

Plass Navn

Klasse

Tid

Damer 40

1	Venis Arponen Snilstveit	1103	55:55											
02:47=	05:17=	13:58=	15:52=	17:54=	22:58=	27:21=	29:05=	32:48=	40:02=	45:12=	50:36=	53:58=	55:27=	55:55=
02:47=	02:30=	08:41=	01:54=	02:02=	05:04=	04:23=	01:44=	03:43=	07:14=	05:10=	05:24=	03:22=	01:29=	00:28=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste strekketid for klassen

02:47 02:30 08:41 01:54 02:02 05:04 04:23 01:44 03:43 07:14 05:10 05:24 03:22 01:29 00:28

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

Damer 50

1	Rannveig Nordhagen	69	41:38											
02:54=	05:02=	09:58=	11:24=	12:52=	17:53=	21:27=	27:59=	30:11=	34:52=	37:14=	39:44=	41:02=	41:38=	
02:54=	02:08=	04:56=	01:26=	01:28=	05:01=	03:34=	01:40=	04:52=	02:12=	04:41=	02:22=	02:30=	01:18=	00:36=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Lise Christensen	347	48:13											
03:55+	06:04+	15:08+	16:34+	18:09+	22:57+	26:10+	29:45+	34:13+	37:09+	41:54+	43:20+	46:21+	47:45+	48:13+
03:55+	02:09+	09:04+	01:26=	01:35+	04:48=	03:13=	03:35+	04:28=	02:56+	04:45+	01:26=	03:01+	01:24+	00:28=
01:01&	00:01+	04:08&	00:00=	00:07+	00:13=	00:21=	01:55@	00:24=	00:44&	00:04+	00:56=	00:31#	00:06+	00:08=

3	Vibeke Øye	142	53:36											
02:33=	05:08+	09:37=	11:17=	13:09+	17:37=	26:41+	30:17+	35:23+	43:08+	47:07+	48:31+	52:08+	53:14+	53:36+
02:33=	02:35+	04:29=	01:40+	01:52+	04:28=	09:04+	03:36+	05:06+	07:45+	03:59=	01:24=	03:37+	01:06=	00:22=
00:21=	00:27#	00:27=	00:14#	00:24&	00:33=	05:30@	01:56@	00:14+	05:33@	00:42=	00:58=	01:07&	00:12=	00:14=

4	Anne Fjeldstad	399	54:21											
03:04+	05:15+	10:48+	12:26+	13:52+	23:44+	28:57+	30:46+	35:21+	38:10+	46:36+	48:37+	51:16+	53:49+	54:21+
03:04+	02:11+	05:33+	01:38+	01:26=	09:52+	05:13+	01:49+	04:35=	02:49+	08:26+	02:01=	02:39+	02:33+	00:32=
00:10+	00:03+	00:37#	00:12#	00:02=	04:51&	01:39&	00:09+	00:17=	00:37&	03:45&	00:21=	00:09+	01:15&	00:04=

5	Siren Greve	37	57:48											
01:43=	04:16=	11:06+	13:20+	15:08+	22:54+	31:11+	32:57+	38:06+	44:36+	50:11+	52:37+	55:50+	57:19+	57:48+
01:43=	02:33+	06:50+	02:14+	01:48+	07:46+	08:17+	01:46+	05:09+	06:30+	05:35+	02:26+	03:13+	01:29+	00:29=
01:11=	00:25#	01:54&	00:48&	00:20#	02:45&	04:43@	00:06+	00:17+	04:18@	00:54#	00:04+	00:43&	00:11#	00:07=

6	Ingunn Eikeland	37	1:51:04											
12:01+	15:47+	27:51+	35:39+	39:10+	49:00+	72:33+	77:23+	83:15+	88:10+	96:22+	103:20+	108:35+	110:34+	111:04+
12:01+	03:46+	12:04+	07:48+	03:31+	09:50+	23:33+	04:50+	05:52+	04:55+	08:12+	06:58+	05:15+	01:59+	00:30=
09:07@	01:38&	07:08@	06:22@	02:03@	04:49&	19:59@	03:10@	01:00#	02:43@	03:31&	04:36@	02:45@	00:41&	00:06=

7	Beda Maria Johansson	69	1:59:02											
01:33=	03:34=	64:56+	67:52+	69:48+	78:02+	83:41+	85:36+	91:12+	96:14+	104:11+	111:17+	116:31+	118:32+	119:02+
01:33=	02:01=	61:22+	02:56+	01:56+	08:14+	05:39+	01:55+	05:36+	05:02+	07:57+	07:06+	05:14+	02:01+	00:30=
01:21=	00:07=	56:26@	01:30@	00:28&	03:13&	02:05&	00:15#	00:44#	02:50@	03:16&	04:44@	02:44@	00:43&	00:06=

Beste strekketid for klassen

01:33 02:01 04:29 01:26 01:26 04:28 03:13 01:40 04:28 02:12 03:59 01:24 02:30 01:06 00:22

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

Damer 60

Damer 60

1 Turid Rognsvåg 1103 28:38

01:20= 02:21= 06:08= 07:30= 11:33= 15:58= 17:35= 23:32= 26:54= 28:12= 28:38=
 01:20= 01:01= 03:47= 01:22= 04:03= 04:25= 01:37= 05:57= 03:22= 01:18= 00:26=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Rannveig Solli 29 36:39

01:18+ 02:33+ 06:23+ 07:41+ 12:55+ 20:13+ 21:52+ 29:52+ 34:56+ 36:11+ 36:39+
 01:18+ 01:15+ 03:50+ 01:18+ 05:14+ 07:18+ 01:39+ 08:00+ 05:04+ 01:15+ 00:28+
 01:18+ 01:15+ 03:50+ 01:18+ 05:14+ 07:18+ 01:39+ 08:00+ 05:04+ 01:15+ 00:28+

3 Britt Karlsen 29 46:39

01:20+ 02:28+ 06:05+ 08:29+ 26:29+ 33:11+ 34:43+ 40:48+ 45:01+ 46:15+ 46:39+
 01:20+ 01:08+ 03:37+ 02:24+ 18:00+ 06:42+ 01:32+ 06:05+ 04:13+ 01:14+ 00:24+
 01:20+ 01:08+ 03:37+ 02:24+ 18:00+ 06:42+ 01:32+ 06:05+ 04:13+ 01:14+ 00:24+

Beste strekktid for klassen

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

Damer 70

1 Nina Soligard 37 31:52

01:29= 02:39= 06:38= 08:20= 12:12= 17:20= 19:22= 26:03= 29:55= 31:24= 31:52=
 01:29= 01:10= 03:59= 01:42= 03:52= 05:08= 02:02= 06:41= 03:52= 01:29= 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 Berit Hegdal 37 42:15

00:25- 03:12+ 11:44+ 13:28+ 21:36+ 26:41+ 29:14+ 36:41+ 40:45+ 42:15+
 00:25- 02:47+ 08:32+ 01:44+ 08:08+ 05:05- 02:33+ 07:27+ 04:04+ 01:30+
 01:04- 01:37@ 04:33@ 00:02+ 04:16@ 00:03- 00:31& 00:46# 00:12+ 00:01+

3 Kjellaug Hodnekvam 37 46:08

04:13+ 05:56+ 10:47+ 12:54+ 18:02+ 28:00+ 30:14+ 37:58+ 43:30+ 44:55+ 46:08+
 04:13+ 01:43+ 04:51+ 02:07+ 05:08+ 09:58+ 02:14+ 07:44+ 05:32+ 01:25- 01:13+
 02:44@ 00:33& 00:52# 00:25# 01:16& 04:50& 00:12+ 01:03# 01:40& 00:04- 00:45@

4 Grete Lind 19 46:16

01:54+ 03:29+ 11:41+ 13:47+ 20:50+ 27:01+ 29:28+ 37:26+ 43:33+ 45:36+ 46:16+
 01:54+ 01:35+ 08:12+ 02:06+ 07:03+ 06:11+ 02:27+ 07:58+ 06:07+ 02:03+ 00:40+
 00:25& 00:25& 04:13@ 00:24# 03:11& 01:03# 00:25# 01:17# 02:15& 00:34& 00:12&

5 Bjørg Lohne Kocbach 37 46:35

01:30+ 02:36- 10:02+ 11:45+ 16:06+ 24:59+ 26:49+ 38:58+ 44:36+ 46:04+ 46:35+
 01:30+ 01:06- 07:26+ 01:43+ 04:21+ 08:53+ 01:50- 12:09+ 05:38+ 01:28- 00:31+
 00:01+ 00:04- 03:27& 00:01+ 00:29# 03:45& 00:12- 05:28& 01:46& 00:01- 00:03#

6 Herdis Alvheim 69 48:09

02:27+ 04:27+ 11:10+ 12:56+ 19:57+ 28:23+ 30:21+ 40:34+ 46:06+ 47:35+ 48:09+
 02:27+ 02:00+ 06:43+ 01:46+ 07:01+ 08:26+ 01:58- 10:13+ 05:32+ 01:29= 00:34+
 00:58& 00:50& 02:44& 00:04+ 03:09& 03:18& 00:04- 03:32& 01:40& 00:00= 00:06#

7 Marie Herigstad 1103 49:48

01:35+ 03:01+ 11:50+ 14:31+ 27:08+ 32:42+ 35:24+ 43:14+ 48:18+ 49:48+ 51:17+
 01:35+ 01:26+ 08:49+ 02:41+ 12:37+ 05:34+ 02:42+ 07:50+ 05:04+ 01:30+ 01:29+
 00:06+ 00:16# 04:50@ 00:59& 08:45@ 00:26+ 00:40& 01:09# 01:12& 00:01+ 01:01@

Damer 70

8 Bjørg Midttun 37 54:30

01:56+ 03:20+ 07:42+ 09:26+ 19:42+ 32:04+ 35:22+ 46:46+ 52:03+ 53:54+ 54:30+
 01:56+ 01:24+ 04:22+ 01:44+ 10:16+ 12:22+ 03:18+ 11:24+ 05:17+ 01:51+ 00:36+
 00:27& 00:14# 00:23+ 00:02+ 06:24@ 07:14@ 01:16& 04:43& 01:25& 00:22# 00:08&

9 Astrid Ormberg 69 1:06:49

02:08+ 03:43+ 12:16+ 14:07+ 24:36+ 36:40+ 39:10+ 58:13+ 64:10+ 66:10+ 66:49+
 02:08+ 01:35+ 08:33+ 01:51+ 10:29+ 12:04+ 02:30+ 19:03+ 05:57+ 02:00+ 00:39+
 02:08+ 01:35+ 08:33+ 01:51+ 10:29+ 12:04+ 02:30+ 19:03+ 05:57+ 02:00+ 00:39+

10 Hanne Sophie Greve SKOGSE 1:17:12

02:17+ 03:17+ 04:47+ 20:58+ 23:10+ 40:30+ 51:55+ 54:54+ 70:26+
 02:17+ 01:00+ 01:30+ 16:11+ 02:12+ 17:20+ 11:25+ 02:59+ 15:32+
 02:17+ 01:00+ 01:30+ 16:11+ 02:12+ 17:20+ 11:25+ 02:59+ 15:32+

Beste strekktid for klassen

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

Herrer 50

1 Helge Tiger Haugland 368 34:51

01:34= 03:02= 07:59= 09:07= 10:31= 15:11= 17:40= 18:43= 21:08= 22:52= 26:41= 29:11= 31:25= 34:27= 34:51=
 01:34= 01:28= 04:57= 01:08= 01:24= 04:40= 02:29= 01:03= 02:25= 01:44= 03:49= 02:30= 02:14= 03:02= 00:24=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Ketil Døskeland 69 41:58

01:32- 03:05+ 08:27+ 09:43+ 11:33+ 17:43+ 20:58+ 22:17+ 25:17+ 29:15+ 34:42+ 37:18+ 40:20+ 41:29+ 41:58+
 01:32- 01:33+ 05:22+ 01:16+ 01:50+ 06:10+ 03:15+ 01:19+ 03:00+ 03:58+ 05:27+ 02:36+ 03:02+ 01:09- 00:29+
 00:02- 00:05+ 00:25+ 00:08# 00:26& 01:30& 00:46& 00:16& 00:35# 02:14@ 01:38& 00:06+ 00:48& 01:53- 00:05#

3 Lars Stuland Larsen 368 44:48

01:38+ 03:57+ 09:05+ 10:48+ 12:55+ 19:42+ 23:11+ 25:21+ 29:03+ 31:32+ 35:45+ 38:06+ 41:49+ 43:15+ 44:23+ 44:48+
 01:38+ 02:19+ 05:08+ 01:43+ 02:07+ 06:47+ 03:29+ 02:10+ 03:42+ 02:29+ 04:13+ 02:21- 03:43+ 01:26- 01:08+ 00:25+
 00:04+ 00:51& 00:11+ 00:35& 00:43& 02:07& 01:00& 01:07@ 01:17& 00:45& 00:24# 00:09- 01:29& 01:36- 00:44@ 00:25+

4 Kjetil Damm 347 46:46

01:30- 04:34+ 10:21+ 12:00+ 14:26+ 21:49+ 26:04+ 28:01+ 32:06+ 35:14+ 39:51+ 41:58+ 44:57+ 46:19+ 46:46+
 01:30- 03:04+ 05:47+ 01:39+ 02:26+ 07:23+ 04:15+ 01:57+ 04:05+ 03:08+ 04:37+ 02:07- 02:59+ 01:22- 00:27+
 00:04- 01:36@ 00:50# 00:31& 01:02& 02:43& 01:46& 00:54& 01:40& 01:24& 00:48# 00:23- 00:45& 01:40- 00:03#

5 Eirik Øgård 69 54:37

03:25+ 06:12+ 10:30+ 13:08+ 15:21+ 25:00+ 28:29+ 31:04+ 35:25+ 37:42+ 47:52+ 49:34+ 52:51+ 54:17+ 54:37+
 03:25+ 02:47+ 04:18- 02:38+ 02:13+ 09:39+ 03:29+ 02:35+ 04:21+ 02:17+ 10:10+ 01:42- 03:17+ 01:26- 00:20-
 01:51@ 01:19& 00:39- 01:30@ 00:49& 04:59@ 01:00& 01:32@ 01:56& 00:33& 06:21@ 00:48- 01:03& 01:36- 00:04-

6 Hans-J Alsaker 399 54:59

01:19- 04:05+ 17:27+ 19:21+ 21:47+ 29:06+ 32:56+ 35:01+ 40:14+ 42:55+ 48:23+ 50:34+ 53:25+ 54:31+ 54:59+
 01:19- 02:46+ 13:22+ 01:54+ 02:26+ 07:19+ 03:50+ 02:05+ 05:13+ 02:41+ 05:28+ 02:11- 02:51+ 01:06- 00:28+
 00:15- 01:18& 08:25@ 00:46& 01:02& 02:39& 01:21& 01:02& 02:48@ 00:57& 01:39& 00:19- 00:37& 01:56- 00:04#

7 Rune Stadsnes 142 1:06:23

02:28+ 07:37+ 19:02+ 21:20+ 24:31+ 32:29+ 38:38+ 41:30+ 45:57+ 50:38+ 57:27+ 60:06+ 64:29+ 65:51+ 66:23+
 02:28+ 05:09+ 11:25+ 02:18+ 03:11+ 07:58+ 06:09+ 02:52+ 04:27+ 04:41+ 06:49+ 02:39+ 04:23+ 01:22- 00:32+
 00:54& 03:41@ 06:28@ 01:10@ 01:47@ 03:18& 03:40@ 01:49@ 02:02& 02:57@ 03:00& 00:09+ 02:09& 01:40- 00:08&

Herrer 50

Beste strekktid for klassen

01:19 01:28 04:18 01:08 01:24 04:40 02:29 01:03 02:25 01:44 03:49 01:42 02:14 01:06 00:20

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

Herrer 60

1	Sverre Ottesen	368	33:41											
01:05=	02:59=	07:16=	08:43=	10:10=	14:05=	17:15=	18:38=	21:32=	23:26=	27:42=	29:52=	32:08=	33:18=	33:41=
01:05=	01:54=	04:17=	01:27=	01:27=	03:55=	03:10=	01:23=	02:54=	01:54=	04:16=	02:10=	02:16=	01:10=	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=

2	Tore Svein Nese	29	34:39											
01:21+	03:01+	08:46+	10:03+	11:40+	16:41+	20:28+	21:45+	24:19+	26:07+	29:31+	31:02+	33:15+	34:13+	34:39+
01:21+	01:40-	05:45+	01:17-	01:37+	05:01+	03:47+	01:17-	02:34-	01:48-	03:24-	01:31-	02:13-	00:58-	00:26+
00:16#	00:14-	01:28&	00:10-	00:10#	01:06&	00:37#	00:06-	00:20-	00:06-	00:52-	00:39-	00:03-	00:12-	00:03#

3	Arne Johannesen	142	36:53											
00:59-	02:31-	07:41+	09:10+	11:59+	16:26+	21:58+	23:27+	26:13+	28:17+	31:33+	32:57+	35:26+	36:25+	36:53+
00:59-	01:32-	05:10+	01:29+	02:49+	04:27+	05:32+	01:29+	02:46-	02:04+	03:16-	01:24-	02:29+	00:59-	00:28+
00:06-	00:22-	00:53#	00:02+	01:22&	00:32#	02:22&	00:06+	00:08-	00:10+	01:00-	00:46-	00:13+	00:11-	00:05#

4	Tommy Sævareid	1103	41:41											
01:10+	03:04+	08:57+	10:20+	12:24+	18:12+	21:10+	22:44+	26:16+	28:47+	34:02+	37:29+	40:14+	41:20+	41:41+
01:10+	01:54=	05:53+	01:23-	02:04+	05:48+	02:58-	01:34+	03:32+	02:31+	05:15+	03:27+	02:45+	01:06-	00:21-
00:05+	00:00=	01:36&	00:04-	00:37&	01:53&	00:12-	00:11#	00:38#	00:37&	00:59#	01:17&	00:29#	00:04-	00:02-

5	Svein Linga	142	42:12											
01:28+	03:50+	09:14+	10:36+	12:06+	17:33+	20:33+	21:54+	25:01+	27:13+	32:10+	37:29+	40:16+	41:46+	42:12+
01:28+	02:22+	05:24+	01:22-	01:30+	05:27+	03:00-	01:21-	03:07+	02:12+	04:57+	05:19+	02:47+	01:30+	00:26+
00:23&	00:28#	01:07&	00:05-	00:03+	01:32&	00:10-	00:02-	00:13+	00:18#	00:41#	03:09@	00:31#	00:20&	00:03#

6	Steinar Barmen	142	43:17											
01:13+	03:14+	08:42+	10:10+	11:58+	18:16+	23:39+	25:23+	29:05+	31:24+	37:00+	39:18+	41:41+	42:55+	43:17+
01:13+	02:01+	05:28+	01:28+	01:48+	06:18+	05:23+	01:44+	03:42+	02:19+	05:36+	02:18+	02:23+	01:14+	00:22-
00:08#	00:07+	01:11&	00:01+	00:21#	02:23&	02:13&	00:21&	00:48&	00:25#	01:20&	00:08+	00:07+	00:04+	00:01-

7	Bjørn Sandvik	142	52:02											
02:17+	05:50+	11:29+	13:11+	15:22+	23:25+	28:36+	30:23+	34:04+	37:44+	43:18+	45:35+	49:21+	51:35+	52:02+
02:17+	03:33+	05:39+	01:42+	02:11+	08:03+	05:11+	01:47+	03:41+	03:40+	05:34+	02:17+	03:46+	02:14+	00:27+
01:12@	01:39&	01:22&	00:15#	00:44&	04:08@	02:01&	00:24&	00:47&	01:46&	01:18&	00:07+	01:30&	01:04&	00:04#

8	Reidar Vetti	19	1:10:46											
03:15+	06:44+	13:24+	15:46+	17:21+	25:23+	34:31+	36:09+	41:41+	48:12+	56:16+	61:49+	67:14+	69:28+	70:46+
03:15+	03:29+	06:40+	02:22+	01:35+	08:02+	09:08+	01:38+	05:32+	06:31+	08:04+	05:33+	05:25+	02:14+	01:18+
02:10@	01:35&	02:23&	00:55&	00:08+	04:07@	05:58@	00:15#	02:38&	04:37@	03:48&	03:23@	03:09@	01:04&	00:55@

9	Hans Tore Snilstveit	1103	1:11:26											
06:43+	09:27+	18:54+	21:42+	24:26+	33:19+	39:19+	41:36+	45:44+	49:34+	56:01+	60:56+	66:03+	70:22+	71:26+
06:43+	02:44+	09:27+	02:48+	02:44+	08:53+	06:00+	02:17+	04:08+	03:50+	06:27+	04:55+	05:07+	04:19+	01:04+
05:38@	00:50&	05:10@	01:21&	01:17&	04:58@	02:50&	00:54&	01:14&	01:56@	02:11&	02:45@	02:51@	03:09@	00:41@

Beste strekktid for klassen

00:59 01:32 04:17 01:17 01:27 03:55 02:58 01:17 02:34 01:48 03:16 01:24 02:13 00:58 00:21

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

Herrer 70

1 Tor Sørevik 347 26:17

01:04= 01:59= 06:17= 07:22= 10:09= 13:49= 15:48= 21:20= 24:38= 25:46= 26:17=
 01:04= 00:55= 04:18= 01:05= 02:47= 03:40= 01:59= 05:32= 03:18= 01:08= 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 Jan Arve Solli 29 27:31

01:25+ 02:27+ 07:05+ 10:22+ 15:08+ 16:47+ 22:10+ 25:39+ 26:56+ 27:31+
 01:25+ 01:02+ 04:38+ 03:17+ 04:46+ 01:39- 05:23+ 03:29- 01:17- 00:35-
 00:21& 00:07# 00:20+ 02:12@ 01:59& 02:01- 03:24@ 02:03- 02:01- 00:33-

3 Dagfinn Hole 37 29:01

01:58+ 03:18+ 06:56+ 08:11+ 11:27+ 16:22+ 17:53+ 23:33+ 27:19+ 28:32+ 29:01+
 01:58+ 01:20+ 03:38- 01:15+ 03:16+ 04:55+ 01:31- 05:40+ 03:46+ 01:13+ 00:29-
 00:54& 00:25& 00:40- 00:10# 00:29# 01:15& 00:28- 00:08+ 00:28# 00:05+ 00:02-

4 Magnus Natås 37 36:18

01:36+ 02:47+ 07:01+ 08:32+ 14:58+ 20:30+ 22:33+ 29:30+ 34:13+ 35:43+ 36:18+
 01:36+ 01:11+ 04:14- 01:31+ 06:26+ 05:32+ 02:03+ 06:57+ 04:43+ 01:30+ 00:35+
 00:32& 00:16& 00:04- 00:26& 03:39@ 01:52& 00:04+ 01:25& 01:25& 00:22& 00:04#

5 Ove Osland 37 39:05

01:21+ 06:04+ 09:55+ 11:32+ 18:29+ 24:06+ 26:10+ 32:31+ 36:58+ 38:31+ 39:05+
 01:21+ 04:43+ 03:51- 01:37+ 06:57+ 05:37+ 02:04+ 06:21+ 04:27+ 01:33+ 00:34+
 00:17& 03:48@ 00:27- 00:32& 04:10@ 01:57& 00:05+ 00:49# 01:09& 00:25& 00:03+

6 Svein Wegener Søreide 37 41:45

01:35+ 02:59+ 10:02+ 11:52+ 17:06+ 23:16+ 25:21+ 34:01+ 39:34+ 41:12+ 41:45+
 01:35+ 01:24+ 07:03+ 01:50+ 05:14+ 06:10+ 02:05+ 08:40+ 05:33+ 01:38+ 00:33+
 00:31& 00:29& 02:45& 00:45& 02:27& 02:30& 00:06+ 03:08& 02:15& 00:30& 00:02+

7 Jan Harald Helmich Pedersen 347 47:43

01:56+ 03:17+ 08:22+ 10:17+ 15:49+ 21:49+ 24:52+ 38:29+ 45:16+ 47:03+ 47:43+
 01:56+ 01:21+ 05:05+ 01:55+ 05:32+ 06:00+ 03:03+ 13:37+ 06:47+ 01:47+ 00:40+
 00:52& 00:26& 00:47# 00:50& 02:45& 02:20& 01:04& 08:05@ 03:29@ 00:39& 00:09&

8 Jan Olav Ormberg 69 48:52

02:00+ 03:27+ 10:10+ 12:05+ 17:57+ 25:43+ 28:51+ 39:21+ 46:07+ 48:05+ 48:52+
 02:00+ 01:27+ 06:43+ 01:55+ 05:52+ 07:46+ 03:08+ 10:30+ 06:46+ 01:58+ 00:47+
 00:56& 00:32& 02:25& 00:50& 03:05@ 04:06@ 01:09& 04:58& 03:28@ 00:50& 00:16&

9 Karl Johan Jepsen 19 1:01:55

02:33+ 04:15+ 14:27+ 16:51+ 31:47+ 41:22+ 44:02+ 52:33+ 58:58+ 61:10+ 61:55+
 02:33+ 01:42+ 10:12+ 02:24+ 14:56+ 09:35+ 02:40+ 08:31+ 06:25+ 02:12+ 00:45+
 01:29@ 00:47& 05:54@ 01:19@ 12:09@ 05:55@ 00:41& 02:59& 03:07& 01:04& 00:14&

10 Kristian Hj. Falch 142 1:07:39

01:28+ 02:40+ 26:11+ 27:37+ 31:24+ 44:14+ 46:03+ 60:29+ 65:36+ 67:03+ 67:39+
 01:28+ 01:12+ 23:31+ 01:26+ 03:47+ 12:50+ 01:49- 14:26+ 05:07+ 01:27+ 00:36+
 00:24& 00:17& 19:13@ 00:21& 01:00& 09:10@ 00:10- 08:54@ 01:49& 00:19& 00:05#

11 Anders Bjørkaas 29 1:10:45

02:17+ 15:46+ 26:18+ 28:34+ 35:27+ 43:12+ 46:21+ 58:46+ 67:27+ 69:54+ 70:45+
 02:17+ 13:29+ 10:32+ 02:16+ 06:53+ 07:45+ 03:09+ 12:25+ 08:41+ 02:27+ 00:51+
 01:13@ 12:34@ 06:14@ 01:11@ 04:06@ 04:05@ 01:10& 06:53@ 05:23@ 01:19@ 00:20&

Beste strekktid for klassen

01:04 00:55 03:38 01:05 02:47 01:39 01:31 03:29 01:17 00:35 00:29

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

Herrer 80

1 Egill Otto Knudsen 347 41:18

01:36= 03:05= 09:29= 11:19= 15:43= 23:17= 25:14= 32:52= 38:49= 40:35= 41:18=
 01:36= 01:29= 06:24= 01:50= 04:24= 07:34= 01:57= 07:38= 05:57= 01:46= 00:43=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Per Bjarne Vold 69 47:40

02:05+ 03:45+ 08:23- 10:03- 20:28+ 25:43+ 27:26+ 39:16+ 45:14+ 46:57+ 47:40+
 02:05+ 01:40+ 04:38- 01:40- 10:25+ 05:15- 01:43- 11:50+ 05:58+ 01:43- 00:43=
 00:29& 00:11# 01:46- 00:10- 06:01@ 02:19- 00:14- 04:12& 00:01+ 00:03- 00:00=

3 Per Johan Haugland 399 51:37

01:28- 02:56- 07:37- 09:33- 14:58- 32:39+ 35:16+ 42:37+ 48:21+ 50:39+ 51:37+
 01:28- 01:28- 04:41- 01:56+ 05:25+ 17:41+ 02:37+ 07:21- 05:44- 02:18+ 00:58+
 00:08- 00:01- 01:43- 00:06+ 01:01# 10:07@ 00:40& 00:17- 00:13- 00:32& 00:15&

4 Per Vikane 69 52:24

02:07+ 03:46+ 10:18+ 12:43+ 21:08+ 29:30+ 32:52+ 42:52+ 49:35+ 51:39+ 52:24+
 02:07+ 01:39+ 06:32+ 02:25+ 08:25+ 08:22+ 03:22+ 10:00+ 06:43+ 02:04+ 00:45+
 00:31& 00:10# 00:08+ 00:35& 04:01& 00:48# 01:25& 02:22& 00:46# 00:18# 00:02+

5 Gunnar J. Alsaker 399 54:44

01:52+ 03:23+ 08:00- 11:22+ 31:43+ 36:49+ 39:32+ 45:32+ 52:12+ 53:50+ 54:44+
 01:52+ 01:31+ 04:37- 03:22+ 20:21+ 05:06- 02:43+ 06:00- 06:40+ 01:38- 00:54+
 00:16# 00:02+ 01:47- 01:32& 15:57@ 02:28- 00:46& 01:38- 00:43# 00:08- 00:11&

6 Axel Ingvaldsen 347 59:30

02:05+ 03:31+ 09:06- 11:12- 17:06+ 35:05+ 37:42+ 49:06+ 56:06+ 58:30+ 59:30+
 02:05+ 01:26- 05:35- 02:06+ 05:54+ 17:59+ 02:37+ 11:24+ 07:00+ 02:24+ 01:00+
 00:29& 00:03- 00:49- 00:16# 01:30& 10:25@ 00:40& 03:46& 01:03# 00:38& 00:17&

Beste strekktid for klassen

01:28 01:26 04:37 01:40 04:24 05:06 01:43 06:00 05:44 01:38 00:43

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

Åpen C/N

1 Kari Secher 37 36:20

02:53= 11:45= 21:38= 27:41= 33:05= 35:26= 36:20=
 02:53= 08:52= 09:53= 06:03= 05:24= 02:21= 00:54=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Ingun Thornes 399 44:07

02:02- 12:35+ 27:39+ 34:47+ 40:55+ 42:58+ 44:07+
 02:02- 10:33+ 15:04+ 07:08+ 06:08+ 02:03- 01:09+
 00:51- 01:41# 05:11& 01:05# 00:44# 00:18- 00:15&

3 Mette Stalheim BERGKO 47:09

01:13- 10:12- 18:41- 40:53+ 46:37+ 47:09+
 01:13- 08:59+ 08:29- 22:12+ 04:06- 01:38- 00:32-
 01:40- 00:07+ 01:24- 16:09@ 01:18- 00:43- 00:22-

4 Bjørn Edvard Strømme 347 56:50

03:07+ 15:58+ 29:51+ 41:45+ 51:11+ 55:28+ 56:50+
 03:07+ 12:51+ 13:53+ 11:54+ 09:26+ 04:17+ 01:22+
 00:14+ 03:59& 04:00& 05:51& 04:02& 01:56& 00:28&

Class	Navn	Klasse	Tid
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Åpen C/N

Beste strekktid for klassen

01:13 08:52 08:29 06:03 04:06 01:38 00:32

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

Åpen kort

1 May-Lill Damm 347 41:25

02:45= 03:52= 10:15= 12:03= 16:45= 24:13= 26:17= 33:54= 39:19= 40:50= 41:25=
 02:45= 01:07= 06:23= 01:48= 04:42= 07:28= 02:04= 07:37= 05:25= 01:31= 00:35=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 John Olav Alvsvåg 69 43:34

01:33- 03:03- 08:50- 10:18- 15:47- 22:47- 28:57+ 35:49+ 41:18+ 42:52+ 43:34+
 01:33- 01:30+ 05:47- 01:28- 05:29+ 07:00- 06:10+ 06:52- 05:29+ 01:34+ 00:42+
 01:12- 00:23& 00:36- 00:20- 00:47# 00:28- 04:06@ 00:45- 00:04+ 00:03+ 00:07#

3 Mai Helen Linga 142 44:43

01:24- 02:46- 09:54- 12:25+ 17:15+ 23:14- 25:54- 35:52+ 42:36+ 44:11+ 44:43+
 01:24- 01:22+ 07:08+ 02:31+ 04:50+ 05:59- 02:40+ 09:58+ 06:44+ 01:35+ 00:32-
 01:21- 00:15# 00:45# 00:43& 00:08+ 01:29- 00:36& 02:21& 01:19# 00:04+ 00:03-

4 Karianne Alsaker 399 44:53

01:26- 02:46- 12:06+ 13:53+ 20:21+ 27:47+ 30:57+ 37:48+ 42:46+ 44:09+ 44:53+
 01:26- 01:20+ 09:20+ 01:47- 06:28+ 07:26- 03:10+ 06:51- 04:58- 01:23- 00:44+
 01:19- 00:13# 02:57& 00:01- 01:46& 00:02- 01:06& 00:46- 00:27- 00:08- 00:09&

5 Yngvil E. Dahl CERAGO 50:22

23:56+ 49:50+
 23:56+ 25:54+
 21:11@ 24:47@

6 Alis Skår 1103 1:09:59

01:54- 03:56+ 26:31+ 29:45+ 35:33+ 42:42+ 45:34+ 60:19+ 67:22+ 69:24+ 69:59+
 01:54- 02:02+ 22:35+ 03:14+ 05:48+ 07:09- 02:52+ 14:45+ 07:03+ 02:02+ 00:35=
 00:51- 00:55& 16:12@ 01:26& 01:06# 00:19- 00:48& 07:08& 01:38& 00:31& 00:00=

7 Anita Lindvik Sævareid 1103 1:14:55

02:02- 03:26- 24:43+ 28:15+ 33:48+ 47:19+ 50:50+ 64:00+ 71:23+ 73:57+ 74:55+
 02:02- 01:24+ 21:17+ 03:32+ 05:33+ 13:31+ 03:31+ 13:10+ 07:23+ 02:34+ 00:58+
 00:43- 00:17& 14:54@ 01:44& 00:51# 06:03& 01:27& 05:33& 01:58& 01:03& 00:23&

Beste strekktid for klassen

01:24 01:07 05:47 01:28 04:42 05:59 02:04 06:51 04:58 01:23 00:32

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

Åpen Lang

1 Daniel Skår 1103 44:11

02:24= 04:15= 12:15= 14:47= 16:22= 21:52= 24:48= 26:22= 29:22= 32:10= 36:12= 39:41= 42:53= 43:51= 44:11=
 02:24= 01:51= 08:00= 02:32= 01:35= 05:30= 02:56= 01:34= 03:00= 02:48= 04:02= 03:29= 03:12= 00:58= 00:20=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste strekktid for klassen

02:24 01:51 08:00 02:32 01:35 05:30 02:56 01:34 03:00 02:48 04:02 03:29 03:12 00:58 00:20

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