

**Plass Navn**

**Klasse**

**Tid**

**C-Åpen**

<b>1</b>	<b>Gunhild Oftedal</b>	<b>Ålgård Orientering</b>	<b>22:36</b>										
03:39=	05:27=	07:17=	10:38=	13:29=	14:25=	15:53=	16:15=	17:45=	19:44=	20:31=	21:28=	22:17=	22:36=
03:39=	01:48=	01:50=	03:21=	02:51=	00:56=	01:28=	00:22=	01:30=	01:59=	00:47=	00:57=	00:49=	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=
<b>2</b>	<b>Frode Halvor Lund</b>	<b>Ålgård Orientering</b>	<b>22:39</b>										
02:32-	04:25-	06:43-	09:16-	13:24-	14:11-	15:52-	16:13-	17:25-	19:58+	20:44+	21:34+	22:09-	22:39+
02:32-	01:53+	02:18+	02:33-	04:08+	00:47-	01:41+	00:21-	01:12-	02:33+	00:46-	00:50-	00:35-	00:30+
01:07-	00:05+	00:28&	00:48-	01:17&	00:09-	00:13#	00:01-	00:18-	00:34&	00:01-	00:07-	00:14-	00:11&
<b>3</b>	<b>Lovise T. Nevland</b>	<b>Ålgård Orientering</b>	<b>30:14</b>										
03:06-	04:32-	06:08-	08:26-	22:36+	23:09+	24:34+	24:55+	25:49+	27:45+	28:34+	29:17+	29:51+	30:14+
03:06-	01:26-	01:36-	02:18-	14:10+	00:33-	01:25-	00:21-	00:54-	01:56-	00:49+	00:43-	00:34-	00:23+
00:33-	00:22-	00:14-	01:03-	11:19@	00:23-	00:03-	00:01-	00:36-	00:03-	00:02+	00:14-	00:15-	00:04#

**Beste strekketid for klassen**

02:32	01:26	01:36	02:18	02:51	00:33	01:25	00:21	00:54	01:56	00:46	00:43	00:34	00:19
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

**D11-12**

<b>1</b>	<b>Silje Hadland</b>	<b>Egersund OK</b>	<b>27:04</b>										
03:19=	05:25=	07:44=	11:55=	16:06=	16:46=	19:25=	20:04=	21:12=	23:20=	24:56=	25:49=	26:34=	27:04=
03:19=	02:06=	02:19=	04:11=	04:11=	00:40=	02:39=	00:39=	01:08=	02:08=	01:36=	00:53=	00:45=	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=
<b>2</b>	<b>Sunniva Omdal</b>	<b>Vaulen OK</b>	<b>42:28</b>										
02:18-	04:19-	06:49-	09:56-	30:28+	31:05+	34:18+	34:38+	36:23+	39:17+	40:18+	41:21+	41:59+	42:28+
02:18-	02:01-	02:30+	03:07-	20:32+	00:37-	03:13+	00:20-	01:45+	02:54+	01:01-	01:03+	00:38-	00:29-
01:01-	00:05-	00:11+	01:04-	16:21@	00:03-	00:34#	00:19-	00:37&	00:46&	00:35-	00:10#	00:07-	00:01-

**Beste strekketid for klassen**

02:18	02:01	02:19	03:07	04:11	00:37	02:39	00:20	01:08	02:08	01:01	00:53	00:38	00:29
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

**D13-14**

<b>1</b>	<b>Helene Omdal</b>	<b>Vaulen OK</b>	<b>31:10</b>										
06:52=	09:08=	11:33=	14:23=	17:50=	20:50=	25:42=	27:08=	29:29=	30:12=	30:50=	31:10=		
06:52=	02:16=	02:25=	02:50=	03:27=	03:00=	04:52=	01:26=	02:21=	00:43=	00:38=	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=		
<b>2</b>	<b>Ingrid Peikli</b>	<b>Sandnes IL</b>	<b>31:58</b>										
07:16+	09:11+	10:54-	13:37-	16:24-	19:33-	26:29+	28:12+	30:22+	31:08+	31:36+	31:58+		
07:16+	01:55-	01:43-	02:43-	02:47-	03:09+	06:56+	01:43+	02:10-	00:46+	00:28-	00:22+		
00:24+	00:21-	00:42-	00:07-	00:40-	00:09+	02:04&	00:17#	00:11-	00:03+	00:10-	00:02#		
<b>3</b>	<b>Lene Taugbøl Lomeland</b>	<b>Ålgård Orientering</b>	<b>35:21</b>										
07:06+	10:01+	11:30-	15:07+	17:55+	22:01+	28:12+	29:55+	33:35+	34:34+	35:03+	35:21+		
07:06+	02:55+	01:29-	03:37+	02:48-	04:06+	06:11+	01:43+	03:40+	00:59+	00:29-	00:18-		
00:14+	00:39&	00:56-	00:47&	00:39-	01:06&	01:19&	00:17#	01:19&	00:16&	00:09-	00:02-		

**Beste strekketid for klassen**

06:52	01:55	01:29	02:43	02:47	03:00	04:52	01:26	02:10	00:43	00:28	00:18		
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	--	--

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

**D13-16N**

Class	Navn	Klasse	Tid
<b>1</b>	<b>Suratthra Cherdchu</b>	<b>Ålgård Orientering</b>	<b>12:11</b>
	00:12= 01:38= 02:37= 05:56= 06:15= 08:13= 09:58= 10:39= 11:17= 11:51= 12:11=		
	00:12= 01:26= 00:59= 03:19= 00:19= 01:58= 01:45= 00:41= 00:38= 00:34= 00:20=		
	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

00:12 01:26 00:59 03:19 00:19 01:58 01:45 00:41 00:38 00:34 00:20

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

## D15-16

<b>1</b>	<b>Torill Brekken</b>	<b>Ganddal IL</b>	<b>29:58</b>
	07:53= 09:59= 12:07= 14:56= 17:15= 19:59= 24:38= 26:07= 28:22= 29:05= 29:39= 29:58=		
	07:53= 02:06= 02:08= 02:49= 02:19= 02:44= 04:39= 01:29= 02:15= 00:43= 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= 00:00=		

<b>2</b>	<b>Ingvild Lindaas Bringedal</b>	<b>Haugesund IL</b>	<b>34:03</b>
	10:11+ 11:38+ 16:10+ 18:59+ 22:27+ 28:44+ 30:13+ 32:27+ 33:10+ 33:45+ 34:03+		
	10:11+ 01:27- 04:32+ 02:49= 03:28+ 06:17+ 01:29- 02:14+ 00:43- 00:35- 00:18-		
	02:18& 00:39- 02:24@ 00:00= 01:09& 03:33@ 03:10- 00:45& 01:32- 00:08- 00:16-		

<b>3</b>	<b>Nina Marie Larsen</b>	<b>Stavanger OK</b>	<b>34:33</b>
	07:15- 10:56+ 12:33+ 16:01+ 19:11+ 23:15+ 28:27+ 30:01+ 32:56+ 33:41+ 34:15+ 34:33+		
	07:15- 03:41+ 01:37- 03:28+ 03:10+ 04:04+ 05:12+ 01:34+ 02:55+ 00:45+ 00:34= 00:18-		
	00:38- 01:35& 00:31- 00:39# 00:51& 01:20& 00:33# 00:05+ 00:40& 00:02+ 00:00= 00:01-		

<b>4</b>	<b>Veronica Øvremo</b>	<b>Ålgård Orientering</b>	<b>34:38</b>
	09:17+ 12:08+ 13:35+ 17:03+ 20:00+ 24:07+ 29:23+ 30:45+ 32:58+ 33:44+ 34:17+ 34:38+		
	09:17+ 02:51+ 01:27- 03:28+ 02:57+ 04:07+ 05:16+ 01:22- 02:13- 00:46+ 00:33- 00:21+		
	01:24# 00:45& 00:41- 00:39# 00:38& 01:23& 00:37# 00:07- 00:02- 00:03+ 00:01- 00:02#		

<b>5</b>	<b>Vilde Bårdsen Hustoft</b>	<b>Stavanger OK</b>	<b>35:31</b>
	11:16+ 12:36+ 16:07+ 19:45+ 23:20+ 29:39+ 31:14+ 33:35+ 34:28+ 35:08+ 35:31+		
	11:16+ 01:20- 03:31+ 03:38+ 03:35+ 06:19+ 01:35- 02:21+ 00:53- 00:40- 00:23-		
	03:23& 00:46- 01:23& 00:49& 01:16& 03:35@ 03:04- 00:52& 01:22- 00:03- 00:11-		

<b>6</b>	<b>Vilde Eikeskog</b>	<b>Sandnes IL</b>	<b>36:47</b>
	08:19+ 11:25+ 13:03+ 16:46+ 20:02+ 25:08+ 30:16+ 32:18+ 34:54+ 35:47+ 36:24+ 36:47+		
	08:19+ 03:06+ 01:38- 03:43+ 03:16+ 05:06+ 05:08+ 02:02+ 02:36+ 00:53+ 00:37+ 00:23+		
	00:26+ 01:00& 00:30- 00:54& 00:57& 02:22& 00:29# 00:33& 00:21# 00:10# 00:03+ 00:04#		

<b>7</b>	<b>Elisabeth Hegdal</b>	<b>Egersund OK</b>	<b>41:41</b>
	10:47+ 13:41+ 15:20+ 18:54+ 23:51+ 27:53+ 34:52+ 36:40+ 39:36+ 40:33+ 41:14+ 41:41+		
	10:47+ 02:54+ 01:39- 03:34+ 04:57+ 04:02+ 06:59+ 01:48+ 02:56+ 00:57+ 00:41+ 00:27+		
	02:54& 00:48& 00:29- 00:45& 02:38@ 01:18& 02:20& 00:19# 00:41& 00:14& 00:07# 00:08&		

### Beste strekktid for klassen

07:15 01:20 01:27 02:49 02:19 02:44 01:29 01:22 00:43 00:35 00:18 00:18

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

## D17-20

<b>1</b>	<b>Berit-Kristine Lima</b>	<b>Ålgård Orientering</b>	<b>36:53</b>
	07:54= 11:32= 13:12= 14:28= 15:06= 17:44= 19:47= 21:54= 23:08= 25:58= 27:52= 31:35= 32:48= 35:23= 36:01= 36:31= 36:53=		
	07:54= 03:38= 01:40= 01:16= 00:38= 02:38= 02:03= 02:07= 01:14= 02:50= 01:54= 03:43= 01:13= 02:35= 00:38= 00:30= 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= 00:00= 00:00= 00:00= 00:00=		

<b>2</b>	<b>Ingrid Eggen</b>	<b>Haugesund IL</b>	<b>38:06</b>
	07:07- 10:20- 12:03- 13:40- 14:25- 16:47- 18:12- 20:17- 21:42- 24:29- 27:08- 31:41+ 33:46+ 36:31+ 37:16+ 37:47+ 38:06+		
	07:07- 03:13- 01:43+ 01:37+ 00:45+ 02:22- 01:25- 02:05- 01:25+ 02:47- 02:39+ 04:33+ 02:05+ 02:45+ 00:45+ 00:31+ 00:19-		
	00:47- 00:25- 00:03+ 00:21& 00:07# 00:16- 00:38- 00:02- 00:11# 00:03- 00:45& 00:50# 00:52& 00:10+ 00:07# 00:01+ 00:03-		

<b>3</b>	<b>Ingvild Garsrud Tvedt</b>	<b>Vaulen OK</b>	<b>41:57</b>
	08:16+ 11:21- 13:11- 14:25- 15:11+ 18:08+ 19:38- 22:12+ 23:55+ 27:20+ 29:49+ 35:06+ 36:42+ 40:03+ 40:56+ 41:39+ 41:57+		
	08:16+ 03:05- 01:50+ 01:14- 00:46+ 02:57+ 01:30- 02:34+ 01:43+ 03:25+ 02:29+ 05:17+ 01:36+ 03:21+ 00:53+ 00:43+ 00:18-		
	00:22+ 00:33- 00:10# 00:02- 00:08# 00:19# 00:33- 00:27# 00:29& 00:35# 00:35& 01:34& 00:23& 00:46& 00:15& 00:13& 00:04-		

Class	Navn	Klasse	Tid
-------	------	--------	-----

**Beste strekktid for klassen**

07:07 03:05 01:40 01:14 00:38 02:22 01:25 02:05 01:14 02:47 01:54 03:43 01:13 02:35 00:38 00:30 00:18

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

**D17AK**

<b>1</b>	<b>Borghild Hervik Hansen</b>	<b>Haugesund IL</b>	<b>32:44</b>											
02:42=	04:55=	06:34=	07:10=	10:40=	12:25=	15:21=	16:04=	20:57=	26:06=	27:46=	30:32=	31:29=	32:09=	32:44=
02:42=	02:13=	01:39=	00:36=	03:30=	01:45=	02:56=	00:43=	04:53=	05:09=	01:40=	02:46=	00:57=	00:40=	00:35=
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=
<b>2</b>	<b>Liv Omdal</b>	<b>Vaulen OK</b>	<b>34:05</b>											
02:28-	06:09+	07:44+	08:42+	11:56+	13:25+	16:30+	17:19+	22:03+	27:07+	28:46+	32:15+	33:04+	33:40+	34:05+
02:28-	03:41+	01:35-	00:58+	03:14-	01:29-	03:05+	00:49+	04:44-	05:04-	01:39-	03:29+	00:49-	00:36-	00:25-
00:14-	01:28&	00:04-	00:22&	00:16-	00:16-	00:09+	00:06#	00:09-	00:05-	00:01-	00:43&	00:08-	00:04-	00:10-
<b>3</b>	<b>Janicke Ronæss</b>	<b>Vaulen OK</b>	<b>41:57</b>											
02:52+	04:39-	05:53-	06:31-	10:08-	11:49-	15:17-	15:45-	31:53+	36:26+	37:51+	40:05+	40:56+	41:30+	41:57+
02:52+	01:47-	01:14-	00:38+	03:37+	01:41-	03:28+	00:28-	16:08+	04:33-	01:25-	02:14-	00:51-	00:34-	00:27-
00:10+	00:26-	00:25-	00:02+	00:07+	00:04-	00:32#	00:15-	11:15@	00:36-	00:15-	00:32-	00:06-	00:06-	00:08-

**Beste strekktid for klassen**

02:28 01:47 01:14 00:36 03:14 01:29 02:56 00:28 04:44 04:33 01:25 02:14 00:49 00:34 00:25

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

**D21**

<b>1</b>	<b>Aud Taksdal</b>	<b>Ganddal IL</b>	<b>31:35</b>													
06:40=	08:56=	10:18=	11:14=	11:47=	14:05=	16:11=	18:04=	19:26=	21:56=	23:32=	26:57=	28:03=	30:12=	30:46=	31:16=	31:35=
06:40=	02:16=	01:22=	00:56=	00:33=	02:18=	02:06=	01:53=	01:22=	02:30=	01:36=	03:25=	01:06=	02:09=	00:34=	00:30=	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=
<b>2</b>	<b>Veronika Ptackova</b>	<b>Stavanger OK</b>	<b>33:40</b>													
06:31-	09:11+	10:48+	11:51+	12:27+	14:45+	16:15+	18:09+	19:34+	22:12+	24:27+	28:24+	29:37+	32:11+	32:48+	33:18+	33:40+
06:31-	02:40+	01:37+	01:03+	00:36+	02:18=	01:30-	01:54+	01:25+	02:38+	02:15+	03:57+	01:13+	02:34+	00:37+	00:30=	00:22+
00:09-	00:24#	00:15#	00:07#	00:03+	00:00=	00:36-	00:01+	00:03+	00:08+	00:39&	00:32#	00:07#	00:25#	00:03+	00:00=	00:03#
<b>3</b>	<b>Hilde Nordbø</b>	<b>Riska OK</b>	<b>34:57</b>													
06:37-	09:32+	11:12+	12:38+	13:31+	16:02+	17:30+	19:33+	21:13+	24:13+	25:48+	29:19+	30:44+	33:25+	34:05+	34:39+	34:57+
06:37-	02:55+	01:40+	01:26+	00:53+	02:31+	01:28-	02:03+	01:40+	03:00+	01:35-	03:31+	01:25+	02:41+	00:40+	00:34+	00:18-
00:03-	00:39&	00:18#	00:30&	00:20&	00:13+	00:38-	00:10+	00:18#	00:30#	00:01-	00:06+	00:19&	00:32#	00:06#	00:04#	00:01-
<b>4</b>	<b>Anita Sælevik</b>	<b>Haugesund IL</b>	<b>43:50</b>													
09:03+	12:24+	14:29+	15:59+	16:42+	20:00+	21:46+	24:08+	26:09+	29:40+	32:01+	37:15+	38:44+	42:01+	42:47+	43:25+	43:50+
09:03+	03:21+	02:05+	01:30+	00:43+	03:18+	01:46-	02:22+	02:01+	03:31+	02:21+	05:14+	01:29+	03:17+	00:46+	00:38+	00:25+
02:23&	01:05&	00:43&	00:34&	00:10&	01:00&	00:20-	00:29&	00:39&	01:01&	00:45&	01:49&	00:23&	01:08&	00:12&	00:08&	00:06&

**Beste strekktid for klassen**

06:31 02:16 01:22 00:56 00:33 02:18 01:28 01:53 01:22 02:30 01:35 03:25 01:06 02:09 00:34 00:30 00:18

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

**D40**

<b>1</b>	<b>Inger Tone Nygård</b>	<b>Egersund OK</b>	<b>35:33</b>													
06:54=	09:43=	11:35=	12:43=	13:18=	16:08=	18:02=	20:01=	21:19=	24:17=	26:05=	30:13=	31:29=	34:03=	34:41=	35:14=	35:33=
06:54=	02:49=	01:52=	01:08=	00:35=	02:50=	01:54=	01:59=	01:18=	02:58=	01:48=	04:08=	01:16=	02:34=	00:38=	00:33=	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=
<b>2</b>	<b>Ann Karin Tjørhom</b>	<b>Ganddal IL</b>	<b>36:48</b>													
07:19+	09:44+	11:23-	12:45+	13:25+	16:01-	17:46-	19:55-	21:31+	24:16-	26:10+	30:49+	32:17+	35:12+	35:51+	36:24+	36:48+
07:19+	02:25-	01:39-	01:22+	00:40+	02:36-	01:45-	02:09+	01:36+	02:45-	01:54+	04:39+	01:28+	02:55+	00:39+	00:33=	00:24+
00:25+	00:24-	00:13-	00:14#	00:05#	00:14-	00:09-	00:10+	00:18#	00:13-	00:06+	00:31#	00:12#	00:21#	00:01+	00:00=	00:05&

**Class Navn Klasse Tid**

<b>3</b>	<b>Ragnhild Auglænd</b>	<b>Ganddal IL</b>	<b>38:04</b>													
07:48+	10:30+	12:14+	13:43+	14:53+	17:38+	19:09+	21:27+	23:01+	26:07+	28:15+	32:25+	33:42+	36:26+	37:06+	37:40+	38:04+
07:48+	02:42-	01:44-	01:29+	01:10+	02:45-	01:31-	02:18+	01:34+	03:06+	02:08+	04:10+	01:17+	02:44+	00:40+	00:34+	00:24+
00:54#	00:07-	00:08-	00:21&	00:35&	00:05-	00:23-	00:19#	00:16#	00:08+	00:20#	00:02+	00:01+	00:10+	00:02+	00:01+	00:05&

<b>4</b>	<b>Vibeke Lamark</b>	<b>Ganddal IL</b>	<b>48:37</b>												
11:04+	16:22+	17:51+	21:55+	24:56+	26:36+	29:00+	31:08+	34:27+	37:03+	42:02+	43:30+	46:40+	47:29+	48:07+	48:37+
11:04+	05:18+	01:29-	04:04+	03:01+	01:40-	02:24+	02:08+	03:19+	02:36-	04:59+	01:28-	03:10+	00:49-	00:38=	00:30-
04:10&	02:29&	00:23-	02:56@	02:26@	01:10-	00:30&	00:09+	02:01@	00:22-	03:11@	02:40-	01:54@	01:45-	00:00=	00:03-

**Beste strekktid for klassen**  
 06:54 02:25 01:29 01:08 00:35 01:40 01:31 01:59 01:18 02:36 01:48 01:28 01:16 00:49 00:38 00:30 00:19

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

**D50**

<b>1</b>	<b>Anne Garsrud</b>	<b>Vaulen OK</b>	<b>26:33</b>											
01:58=	03:49=	05:06=	06:23=	08:52=	10:08=	12:22=	12:52=	16:26=	20:40=	22:14=	24:52=	25:35=	26:07=	26:33=
01:58=	01:51=	01:17=	01:17=	02:29=	01:16=	02:14=	00:30=	03:34=	04:14=	01:34=	02:38=	00:43=	00:32=	00:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

**Beste strekktid for klassen**  
 01:58 01:51 01:17 01:17 02:29 01:16 02:14 00:30 03:34 04:14 01:34 02:38 00:43 00:32 00:26

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

**D60**

<b>1</b>	<b>Helga Aaslid</b>	<b>Egersund OK</b>	<b>30:33</b>											
01:58=	03:50=	05:27=	06:13=	09:09=	10:34=	13:50=	14:30=	19:33=	24:34=	25:59=	28:12=	29:27=	30:10=	30:33=
01:58=	01:52=	01:37=	00:46=	02:56=	01:25=	03:16=	00:40=	05:03=	05:01=	01:25=	02:13=	01:15=	00:43=	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=

<b>2</b>	<b>Haldis Glendrange</b>	<b>Stavanger OK</b>	<b>34:56</b>											
02:41+	05:01+	07:06+	07:58+	11:36+	13:26+	16:29+	17:19+	22:34+	28:26+	30:06+	32:45+	33:52+	34:30+	34:56+
02:41+	02:20+	02:05+	00:52+	03:38+	01:50+	03:03-	00:50+	05:15+	05:52+	01:40+	02:39+	01:07-	00:38-	00:26+
00:43&	00:28#	00:28&	00:06#	00:42#	00:25&	00:13-	00:10#	00:12+	00:51#	00:15#	00:26#	00:08-	00:05-	00:03#

<b>3</b>	<b>Turid Nystrom</b>	<b>Stavanger OK</b>	<b>35:08</b>											
02:11+	04:42+	06:52+	07:51+	11:23+	13:21+	16:10+	17:00+	22:12+	28:30+	29:57+	33:12+	33:58+	34:37+	35:08+
02:11+	02:31+	02:10+	00:59+	03:32+	01:58+	02:49-	00:50+	05:12+	06:18+	01:27+	03:15+	00:46-	00:39-	00:31+
00:13#	00:39&	00:33&	00:13&	00:36#	00:33&	00:27-	00:10#	00:09+	01:17&	00:02+	01:02&	00:29-	00:04-	00:08&

<b>4</b>	<b>Berit E. Olsen</b>	<b>Stavanger OK</b>	<b>48:52</b>											
03:15+	06:34+	09:04+	10:41+	16:19+	19:32+	23:12+	24:57+	33:07+	41:23+	43:24+	46:23+	47:27+	48:17+	48:52+
03:15+	03:19+	02:30+	01:37+	05:38+	03:13+	03:40+	01:45+	08:10+	08:16+	02:01+	02:59+	01:04-	00:50+	00:35+
01:17&	01:27&	00:53&	00:51@	02:42&	01:48@	00:24#	01:05@	03:07&	03:15&	00:36&	00:46&	00:11-	00:07#	00:12&

**Beste strekktid for klassen**  
 01:58 01:52 01:37 00:46 02:56 01:25 02:49 00:40 05:03 05:01 01:25 02:13 00:46 00:38 00:23

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

**H11-12**

<b>1</b>	<b>Johannes Djupesland</b>	<b>Haugesund IL</b>	<b>17:10</b>										
02:02=	03:17=	04:50=	06:27=	09:21=	09:50=	10:49=	11:05=	11:58=	14:14=	15:05=	16:03=	16:44=	17:10=
02:02=	01:15=	01:33=	01:37=	02:54=	00:29=	00:59=	00:16=	00:53=	02:16=	00:51=	00:58=	00:41=	00:26=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

<b>2</b>	<b>Martin Nevland</b>	<b>Ålgård Orientering</b>	<b>19:57</b>										
02:10+	03:35+	06:01+	07:49+	10:27+	10:52+	13:34+	14:05+	15:02+	16:58+	18:12+	18:53+	19:36+	19:57+
02:10+	01:25+	02:26+	01:48+	02:38-	00:25-	02:42+	00:31+	00:57+	01:56-	01:14+	00:41-	00:43+	00:21-
00:08+	00:10#	00:53&	00:11#	00:16-	00:04-	01:43@	00:15&	00:04+	00:20-	00:23&	00:17-	00:02+	00:05-

Class	Navn	Klasse	Tid
-------	------	--------	-----

**Beste strekktid for klassen**

02:02 01:15 01:33 01:37 02:38 00:25 00:59 00:16 00:53 01:56 00:51 00:41 00:41 00:21

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

**H11-12N**

**1 Vegard Nordbø Riska OK 09:06**

00:13= 01:29= 02:14= 03:48= 04:05= 05:10= 06:50= 07:33= 08:16= 08:47= 09:06=  
 00:13= 01:16= 00:45= 01:34= 00:17= 01:05= 01:40= 00:43= 00:43= 00:31= 00:19=  
 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**

00:13 01:16 00:45 01:34 00:17 01:05 01:40 00:43 00:43 00:31 00:19

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

**H13-14**

**1 Kristoffer Nygård Egersund OK 28:56**

07:01= 08:47= 09:48= 11:52= 13:56= 16:40= 20:02= 23:51= 25:07= 27:37= 28:06= 28:33= 28:56=  
 07:01= 01:46= 01:01= 02:04= 02:04= 02:44= 03:22= 03:49= 01:16= 02:30= 00:29= 00:27= 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=

**2 Torstein Kyllsø Sandnes IL 30:06**

07:36+ 09:52+ 11:03+ 12:48+ 15:05+ 17:55+ 21:10+ 24:53+ 26:09+ 28:45+ 29:15+ 29:45+ 30:06+  
 07:36+ 02:16+ 01:11+ 01:45- 02:17+ 02:50+ 03:15- 03:43- 01:16= 02:36+ 00:30+ 00:30+ 00:21-  
 00:35+ 00:30& 00:10# 00:19- 00:13# 00:06+ 00:07- 00:06- 00:00= 00:06+ 00:01+ 00:03# 00:02-

**3 Andreas Eide Skjæveland Stavanger OK 30:58**

07:26+ 09:26+ 11:27+ 13:40+ 15:49+ 18:47+ 22:04+ 25:57+ 27:11+ 29:40+ 30:10+ 30:39+ 30:58+  
 07:26+ 02:00+ 02:01+ 02:13+ 02:09+ 02:58+ 03:17- 03:53+ 01:14- 02:29- 00:30+ 00:29+ 00:19-  
 00:25+ 00:14# 01:00& 00:09+ 00:05+ 00:14+ 00:05- 00:04+ 00:02- 00:01- 00:01+ 00:02+ 00:04-

**4 Anders Ronæss Hansen Vaulen OK 31:44**

07:13+ 09:37+ 11:24+ 14:26+ 16:59+ 19:49+ 23:08+ 26:55+ 28:05+ 30:22+ 30:52+ 31:26+ 31:44+  
 07:13+ 02:24+ 01:47+ 03:02+ 02:33+ 02:50+ 03:19- 03:47- 01:10- 02:17- 00:30+ 00:34+ 00:18-  
 00:12+ 00:38& 00:46& 00:58& 00:29# 00:06+ 00:03- 00:02- 00:06- 00:13- 00:01+ 00:07& 00:05-

**5 Amund Garsrud Tvedt Vaulen OK 32:20**

06:40- 08:32- 10:01+ 12:11+ 14:17+ 17:51+ 21:20+ 27:12+ 28:30+ 31:03+ 31:30+ 31:58+ 32:20+  
 06:40- 01:52+ 01:29+ 02:10+ 02:06+ 03:34+ 03:29+ 05:52+ 01:18+ 02:33+ 00:27- 00:28+ 00:22-  
 00:21- 00:06+ 00:28& 00:06+ 00:02+ 00:50& 00:07+ 02:03& 00:02+ 00:03+ 00:02- 00:01+ 00:01-

**6 Karsten Hervik Hansen Haugesund IL 32:23**

07:07+ 09:02+ 10:31+ 12:24+ 15:23+ 18:22+ 22:20+ 26:31+ 28:04+ 30:57+ 31:30+ 32:04+ 32:23+  
 07:07+ 01:55+ 01:29+ 01:53- 02:59+ 02:59+ 03:58+ 04:11+ 01:33+ 02:53+ 00:33+ 00:34+ 00:19-  
 00:06+ 00:09+ 00:28& 00:11- 00:55& 00:15+ 00:36# 00:22+ 00:17# 00:23# 00:04# 00:07& 00:04-

**7 Eskild Ronæss Melleby Vaulen OK 36:29**

07:23+ 09:33+ 10:47+ 12:38+ 19:01+ 22:14+ 25:43+ 29:56+ 31:38+ 34:54+ 35:36+ 36:12+ 36:29+  
 07:23+ 02:10+ 01:14+ 01:51- 06:23+ 03:13+ 03:29+ 04:13+ 01:42+ 03:16+ 00:42+ 00:36+ 00:17-  
 00:22+ 00:24# 00:13# 00:13- 04:19@ 00:29# 00:07+ 00:24# 00:26& 00:46& 00:13& 00:09& 00:06-

**8 Kristoffer Kvale Haugesund IL 36:34**

07:11+ 09:31+ 11:07+ 13:00+ 15:31+ 18:55+ 24:42+ 29:18+ 31:49+ 35:12+ 35:44+ 36:14+ 36:34+  
 07:11+ 02:20+ 01:36+ 01:53- 02:31+ 03:24+ 05:47+ 04:36+ 02:31+ 03:23+ 00:32+ 00:30+ 00:20-  
 00:10+ 00:34& 00:35& 00:11- 00:27# 00:40# 02:25& 00:47# 01:15& 00:53& 00:03# 00:03# 00:03#

**9 Jardar Lindaas Bringedal Haugesund IL 38:37**

08:30+ 11:10+ 13:29+ 15:37+ 18:32+ 22:04+ 26:58+ 31:19+ 33:24+ 36:47+ 37:26+ 38:07+ 38:37+  
 08:30+ 02:40+ 02:19+ 02:08+ 02:55+ 03:32+ 04:54+ 04:21+ 02:05+ 03:23+ 00:39+ 00:41+ 00:30+  
 01:29# 00:54& 01:18@ 00:04+ 00:51& 00:48& 01:32& 00:32# 00:49& 00:53& 00:10& 00:14& 00:07&

**Beste strekktid for klassen**

06:40 01:46 01:01 01:45 02:04 02:44 03:15 03:43 01:10 02:17 00:27 00:27 00:17

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

## H1316N

**1 Sondre J Skjæveland Ålgård Orientering 08:20**

00:11= 01:10= 02:03= 03:08= 03:25= 04:07= 06:02= 06:49= 07:21= 07:58= 08:20=  
 00:11= 00:59= 00:53= 01:05= 00:17= 00:42= 01:55= 00:47= 00:32= 00:37= 00:22=  
 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

00:11 00:59 00:53 01:05 00:17 00:42 01:55 00:47 00:32 00:37 00:22

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

## H15-16

**1 Per Øyvind Valen Vikebygd IL 24:34**

05:48= 07:13= 08:08= 10:18= 11:55= 14:00= 16:31= 19:12= 20:29= 22:55= 23:54= 24:17= 24:34=  
 05:48= 01:25= 00:55= 02:10= 01:37= 02:05= 02:31= 02:41= 01:17= 02:26= 00:59= 00:23= 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=

**2 Thomas Hadland Egersund OK 26:43**

06:41+ 08:16+ 09:14+ 11:21+ 13:25+ 15:39+ 18:13+ 21:38+ 22:54+ 25:31+ 25:59+ 26:27+ 26:43+  
 06:41+ 01:35+ 00:58+ 02:07- 02:04+ 02:14+ 02:34+ 03:25+ 01:16- 02:37+ 00:28- 00:28+ 00:16-  
 00:53# 00:10# 00:03+ 00:03- 00:27& 00:09+ 00:03+ 00:44& 00:01- 00:11+ 00:31- 00:05# 00:01-

**3 Øystein Garsrud Tvedt Vaulen OK 27:15**

05:28- 07:32+ 08:42+ 10:22+ 12:23+ 14:41+ 18:05+ 22:38+ 24:01+ 26:03+ 26:30+ 26:58+ 27:15+  
 05:28- 02:04+ 01:10+ 01:40- 02:01+ 02:18+ 03:24+ 04:33+ 01:23+ 02:02- 00:27- 00:28+ 00:17=  
 00:20- 00:39& 00:15& 00:30- 00:24# 00:13# 00:53& 01:52& 00:06+ 00:24- 00:32- 00:05# 00:00=

**4 Lars Mikalsen Sandnes IL 29:39**

05:53+ 07:27+ 08:26+ 11:29+ 14:42+ 17:17+ 20:39+ 24:36+ 26:02+ 28:29+ 28:54+ 29:22+ 29:39+  
 05:53+ 01:34+ 00:59+ 03:03+ 03:13+ 02:35+ 03:22+ 03:57+ 01:26+ 02:27+ 00:25- 00:28+ 00:17=  
 00:05+ 00:09# 00:04+ 00:53& 01:36& 00:30# 00:51& 01:16& 00:09# 00:01+ 00:34- 00:05# 00:00=

**5 Andreas Djupesland Haugesund IL 30:24**

06:44+ 08:33+ 09:51+ 11:32+ 13:56+ 16:41+ 20:33+ 24:29+ 26:14+ 29:00+ 29:31+ 30:04+ 30:24+  
 06:44+ 01:49+ 01:18+ 01:41- 02:24+ 02:45+ 03:52+ 03:56+ 01:45+ 02:46+ 00:31- 00:33+ 00:20+  
 00:56# 00:24& 00:23& 00:29- 00:40& 01:21& 01:15& 00:28& 00:20# 00:28- 00:10& 00:03#

**6 Erlend Ronæss Melleby Vaulen OK 32:23**

06:23+ 09:30+ 11:18+ 14:09+ 17:00+ 19:39+ 23:20+ 26:54+ 28:49+ 31:09+ 31:38+ 32:07+ 32:23+  
 06:23+ 03:07+ 01:48+ 02:51+ 02:51+ 02:39+ 03:41+ 03:34+ 01:55+ 02:20- 00:29- 00:29+ 00:16-  
 00:35# 01:42@ 00:53& 00:41& 01:14& 00:34& 01:10& 00:53& 00:38& 00:06- 00:30- 00:06& 00:01-

**7 Martin Kvale Haugesund IL 33:53**

05:43- 07:28+ 08:32+ 10:23+ 13:14+ 18:02+ 24:52+ 28:54+ 30:09+ 32:39+ 33:07+ 33:34+ 33:53+  
 05:43- 01:45+ 01:04+ 01:51- 02:51+ 04:48+ 06:50+ 04:02+ 01:15- 02:30+ 00:28- 00:27+ 00:19+  
 00:05- 00:20# 00:09# 00:19- 01:14& 02:43@ 04:19@ 01:21& 00:02- 00:04+ 00:31- 00:04# 00:02#

**8 Bjørn Fuglestad Ålgård Orientering 34:04**

07:59+ 10:41+ 12:21+ 15:07+ 18:06+ 21:06+ 24:57+ 28:40+ 29:57+ 32:39+ 33:08+ 33:40+ 34:04+  
 07:59+ 02:42+ 01:40+ 02:46+ 02:59+ 03:00+ 03:51+ 03:43+ 01:17= 02:42+ 00:29- 00:32+ 00:24+  
 02:11& 01:17& 00:45& 00:36& 01:22& 00:55& 01:20& 01:02& 00:00= 00:16# 00:30- 00:09& 00:07&

**9 Jon Asgeir Torsvik Ålgård Orientering 38:42**

06:55+ 09:54+ 11:43+ 16:06+ 20:07+ 24:00+ 28:50+ 33:43+ 34:59+ 37:28+ 37:54+ 38:21+ 38:42+  
 06:55+ 02:59+ 01:49+ 04:23+ 04:01+ 03:53+ 04:50+ 04:53+ 01:16- 02:29+ 00:26- 00:27+ 00:21+  
 01:07# 01:34@ 00:54& 02:13@ 02:24@ 01:48& 02:19& 02:12& 00:01- 00:03+ 00:33- 00:04# 00:04#

**10 Marius Myhre Sælevik Haugesund IL 43:02**

08:17+ 10:48+ 12:56+ 17:31+ 20:48+ 24:37+ 29:27+ 35:44+ 37:58+ 41:24+ 42:02+ 42:37+ 43:02+  
 08:17+ 02:31+ 02:08+ 04:35+ 03:17+ 03:49+ 04:50+ 06:17+ 02:14+ 03:26+ 00:38- 00:35+ 00:25+  
 02:29& 01:06& 01:13@ 02:25@ 01:40@ 01:44& 02:19& 03:36@ 00:57& 01:00& 00:21- 00:12& 00:08&

### Beste strekktid for klassen

05:28 01:25 00:55 01:40 01:37 02:05 02:31 02:41 01:15 02:02 00:25 00:23 00:16

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

### H17-20

<b>1</b>	<b>Simen Aamodt</b>	<b>Sandnes IL</b>	<b>32:17</b>													
10:01=	11:10=	12:19=	14:32=	15:15=	16:46=	18:11=	19:01=	20:56=	23:01=	25:34=	28:10=	29:22=	31:15=	31:38=	32:02=	32:17=
10:01=	01:09=	01:09=	02:13=	00:43=	01:31=	01:25=	00:50=	01:55=	02:05=	02:33=	02:36=	01:12=	01:53=	00:23=	00:24=	00:15=
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=

<b>2</b>	<b>Fredrik Omdal</b>	<b>Ganddal IL</b>	<b>33:45</b>													
10:14+	10:56-	11:56-	16:01+	16:39+	18:07+	20:18+	21:20+	23:08+	24:48+	27:29+	29:44+	30:45+	32:39+	33:03+	33:26+	33:45+
10:14+	00:42-	01:00-	04:05+	00:38-	01:28-	02:11+	01:02+	01:48-	01:40-	02:41+	02:15-	01:01-	01:54+	00:24+	00:23-	00:19+
00:13+	00:27-	00:09-	01:52&	00:05-	00:03-	00:46&	00:12#	00:07-	00:25-	00:08+	00:21-	00:11-	00:01+	00:01+	00:01-	00:04&

<b>3</b>	<b>Sjur Obrestad Gabrielsen</b>	<b>Vaulen OK</b>	<b>33:46</b>													
09:47-	10:20-	11:30-	13:54-	14:38-	16:09-	18:02-	18:57-	21:18+	23:06+	26:33+	29:14+	30:25+	32:33+	33:00+	33:27+	33:46+
09:47-	00:33-	01:10+	02:24+	00:44+	01:31=	01:53+	00:55+	02:21+	01:48-	03:27+	02:41+	01:11-	02:08+	00:27+	00:27+	00:19+
00:14-	00:36-	00:01+	00:11+	00:01+	00:00=	00:28&	00:05#	00:26#	00:17-	00:54&	00:05+	00:01-	00:15#	00:04#	00:03#	00:04&

<b>4</b>	<b>Einar Marius Hjellevstad MartinsenVikebygd IL</b>	<b>37:29</b>														
12:23+	13:06+	14:32+	16:58+	17:41+	19:17+	21:08+	22:04+	24:17+	26:16+	29:31+	32:38+	33:56+	36:16+	36:43+	37:10+	37:29+
12:23+	00:43-	01:26+	02:26+	00:43=	01:36+	01:51+	00:56+	02:13+	01:59-	03:15+	03:07+	01:18+	02:20+	00:27+	00:27+	00:19+
02:22#	00:26-	00:17#	00:13+	00:00=	00:05+	00:26&	00:06#	00:18#	00:06-	00:42&	00:31#	00:06+	00:27#	00:04#	00:03#	00:04&

#### Beste strekktid for klassen

09:47	00:33	01:00	02:13	00:38	01:28	01:25	00:50	01:48	01:40	02:33	02:15	01:01	01:53	00:23	00:23	00:15
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

### H17AK

<b>1</b>	<b>Per Bjarne Myhre</b>	<b>Haugesund IL</b>	<b>37:29</b>													
03:14=	05:39=	06:59=	07:53=	10:23=	13:31=	15:43=	18:10=	21:39=	25:44=	27:28=	32:01=	33:42=	35:55=	36:32=	37:07=	37:29=
03:14=	02:25=	01:20=	00:54=	02:30=	03:08=	02:12=	02:27=	03:29=	04:05=	01:44=	04:33=	01:41=	02:13=	00:37=	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=	00:00=	00:00=	00:00=	00:00=

#### Beste strekktid for klassen

03:14	02:25	01:20	00:54	02:30	03:08	02:12	02:27	03:29	04:05	01:44	04:33	01:41	02:13	00:37	00:35	00:22
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

### H17N

<b>1</b>	<b>Arild Opstad</b>	<b>Egersund OK</b>	<b>22:00</b>							
00:33=	04:20=	06:19=	09:38=	10:22=	12:27=	15:32=	16:46=	17:55=	19:00=	22:00=
00:33=	03:47=	01:59=	03:19=	00:44=	02:05=	03:05=	01:14=	01:09=	01:05=	03:00=
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

00:33	03:47	01:59	03:19	00:44	02:05	03:05	01:14	01:09	01:05	03:00
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

### H21

<b>1</b>	<b>Bjarthe Westerheim</b>	<b>Stord IL</b>	<b>29:18</b>													
09:39=	10:15=	11:33=	13:33=	14:09=	15:33=	16:57=	17:40=	19:16=	20:53=	23:03=	25:19=	26:16=	28:13=	28:37=	29:02=	29:18=
09:39=	00:36=	01:18=	02:00=	00:36=	01:24=	01:24=	00:43=	01:36=	01:37=	02:10=	02:16=	00:57=	01:57=	00:24=	00:25=	00:16=
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=

<b>2</b>	<b>Stig Alvestad</b>	<b>Wing OK</b>	<b>29:31</b>													
08:32-	09:14-	10:07-	13:35+	14:05-	15:27-	17:17+	18:02+	19:50+	21:08+	23:23+	25:42+	26:43+	28:30+	28:52+	29:15+	29:31+
08:32-	00:42+	00:53-	03:28+	00:30-	01:22-	01:50+	00:45+	01:48+	01:18-	02:15+	02:19+	01:01+	01:47-	00:22-	00:23-	00:16=
01:07-	00:06#	00:25-	01:28&	00:06-	00:02-	00:26&	00:02+	00:12#	00:19-	00:05+	00:03+	00:04+	00:10-	00:02-	00:02-	00:00=



Class	Navn	Klasse	Tid
<b>7</b>	<b>Jan Einar Øvremo</b>	<b>Ålgård Orientering</b>	<b>39:34</b>
12:38+	13:21+	14:20+	17:35+
12:38+	00:43+	00:59+	03:15-
02:02#	00:02+	00:05+	00:05-
<b>8</b>	<b>Oddvar Taksdal</b>	<b>Ganddal IL</b>	<b>39:44</b>
13:22+	14:12+	15:25+	18:05+
13:22+	00:50+	01:13+	02:40-
02:46&	00:09#	00:19&	00:40-
<b>9</b>	<b>Sturle Omdal</b>	<b>Vaulen OK</b>	<b>40:08</b>
12:00+	13:05+	14:27+	17:16+
12:00+	01:05+	01:22+	02:49-
01:24#	00:24&	00:28&	00:31-
<b>10</b>	<b>Svein-Erik Kvame</b>	<b>Ganddal IL</b>	<b>41:31</b>
13:57+	14:40+	16:30+	19:06+
13:57+	00:43+	01:50+	02:36-
03:21&	00:02+	00:56@	00:44-
<b>11</b>	<b>John Arvid Djupesland</b>	<b>Haugesund IL</b>	<b>41:45</b>
12:00+	12:51+	13:56+	16:31+
12:00+	00:51+	01:05+	02:35-
01:24#	00:10#	00:11#	00:45-
<b>12</b>	<b>Geir Mikalsen</b>	<b>Sandnes IL</b>	<b>42:53</b>
12:57+	13:54+	15:02+	17:38+
12:57+	00:57+	01:08+	02:36-
02:21#	00:16&	00:14&	00:44-
<b>13</b>	<b>Pål Bårdsen</b>	<b>Stavanger OK</b>	<b>43:30</b>
12:27+	14:08+	15:35+	18:59+
12:27+	01:41+	01:27+	03:24+
01:51#	01:00@	00:33&	00:04+
<b>14</b>	<b>Leif Lindtner</b>	<b>Haugesund IL</b>	<b>43:50</b>
12:58+	14:11+	16:07+	19:25+
12:58+	01:13+	01:56+	03:18-
02:22#	00:32&	01:02@	00:02-
<b>15</b>	<b>Tor Brekken</b>	<b>Ganddal IL</b>	<b>45:18</b>
13:06+	14:00+	16:05+	19:27+
13:06+	00:54+	02:05+	03:22+
02:30#	00:13&	01:11@	00:02+
<b>16</b>	<b>Are Torsvik</b>	<b>Ålgård Orientering</b>	<b>52:19</b>
12:51+	14:00+	15:50+	22:10+
12:51+	01:09+	01:50+	06:20+
02:15#	00:28&	00:56@	03:00&

**Beste strekketid for klassen**

10:36 00:39 00:54 02:24 00:36 01:30 01:28 00:38 01:37 01:44 02:30 02:39 01:03 01:55 00:22 00:25 00:14

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

**H50**

<b>1</b>	<b>Arne Kristian Espedal</b>	<b>Stavanger OK</b>	<b>23:53</b>
01:19=	03:00=	03:46=	04:15=
01:19=	01:41=	00:46=	00:29=
00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Bjørn Alsaker</b>	<b>Stavanger OK</b>	<b>26:11</b>
01:20+	03:11+	03:47+	04:18+
01:20+	01:51+	00:36-	00:31+
00:01+	00:10+	00:10-	00:02+
<b>3</b>	<b>Ivar Kvale</b>	<b>Haugesund IL</b>	<b>26:32</b>
01:44+	03:34+	04:36+	05:07+
01:44+	01:50+	01:02+	00:31+
00:25&	00:09+	00:16&	00:02+

Class	Navn	Klasse	Tid													
<b>4</b>	<b>Otte Omdal</b>	<b>Ganddal IL</b>	<b>27:12</b>													
01:31+	03:43+	04:22+	04:53+	07:14+	09:11+	12:37+	14:12+	16:41+	19:12+	20:12+	22:53+	24:17+	26:00+	26:27+	26:53+	27:12+
01:31+	02:12+	00:39-	00:31+	02:21+	01:57+	03:26+	01:35+	02:29+	02:31-	01:00+	02:41+	01:24-	01:43-	00:27+	00:26-	00:19-
00:12#	00:31&	00:07-	00:02+	00:22#	00:48&	02:31@	00:01+	00:13+	00:32-	00:01+	00:01+	00:08-	00:31-	00:01+	00:02-	00:04-
<b>5</b>	<b>Harry Breiland</b>	<b>Ålgård Orientering</b>	<b>28:27</b>													
01:46+	03:43+	04:38+	05:07+	07:20+	10:31+	11:57+	14:06+	17:50+	20:16+	21:21+	24:07+	25:23+	27:08+	27:35+	28:04+	28:27+
01:46+	01:57+	00:55+	00:29=	02:13+	03:11+	01:26+	02:09+	03:44+	02:26-	01:05+	02:46+	01:16-	01:45-	00:27+	00:29+	00:23=
00:27&	00:16#	00:09#	00:00=	00:14#	02:02@	00:31&	00:35&	01:28&	00:37-	00:06#	00:06+	00:16-	00:29-	00:01+	00:01+	00:00=
<b>6</b>	<b>Ole Gabrielsen</b>	<b>Vaulen OK</b>	<b>29:15</b>													
01:25+	03:24+	04:03+	04:38+	07:02+	11:03+	12:14+	14:12+	16:34+	20:20+	21:41+	24:28+	25:58+	27:51+	28:18+	28:51+	29:15+
01:25+	01:59+	00:39-	00:35+	02:24+	04:01+	01:11+	01:58+	02:22+	03:46+	01:21+	02:47+	01:30-	01:53-	00:27+	00:33+	00:24+
00:06+	00:18#	00:07-	00:06#	00:25#	02:52@	00:16&	00:24&	00:06+	00:43#	00:22&	00:07+	00:02-	00:21-	00:01+	00:05#	00:01+
<b>7</b>	<b>Tore Tvedt</b>	<b>Vaulen OK</b>	<b>32:39</b>													
02:13+	04:36+	05:49+	06:32+	09:23+	12:10+	14:07+	15:59+	18:48+	22:16+	23:30+	26:44+	28:44+	31:08+	31:43+	32:18+	32:39+
02:13+	02:23+	01:13+	00:43+	02:51+	02:47+	01:57+	01:52+	02:49+	03:28+	01:14+	03:14+	02:00+	02:24+	00:35+	00:35+	00:21-
00:54&	00:42&	00:27&	00:14&	00:52&	01:38@	01:02@	00:18#	00:33#	00:25#	00:15&	00:34#	00:28&	00:10+	00:09&	00:07#	00:02-
<b>8</b>	<b>Ivar Johan Larsen</b>	<b>Stavanger OK</b>	<b>32:56</b>													
02:04+	04:16+	04:58+	05:34+	08:15+	10:31+	12:10+	14:12+	17:32+	21:34+	23:22+	27:23+	28:57+	31:15+	31:47+	32:19+	32:56+
02:04+	02:12+	00:42-	00:36+	02:41+	02:16+	01:39+	02:02+	03:20+	04:02+	01:48+	04:01+	01:34+	02:18+	00:32+	00:32+	00:37+
00:45&	00:31&	00:04-	00:07#	00:42&	01:07&	00:44&	00:28&	01:04&	00:59&	00:49&	01:21&	00:02+	00:04+	00:06#	00:04#	00:14&
<b>9</b>	<b>Kjell Skjæveland</b>	<b>Stavanger OK</b>	<b>37:47</b>													
02:20+	06:29+	07:32+	08:19+	11:13+	13:24+	14:55+	17:16+	20:48+	25:02+	27:33+	32:07+	33:57+	36:18+	36:52+	37:26+	37:47+
02:20+	04:09+	01:03+	00:47+	02:54+	02:11+	01:31+	02:21+	03:32+	04:14+	02:31+	04:34+	01:50+	02:21+	00:34+	00:34+	00:21-
01:01&	02:28@	00:17&	00:18&	00:55&	01:02&	00:36&	00:47&	01:16&	01:11&	01:32@	01:54&	00:18#	00:07+	00:08&	00:06#	00:02-

### Beste strekktid for klassen

01:19 01:41 00:36 00:29 01:59 01:09 00:55 01:34 02:15 02:26 00:57 02:40 01:16 00:27 00:26 00:17 00:16

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

## H60

<b>1</b>	<b>Cato Molthe</b>	<b>Stavanger OK</b>	<b>23:55</b>													
01:47=	03:17=	04:30=	05:12=	07:46=	08:55=	10:57=	11:30=	14:32=	19:00=	20:20=	22:25=	23:03=	23:33=	23:55=		
01:47=	01:30=	01:13=	00:42=	02:34=	01:09=	02:02=	00:33=	03:02=	04:28=	01:20=	02:05=	00:38=	00:30=	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=	00:00=	00:00=	00:00=	00:00=
<b>2</b>	<b>Hermann Skogsholm</b>	<b>Sandnes IL</b>	<b>24:32</b>													
02:09+	03:46+	05:06+	05:46+	09:09+	10:15+	11:54+	12:21+	15:20+	19:45+	21:09+	22:58+	23:40+	24:09+	24:32+		
02:09+	01:37+	01:20+	00:40-	03:23+	01:06-	01:39-	00:27-	02:59-	04:25-	01:24+	01:49-	00:42+	00:29-	00:23+		
00:22#	00:07+	00:07+	00:02-	00:49&	00:03-	00:23-	00:06-	00:03-	00:03-	00:04+	00:16-	00:04#	00:01-	00:01+		
<b>3</b>	<b>Finn-Morten Årstad</b>	<b>Vaulen OK</b>	<b>24:44</b>													
02:04+	03:34+	05:05+	05:40+	08:15+	09:20+	11:21+	11:49+	15:14+	19:12+	20:52+	22:59+	23:44+	24:19+	24:44+		
02:04+	01:30=	01:31+	00:35-	02:35+	01:05-	02:01-	00:28-	03:25+	03:58-	01:40+	02:07+	00:45+	00:35+	00:25+		
00:17#	00:00=	00:18#	00:07-	00:01+	00:04-	00:01-	00:05-	00:23#	00:30-	00:20#	00:02+	00:07#	00:05#	00:03#		
<b>4</b>	<b>Svein Glendrange</b>	<b>Stavanger OK</b>	<b>25:17</b>													
01:46-	03:29+	05:43+	06:11+	08:47+	09:54+	12:02+	12:38+	15:59+	20:04+	21:41+	23:40+	24:20+	24:52+	25:17+		
01:46-	01:43+	02:14+	00:28-	02:36+	01:07-	02:08+	00:36+	03:21+	04:05-	01:37+	01:59-	00:40+	00:32+	00:25+		
00:01-	00:13#	01:01&	00:14-	00:02+	00:02-	00:06+	00:03+	00:19#	00:23-	00:17#	00:06-	00:02+	00:02+	00:03#		
<b>5</b>	<b>Magnar Nerheim</b>	<b>Suldal OL</b>	<b>26:26</b>													
02:10+	04:20+	06:18+	07:06+	09:57+	11:01+	13:05+	13:40+	17:01+	21:08+	22:43+	24:46+	25:25+	26:00+	26:26+		
02:10+	02:10+	01:58+	00:48+	02:51+	01:04-	02:04+	00:35+	03:21+	04:07-	01:35+	02:03-	00:39+	00:35+	00:26+		
00:23#	00:40&	00:45&	00:06#	00:17#	00:05-	00:02+	00:02+	00:19#	00:21-	00:15#	00:02-	00:01+	00:05#	00:04#		
<b>6</b>	<b>Ivar Parnas</b>	<b>Sandnes IL</b>	<b>26:30</b>													
01:45-	03:30+	05:08+	05:51+	08:52+	11:04+	13:33+	14:06+	17:31+	21:42+	23:06+	25:00+	25:40+	26:10+	26:30+		
01:45-	01:45+	01:38+	00:43+	03:01+	02:12+	02:29+	00:33=	03:25+	04:11-	01:24+	01:54-	00:40+	00:30=	00:20-		
00:02-	00:15#	00:25&	00:01+	00:27#	01:03&	00:27#	00:00=	00:23#	00:17-	00:04+	00:11-	00:02+	00:00=	00:02-		
<b>7</b>	<b>Knut Jonas Espedal</b>	<b>Stavanger OK</b>	<b>26:46</b>													
01:57+	03:38+	04:52+	05:35+	08:14+	09:27+	12:19+	13:04+	16:30+	21:23+	22:52+	25:03+	25:44+	26:19+	26:46+		
01:57+	01:41+	01:14+	00:43+	02:39+	01:13+	02:52+	00:45+	03:26+	04:53+	01:29+	02:11+	00:41+	00:35+	00:27+		
00:10+	00:11#	00:01+	00:01+	00:05+	00:04+	00:50&	00:12&	00:24#	00:25+	00:09#	00:06+	00:03+	00:05#	00:05#		

Class	Navn	Klasse												Tid
-------	------	--------	--	--	--	--	--	--	--	--	--	--	--	-----

<b>8</b>	<b>Olav Hognestad</b>	<b>Ganddal IL</b>												<b>28:53</b>
02:05+	06:56+	08:12+	08:49+	11:24+	12:29+	14:40+	15:08+	19:48+	23:46+	25:08+	27:10+	27:52+	28:25+	28:53+
02:05+	04:51+	01:16+	00:37-	02:35+	01:05-	02:11+	00:28-	04:40+	03:58-	01:22+	02:02-	00:42+	00:33+	00:28+
00:18#	03:21@	00:03+	00:05-	00:01+	00:04-	00:09+	00:05-	01:38&	00:30-	00:02+	00:03-	00:04#	00:03#	00:06&

<b>9</b>	<b>Harald Steinsland</b>	<b>Vikebygd IL</b>												<b>29:33</b>
02:36+	04:18+	07:11+	07:44+	10:54+	12:18+	15:47+	16:16+	19:51+	23:49+	25:16+	27:42+	28:29+	29:06+	29:33+
02:36+	01:42+	02:53+	00:33-	03:10+	01:24+	03:29+	00:29-	03:35+	03:58-	01:27+	02:26+	00:47+	00:37+	00:27+
00:49&	00:12#	01:40@	00:09-	00:36#	00:15#	01:27&	00:04-	00:33#	00:30-	00:07+	00:21#	00:09#	00:07#	00:05#

<b>10</b>	<b>Tormod Aaslid</b>	<b>Egersund OK</b>												<b>30:47</b>
01:59+	03:40+	04:46+	07:01+	10:31+	13:12+	15:21+	15:55+	19:39+	25:46+	27:07+	29:06+	29:47+	30:20+	30:47+
01:59+	01:41+	01:06-	02:15+	03:30+	02:41+	02:09+	00:34+	03:44+	06:07+	01:21+	01:59-	00:41+	00:33+	00:27+
00:12#	00:11#	00:07-	01:33@	00:56&	01:32@	00:07+	00:01+	00:42#	01:39&	00:01+	00:06-	00:03+	00:03#	00:05#

<b>11</b>	<b>Svein Eliassen</b>	<b>Vaulen OK</b>												<b>31:26</b>
02:37+	04:44+	06:27+	07:10+	10:40+	12:40+	15:35+	16:23+	21:28+	26:11+	27:45+	29:45+	30:23+	30:58+	31:26+
02:37+	02:07+	01:43+	00:43+	03:30+	02:00+	02:55+	00:48+	05:05+	04:43+	01:34+	02:00-	00:38=	00:35+	00:28+
00:50&	00:37&	00:30&	00:01+	00:56&	00:51&	00:53&	00:15&	02:03&	00:15+	00:14#	00:05-	00:00=	00:05#	00:06&

**Beste strekktid for klassen**  
 01:45 01:30 01:06 00:28 02:34 01:04 01:39 00:27 02:59 03:58 01:20 01:49 00:38 00:29 00:20

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

## H70

<b>1</b>	<b>Albert Nærheim</b>	<b>Suldal OL</b>												<b>42:55</b>
02:39=	04:49=	09:40=	12:25=	16:17=	18:03=	21:48=	22:32=	27:09=	35:47=	37:52=	40:42=	41:34=	42:19=	42:55=
02:39=	02:10=	04:51=	02:45=	03:52=	01:46=	03:45=	00:44=	04:37=	08:38=	02:05=	02:50=	00:52=	00:45=	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=	00:00=	00:00=

<b>2</b>	<b>Øystein Nilsen</b>	<b>Vaulen OK</b>												<b>58:39</b>
02:56+	05:04+	06:41-	11:08-	14:50-	16:33-	34:36+	35:23+	44:13+	51:18+	53:14+	56:05+	57:07+	58:00+	58:39+
02:56+	02:08-	01:37-	04:27+	03:42-	01:43-	18:03+	00:47+	08:50+	07:05-	01:56-	02:51+	01:02+	00:53+	00:39+
00:17#	00:02-	03:14-	01:42&	00:10-	00:03-	14:18@	00:03+	04:13&	01:33-	00:09-	00:01+	00:10#	00:08#	00:03+

**Beste strekktid for klassen**  
 02:39 02:08 01:37 02:45 03:42 01:43 03:45 00:44 04:37 07:05 01:56 02:50 00:52 00:45 00:36

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