

Class Navn

Klasse

Tid

B-Åpen

1	Øyvind Valen	Vikebygd IL	50:12
15:11=	19:27=	23:11=	28:29=
32:28=	34:16=	42:18=	44:35=
48:05=	49:31=	50:12=	
15:11=	04:16=	03:44=	05:18=
03:59=	01:48=	08:02=	02:17=
03:30=	01:26=	00:41=	
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
2	Åshild Nordbotten	Vaulen OK	1:03:15
07:42-	11:47-	25:50+	33:56+
36:56+	38:47+	55:22+	57:29+
61:06+	62:47+	63:15+	
07:42-	04:05-	14:03+	08:06+
03:00-	01:51+	16:35+	02:07-
03:37+	01:41+	00:28-	
07:29-	00:11-	10:19@	02:48&
00:59-	00:03+	08:33@	00:10-
00:07+	00:15#	00:13-	
3	Hodne Anne Jorunn	Egersund OK	1:35:55
04:22-	09:56-	15:19-	58:40+
66:48+	70:56+	73:31+	84:46+
86:34+	92:35+	95:09+	95:55+
04:22-	05:34+	05:23+	43:21+
08:08+	04:08+	02:35-	11:15+
01:48-	06:01+	02:34+	00:46+
10:49-	01:18&	01:39&	38:03@
04:09@	02:20@	05:27-	08:58@
01:42-	04:35@	01:53@	00:46+

Beste strekktid for klassen

04:22 04:05 03:44 05:18 03:00 01:48 02:35 02:07 01:48 01:26 00:28

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

C-Åpen

1	Lovise Nevland	Ålgård Orientering	21:11
01:19=	03:28=	05:45=	07:47=
08:26=	14:34=	16:44=	18:56=
20:36=	21:11=		
01:19=	02:09=	02:17=	02:02=
06:08=	02:10=	02:12=	01:40=
00:35=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
2	Tobias Steinsvik	Vikebygd IL	24:21
01:12-	02:50-	04:47-	06:04-
07:12-	12:44-	15:06-	22:09+
23:51+	24:21+		
01:12-	01:38-	01:57-	01:17-
01:08+	05:32-	02:22+	07:03+
01:42+	00:30-		
00:07-	00:31-	00:20-	00:45-
00:29&	00:36-	00:12+	04:51@
00:02+	00:05-		
3	Ane Eikehaugen	Sandnes IL	27:43
01:43+	04:15+	07:30+	09:36+
10:32+	17:57+	21:10+	24:25+
27:00+	27:43+		
01:43+	02:32+	03:15+	02:06+
00:56+	07:25+	03:13+	03:15+
02:35+	00:43+		
00:24&	00:23#	00:58&	00:04+
00:17&	01:17#	01:03&	00:55&
00:08#			
4	Torbjørn Steffensen	Haugesund IL	30:43
01:33+	04:32+	09:12+	13:08+
13:56+	21:37+	24:46+	28:03+
30:10+	30:43+		
01:33+	02:59+	04:40+	03:56+
00:48+	07:41+	03:09+	03:17+
02:07+	00:33-		
00:14#	00:50&	02:23@	01:54&
00:09#	01:33&	00:59&	01:05&
00:27&	00:02-		
5	Unn Iveland Jacobsen	Haugesund IL	31:12
01:39+	03:58+	07:08+	09:39+
11:43+	20:25+	25:07+	28:24+
30:33+	31:12+		
01:39+	02:19+	03:10+	02:31+
02:04+	08:42+	04:42+	03:17+
02:09+	00:39+		
00:20&	00:10+	00:53&	00:29#
01:25@	02:34&	02:32@	01:05&
00:29&	00:04#		
6	Vegard Skartland	Vikebygd IL	34:35
01:18-	03:36+	18:15+	19:32+
20:13+	26:33+	29:15+	32:24+
34:00+	34:35+		
01:18-	02:18+	14:39+	01:17-
00:41+	06:20+	02:42+	03:09+
01:36-	00:35=		
00:01-	00:09+	12:22@	00:45-
00:02+	00:12+	00:32#	00:57&
00:04-	00:00=		
7	Solveig Mæland	Ålgård Orientering	36:19
02:04+	05:35+	09:46+	13:38+
14:48+	23:55+	28:20+	32:11+
35:34+	36:19+		
02:04+	03:31+	04:11+	03:52+
01:10+	09:07+	04:25+	03:51+
03:23+	00:45+		
00:45&	01:22&	01:54&	01:50&
00:31&	02:59&	02:15@	01:39&
01:43@	00:10&		

Beste strekktid for klassen

01:12 01:38 01:57 01:17 00:39 05:32 02:10 02:12 01:36 00:30

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

D11-12

Class	Navn	Klasse	Tid
1	Marie Line Furland	Sandnes IL	26:24
	01:27= 03:30= 06:13= 08:09= 09:02= 17:18= 19:51= 23:21= 25:42= 26:24=		
	01:27= 02:03= 02:43= 01:56= 00:53= 08:16= 02:33= 03:30= 02:21= 00:42=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Silje Hadland	Egersund OK	37:19
	01:38+ 04:02+ 06:47+ 19:50+ 22:19+ 29:16+ 31:54+ 34:27+ 36:34+ 37:19+		
	01:38+ 02:24+ 02:45+ 13:03+ 02:29+ 06:57- 02:38+ 02:33- 02:07- 00:45+		
	00:11# 00:21# 00:02+ 11:07@ 01:36@ 01:19- 00:05+ 00:57- 00:14- 00:03+		
Beste strekktid for klassen			
	01:27 02:03 02:43 01:56 00:53 06:57 02:33 02:33 02:07 00:42		

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

D13-14

1	Ingrid Peikli	Sandnes IL	40:25
	05:18= 10:00= 12:17= 17:56= 21:04= 22:50= 31:03= 32:58= 38:18= 39:56= 40:25=		
	05:18= 04:42= 02:17= 05:39= 03:08= 01:46= 08:13= 01:55= 05:20= 01:38= 00:29=		
	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

05:18 04:42 02:17 05:39 03:08 01:46 08:13 01:55 05:20 01:38 00:29

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

D13-16N

203	Elise Stokka	Sandnes IL	21:47
	01:17+ 02:37+ 05:28+ 07:53+ 08:36+ 11:08+ 13:47+ 15:23+ 18:51+ 21:18+ 21:47+		
	01:17+ 01:20+ 02:51+ 02:25+ 00:43+ 02:32+ 02:39+ 01:36+ 03:28+ 02:27+ 00:29+		
	01:17+ 01:20+ 02:51+ 02:25+ 00:43+ 02:32+ 02:39+ 01:36+ 03:28+ 02:27+ 00:29+		

211	Elise-Marie B. Hanssen	Ålgård Orientering	45:33
	03:10+ 05:32+ 13:07+ 15:37+ 16:54+ 29:02+ 33:10+ 36:09+ 39:15+ 44:35+ 45:33+		
	03:10+ 02:22+ 07:35+ 02:30+ 01:17+ 12:08+ 04:08+ 02:59+ 03:06+ 05:20+ 00:58+		
	03:10+ 02:22+ 07:35+ 02:30+ 01:17+ 12:08+ 04:08+ 02:59+ 03:06+ 05:20+ 00:58+		

Beste strekktid for klassen

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

D15-16

1	Kari Fuglestad	Ålgård Orientering	45:11
	02:55= 11:54= 16:27= 22:26= 24:49= 26:53= 33:40= 36:04= 43:09= 44:40= 45:11=		
	02:55= 08:59= 04:33= 05:59= 02:23= 02:04= 06:47= 02:24= 07:05= 01:31= 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	Veronica Øvremo	Ålgård Orientering	59:04
	03:39+ 14:37+ 18:40+ 26:59+ 29:55+ 32:27+ 40:15+ 42:50+ 56:49+ 58:34+ 59:04+		
	03:39+ 10:58+ 04:03- 08:19+ 02:56+ 02:32+ 07:48+ 02:35+ 13:59+ 01:45+ 00:30-		
	00:44& 01:59# 00:04- 00:03- 00:04- 00:35- 01:01# 00:11+ 06:54& 00:14# 00:01-		

3	Torill Brekken	Ganddal IL	59:31
	03:56+ 13:31+ 18:00+ 23:56+ 26:15+ 27:44+ 48:19+ 50:40+ 57:23+ 58:59+ 59:31+		
	03:56+ 09:35+ 04:29- 05:56- 02:19- 01:29- 20:35+ 02:21- 06:43- 01:36+ 00:32+		
	01:01& 00:36+ 00:04- 00:03- 00:04- 00:35- 13:48@ 00:03- 00:22- 00:05+ 00:01+		

4	Ingvild Lindaas Bringedal	Haugesund IL	1:00:58
	04:14+ 12:51+ 16:58+ 25:22+ 28:59+ 41:11+ 48:17+ 51:08+ 58:52+ 60:26+ 60:58+		
	04:14+ 08:37- 04:07- 08:24+ 03:37+ 12:12+ 07:06+ 02:51+ 07:44+ 01:34+ 00:32+		
	01:19& 00:22- 00:26- 02:25& 01:14& 10:08@ 00:19+ 00:27# 00:39+ 00:03+ 00:01+		

Class	Navn	Klasse	Tid
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5	Therese Sæbø Vik	Sandnes IL	1:01:26							
04:40+	15:58+	20:10+	28:33+	31:19+	33:19+	40:21+	43:36+	59:07+	60:54+	61:26+
04:40+	11:18+	04:12-	08:23+	02:46+	02:00-	07:02+	03:15+	15:31+	01:47+	00:32+
01:45&	02:19&	00:21-	02:24&	00:23#	00:04-	00:15+	00:51&	08:26@	00:16#	00:01+

6	Vilde Bårdsen Hustoft	Stavanger OK	1:07:11							
03:49+	13:42+	19:21+	35:54+	38:42+	47:22+	54:21+	57:06+	65:00+	66:38+	67:11+
03:49+	09:53+	05:39+	16:33+	02:48+	08:40+	06:59+	02:45+	07:54+	01:38+	00:33+
00:54&	00:54#	01:06#	10:34@	00:25#	06:36@	00:12+	00:21#	00:49#	00:07+	00:02+

7	Nina Marie Larsen	Stavanger OK	1:16:57							
03:16+	12:11+	15:35-	35:03+	37:44+	57:15+	64:14+	67:01+	74:58+	76:30+	76:57+
03:16+	08:55-	03:24-	19:28+	02:41+	19:31+	06:59+	02:47+	07:57+	01:32+	00:27-
00:21#	00:04-	01:09-	13:29@	00:18#	17:27@	00:12+	00:23#	00:52#	00:01+	00:04-

8	Vilde Eikeskog	Sandnes IL	1:22:55							
04:12+	16:14+	20:49+	31:32+	51:51+	54:15+	65:34+	68:51+	80:26+	82:20+	82:55+
04:12+	12:02+	04:35+	10:43+	20:19+	02:24+	11:19+	03:17+	11:35+	01:54+	00:35+
01:17&	03:03&	00:02+	04:44&	17:56@	00:20#	04:32&	00:53&	04:30&	00:23&	00:04#

9	Elisabeth Hegdal	Egersund OK	1:34:58							
04:30+	28:06+	39:48+	49:32+	56:14+	65:03+	74:49+	78:06+	90:15+	94:10+	94:58+
04:30+	23:36+	11:42+	09:44+	06:42+	08:49+	09:46+	03:17+	12:09+	03:55+	00:48+
01:35&	14:37@	07:09@	03:45&	04:19@	06:45@	02:59&	00:53&	05:04&	02:24@	00:17&

Beste strekktid for klassen
 02:55 08:37 03:24 05:56 02:19 01:29 06:47 02:21 06:43 01:31 00:27

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

D17-20

1	Ingvild Garsrud Tvedt	Vaulen OK	1:03:34									
03:14=	11:00=	13:30=	14:52=	22:45=	25:53=	40:34=	42:39=	47:34=	50:54=	53:51=	63:02=	63:34=
03:14=	07:46=	02:30=	01:22=	07:53=	03:08=	14:41=	02:05=	04:55=	03:20=	02:57=	09:11=	00:32=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Ingrid Eggen	Haugesund IL	1:16:20									
03:29+	11:53+	14:50+	16:12+	24:41+	30:29+	41:11+	43:26+	61:00+	63:37+	66:06+	75:51+	76:20+
03:29+	08:24+	02:57+	01:22=	08:29+	05:48+	10:42-	02:15+	17:34+	02:37-	02:29-	09:45+	00:29-
00:15+	00:38+	00:27#	00:00=	00:36+	02:40&	03:59-	00:10+	12:39@	00:43-	00:28-	00:34+	00:03-

3	Pernille Ronæss Melleby	Vaulen OK	1:39:41									
05:23+	18:59+	23:13+	25:18+	36:18+	45:12+	61:14+	63:57+	71:29+	76:41+	81:17+	99:02+	99:41+
05:23+	13:36+	04:14+	02:05+	11:00+	08:54+	16:02+	02:43+	07:32+	05:12+	04:36+	17:45+	00:39+
02:09&	05:50&	01:44&	00:43&	03:07&	05:46@	01:21+	00:38&	02:37&	01:52&	01:39&	08:34&	00:07#

Beste strekktid for klassen
 03:14 07:46 02:30 01:22 07:53 03:08 10:42 02:05 04:55 02:37 02:29 09:11 00:29

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

D17AK

1	Wenche M. Sæbbø	Stavanger OK	48:04							
04:00=	14:10=	18:18=	26:15=	28:53=	30:37=	37:05=	39:13=	45:57=	47:29=	48:04=
04:00=	10:10=	04:08=	07:57=	02:38=	01:44=	06:28=	02:08=	06:44=	01:32=	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	Anita Sælevik	Haugesund IL	54:25							
04:55+	15:11+	19:18+	26:55+	29:52+	31:55+	38:46+	41:47+	51:42+	53:41+	54:25+
04:55+	10:16+	04:07-	07:37-	02:57+	02:03+	06:51+	03:01+	09:55+	01:59+	00:44+
00:55#	00:06+	00:01-	00:20-	00:19#	00:19#	00:23+	00:53&	03:11&	00:27&	00:09&

3	Borghild Hervik Hansen	Haugesund IL	56:16							
04:09+	13:40-	18:04-	27:35+	31:03+	33:15+	41:13+	44:16+	53:42+	55:30+	56:16+
04:09+	09:31-	04:24+	09:31+	03:28+	02:12+	07:58+	03:03+	09:26+	01:48+	00:46+
00:09+	00:39-	00:16+	01:34#	00:50&	00:28&	01:30#	00:55&	02:42&	00:16#	00:11&

Class	Navn	Klasse	Tid
4	Mari Petershagen	Vaulen OK	1:02:33
	04:20+ 15:19+ 20:03+ 32:10+ 35:04+ 40:56+ 46:55+ 49:44+ 59:55+ 61:54+ 62:33+		
	04:20+ 10:59+ 04:44+ 12:07+ 02:54+ 05:52+ 05:59- 02:49+ 10:11+ 01:59+ 00:39+		
	00:20+ 00:49+ 00:36# 04:10& 00:16# 04:08@ 00:29- 00:41& 03:27& 00:27& 00:04#		
5	Trine Bolstad	Ganddal IL	1:06:25
	12:42+ 23:25+ 28:57+ 37:03+ 39:52+ 41:38+ 53:44+ 56:34+ 64:03+ 65:50+ 66:25+		
	12:42+ 10:43+ 05:32+ 08:06+ 02:49+ 01:46+ 12:06+ 02:50+ 07:29+ 01:47+ 00:35=		
	08:42@ 00:33+ 01:24& 00:09+ 00:11+ 00:02+ 05:38& 00:42& 00:45# 00:15# 00:00=		
6	Mette Fuglestad	Ålgård Orientering	1:31:17
	04:37+ 15:37+ 25:42+ 43:33+ 46:59+ 51:13+ 61:54+ 66:53+ 88:27+ 90:36+ 91:17+		
	04:37+ 11:00+ 10:05+ 17:51+ 03:26+ 04:14+ 10:41+ 04:59+ 21:34+ 02:09+ 00:41+		
	00:37# 00:50+ 05:57@ 09:54@ 00:48& 02:30@ 04:13& 02:51@ 14:50@ 00:37& 00:06#		

Beste strekktid for klassen

04:00 09:31 04:07 07:37 02:38 01:44 05:59 02:08 06:44 01:32 00:35

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

D21

1	Aud Taksdal	Ganddal IL	1:13:13
	02:51= 12:06= 14:03= 16:15= 18:37= 24:48= 26:55= 28:58= 33:01= 35:15= 38:35= 40:20= 53:25= 56:51= 59:49= 62:29= 65:06= 72:43= 73:13=		
	02:51= 09:15= 01:57= 02:12= 02:22= 06:11= 02:07= 02:03= 04:03= 02:14= 03:20= 01:45= 13:05= 03:26= 02:58= 02:40= 02:37= 07:37= 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= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Berit-Kristine Lima	Ålgård Orientering	1:20:00
	02:53+ 12:24+ 15:46+ 17:36+ 19:52+ 27:07+ 29:37+ 30:59+ 36:45+ 39:02+ 43:30+ 45:11+ 59:05+ 62:50+ 65:53+ 68:47+ 71:14+ 79:31+ 80:00+		
	02:53+ 09:31+ 03:22+ 01:50- 02:16- 07:15+ 02:30+ 01:22- 05:46+ 02:17+ 04:28+ 01:41- 13:54+ 03:45+ 03:03+ 02:54+ 02:27- 08:17+ 00:29-		
	00:02+ 00:16+ 01:25& 00:22- 00:06- 01:04# 00:23# 00:41- 01:43& 00:03+ 01:08& 00:04- 00:49+ 00:19+ 00:05+ 00:14+ 00:10- 00:40+ 00:01-		
3	Jorunn Hadland	Egersund OK	1:20:46
	03:13+ 13:48+ 15:41+ 18:25+ 22:22+ 29:23+ 31:41+ 33:04+ 37:03+ 39:15+ 42:58+ 45:01+ 58:49+ 62:34+ 65:22+ 68:25+ 72:40+ 80:16+ 80:46+		
	03:13+ 10:35+ 01:53- 02:44+ 03:57+ 07:01+ 02:18+ 01:23- 03:59- 02:12- 03:43+ 02:03+ 13:48+ 03:45+ 02:48- 03:03+ 04:15+ 07:36- 00:30=		
	00:22# 01:20# 00:04- 00:32# 01:35& 00:50# 00:11+ 00:40- 00:04- 00:02- 00:23# 00:18# 00:43+ 00:19+ 00:10- 00:23# 01:38& 00:01- 00:00=		
4	Silje Skorve Skarpeid	Varegg Fleridrett	1:53:06
	03:20+ 13:43+ 16:27+ 18:43+ 21:15+ 28:24+ 31:44+ 33:46+ 40:18+ 43:33+ 50:08+ 52:52+ 87:28+ 92:14+ 96:39+ 101:00+ 103:11+ 112:30+ 113:06+		
	03:20+ 10:23+ 02:44+ 02:16+ 02:32+ 07:09+ 03:20+ 02:02- 06:32+ 03:15+ 06:35+ 02:44+ 34:36+ 04:46+ 04:25+ 04:21+ 02:11- 09:19+ 00:36+		
	00:29# 01:08# 00:47& 00:04+ 00:10+ 00:58# 01:13& 00:01- 02:29& 01:01& 03:15& 00:59& 21:31@ 01:20& 01:27& 01:41& 00:26- 01:42# 00:06#		

Beste strekktid for klassen

02:51 09:15 01:53 01:50 02:16 06:11 02:07 01:22 03:59 02:12 03:20 01:41 13:05 03:26 02:48 02:40 02:11 07:36 00:29

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

D40

1	Inger Tone Nygård	Egersund OK	53:28
	02:53= 10:46= 13:06= 15:24= 21:06= 24:03= 32:47= 34:28= 39:20= 41:44= 44:14= 52:58= 53:28=		
	02:53= 07:53= 02:20= 02:18= 05:42= 02:57= 08:44= 01:41= 04:52= 02:24= 02:30= 08:44= 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=		
2	Helen Lomeland	Ålgård Orientering	1:06:43
	03:29+ 14:22+ 16:44+ 18:19+ 24:47+ 28:01+ 42:59+ 44:40+ 50:10+ 53:35+ 57:07+ 66:10+ 66:43+		
	03:29+ 10:53+ 02:22+ 01:35- 06:28+ 03:14+ 14:58+ 01:41= 05:30+ 03:25+ 03:32+ 09:03+ 00:33+		
	00:36# 03:00& 00:02+ 00:43- 00:46# 00:17+ 06:14& 00:00= 00:38# 01:01& 01:02& 00:19+ 00:03#		
3	Vibeke Lamark	Ganddal IL	1:09:54
	03:39+ 11:38+ 14:48+ 16:32+ 29:51+ 33:17+ 43:43+ 46:11+ 54:08+ 57:10+ 60:13+ 69:18+ 69:54+		
	03:39+ 07:59+ 03:10+ 01:44- 13:19+ 03:26+ 10:26+ 02:28+ 07:57+ 03:02+ 03:03+ 09:05+ 00:36+		
	00:46& 00:06+ 00:50& 00:34- 07:37@ 00:29# 01:42# 00:47& 03:05& 00:38& 00:33# 00:21+ 00:06#		
4	Anne Sæbø Vik	Sandnes IL	1:10:43
	03:33+ 11:57+ 14:38+ 16:10+ 23:53+ 27:10+ 42:44+ 45:45+ 51:34+ 54:57+ 58:27+ 70:05+ 70:43+		
	03:33+ 08:24+ 02:41+ 01:32- 07:43+ 03:17+ 15:34+ 03:01+ 05:49+ 03:23+ 03:30+ 11:38+ 00:38+		
	00:40# 00:31+ 00:21# 00:46- 02:01& 00:20# 06:50& 01:20& 00:57# 00:59& 01:00& 02:54& 00:08&		

Class	Navn	Klasse	Tid
5	Sissel Molund	Nordreisa IL	1:20:35
	03:49+ 13:24+ 19:18+ 21:13+ 29:27+ 33:18+ 44:48+ 47:27+ 53:43+ 63:59+ 68:03+ 79:56+ 80:35+		
	03:49+ 09:35+ 05:54+ 01:55- 08:14+ 03:51+ 11:30+ 02:39+ 06:16+ 10:16+ 04:04+ 11:53+ 00:39+		
	00:56& 01:42# 03:34@ 00:23- 02:32& 00:54& 02:46& 00:58& 01:24& 07:52@ 01:34& 03:09& 00:09&		
6	Ragnhild Auglænd	Ganddal IL	1:30:00
	03:38+ 11:42+ 14:15+ 15:30+ 25:59+ 29:06+ 64:25+ 67:05+ 73:59+ 77:26+ 80:19+ 89:24+ 90:00+		
	03:38+ 08:04+ 02:33+ 01:15- 10:29+ 03:07+ 35:19+ 02:40+ 06:54+ 03:27+ 02:53+ 09:05+ 00:36+		
	00:45& 00:11+ 00:13+ 01:03- 04:47& 00:10+ 26:35@ 00:59& 02:02& 01:03& 00:23# 00:21+ 00:06#		
Beste strekktid for klassen			
	02:53 07:53 02:20 01:15 05:42 02:57 08:44 01:41 04:52 02:24 02:30 08:44 00:30		

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

D50

1	Anne Garsrud	Vaulen OK	41:10
	03:11= 11:30= 14:46= 20:29= 22:52= 24:16= 30:25= 32:47= 38:54= 40:35= 41:10=		
	03:11= 08:19= 03:16= 05:43= 02:23= 01:24= 06:09= 02:22= 06:07= 01:41= 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	Ann Karin Tjørhom	Ganddal IL	48:37
	03:16+ 11:47+ 15:14+ 22:19+ 24:53+ 26:21+ 32:23+ 34:48+ 46:46+ 48:02+ 48:37+		
	03:16+ 08:31+ 03:27+ 07:05+ 02:34+ 01:28+ 06:02- 02:25+ 11:58+ 01:16- 00:35=		
	00:05+ 00:12+ 00:11+ 01:22# 00:11+ 00:04+ 00:07- 00:03+ 05:51& 00:25- 00:00=		
3	Liv Grete Obrestad	Vaulen OK	52:50
	04:49+ 12:56+ 20:42+ 29:10+ 31:50+ 33:29+ 40:27+ 43:16+ 50:43+ 52:12+ 52:50+		
	04:49+ 08:07- 07:46+ 08:28+ 02:40+ 01:39+ 06:58+ 02:49+ 07:27+ 01:29- 00:38+		
	01:38& 00:12- 04:30@ 02:45& 00:17# 00:15# 00:49# 00:27# 01:20# 00:12- 00:03+		
4	Ingunn Voilås	Egersund OK	1:03:25
	03:28+ 15:38+ 22:53+ 31:09+ 34:19+ 36:07+ 43:50+ 46:36+ 60:44+ 62:37+ 63:25+		
	03:28+ 12:10+ 07:15+ 08:16+ 03:10+ 01:48+ 07:43+ 02:46+ 14:08+ 01:53+ 00:48+		
	00:17+ 03:51& 03:59@ 02:33& 00:47& 00:24& 01:34& 00:24# 08:01@ 00:12# 00:13&		
Beste strekktid for klassen			
	03:11 08:07 03:16 05:43 02:23 01:24 06:02 02:22 06:07 01:16 00:35		

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

D60

1	Inger S Opstad	Egersund OK	44:12
	04:23= 10:03= 13:57= 19:07= 23:03= 27:14= 36:43= 41:27= 43:34= 44:12=		
	04:23= 05:40= 03:54= 05:10= 03:56= 04:11= 09:29= 04:44= 02:07= 00:38=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Gry Tegns	Stavanger OK	46:02
	04:58+ 10:38+ 13:56- 20:05+ 25:04+ 28:23+ 35:22- 43:46+ 45:20+ 46:02+		
	04:58+ 05:40= 03:18- 06:09+ 04:59+ 03:19- 06:59- 08:24+ 01:34- 00:42+		
	00:35# 00:00= 00:36- 00:59# 01:03& 00:52- 02:30- 03:40& 00:33- 00:04#		
3	Turid Nystrøm	Stavanger OK	49:01
	04:30+ 10:29+ 14:46+ 21:10+ 26:22+ 32:44+ 40:51+ 46:19+ 48:24+ 49:01+		
	04:30+ 05:59+ 04:17+ 06:24+ 05:12+ 06:22+ 08:07- 05:28+ 02:05- 00:37-		
	00:07+ 00:19+ 00:23+ 01:14# 01:16& 02:11& 01:22- 00:44# 00:02- 00:01-		
4	Haldis Glendrange	Stavanger OK	50:18
	04:49+ 09:45- 13:27- 19:54+ 27:54+ 31:55+ 41:41+ 47:19+ 49:38+ 50:18+		
	04:49+ 04:56- 03:42- 06:27+ 08:00+ 04:01- 09:46+ 05:38+ 02:19+ 00:40+		
	00:26+ 00:44- 00:12- 01:17# 04:04@ 00:10- 00:17+ 00:54# 00:12+ 00:02+		
5	Helga Aaslid	Egersund OK	56:56
	03:37- 15:00+ 25:28+ 30:28+ 35:11+ 38:38+ 45:40+ 54:03+ 56:17+ 56:56+		
	03:37- 11:23+ 10:28+ 05:00- 04:43+ 03:27- 07:02- 08:23+ 02:14+ 00:39+		
	00:46- 05:43@ 06:34@ 00:10- 00:47# 00:44- 02:27- 03:39& 00:07+ 00:01+		

Class	Navn	Klasse	Tid
6	Berit E. Olsen	Stavanger OK	1:06:57
	06:58+ 14:34+ 19:27+ 29:19+ 35:15+ 41:42+ 55:21+ 62:39+ 66:07+ 66:57+		
	06:58+ 07:36+ 04:53+ 09:52+ 05:56+ 06:27+ 13:39+ 07:18+ 03:28+ 00:50+		
	02:35& 01:56& 00:59& 04:42& 02:00& 02:16& 04:10& 02:34& 01:21& 00:12&		

Beste strekktid for klassen

03:37 04:56 03:18 05:00 03:56 03:19 06:59 04:44 01:34 00:37

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

H11-12

1	Johannes Djupesland	Haugesund IL	22:21
	01:17= 03:01= 04:59= 06:25= 07:09= 13:17= 15:17= 19:50= 21:39= 22:21=		
	01:17= 01:44= 01:58= 01:26= 00:44= 06:08= 02:00= 04:33= 01:49= 00:42=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		

2	Martin Nevland	Ålgård Orientering	22:32
	01:24+ 03:12+ 05:38+ 09:43+ 10:23+ 15:51+ 17:47+ 20:15+ 21:54+ 22:32+		
	01:24+ 01:48+ 02:26+ 04:05+ 00:40- 05:28- 01:56- 02:28- 01:39- 00:38-		
	00:07+ 00:04+ 00:28# 02:39@ 00:04- 00:40- 00:04- 02:05- 00:10- 00:04-		

3	Daniel Øvremo	Ålgård Orientering	26:16
	01:22+ 03:41+ 06:28+ 11:20+ 12:08+ 18:48+ 20:53+ 23:17+ 25:42+ 26:16+		
	01:22+ 02:19+ 02:47+ 04:52+ 00:48+ 06:40+ 02:05+ 02:24- 02:25+ 00:34-		
	00:05+ 00:35& 00:49& 03:26@ 00:04+ 00:32+ 00:05+ 02:09- 00:36& 00:08-		

4	Anders Fuglestad	Ålgård Orientering	33:38
	01:42+ 05:12+ 09:21+ 12:06+ 13:28+ 22:58+ 27:28+ 30:44+ 32:56+ 33:38+		
	01:42+ 03:30+ 04:09+ 02:45+ 01:22+ 09:30+ 04:30+ 03:16- 02:12+ 00:42=		
	00:25& 01:46@ 02:11@ 01:19& 00:38& 03:22& 02:30@ 01:17- 00:23# 00:00=		

5	Johannes Skjæveland Eide	Stavanger OK	41:33
	01:38+ 04:18+ 08:38+ 23:18+ 24:12+ 31:57+ 36:20+ 39:14+ 40:56+ 41:33+		
	01:38+ 02:40+ 04:20+ 14:40+ 00:54+ 07:45+ 04:23+ 02:54- 01:42- 00:37-		
	00:21& 00:56& 02:22@ 13:14@ 00:10# 01:37& 02:23@ 01:39- 00:07- 00:05-		

6	Martin Lindtner	Haugesund IL	46:22
	02:05+ 05:25+ 13:37+ 18:09+ 19:14+ 29:52+ 39:00+ 43:04+ 45:41+ 46:22+		
	02:05+ 03:20+ 08:12+ 04:32+ 01:05+ 10:38+ 09:08+ 04:04- 02:37+ 00:41-		
	00:48& 01:36& 06:14@ 03:06@ 00:21& 04:30& 07:08@ 00:29- 00:48& 00:01-		

Beste strekktid for klassen

01:17 01:44 01:58 01:26 00:40 05:28 01:56 02:24 01:39 00:34

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

H11-12N

153	Anders Songe-Møller	Vaulen OK	19:05
	01:21+ 02:43+ 05:39+ 07:26+ 08:18+ 10:53+ 13:44+ 14:57+ 16:29+ 18:33+ 19:05+		
	01:21+ 01:22+ 02:56+ 01:47+ 00:52+ 02:35+ 02:51+ 01:13+ 01:32+ 02:04+ 00:32+		
	01:21+ 01:22+ 02:56+ 01:47+ 00:52+ 02:35+ 02:51+ 01:13+ 01:32+ 02:04+ 00:32+		

212	Emil B. Hanssen	Ålgård Orientering	45:29
	03:03+ 05:25+ 12:18+ 14:20+ 15:31+ 18:57+ 33:01+ 36:02+ 39:07+ 44:28+ 45:29+		
	03:03+ 02:22+ 06:53+ 02:02+ 01:11+ 03:26+ 14:04+ 03:01+ 03:05+ 05:21+ 01:01+		
	03:03+ 02:22+ 06:53+ 02:02+ 01:11+ 03:26+ 14:04+ 03:01+ 03:05+ 05:21+ 01:01+		

213	Joar Fuglestad	Ålgård Orientering	17:57
	01:26+ 02:55+ 05:36+ 07:12+ 07:52+ 10:08+ 13:02+ 14:07+ 15:28+ 17:22+ 17:57+		
	01:26+ 01:29+ 02:41+ 01:36+ 00:40+ 02:16+ 02:54+ 01:05+ 01:21+ 01:54+ 00:35+		
	01:26+ 01:29+ 02:41+ 01:36+ 00:40+ 02:16+ 02:54+ 01:05+ 01:21+ 01:54+ 00:35+		

Beste strekktid for klassen

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

H13-14

1 Karsten Hervik Hansen Haugesund IL 35:51

08:49= 12:40= 14:54= 19:12= 22:04= 23:40= 29:49= 31:19= 33:59= 35:21= 35:51=
 08:49= 03:51= 02:14= 04:18= 02:52= 01:36= 06:09= 01:30= 02:40= 01:22= 00:30=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Eskild Ronæss Melleby Vaulen OK 38:07

08:31- 11:56- 15:01+ 18:49- 21:30- 23:07- 31:09+ 32:31+ 36:10+ 37:41+ 38:07+
 08:31- 03:25- 03:05+ 03:48- 02:41- 01:37+ 08:02+ 01:22- 03:39+ 01:31+ 00:26-
 00:18- 00:26- 00:51& 00:30- 00:11- 00:01+ 01:53& 00:08- 00:59& 00:09# 00:04-

3 Jardar Lindaas Bringedal Haugesund IL 42:29

05:55- 11:27- 15:43+ 21:52+ 25:35+ 27:46+ 35:08+ 36:34+ 40:22+ 41:56+ 42:29+
 05:55- 05:32+ 04:16+ 06:09+ 03:43+ 02:11+ 07:22+ 01:26- 03:48+ 01:34+ 00:33+
 02:54- 01:41& 02:02& 01:51& 00:51& 00:35& 01:13# 00:04- 01:08& 00:12# 00:03#

4 Kristoffer Kvale Haugesund IL 43:41

06:53- 10:29- 14:49- 22:36+ 26:05+ 27:58+ 35:46+ 37:58+ 41:34+ 43:06+ 43:41+
 06:53- 03:36- 04:20+ 07:47+ 03:29+ 01:53+ 07:48+ 02:12+ 03:36+ 01:32+ 00:35+
 01:56- 00:15- 02:06& 03:29& 00:37# 00:17# 01:39& 00:42& 00:56& 00:10# 00:05#

5 Amund Garsrud Tvedt Vaulen OK 44:27

12:46+ 15:37+ 23:56+ 28:28+ 31:23+ 33:00+ 39:25+ 40:50+ 42:54+ 43:59+ 44:27+
 12:46+ 02:51- 08:19+ 04:32+ 02:55+ 01:37+ 06:25+ 01:25- 02:04- 01:05- 00:28-
 03:57& 01:00- 06:05@ 00:14+ 00:03+ 00:01+ 00:16+ 00:05- 00:36- 00:17- 00:02-

6 Andreas Eide Skjæveland Stavanger OK 45:26

05:46- 09:32- 18:56+ 23:30+ 26:11+ 28:41+ 35:38+ 37:31+ 42:55+ 44:58+ 45:26+
 05:46- 03:46- 09:24+ 04:34+ 02:41- 02:30+ 06:57+ 01:53+ 05:24+ 02:03+ 00:28-
 03:03- 00:05- 07:10@ 00:16+ 00:11- 00:54& 00:48# 00:23& 02:44@ 00:41& 00:02-

7 Espen Falck Nygård Haugesund IL 48:38

08:14- 13:44+ 28:51+ 33:05+ 35:39+ 37:05+ 43:14+ 44:51+ 46:59+ 48:09+ 48:38+
 08:14- 05:30+ 15:07+ 04:14- 02:34- 01:26- 06:09= 01:37+ 02:08- 01:10- 00:29-
 00:35- 01:39& 12:53@ 00:04- 00:18- 00:10- 00:00= 00:07+ 00:32- 00:12- 00:01-

Beste strekktid for klassen

05:46 02:51 02:14 03:48 02:34 01:26 06:09 01:22 02:04 01:05 00:26

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

H13-16N

158 Erlend Skogland Amundsen Haugesund IL 22:37

01:36+ 03:04+ 07:32+ 09:28+ 10:59+ 13:33+ 16:37+ 17:43+ 19:28+ 22:01+ 22:37+
 01:36+ 01:28+ 04:28+ 01:56+ 01:31+ 02:34+ 03:04+ 01:06+ 01:45+ 02:33+ 00:36+
 01:36+ 01:28+ 04:28+ 01:56+ 01:31+ 02:34+ 03:04+ 01:06+ 01:45+ 02:33+ 00:36+

165 Steinar Frøytlog Egersund OK 17:48

01:18+ 02:20+ 04:37+ 05:58+ 06:46+ 09:26+ 12:21+ 13:25+ 15:12+ 17:10+ 17:48+
 01:18+ 01:02+ 02:17+ 01:21+ 00:48+ 02:40+ 02:55+ 01:04+ 01:47+ 01:58+ 00:38+
 01:18+ 01:02+ 02:17+ 01:21+ 00:48+ 02:40+ 02:55+ 01:04+ 01:47+ 01:58+ 00:38+

Beste strekktid for klassen

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

H15-16

1 Per Øyvind Valen Haugesund IL 41:05

02:32= 07:11= 09:06= 10:05= 15:16= 17:39= 25:52= 27:05= 30:27= 32:17= 34:28= 40:38= 41:05=
 02:32= 04:39= 01:55= 00:59= 05:11= 02:23= 08:13= 01:13= 03:22= 01:50= 02:11= 06:10= 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=

Class	Navn	Klasse	Tid
2	Jonas Klausen Espedal	Stavanger OK	41:15
02:23-	07:32+	09:15+	10:08+
02:23-	05:09+	01:43-	00:53-
00:09-	00:30#	00:12-	00:06-
	00:04-	00:25#	02:07-
	00:02+	00:39#	00:24#
	00:03-	00:50#	00:01+
3	Thomas Hadland	Egersund OK	42:09
02:25-	08:53+	11:07+	12:12+
02:25-	06:28+	02:14+	01:05+
00:07-	01:49&	00:19#	00:06#
	00:11-	00:09+	02:18-
	00:26&	00:27#	00:10+
	00:16-	00:27+	00:03#
4	Lars Mikalsen	Sandnes IL	46:10
02:40+	09:00+	11:00+	12:00+
02:40+	06:20+	02:00+	01:00+
00:08+	01:41&	00:05+	00:01+
	00:29-	00:09+	00:39-
	00:16#	02:47&	00:00=
	00:03-	01:10#	00:01-
5	Øystein Garsrud Tvedt	Vaulen OK	46:29
02:28-	08:25+	10:49+	12:02+
02:28-	05:57+	02:24+	01:13+
00:04-	01:18&	00:29&	00:14#
	00:04-	00:31#	00:08-
	00:08-	00:55&	00:54&
	00:25#	00:01-	00:55#
	00:00=		
6	Martin Kvale	Haugesund IL	54:11
02:42+	09:28+	11:22+	12:18+
02:42+	06:46+	01:54-	00:56-
00:10+	02:07&	00:01-	00:03-
	00:17-	00:20#	04:14&
	00:55&	00:54&	01:07&
	04:34@	00:16-	00:18+
	00:02-		
7	Endre Haugland	Vaulen OK	1:05:01
02:56+	13:16+	15:13+	16:15+
02:56+	10:20+	01:57+	01:02+
00:24#	05:41@	00:02+	00:03+
	01:08#	01:18&	04:17&
	00:19&	08:19@	00:41&
	00:35&	01:11#	00:02-
8	Cato Eike	Vaulen OK	1:08:14
02:32=	11:22+	13:16+	14:27+
02:32=	08:50+	01:54-	01:11+
00:00=	04:11&	00:01-	00:12#
	00:56#	00:13+	05:23&
	00:34&	03:21&	09:11@
	00:15#	02:57&	00:03-
9	Jens Eikehaugen	Sandnes IL	1:09:48
03:45+	11:27+	14:02+	15:42+
03:45+	07:42+	02:35+	01:40+
01:13&	03:03&	00:40&	00:41&
	02:04&	01:24&	08:48@
	04:55@	03:21&	00:51&
	00:09+	01:37&	00:03-
10	Marius Myhre Sælevik	Haugesund IL	1:15:07
04:08+	14:28+	19:06+	22:00+
04:08+	10:20+	04:38+	02:54+
01:36&	05:41@	02:43@	01:55@
	03:00&	02:21&	05:16&
	00:30&	02:49&	01:53@
	01:06&	05:01&	00:11&
11	Andreas Djupesland	Haugesund IL	1:15:48
03:10+	12:43+	15:55+	17:22+
03:10+	09:33+	03:12+	01:27+
00:38#	04:54@	01:17&	00:28&
	12:45@	02:19&	03:31&
	00:39&	01:23&	00:39&
	01:19&	04:53&	00:02-
12	Torbjørn Fuglestad	Ålgård Orientering	1:16:19
03:00+	13:03+	16:14+	17:42+
03:00+	10:03+	03:11+	01:28+
00:28#	05:24@	01:16&	00:29&
	03:58&	02:06&	10:16@
	00:38&	03:55@	00:45&
	00:20#	05:37&	00:02+
13	Bjørn Fuglestad	Ålgård Orientering	1:16:22
03:09+	11:38+	14:58+	16:41+
03:09+	08:29+	03:20+	01:43+
00:37#	03:50&	01:25&	00:44&
	03:00&	02:09&	08:43@
	02:27@	03:25@	01:20&
	01:29&	06:01&	00:07&
14	Anders Frøytlog	Egersund OK	1:20:05
04:09+	13:24+	16:27+	17:51+
04:09+	09:15+	03:03+	01:24+
01:37&	04:36&	01:08&	00:25&
	01:21&	00:21#	17:17@
	01:03&	01:39&	06:22@
	00:51&	02:16&	00:04#
15	Jon Asgeir Torsvik	Ålgård Orientering	1:37:58
04:22+	15:18+	18:29+	20:17+
04:22+	10:56+	03:11+	01:48+
01:50&	06:17@	01:16&	00:49&
	04:41&	12:26@	04:06&
	02:02@	02:47&	13:29@
	00:24#	06:44@	00:02+
Beste strekktid for klassen	02:23	04:39	01:43
	00:53	04:42	02:23
	05:55	01:13	03:22
	01:50	01:55	06:10
	00:24		

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

H17-20

1 Einar Marius Hjellevstad MartinsenVikebygd IL

1:20:13

02:47= 11:30= 13:46= 15:43= 17:51= 24:56= 27:13= 28:32= 33:00= 35:28= 40:02= 42:22= 57:43= 61:31= 64:50= 67:59= 70:42= 79:36= 80:13=
 02:47= 08:43= 02:16= 01:57= 02:08= 07:05= 02:17= 01:19= 04:28= 02:28= 04:34= 02:20= 15:21= 03:48= 03:19= 03:09= 02:43= 08:54= 00:37=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

Beste strekktid for klassen

02:47 08:43 02:16 01:57 02:08 07:05 02:17 01:19 04:28 02:28 04:34 02:20 15:21 03:48 03:19 03:09 02:43 08:54 00:37

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

H17AK

1 Kristian Haarr

Gular, IL

46:38

02:53= 09:13= 11:35= 12:38= 18:48= 21:24= 29:30= 30:57= 34:35= 37:05= 39:18= 46:13= 46:38=
 02:53= 06:20= 02:22= 01:03= 06:10= 02:36= 08:06= 01:27= 03:38= 02:30= 02:13= 06:55= 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 Leif Lindtner

Haugesund IL

51:06

02:37- 09:37+ 11:23- 12:16- 17:34- 20:36- 27:51- 29:23- 34:43+ 41:03+ 43:21+ 50:37+ 51:06+
 02:37- 07:00+ 01:46- 00:53- 05:18- 03:02+ 07:15- 01:32+ 05:20+ 06:20+ 02:18+ 07:16+ 00:29+
 00:16- 00:40# 00:36- 00:10- 00:52- 00:26# 00:51- 00:05+ 01:42& 03:50@ 00:05+ 00:21+ 00:04#

3 Jan Sigurd Eike

Vaulen OK

52:39

02:56+ 10:04+ 12:08+ 14:27+ 20:13+ 22:44+ 31:10+ 33:06+ 37:26+ 41:04+ 43:29+ 52:12+ 52:39+
 02:56+ 07:08+ 02:04- 02:19+ 05:46- 02:31- 08:26+ 01:56+ 04:20+ 03:38+ 02:25+ 08:43+ 00:27+
 00:03+ 00:48# 00:18- 01:16@ 00:24- 00:05- 00:20+ 00:29& 00:42# 01:08& 00:12+ 01:48& 00:02+

Beste strekktid for klassen

02:37 06:20 01:46 00:53 05:18 02:31 07:15 01:27 03:38 02:30 02:13 06:55 00:25

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

H21

1 Ørjan Ravndal

Ålgård Orientering

1:14:45

02:04= 07:02= 09:26= 10:53= 12:01= 15:19= 18:22= 27:12= 29:36= 31:45= 37:08= 39:53= 41:24= 44:35= 53:44= 56:40= 58:51= 59:51= 63:48= 65:09= 66:50= 68:22= 74:24= 74:45=
 02:04= 04:58= 02:24= 01:27= 01:08= 03:18= 03:03= 08:50= 02:24= 02:09= 05:23= 02:45= 01:31= 03:11= 09:09= 02:56= 02:11= 01:00= 03:57= 01:21= 01:41= 01:32= 06:02= 00:21=
 00:00=

2 Runar Emberland Lien

Ålgård Orientering

1:18:55

02:06+ 07:33+ 09:53+ 11:14+ 12:28+ 16:05+ 19:26+ 27:54+ 30:24+ 34:51+ 40:39+ 43:03+ 44:44+ 47:31+ 57:01+ 60:10+ 62:17+ 63:29+ 67:45+ 69:16+ 70:53+ 72:45+ 78:26+ 78:55+
 02:06+ 05:27+ 02:20- 01:21- 01:14+ 03:37+ 03:21+ 08:28- 02:30+ 04:27+ 05:48+ 02:24- 01:41+ 02:47- 09:30+ 03:09+ 02:07- 01:12+ 04:16+ 01:31+ 01:37- 01:52+ 05:41- 00:29+
 00:02+ 00:29+ 00:04- 00:06- 00:06+ 00:19+ 00:18+ 00:22- 00:06+ 02:18@ 00:25+ 00:21- 00:10# 00:24- 00:21+ 00:13+ 00:04- 00:12# 00:19+ 00:10# 00:04- 00:20# 00:21- 00:08&

3 Torgeir Nevland

Ålgård Orientering

1:19:35

02:06+ 08:23+ 10:25+ 11:48+ 13:16+ 16:50+ 20:01+ 28:57+ 31:44+ 34:04+ 39:52+ 42:24+ 43:48+ 47:33+ 56:58+ 60:16+ 63:17+ 64:38+ 68:51+ 70:16+ 72:01+ 73:34+ 79:10+ 79:35+
 02:06+ 06:17+ 02:02- 01:23- 01:28+ 03:34+ 03:11+ 08:56+ 02:47+ 02:20+ 05:48+ 02:32- 01:24- 03:45+ 09:25+ 03:18+ 03:01+ 01:21+ 04:13+ 01:25+ 01:45+ 01:33+ 05:36- 00:25+
 00:02+ 01:19& 00:22- 00:04- 00:20& 00:16+ 00:08+ 00:06+ 00:23# 00:11+ 00:25+ 00:13- 00:07- 00:34# 00:16+ 00:22# 00:50& 00:21& 00:16+ 00:04+ 00:04+ 00:01+ 00:26- 00:04#

4 Tom Furland

Sandnes IL

1:24:40

02:16+ 08:13+ 10:37+ 12:13+ 13:48+ 17:32+ 20:57+ 30:25+ 32:48+ 35:23+ 42:55+ 45:36+ 47:00+ 50:21+ 60:19+ 64:03+ 66:14+ 67:37+ 71:48+ 73:25+ 75:15+ 77:10+ 84:11+ 84:40+
 02:16+ 05:57+ 02:24= 01:36+ 01:35+ 03:44+ 03:25+ 09:28+ 02:23- 02:35+ 07:32+ 02:41- 01:24- 03:21+ 09:58+ 03:44+ 02:11= 01:23+ 04:11+ 01:37+ 01:50+ 01:55+ 07:01+ 00:29+
 00:12+ 00:59# 00:00= 00:09# 00:27& 00:26# 00:22# 00:38+ 00:01- 00:26# 02:09& 00:04- 00:07- 00:10+ 00:49+ 00:48& 00:00= 00:23& 00:14+ 00:16# 00:09+ 00:23# 00:59# 00:08&

5 Vegard Peikli

Sandnes IL

1:25:59

02:08+ 08:00+ 10:20+ 11:50+ 13:04+ 16:45+ 22:08+ 31:06+ 33:58+ 36:43+ 44:01+ 46:49+ 49:48+ 53:19+ 63:00+ 66:17+ 69:19+ 70:40+ 74:49+ 76:19+ 78:04+ 79:49+ 85:31+ 85:59+
 02:08+ 05:52+ 02:20- 01:30+ 01:14+ 03:41+ 05:23+ 08:58+ 02:52+ 02:45+ 07:18+ 02:48+ 02:59+ 03:31+ 09:41+ 03:17+ 03:02+ 01:21+ 04:09+ 01:30+ 01:45+ 01:45+ 05:42- 00:28+
 00:04+ 00:54# 00:04- 00:03+ 00:06+ 00:23# 02:20& 00:08+ 00:28# 00:36& 01:55& 00:03+ 01:28& 00:20# 00:32+ 00:21# 00:51& 00:21& 00:12+ 00:09# 00:04+ 00:13# 00:20- 00:07&

6 Sigurd R. Oftedal

Ålgård Orientering

1:26:40

02:22+ 08:37+ 11:12+ 12:50+ 14:31+ 18:25+ 21:58+ 32:17+ 34:38+ 37:01+ 43:05+ 46:22+ 47:59+ 51:18+ 61:23+ 64:46+ 67:56+ 69:16+ 73:40+ 75:53+ 77:50+ 79:40+ 86:12+ 86:40+
 02:22+ 06:15+ 02:35+ 01:38+ 01:41+ 03:54+ 03:33+ 10:19+ 02:21- 02:23+ 06:04+ 03:17+ 01:37+ 03:19+ 10:05+ 03:23+ 03:10+ 01:20+ 04:24+ 02:13+ 01:57+ 01:50+ 06:32+ 00:28+
 00:18# 01:17& 00:11+ 00:11# 00:33& 00:36# 00:30# 01:29# 00:03- 00:14# 00:41# 00:32# 00:06+ 00:08+ 00:56# 00:27# 00:59& 00:20& 00:27# 00:52& 00:16# 00:18# 00:30+ 00:07&

Class	Navn	Klasse	Tid
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7	Ola Magnus Laugaland	Ålgård Orientering	1:31:12																				
02:03-	08:55+	14:39+	16:11+	17:46+	21:09+	24:37+	34:56+	37:15+	40:17+	48:28+	51:24+	52:59+	56:36+	66:53+	70:31+	73:18+	74:49+	79:29+	81:08+	82:56+	84:55+	90:48+	91:12+
02:03-	06:52+	05:44+	01:32+	01:32+	03:28+	03:28+	10:19+	02:19-	03:02+	08:11+	02:56+	01:35+	03:37+	10:17+	03:38+	02:47+	01:31+	04:40+	01:39+	01:48+	01:59+	05:53-	00:24+
00:01-	01:54&	03:20@	00:05+	00:27&	00:05+	00:25#	01:29#	00:05-	00:53&	02:48&	00:11+	00:04+	00:26#	01:08#	00:42#	00:36&	00:31&	00:43#	00:18#	00:07+	00:27&	00:09-	00:03#

8	Eivind Tonna	Lillomarka	1:31:21																				
02:15+	07:49+	09:55+	11:30+	14:13+	17:41+	21:13+	32:13+	34:28+	37:10+	44:19+	47:00+	49:03+	52:13+	64:05+	67:40+	70:09+	71:51+	79:01+	80:37+	82:33+	84:21+	90:49+	91:21+
02:15+	05:34+	02:06-	01:35+	02:43+	03:28+	03:32+	11:00+	02:15-	02:42+	07:09+	02:41-	02:03+	03:10-	11:52+	03:35+	02:29+	01:42+	07:10+	01:36+	01:56+	01:48+	06:28+	00:32+
00:11+	00:36#	00:18-	00:08+	01:35@	00:10+	00:29#	02:10#	00:09-	00:33&	01:46&	00:04-	00:32&	00:01-	02:43&	00:39#	00:18#	00:42&	03:13&	00:15#	00:15#	00:16#	00:26+	00:11&

9	Erik Lima	Ganddal IL	1:33:19																				
02:17+	08:26+	10:48+	12:36+	14:04+	17:57+	22:32+	33:27+	35:53+	38:49+	45:48+	49:03+	50:22+	54:11+	64:22+	68:35+	71:56+	73:27+	79:55+	81:43+	83:35+	85:34+	92:54+	93:19+
02:17+	06:09+	02:22-	01:48+	01:28+	03:53+	04:35+	10:55+	02:26+	02:56+	06:59+	03:15+	01:19-	03:49+	10:11+	04:13+	03:21+	01:31+	06:28+	01:48+	01:52+	01:59+	07:20+	00:25+
00:13#	01:11#	00:02-	00:21#	00:20&	00:35#	01:32&	02:05#	00:02+	00:47&	01:36&	00:30#	00:12-	00:38#	01:02#	01:17&	01:10&	00:31&	02:31&	00:27&	00:11#	00:27&	01:18#	00:04#

10	Ondrej Ptacek	Stavanger OK	1:37:52																				
02:40+	09:48+	12:31+	15:14+	16:52+	20:51+	24:48+	35:47+	38:21+	41:54+	49:08+	52:30+	54:28+	58:09+	69:35+	73:02+	76:27+	77:53+	82:32+	85:32+	87:41+	89:48+	97:17+	97:52+
02:40+	07:08+	02:43+	02:43+	01:38+	03:59+	03:57+	10:59+	02:34+	03:33+	07:14+	03:22+	01:58+	03:41+	11:26+	03:27+	03:25+	01:26+	04:39+	03:00+	02:09+	02:07+	07:29+	00:35+
00:36&	02:10&	00:19#	01:16&	00:30&	00:41#	00:54&	02:09#	00:10+	01:24&	01:51&	00:37#	00:27&	00:30#	02:17#	00:31#	01:14&	00:26&	00:42#	01:39@	00:28&	00:35&	01:27#	00:14&

11	Simen Aamodt	Sandnes IL	1:40:28																				
02:16+	08:31+	10:50+	12:26+	15:47+	19:22+	23:09+	33:21+	36:41+	39:09+	46:21+	53:08+	55:22+	59:40+	71:04+	75:31+	78:10+	79:51+	86:03+	87:57+	90:08+	92:15+	99:54+	100:28+
02:16+	06:15+	02:19-	01:36+	03:21+	03:35+	03:47+	10:12+	03:20+	02:28+	07:12+	06:47+	02:14+	04:18+	11:24+	04:27+	02:39+	01:41+	06:12+	01:54+	02:11+	02:07+	07:39+	00:34+
00:12+	01:17&	00:05-	00:09#	02:13@	00:17+	00:44#	01:22#	00:56&	00:19#	01:49&	04:02@	00:43&	01:07&	02:15#	01:31&	00:28#	00:41&	02:15&	00:33&	00:30&	00:35&	01:37&	00:13&

12	Fredrik Sandal	Ganddal IL	1:41:06																				
02:22+	09:26+	12:14+	13:50+	15:20+	19:34+	23:38+	36:18+	39:26+	42:37+	49:29+	53:33+	54:57+	58:28+	72:48+	77:09+	80:02+	81:28+	86:03+	87:59+	90:00+	91:51+	100:40+	101:06+
02:22+	07:04+	02:48+	01:36+	01:30+	04:14+	04:04+	12:40+	03:08+	03:11+	06:52+	04:04+	01:24+	03:31+	14:20+	04:21+	02:53+	01:26+	04:35+	01:56+	02:01+	01:51+	08:49+	00:26+
00:18#	02:06&	00:24#	00:09#	00:22&	00:56&	01:01&	03:50&	00:44&	01:02&	01:29&	01:19&	00:07-	00:20#	05:11&	01:25&	00:26&	00:38#	00:35&	00:20#	00:19#	02:47&	00:05#	

13	Sjur Obrestad Gabrielsen	Vaulen OK	1:44:08																				
02:31+	09:28+	13:46+	15:40+	19:09+	23:15+	26:59+	39:28+	41:57+	44:45+	51:51+	54:55+	56:25+	60:13+	70:31+	74:40+	80:27+	81:53+	88:03+	89:54+	92:24+	94:33+	103:36+	104:08+
02:31+	06:57+	04:18+	01:54+	03:29+	04:06+	03:44+	12:29+	02:29+	02:48+	07:06+	03:04+	01:30-	03:48+	10:18+	04:09+	05:47+	01:26+	06:10+	01:51+	02:30+	02:09+	09:03+	00:32+
00:27#	01:59&	01:54&	00:27&	02:21@	00:48#	00:41#	03:39&	00:05+	00:39&	01:43&	00:19#	00:01-	00:37#	01:09#	01:13&	03:36@	00:26&	02:13&	00:30&	00:49&	00:37&	03:01&	00:11&

15	Njål Helge Vølstad	Ålgård Orientering	2:02:34																				
03:07+	11:35+	14:40+	16:56+	20:36+	24:40+	28:36+	41:34+	44:31+	50:05+	62:02+	65:38+	68:13+	72:40+	85:29+	90:35+	94:17+	96:22+	102:52+	105:06+	108:15+	111:08+	121:54+	122:34+
03:07+	08:28+	03:05+	03:40+	04:04+	04:04+	03:56+	12:58+	02:57+	05:34+	11:57+	03:36+	02:35+	04:27+	12:49+	05:06+	03:42+	02:05+	06:30+	02:14+	03:09+	02:53+	10:46+	00:40+
01:03&	03:30&	00:41&	00:49&	02:32@	00:46#	00:53&	04:08&	00:33#	03:25@	06:34@	00:51&	01:04&	01:16&	03:40&	02:10&	01:31&	01:05@	02:33&	00:53&	01:28&	01:21&	04:44&	00:19&

16	Sturla Stokkeland	Ålgård Orientering	2:10:19																				
02:54+	11:32+	14:23+	16:32+	19:35+	24:51+	29:55+	43:12+	47:21+	54:17+	65:29+	71:34+	73:41+	80:01+	95:35+	100:21+	104:08+	106:15+	112:50+	114:55+	117:23+	120:04+	129:46+	130:19+
02:54+	08:38+	02:51+	02:09+	03:03+	05:16+	05:04+	13:17+	04:09+	06:56+	11:12+	06:05+	02:07+	06:20+	15:34+	04:46+	03:47+	02:07+	06:35+	02:05+	02:28+	02:41+	09:42+	00:33+
00:50&	03:40&	00:27#	00:42&	01:55@	01:58&	02:01&	04:27&	01:45&	04:47@	05:49@	03:20@	00:36&	03:09&	06:25&	01:50&	01:36&	01:07@	02:38&	00:44&	00:47&	01:09&	03:40&	00:12&

Beste strekketid for klassen
 02:03 04:58 02:02 01:21 01:08 03:18 03:03 08:28 02:15 02:09 05:23 02:24 01:19 02:47 09:09 02:56 02:07 01:00 03:57 01:21 01:37 01:32 05:36 00:21

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

H40

1	Odd Ivar Karlsen	Ålgård Orientering	1:04:22															
02:21=	09:49=	11:43=	13:40=	15:35=	22:08=	23:58=	25:08=	28:43=	30:24=	33:37=	35:23=	46:29=	49:59=	52:27=	54:31=	56:38=	63:53=	64:22=
02:21=	07:28=	01:54=	01:57=	01:55=	06:33=	01:50=	01:10=	03:35=	01:41=	03:13=	01:46=	11:06=	03:30=	02:28=	02:04=	02:07=	07:15=	00:29=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Einar Martinsen	Vikebygd IL	1:04:40															
02:36+	11:45+	13:31+	15:06+	17:01+	22:54+	24:52+	26:01+	29:22+	31:22+	34:23+	36:19+	47:26+	50:20+	53:01+	55:27+	57:29+	64:09+	64:40+
02:36+	09:09+	01:46-	01:35-	01:55=	05:53+	01:58+	01:09-	03:21-	02:00+	03:01-	01:56+	11:07+	02:54-	02:41+	02:26+	02:02-	06:40-	00:31+
00:15#	01:41#	00:08-	00:22-	00:00=	00:40-	00:08+	00:01-	00:14-	00:19#	00:12-	00:10+	00:01+	00:36-	00:13+	00:22#	00:05-	00:35-	00:02+

3	Per Olav Haarr	Ganddal IL	1:06:40															
02:37+	10:42+	12:29+	14:58+	19:07+	25:00+	26:50+	28:07+	31:27+	33:27+	36:28+	38:31+	49:29+	52:28+	55:04+	57:25+	59:31+	66:12+	66:40+
02:37+	08:05+	01:47-	02:29+	04:09+	05:53-	01:50+	01:17+	03:20-	02:00+	03:01-	02:03+	10:58-	02:59-	02:36+	02:21+	02:06-	06:41-	00:28-
00:16#	00:37+	00:07-	00:32&	02:14@	00:40-	00:00=	00:07#	00:15-	00:19#	00:12-	00:17#	00:08-	00:31-	00:08+	00:17#	00:01-	00:34-	00:01-

4	Morten Aamodt	Sandnes IL	1:07:24															
02:25+	11:37+	13:46+	15:22+	17:40+	23:29+	25:22+	26:27+	30:02+	32:13+	34:52+	36:48+	48:10+	52:17+	54:58+	57:40+	60:09+	66:59+	67:24+
02:25+	09:12+	02:09+	01:36-	02:18+	05:49-	01:53+	01:05-	03:35=	02:11+	02:39-	01:56+	11:22+	04:07+	02:41+	02:42+	02:29+	06:50-	00:25-
00:04+	01:44#	00:15#	00:21-	00:23#	00:44-	00:03+	00:05-	00:00=	00:30&	00:34-	00:10+	00:16+	00:37#	00:13+	00:38&	00:22#	00:25-	00:04-

Class	Navn	Klasse	Tid
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5	John Arvid Djupesland	Haugesund IL	1:09:22															
02:43+	11:07+	14:53+	16:11+	18:09+	24:05+	26:51+	28:01+	32:01+	34:13+	36:55+	38:51+	50:10+	54:10+	57:02+	59:41+	62:10+	68:57+	69:22+
02:43+	08:24+	03:46+	01:18-	01:58+	05:56-	02:46+	01:10-	04:00+	02:12+	02:42-	01:56+	11:19+	04:00+	02:52+	02:39+	02:29+	06:47-	00:25-
00:22#	00:56#	01:52&	00:39-	00:03+	00:37-	00:56&	00:00=	00:25#	00:31&	00:31-	00:10+	00:13+	00:30#	00:24#	00:35&	00:22#	00:28-	00:04-

6	Arild Aasheim	Sandnes IL	1:09:59															
02:23+	09:57+	11:48+	13:39-	15:49+	22:06-	24:09+	25:29+	29:15+	31:57+	35:22+	37:27+	49:44+	53:32+	56:23+	59:15+	61:35+	69:26+	69:59+
02:23+	07:34+	03:51-	01:51-	02:10+	06:17-	02:03+	01:20+	03:46+	02:42+	03:25+	02:05+	12:17+	03:48+	02:51+	02:52+	02:20+	07:51+	00:33+
00:02+	00:06+	00:03-	00:06-	00:15#	00:16-	00:13#	00:10#	00:11+	01:01&	00:12+	00:19#	01:11#	00:18+	00:23#	00:48&	00:13#	00:36+	00:04#

7	Jan-Einar Øvremo	Ålgård Orientering	1:16:11															
02:42+	12:53+	14:33+	16:54+	19:34+	28:30+	30:30+	31:44+	35:38+	37:49+	42:02+	44:40+	57:10+	61:01+	63:35+	65:55+	68:29+	75:43+	76:11+
02:42+	10:11+	01:40-	02:21+	02:40+	08:56+	02:00+	01:14+	03:54+	02:11+	04:13+	02:38+	12:30+	03:51+	02:34+	02:20+	02:34+	07:14-	00:28-
00:21#	02:43&	00:14-	00:24#	00:45&	02:23&	00:10+	00:04+	00:19+	00:30&	01:00&	00:52&	01:24#	00:21#	00:06+	00:16#	00:27#	00:01-	00:01-

8	Geir Frøylog	Egersund OK	1:18:06															
02:45+	10:58+	13:32+	15:19+	17:29+	24:01+	26:13+	27:33+	31:19+	33:31+	38:09+	41:09+	58:53+	62:10+	64:58+	67:44+	69:48+	77:31+	78:06+
02:45+	08:13+	02:34+	01:47-	02:10+	06:32-	02:12+	01:20+	03:46+	02:12+	04:38+	03:00+	17:44+	03:17-	02:48+	02:46+	02:04-	07:43+	00:35+
00:24#	00:45#	00:40&	00:10-	00:15#	00:01-	00:22#	00:10#	00:11+	00:31&	01:25&	01:14&	06:38&	00:13-	00:20#	00:42&	00:03-	00:28+	00:06#

9	Trond Lamark	Ganddal IL	1:26:42															
02:47+	13:00+	15:50+	17:58+	19:58+	27:05+	31:16+	32:46+	45:01+	48:18+	51:59+	54:49+	67:19+	70:49+	73:32+	76:06+	78:51+	86:07+	86:42+
02:47+	10:13+	02:50+	02:08+	02:00+	07:07+	04:11+	01:30+	12:15+	03:17+	03:41+	02:50+	12:30+	03:30=	02:43+	02:34+	02:45+	07:16+	00:35+
00:26#	02:45&	00:56&	00:11+	00:05+	00:34+	02:21@	00:20&	00:45@	01:36&	00:28#	01:04&	01:24#	00:00=	00:15#	00:30#	00:38&	00:01+	00:06#

10	Tor Brekken	Ganddal IL	1:30:26															
02:55+	13:00+	14:50+	19:13+	22:41+	29:00+	31:16+	32:53+	37:13+	39:33+	47:56+	49:42+	65:49+	71:46+	75:48+	79:21+	81:31+	89:50+	90:26+
02:55+	10:05+	01:50-	04:23+	03:28+	06:19-	02:16+	01:37+	04:20+	02:20+	08:23+	01:46=	16:07+	05:57+	04:02+	03:33+	02:10+	08:19+	00:36+
00:34#	02:37&	00:04-	02:26@	01:33&	00:14-	00:26#	00:27&	00:45#	00:39&	05:10@	00:00=	05:01&	02:27&	01:34&	01:29&	00:03+	01:04#	00:07#

11	Pål Bårdsen	Stavanger OK	1:33:28															
02:57+	12:38+	15:16+	17:33+	19:47+	28:46+	31:08+	32:43+	38:00+	40:56+	47:42+	50:20+	66:33+	73:45+	77:52+	80:24+	83:00+	92:44+	93:28+
02:57+	09:41+	02:38+	02:17+	02:14+	08:59+	02:22+	01:35+	05:17+	02:56+	06:46+	02:38+	16:13+	07:12+	04:07+	02:32+	02:36+	09:44+	00:44+
00:36&	02:13&	00:44&	00:20#	00:19#	02:26&	00:32&	00:25&	01:42&	01:15&	03:33@	00:52&	05:07&	03:42@	01:39&	00:28#	00:29#	02:29&	00:15&

12	Espen Fyhn Nilsen	Sandnes IL	1:41:36															
03:02+	16:14+	19:00+	21:10+	24:00+	31:15+	33:41+	35:22+	40:24+	43:39+	48:27+	50:50+	67:51+	73:31+	78:58+	82:44+	86:14+	100:58+	101:36+
03:02+	13:12+	02:46+	02:10+	02:50+	07:15+	02:26+	01:41+	05:02+	03:15+	04:48+	02:23+	17:01+	05:40+	05:27+	03:46+	03:30+	14:44+	00:38+
00:41&	05:44&	00:52&	00:13#	00:55&	00:42#	00:36&	00:31&	01:27&	01:34&	01:35&	00:37&	05:55&	02:10&	02:59@	01:42&	01:23&	07:29@	00:09&

13	Viljen Nedrebø	Ålgård Orientering	1:45:35															
03:08+	16:23+	18:45+	22:02+	24:10+	31:31+	34:04+	35:52+	40:17+	44:10+	48:16+	50:15+	70:23+	80:57+	84:35+	88:08+	90:52+	104:49+	105:35+
03:08+	13:15+	02:22+	03:17+	02:08+	07:21+	02:33+	01:48+	04:25+	03:53+	04:06+	01:59+	20:08+	10:34+	03:38+	03:33+	02:44+	13:57+	00:46+
00:47&	05:47&	00:28#	01:20&	00:13#	00:48#	00:43&	00:38&	00:50#	02:12@	00:53&	00:13#	09:02&	07:04@	01:10&	01:29&	00:37&	06:42&	00:17&

Beste strekktid for klassen
 02:21 07:28 01:40 01:55 05:49 01:50 01:05 03:20 01:41 02:39 01:46 10:58 02:54 02:28 02:04 02:02 06:40 00:25

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

H50

1	Kjell Dale	Sandnes IL	40:27									
02:18=	08:10=	10:10=	11:06=	15:38=	18:03=	25:01=	26:18=	29:34=	31:23=	33:20=	39:57=	40:27=
02:18=	05:52=	02:00=	00:56=	04:32=	02:25=	06:58=	01:17=	03:16=	01:49=	01:57=	06:37=	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=

2	Bjørn Martin Alsaker	Stavanger OK	40:30									
02:15-	07:55-	09:40-	10:42-	15:20-	17:42-	24:00-	25:23-	29:15-	31:16-	33:08-	40:05+	40:30+
02:15-	05:40-	01:45-	01:02+	04:38+	02:22-	06:18-	01:23+	03:52+	02:01+	01:52-	06:57+	00:25-
00:03-	00:12-	00:15-	00:06#	00:06+	00:03-	00:40-	00:06+	00:36#	00:12#	00:05-	00:20+	00:05-

3	Ivar Kvale	Haugesund IL	46:02									
02:50+	08:24+	10:29+	11:50+	17:49+	20:16+	27:50+	29:38+	33:46+	36:11+	38:21+	45:36+	46:02+
02:50+	05:34-	02:05+	01:21+	05:59+	02:27+	07:34+	01:48+	04:08+	02:25+	02:10+	07:15+	00:26-
00:32#	00:18-	00:05+	00:25&	01:27&	00:02+	00:36+	00:31&	00:52&	00:36&	00:13#	00:38+	00:04-

4	Paul Terje Haarr	Ganddal IL	47:52									
02:50+	09:02+	11:10+	12:23+	18:01+	20:37+	28:39+	30:10+	34:24+	36:59+	39:06+	47:22+	47:52+
02:50+	06:12+	02:08+	01:13+	05:38+	02:36+	08:02+	01:31+	04:14+	02:35+	02:07+	08:16+	00:30=
00:32#	00:20+	00:08+	00:17&	01:06#	00:11+	01:04#	00:14#	00:58&	00:46&	00:10+	01:39#	00:00=

Class	Navn	Klasse	Tid
7	Knut Skjæveland	OK Sør	48:46
03:25+	12:50-	15:58+	22:37+
03:25+	09:25-	03:08+	06:39+
00:32#	00:33-	00:40&	00:44#
02:12@	01:02&	01:42&	01:05&
03:33&	00:54&	00:10&	
8	Ivar Parnas	Sandnes IL	50:48
03:10+	10:52-	18:57+	27:03+
03:10+	07:42-	08:05+	08:06+
00:17+	02:16-	05:37@	02:11&
00:32&	00:35&	02:48&	00:44&
03:15&	00:19&	00:01+	
9	Harald Steinsland	Vikebygd IL	51:16
04:24+	13:37+	17:49+	24:46+
04:24+	09:13-	04:12+	06:57+
01:31&	00:45-	01:44&	01:02#
00:45&	00:28&	02:41&	00:40&
06:10@	00:08#	00:07#	
10	Olav Hognestad	Ganddal IL	51:36
03:32+	13:02+	16:45+	23:25+
03:32+	09:30-	03:43+	06:40+
00:39#	00:28-	01:15&	00:45#
00:51&	00:31&	02:32&	05:18@
00:27&	00:07#		
11	Svein Eliassen	Vaulen OK	54:59
04:17+	14:49+	18:22+	27:52+
04:17+	10:32+	03:33+	09:30+
01:24&	00:34+	01:05&	03:35&
00:32&	00:22&	01:43&	04:25@
03:35&	00:49&	00:10&	
12	Tormod Aalid	Egersund OK	55:35
04:10+	24:41+	27:24+	33:10+
04:10+	20:31+	02:43+	05:46-
01:17&	10:33@	00:15#	00:09-
00:15#	00:24&	00:40#	00:24#
04:15&	00:48&	00:08&	
13	Magnar Nerheim	Suldal OL	56:20
03:47+	12:05-	15:45+	25:41+
03:47+	08:18-	03:40+	09:56+
00:54&	01:40-	01:12&	04:01&
03:25@	00:36&	01:27&	00:30&
08:20@	00:47&	00:03#	
Beste strekktid for klassen			
02:47	07:09	02:28	05:37
01:55	01:09	04:24	01:55
04:35	01:03	00:30	

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

H70

1	Arne Karlsen	Stavanger OK	44:56
05:15=	11:02=	16:29=	21:28=
05:15=	05:47=	05:27=	04:59=
00:00=	00:00=	00:00=	00:00=
00:00=	00:00=	00:00=	00:00=
2	Albert Nærheim	Suldal OL	52:36
06:27+	11:34+	15:20-	21:32+
06:27+	05:07-	03:46-	06:12+
01:12#	00:40-	01:41-	01:13#
03:20&	00:31-	00:47-	05:14@
00:06+	00:14&		
3	Øystein Nilsen	Vaulen OK	1:15:39
06:44+	13:07+	16:56+	30:39+
06:44+	06:23+	03:49-	13:43+
01:29&	00:36#	01:38-	08:44@
18:25@	00:05+	01:09#	00:53#
00:44&	00:16&		

Beste strekktid for klassen

05:15 05:07 03:46 04:59 04:12 03:30 07:01 05:04 01:46 00:37

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

NÅPEN

159	Janne Tjørhom Aasheim	Ganddal IL	16:57
01:19+	09:05+	11:15+	11:49+
01:19+	07:46+	02:10+	00:34+
01:19+	07:46+	02:10+	00:34+
01:11+	00:47+	02:31+	00:39+
02:31+	00:39+		

Class	Navn	Klasse	Tid
160	Øyvind Lamark	Ganddal IL	20:23
01:40+	05:05+ 09:09+ 10:32+ 13:32+ 14:52+ 19:04+ 20:23+		
01:40+	03:25+ 04:04+ 01:23+ 03:00+ 01:20+ 04:12+ 01:19+		
01:40+	03:25+ 04:04+ 01:23+ 03:00+ 01:20+ 04:12+ 01:19+		
161	Ingrid Lamark	Ganddal IL	22:44
01:29+	04:55+ 10:26+ 12:26+ 16:36+ 17:44+ 21:44+ 22:44+		
01:29+	03:26+ 05:31+ 02:00+ 04:10+ 01:08+ 04:00+ 01:00+		
01:29+	03:26+ 05:31+ 02:00+ 04:10+ 01:08+ 04:00+ 01:00+		
162	Ole Kristian Taksdal	Ganddal IL	26:07
01:40+	09:33+ 14:43+ 16:08+ 20:02+ 21:17+ 25:12+ 26:07+		
01:40+	07:53+ 05:10+ 01:25+ 03:54+ 01:15+ 03:55+ 00:55+		
01:40+	07:53+ 05:10+ 01:25+ 03:54+ 01:15+ 03:55+ 00:55+		

Beste strekktid for klassen

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