

Class	Navn	Klubb Klasse												Tid
1														
1	Tore Svein Nese	2 H55												46:40
	04:20	07:44	11:34	15:39	21:05	24:09	28:52	32:04	35:34	38:59	43:34	46:04	46:40	
	04:20	03:24	03:50	04:05	05:26	03:04	04:43	03:12	03:30	03:25	04:35	02:30	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=	
1	Lise Christensen	9 D40 - lang												57:11
	05:57	09:49	12:55	17:01	30:20	33:40	39:36	41:56	43:27	47:09	53:25	56:42	57:11	
	05:57	03:52	03:06	04:06	13:19	03:20	05:56	02:20	01:31	03:42	06:16	03:17	00:29	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
1	Eirik Øgaard	EQUINO H50												46:49
	05:50	08:55	12:23	16:38	21:57	24:53	29:03	34:04	35:42	38:53	43:50	46:21	46:49	
	05:50	03:05	03:28	04:15	05:19	02:56	04:10	05:01	01:38	03:11	04:57	02:31	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=	
1	Trond Døskeland	4 H45												44:59
	04:08	07:20	11:13	15:28	20:25	23:41	27:48	33:11	34:42	37:59	42:10	44:28	44:59	
	04:08	03:12	03:53	04:15	04:57	03:16	04:07	05:23	01:31	03:17	04:11	02:18	00:31	
	00:00=	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	Øistein Bøe	4 H55												50:20
	04:20	07:41	11:13	15:32	21:00	24:28	29:45	33:33	38:45	42:03	46:59	49:44	50:20	
	04:20	03:21	03:32	04:19	05:28	03:28	05:17	03:48	05:12	03:18	04:56	02:45	00:36	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Ketil Døskeland	4 H50												48:25
	04:19	06:51	10:17	13:53	19:15	22:16	27:16	35:39	37:19	40:36	45:19	47:55	48:25	
	04:19	02:32	03:26	03:36	05:22	03:01	05:00	08:23	01:40	03:17	04:43	02:36	00:30	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
3	Svein Linga	6 H55												55:39
	04:26	08:32	12:02	16:34	23:15	27:48	32:24	35:05	43:58	47:20	52:32	55:06	55:39	
	04:26	04:06	03:30	04:32	06:41	04:33	04:36	02:41	08:53	03:22	05:12	02:34	00:33	
	00:00=	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														
1	Ørjan Eirik Valestrand	4 H65												40:57
	04:59	08:48	13:00	18:57	25:29	30:20	34:37	36:32	40:04	40:57				
	04:59	03:49	04:12	05:57	06:32	04:51	04:17	01:55	03:32	00:53				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
1	Hege Fjellbirkeland	6 D55												40:35
	05:40	09:41	15:13	19:19	25:21	29:32	34:52	37:02	39:55	40:35				
	05:40	04:01	05:32	04:06	06:02	04:11	05:20	02:10	02:53	00:40				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
1	Ove Osland	3 H70												40:04
	05:37	11:27	14:47	18:10	24:41	29:31	34:34	36:18	39:10	40:04				
	05:37	05:50	03:20	03:23	06:31	04:50	05:03	01:44	02:52	00:54				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
1	Siren Greve	3 D60												38:56
	05:20	08:55	13:21	17:04	24:30	28:54	33:41	35:33	38:19	38:56				
	05:20	03:35	04:26	03:43	07:26	04:24	04:47	01:52	02:46	00:37				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
1	Vibeke Øye	6 D50												40:38
	04:22	08:12	11:08	21:16	27:34	30:41	34:29	37:31	40:04	40:38				
	04:22	03:50	02:56	10:08	06:18	03:07	03:48	03:02	02:33	00:34				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
1	Matti Torgersen	HORDAN H60												42:07
	04:47	09:09	12:59	16:28	25:15	32:56	37:26	39:13	41:35	42:07				
	04:47	04:22	03:50	03:29	08:47	07:41	04:30	01:47	02:22	00:32				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				

Class	Navn	Klubb Klasse										Tid
2	Inger Lise Angelskår	42 D55										54:09
	04:52	16:16	20:17	27:20	37:12	42:07	48:08	49:59	53:25	54:09		
	04:52	11:24	04:01	07:03	09:52	04:55	06:01	01:51	03:26	00:44		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Øistein Paulsen	3 H65										1:01:16
	06:47	11:44	17:15	27:35	34:43	41:49	48:50	54:05	60:28	61:16		
	06:47	04:57	05:31	10:20	07:08	07:06	07:01	05:15	06:23	00:48		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Karen Clementsen Kayser	4 D60										1:07:19
	07:54	22:04	25:51	34:55	42:41	47:19	53:07	62:22	66:43	67:19		
	07:54	14:10	03:47	09:04	07:46	04:38	05:48	09:15	04:21	00:36		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Reidar Vetti	HELSEB H60										1:14:29
	06:11	10:54	14:48	19:46	40:05	46:50	53:17	69:50	73:30	74:29		
	06:11	04:43	03:54	04:58	20:19	06:45	06:27	16:33	03:40	00:59		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
3	Mai Helen Linga	31 D55										55:31
	06:44	11:33	16:35	23:33	34:27	39:45	46:31	50:18	54:37	55:31		
	06:44	04:49	05:02	06:58	10:54	05:18	06:46	03:47	04:19	00:54		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
4	Anne Fjellbirkeland	15 D55										1:00:25
	07:31	16:36	22:58	28:52	38:53	44:14	51:43	53:54	59:36	60:25		
	07:31	09:05	06:22	05:54	10:01	05:21	07:29	02:11	05:42	00:49		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
3												
1	Per Olaf Tangen	4 H80										1:19:22
	12:53	21:34	32:54	52:17	62:30	72:50	78:16	79:22				
	12:53	08:41	11:20	19:23	10:13	10:20	05:26	01:06				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
1	Axel Ingvaldsen	9 H85										46:07
	07:25	11:08	16:25	26:02	33:00	39:34	44:58	46:07				
	07:25	03:43	05:17	09:37	06:58	06:34	05:24	01:09				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
1	Nina Soligard	3 D65										29:51
	04:54	07:25	11:24	17:52	21:52	25:53	29:14	29:51				
	04:54	02:31	03:59	06:28	04:00	04:01	03:21	00:37				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
1	Björg Lohne Kocbach	3 D70										33:58
	05:31	08:27	12:48	20:43	24:41	30:11	33:22	33:58				
	05:31	02:56	04:21	07:55	03:58	05:30	03:11	00:36				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
1	Jon Sandvoll	5 H90										1:55:04
	16:03	24:13	38:31	64:21	82:27	99:08	111:42	115:04				
	16:03	08:10	14:18	25:50	18:06	16:41	12:34	03:22				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
1	Kristian Hj. Falch	6 H75										43:12
	05:41	09:28	20:59	27:34	34:36	39:20	42:29	43:12				
	05:41	03:47	11:31	06:35	07:02	04:44	03:09	00:43				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Olav Thornes	1 H75										54:16
	08:04	13:12	17:59	28:07	36:14	42:45	53:09	54:16				
	08:04	05:08	04:47	10:08	08:07	06:31	10:24	01:07				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				
2	Berit Hegdal	3 D70										36:48
	05:17	09:28	13:41	22:24	26:55	32:26	36:13	36:48				
	05:17	04:11	04:13	08:43	04:31	05:31	03:47	00:35				
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=				

Class	Navn	Klubb Klasse	Tid
2	Björg Midttun	3 D65	47:10
07:15	12:44 20:23 31:04 36:06 41:46 46:17 47:10		
07:15	05:29 07:39 10:41 05:02 05:40 04:31 00:53		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
3	Magne Raadal	4 H75	54:34
06:06	09:34 29:44 39:40 44:49 49:57 53:35 54:34		
06:06	03:28 20:10 09:56 05:09 05:08 03:38 00:59		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
3	Astrid Ormberg	4 D70	46:28
08:52	12:23 17:00 27:27 32:50 40:57 45:28 46:28		
08:52	03:31 04:37 10:27 05:23 08:07 04:31 01:00		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
4	Grete Lind	19 D70	1:07:31
07:47	11:08 23:43 47:28 53:41 62:06 66:40 67:31		
07:47	03:21 12:35 23:45 06:13 08:25 04:34 00:51		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
4	Magne Lystad	METEOR H75	1:14:00
10:54	15:24 23:38 40:55 55:13 65:56 72:41 74:00		
10:54	04:30 08:14 17:17 14:18 10:43 06:45 01:19		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
5	Turid Tangen	OS D70	1:19:15
12:34	20:33 32:29 51:45 61:13 72:27 78:03 79:15		
12:34	07:59 11:56 19:16 09:28 11:14 05:36 01:12		
00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		