 00:43- 00:32+
 06:42& 00:38# 12:07@ 02:17& 01:47& 00:40+ 01:04& 00:34# 00:03+ 00:05- 00:01+

Beste strekktid for klassen

08:23 04:01 09:41 06:21 04:57 08:23 03:22 02:28 01:50 00:39 00:31

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

Class	Navn	Klasse	Tid
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D 50-

1 Marit Nipen IL Gneist 46:34

06:45= 12:35= 19:27= 22:12= 27:53= 32:15= 36:32= 39:23= 43:21= 45:21= 46:02= 46:34=
 06:45= 05:50= 06:52= 02:45= 05:41= 04:22= 04:17= 02:51= 03:58= 02:00= 00:41= 00:32=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Nina Soligard Bergens TF 56:47

08:23+ 13:48+ 22:55+ 25:30+ 31:56+ 38:34+ 44:22+ 48:12+ 53:04+ 55:24+ 56:12+ 56:47+
 08:23+ 05:25- 09:07+ 02:35- 06:26+ 06:38+ 05:48+ 03:50+ 04:52+ 02:20+ 00:48+ 00:35+
 01:38# 00:25- 02:15& 00:10- 00:45# 02:16& 01:31& 00:59& 00:54# 00:20# 00:07# 00:03+

3 Mette Rogne Varegg Fleridrett 59:44

10:58+ 16:44+ 26:01+ 28:35+ 35:01+ 41:36+ 47:25+ 51:20+ 56:07+ 58:20+ 59:09+ 59:44+
 10:58+ 05:46- 09:17+ 02:34- 06:26+ 06:35+ 05:49+ 03:55+ 04:47+ 02:13+ 00:49+ 00:35+
 04:13& 00:04- 02:25& 00:11- 00:45# 02:13& 01:32& 01:04& 00:49# 00:13# 00:08# 00:03+

4 Anne Kjersti Daltveit Fana IL 1:02:19

08:23+ 15:40+ 24:33+ 27:34+ 34:16+ 42:44+ 50:57+ 55:05+ 58:07+ 60:50+ 61:42+ 62:19+
 08:23+ 07:17+ 08:53+ 03:01+ 06:42+ 08:28+ 08:13+ 04:08+ 03:02- 02:43+ 00:52+ 00:37+
 01:38# 01:27# 02:01& 00:16+ 01:01# 04:06& 03:56& 01:17& 00:56- 00:43& 00:11& 00:05#

5 Turid Rognsvåg Fana IL 1:06:10

15:58+ 22:37+ 30:48+ 32:55+ 39:30+ 44:31+ 55:13+ 59:34+ 62:27+ 64:46+ 65:31+ 66:10+
 15:58+ 06:39+ 08:11+ 02:07- 06:35+ 05:01+ 10:42+ 04:21+ 02:53- 02:19+ 00:45+ 00:39+
 09:13@ 00:49# 01:19# 00:38- 00:54# 00:39# 06:25@ 01:30& 01:05- 00:19# 00:04+ 00:07#

6 Siren Greve Bergens TF 1:11:08

11:28+ 18:31+ 29:04+ 33:50+ 40:27+ 51:33+ 56:59+ 62:25+ 65:40+ 69:15+ 70:07+ 71:08+
 11:28+ 07:03+ 10:33+ 04:46+ 06:37+ 11:06+ 05:26+ 05:26+ 03:15- 03:35+ 00:52+ 01:01+
 04:43& 01:13# 03:41& 02:01& 00:56# 06:44@ 01:09& 02:35& 00:43- 01:35& 00:11& 00:29&

7 Anne Løver Stord Orientering 1:11:26

16:41+ 23:24+ 36:03+ 38:17+ 44:51+ 50:52+ 58:43+ 63:30+ 66:54+ 69:38+ 70:40+ 71:26+
 16:41+ 06:43+ 12:39+ 02:14- 06:34+ 06:01+ 07:51+ 04:47+ 03:24- 02:44+ 01:02+ 00:46+
 09:56@ 00:53# 05:47& 00:31- 00:53# 01:39& 03:34& 01:56& 00:34- 00:44& 00:21& 00:14&

8 Kjellaug Grødem Voss IL 1:18:14

14:42+ 28:43+ 37:33+ 39:35+ 45:40+ 52:10+ 65:30+ 70:18+ 73:59+ 76:40+ 77:35+ 78:14+
 14:42+ 14:01+ 08:50+ 02:02- 06:05+ 06:30+ 13:20+ 04:48+ 03:41- 02:41+ 00:55+ 00:39+
 07:57@ 08:11@ 01:58& 00:43- 00:24+ 02:08& 09:03@ 01:57& 00:17- 00:41& 00:14& 00:07#

Beste strekktid for klassen

06:45 05:25 06:52 02:02 05:41 04:22 04:17 02:51 02:53 02:00 00:41 00:32

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

D 60-

1 Ingjerd Sognnæs Bergens TF 50:00

07:35= 16:13= 25:45= 32:15= 39:26= 43:22= 46:33= 48:42= 49:27= 50:00=
 07:35= 08:38= 09:32= 06:30= 07:11= 03:56= 03:11= 02:09= 00:45= 00:33=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Edel Slettemark Stord Orientering 53:56

11:12+ 19:55+ 29:58+ 35:49+ 42:43+ 46:55+ 49:58+ 52:18+ 53:23+ 53:56+
 11:12+ 08:43+ 10:03+ 05:51- 06:54- 04:12+ 03:03- 02:20+ 01:05+ 00:33=
 03:37& 00:05+ 00:31+ 00:39- 00:17- 00:16+ 00:08- 00:11+ 00:20& 00:00=

3 Kari Secher Bergens TF 1:16:45

08:56+ 23:27+ 39:42+ 48:33+ 61:06+ 66:56+ 71:35+ 74:55+ 75:54+ 76:45+
 08:56+ 14:31+ 16:15+ 08:51+ 12:33+ 05:50+ 04:39+ 03:20+ 00:59+ 00:51+
 01:21# 05:53& 06:43& 02:21& 05:22& 01:54& 01:28& 01:11& 00:14& 00:18&

4 Astrid Ormberg Fana IL 1:21:45

10:30+ 23:29+ 33:46+ 40:30+ 57:45+ 62:31+ 76:25+ 79:49+ 80:59+ 81:45+
 10:30+ 12:59+ 10:17+ 06:44+ 17:15+ 04:46+ 13:54+ 03:24+ 01:10+ 00:46+
 02:55& 04:21& 00:45+ 00:14+ 10:04@ 00:50# 10:43@ 01:15& 00:25& 00:13&

Class	Navn	Klasse	Tid						
5	Kjellaug Hodnekvam	Bergens TF	1:26:53						
15:36+	35:34+	55:04+	61:34+	71:59+	77:25+	81:23+	84:55+	86:04+	86:53+
15:36+	19:58+	19:30+	06:30=	10:25+	05:26+	03:58+	03:32+	01:09+	00:49+
08:01@	11:20@	09:58@	00:00=	03:14&	01:30&	00:47#	01:23&	00:24&	00:16&
6	Astri Ese Hole	Bergens TF	1:39:40						
13:09+	33:48+	54:16+	64:24+	76:55+	86:53+	92:58+	97:25+	98:40+	99:40+
13:09+	20:39+	20:28+	10:08+	12:31+	09:58+	06:05+	04:27+	01:15+	01:00+
05:34&	12:01@	10:56@	03:38&	05:20&	06:02@	02:54&	02:18@	00:30&	00:27&
7	Ingvill Vold	Fana IL	1:49:15						
13:17+	47:19+	65:16+	73:52+	87:36+	97:52+	102:39+	106:57+	108:12+	109:15+
13:17+	34:02+	17:57+	08:36+	13:44+	10:16+	04:47+	04:18+	01:15+	01:03+
05:42&	25:24@	08:25&	02:06&	06:33&	06:20@	01:36&	02:09&	00:30&	00:30&

Beste strekktid for klassen

07:35 08:38 09:32 05:51 06:54 03:56 03:03 02:09 00:45 00:33

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

H -10

1	Mathias Kjærner-Semb	Varegg Fleridrett	1:07:35					
02:39=	10:58=	23:51=	34:37=	40:10=	57:58=	64:36=	67:02=	67:35=
02:39=	08:19=	12:53=	10:46=	05:33=	17:48=	06:38=	02:26=	00:33=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste strekktid for klassen

02:39 08:19 12:53 10:46 05:33 17:48 06:38 02:26 00:33

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

H 11-12

1	Stian Rykkje	Stord Orientering	29:53					
01:18=	07:04=	11:44=	15:48=	17:34=	25:09=	28:12=	29:24=	29:53=
01:18=	05:46=	04:40=	04:04=	01:46=	07:35=	03:03=	01:12=	00:29=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Kristian Rykkje	Fana IL	30:08					
04:10+	08:52+	13:23+	16:37+	18:37+	25:52+	28:28+	29:43+	30:08+
04:10+	04:42-	04:31-	03:14-	02:00+	07:15-	02:36-	01:15+	00:25-
02:52@	01:04-	00:09-	00:50-	00:14#	00:20-	00:27-	00:03+	00:04-
3	Magnus Njølstad Vonon	Varegg Fleridrett	33:56					
01:45+	06:00-	11:41-	17:21+	20:03+	28:39+	32:07+	33:29+	33:56+
01:45+	04:15-	05:41+	05:40+	02:42+	08:36+	03:28+	01:22+	00:27-
00:27&	01:31-	01:01#	01:36&	00:56&	01:01#	00:25#	00:10#	00:02-
4	Mathias Rosenlund	Fana IL	41:19					
06:06+	10:33+	17:26+	23:15+	26:06+	35:12+	39:28+	40:52+	41:19+
06:06+	04:27-	06:53+	05:49+	02:51+	09:06+	04:16+	01:24+	00:27-
04:48@	01:19-	02:13&	01:45&	01:05&	01:31#	01:13&	00:12#	00:02-
5	Eyvind Kjellevold Malde	IL Gular	42:44					
03:21+	08:43+	17:33+	22:28+	24:57+	35:48+	40:40+	42:14+	42:44+
03:21+	05:22-	08:50+	04:55+	02:29+	10:51+	04:52+	01:34+	00:30+
02:03@	00:24-	04:10&	00:51#	00:43&	03:16&	01:49&	00:22&	00:01+
6	Simen Dymbe	IL Gneist	43:56					
02:49+	10:18+	19:53+	25:03+	27:29+	37:52+	41:29+	43:14+	43:56+
02:49+	07:29+	09:35+	05:10+	02:26+	10:23+	03:37+	01:45+	00:42+
01:31@	01:43&	04:55@	01:06&	00:40&	02:48&	00:34#	00:33&	00:13&

Beste strekktid for klassen

01:18 04:15 04:31 03:14 01:46 07:15 02:36 01:12 00:25

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

H 11-12N

1	Magnus Gjerstad	Osterøy IL	21:55				
01:21=	04:52=	10:08=	14:24=	16:58=	19:37=	21:18=	21:55=
01:21=	03:31=	05:16=	04:16=	02:34=	02:39=	01:41=	00:37=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste strekktid for klassen

01:21 03:31 05:16 04:16 02:34 02:39 01:41 00:37

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

H 13-14

1	Sondre Damm	TIF Viking	42:47						
06:01=	15:26=	23:37=	28:12=	34:00=	36:59=	39:35=	41:28=	42:15=	42:47=
06:01=	09:25=	08:11=	04:35=	05:48=	02:59=	02:36=	01:53=	00:47=	00:32=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Jakob Eikner	Fana IL	43:29						
06:31+	15:39+	22:25-	27:07-	33:37-	37:14+	40:53+	42:28+	43:03+	43:29+
06:31+	09:08-	06:46-	04:42+	06:30+	03:37+	03:39+	01:35-	00:35-	00:26-
00:30+	00:17-	01:25-	00:07+	00:42#	00:38#	01:03&	00:18-	00:12-	00:06-

3	Brage Løver Hovden	Stord Orientering	1:00:14						
08:27+	20:26+	28:26+	38:53+	47:03+	51:16+	56:27+	59:03+	59:41+	60:14+
08:27+	11:59+	08:00-	10:27+	08:10+	04:13+	05:11+	02:36+	00:38-	00:33+
02:26&	02:34&	00:11-	05:52@	02:22&	01:14&	02:35&	00:43&	00:09-	00:01+

4	Markus Kjærner-Semb	Varegg Fleridrett	1:04:00						
08:55+	24:33+	35:05+	44:45+	54:07+	57:50+	60:43+	62:53+	63:34+	64:00+
08:55+	15:38+	10:32+	09:40+	09:22+	03:43+	02:53+	02:10+	00:41-	00:26-
02:54&	06:13&	02:21&	05:05@	03:34&	00:44#	00:17#	00:17#	00:06-	00:06-

5	Björn Sundberg Kvale	IL Gneist	1:21:50						
09:07+	23:01+	48:49+	55:21+	66:28+	71:00+	77:27+	80:20+	81:17+	81:50+
09:07+	13:54+	25:48+	06:32+	11:07+	04:32+	06:27+	02:53+	00:57+	00:33+
03:06&	04:29&	17:37@	01:57&	05:19&	01:33&	03:51@	01:00&	00:10#	00:01+

6	Erik Dymbe	IL Gneist	1:31:23						
16:26+	37:04+	48:49+	56:21+	70:46+	77:27+	87:02+	90:05+	90:56+	91:23+
16:26+	20:38+	11:45+	07:32+	14:25+	06:41+	09:35+	03:03+	00:51+	00:27-
10:25@	11:13@	03:34&	02:57&	08:37@	03:42@	06:59@	01:10&	00:04+	00:05-

Beste strekktid for klassen

06:01 09:08 06:46 04:35 05:48 02:59 02:36 01:35 00:35 00:26

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

H 15-16

1	Vegard Jarvis Westergård	Varegg Fleridrett	40:34							
06:39=	09:56=	17:46=	22:37=	26:53=	33:43=	36:07=	37:48=	39:31=	40:07=	40:34=
06:39=	03:17=	07:50=	04:51=	04:16=	06:50=	02:24=	01:41=	01:43=	00:36=	00:27=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Mads Claussen	Fana IL	42:58							
07:18+	11:23+	19:43+	24:38+	28:47+	35:15+	37:42+	39:40+	41:57+	42:30+	42:58+
07:18+	04:05+	08:20+	04:55+	04:09-	06:28-	02:27+	01:58+	02:17+	00:33-	00:28+
00:39+	00:48#	00:30+	00:04+	00:07-	00:22-	00:03+	00:17#	00:34&	00:03-	00:01+

3	Håkon Rykkje	Stord Orientering	45:06							
07:06+	11:42+	20:00+	26:00+	30:48+	37:36+	40:31+	42:38+	44:15+	44:41+	45:06+
07:06+	04:36+	08:18+	06:00+	04:48+	06:48-	02:55+	02:07+	01:37-	00:26-	00:25-
00:27+	01:19&	00:28+	01:09#	00:32#	00:02-	00:31#	00:26&	00:06-	00:10-	00:02-

Class	Navn	Klasse	Tid							
4	Olav Ekrheim	Fana IL	51:00							
12:16+	17:30+	25:58+	32:07+	36:37+	43:48+	46:35+	48:23+	50:03+	50:35+	51:00+
12:16+	05:14+	08:28+	06:09+	04:30+	07:11+	02:47+	01:48+	01:40-	00:32-	00:25-
05:37&	01:57&	00:38+	01:18&	00:14+	00:21+	00:23#	00:07+	00:03-	00:04-	00:02-
5	Henrik Røen	Samnanger IL	58:35							
09:03+	13:19+	23:42+	29:34+	34:38+	49:24+	53:21+	55:30+	57:26+	58:04+	58:35+
09:03+	04:16+	10:23+	05:52+	05:04+	14:46+	03:57+	02:09+	01:56+	00:38+	00:31+
02:24&	00:59&	02:33&	01:01#	00:48#	07:56@	01:33&	00:28&	00:13#	00:02+	00:04#
6	Ingvar Rafdal	Stord Orientering	1:26:07							
07:28+	24:14+	47:44+	56:56+	64:07+	75:39+	80:10+	82:39+	85:06+	85:41+	86:07+
07:28+	16:46+	23:30+	09:12+	07:11+	11:32+	04:31+	02:29+	02:27+	00:35-	00:26-
00:49#	13:29@	15:40@	04:21&	02:55&	04:42&	02:07&	00:48&	00:44&	00:01-	00:01-
7	Jostein Bergsvåg	Stord Orientering	1:58:17							
24:03+	45:20+	63:09+	80:14+	89:26+	104:19+	110:30+	114:49+	117:08+	117:48+	118:17+
24:03+	21:17+	17:49+	17:05+	09:12+	14:53+	06:11+	04:19+	02:19+	00:40+	00:29+
17:24@	18:00@	09:59@	12:14@	04:56@	08:03@	03:47@	02:38@	00:36&	00:04#	00:02+
Beste strekktid for klassen										
06:39	03:17	07:50	04:51	04:09	06:28	02:24	01:41	01:37	00:26	00:25

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

H 17-18

1	Oskar Røen	Varegg Fleridrett	46:45							
04:55=	11:20=	19:39=	21:36=	26:42=	30:39=	40:15=	42:06=	45:24=	46:23=	46:45=
04:55=	06:25=	08:19=	01:57=	05:06=	03:57=	09:36=	01:51=	03:18=	00:59=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Sindre Østgulen Deisz	Varegg Fleridrett	48:47							
05:22+	11:45+	19:46+	22:22+	27:55+	32:11+	42:09+	43:53+	47:33+	48:23+	48:47+
05:22+	06:23-	08:01-	02:36+	05:33+	04:16+	09:58+	01:44-	03:40+	00:50-	00:24+
00:27+	00:02-	00:18-	00:39&	00:27+	00:19+	00:22+	00:07-	00:22#	00:09-	00:02+
3	Ørjan Rykkje	Fana IL	48:51							
05:14+	12:27+	21:10+	23:48+	29:32+	33:27+	42:17+	44:13+	47:21+	48:27+	48:51+
05:14+	07:13+	08:43+	02:38+	05:44+	03:55-	08:50-	01:56+	03:08-	01:06+	00:24+
00:19+	00:48#	00:24+	00:41&	00:38#	00:02-	00:46-	00:05+	00:10-	00:07#	00:02+
4	Sondre Kongsgård	IL Gneist	1:00:49							
06:24+	14:22+	23:18+	25:50+	31:57+	36:32+	52:30+	54:46+	58:31+	60:27+	60:49+
06:24+	07:58+	08:56+	02:32+	06:07+	04:35+	15:58+	02:16+	03:45+	01:56+	00:22=
01:29&	01:33#	00:37+	00:35&	01:01#	00:38#	06:22&	00:25#	00:27#	00:57&	00:00=
5	Sindre Løver Hovden	Stord Orientering	1:02:48							
07:42+	16:30+	27:24+	29:53+	35:50+	39:49+	53:39+	56:25+	61:15+	62:29+	62:48+
07:42+	08:48+	10:54+	02:29+	05:57+	03:59+	13:50+	02:46+	04:50+	01:14+	00:19-
02:47&	02:23&	02:35&	00:32&	00:51#	00:02+	04:14&	00:55&	01:32&	00:15&	00:03-
6	Per Ola Ottesen	Varegg Fleridrett	1:06:47							
12:28+	20:26+	29:07+	32:08+	39:24+	44:16+	58:38+	61:12+	65:02+	66:17+	66:47+
12:28+	07:58+	08:41+	03:01+	07:16+	04:52+	14:22+	02:34+	03:50+	01:15+	00:30+
07:33@	01:33#	00:22+	01:04&	00:55#	00:55#	04:46&	00:43&	00:32#	00:16&	00:08&
Beste strekktid for klassen										
04:55	06:23	08:01	01:57	05:06	03:55	08:50	01:44	03:08	00:50	00:19

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

H 17C-

1	Johannes Gjerstad	Osterøy IL	1:00:05						
11:41=	17:22=	23:34=	31:48=	43:07=	51:04=	54:58=	58:25=	59:24=	60:05=
11:41=	05:41=	06:12=	08:14=	11:19=	07:57=	03:54=	03:27=	00:59=	00:41=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid
2	Vidar Flesland	IL Gneist	1:18:35
	16:05+ 28:33+ 38:06+ 53:25+ 61:34+ 66:54+ 73:42+ 77:07+ 78:01+ 78:35+		
	16:05+ 12:28+ 09:33+ 15:19+ 08:09- 05:20- 06:48+ 03:25- 00:54- 00:34-		
	04:24& 06:47@ 03:21& 07:05& 03:10- 02:37- 02:54& 00:02- 00:05- 00:07-		
3	Øistein Paulsen	Bergens TF	1:51:55
	09:22- 47:31+ 73:24+ 77:41+ 92:57+ 98:09+ 102:32+ 107:35+ 110:17+ 111:12+ 111:55+		
	09:22- 38:09+ 25:53+ 04:17- 15:16+ 05:12- 04:23+ 05:03+ 02:42+ 00:55+ 00:43+		
	02:19- 32:28@ 19:41@ 03:57- 03:57& 02:45- 00:29# 01:36& 01:43@ 00:14& 00:43+		
Beste strekktid for klassen			
	09:22 05:41 06:12 04:17 08:09 05:12 03:54 03:25 00:54 00:34		

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

H 19-20

1	Råmund Løver Hovden	Stord Orientering	1:22:53
	07:21= 21:12= 33:44= 38:14= 49:49= 61:12= 72:43= 75:21= 81:27= 82:29= 82:53=		
	07:21= 13:51= 12:32= 04:30= 11:35= 11:23= 11:31= 02:38= 06:06= 01:02= 00:24=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

Beste strekktid for klassen

07:21 13:51 12:32 04:30 11:35 11:23 11:31 02:38 06:06 01:02 00:24

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

H 21-

1	Bjarthe Westerheim	Stord IL (Allianseidrettslag)	1:11:06
	06:26= 13:31= 21:37= 23:39= 31:41= 35:28= 43:50= 45:19= 47:45= 54:05= 63:20= 65:49= 69:41= 70:40= 71:06=		
	06:26= 07:05= 08:06= 02:02= 08:02= 03:47= 08:22= 01:29= 02:26= 06:20= 09:15= 02:29= 03:52= 00:59= 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=		

2	Kenneth Westerheim	Stord Orientering	1:13:43
	06:05- 14:41+ 23:26+ 25:57+ 34:16+ 37:45+ 45:52+ 47:24+ 51:05+ 57:15+ 66:25+ 68:42+ 72:21+ 73:19+ 73:43+		
	06:05- 08:36+ 08:45+ 02:31+ 08:19+ 03:29- 08:07- 01:32+ 03:41+ 06:10- 09:10- 02:17- 03:39- 00:58- 00:24-		
	00:21- 01:31# 00:39+ 00:29# 00:17+ 00:18- 00:15- 00:03+ 01:15& 00:10- 00:05- 00:12- 00:13- 00:01- 00:02-		

3	Magne Knudsen	IL Gneist	1:20:10
	06:07- 14:07+ 23:18+ 25:31+ 33:44+ 37:46+ 45:12+ 47:25+ 54:35+ 62:55+ 72:27+ 75:00+ 78:44+ 79:45+ 80:10+		
	06:07- 08:00+ 09:11+ 02:13+ 08:13+ 04:02+ 07:26- 02:13+ 07:10+ 08:20+ 09:32+ 02:33+ 03:44- 01:01+ 00:25-		
	00:19- 00:55# 01:05# 00:11+ 00:11+ 00:15+ 00:56- 00:44& 04:44@ 02:00& 00:17+ 00:04+ 00:08- 00:02+ 00:01-		

4	Espen Roll Karlsen	Fana IL	1:21:26
	08:11+ 18:18+ 27:33+ 32:09+ 40:25+ 43:55+ 52:00+ 53:36+ 58:49+ 65:43+ 74:47+ 77:00+ 80:01+ 81:03+ 81:26+		
	08:11+ 10:07+ 09:15+ 04:36+ 08:16+ 03:30- 08:05- 01:36+ 05:13+ 06:54+ 09:04- 02:13- 03:01- 01:02+ 00:23-		
	01:45& 03:02& 01:09# 02:34@ 00:14+ 00:17- 00:17- 00:07+ 02:47@ 00:34+ 00:11- 00:16- 00:51- 00:03+ 00:03-		

5	Espen Rognsvåg	Fana IL	1:23:10
	07:09+ 16:04+ 25:22+ 27:50+ 37:03+ 41:26+ 50:05+ 51:42+ 55:40+ 65:23+ 75:37+ 78:16+ 81:40+ 82:42+ 83:10+		
	07:09+ 08:55+ 09:18+ 02:28+ 09:13+ 04:23+ 08:39+ 01:37+ 03:58+ 09:43+ 10:14+ 02:39+ 03:24- 01:02+ 00:28+		
	00:43# 01:50& 01:12# 00:26# 01:11# 00:36# 00:17+ 00:08+ 01:32& 03:23& 00:59# 00:10+ 00:28- 00:03+ 00:02+		

6	Espen Kristiansen	Varegg Fleridrett	1:24:26
	07:38+ 17:26+ 26:43+ 29:54+ 37:49+ 46:04+ 54:09+ 59:10+ 61:48+ 68:33+ 77:46+ 79:57+ 83:07+ 84:04+ 84:26+		
	07:38+ 09:48+ 09:17+ 03:11+ 07:55- 08:15+ 08:05- 05:01+ 02:38+ 06:45+ 09:13- 02:11- 03:10- 00:57- 00:22-		
	01:12# 02:43& 01:11# 01:09& 00:07- 04:28@ 00:17- 03:32@ 00:12+ 00:25+ 00:02- 00:18- 00:42- 00:02- 00:04-		

7	Erlend Moster Knudsen	Varegg Fleridrett	1:27:39
	06:57+ 16:12+ 25:08+ 27:58+ 36:22+ 40:20+ 47:39+ 50:11+ 58:23+ 68:55+ 80:03+ 82:33+ 86:15+ 87:13+ 87:39+		
	06:57+ 09:15+ 08:56+ 02:50+ 08:24+ 03:58+ 07:19- 02:32+ 08:12+ 10:32+ 11:08+ 02:30+ 03:42- 00:58- 00:26=		
	00:31+ 02:10& 00:50# 00:48& 00:22+ 00:11+ 01:03- 01:03& 05:46@ 04:12& 01:53# 00:01+ 00:10- 00:01- 00:00=		

8	Stian Solheim	Fana IL	1:44:08
	09:26+ 21:41+ 32:05+ 34:20+ 44:25+ 55:29+ 64:50+ 74:21+ 76:54+ 83:53+ 94:57+ 97:47+ 102:18+ 103:33+ 104:08+		
	09:26+ 12:15+ 10:24+ 02:15+ 10:05+ 11:04+ 09:21+ 09:31+ 02:33+ 06:59+ 11:04+ 02:50+ 04:31+ 01:15+ 00:35+		
	03:00& 05:10& 02:18& 00:13# 02:03& 07:17@ 00:59# 08:02@ 00:07+ 00:39# 01:49# 00:21# 00:39# 00:16& 00:09&		

Class	Navn	Klasse	Tid
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9	Morten Andreas Nome	BSI - Orientering	1:54:45											
08:20+	21:29+	34:23+	38:32+	51:41+	57:07+	67:19+	72:11+	76:51+	87:11+	101:23+	104:51+	112:32+	114:06+	114:45+
08:20+	13:09+	12:54+	04:09+	13:09+	05:26+	10:12+	04:52+	04:40+	10:20+	14:12+	03:28+	07:41+	01:34+	00:39+
01:54&	06:04&	04:48&	02:07@	05:07&	01:39&	01:50#	03:23@	02:14&	04:00&	04:57&	00:59&	03:49&	00:35&	00:13&

Beste strekktid for klassen

06:05 07:05 08:06 02:02 07:55 03:29 07:19 01:29 02:26 06:10 09:04 02:11 03:01 00:57 00:22

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

H 21K-

1	Stig Helge Westerheik	Stord Orientering	1:17:21							
09:41=	20:50=	32:37=	36:02=	50:31=	55:38=	68:25=	71:28=	75:49=	76:50=	77:21=
09:41=	11:09=	11:47=	03:25=	14:29=	05:07=	12:47=	03:03=	04:21=	01:01=	00:31=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Mads Lundeland	BSI - Orientering	2:15:40							
18:33+	38:43+	70:40+	75:45+	90:15+	99:02+	116:04+	120:28+	133:04+	134:46+	135:40+
18:33+	20:10+	31:57+	05:05+	14:30+	08:47+	17:02+	04:24+	12:36+	01:42+	00:54+
08:52&	09:01&	20:10@	01:40&	00:01+	03:40&	04:15&	01:21&	08:15@	00:41&	00:23&

3	Henning Lohne	BSI - Orientering	2:28:40							
29:01+	47:52+	69:35+	78:15+	94:50+	105:27+	130:31+	135:59+	146:28+	148:05+	148:40+
29:01+	18:51+	21:43+	08:40+	16:35+	10:37+	25:04+	05:28+	10:29+	01:37+	00:35+
19:20@	07:42&	09:56&	05:15@	02:06#	05:30@	12:17&	02:25&	06:08@	00:36&	00:04#

Beste strekktid for klassen

09:41 11:09 11:47 03:25 14:29 05:07 12:47 03:03 04:21 01:01 00:31

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

H 35K-

1	Petter Oen-Sivertsen	TIF Viking	1:30:57								
09:37=	17:40=	41:40=	43:30=	52:10=	64:35=	74:37=	81:59=	87:12=	89:41=	90:27=	90:57=
09:37=	08:03=	24:00=	01:50=	08:40=	12:25=	10:02=	07:22=	05:13=	02:29=	00:46=	00:30=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste strekktid for klassen

09:37 08:03 24:00 01:50 08:40 12:25 10:02 07:22 05:13 02:29 00:46 00:30

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

H 40-

1	Per Arne Aadland	Samnanger IL	46:22							
05:03=	11:24=	18:59=	21:16=	26:51=	30:55=	39:29=	41:32=	44:57=	45:55=	46:22=
05:03=	06:21=	07:35=	02:17=	05:35=	04:04=	08:34=	02:03=	03:25=	00:58=	00:27=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Tom Eirik Eikanger	IL Gular	48:22							
05:20+	12:33+	20:12+	22:05+	27:39+	31:26+	40:06+	43:02+	46:57+	47:55+	48:22+
05:20+	07:13+	07:39+	01:53-	05:34-	03:47-	08:40+	02:56+	03:55+	00:58=	00:27=
00:17+	00:52#	00:04+	00:24-	00:01-	00:17-	00:06+	00:53&	00:30#	00:00=	00:00=

3	Bjørn Hølleland	Fana IL	48:29							
04:47-	11:18-	19:06+	20:44-	26:13-	32:11+	41:12+	43:00+	47:10+	48:04+	48:29+
04:47-	06:31+	07:48+	01:38-	05:29-	05:58+	09:01+	01:48-	04:10+	00:54-	00:25-
00:16-	00:10+	00:13+	00:39-	00:06-	01:54&	00:27+	00:15-	00:45#	00:04-	00:02-

4	Ronny Rykkje	Fana IL	49:11							
05:38+	12:49+	21:08+	23:57+	29:22+	33:04+	42:27+	44:27+	47:48+	48:47+	49:11+
05:38+	07:11+	08:19+	02:49+	05:25-	03:42-	09:23+	02:00-	03:21-	00:59+	00:24-
00:35#	00:50#	00:44+	00:32#	00:10-	00:22-	00:49+	00:03-	00:04-	00:01+	00:03-

Class	Navn	Klasse	Tid
5	Sigurd Eikner	Fana IL	51:10
05:57+	12:59+ 21:00+ 23:24+ 29:37+ 34:01+	43:25+ 46:01+ 49:44+ 50:45+ 51:10+	
05:57+	07:02+ 08:01+ 02:24+ 06:13+	04:24+ 09:24+ 02:36+ 03:43+ 01:01+	00:25-
00:54#	00:41# 00:26+ 00:07+ 00:38#	00:20+ 00:50+ 00:33& 00:18+ 00:03+	00:02-
6	Sveinung Rykkje	Stord Orientering	51:36
06:42+	13:15+ 21:56+ 24:22+ 29:34+ 33:38+	43:10+ 45:25+ 50:10+ 51:11+ 51:36+	
06:42+	06:33+ 08:41+ 02:26+ 05:12-	04:04= 09:32+ 02:15+ 04:45+ 01:01+	00:25-
01:39&	00:12+ 01:06# 00:09+ 00:23-	00:00= 00:58# 00:12+ 01:20& 00:03+	00:02-
7	Øistein Strømme	IL Gular	53:02
05:21+	12:33+ 20:25+ 22:37+ 28:41+ 33:01+	43:24+ 45:33+ 51:22+ 52:32+ 53:02+	
05:21+	07:12+ 07:52+ 02:12- 06:04+ 04:20+	10:23+ 02:09+ 05:49+ 01:10+ 00:30+	
00:18+	00:51# 00:17+ 00:05-	00:29+ 00:16+ 01:49# 00:06+ 02:24& 00:12#	00:03#
8	Harald Valen	Varegg Fleridrett	55:48
05:54+	14:04+ 22:29+ 25:47+ 32:18+ 37:28+	47:36+ 49:46+ 54:12+ 55:17+ 55:48+	
05:54+	08:10+ 08:25+ 03:18+ 06:31+ 05:10+	10:08+ 02:10+ 04:26+ 01:05+ 00:31+	
00:51#	01:49& 00:50# 01:01& 00:56# 01:06&	01:34# 00:07+ 01:01& 00:07# 00:04#	
9	Tore Juvik	IL Gular	56:21
06:01+	13:47+ 22:14+ 24:07+ 30:42+ 36:00+	46:38+ 48:51+ 54:53+ 55:59+ 56:21+	
06:01+	07:46+ 08:27+ 01:53- 06:35+ 05:18+	10:38+ 02:13+ 06:02+ 01:06+ 00:22-	
00:58#	01:25# 00:52# 00:24- 01:00# 01:14&	02:04# 00:10+ 02:37& 00:08# 00:05-	
10	Sverre Ottesen	Varegg Fleridrett	1:00:43
06:06+	14:20+ 24:38+ 27:31+ 34:21+ 40:12+	52:18+ 54:56+ 59:02+ 60:14+ 60:43+	
06:06+	08:14+ 10:18+ 02:53+ 06:50+ 05:51+	12:06+ 02:38+ 04:06+ 01:12+ 00:29+	
01:03#	01:53& 02:43& 00:36& 01:15# 01:47&	03:32& 00:35& 00:41# 00:14# 00:02+	
11	Sverre Johan Nærheim	IL Gular	1:02:31
06:42+	16:37+ 26:12+ 28:51+ 37:09+ 41:48+	54:47+ 57:10+ 60:58+ 62:05+ 62:31+	
06:42+	09:55+ 09:35+ 02:39+ 08:18+ 04:39+	12:59+ 02:23+ 03:48+ 01:07+ 00:26-	
01:39&	03:34& 02:00& 00:22# 02:43& 00:35#	04:25& 00:20# 00:23# 00:09# 00:01-	
12	Jan Petter Hansen	IL Gular	1:02:51
06:55+	15:53+ 25:48+ 29:39+ 36:20+ 42:28+	54:06+ 56:42+ 61:05+ 62:20+ 62:51+	
06:55+	08:58+ 09:55+ 03:51+ 06:41+ 06:08+	11:38+ 02:36+ 04:23+ 01:15+ 00:31+	
01:52&	02:37& 02:20& 01:34& 01:06# 02:04&	03:04& 00:33& 00:58& 00:17& 00:04#	
13	Jan Kjærner-Semb	Varegg Fleridrett	1:05:24
08:02+	15:12+ 27:41+ 31:46+ 37:32+ 42:37+	56:05+ 59:20+ 63:53+ 64:59+ 65:24+	
08:02+	07:10+ 12:29+ 04:05+ 05:46+ 05:05+	13:28+ 03:15+ 04:33+ 01:06+ 00:25-	
02:59&	00:49# 04:54& 01:48& 00:11+ 01:01#	04:54& 01:12& 01:08& 00:08# 00:02-	
14	Ketil Malde	IL Gular	1:09:38
07:14+	16:09+ 28:04+ 31:53+ 40:07+ 47:08+	59:48+ 62:34+ 67:38+ 69:04+ 69:38+	
07:14+	08:55+ 11:55+ 03:49+ 08:14+ 07:01+	12:40+ 02:46+ 05:04+ 01:26+ 00:34+	
02:11&	02:34& 04:20& 01:32& 02:39& 02:57&	04:06& 00:43& 01:39& 00:28& 00:07&	
15	Roald Laurantsen	IL Gneist	1:09:49
07:04+	16:38+ 29:16+ 31:53+ 39:01+ 45:43+	57:44+ 60:22+ 68:08+ 69:23+ 69:49+	
07:04+	09:34+ 12:38+ 02:37+ 07:08+ 06:42+	12:01+ 02:38+ 07:46+ 01:15+ 00:26-	
02:01&	03:13& 05:03& 00:20# 01:33& 02:38&	03:27& 00:35& 04:21@ 00:17& 00:01-	
16	Harald Hatland	Voss IL	1:10:29
07:52+	16:51+ 28:15+ 30:42+ 38:55+ 44:21+	60:11+ 62:55+ 68:30+ 69:52+ 70:29+	
07:52+	08:59+ 11:24+ 02:27+ 08:13+ 05:26+	15:50+ 02:44+ 05:35+ 01:22+ 00:37+	
02:49&	02:38& 03:49& 00:10+ 02:38& 01:22&	07:16& 00:41& 02:10& 00:24& 00:10&	
17	Kjetil Damm	TIF Viking	1:16:01
11:33+	23:45+ 37:29+ 40:35+ 48:30+ 54:37+	66:27+ 69:12+ 74:10+ 75:37+ 76:01+	
11:33+	12:12+ 13:44+ 03:06+ 07:55+ 06:07+	11:50+ 02:45+ 04:58+ 01:27+ 00:24-	
06:30@	05:51& 06:09& 00:49& 02:20& 02:03&	03:16& 00:42& 01:33& 00:29& 00:03-	
18	Ole Tørnqvist	Fana IL	1:17:54
13:31+	23:13+ 37:23+ 40:53+ 49:16+ 54:20+	68:26+ 71:03+ 75:47+ 77:11+ 77:54+	
13:31+	09:42+ 14:10+ 03:30+ 08:23+ 05:04+	14:06+ 02:37+ 04:44+ 01:24+ 00:43+	
08:28@	03:21& 06:35& 01:13& 02:48& 01:00#	05:32& 00:34& 01:19& 00:26& 00:16&	
19	Atle Toft Almeland	Fana IL	1:26:36
07:15+	29:41+ 40:03+ 43:13+ 51:43+ 60:22+	77:02+ 79:42+ 84:33+ 85:58+ 86:36+	
07:15+	22:26+ 10:22+ 03:10+ 08:30+ 08:39+	16:40+ 02:40+ 04:51+ 01:25+ 00:38+	
02:12&	16:05@ 02:47& 00:53& 02:55& 04:35@	08:06& 00:37& 01:26& 00:27& 00:11&	

Class	Navn	Klasse	Tid
20	Lars Fjellanger	Fana IL	1:45:17
	11:21+ 25:18+ 41:48+ 50:02+ 58:52+ 66:14+ 84:57+ 95:05+ 103:31+ 104:49+ 105:17+		
	11:21+ 13:57+ 16:30+ 08:14+ 08:50+ 07:22+ 18:43+ 10:08+ 08:26+ 01:18+ 00:28+		
	06:18@ 07:36@ 08:55@ 05:57@ 03:15& 03:18& 10:09@ 08:05@ 05:01@ 00:20& 00:01+		
Beste strekktid for klassen			
	04:47 06:21 07:35 01:38 05:12 03:42 08:34 01:48 03:21 00:54 00:22		
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.			
H 50-			
1	Arild Røen	Samnanger IL	47:59
	07:59= 12:26= 21:49= 26:37= 31:09= 39:41= 42:56= 45:03= 46:56= 47:32= 47:59=		
	07:59= 04:27= 09:23= 04:48= 04:32= 08:32= 03:15= 02:07= 01:53= 00:36= 00:27=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Arne Johannesen	IL Gular	48:18
	06:35- 09:58- 18:03- 25:34- 30:05- 40:11+ 42:54- 45:04+ 47:12+ 47:48+ 48:18+		
	06:35- 03:23- 08:05- 07:31+ 04:31- 10:06+ 02:43- 02:10+ 02:08+ 00:36= 00:30+		
	01:24- 01:04- 01:18- 02:43& 00:01- 01:34# 00:32- 00:03+ 00:15# 00:00= 00:03#		
3	Ove Drange	Askøy OL	51:47
	08:26+ 12:38+ 23:03+ 29:34+ 34:42+ 43:12+ 46:07+ 48:36+ 50:35+ 51:16+ 51:47+		
	08:26+ 04:12- 10:25+ 06:31+ 05:08+ 08:30- 02:55- 02:29+ 01:59+ 00:41+ 00:31+		
	00:27+ 00:15- 01:02# 01:43& 00:36# 00:02- 00:20- 00:22# 00:06+ 00:05# 00:04#		
4	Jon Magne Bratseth	Stord Orientering	53:17
	07:52- 13:50+ 23:19+ 29:03+ 34:00+ 44:24+ 47:15+ 50:09+ 52:11+ 52:48+ 53:17+		
	07:52- 05:58+ 09:29+ 05:44+ 04:57+ 10:24+ 02:51- 02:54+ 02:02+ 00:37+ 00:29+		
	00:07- 01:31& 00:06+ 00:56# 00:25+ 01:52# 00:24- 00:47& 00:09+ 00:01+ 00:02+		
5	Svein Linga	IL Gular	53:39
	07:59= 12:26= 24:29+ 30:33+ 35:49+ 44:18+ 47:16+ 50:01+ 52:16+ 53:02+ 53:39+		
	07:59= 04:27= 12:03+ 06:04+ 05:16+ 08:29- 02:58- 02:45+ 02:15+ 00:46+ 00:37+		
	00:00= 00:00= 02:40& 01:16& 00:44# 00:03- 00:17- 00:38& 00:22# 00:10& 00:10&		
6	Ole-Håkon Sælen	Samnanger IL	55:59
	09:51+ 15:04+ 27:53+ 34:43+ 39:09+ 47:13+ 50:36+ 52:34+ 55:02+ 55:33+ 55:59+		
	09:51+ 05:13+ 12:49+ 06:50+ 04:26- 08:04- 03:23+ 01:58- 02:28+ 00:31- 00:26-		
	01:52# 00:46# 03:26& 02:02& 00:06- 00:28- 00:08+ 00:09- 00:35& 00:05- 00:01-		
7	Leif Hovden	Halsnøy OL	56:07
	08:08+ 12:55+ 23:09+ 33:10+ 37:48+ 47:16+ 50:18+ 52:43+ 54:57+ 55:37+ 56:07+		
	08:08+ 04:47+ 10:14+ 10:01+ 04:38+ 09:28+ 03:02- 02:25+ 02:14+ 00:40+ 00:30+		
	00:09+ 00:20+ 00:51+ 05:13@ 00:06+ 00:56# 00:13- 00:18# 00:21# 00:04# 00:03#		
8	Jan Haugland	Årstad IL	56:41
	08:41+ 13:13+ 24:05+ 30:47+ 36:55+ 45:56+ 49:29+ 52:25+ 55:02+ 55:59+ 56:41+		
	08:41+ 04:32+ 10:52+ 06:42+ 06:08+ 09:01+ 03:33+ 02:56+ 02:37+ 00:57+ 00:42+		
	00:42+ 00:05+ 01:29# 01:54& 01:36& 00:29+ 00:18+ 00:49& 00:44& 00:21& 00:15&		
9	Torgeir Strand	Fana IL	56:52
	08:57+ 13:55+ 25:57+ 33:23+ 39:05+ 47:58+ 51:06+ 53:36+ 55:35+ 56:20+ 56:52+		
	08:57+ 04:58+ 12:02+ 07:26+ 05:42+ 08:53+ 03:08- 02:30+ 01:59+ 00:45+ 00:32+		
	00:58# 00:31# 02:39& 02:38& 01:10& 00:21+ 00:07- 00:23# 00:06+ 00:09# 00:05#		
10	Jarle Halland	Stord Orientering	59:27
	07:35- 12:00- 25:38+ 34:14+ 39:47+ 50:38+ 53:33+ 56:14+ 58:15+ 58:55+ 59:27+		
	07:35- 04:25- 13:38+ 08:36+ 05:33+ 10:51+ 02:55- 02:41+ 02:01+ 00:40+ 00:32+		
	00:24- 00:02- 04:15& 03:48& 01:01# 02:19& 00:20- 00:34& 00:08+ 00:04# 00:05#		
11	Bjørn-Inge Skage	IL Gneist	1:00:23
	08:33+ 13:42+ 26:21+ 34:02+ 40:34+ 49:44+ 53:34+ 56:35+ 58:56+ 59:42+ 60:23+		
	08:33+ 05:09+ 12:39+ 07:41+ 06:32+ 09:10+ 03:50+ 03:01+ 02:21+ 00:46+ 00:41+		
	00:34+ 00:42# 03:16& 02:53& 02:00& 00:38+ 00:35# 00:54& 00:28# 00:10& 00:14&		
12	Ørjan Eirik Valestrand	Fana IL	1:04:11
	09:48+ 14:14+ 28:20+ 36:13+ 42:45+ 53:18+ 57:19+ 60:14+ 62:37+ 63:29+ 64:11+		
	09:48+ 04:26- 14:06+ 07:53+ 06:32+ 10:33+ 04:01+ 02:55+ 02:23+ 00:52+ 00:42+		
	01:49# 00:01- 04:43& 03:05& 02:00& 02:01# 00:46# 00:48& 00:30& 00:16& 00:15&		

Class	Navn	Klasse	Tid
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13	Bernt Heggøy	Voss IL	1:07:20							
10:36+	18:27+	32:36+	39:54+	46:19+	55:26+	59:07+	64:14+	66:09+	66:48+	67:20+
10:36+	07:51+	14:09+	07:18+	06:25+	09:07+	03:41+	05:07+	01:55+	00:39+	00:32+
02:37&	03:24&	04:46&	02:30&	01:53&	00:35+	00:26#	03:00@	00:02+	00:03+	00:05#

Beste strekktid for klassen
 06:35 03:23 08:05 04:48 04:26 08:04 02:43 01:58 01:53 00:31 00:26

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

H 60-

1	Atle Bergseth	Kvernbit IL	50:11								
07:51=	15:46=	22:35=	25:17=	30:29=	36:01=	41:01=	44:10=	46:59=	49:01=	49:39=	50:11=
07:51=	07:55=	06:49=	02:42=	05:12=	05:32=	05:00=	03:09=	02:49=	02:02=	00:38=	00:32=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Sigvald Robberstad	Halsnøy OL	57:05								
08:31+	16:48+	24:22+	26:18+	32:33+	38:12+	46:37+	50:40+	53:28+	55:46+	56:31+	57:05+
08:31+	08:17+	07:34+	01:56-	06:15+	05:39+	08:25+	04:03+	02:48-	02:18+	00:45+	00:34+
00:40+	00:22+	00:45#	00:46-	01:03#	00:07+	03:25&	00:54&	00:01-	00:16#	00:07#	00:02+

3	Jan Harald Helmich Pedersen	TIF Viking	59:07								
09:10+	16:21+	25:38+	27:46+	33:49+	39:40+	49:11+	52:42+	55:52+	57:53+	58:38+	59:07+
09:10+	07:11-	09:17+	02:08-	06:03+	05:51+	09:31+	03:31+	03:10+	02:01-	00:45+	00:29-
01:19#	00:44-	02:28&	00:34-	00:51#	00:19+	04:31&	00:22#	00:21#	00:01-	00:07#	00:03-

4	Gunnar J. Alsaker	Årstad IL	59:12								
08:24+	14:41-	24:18+	26:23+	33:10+	40:04+	46:16+	50:45+	54:39+	57:20+	58:25+	59:12+
08:24+	06:17-	09:37+	02:05-	06:47+	06:54+	06:12+	04:29+	03:54+	02:41+	01:05+	00:47+
00:33+	01:38-	02:48&	00:37-	01:35&	01:22#	01:12#	01:20&	01:05&	00:39&	00:27&	00:15&

5	Steinar Slettemark	Stord Orientering	1:01:26								
10:47+	17:30+	26:09+	28:16+	35:57+	42:57+	49:13+	52:43+	56:38+	59:34+	60:38+	61:26+
10:47+	06:43-	08:39+	02:07-	07:41+	07:00+	06:16+	03:30+	03:55+	02:56+	01:04+	00:48+
02:56&	01:12-	01:50&	00:35-	02:29&	01:28&	01:16&	00:21#	01:06&	00:54&	00:26&	00:16&

6	Per Vold	Fana IL	1:01:38								
10:46+	17:39+	30:03+	32:21+	38:58+	46:05+	51:19+	55:13+	58:02+	60:14+	61:03+	61:38+
10:46+	06:53-	12:24+	02:18-	06:37+	07:07+	05:14+	03:54+	02:49=	02:12+	00:49+	00:35+
02:55&	01:02-	05:35&	00:24-	01:25&	01:35&	00:14+	00:45#	00:00=	00:10+	00:11&	00:03+

7	Dagfinn Hole	Bergens TF	1:04:54								
15:58+	22:36+	32:49+	35:10+	41:28+	48:25+	55:07+	58:20+	61:43+	63:45+	64:22+	64:54+
15:58+	06:38-	10:13+	02:21-	06:18+	06:57+	06:42+	03:13+	03:23+	02:02=	00:37-	00:32=
08:07@	01:17-	03:24&	00:21-	01:06#	01:25&	01:42&	00:04+	00:34#	00:00=	00:01-	00:00=

8	Jan Olav Ormberg	Fana IL	1:17:46								
10:17+	19:25+	32:40+	35:39+	43:57+	51:46+	61:58+	67:23+	72:39+	75:55+	77:00+	77:46+
10:17+	09:08+	13:15+	02:59+	08:18+	07:49+	10:12+	05:25+	05:16+	03:16+	01:05+	00:46+
02:26&	01:13#	06:26&	00:17#	03:06&	02:17&	05:12@	02:16&	02:27&	01:14&	00:27&	00:14&

9	Anders Bjørkaas	Askvoll og Holmedal IL	1:18:39								
08:34+	14:49-	24:22+	26:47+	33:42+	40:24+	62:06+	66:41+	71:57+	75:58+	77:28+	78:39+
08:34+	06:15-	09:33+	02:25-	06:55+	06:42+	21:42+	04:35+	05:16+	04:01+	01:30+	01:11+
00:43+	01:40-	02:44&	00:17-	01:43&	01:10#	16:42@	01:26&	02:27&	01:59&	00:52@	00:39@

Beste strekktid for klassen
 07:51 06:15 06:49 01:56 05:12 05:32 05:00 03:09 02:48 02:01 00:37 00:29

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

H 70-

1	Per Vikane	Fana IL	51:58						
07:11=	17:50=	27:50=	32:56=	41:58=	45:18=	48:26=	50:37=	51:22=	51:58=
07:11=	10:39=	10:00=	05:06=	09:02=	03:20=	03:08=	02:11=	00:45=	00:36=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Class	Navn	Klasse	Tid
2	Ingolf Dybvik	IL Solid	53:03
	07:40+ 18:09+ 28:31+ 34:03+ 41:31- 45:26+ 48:52+ 51:32+ 52:25+ 53:03+		
	07:40+ 10:29- 10:22+ 05:32+ 07:28- 03:55+ 03:26+ 02:40+ 00:53+ 00:38+		
	00:29+ 00:10- 00:22+ 00:26+ 01:34- 00:35# 00:18+ 00:29# 00:08# 00:02+		

Beste strekktid for klassen

07:11 10:29 10:00 05:06 07:28 03:20 03:08 02:11 00:45 00:36

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

N-OPEN

1	Marie Aadland	Samnanger IL	23:36
	02:35= 05:28= 10:48= 14:37= 15:43= 21:10= 22:57= 23:36=		
	02:35= 02:53= 05:20= 03:49= 01:06= 05:27= 01:47= 00:39=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

2	Eirunn Husby Nordstad	Varegg Fleridrett	27:15
	02:35= 07:59+ 13:38+ 18:39+ 20:15+ 23:54+ 26:34+ 27:15+		
	02:35= 05:24+ 05:39+ 05:01+ 01:36+ 03:39- 02:40+ 00:41+		
	00:00= 02:31& 00:19+ 01:12& 00:30& 01:48- 00:53& 00:02+		

3	Marie Roll-Tørnqvist	Fana IL	32:13
	02:42+ 07:11+ 14:31+ 22:00+ 23:58+ 28:35+ 31:28+ 32:13+		
	02:42+ 04:29+ 07:20+ 07:29+ 01:58+ 04:37- 02:53+ 00:45+		
	00:07+ 01:36& 02:00& 03:40& 00:52& 00:50- 01:06& 00:06#		

4	Mari Strømme Lid	TIF Viking	35:47
	03:29+ 11:12+ 16:58+ 23:36+ 26:14+ 32:08+ 35:08+ 35:47+		
	03:29+ 07:43+ 05:46+ 06:38+ 02:38+ 05:54+ 03:00+ 00:39=		
	00:54& 04:50@ 00:26+ 02:49& 01:32@ 00:27+ 01:13& 00:00=		

5	Marie Oen-Sivertsen	TIF Viking	35:48
	03:33+ 11:27+ 17:03+ 23:42+ 26:13+ 32:08+ 35:09+ 35:48+		
	03:33+ 07:54+ 05:36+ 06:39+ 02:31+ 05:55+ 03:01+ 00:39=		
	00:58& 05:01@ 00:16+ 02:50& 01:25@ 00:28+ 01:14& 00:00=		

6	Oda Kjellevoid Malde	IL Gular	40:52
	03:02+ 11:17+ 22:11+ 29:39+ 32:42+ 38:10+ 40:03+ 40:52+		
	03:02+ 08:15+ 10:54+ 07:28+ 03:03+ 05:28+ 01:53+ 00:49+		
	00:27# 05:22@ 05:34@ 03:39& 01:57@ 00:01+ 00:06+ 00:10&		

7	Brage Bell Lysaker	Fana IL	42:20
	06:07+ 11:29+ 18:08+ 26:34+ 29:51+ 36:53+ 41:29+ 42:20+		
	06:07+ 05:22+ 06:39+ 08:26+ 03:17+ 07:02+ 04:36+ 00:51+		
	03:32@ 02:29& 01:19# 04:37@ 02:11@ 01:35& 02:49@ 00:12&		

8	Birk Bell Lysaker	Fana IL	42:25
	06:19+ 11:18+ 18:35+ 26:37+ 30:09+ 36:52+ 41:41+ 42:25+		
	06:19+ 04:59+ 07:17+ 08:02+ 03:32+ 06:43+ 04:49+ 00:44+		
	03:44@ 02:06& 01:57& 04:13@ 02:26@ 01:16# 03:02@ 00:05#		

9	Jørgen Oen-Sivertsen	TIF Viking	46:58
	04:21+ 11:41+ 22:41+ 30:28+ 32:42+ 39:32+ 45:59+ 46:58+		
	04:21+ 07:20+ 11:00+ 07:47+ 02:14+ 06:50+ 06:27+ 00:59+		
	01:46& 04:27@ 05:40@ 03:58@ 01:08@ 01:23& 04:40@ 00:20&		

Beste strekktid for klassen

02:35 02:53 05:20 03:49 01:06 03:39 01:47 00:39

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