

Plass Navn

Klasse

Tid

B åpen

1	Marcel Niederhauser	Askøy OL	16:06
00:27=	03:06=	04:54=	08:23=
00:27=	02:39=	01:48=	03:29=
00:00=	00:00=	00:00=	00:00=
2	Ketil Nummedal	Fana IL	18:57
00:42+	04:23+	07:25+	10:56+
00:42+	03:41+	03:02+	03:31+
00:15&	01:02&	01:14&	00:02+
3	Anne Westergård	Varegg Fleridrett	22:49
00:44+	05:25+	07:29+	11:30+
00:44+	04:41+	02:04+	04:01+
00:17&	02:02&	00:16#	00:32#
4	Charlotte Williksen Høiland	Varegg Fleridrett	23:45
00:29+	04:16+	11:39+	14:53+
00:29+	03:47+	07:23+	03:14-
00:02+	01:08&	05:35@	00:15-
5	Marie Dymbe	Gneist, IL	24:01
00:39+	05:04+	07:49+	13:31+
00:39+	04:25+	02:45+	05:42+
00:12&	01:46&	00:57&	02:13&
6	Karen Clementsen Kayser	Fana IL	24:20
00:37+	05:33+	08:00+	13:44+
00:37+	04:56+	02:27+	05:44+
00:10&	02:17&	00:39&	02:15&
7	Odin Linga	IL Gular	25:49
00:30+	03:03-	04:48-	07:49-
00:30+	02:33-	01:45-	03:01-
00:03#	00:06-	00:03-	00:28-
8	Ragnar Kayser	Fana IL	25:53
00:38+	04:44+	09:09+	13:24+
00:38+	04:06+	04:25+	04:15+
00:11&	01:27&	02:37@	00:46#
9	Inger Bjerga	Varegg Fleridrett	26:50
00:41+	04:55+	07:16+	11:03+
00:41+	04:14+	02:21+	03:47+
00:14&	01:35&	00:33&	00:18+
10	Sindre Ekrheim	Bergens TF	27:47
00:33+	10:19+	12:32+	16:35+
00:33+	09:46+	02:13+	04:03+
00:06#	07:07@	00:25#	00:34#
11	Geir Rognsvåg	Os Orienteringsklubb	31:11
00:55+	06:41+	09:41+	15:19+
00:55+	05:46+	03:00+	05:38+
00:28@	03:07@	01:12&	02:09&

Beste strekktid for klassen

00:27 02:33 01:45 03:01 02:35 01:05 01:16 00:47 00:33 00:30 00:18

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

D/H-10

4	Hedda Erica Eikanger	Gneist, IL	17:16
00:46+	03:09+	03:50+	05:38+
00:46+	02:23+	00:41+	01:48+
00:46+	02:23+	00:41+	01:48+

Class	Navn	Klasse	Tid
104	Helene Nysæter	Bergens TF	35:16
01:03+	03:48+	04:37+	07:12+
16:49+	23:00+	26:58+	30:54+
32:43+	33:48+	34:44+	35:16+
01:03+	02:45+	00:49+	02:35+
09:37+	06:11+	03:58+	03:56+
01:49+	01:05+	00:56+	00:32+
01:03+	02:45+	00:49+	02:35+
09:37+	06:11+	03:58+	03:56+
01:49+	01:05+	00:56+	00:32+

Beste strekktid for klassen

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

D/H11-12N

1	Andreas Kragseth	IL Gular	11:38
00:32=	02:09=	02:59=	05:15=
06:11=	08:06=	09:17=	10:21=
11:14=	11:38=	00:32=	01:37=
00:50=	02:16=	00:56=	01:55=
01:11=	01:04=	00:53=	00:24=
00:00=	00:00=	00:00=	00:00=

2	Olve Hekland	IL Gular	13:32
00:46+	03:29+	04:21+	05:41+
06:51+	09:20+	11:02+	12:00+
12:52+	13:32+	00:46+	02:43+
00:52+	01:20-	01:10+	02:29+
01:42+	00:58-	00:52-	00:40+
00:14&	01:06&	00:02+	00:56-
00:14#	00:34&	00:31&	00:06-
00:01-	00:16&		

3	Mathias Skauge	IL Gular	32:06
02:09+	08:16+	10:18+	14:55+
17:54+	23:17+	26:33+	29:36+
31:26+	32:06+	02:09+	06:07+
02:02+	04:37+	02:59+	05:23+
03:16+	03:03+	01:50+	00:40+
01:37@	04:30@	01:12@	02:21@
02:03@	03:28@	02:05@	01:59@
00:57@	00:16&		

Beste strekktid for klassen

00:32 01:37 00:50 01:20 00:56 01:55 01:11 00:58 00:52 00:24

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

D/H13-16C

1	Erik Bohne	Varegg Fleridrett	12:36
00:28=	01:42=	02:19=	03:52=
05:36=	06:47=	08:34=	10:11=
11:08=	11:42=	12:14=	12:36=
00:28=	01:14=	00:37=	01:33=
01:44=	01:11=	01:47=	01:37=
00:57=	00:34=	00:32=	00:22=
00:00=	00:00=	00:00=	00:00=

2	Ragnhild Bohne	Varegg Fleridrett	12:48
00:35+	01:52+	02:26+	04:00+
05:48+	07:00+	08:38+	10:16+
11:13+	11:48+	12:22+	12:48+
00:35+	01:17+	00:34-	01:34+
01:48+	01:12+	01:38-	01:38+
00:57=	00:35+	00:34+	00:26+
00:07#	00:03+	00:03-	00:01+
00:04+	00:01+	00:09-	00:01+
00:00=	00:01+	00:02+	00:04#

3	Tage Rosenlund	Varegg Fleridrett	15:26
00:40+	02:00+	02:42+	04:20+
06:21+	07:29+	10:18+	12:41+
13:49+	14:30+	15:00+	15:26+
00:40+	01:20+	00:42+	01:38+
02:01+	01:08-	02:49+	02:23+
01:08+	00:41+	00:30-	00:26+
00:12&	00:06+	00:05#	00:05+
00:17#	00:03-	01:02&	00:46&
00:11#	00:07#	00:02-	00:04#

4	Oskar Storedale	Varegg Fleridrett	15:29
00:37+	01:58+	02:40+	04:18+
06:20+	07:35+	10:12+	12:39+
13:48+	14:26+	15:03+	15:29+
00:37+	01:21+	00:42+	01:38+
02:02+	01:15+	02:37+	02:27+
01:09+	00:38+	00:37+	00:26+
00:09&	00:07+	00:05#	00:05+
00:18#	00:04+	00:50&	00:50&
00:12#	00:04#	00:05#	00:04#

5	Magnus Lehmann	Varegg Fleridrett	16:40
00:37+	02:34+	03:14+	05:09+
07:26+	08:45+	11:05+	13:12+
14:33+	15:35+	16:21+	16:40+
00:37+	01:57+	00:40+	01:55+
02:17+	01:19+	02:20+	02:07+
01:21+	01:02+	00:46+	00:19-
00:09&	00:43&	00:03+	00:22#
00:33&	00:08#	00:33&	00:30&
00:24&	00:28&	00:14&	00:03-

6	Matias Døsen Pontoppidan	Os Orienteringsklubb	16:41
00:36+	02:16+	02:57+	04:57+
06:54+	08:18+	10:49+	13:25+
14:27+	15:28+	16:14+	16:41+
00:36+	01:40+	00:41+	02:00+
01:57+	01:24+	02:31+	02:36+
01:02+	01:01+	00:46+	00:27+
00:08&	00:26&	00:04#	00:27&
00:13#	00:13#	00:44&	00:59&
00:05+	00:27&	00:14&	00:05#

7	Sofie Boga Asphaug	Gneist, IL	17:35
00:31+	02:59+	03:37+	05:57+
08:33+	10:23+	12:26+	14:18+
15:29+	16:36+	17:14+	17:35+
00:31+	02:28+	00:38+	02:20+
02:36+	01:50+	02:03+	01:52+
01:11+	01:07+	00:38+	00:21-
00:03#	01:14&	00:01+	00:47&
00:52&	00:39&	00:16#	00:15#
00:14#	00:33&	00:06#	00:01-

Class	Navn	Klasse	Tid								
8	Eirik Bjerke Otterå	TIF Viking	20:11								
00:30+	01:49+	02:29+	03:59+	05:37+	06:46-	14:49+	17:58+	18:51+	19:21+	19:51+	20:11+
00:30+	01:19+	00:40+	01:30-	01:38-	01:09-	08:03+	03:09+	00:53-	00:30-	00:30-	00:20-
00:02+	00:05+	00:03+	00:03-	00:06-	00:02-	06:16@	01:32&	00:04-	00:04-	00:02-	00:02-

Beste strekktid for klassen

00:28 01:14 00:34 01:30 01:38 01:08 01:38 01:37 00:53 00:30 00:30 00:19

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

D/H17-C

1	Marie Pontoppidan	Os Orienteringsklubb	16:12								
00:42=	02:34=	03:19=	05:11=	07:30=	08:59=	10:52=	12:54=	13:55=	14:48=	15:38=	16:12=
00:42=	01:52=	00:45=	01:52=	02:19=	01:29=	01:53=	02:02=	01:01=	00:53=	00:50=	00:34=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Marianne Dymbe	Gneist, IL	17:07								
00:35-	02:36+	03:21+	05:20+	07:45+	09:36+	12:02+	13:47+	14:53+	15:48+	16:36+	17:07+
00:35-	02:01+	00:45=	01:59+	02:25+	01:51+	02:26+	01:45-	01:06+	00:55+	00:48-	00:31-
00:07-	00:09+	00:00=	00:07+	00:06+	00:22#	00:33&	00:17-	00:05+	00:02+	00:02-	00:03-

3	May-lill Damm	TIF Viking	18:57								
01:09+	03:19+	04:08+	06:15+	08:33+	10:28+	12:48+	15:24+	16:36+	17:32+	18:26+	18:57+
01:09+	02:10+	00:49+	02:07+	02:18-	01:55+	02:20+	02:36+	01:12+	00:56+	00:54+	00:31-
00:27&	00:18#	00:04+	00:15#	00:01-	00:26&	00:27#	00:34&	00:11#	00:03+	00:04+	00:03-

4	Linda Bønes	Varegg Fleridrett	19:33								
00:42=	02:43+	03:49+	05:39+	07:46+	09:14+	13:17+	16:29+	17:38+	18:25+	19:14+	19:33+
00:42=	02:01+	01:06+	01:50-	02:07-	01:28-	04:03+	03:12+	01:09+	00:47-	00:49-	00:19-
00:00=	00:09+	00:21&	00:02-	00:12-	00:01-	02:10@	01:10&	00:08#	00:06-	00:01-	00:15-

5	Ine Nyhus	BSI - Orientering	28:18								
00:39-	02:19-	07:40+	13:38+	15:34+	16:50+	23:05+	25:50+	26:46+	27:23+	27:57+	28:18+
00:39-	01:40-	05:21+	05:58+	01:56-	01:16-	06:15+	02:45+	00:56-	00:37-	00:34-	00:21-
00:03-	00:12-	04:36@	04:06@	00:23-	00:13-	04:22@	00:43&	00:05-	00:16-	00:16-	00:13-

Beste strekktid for klassen

00:35 01:40 00:45 01:50 01:56 01:16 01:53 01:45 00:56 00:37 00:34 00:19

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

D11-12

1	Victoria Torsvik	Gneist, IL	14:42								
00:28=	01:49=	02:26=	04:16=	06:30=	07:47=	10:17=	12:12=	13:02=	13:47=	14:22=	14:42=
00:28=	01:21=	00:37=	01:50=	02:14=	01:17=	02:30=	01:55=	00:50=	00:45=	00:35=	00:20=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Mathea Patterson Møklebust	Gneist, IL	15:08								
00:28=	02:08+	02:51+	05:15+	07:09+	08:30+	10:22+	12:21+	13:17+	14:04+	14:43+	15:08+
00:28=	01:40+	00:43+	02:24+	01:54-	01:21+	01:52-	01:59+	00:56+	00:47+	00:39+	00:25+
00:00=	00:19#	00:06#	00:34&	00:20-	00:04+	00:38-	00:04+	00:06#	00:02+	00:04#	00:05#

3	Anny Patterson Møklebust	Gneist, IL	16:09								
00:42+	02:24+	03:11+	06:17+	08:05+	09:27+	11:19+	13:24+	14:19+	15:02+	15:40+	16:09+
00:42+	01:42+	00:47+	03:06+	01:48-	01:22+	01:52-	02:05+	00:55+	00:43-	00:38+	00:29+
00:14&	00:21&	00:10&	01:16&	00:26-	00:05+	00:38-	00:10+	00:05#	00:02-	00:03+	00:09&

4	Liva Berge Flo	Gneist, IL	17:24								
00:29+	02:13+	02:58+	04:53+	06:50+	10:18+	12:20+	14:19+	15:21+	16:11+	16:56+	17:24+
00:29+	01:44+	00:45+	01:55+	01:57-	03:28+	02:02-	01:59+	01:02+	00:50+	00:45+	00:28+
00:01+	00:23&	00:08#	00:05+	00:17-	02:11@	00:28-	00:04+	00:12#	00:05#	00:10&	00:08&

5	Andrea Skage	Gneist, IL	18:33								
00:37+	03:02+	03:47+	06:04+	10:21+	11:47+	13:32+	15:13+	16:26+	17:32+	18:12+	18:33+
00:37+	02:25+	00:45+	02:17+	04:17+	01:26+	01:45-	01:41-	01:13+	01:06+	00:40+	00:21+
00:09&	01:04&	00:08#	00:27#	02:03&	00:09#	00:45-	00:14-	00:23&	00:21&	00:05#	00:01+

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

00:28 01:21 00:37 01:50 01:48 01:17 01:45 01:41 00:50 00:43 00:35 00:20

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

D13-14

1 Marie Oen-Sivertsen TIF Viking 16:07

00:33= 03:22= 04:53= 08:05= 11:01= 12:13= 13:47= 14:36= 15:14= 15:48= 16:07=
 00:33= 02:49= 01:31= 03:12= 02:56= 01:12= 01:34= 00:49= 00:38= 00:34= 00:19=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Mari Strømme Lid TIF Viking 18:12

00:26= 03:10= 05:56+ 09:07+ 12:46+ 14:47+ 16:01+ 16:45+ 17:18+ 17:49+ 18:12+
 00:26= 02:44= 02:46+ 03:11= 03:39+ 02:01+ 01:14= 00:44= 00:33= 00:31= 00:23+
 00:07= 00:05= 01:15& 00:01= 00:43# 00:20= 00:05= 00:05= 00:03= 00:04#

3 Eirunn Husby Nordstad Varegg Fleridrett 22:49

00:51+ 05:39+ 08:42+ 12:49+ 15:52+ 17:54+ 20:16+ 21:08+ 21:52+ 22:29+ 22:49+
 00:51+ 04:48+ 03:03+ 04:07+ 03:03+ 02:02+ 02:22+ 00:52+ 00:44+ 00:37+ 00:20+
 00:18& 01:59& 01:32@ 00:55& 00:07+ 00:50& 00:48& 00:03+ 00:06# 00:03+ 00:01+

4 Tora Aasheim Nymark Askøy OL 23:14

00:33= 03:25+ 07:18+ 12:03+ 16:42+ 18:38+ 20:30+ 21:29+ 22:14+ 22:52+ 23:14+
 00:33= 02:52+ 03:53+ 04:45+ 04:39+ 01:56+ 01:52+ 00:59+ 00:45+ 00:38+ 00:22+
 00:00= 00:03+ 00:22@ 01:33& 01:43& 00:44& 00:18# 00:10# 00:07# 00:04# 00:03#

Beste strekktid for klassen

00:26 02:44 01:31 03:11 02:56 01:12 01:14 00:44 00:33 00:31 00:19

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

D15-16

1 Runa Almeland Fana IL 28:09

04:41= 07:35= 09:53= 12:20= 14:40= 18:31= 21:42= 24:16= 25:33= 26:30= 27:11= 27:47= 28:09=
 04:41= 02:54= 02:18= 02:27= 02:20= 03:51= 03:11= 02:34= 01:17= 00:57= 00:41= 00:36= 00:22=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste strekktid for klassen

04:41 02:54 02:18 02:27 02:20 03:51 03:11 02:34 01:17 00:57 00:41 00:36 00:22

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

D17-

1 Kristin Löfgren Varegg Fleridrett 22:09

00:49= 02:07= 02:35= 03:38= 04:33= 06:06= 07:29= 08:05= 09:38= 11:27= 12:35= 13:42= 15:32= 17:04= 18:14= 19:23= 20:51= 21:20= 21:49= 22:09=
 00:49= 01:18= 00:28= 01:03= 00:55= 01:33= 01:23= 00:36= 01:33= 01:49= 01:08= 01:07= 01:50= 01:32= 01:10= 01:09= 01:28= 00:29= 00:29= 00:20=
 00:00=

2 Helen Martinsen IL Gular 25:54

01:03+ 02:37+ 03:12+ 04:23+ 05:26+ 07:10+ 08:50+ 09:27+ 11:14+ 13:14+ 14:31+ 16:00+ 18:02+ 19:48+ 21:16+ 22:48+ 24:33+ 25:07+ 25:35+ 25:54+
 01:03+ 01:34+ 00:35+ 01:11+ 01:03+ 01:44+ 01:40+ 00:37+ 01:47+ 02:00+ 01:17+ 01:29+ 02:02+ 01:46+ 01:28+ 01:32+ 01:45+ 00:34+ 00:28= 00:19=
 00:14& 00:16# 00:07# 00:08# 00:08# 00:11# 00:17# 00:04# 00:21# 00:22# 00:14# 00:09# 00:22& 00:12# 00:14# 00:18& 00:23& 00:17# 00:05# 00:01= 00:01=

3 Dagrun Daltveit Slettebø Fana IL 26:06

00:52+ 02:18+ 02:49+ 04:12+ 05:16+ 06:44+ 08:18+ 08:58+ 10:52+ 13:03+ 14:27+ 15:52+ 17:55+ 19:58+ 21:46+ 22:56+ 24:40+ 25:13+ 25:46+ 26:06+
 00:52+ 01:26+ 00:31+ 01:23+ 01:04+ 01:28= 01:34+ 00:40+ 01:54+ 02:11+ 01:24+ 01:25+ 02:03+ 02:03+ 01:48+ 01:10+ 01:44+ 00:33+ 00:33+ 00:20=
 00:03+ 00:08# 00:03# 00:20& 00:09# 00:05= 00:11# 00:04# 00:21# 00:22# 00:16# 00:18& 00:13# 00:31& 00:38& 00:01+ 00:16# 00:04# 00:04# 00:04# 00:00=

4 Line Laurantsen Varegg Fleridrett 27:19

01:16+ 03:01+ 03:33+ 04:42+ 05:53+ 07:30+ 09:04+ 09:46+ 11:35+ 13:44+ 14:55+ 16:09+ 18:22+ 21:03+ 22:40+ 24:08+ 25:53+ 26:26+ 26:59+ 27:19+
 01:16+ 01:45+ 00:32+ 01:09+ 01:37+ 01:34+ 00:42+ 01:49+ 02:09+ 01:11+ 01:14+ 02:13+ 02:41+ 01:37+ 01:28+ 01:45+ 00:33+ 00:33+ 00:33+ 00:20=
 00:27& 00:27& 00:04# 00:06+ 00:16& 00:04+ 00:11# 00:06# 00:16# 00:20# 00:03+ 00:07# 00:23# 01:09& 00:27& 00:19& 00:17# 00:04# 00:04# 00:04# 00:00=

Class	Navn	Klasse	Tid																
5	Ida Johanne Aadland	Samnanger IL	27:42																
00:58+	02:39+	03:11+	04:21+	05:30+	07:15+	08:50+	09:24+	11:20+	13:34+	14:42+	15:58+	18:22+	20:40+	22:24+	24:48+	26:25+	26:56+	27:25+	27:42+
00:58+	01:41+	00:32+	01:10+	01:09+	01:45+	01:35+	00:34-	01:56+	02:14+	01:08=	01:16+	02:24+	02:18+	01:44+	02:24+	01:37+	00:31+	00:29=	00:17-
00:09#	00:23&	00:04#	00:07#	00:14&	00:12#	00:12#	00:02-	00:23#	00:25#	00:00=	00:09#	00:34&	00:46&	00:34&	01:15@	00:09#	00:02+	00:00=	00:03-
6	Ingrid Vrålstad Løvås	Varegg Fleridrett	28:16																
01:01+	02:37+	03:13+	04:25+	05:35+	07:16+	08:55+	09:53+	11:43+	14:09+	15:23+	16:45+	19:01+	21:07+	22:57+	24:45+	26:54+	27:26+	27:57+	28:16+
01:01+	01:36+	00:36+	01:12+	01:10+	01:41+	01:39+	00:58+	01:50+	02:26+	01:14+	01:22+	02:16+	02:06+	01:50+	01:48+	02:09+	00:32+	00:31+	00:19-
00:12#	00:18#	00:08&	00:09#	00:15&	00:08+	00:16#	00:22&	00:17#	00:37&	00:06+	00:15#	00:26#	00:34&	00:40&	00:39&	00:41&	00:03#	00:02+	00:01-
7	Henriette Kløvstad	Sandefjord OK	28:57																
01:04+	02:32+	03:03+	04:42+	05:56+	07:39+	09:02+	09:40+	11:20+	13:33+	14:40+	16:01+	18:21+	20:50+	22:27+	25:22+	27:32+	28:06+	28:36+	28:57+
01:04+	01:28+	00:31+	01:39+	01:14+	01:43+	01:23=	00:38+	01:40+	02:13+	01:07-	01:21+	02:20+	02:29+	01:37+	02:55+	02:10+	00:34+	00:30+	00:21+
00:15&	00:10#	00:03#	00:36&	00:19&	00:10#	00:00=	00:02+	00:07+	00:24#	00:01-	00:14#	00:30&	00:57&	00:27&	01:46@	00:42&	00:05#	00:01+	00:01+
8	Karianne Strømme	TIF Viking	30:23																
00:55+	03:08+	03:43+	05:03+	06:12+	07:44+	09:25+	10:06+	11:59+	14:15+	15:36+	17:00+	21:21+	23:18+	25:25+	26:51+	28:51+	29:24+	29:59+	30:23+
00:55+	02:13+	00:35+	01:20+	01:09+	01:32-	01:41+	00:41+	01:53+	02:16+	01:21+	01:24+	04:21+	01:57+	02:07+	01:26+	02:00+	00:33+	00:35+	00:24+
00:06#	00:55&	00:07#	00:17&	00:14&	00:01-	00:18#	00:05#	00:20#	00:27#	00:13#	00:17&	02:31@	00:25&	00:57&	00:17#	00:32&	00:04#	00:06#	00:04#
9	Rannveig Nordhagen	Fana IL	30:26																
01:17+	03:17+	03:56+	05:17+	06:36+	08:22+	10:27+	11:10+	13:16+	15:37+	16:59+	18:27+	21:00+	23:25+	25:12+	26:51+	28:51+	29:26+	30:04+	30:26+
01:17+	02:00+	00:39+	01:21+	01:19+	01:46+	02:05+	00:43+	02:06+	02:21+	01:22+	01:28+	02:33+	02:25+	01:47+	01:39+	02:00+	00:35+	00:38+	00:22+
00:28&	00:42&	00:11&	00:18&	00:24&	00:13#	00:42&	00:07#	00:33&	00:32&	00:14#	00:21&	00:43&	00:53&	00:37&	00:30&	00:32&	00:06#	00:09&	00:02#
10	Mariann Schei	TIF Viking	30:58																
01:03+	02:39+	03:21+	04:54+	06:07+	08:53+	10:43+	11:23+	13:32+	16:18+	17:33+	19:03+	21:41+	24:01+	26:04+	27:33+	29:31+	30:07+	30:38+	30:58+
01:03+	01:36+	00:42+	01:33+	01:13+	02:46+	01:50+	00:40+	02:09+	02:46+	01:15+	01:30+	02:38+	02:20+	02:03+	01:29+	01:58+	00:36+	00:31+	00:20=
00:14&	00:18#	00:14&	00:30&	00:18&	01:13&	00:27&	00:04#	00:36&	00:57&	00:07#	00:23&	00:48&	00:48&	00:53&	00:20&	00:30&	00:07#	00:02+	00:00=
11	Kristin Høydalsvik	Byåsen IL	32:53																
01:16+	03:10+	03:53+	05:27+	06:53+	09:03+	11:10+	11:57+	14:11+	16:49+	18:23+	20:05+	22:41+	25:11+	27:15+	29:17+	31:23+	31:56+	32:29+	32:53+
01:16+	01:54+	00:43+	01:34+	01:26+	02:10+	02:07+	00:47+	02:14+	02:38+	01:34+	01:42+	02:36+	02:30+	02:04+	02:02+	02:06+	00:33+	00:33+	00:24+
00:27&	00:36&	00:15&	00:31&	00:31&	00:37&	00:44&	00:11&	00:41&	00:49&	00:26&	00:35&	00:46&	00:58&	00:54&	00:53&	00:38&	00:04#	00:04#	00:04#
12	Nina Goga	Bergens TF	32:58																
03:07+	05:05+	05:40+	07:33+	08:53+	10:51+	12:35+	13:19+	15:19+	17:39+	19:09+	20:27+	22:56+	25:23+	27:32+	29:17+	31:15+	31:47+	32:36+	32:58+
03:07+	01:58+	00:35+	01:53+	01:20+	01:58+	01:44+	00:44+	02:00+	02:20+	01:30+	01:18+	02:29+	02:27+	02:09+	01:45+	01:58+	00:32+	00:49+	00:22+
02:18@	00:40&	00:07#	00:50&	00:25&	00:25&	00:21&	00:08#	00:27&	00:31&	00:22&	00:11#	00:39&	00:55&	00:59&	00:36&	00:30&	00:03#	00:20&	00:02#
13	Lise Christensen	TIF Viking	33:05																
01:05+	02:58+	03:39+	05:26+	06:40+	09:07+	11:06+	11:57+	14:14+	16:51+	18:39+	20:17+	22:53+	25:23+	27:42+	29:26+	31:21+	32:04+	32:44+	33:05+
01:05+	01:53+	00:41+	01:47+	01:14+	02:27+	01:59+	00:51+	02:17+	02:37+	01:48+	01:38+	02:36+	02:30+	02:19+	01:44+	01:55+	00:43+	00:40+	00:21+
00:16&	00:35&	00:13&	00:44&	00:19&	00:54&	00:36&	00:15&	00:44&	00:48&	00:40&	00:31&	00:46&	00:58&	01:09&	00:35&	00:27&	00:14&	00:11&	00:01+
14	Vilde Hopland Skage	Gneist, IL	34:21																
01:09+	03:07+	03:57+	06:12+	07:34+	09:32+	11:31+	12:18+	14:31+	17:35+	18:59+	20:27+	23:11+	26:06+	28:11+	30:10+	32:48+	33:26+	34:00+	34:21+
01:09+	01:58+	00:50+	02:15+	01:22+	01:58+	01:59+	00:47+	02:13+	03:04+	01:24+	01:28+	02:44+	02:55+	02:05+	01:59+	02:38+	00:38+	00:34+	00:21+
00:20&	00:40&	00:22&	01:12@	00:27&	00:25&	00:36&	00:11&	00:40&	01:15&	00:16#	00:21&	00:54&	01:23&	00:55&	00:50&	01:10&	00:09&	00:05#	00:01+
15	Sigrid Søvik	Gneist, IL	34:29																
01:45+	04:15+	04:50+	06:16+	07:45+	09:53+	11:39+	12:28+	15:41+	17:58+	19:40+	21:13+	24:07+	26:30+	28:29+	30:42+	32:56+	33:35+	34:08+	34:29+
01:45+	02:30+	00:35+	01:26+	01:29+	02:08+	01:46+	00:49+	03:13+	02:17+	01:42+	01:33+	02:54+	02:23+	01:59+	02:13+	02:14+	00:39+	00:33+	00:21+
00:56@	01:12&	00:07#	00:23&	00:34&	00:35&	00:23&	00:13&	01:40@	00:28&	00:34&	00:26&	01:04&	00:51&	00:49&	01:04&	00:46&	00:10&	00:04#	00:01+
16	Kårhild Husby Nordstad	Varegg Fleridrett	35:16																
01:13+	02:49+	03:26+	05:56+	07:13+	09:15+	11:10+	11:52+	14:20+	17:15+	18:42+	21:48+	24:31+	27:54+	29:58+	31:47+	33:43+	34:21+	34:56+	35:16+
01:13+	01:36+	00:37+	02:30+	01:17+	02:02+	01:55+	00:42+	02:28+	02:55+	01:27+	03:06+	02:43+	03:23+	02:04+	01:49+	01:56+	00:38+	00:35+	00:20=
00:24&	00:18#	00:09&	01:27@	00:22&	00:29&	00:32&	00:06#	00:55&	01:06&	00:19&	01:59@	00:53&	01:51@	00:54&	00:40&	00:28&	00:09&	00:06#	00:00=
17	Mari Bergsvåg	IL Gular	35:19																
01:32+	03:20+	03:56+	05:31+	07:52+	10:02+	12:08+	12:55+	15:07+	17:54+	19:24+	21:02+	23:53+	27:01+	29:10+	31:02+	33:16+	33:58+	34:47+	35:19+
01:32+	01:48+	00:36+	01:35+	02:21+	02:10+	02:06+	00:47+	02:12+	02:47+	01:30+	01:38+	02:51+	03:08+	02:09+	01:52+	02:14+	00:42+	00:49+	00:32+
00:43&	00:30&	00:08&	00:32&	01:26@	00:37&	00:43&	00:11&	00:39&	00:58&	00:22&	00:31&	01:01&	01:36@	00:59&	00:43&	00:46&	00:13&	00:20&	00:12&
18	Valentina Dimitrova	Gneist, IL	35:41																
01:38+	03:57+	04:36+	06:00+	07:27+	09:44+	11:50+	12:36+	14:54+	18:01+	19:41+	21:26+	24:15+	27:18+	29:23+	31:35+	34:06+	34:41+	35:18+	35:41+
01:38+	02:19+	00:39+	01:24+	01:27+	02:17+	02:06+	00:46+	02:18+	03:07+	01:40+	01:45+	02:49+	03:03+	02:05+	02:12+	02:31+	00:35+	00:37+	00:23+
00:49&	01:01&	00:11&	00:21&	00:32&	00:44&	00:43&	00:10&	00:45&	01:18&	00:32&	00:38&	00:59&	01:31&	00:55&	01:03&	01:03&	00:06#	00:08&	00:03#
19	Marianne Nummedal	Fana IL	36:08																
02:11+	04:15+	04:54+	06:39+	08:08+	10:18+	12:26+	13:19+	15:35+	18:44+	20:19+	21:56+	24:51+	27:32+	29:57+	32:20+	34:25+	35:05+	35:45+	36:08+
02:11+	02:04+	00:39+	01:45+	01:29+	02:10+	02:08+	00:53+	02:16+	03:09+	01:35+	01:37+	02:55+	02:41+	02:25+	02:23+	02:05+	00:40+	00:40+	00:23+
01:22@	00:46&	00:11&	00:42&	00:34&	00:37&	00:45&	00:17&	00:43&	01:20&	00:27&	00:30&	01:05&	01:09&	01:15@	01:14@	00:37&	00:11&	00:11&	00:03#

Class	Navn	Klasse	Tid
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20	Ragnhild Balsvik	Osterøy IL	36:47																
05:00+	07:34+	08:09+	10:44+	12:03+	13:54+	15:46+	16:33+	18:50+	21:21+	22:58+	24:22+	26:46+	29:25+	31:26+	33:04+	35:10+	35:45+	36:21+	36:47+
05:00+	02:34+	00:35+	02:35+	01:19+	01:51+	01:52+	00:47+	02:17+	02:31+	01:37+	01:24+	02:24+	02:39+	02:01+	01:38+	02:06+	00:35+	00:36+	00:26+
04:11@	01:16&	00:07#	01:32@	00:24&	00:18#	00:29&	00:11&	00:44&	00:42&	00:29&	00:17&	00:34&	01:07&	00:51&	00:29&	00:38&	00:06#	00:07#	00:06&
21	Kristiane Elise Ottesen	Varegg Fleridrett	36:58																
01:16+	03:14+	03:54+	05:51+	07:10+	08:55+	10:50+	11:39+	14:25+	17:09+	18:34+	20:02+	23:38+	26:35+	30:39+	32:52+	35:23+	36:00+	36:34+	36:58+
01:16+	01:58+	00:40+	01:57+	01:19+	01:45+	01:55+	00:49+	02:46+	02:44+	01:25+	01:28+	03:36+	02:57+	04:04+	02:13+	02:31+	00:37+	00:34+	00:24+
00:27&	00:40&	00:12&	00:54&	00:24&	00:12#	00:32&	00:13&	01:13&	00:55&	00:17#	00:21&	01:46&	01:25&	02:54@	01:04&	01:03&	00:08&	00:05#	00:04#
22	Kristine Grønlund	BSI - Orientering	37:39																
01:13+	03:31+	04:14+	06:23+	08:06+	10:25+	12:57+	13:54+	16:44+	19:53+	21:54+	23:49+	26:56+	29:53+	31:54+	34:02+	36:02+	36:39+	37:16+	37:39+
01:13+	02:18+	00:43+	02:09+	01:43+	02:19+	02:32+	00:57+	02:50+	03:09+	02:01+	01:55+	03:07+	02:57+	02:01+	02:08+	02:00+	00:37+	00:37+	00:23+
00:24&	01:00&	00:15&	01:06@	00:48&	00:46&	01:09&	00:21&	01:17&	01:20&	00:53&	00:48&	01:17&	01:25&	00:51&	00:59&	00:32&	00:08&	00:08&	00:03#
23	Ina Hopland Skage	Gneist, IL	58:46																
02:02+	04:18+	04:56+	06:33+	08:31+	10:31+	13:01+	13:48+	17:22+	21:52+	23:43+	25:37+	28:48+	37:17+	44:38+	54:06+	56:44+	57:33+	58:21+	58:46+
02:02+	02:16+	00:38+	01:37+	01:58+	02:00+	02:30+	00:47+	03:34+	04:30+	01:51+	01:54+	03:11+	08:29+	07:21+	09:28+	02:38+	00:49+	00:48+	00:25+
01:13@	00:58&	00:10&	00:34&	01:03@	00:27&	01:07&	00:11&	02:01@	02:41@	00:43&	00:47&	01:21&	06:57@	06:11@	08:19@	01:10&	00:20&	00:19&	00:05#

Beste strekktid for klassen

00:49 01:18 00:28 01:03 00:55 01:28 01:23 00:34 01:33 01:49 01:07 01:07 01:50 01:32 01:10 01:09 01:28 00:29 00:28 00:17

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

D17AK

1	Alise Kløvstad	Sandefjord OK	24:20																
01:01=	03:36=	05:44=	08:08=	10:24=	14:08=	17:32=	20:07=	21:24=	22:25=	23:12=	23:53=	24:20=							
01:01=	02:35=	02:08=	02:24=	02:16=	03:44=	03:24=	02:35=	01:17=	01:01=	00:47=	00:41=	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=							
2	Gunhild Stuland Tysvær	Varegg Fleridrett	27:08																
02:41+	05:03+	07:12+	09:14+	11:23+	14:31+	19:33+	23:11+	24:30+	25:22+	26:02+	26:42+	27:08+							
02:41+	02:22-	02:09+	02:02-	02:09-	03:08-	05:02+	03:38+	01:19+	00:52-	00:40-	00:40-	00:26-							
01:40@	00:13-	00:01+	00:22-	00:07-	00:36-	01:38&	01:03&	00:02+	00:09-	00:07-	00:01-	00:01-							

Beste strekktid for klassen

01:01 02:22 02:08 02:02 02:09 03:08 03:24 02:35 01:17 00:52 00:40 00:40 00:26

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

D35-K

1	Marian Kjellevoid Malde	IL Gular	21:15																
00:43=	04:12=	06:25=	10:44=	14:51=	16:20=	18:01=	19:05=	19:52=	20:39=	21:15=									
00:43=	03:29=	02:13=	04:19=	04:07=	01:29=	01:41=	01:04=	00:47=	00:47=	00:36=									
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=									
2	Vibeke Øye	IL Gular	22:11																
00:37-	03:19-	05:02-	08:11-	13:26-	18:01+	19:59+	20:44+	21:15+	21:47+	22:11+									
00:37-	02:42-	01:43-	03:09-	05:15+	04:35+	01:58+	00:45-	00:31-	00:32-	00:24-									
00:06-	00:47-	00:30-	01:10-	01:08&	03:06@	00:17#	00:19-	00:16-	00:15-	00:12-									
3	Turid Vrålstad	Varegg Fleridrett	22:47																
00:39-	04:04-	08:37+	13:52+	16:44+	18:01+	19:43+	20:42+	21:36+	22:20+	22:47+									
00:39-	03:25-	04:33+	05:15+	02:52-	01:17-	01:42+	00:59-	00:54+	00:44-	00:27-									
00:04-	00:04-	02:20@	00:56#	01:15-	00:12-	00:01+	00:05-	00:07#	00:03-	00:09-									
4	Gry Sveri Lier	TIF Viking	26:30																
00:50+	06:09+	09:11+	14:12+	18:34+	20:35+	23:18+	24:31+	25:20+	26:01+	26:30+									
00:50+	05:19+	03:02+	05:01+	04:22+	02:01+	02:43+	01:13+	00:49+	00:41-	00:29-									
00:07#	01:50&	00:49&	00:42#	00:15+	00:32&	01:02&	00:09#	00:02+	00:06-	00:07-									

Beste strekktid for klassen

00:37 02:42 01:43 03:09 02:52 01:17 01:41 00:45 00:31 00:32 00:24

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

D50-

1 Marit Nipen Gneist, IL 21:21

02:12= 05:07= 06:47= 08:39= 10:25= 12:58= 16:07= 17:53= 19:01= 19:49= 20:24= 20:59= 21:21=
 02:12= 02:55= 01:40= 01:52= 01:46= 02:33= 03:09= 01:46= 01:08= 00:48= 00:35= 00:35= 00:22=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Ingrid Sandvoll Gneist, IL 24:07

02:32+ 05:09+ 07:21+ 09:39+ 11:40+ 14:41+ 17:42+ 20:26+ 21:45+ 22:35+ 23:12+ 23:47+ 24:07+
 02:32+ 02:37- 02:12+ 02:18+ 02:01+ 03:01+ 03:01- 02:44+ 01:19+ 00:50+ 00:37+ 00:35= 00:20-
 00:20# 00:18- 00:32& 00:26# 00:15# 00:28# 00:08- 00:58& 00:11# 00:02+ 00:02+ 00:00= 00:02-

3 Birte Oppedal Gneist, IL 25:00

01:03- 04:22- 06:08- 08:06- 10:24- 14:06+ 18:31+ 21:01+ 22:19+ 23:11+ 23:53+ 24:32+ 25:00+
 01:03- 03:19+ 01:46+ 01:58+ 02:18+ 03:42+ 04:25+ 02:30+ 01:18+ 00:52+ 00:42+ 00:39+ 00:28+
 01:09- 00:24# 00:06+ 00:06+ 00:32& 01:09& 01:16& 00:44& 00:10# 00:04+ 00:07# 00:04# 00:06&

4 Mai Helen Linga IL Gular 28:27

01:12- 04:19- 06:41- 10:29+ 13:17+ 17:14+ 20:27+ 23:51+ 25:22+ 26:25+ 27:13+ 28:00+ 28:27+
 01:12- 03:07+ 02:22+ 03:48+ 02:48+ 03:57+ 03:13+ 03:24+ 01:31+ 01:03+ 00:48+ 00:47+ 00:27+
 01:00- 00:12+ 00:42& 01:56@ 01:02& 01:24& 00:04+ 01:38& 00:23& 00:15& 00:13& 00:12& 00:05#

5 Gro Birkeland Søvik Gneist, IL 30:41

01:27- 04:43- 07:17+ 09:50+ 14:41+ 19:04+ 22:43+ 25:45+ 27:28+ 28:37+ 29:25+ 30:12+ 30:41+
 01:27- 03:16+ 02:34+ 02:33+ 04:51+ 04:23+ 03:39+ 03:02+ 01:43+ 01:09+ 00:48+ 00:47+ 00:29+
 00:45- 00:21# 00:54& 00:41& 03:05@ 01:50& 00:30# 01:16& 00:35& 00:21& 00:13& 00:12& 00:07&

6 Anita Lindvik-Sævareid Os Orienteringsklubb 47:15

02:26+ 07:32+ 11:20+ 15:03+ 19:03+ 26:39+ 31:21+ 39:08+ 42:12+ 43:25+ 45:52+ 46:40+ 47:15+
 02:26+ 05:06+ 03:48+ 03:43+ 04:00+ 07:36+ 04:42+ 07:47+ 03:04+ 01:13+ 02:27+ 00:48+ 00:35+
 00:14# 02:11& 02:08@ 01:51& 02:14@ 05:03@ 01:33& 06:01@ 01:56@ 00:25& 01:52@ 00:13& 00:13&

Beste strekktid for klassen

01:03 02:37 01:40 01:52 01:46 02:33 03:01 01:46 01:08 00:48 00:35 00:35 00:20

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

D60

1 Nina Soligard Bergens TF 23:17

01:37= 04:26= 06:12= 08:01= 10:39= 14:03= 16:47= 18:57= 20:42= 21:34= 22:15= 22:52= 23:17=
 01:37= 02:49= 01:46= 01:49= 02:38= 03:24= 02:44= 02:10= 01:45= 00:52= 00:41= 00:37= 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=

2 Berit Hegdal Bergens TF 28:36

04:09+ 07:11+ 09:21+ 11:57+ 14:08+ 17:35+ 20:46+ 23:55+ 25:33+ 26:28+ 27:14+ 28:07+ 28:36+
 04:09+ 03:02+ 02:10+ 02:36+ 02:11- 03:27+ 03:11+ 03:09+ 01:38- 00:55+ 00:46+ 00:53+ 00:29+
 02:32@ 00:13+ 00:24# 00:47& 00:27- 00:03+ 00:27# 00:59& 00:07- 00:03+ 00:05# 00:16& 00:04#

3 Astrid Ormberg Fana IL 30:29

01:33- 05:03+ 07:31+ 10:18+ 13:19+ 17:13+ 21:28+ 25:14+ 27:04+ 28:14+ 29:04+ 29:53+ 30:29+
 01:33- 03:30+ 02:28+ 02:47+ 03:01+ 03:54+ 04:15+ 03:46+ 01:50+ 01:10+ 00:50+ 00:49+ 00:36+
 00:04- 00:41# 00:42& 00:58& 00:23# 00:30# 01:31& 01:36& 00:05+ 00:18& 00:09# 00:12& 00:11&

4 Turid Tangen Fana IL 35:04

01:42+ 05:41+ 08:00+ 10:46+ 14:00+ 19:37+ 23:57+ 27:51+ 31:03+ 32:16+ 33:41+ 34:30+ 35:04+
 01:42+ 03:59+ 02:19+ 02:46+ 03:14+ 05:37+ 04:20+ 03:54+ 03:12+ 01:13+ 01:25+ 00:49+ 00:34+
 00:05+ 01:10& 00:33& 00:57& 00:36# 02:13& 01:36& 01:44& 01:27& 00:21& 00:44@ 00:12& 00:09&

Beste strekktid for klassen

01:33 02:49 01:46 01:49 02:11 03:24 02:44 02:10 01:38 00:52 00:41 00:37 00:25

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

D70-

Class	Navn	Klasse	Tid
1	Björg Kocbach	Bergens TF	19:09
	00:38= 04:23= 06:35= 10:18= 13:17= 14:48= 16:17= 17:17= 18:01= 18:42= 19:09=		
	00:38= 03:45= 02:12= 03:43= 02:59= 01:31= 01:29= 01:00= 00:44= 00:41= 00:27=		
	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		
	00:38 03:45 02:12 03:43 02:59 01:31 01:29 01:00 00:44 00:41 00:27		
	= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.		
H11-12			
1	Jon Erik Doppelhofer Ervik	Varegg Fleridrett	19:43
	00:53= 02:45= 03:39= 06:06= 08:52= 11:35= 14:41= 16:51= 17:51= 18:34= 19:18= 19:43=		
	00:53= 01:52= 00:54= 02:27= 02:46= 02:43= 03:06= 02:10= 01:00= 00:43= 00:44= 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=		
2	Brage Bell Lysaker	Fana IL	22:06
	00:35- 03:54+ 04:54+ 07:22+ 12:26+ 14:00+ 16:01+ 18:49+ 20:00+ 21:05+ 21:44+ 22:06+		
	00:35- 03:19+ 01:00+ 02:28+ 05:04+ 01:34- 02:01- 02:48+ 01:11+ 01:05+ 00:39- 00:22-		
	00:18- 01:27& 00:06# 00:01+ 02:18& 01:09- 01:05- 00:38& 00:11# 00:22& 00:05- 00:03-		
	Beste strekktid for klassen		
	00:35 01:52 00:54 02:27 02:46 01:34 02:01 02:10 01:00 00:43 00:39 00:22		
	= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.		
H13-14			
1	Birk Bell Lysaker	Fana IL	15:58
	00:33= 03:21= 04:50= 08:20= 10:48= 12:07= 13:18= 14:14= 14:52= 15:27= 15:58=		
	00:33= 02:48= 01:29= 03:30= 02:28= 01:19= 01:11= 00:56= 00:38= 00:35= 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	Mathias Heradstveit	Gneist, IL	17:26
	00:35+ 03:48+ 05:29+ 09:12+ 12:01+ 13:29+ 14:36+ 15:33+ 16:19+ 17:08+ 17:26+		
	00:35+ 03:13+ 01:41+ 03:43+ 02:49+ 01:28+ 01:07- 00:57+ 00:46+ 00:49+ 00:18-		
	00:02+ 00:25# 00:12# 00:13+ 00:21# 00:09# 00:04- 00:01+ 00:08# 00:14& 00:13-		
3	Mathias Kjærner-Semb	Varegg Fleridrett	17:34
	00:26- 03:20- 04:53+ 08:00- 12:46+ 15:30+ 16:12+ 16:49+ 17:18+ 17:34+		
	00:26- 02:54+ 01:33+ 03:07- 04:46+ 01:06- 01:38+ 00:42- 00:37- 00:29- 00:16-		
	00:07- 00:06+ 00:04+ 00:23- 02:18& 00:13- 00:27& 00:14- 00:01- 00:06- 00:15-		
4	Mads Jørgen Skage	Gneist, IL	18:11
	00:31- 03:14- 05:28+ 09:12+ 12:16+ 13:30+ 15:22+ 16:20+ 17:02+ 17:45+ 18:11+		
	00:31- 02:43- 02:14+ 03:44+ 03:04+ 01:14- 01:52+ 00:58+ 00:42+ 00:43+ 00:26-		
	00:02- 00:05- 00:45& 00:14+ 00:36# 00:05- 00:41& 00:02+ 00:04# 00:08# 00:05-		
5	Andreas Nysæter	Bergens TF	19:22
	00:31- 04:05+ 06:16+ 09:37+ 13:07+ 14:29+ 16:39+ 17:28+ 18:29+ 19:01+ 19:22+		
	00:31- 03:34+ 02:11+ 03:21- 03:30+ 01:22+ 02:10+ 00:49- 01:01+ 00:32- 00:21-		
	00:02- 00:46& 00:42& 00:09- 01:02& 00:03+ 00:59& 00:07- 00:23& 00:03- 00:10-		
6	Jon Willian Hammer	Bergens TF	21:04
	00:35+ 03:45+ 05:43+ 09:48+ 14:23+ 16:14+ 18:12+ 19:22+ 20:11+ 20:44+ 21:04+		
	00:35+ 03:10+ 01:58+ 04:05+ 04:35+ 01:51+ 01:58+ 01:10+ 00:49+ 00:33- 00:20-		
	00:02+ 00:22# 00:29& 00:35# 02:07& 00:32& 00:47& 00:14# 00:11& 00:02- 00:11-		
7	Olav Hammersland Garnes	Gneist, IL	21:14
	00:46+ 03:30+ 05:20+ 12:08+ 15:29+ 17:05+ 18:35+ 19:32+ 20:13+ 20:51+ 21:14+		
	00:46+ 02:44- 01:50+ 06:48+ 03:21+ 01:36+ 01:30+ 00:57+ 00:41+ 00:38+ 00:23-		
	00:13& 00:04- 00:21# 03:18& 00:53& 00:17# 00:19& 00:01+ 00:03+ 00:03+ 00:08-		
8	Knut Heikki Odland Torgersen	Bergens TF	21:21
	00:38+ 04:11+ 06:30+ 10:08+ 13:45+ 16:30+ 18:08+ 19:19+ 20:15+ 21:01+ 21:21+		
	00:38+ 03:33+ 02:19+ 03:38+ 03:37+ 02:45+ 01:38+ 01:11+ 00:56+ 00:46+ 00:20-		
	00:05# 00:45& 00:50& 00:08+ 01:09& 01:26@ 00:27& 00:15& 00:18& 00:11& 00:11-		

Class	Navn	Klasse	Tid
9	Sindre Haaland Westerbø	Gneist, IL	27:33
00:44+	05:44+	09:11+	15:25+
00:44+	05:00+	03:27+	06:14+
00:11&	02:12&	01:58@	02:44&
02:01&	01:25@	00:28&	00:18&
00:18&	00:07#	00:07-	
10	Lars Evensen	Gneist, IL	28:24
00:26-	06:20+	10:06+	16:20+
00:26-	05:54+	03:46+	06:14+
00:07-	03:06@	02:17@	02:44&
02:02&	01:28@	00:28&	00:07#
00:20&	00:11&	00:10-	
Beste strekktid for klassen			
00:26	02:43	01:29	03:07
02:28	01:06	01:07	00:42
00:37	00:29	00:16	

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

H15-16

1	Kristian Rykkje	Varegg Fleridrett	23:41
00:59=	02:27=	02:55=	03:54=
00:59=	01:28=	00:28=	00:59=
00:00=	00:00=	00:00=	00:00=
2	Stian Rykkje	Stord Orientering	25:05
00:57-	02:27=	02:57+	04:14+
00:57-	01:30+	00:30+	01:17+
00:02-	00:02+	00:02+	00:18&
3	Knut Kyrkjebø	TIF Viking	25:51
01:26+	03:02+	03:39+	04:45+
01:26+	01:36+	00:37+	01:06+
00:27&	00:08+	00:09&	00:07#
4	Mathias Rosenlund	Varegg Fleridrett	27:36
00:56-	02:24-	02:55=	04:18+
00:56-	01:28=	00:31+	01:23+
00:03-	00:00=	00:03#	00:24&
5	Magnus Gjerstad	Osterøy IL	34:30
01:20+	03:16+	03:58+	05:28+
01:20+	01:56+	00:42+	01:30+
00:21&	00:28&	00:14&	00:31&
6	Andreas Grønbech	Askøy OL	36:39
01:08+	03:25+	04:08+	06:30+
01:08+	02:17+	00:43+	02:22+
00:09#	00:49&	00:15&	01:23@
7	Johan Eikanger	IL Gular	42:55
01:21+	03:30+	04:11+	05:43+
01:21+	02:09+	00:41+	01:32+
00:22&	00:41&	00:13&	00:33&
8	Eyvind Kjellevoid Malde	IL Gular	43:54
02:32+	04:33+	05:08+	06:40+
02:32+	02:01+	00:35+	01:32+
01:33@	00:33&	00:07#	00:33&
9	Scott Juvik	IL Gular	51:01
01:19+	04:55+	05:29+	08:16+
01:19+	03:36+	00:34+	02:47+
00:20&	02:08@	00:06#	01:48@
Beste strekktid for klassen			
00:56	01:28	00:28	00:59
00:56	01:14	01:24	00:36
01:37	01:55	01:07	01:05
01:55	01:46	01:34	01:08
01:35	00:26	00:27	00:16

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

H17-

Class	Navn	Klasse	Tid
1	Göran Winblad	Rehns BK	22:59
00:36=	01:56= 02:22= 03:24= 04:21= 05:33=	07:20= 08:28= 09:50= 11:38= 12:34= 13:36=	15:15= 16:46= 17:52= 18:58= 19:44= 20:19= 21:52= 22:16= 22:42= 22:59=
00:36=	01:20= 02:26= 01:02= 00:57= 01:12=	01:47= 01:08= 01:08= 01:22= 01:48= 00:56= 01:02= 01:39= 01:31=	01:06= 01:06= 00:46= 00:35= 01:33= 00:24= 00:26= 00:17=
00:00=	00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=
2	Per Harald Havnen Johansen	Varegg Fleridrett	23:13
00:34-	01:52- 02:20- 03:25+ 04:16- 05:24-	07:20= 08:33+ 09:55+ 11:29-	12:27- 13:30- 15:07- 16:31-
00:34-	01:18- 00:28+ 01:05+ 00:51- 01:08-	01:56+ 01:13+ 01:22= 01:34-	00:58+ 01:03+ 01:37- 01:24-
00:02-	00:02- 00:02+ 00:03+ 00:06-	00:04- 00:09+ 00:05+ 00:00= 00:14-	00:02+ 00:01+ 00:02- 00:07-
3	Alan Cherry	Varegg Fleridrett	23:39
00:47+	02:22+ 02:49+ 03:49+ 04:52+ 06:03+	08:09+ 09:12+ 10:33+ 12:10+	13:14+ 14:09+ 15:44+ 17:16+
00:47+	01:35+ 00:27+ 01:00- 01:03+ 01:11-	02:06+ 01:03- 01:21- 01:37-	01:04+ 00:55- 01:35- 01:32+
00:11&	00:15# 00:01+ 00:02- 00:06# 00:01-	00:19# 00:05- 00:01- 00:11-	00:08# 00:07-
4	Vyacheslav Mukhidinov	Varegg Fleridrett	23:45
00:37+	02:09+ 02:38+ 03:38+ 04:34+ 05:42+	07:37+ 08:42+ 10:06+ 11:56+	12:53+ 13:53+ 15:27+ 16:56+
00:37+	01:32+ 00:29+ 01:00- 00:56- 01:08-	01:55+ 01:05- 01:24+ 01:50+	00:57+ 01:00- 01:34- 01:29-
00:01+	00:12# 00:03# 00:02- 00:01- 00:04-	00:08+ 00:03- 00:02+ 00:02+	00:01+ 00:02- 00:05- 00:02-
5	Rune Nygaard	IL Gular	24:48
01:28+	03:09+ 03:36+ 04:36+ 05:31+ 06:41+	08:32+ 09:39+ 11:00+ 12:56+	13:51+ 14:52+ 16:32+ 18:05+
01:28+	01:41+ 00:27+ 01:00- 00:55- 01:10-	01:51+ 01:07- 01:21- 01:56+	00:55- 01:01- 01:40+ 01:33+
00:52@	00:21& 00:01+ 00:02- 00:02-	00:04+ 00:01- 00:01- 00:08+	00:01- 00:01- 00:01+ 00:02+
6	Fabian Wennerberg	Varegg Fleridrett	24:56
00:39+	02:14+ 02:40+ 03:47+ 04:43+ 06:03+	08:07+ 09:22+ 10:45+ 12:36+	13:35+ 14:36+ 16:15+ 17:50+
00:39+	01:35+ 00:26= 01:07+ 00:56-	01:20+ 02:04+ 01:15+ 01:23+ 01:51+	00:59+ 01:01- 01:39= 01:35+
00:03+	00:15# 00:00= 00:05+ 00:01-	00:08# 00:17# 00:07# 00:01+ 00:03+	00:03+ 00:01-
7	Tom Eirik Eikanger	IL Gular	25:32
00:59+	02:23+ 02:53+ 03:57+ 05:00+ 06:12+	08:36+ 09:51+ 11:20+ 13:08+	14:11+ 15:20+ 17:04+ 18:44+
00:59+	01:24+ 00:30+ 01:04+ 01:03+ 01:12=	02:24+ 01:15+ 01:29+ 01:48=	01:03+ 01:09+ 01:44+ 01:40+
00:23&	00:04+ 00:04# 00:02+ 00:06# 00:00=	00:37& 00:07# 00:07+ 00:00=	00:07# 00:07# 00:05+ 00:09+
8	Per Arne Aadland	Samnanger IL	25:42
00:47+	02:36+ 03:03+ 04:09+ 05:16+ 06:35+	08:57+ 10:09+ 11:39+ 13:23+	14:23+ 15:25+ 17:15+ 19:01+
00:47+	01:49+ 00:27+ 01:06+ 01:07+ 01:19+	02:22+ 01:12+ 01:30+ 01:44-	01:00+ 01:02= 01:50+ 01:46+
00:11&	00:29& 00:01+ 00:04+ 00:10# 00:07+	00:35& 00:04+ 00:08+ 00:04-	00:04+ 00:00= 00:11# 00:15#
9	Jonatan Rosengren Drake	Varegg Fleridrett	25:48
00:40+	02:10+ 02:39+ 03:40+ 04:43+ 06:13+	08:18+ 09:46+ 11:18+ 13:09+	14:13+ 15:19+ 17:08+ 19:06+
00:40+	01:30+ 00:29+ 01:01- 01:03+ 01:30+	02:05+ 01:28+ 01:32+ 01:51+	01:04+ 01:06+ 01:49+ 01:58+
00:04#	00:10# 00:03# 00:01- 00:06# 00:18#	00:18# 00:20& 00:10# 00:03+	00:08# 00:04+ 00:10# 00:27&
10	Trygve Buanes	TIF Viking	25:49
01:45+	03:11+ 03:38+ 04:48+ 05:45+ 07:05+	09:22+ 10:39+ 12:04+ 13:46+	14:44+ 15:48+ 17:35+ 19:27+
01:45+	01:26+ 00:27+ 01:10+ 00:57= 01:20+	02:17+ 01:17+ 01:25+ 01:42-	00:58+ 01:04+ 01:47+ 01:52+
01:09@	00:06+ 00:01+ 00:08# 00:00= 00:08#	00:30& 00:09# 00:03+ 00:06-	00:02+ 00:02+ 00:08+ 00:21#
11	Jostein Kvakland	Varegg Fleridrett	26:19
00:40+	02:28+ 02:59+ 04:06+ 05:26+ 06:47+	08:47+ 09:54+ 11:20+ 13:26+	14:27+ 15:32+ 17:20+ 19:10+
00:40+	01:48+ 00:31+ 01:07+ 01:20+ 01:21+	02:00+ 01:07- 01:26+ 02:06+	01:01+ 01:05+ 01:48+ 01:50+
00:04#	00:28& 00:05# 00:023& 00:09#	00:13# 00:01- 00:04+ 00:18#	00:03+ 00:03+ 00:09+ 00:19#
12	Markus Kjærner-Semb	Varegg Fleridrett	26:53
00:39+	02:50+ 03:21+ 04:32+ 05:39+ 07:05+	09:18+ 10:57+ 12:31+ 14:29+	15:31+ 16:33+ 18:16+ 19:58+
00:39+	02:11+ 00:31+ 01:11+ 01:07+ 01:26+	02:13+ 01:39+ 01:34+ 01:58+	01:02+ 01:02= 01:43+ 01:42+
00:03+	00:51& 00:05# 00:10# 00:14#	00:26# 00:31& 00:12# 00:10+	00:06# 00:00= 00:04+ 00:11#
13	Ørjan Svaland Aas	Varegg Fleridrett	27:05
00:39+	02:24+ 02:52+ 03:58+ 05:02+ 06:20+	08:34+ 09:52+ 11:26+ 13:34+	14:39+ 15:53+ 17:40+ 19:54+
00:39+	01:45+ 00:28+ 01:06+ 01:04+ 01:18+	02:14+ 01:18+ 01:34+ 02:08+	01:05+ 01:14+ 01:47+ 02:14+
00:03+	00:25& 00:02+ 00:04+ 00:07# 00:06+	00:27& 00:10# 00:12# 00:20#	00:09# 00:12# 00:08+ 00:43&
14	Oskar Røen	Varegg Fleridrett	27:08
01:20+	03:02+ 03:31+ 04:44+ 05:50+ 07:10+	09:14+ 10:48+ 12:28+ 14:20+	15:25+ 16:32+ 18:24+ 20:07+
01:20+	01:42+ 00:29+ 01:13+ 01:06+ 01:20+	02:04+ 01:34+ 01:40+ 01:52+	01:05+ 01:07+ 01:52+ 01:43+
00:44@	00:22& 00:03# 00:11# 00:09# 00:08#	00:17# 00:26& 00:18# 00:04+	00:09# 00:05+ 00:13# 00:12#
15	Øyvind Johannessen	Gneist, IL	27:31
00:40+	02:11+ 02:37+ 03:54+ 05:06+ 06:25+	09:05+ 10:27+ 12:00+ 13:56+	15:00+ 16:08+ 18:07+ 20:07+
00:40+	01:31+ 00:26= 01:17+ 01:12+ 01:19+	02:40+ 01:22+ 01:33+ 01:56+	01:04+ 01:08+ 01:59+ 02:00+
00:04#	00:11# 00:00= 00:15# 00:15& 00:07+	00:53& 00:14# 00:11# 00:08+	00:08# 00:06+ 00:20# 00:29&

Class	Navn	Klasse	Tid																			
16	Espen Rognsvåg	Fana IL	27:34																			
00:40+	02:09+	02:38+	03:40+	04:46+	06:13+	08:42+	09:57+	11:31+	13:24+	14:39+	15:50+	17:42+	19:34+	22:04+	23:19+	24:05+	24:43+	26:24+	26:49+	27:17+	27:34+	
00:40+	01:29+	00:29+	01:02=	01:06+	01:27+	02:29+	01:15+	01:34+	01:53+	01:15+	01:11+	01:52+	01:52+	02:30+	01:15+	00:46+	00:38+	01:41+	00:25+	00:28+	00:17=	
00:04#	00:09#	00:03#	00:00=	00:09#	00:15#	00:42&	00:07#	00:12#	00:05+	00:19&	00:09#	00:13#	00:21#	01:24@	00:09#	00:00=	00:03+	00:08+	00:01+	00:02+	00:00=	
17	Christian Frøy	Sogndal IL	27:45																			
01:16+	03:24+	03:54+	05:17+	06:19+	07:42+	09:51+	11:03+	12:37+	14:34+	15:40+	16:51+	18:57+	20:47+	22:11+	23:26+	24:11+	24:53+	26:20+	26:51+	27:23+	27:45+	
01:16+	02:08+	00:30+	01:23+	01:02+	01:23+	02:09+	01:12+	01:34+	01:57+	01:06+	01:11+	02:06+	01:50+	01:24+	01:15+	00:45-	00:42+	01:27-	00:31+	00:32+	00:22+	
00:40@	00:48&	00:04#	00:21&	00:05+	00:11#	00:22#	00:04+	00:12#	00:09+	00:10#	00:09#	00:27&	00:19#	00:18&	00:09#	00:01-	00:07#	00:06-	00:07&	00:06#	00:05&	
18	Jan Harald Bakkejord	IL Gular	29:03																			
01:07+	02:44+	03:13+	04:54+	06:00+	07:23+	09:35+	11:00+	12:39+	14:43+	15:56+	17:08+	19:08+	21:02+	22:38+	23:52+	25:10+	25:54+	27:36+	28:06+	28:37+	29:03+	
01:07+	01:37+	00:29+	01:41+	01:06+	01:23+	02:12+	01:25+	01:39+	02:04+	01:13+	01:12+	02:00+	01:54+	01:36+	01:14+	01:18+	00:44+	01:42+	00:30+	00:31+	00:26+	
00:31&	00:17#	00:03#	00:39&	00:09#	00:11#	00:25#	00:17#	00:16#	00:17&	00:10#	00:21#	00:23&	00:30&	00:30&	00:08#	00:32&	00:09&	00:09+	00:06#	00:05#	00:09&	
19	Jonathan Albon	Sandefjord OK	29:04																			
03:03+	04:30+	04:56+	06:05+	07:16+	08:38+	10:20+	11:24+	12:53+	14:26+	15:22+	16:21+	17:53+	19:30+	21:38+	23:23+	24:40+	25:20+	27:57+	28:21+	28:48+	29:04+	
03:03+	01:27+	00:26=	01:09+	01:11+	01:22+	01:42-	01:04-	01:29+	01:33-	00:56=	00:59-	01:32-	01:37+	02:08+	01:45+	01:17+	00:40+	02:37+	00:24=	00:27+	00:16-	
02:27@	00:07+	00:00=	00:07#	00:14#	00:10#	00:05-	00:04-	00:07+	00:15-	00:00=	00:03-	00:07-	00:06+	01:02&	00:39&	00:31&	00:05#	01:04&	00:00=	00:01+	00:01-	
20	Jakob Eikner	Fana IL	29:55																			
01:54+	03:44+	04:16+	05:31+	06:54+	08:23+	11:00+	12:19+	13:56+	15:45+	16:58+	18:07+	20:01+	22:01+	23:32+	24:53+	25:58+	27:07+	28:40+	29:09+	29:40+	29:55+	
01:54+	01:50+	00:32+	01:15+	01:23+	01:29+	02:37+	01:19+	01:37+	01:49+	01:13+	01:09+	01:54+	02:00+	01:31+	01:21+	01:05+	01:09+	01:33=	00:29+	00:31+	00:15-	
01:18@	00:30&	00:06#	00:13#	00:26&	00:17#	00:50&	00:11#	00:15#	00:01+	00:17&	00:07#	00:15#	00:29&	00:25&	00:09#	00:19&	00:34&	00:00=	00:05#	00:05#	00:02-	
21	Kristian Løvås	Varegg Fleridrett	30:05																			
00:49+	02:33+	03:07+	04:22+	05:34+	07:01+	09:20+	10:57+	12:45+	14:49+	16:02+	17:23+	19:26+	21:22+	22:53+	24:08+	25:17+	26:00+	28:29+	29:04+	29:39+	30:05+	
00:49+	01:44+	00:34+	01:15+	01:12+	01:27+	02:19+	01:37+	01:48+	02:04+	01:13+	01:21+	02:03+	01:56+	01:31+	01:15+	01:09+	00:43+	02:29+	00:35+	00:35+	00:26+	
00:13&	00:24&	00:08&	00:13#	00:15&	00:15#	00:32&	00:29&	00:26&	00:16#	00:17&	00:19&	00:24#	00:25&	00:25&	00:09#	00:23&	00:08#	00:56&	00:11&	00:09&	00:09&	
22	Ronny Rykkje	Varegg Fleridrett	30:54																			
01:05+	02:40+	03:09+	04:17+	05:15+	06:35+	08:42+	10:01+	11:29+	13:14+	14:14+	15:25+	17:16+	19:05+	25:13+	26:27+	27:20+	28:00+	29:34+	30:03+	30:34+	30:54+	
01:05+	01:35+	00:29+	01:08+	00:58+	01:20+	02:07+	01:19+	01:28+	01:45-	01:00+	01:11+	01:51+	01:49+	06:08+	01:14+	00:53+	00:40+	01:34+	00:29+	00:31+	00:20+	
00:29&	00:15#	00:03#	00:06+	00:01+	00:08#	00:20#	00:11#	00:06+	00:03-	00:04+	00:09#	00:12#	00:18#	05:02@	00:08#	00:07#	00:05#	00:01+	00:05#	00:05#	00:03#	
23	Erlend Gjæstemoen	Bergens TF	31:07																			
01:40+	03:43+	04:13+	06:10+	07:41+	08:44+	10:06+	12:38+	13:57+	15:35+	17:36+	19:08+	20:17+	22:14+	23:56+	25:46+	26:52+	27:39+	28:20+	29:52+	30:19+	30:48+	31:07+
01:40+	02:03+	00:30+	01:57+	01:31+	01:03+	01:22-	02:32+	01:19-	01:38-	02:01+	01:32+	01:09-	01:57+	01:42+	01:50+	01:06+	00:47+	00:41-	01:32+	00:27+	00:29+	00:19+
01:04@	00:43&	00:04#	00:55&	00:34&	00:09-	00:25-	01:24@	00:03-	00:10-	01:05@	00:30&	00:30-	00:26&	00:36&	00:44&	00:20&	00:12&	00:52-	01:08@	00:01+	00:12&	00:19+
24	Helge Nysæter	Bergens TF	31:35																			
00:44+	02:32+	03:00+	04:06+	05:14+	06:44+	08:47+	10:08+	11:43+	13:37+	14:45+	15:52+	19:24+	23:04+	25:36+	26:53+	27:43+	28:23+	30:11+	30:47+	31:17+	31:35+	
00:44+	01:48+	00:28+	01:06+	01:08+	01:30+	02:03+	01:21+	01:35+	01:54+	01:08+	01:07+	03:32+	03:40+	02:32+	01:17+	00:50+	00:40+	01:48+	00:36+	00:30+	00:18+	
00:08#	00:28&	00:02+	00:04+	00:11#	00:18#	00:16#	00:13#	00:13#	00:06+	00:12#	00:05+	01:53@	02:09@	01:26@	00:11#	00:04+	00:05#	00:15#	00:12&	00:04#	00:01+	
25	Tormod Skauge	IL Gular	31:51																			
01:18+	03:09+	03:41+	05:28+	06:45+	08:20+	10:50+	12:45+	14:30+	16:35+	17:51+	19:06+	22:15+	24:15+	26:00+	27:21+	28:14+	28:58+	30:32+	31:01+	31:30+	31:51+	
01:18+	01:51+	00:32+	01:47+	01:17+	01:35+	02:30+	01:55+	01:45+	02:05+	01:16+	01:15+	03:09+	02:00+	01:45+	01:21+	00:53+	00:44+	01:34+	00:29+	00:29+	00:21+	
00:42@	00:31&	00:06#	00:45&	00:20&	00:23&	00:43&	00:47&	00:23&	00:17#	00:20&	00:13#	01:30&	00:29&	00:39&	00:15#	00:07#	00:09&	00:01+	00:05#	00:03#	00:04#	
26	Gernot Doppelhofer	Varegg Fleridrett	32:45																			
00:50+	02:50+	03:22+	04:54+	06:07+	07:37+	10:21+	12:55+	14:41+	16:46+	18:04+	19:23+	21:30+	24:07+	26:08+	27:37+	28:58+	29:42+	31:27+	31:58+	32:27+	32:45+	
00:50+	02:00+	00:32+	01:32+	01:13+	01:30+	02:44+	02:34+	01:46+	02:05+	01:18+	01:19+	02:07+	02:37+	02:01+	01:29+	01:21+	00:44+	01:45+	00:31+	00:29+	00:18+	
00:14&	00:40&	00:06#	00:30&	00:16&	00:18#	00:57&	01:26@	00:24&	00:17#	00:22&	00:17&	00:28&	01:06&	00:55&	00:23&	00:35&	00:09&	00:12#	00:07&	00:03#	00:01+	
27	Thomas Åsheim	Storsteinnes IL	33:00																			
02:32+	04:14+	04:45+	06:04+	07:18+	08:41+	11:40+	12:55+	14:37+	16:39+	17:59+	19:21+	21:33+	23:19+	25:16+	26:53+	28:31+	29:19+	31:30+	32:09+	32:41+	33:00+	
02:32+	01:42+	00:31+	01:19+	01:14+	01:23+	02:59+	01:15+	01:42+	02:02+	01:20+	01:22+	02:12+	01:46+	01:57+	01:37+	01:38+	00:48+	02:11+	00:39+	00:32+	00:19+	
01:56@	00:22&	00:05#	00:17&	00:11#	01:12&	00:07#	00:20#	00:14#	00:14#	00:24&	00:20&	00:33&	00:15#	00:51&	00:31&	00:52@	00:13&	00:38&	00:15&	00:06#	00:02#	
28	Helge Rosenlund	Varegg Fleridrett	34:07																			
01:26+	04:03+	04:35+	05:52+	07:02+	08:33+	11:37+	13:21+	15:13+	17:31+	19:19+	20:33+	22:45+	24:58+	27:02+	28:54+	30:02+	31:04+	32:41+	33:12+	33:46+	34:07+	
01:26+	02:37+	00:32+	01:17+	01:10+	01:31+	03:04+	01:44+	01:52+	02:18+	01:48+	01:14+	02:12+	02:13+	27:02+	01:52+	01:08+	01:02+	01:37+	00:31+	00:34+	00:21+	
00:50@	01:17&	00:06#	00:15#	00:13#	00:19&	01:17&	00:36&	00:30&	00:30&	00:52&	00:12#	00:33&	00:42&	00:58&	00:46&	00:22&	00:27&	00:04+	00:07&	00:08&	00:04#	
29	Kjetil Damm	TIF Viking	34:23																			
01:43+	04:04+	04:37+	06:08+	07:35+	09:21+	11:46+	13:03+	14:51+	17:07+	18:56+	20:16+	22:30+	25:18+	27:22+	28:57+	30:36+	31:22+	33:07+	33:38+	34:06+	34:23+	
01:43+	02:21+	00:33+	01:31+	01:27+	01:46+	02:25+	01:17+	01:48+	02:16+	01:49+	01:20+	02:14+	02:48+	02:04+	01:35+	01:39+	00:46+	01:45+	00:31+	00:28+	00:17=	
01:07@	01:01&	00:07&	00:29&	00:30&	00:34&	00:38&	00:09#	00:26&	00:28&	00:53&	00:18&	00:35&	01:17&	00:58&	00:29&	00:53@	00:11&	00:12#	00:07&	00:02+	00:00=	
30	Ketil Malde	IL Gular	35:13																			
01:36+	03:50+	04:21+	05:45+	06:58+	08:34+	12:06+	13:51+	15:40+	17:55+	19:16+	20:35+	23:20+	25:59+	28:25+	29:51+	31:01+	31:45+	33:48+	34:20+	34:53+	35:13+	
01:36+	02:14+	00:31+	01:24+	01:13+	01:36+	03:32+	01:45+	01:49+	02:15+	01:21+	01:19+	02:45+	02:39+	02:26+	01:26+	01:10+	00:44+	02:03+	00:32+	00:33+	00:20+	
01:00@	00:54&	00:05#	00:22&	00:16&	00:24&	01:45&	00:37&	00:27&														

Class	Navn	Klasse	Tid
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31	Kasper Valestrand	Varegg Fleridrett	36:06																		
00:55+	04:32+	05:00+	06:28+	07:59+	09:57+	14:07+	15:48+	17:41+	20:18+	23:03+	25:33+	27:50+	29:32+	30:50+	31:54+	32:47+	34:33+	35:08+	35:49+	36:06+	
00:55+	03:37+	00:28+	01:28+	01:31+	01:58+	04:20+	01:41+	01:53+	02:37+	01:22+	01:23+	02:17+	01:42+	01:18+	01:04+	00:53+	01:46+	00:35+	00:41+	00:17=	
00:19&	02:17@	00:02+	00:26&	00:34&	00:46&	02:23@	00:33&	00:31&	00:49&	00:26&	00:21&	00:51&	00:46&	00:36&	00:12#	00:18&	00:18&	00:13#	00:11&	00:15&	00:00=
32	Trond Døskeland	Fana IL	36:27																		
01:40+	03:48+	04:32+	06:02+	07:33+	09:20+	12:09+	14:04+	16:04+	18:26+	19:50+	21:17+	23:50+	26:21+	28:46+	30:29+	31:41+	32:40+	34:46+	35:22+	36:00+	36:27+
01:40+	02:08+	00:44+	01:30+	01:31+	01:47+	02:49+	01:55+	02:00+	02:22+	01:24+	01:27+	02:33+	02:31+	02:25+	01:43+	01:12+	00:59+	02:06+	00:36+	00:38+	00:27+
01:04@	00:48&	00:18&	00:28&	00:34&	00:35&	01:02&	00:47&	00:38&	00:34&	00:28&	00:25&	00:54&	01:00&	01:19@	00:37&	00:26&	00:24&	00:33&	00:12&	00:12&	00:10&
33	Sverre Johan Nærheim	IL Gular	37:31																		
01:54+	04:14+	04:46+	06:10+	07:38+	09:56+	13:07+	14:46+	16:49+	19:16+	20:45+	22:20+	24:51+	27:32+	29:20+	31:12+	32:41+	33:34+	35:51+	36:27+	37:07+	37:31+
01:54+	02:20+	00:32+	01:24+	01:28+	02:18+	03:11+	01:39+	02:03+	02:27+	01:29+	01:35+	02:31+	02:41+	01:48+	01:52+	01:29+	00:53+	02:17+	00:36+	00:40+	00:24+
01:18@	01:00&	00:06#	00:22&	00:31&	01:06&	01:24&	00:31&	00:41&	00:39&	00:33&	00:33&	00:52&	01:10&	00:42&	00:46&	00:43&	00:18&	00:44&	00:12&	00:14&	00:07&
34	Snorre Lunde	Gneist, IL	46:35																		
02:43+	05:07+	05:52+	07:42+	09:33+	11:35+	15:42+	19:32+	22:01+	24:43+	26:37+	28:11+	31:04+	34:41+	37:22+	39:29+	40:49+	41:56+	44:39+	45:25+	46:11+	46:35+
02:43+	02:24+	00:45+	01:50+	01:51+	02:02+	04:07+	03:50+	02:29+	02:42+	01:54+	01:34+	02:53+	03:37+	02:41+	02:07+	01:20+	01:07+	02:43+	00:46+	00:46+	00:24+
02:07@	01:04&	00:19&	00:48&	00:54&	00:50&	02:20@	02:42@	01:07&	00:54&	00:58@	00:32&	01:14&	02:06@	01:35@	01:01&	00:34&	00:32&	01:10&	00:22&	00:20&	00:07&

Beste strekktid for klassen																					
00:34	01:18	00:26	01:00	00:51	01:03	01:22	01:03	01:19	01:33	00:55	00:55	01:09	01:24	01:05	01:02	00:43	00:33	00:41	00:22	00:23	00:15

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

H17-AK

1	Sondre Damm	TIF Viking	24:20																	
00:52=	02:14=	02:43=	03:48=	04:43=	06:05=	07:29=	07:59=	09:37=	11:42=	12:57=	14:14=	16:13=	18:09=	19:42=	21:07=	23:03=	23:34=	24:01=	24:20=	
00:52=	01:22=	00:29=	01:05=	00:55=	01:22=	01:24=	00:30=	01:38=	02:05=	01:15=	01:17=	01:59=	01:56=	01:33=	01:25=	01:56=	00:31=	00:27=	00:19=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Dag Aksnes	IL Gular	29:43																	
01:00+	02:46+	03:20+	05:28+	06:36+	08:16+	09:55+	10:35+	12:29+	14:49+	16:06+	17:23+	19:40+	21:50+	24:44+	26:23+	28:20+	28:51+	29:23+	29:43+	
01:00+	01:46+	00:34+	02:08+	01:08+	01:40+	01:39+	00:40+	01:54+	02:20+	01:17+	01:17+	02:17+	02:10+	02:54+	01:39+	01:57+	00:31=	00:32+	00:20+	
00:08#	00:24&	00:05#	01:03&	00:13#	00:18#	00:15#	00:10&	00:16#	00:15#	00:02+	00:00=	00:18#	00:14#	01:21&	00:14#	00:01+	00:00=	00:05#	00:01+	
3	Jon-Kåre Hansen	TIF Viking	31:20																	
01:04+	02:46+	03:23+	04:40+	06:05+	08:11+	10:06+	10:50+	13:05+	15:55+	17:21+	18:59+	21:45+	24:14+	26:03+	27:47+	29:43+	30:19+	30:59+	31:20+	
01:04+	01:42+	00:37+	01:17+	01:25+	02:06+	01:55+	00:44+	02:15+	02:50+	01:26+	01:38+	02:46+	02:29+	01:49+	01:44+	01:56=	00:36+	00:40+	00:21+	
00:12#	00:20#	00:08&	00:12#	00:30&	00:44&	00:31&	00:14&	00:37&	00:45&	00:11#	00:21&	00:47&	00:33&	00:16#	00:19#	00:00=	00:05#	00:13&	00:02#	
4	Vemund Hansen	TIF Viking	31:38																	
01:00+	02:29+	03:08+	04:36+	05:45+	07:37+	09:24+	10:10+	12:22+	16:00+	17:14+	18:44+	21:38+	24:38+	27:03+	28:19+	30:06+	30:39+	31:14+	31:38+	
01:00+	01:29+	00:39+	01:28+	01:09+	01:52+	01:47+	00:46+	02:12+	03:38+	01:14-	01:30+	02:54+	03:00+	02:25+	01:16-	01:47-	00:33+	00:35+	00:24+	
00:08#	00:07+	00:10&	00:23&	00:14&	00:30&	00:23&	00:16&	00:34&	01:33&	00:01-	00:13#	00:55&	01:04&	00:52&	00:09-	00:09-	00:02+	00:08&	00:05&	
5	Ole Kragseth	IL Gular	32:25																	
01:02+	02:31+	03:05+	04:19+	05:38+	07:47+	09:34+	10:18+	12:30+	15:22+	16:58+	18:33+	21:36+	24:23+	26:41+	28:52+	30:52+	31:27+	32:03+	32:25+	
01:02+	01:29+	00:34+	01:14+	01:19+	02:09+	01:47+	00:44+	02:12+	02:52+	01:36+	01:35+	03:03+	02:47+	02:18+	02:11+	02:00+	00:35+	00:36+	00:22+	
00:10#	00:07+	00:05#	00:09#	00:24&	00:47&	00:23&	00:14&	00:34&	00:47&	00:21&	00:18#	01:04&	00:51&	00:45&	00:46&	00:04+	00:04#	00:09&	00:03#	
6	Magnus Erdal	Sammanger IL	33:34																	
01:31+	03:40+	04:13+	06:01+	07:08+	09:03+	11:49+	12:45+	15:32+	18:00+	20:03+	21:31+	24:00+	26:49+	28:53+	30:29+	32:26+	32:55+	33:18+	33:34+	
01:31+	02:09+	00:33+	01:48+	01:07+	01:55+	02:46+	00:56+	02:47+	02:28+	02:03+	01:28+	02:29+	02:49+	02:04+	01:36+	01:57+	00:29-	00:23-	00:16-	
00:39&	00:47&	00:04#	00:43&	00:12#	00:33&	01:22&	00:26&	01:09&	00:23#	00:48&	00:11#	00:30&	00:53&	00:31&	00:11#	00:01+	00:02-	00:04-	00:03-	
7	Frank Roar Olsen	Bergens TF	34:02																	
01:10+	03:24+	04:01+	05:59+	07:32+	09:22+	11:17+	12:06+	14:51+	17:20+	18:48+	20:13+	22:46+	25:37+	27:59+	30:26+	32:31+	33:06+	33:41+	34:02+	
01:10+	02:14+	00:37+	01:58+	01:33+	01:50+	01:55+	00:49+	02:45+	02:29+	01:28+	01:25+	02:33+	02:51+	02:22+	02:27+	02:05+	00:35+	00:31+	00:21+	
00:18&	00:52&	00:08&	00:53&	00:38&	00:28&	00:31&	00:19&	01:07&	00:24#	00:13#	00:08#	00:34&	00:55&	00:49&	01:02&	00:09+	00:04#	00:08&	00:02#	
8	Tord Bell Myking	Fana IL	34:25																	
01:15+	03:00+	03:39+	04:53+	06:19+	08:14+	10:02+	10:41+	13:01+	16:16+	17:44+	19:23+	22:01+	25:25+	27:25+	29:02+	32:13+	33:08+	33:53+	34:25+	
01:15+	01:45+	00:39+	01:14+	01:26+	01:55+	01:48+	00:39+	02:20+	03:15+	01:28+	01:39+	02:38+	03:24+	02:00+	01:37+	03:11+	00:55+	00:45+	00:32+	
00:23&	00:23&	00:10&	00:09#	00:31&	00:33&	00:24&	00:09&	00:42&	01:10&	00:13#	00:22&	00:39&	01:28&	00:27&	00:12#	01:15&	00:24&	00:18&	00:13&	
9	Fredrik Thorkildsen	BSI - Orientering	35:34																	
01:25+	03:17+	03:51+	06:09+	07:23+	09:34+	11:06+	11:42+	13:37+	16:02+	17:24+	18:35+	20:54+	23:30+	25:25+	32:24+	34:14+	34:47+	35:18+	35:34+	
01:25+	01:52+	00:34+	02:18+	01:14+	02:11+	01:32+	00:36+	01:55+	02:25+	01:22+	01:11-	02:19+	02:36+	01:55+	06:59+	01:50-	00:33+	00:31+	00:16-	
00:33&	00:30&	00:05#	01:13@	00:19&	00:49&	00:08+	00:06#	00:17#	00:20#	00:07+	00:06-	00:20#	00:40&	00:22#	05:34@	00:06-	00:02+	00:04#	00:03-	

Class	Navn	Klasse	Tid																
10	Rune Myklebust	Gneist, IL	37:33																
01:30+	04:06+	04:57+	07:31+	08:47+	12:01+	14:24+	15:18+	17:38+	20:00+	21:41+	23:00+	25:25+	28:50+	32:25+	34:09+	36:02+	36:35+	37:08+	37:33+
01:30+	02:36+	00:51+	02:34+	01:16+	03:14+	02:23+	00:54+	02:20+	02:22+	01:41+	01:19+	02:25+	03:25+	03:35+	01:44+	01:53-	00:33+	00:33+	00:25+
00:38&	01:14&	00:22&	01:29@	00:21&	01:52@	00:59&	00:24&	00:42&	00:17#	00:26&	00:02+	00:26#	01:29&	02:02@	00:19#	00:03-	00:02+	00:06#	00:06&
11	Erik Dymbe	Gneist, IL	43:50																
01:28+	03:58+	04:42+	06:31+	08:05+	10:01+	12:18+	13:08+	15:46+	18:42+	20:28+	21:57+	24:40+	29:54+	33:48+	39:29+	42:20+	42:56+	43:30+	43:50+
01:28+	02:30+	00:44+	01:49+	01:34+	01:56+	02:17+	00:50+	02:38+	02:56+	01:46+	01:29+	02:43+	05:14+	03:54+	05:41+	02:51+	00:36+	00:34+	00:20+
00:36&	01:08&	00:15&	00:44&	00:39&	00:34&	00:53&	00:20&	01:00&	00:51&	00:31&	00:12#	00:44&	03:18@	02:21@	04:16@	00:55&	00:05#	00:07&	00:01+

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

H50-

1	Arne Knudsen	Gneist, IL	26:04																	
00:50=	02:16=	02:53=	04:39=	05:37=	07:14=	08:43=	09:19=	11:01=	13:02=	14:13=	15:30=	17:34=	19:21=	21:29=	22:35=	24:34=	25:07=	25:41=	26:04=	
00:50=	01:26=	00:37=	01:46=	00:58=	01:37=	01:29=	00:36=	01:42=	02:01=	01:11=	01:17=	02:04=	01:47=	02:08=	01:06=	01:59=	00:33=	00:34=	00:23=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Bjørn Hølleland	Fana IL	26:11																	
00:50=	02:10-	02:37-	03:53-	04:52-	06:28-	07:46-	08:24-	09:13-	11:46-	13:40-	14:39-	15:47-	18:15-	20:05-	21:34-	23:18-	24:54-	25:22-	25:52-	26:11+
00:50=	01:20-	00:27-	01:16-	00:59+	01:36-	01:18-	00:38+	00:49-	02:33+	01:54+	00:59-	01:08-	02:28+	01:50-	01:29+	01:44-	01:36+	00:28-	00:30+	00:19+
00:00=	00:06-	00:10-	00:30-	00:01+	00:01-	00:11-	00:02+	00:53-	00:32&	00:43&	00:18-	00:56-	00:41&	00:18-	00:23&	00:15-	01:03@	00:06-	00:07&	00:19+
3	Jan Kjærner-Semb	Varegg Fleridrett	26:24																	
01:01+	02:44+	03:22+	05:10+	06:21+	07:46+	09:32+	10:03+	11:35+	13:27+	14:41+	15:52+	17:44+	19:36+	21:20-	23:08+	25:07+	25:37+	26:04+	26:24+	
01:01+	01:43+	00:38+	01:48+	01:11+	01:25-	01:46+	00:31-	01:32-	01:52-	01:14+	01:11-	01:52-	01:52+	01:44-	01:48+	01:59+	00:30-	00:27-	00:20-	
00:11#	00:17#	00:01+	00:02+	00:13#	00:12-	00:17#	00:05-	00:10-	00:09-	00:03+	00:06-	00:12-	00:05+	00:24-	00:42&	00:00=	00:03-	00:07-	00:03-	
4	Sverre Ottesen	Varegg Fleridrett	28:02																	
00:54+	02:21+	02:52-	04:53+	05:59+	07:38+	09:15+	09:54+	11:46+	14:03+	15:18+	16:41+	18:51+	21:01+	22:48+	24:21+	26:34+	27:08+	27:42+	28:02+	
00:54+	01:27+	00:31-	02:01+	01:06+	01:39+	01:37+	00:39+	01:52+	02:17+	01:15+	01:23+	02:10+	02:10+	01:47-	01:33+	02:13+	00:34+	00:34=	00:20-	
00:04+	00:01+	00:06-	00:15#	00:08#	00:02+	00:08+	00:03+	00:10+	00:16#	00:04+	00:06+	00:06+	00:23#	00:21-	00:27&	00:14#	00:01+	00:00=	00:03-	
5	Øyvind Schjelderup	Freidig	28:49																	
01:18+	02:59+	03:33+	04:55+	06:07+	07:43+	09:17+	10:01+	12:23+	14:39+	15:52+	17:14+	19:30+	22:01+	23:55+	25:22+	27:23+	27:56+	28:27+	28:49+	
01:18+	01:41+	00:34-	01:22-	01:12+	01:36-	01:34+	00:44+	02:22+	02:16+	01:13+	01:22+	02:16+	02:31+	01:54-	01:27+	02:01+	00:33=	00:31-	00:22-	
00:28&	00:15#	00:03-	00:24-	00:14#	00:01-	00:05+	00:08#	00:40&	00:15#	00:02+	00:05+	00:12+	00:44&	00:14-	00:21&	00:02+	00:00=	00:03-	00:01-	
6	Jan Petter Hansen	IL Gular	29:16																	
01:03+	02:50+	03:32+	04:55+	06:09+	07:51+	09:32+	10:23+	12:20+	14:50+	16:19+	17:41+	20:14+	22:21+	24:00+	25:36+	27:41+	28:17+	28:52+	29:16+	
01:03+	01:47+	00:42+	01:23-	01:14+	01:42+	01:41+	00:51+	01:57+	02:30+	01:29+	01:22+	02:33+	02:07+	01:39-	01:36+	02:05+	00:36+	00:35+	00:24+	
00:13&	00:21#	00:05#	00:23-	00:16&	00:05+	00:12#	00:15&	00:15#	00:29#	00:18&	00:05+	00:29#	00:20#	00:29-	00:30&	00:06+	00:03+	00:01+	00:01+	
7	Øistein Bøe	Fana IL	32:38																	
01:04+	02:39+	03:14+	05:22+	06:27+	08:09+	09:51+	10:38+	12:39+	15:01+	16:19+	17:46+	22:26+	24:31+	26:43+	28:40+	31:02+	31:37+	32:14+	32:38+	
01:04+	01:35+	00:35-	02:08+	01:05+	01:42+	01:42+	00:47+	02:01+	02:22+	01:18+	01:27+	04:40+	02:05+	02:12+	01:57+	02:22+	00:35+	00:37+	00:24+	
00:14&	00:09#	00:02-	00:22#	00:07#	00:05+	00:13#	00:11&	00:19#	00:21#	00:07+	00:10#	02:36@	00:18#	00:04+	00:51&	00:23#	00:02+	00:03+	00:01+	
8	Tommy Sævareid	Os Orienteringsklubb	32:43																	
01:14+	03:10+	03:46+	05:13+	06:32+	08:22+	10:12+	10:59+	13:10+	15:41+	16:59+	18:26+	22:59+	25:55+	27:54+	29:14+	31:11+	31:46+	32:20+	32:43+	
01:14+	01:56+	00:36-	01:27-	01:19+	01:50+	01:50+	00:47+	02:11+	02:31+	01:18+	01:27+	04:33+	02:56+	01:59-	01:20+	01:57-	00:35+	00:34=	00:23=	
00:24&	00:30&	00:01-	00:19-	00:21&	00:13#	00:21#	00:11&	00:29&	00:30#	00:07+	00:10#	02:29@	01:09&	00:09-	00:14#	00:02-	00:02+	00:00=	00:00=	
9	Lars Sveen	NOTEAM	32:53																	
01:16+	03:05+	03:45+	05:09+	06:39+	08:38+	10:42+	11:43+	13:53+	16:19+	18:07+	19:31+	21:57+	24:22+	26:26+	28:45+	31:14+	31:51+	32:27+	32:53+	
01:16+	01:49+	00:40+	01:24-	01:30+	01:59+	02:04+	01:01+	02:10+	02:26+	01:48+	01:24+	02:26+	02:25+	02:04+	02:19+	02:29+	00:37+	00:36+	00:26+	
00:26&	00:23&	00:03+	00:22-	00:32&	00:22#	00:35&	00:25&	00:28&	00:25#	00:37&	00:07+	00:22#	00:38&	00:04-	01:13@	00:30&	00:04#	00:02+	00:03#	
10	Leif Gunnar Hovden	Halsnøy OL	33:01																	
01:09+	02:51+	03:32+	04:54+	06:12+	08:11+	10:20+	11:10+	13:23+	17:07+	18:31+	20:04+	22:38+	25:00+	26:59+	29:00+	31:12+	31:52+	32:31+	33:01+	
01:09+	01:42+	00:41+	01:22-	01:18+	01:59+	02:09+	00:50+	02:13+	03:44+	01:24+	01:33+	02:34+	02:22+	01:59-	02:01+	02:12+	00:40+	00:39+	00:30+	
00:19&	00:16#	00:04#	00:24-	00:20&	00:22#	00:40&	00:14&	00:31&	01:43&	00:13#	00:16#	00:30#	00:35&	00:09-	00:55&	00:13#	00:07#	00:05#	00:07&	
11	Ørjan Eirik Valestrand	Fana IL	33:14																	
01:20+	03:09+	03:46+	05:10+	06:29+	08:13+	09:59+	10:50+	13:05+	16:09+	17:44+	19:17+	21:56+	24:56+	27:14+	29:09+	31:30+	32:09+	32:48+	33:14+	
01:20+	01:49+	00:37=	01:24-	01:19+	01:44+	01:46+	00:51+	02:15+	03:04+	01:35+	01:33+	02:39+	03:00+	02:18+	01:55+	02:21+	00:39+	00:39+	00:26+	
00:30&	00:23&	00:00=	00:22-	00:21&	00:07+	00:17#	00:15&	00:33&	01:03&	00:24&	00:16#	00:35&	01:13&	00:10+	00:49&	00:22#	00:06#	00:05#	00:03#	

Class	Navn	Klasse	Tid
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12	Tore Svein Nese	Askøy OL	33:24																
01:12+	02:51+	03:29+	04:45+	06:32+	08:25+	10:14+	10:57+	13:04+	15:37+	16:52+	18:20+	23:01+	25:31+	27:30+	29:13+	31:37+	32:17+	32:56+	33:24+
01:12+	01:39+	00:38+	01:16-	01:47+	01:53+	01:49+	00:43+	02:07+	02:33+	01:15+	01:28+	04:41+	02:30+	01:59-	01:43+	02:24+	00:40+	00:39+	00:28+
00:22&	00:13#	00:01+	00:30-	00:49&	00:16#	00:20#	00:07#	00:25#	00:32&	00:04+	00:11#	02:37@	00:43&	00:09-	00:37&	00:25#	00:07#	00:05#	00:05#
13	Helge Magnus Erdal	Samnanger IL	33:40																
01:09+	03:06+	03:44+	05:26+	06:43+	08:32+	10:54+	11:36+	13:44+	16:42+	18:19+	19:44+	22:21+	24:50+	27:48+	29:57+	31:58+	32:35+	33:13+	33:40+
01:09+	01:57+	00:38+	01:42-	01:17+	01:49+	02:22+	00:43+	02:07+	02:58+	01:37+	01:25+	02:37+	02:29+	02:58+	02:09+	02:01+	00:37+	00:38+	00:27+
00:19&	00:31&	00:01+	00:04-	00:19&	00:12#	00:53&	00:06#	00:26&	00:57&	00:26&	00:08#	00:33&	00:42&	00:50&	01:03&	00:02+	00:04#	00:04#	00:04#
14	Peter Stoykov	Samnanger IL	34:24																
01:08+	03:17+	04:04+	05:28+	06:56+	08:39+	10:36+	11:29+	13:38+	16:29+	17:51+	19:34+	22:23+	25:56+	28:40+	30:33+	32:39+	33:16+	33:56+	34:24+
01:08+	02:09+	00:47+	01:24-	01:28+	01:43+	01:57+	00:53+	02:09+	02:51+	01:22+	01:43+	02:49+	03:33+	02:44+	01:53+	02:06+	00:37+	00:40+	00:28+
00:18&	00:43&	00:10&	00:22-	00:30&	00:06+	00:28&	00:17&	00:27&	00:50&	00:11#	00:26&	00:45&	01:46&	00:36&	00:47&	00:07+	00:04#	00:06#	00:05#
15	Atle Toft Almeland	Fana IL	34:57																
01:09+	03:17+	03:57+	05:28+	06:57+	09:04+	11:10+	12:01+	14:32+	17:18+	18:58+	20:52+	23:46+	26:27+	28:50+	30:45+	33:05+	33:47+	34:28+	34:57+
01:09+	02:08+	00:40+	01:31-	01:29+	02:07+	02:06+	00:51+	02:31+	02:46+	01:40+	01:54+	02:54+	02:41+	02:23+	01:55+	02:20+	00:42+	00:41+	00:29+
00:19&	00:42&	00:03+	00:15-	00:31&	00:30&	00:37&	00:15&	00:49&	00:45&	00:29&	00:37&	00:50&	00:54&	00:15#	00:49&	00:21#	00:09&	00:07#	00:06&
16	Knut A Molvik	Gneist, IL	35:22																
01:06+	02:59+	03:39+	05:35+	07:08+	09:18+	11:37+	12:21+	14:58+	18:03+	19:43+	21:34+	24:46+	27:23+	29:39+	31:12+	33:45+	34:26+	34:58+	35:22+
01:06+	01:53+	00:40+	01:56+	01:33+	02:10+	02:19+	00:44+	02:37+	03:05+	01:40+	01:51+	03:12+	02:37+	02:16+	01:33+	02:33+	00:41+	00:32-	00:24+
00:16&	00:27&	00:03+	00:10+	00:35&	00:33&	00:50&	00:08#	00:55&	01:04&	00:29&	00:34&	01:08&	00:50&	00:08+	00:27&	00:34&	00:08#	00:02-	00:01+
17	Lars Stuland Larsen	Varegg Fleridrett	35:28																
01:18+	03:18+	03:56+	05:26+	07:04+	09:25+	11:15+	12:01+	14:18+	17:09+	18:45+	20:17+	22:57+	25:52+	28:23+	31:03+	33:46+	34:22+	35:01+	35:28+
01:18+	02:00+	00:38+	01:30-	01:38+	02:21+	01:50+	00:46+	02:17+	02:51+	01:36+	01:32+	02:40+	02:55+	02:31+	02:40+	02:43+	00:36+	00:39+	00:27+
00:28&	00:34&	00:01+	00:16-	00:40&	00:44&	00:21#	00:10&	00:35&	00:50&	00:25&	00:15#	00:36&	01:08&	00:23#	01:34@	00:44&	00:03+	00:05#	00:04#
18	Matti Torgersen	Bergens TF	36:25																
01:19+	03:21+	04:05+	06:25+	07:51+	10:03+	12:03+	12:51+	15:11+	18:05+	19:42+	21:25+	24:06+	27:09+	29:31+	31:57+	34:27+	35:15+	35:58+	36:25+
01:19+	02:02+	00:44+	02:20+	01:26+	02:12+	02:00+	00:48+	02:20+	02:54+	01:37+	01:43+	02:41+	03:03+	02:22+	02:26+	02:30+	00:48+	00:43+	00:27+
00:29&	00:36&	00:07#	00:34&	00:28&	00:35&	00:31&	00:12&	00:38&	00:53&	00:26&	00:26&	00:37&	01:16&	00:14#	01:20@	00:31&	00:15&	00:09&	00:04#
19	John Olav Alvsvåg	Fana IL	42:01																
01:12+	04:12+	04:47+	06:58+	08:17+	11:46+	15:07+	15:56+	19:06+	22:09+	23:30+	25:13+	28:43+	31:53+	34:10+	36:20+	40:06+	40:52+	41:33+	42:01+
01:12+	03:00+	00:35-	02:11+	01:19+	03:29+	03:21+	00:49+	03:10+	03:03+	01:21+	01:43+	03:30+	03:10+	02:17+	02:10+	03:46+	00:46+	00:41+	00:28+
00:22&	01:34@	00:02-	00:25#	00:21&	01:52@	01:52@	00:13&	01:28&	01:02&	00:10#	00:26&	01:26&	01:23&	00:09+	01:04&	01:47&	00:13&	00:07#	00:05#

Beste strekktid for klassen

00:50 01:20 00:27 01:16 00:58 01:25 01:18 00:31 00:49 01:52 01:11 00:59 01:08 01:47 01:39 01:06 01:44 00:30 00:27 00:20

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

H60

1	Torgeir Strandhagen	Røyken OL	19:44									
01:53=	04:12=	05:41=	07:11=	08:49=	11:15=	14:08=	16:17=	17:27=	18:14=	18:48=	19:22=	19:44=
01:53=	02:19=	01:29=	01:30=	01:38=	02:26=	02:53=	02:09=	01:10=	00:47=	00:34=	00:34=	00:22=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Per Øivind Husby	Varegg Fleridrett	25:27									
01:09-	04:26+	06:25+	08:28+	11:24+	15:00+	18:07+	20:59+	22:36+	23:35+	24:17+	25:00+	25:27+
01:09-	03:17+	01:59+	02:03+	02:56+	03:36+	03:07+	02:52+	01:37+	00:59+	00:42+	00:43+	00:27+
00:44-	00:58&	00:30&	00:33&	01:18&	01:10&	00:14+	00:43&	00:27&	00:12&	00:08#	00:09&	00:05#
3	Øistein Paulsen	Bergens TF	25:32									
01:05-	03:49-	06:49+	08:56+	11:41+	14:49+	17:23+	20:13+	22:52+	23:41+	24:31+	25:09+	25:32+
01:05-	02:44+	03:00+	02:07+	02:45+	03:08+	02:34-	02:50+	02:39+	00:49+	00:50+	00:38+	00:23+
00:48-	00:25#	01:31@	00:37&	01:07&	00:42&	00:19-	00:41&	01:29@	00:02+	00:16&	00:04#	00:01+
4	Arild Frank Olsen	Bergens TF	30:27									
04:59+	07:55+	10:44+	13:09+	16:00+	19:42+	23:10+	26:13+	27:29+	28:25+	29:12+	29:55+	30:27+
04:59+	02:56+	02:49+	02:25+	02:51+	03:42+	03:28+	03:03+	01:16+	00:56+	00:47+	00:43+	00:32+
03:06@	00:37&	01:20&	00:55&	01:13&	01:16&	00:35#	00:54&	00:06+	00:09#	00:13&	00:09&	00:10&
5	Anders Bjørkaas	Askvoll og Holmedal IL	32:48									
01:27-	05:41+	08:22+	11:26+	14:31+	18:44+	22:18+	26:38+	28:58+	30:13+	31:12+	32:13+	32:48+
01:27-	04:14+	02:41+	03:04+	03:05+	04:13+	03:34+	04:20+	02:20+	01:15+	00:59+	01:01+	00:35+
00:26-	01:55&	01:12&	01:34@	01:27&	01:47&	00:41#	02:11@	01:10&	00:28&	00:25&	00:27&	00:13&

Class	Navn	Klasse												Tid
6	Jan Olav Ormberg	Fana IL												35:33
	02:55+	07:12+	10:09+	13:24+	16:38+	20:42+	25:32+	29:05+	31:37+	33:02+	34:03+	35:01+	35:33+	
	02:55+	04:17+	02:57+	03:15+	03:14+	04:04+	04:50+	03:33+	02:32+	01:25+	01:01+	00:58+	00:32+	
	01:02&	01:58&	01:28&	01:45@	01:36&	01:38&	01:57&	01:24&	01:22@	00:38&	00:27&	00:24&	00:10&	
7	Jan Harald Helmich Pedersen	TIF Viking												38:35
	01:45-	04:35+	06:36+	09:09+	18:49+	23:04+	25:52+	28:56+	33:44+	35:37+	36:38+	37:23+	38:13+	38:35+
	01:45-	02:50+	02:01+	02:33+	09:40+	04:15+	02:48-	03:04+	04:48+	01:53+	01:01+	00:45+	00:50+	00:22+
	00:08-	00:31#	00:32&	01:03&	08:02@	01:49&	00:05-	00:55&	03:38@	01:06@	00:27&	00:11&	00:28@	00:22+
Beste strekktid for klassen														
	01:05	02:19	01:29	01:30	01:38	02:26	02:34	02:09	01:10	00:47	00:34	00:34	00:22	
= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.														
H70-														
1	Harald Lyngtun	Fana IL												24:05
	01:02=	04:03=	05:56=	08:03=	10:21=	13:17=	16:33=	19:25=	21:13=	22:11=	22:54=	23:39=	24:05=	
	01:02=	03:01=	01:53=	02:07=	02:18=	02:56=	03:16=	02:52=	01:48=	00:58=	00:43=	00:45=	00:26=	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Gunnar J. Alsaker	Årstad IL												27:59
	01:20+	04:44+	07:17+	09:42+	12:22+	16:10+	19:29+	22:46+	24:36+	25:42+	26:28+	27:27+	27:59+	
	01:20+	03:24+	02:33+	02:25+	02:40+	03:48+	03:19+	03:17+	01:50+	01:06+	00:46+	00:59+	00:32+	
	00:18&	00:23#	00:40&	00:18#	00:22#	00:52&	00:03+	00:25#	00:02+	00:08#	00:03+	00:14&	00:06#	
3	Dagfinn Hole	Bergens TF												28:20
	01:51+	04:36+	06:32+	09:28+	11:22+	15:26+	21:13+	24:11+	25:52+	26:43+	27:16+	27:51+	28:20+	
	01:51+	02:45-	01:56+	02:56+	01:54-	04:04+	05:47+	02:58+	01:41-	00:51-	00:33-	00:35-	00:29+	
	00:49&	00:16-	00:03+	00:49&	00:24-	01:08&	02:31&	00:06+	00:07-	00:07-	00:10-	00:10-	00:03#	
4	Per Vikane	Fana IL												28:36
	01:19+	04:43+	06:55+	09:28+	12:20+	15:51+	19:15+	22:37+	24:54+	26:19+	27:11+	28:11+	28:36+	
	01:19+	03:24+	02:12+	02:33+	02:52+	03:31+	03:24+	03:22+	02:17+	01:25+	00:52+	01:00+	00:25-	
	00:17&	00:23#	00:19#	00:26#	00:34#	00:35#	00:08+	00:30#	00:29&	00:27&	00:09#	00:15&	00:01-	
5	Einar Nordås	Fana IL												31:22
	01:14+	04:24+	08:56+	11:11+	14:11+	18:13+	21:38+	25:48+	27:30+	28:44+	29:46+	30:42+	31:22+	
	01:14+	03:10+	04:32+	02:15+	03:00+	04:02+	03:25+	04:10+	01:42-	01:14+	01:02+	00:56+	00:40+	
	00:12#	00:09+	02:39@	00:08+	00:42&	01:06&	00:09+	01:18&	00:06-	00:16&	00:19&	00:11#	00:14&	
6	Albert Nærheim	Suldal olag												34:45
	02:03+	05:12+	08:19+	11:25+	14:03+	19:31+	23:37+	27:05+	30:46+	32:06+	33:15+	34:12+	34:45+	
	02:03+	03:09+	03:07+	03:06+	02:38+	05:28+	04:06+	03:28+	03:41+	01:20+	01:09+	00:57+	00:33+	
	01:01&	00:08+	01:14&	00:59&	00:20#	02:32&	00:50&	00:36#	01:53@	00:22&	00:26&	00:12&	00:07&	
7	Bjørn Bjørgaas	Gneist, IL												35:43
	02:34+	06:23+	09:19+	12:32+	15:18+	20:37+	24:55+	28:13+	31:44+	33:07+	34:13+	35:06+	35:43+	
	02:34+	03:49+	02:56+	03:13+	02:46+	05:19+	04:18+	03:18+	03:31+	01:23+	01:06+	00:53+	00:37+	
	01:32@	00:48&	01:03&	01:06&	00:28#	02:23&	01:02&	00:26#	01:43&	00:25&	00:23&	00:08#	00:11&	
8	Harald Wibye	OK Moss												37:04
	01:49+	06:01+	08:38+	14:15+	17:05+	21:58+	25:47+	30:33+	32:37+	34:05+	35:09+	36:15+	37:04+	
	01:49+	04:12+	02:37+	05:37+	02:50+	04:53+	03:49+	04:46+	02:04+	01:28+	01:04+	01:06+	00:49+	
	00:47&	01:11&	00:44&	03:30@	00:32#	01:57&	00:33#	01:54&	00:16#	00:30&	00:21&	00:21&	00:23&	
9	Axel Ingvaldsen	TIF Viking												38:57
	01:49+	05:54+	10:32+	14:14+	17:39+	23:21+	28:33+	31:47+	34:12+	35:45+	36:59+	38:07+	38:57+	
	01:49+	04:05+	04:38+	03:42+	03:25+	05:42+	05:12+	03:14+	02:25+	01:33+	01:14+	01:08+	00:50+	
	00:47&	01:04&	02:45@	01:35&	01:07&	02:46&	01:56&	00:22#	00:37&	00:35&	00:31&	00:23&	00:24&	
10	Per Olaf Tangen	Fana IL												39:30
	06:47+	10:55+	13:44+	17:13+	19:41+	23:48+	27:27+	33:06+	35:07+	37:10+	38:09+	39:00+	39:30+	
	06:47+	04:08+	02:49+	03:29+	02:28+	04:07+	03:39+	05:39+	02:01+	02:03+	00:59+	00:51+	00:30+	
	05:45@	01:07&	00:56&	01:22&	00:10+	01:11&	00:23#	02:47&	00:13#	01:05@	00:16&	00:06#	00:04#	
11	Geir Husdal	TIF Viking												44:34
	16:33+	19:52+	22:02+	24:42+	27:13+	31:04+	34:19+	37:47+	40:38+	42:07+	43:07+	44:02+	44:34+	
	16:33+	03:19+	02:10+	02:40+	02:31+	03:51+	03:15-	03:28+	02:51+	01:29+	01:00+	00:55+	00:32+	
	15:31@	00:18+	00:17#	00:33&	00:13+	00:55&	00:01-	00:36#	01:03&	00:31&	00:17&	00:10#	00:06#	

Beste strekktid for klassen

01:02 02:45 01:53 02:07 01:54 02:56 03:15 02:52 01:41 00:51 00:33 00:35 00:25

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

N åpen kort
3 Kirill Eikanger Gneist, IL 16:33

01:09+ 03:25+ 04:37+ 07:00+ 08:51+ 11:29+ 12:59+ 15:13+ 16:07+ 16:33+
 01:09+ 02:16+ 01:12+ 02:23+ 01:51+ 02:38+ 01:30+ 02:14+ 00:54+ 00:26+
 01:09+ 02:16+ 01:12+ 02:23+ 01:51+ 02:38+ 01:30+ 02:14+ 00:54+ 00:26+

13 Amanda Daltveit Slettebø Fana IL 17:36

01:21+ 03:50+ 04:45+ 09:14+ 10:30+ 13:16+ 15:05+ 16:08+ 17:08+ 17:36+
 01:21+ 02:29+ 00:55+ 04:29+ 01:16+ 02:46+ 01:49+ 01:03+ 01:00+ 00:28+
 01:21+ 02:29+ 00:55+ 04:29+ 01:16+ 02:46+ 01:49+ 01:03+ 01:00+ 00:28+

88 Idun Hekland IL Gular 19:15

00:57+ 03:17+ 04:20+ 06:15+ 07:10+ 11:05+ 15:27+ 16:58+ 18:41+ 19:15+
 00:57+ 02:20+ 01:03+ 01:55+ 00:55+ 03:55+ 04:22+ 01:31+ 01:43+ 00:34+
 00:57+ 02:20+ 01:03+ 01:55+ 00:55+ 03:55+ 04:22+ 01:31+ 01:43+ 00:34+

125 Lea Skauge IL Gular 19:17

01:03+ 03:20+ 04:17+ 06:14+ 07:07+ 11:22+ 15:26+ 17:03+ 18:43+ 19:17+
 01:03+ 02:17+ 00:57+ 01:57+ 00:53+ 04:15+ 04:04+ 01:37+ 01:40+ 00:34+
 01:03+ 02:17+ 00:57+ 01:57+ 00:53+ 04:15+ 04:04+ 01:37+ 01:40+ 00:34+

169 Emil Øye Kragseth IL Gular 14:37

00:56+ 04:06+ 05:22+ 07:24+ 08:32+ 10:44+ 12:10+ 13:11+ 14:02+ 14:37+
 00:56+ 03:10+ 01:16+ 02:02+ 01:08+ 02:12+ 01:26+ 01:01+ 00:51+ 00:35+
 00:56+ 03:10+ 01:16+ 02:02+ 01:08+ 02:12+ 01:26+ 01:01+ 00:51+ 00:35+

201 Benedicte Johannessen Gneist, IL 07:41

00:28+ 01:41+ 02:17+ 03:20+ 03:56+ 05:10+ 06:02+ 06:42+ 07:20+ 07:41+
 00:28+ 01:13+ 00:36+ 01:03+ 00:36+ 01:14+ 00:52+ 00:40+ 00:38+ 00:21+
 00:28+ 01:13+ 00:36+ 01:03+ 00:36+ 01:14+ 00:52+ 00:40+ 00:38+ 00:21+

219 Sofia Slettebø Fana IL 18:27

01:14+ 04:18+ 05:02+ 09:20+ 10:37+ 13:28+ 15:00+ 16:26+ 17:31+ 18:27+
 01:14+ 03:04+ 00:44+ 04:18+ 01:17+ 02:51+ 01:32+ 01:26+ 01:05+ 00:56+
 01:14+ 03:04+ 00:44+ 04:18+ 01:17+ 02:51+ 01:32+ 01:26+ 01:05+ 00:56+

236 Sverre Tysvær Varegg Fleridrett 14:38

00:43+ 03:16+ 04:23+ 06:18+ 07:48+ 09:55+ 11:31+ 12:41+ 14:05+ 14:38+
 00:43+ 02:33+ 01:07+ 01:55+ 01:30+ 02:07+ 01:36+ 01:10+ 01:24+ 00:33+
 00:43+ 02:33+ 01:07+ 01:55+ 01:30+ 02:07+ 01:36+ 01:10+ 01:24+ 00:33+

Beste strekktid for klassen

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

N åpen lang
198 Norvald Dymbe Gneist, IL 23:38

00:42+ 02:37+ 04:42+ 07:20+ 10:05+ 11:01+ 13:43+ 17:22+ 19:23+ 20:47+ 22:06+ 23:05+ 23:38+
 00:42+ 01:55+ 02:05+ 02:38+ 02:45+ 00:56+ 02:42+ 03:39+ 02:01+ 01:24+ 01:19+ 00:59+ 00:33+
 00:42+ 01:55+ 02:05+ 02:38+ 02:45+ 00:56+ 02:42+ 03:39+ 02:01+ 01:24+ 01:19+ 00:59+ 00:33+

222 Benedikte Myrmellom Fana IL 50:18

01:22+ 05:17+ 11:33+ 21:26+ 25:54+ 27:34+ 34:48+ 41:22+ 44:38+ 46:29+ 48:22+ 49:35+ 50:18+
 01:22+ 03:55+ 06:16+ 09:53+ 04:28+ 01:40+ 07:14+ 06:34+ 03:16+ 01:51+ 01:53+ 01:13+ 00:43+
 01:22+ 03:55+ 06:16+ 09:53+ 04:28+ 01:40+ 07:14+ 06:34+ 03:16+ 01:51+ 01:53+ 01:13+ 00:43+

223 Oda Silden Fana IL 50:23

01:27+ 05:20+ 11:37+ 21:23+ 25:46+ 27:16+ 34:49+ 41:27+ 44:41+ 46:34+ 48:26+ 49:39+ 50:23+
 01:27+ 03:53+ 06:17+ 09:46+ 04:23+ 01:30+ 07:33+ 06:38+ 03:14+ 01:53+ 01:52+ 01:13+ 00:44+
 01:27+ 03:53+ 06:17+ 09:46+ 04:23+ 01:30+ 07:33+ 06:38+ 03:14+ 01:53+ 01:52+ 01:13+ 00:44+

Class	Navn	Klasse												Tid
237	Ingrid Reistad	Fana IL												23:53
00:36+	01:55+	04:05+	06:29+	08:10+	08:52+	15:11+	18:25+	20:32+	21:28+	22:10+	23:33+	23:53+		
00:36+	01:19+	02:10+	02:24+	01:41+	00:42+	06:19+	03:14+	02:07+	00:56+	00:42+	01:23+	00:20+		
00:36+	01:19+	02:10+	02:24+	01:41+	00:42+	06:19+	03:14+	02:07+	00:56+	00:42+	01:23+	00:20+		

Beste strekktid for klassen

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