

Plass Navn

Klasse

Tid

C-Åpen

1 Lovise T. Nevland Ålgård Orientering 13:08

01:36= 02:48= 03:19= 06:15= 07:23= 08:24= 09:36= 10:59= 12:05= 12:36= 13:08=
 01:36= 01:12= 00:31= 02:56= 01:08= 01:01= 01:12= 01:23= 01:06= 00:31= 00:32=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Frode Halvor Lund Ålgård Orientering 15:10

01:46+ 03:16+ 03:53+ 06:52+ 08:14+ 09:33+ 11:00+ 12:39+ 13:59+ 14:31+ 15:10+
 01:46+ 01:30+ 00:37+ 02:59+ 01:22+ 01:19+ 01:27+ 01:39+ 01:20+ 00:32+ 00:39+
 00:10# 00:18# 00:06# 00:03+ 00:14# 00:15# 00:16# 00:14# 00:01+ 00:07#

3 Elise-Marie Hanssen Ålgård Orientering 18:06

02:19+ 04:21+ 04:53+ 08:19+ 10:09+ 11:46+ 13:00+ 15:06+ 16:43+ 17:25+ 18:06+
 02:19+ 02:02+ 00:32+ 03:26+ 01:50+ 01:37+ 01:14+ 02:06+ 01:37+ 00:42+ 00:41+
 00:43& 00:50& 00:01+ 00:30# 00:42& 00:36& 00:02+ 00:43& 00:31& 00:11& 00:09&

4 Gunhild Oftedal Ålgård Orientering 21:48

01:41+ 02:53+ 03:22+ 05:53- 07:06- 08:18- 16:02+ 17:20+ 19:49+ 21:19+ 21:48+
 01:41+ 01:12= 00:29- 02:31- 01:13+ 01:12+ 07:44+ 01:18- 02:29+ 01:30+ 00:29-
 00:05+ 00:00= 00:02- 00:25- 00:05+ 00:11# 06:32@ 00:05- 01:23@ 00:59@ 00:03-

Beste strekketid for klassen

01:36 01:12 00:29 02:31 01:08 01:01 01:12 01:18 01:06 00:31 00:29

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

D11-12

1 Sunniva Omdal Vaulen OK 14:44

01:43= 03:17= 03:47= 06:40= 08:07= 09:26= 10:37= 12:05= 13:38= 14:03= 14:44=
 01:43= 01:34= 00:30= 02:53= 01:27= 01:19= 01:11= 01:28= 01:33= 00:25= 00:41=
 00:00= 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 16:06

02:02+ 03:24+ 03:54+ 07:27+ 08:53+ 10:09+ 11:30+ 13:29+ 15:02+ 15:31+ 16:06+
 02:02+ 01:22- 00:30= 03:33+ 01:26- 01:16- 01:21+ 01:59+ 01:33= 00:29+ 00:35-
 00:19# 00:12- 00:00= 00:40# 00:01- 00:03- 00:10# 00:31& 00:00= 00:04# 00:06-

Beste strekketid for klassen

01:43 01:22 00:30 02:53 01:26 01:16 01:11 01:28 01:33 00:25 00:35

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

D13-14

1 Ingrid Peikli Sandnes IL 16:55

00:51= 01:45= 02:18= 03:17= 03:55= 04:21= 05:17= 05:37= 07:27= 08:44= 09:22= 09:50= 11:42= 12:32= 14:09= 14:50= 15:37= 16:27= 16:55=
 00:51= 00:54= 00:33= 00:59= 00:38= 00:26= 00:56= 00:20= 01:50= 01:17= 00:38= 00:28= 01:52= 00:50= 01:37= 00:41= 00:47= 00:50= 00:28=
 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=

2 Helene Omdal Vaulen OK 17:37

01:06+ 02:09+ 02:47+ 03:52+ 04:32+ 04:59+ 06:00+ 06:21+ 08:09+ 09:21+ 09:49+ 10:24+ 12:10+ 13:03+ 14:44+ 15:30+ 16:17+ 17:09+ 17:37+
 01:06+ 01:03+ 00:38+ 01:05+ 00:40+ 00:27+ 01:01+ 00:21+ 01:48- 01:12- 00:28- 00:35+ 01:46- 00:53+ 01:41+ 00:46+ 00:47= 00:52+ 00:28=
 00:15& 00:09# 00:05# 00:06# 00:02+ 00:01+ 00:05+ 00:01+ 00:02- 00:05- 00:10- 00:07# 00:06- 00:03+ 00:04+ 00:05# 00:00= 00:02+ 00:00=

3 Lene Taugbøl Lomeland Ålgård Orientering 26:11

07:17+ 08:10+ 08:55+ 10:06+ 10:53+ 11:26+ 12:50+ 13:19+ 15:12+ 16:55+ 17:25+ 17:58+ 20:03+ 21:00+ 22:45+ 23:38+ 24:40+ 26:11+
 07:17+ 01:03+ 00:38+ 01:05+ 00:40+ 00:27+ 01:01+ 00:21+ 01:48- 01:12- 00:28- 00:33+ 02:05+ 00:57+ 01:45+ 00:53+ 01:02+ 01:31+
 06:26@ 00:01- 00:12& 00:12# 00:09# 00:07& 00:28& 00:09& 00:03+ 00:26& 00:08- 00:05# 00:13# 00:07# 00:08+ 00:12& 00:15& 00:41&

Beste strekketid for klassen

00:51 00:53 00:33 00:59 00:38 00:26 00:56 00:20 01:48 01:12 00:28 00:28 01:46 00:50 01:37 00:41 00:47 00:50 00:28

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

D13-16N

1 Suratthra Cherdchu Ålgård Orientering 10:54

00:30=	01:12=	01:48=	02:53=	03:44=	04:30=	05:28=	06:13=	07:28=	08:02=	09:29=	10:21=	10:54=
00:30=	00:42=	00:36=	01:05=	00:51=	00:46=	00:58=	00:45=	01:15=	00:34=	01:27=	00:52=	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=

Beste strekktid for klassen

00:30	00:42	00:36	01:05	00:51	00:46	00:58	00:45	01:15	00:34	01:27	00:52	00:33
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D15-16

1 Kari Fuglestad Ålgård Orientering 18:07

01:27=	02:19=	03:01=	03:59=	04:38=	05:07=	06:12=	06:40=	08:07=	09:24=	09:52=	10:24=	12:17=	13:20=	15:03=	15:50=	16:44=	18:07=
01:27=	00:52=	00:42=	00:58=	00:39=	00:29=	01:05=	00:28=	01:27=	01:17=	00:28=	00:32=	01:53=	01:03=	01:43=	00:47=	00:54=	01:23=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2 Nina Marie Larsen Stavanger OK 18:53

01:08-	02:04-	02:44-	03:44-	04:28-	05:05-	06:21+	06:43+	08:20+	10:00+	10:28+	11:09+	13:11+	14:10+	15:50+	16:35+	17:34+	18:53+
01:08-	00:56+	00:40-	01:00+	00:44+	00:37+	01:16+	00:22-	01:37+	01:40+	00:28=	00:41+	02:02+	00:59-	01:40-	00:45-	00:59+	01:19-
00:19-	00:04+	00:02-	00:02+	00:05#	00:08&	00:11#	00:06-	00:10#	00:23&	00:00=	00:09&	00:09+	00:04-	00:03-	00:02-	00:05+	00:04-

3 Veronica Øvremo Ålgård Orientering 18:58

00:56-	01:59-	02:40-	03:40-	04:32-	05:07=	06:23+	06:54+	08:31+	09:59+	10:29+	11:04+	12:54+	13:55+	15:46+	16:40+	17:30+	18:26+	18:58+
00:56-	01:03+	00:41-	01:00+	00:52+	00:35+	01:16+	00:31+	01:37+	01:28+	00:30+	00:35+	01:50-	01:01-	01:51+	00:54+	00:50-	00:56-	00:32+
00:31-	00:11#	00:01-	00:02+	00:13&	00:06#	00:11#	00:03#	00:10#	00:11#	00:02+	00:03+	00:03-	00:02-	00:08+	00:07#	00:04-	00:27-	00:32+

4 Ingvild Lindaas Bringedal Haugesund IL 20:26

00:57-	02:01-	02:44-	03:38-	05:54+	06:23+	07:43+	08:11+	09:46+	11:09+	11:38+	12:14+	14:22+	15:21+	17:10+	17:46+	18:43+	19:53+	20:26+
00:57-	01:04+	00:43+	00:54-	02:16+	00:29=	01:20+	00:28=	01:35+	01:23+	00:29+	00:36+	02:08+	00:59-	01:49+	00:36-	00:57+	01:10-	00:33+
00:30-	00:12#	00:01+	00:04-	01:37@	00:00=	00:15#	00:00=	00:08+	00:06+	00:01+	00:04#	00:15#	00:04-	00:06+	00:11-	00:03+	00:13-	00:33+

5 Torill Brekken Ganddal IL 21:42

01:13-	02:07-	02:49-	03:52-	04:31-	05:01-	06:05-	06:32-	08:25+	10:22+	10:50+	11:24+	13:15+	14:18+	16:02+	16:45+	20:22+	21:42+
01:13-	00:54+	00:42=	01:03+	00:39=	00:30+	01:04-	00:27-	01:53+	01:57+	00:28=	00:34+	01:51-	01:03=	01:44+	00:43-	03:37+	01:20-
00:14-	00:02+	00:00=	00:05+	00:00=	00:01+	00:01-	00:01-	00:26&	00:40&	00:00=	00:02+	00:02-	00:00=	00:01+	00:04-	02:43@	00:03-

6 Elisabeth Hegdal Egersund OK 22:58

01:10-	02:17-	03:15+	04:49+	05:54+	06:32+	07:40+	08:16+	10:36+	12:04+	12:33+	13:10+	15:34+	16:59+	19:33+	20:29+	21:27+	22:58+
01:10-	01:07+	00:58+	01:34+	01:05+	00:38+	01:08+	00:36+	02:20+	01:28+	00:29+	00:37+	02:24+	01:25+	02:34+	00:56+	00:58+	01:31+
00:17-	00:15&	00:16&	00:36&	00:26&	00:09&	00:03+	00:08&	00:53&	00:11#	00:01+	00:05#	00:31&	00:22&	00:51&	00:09#	00:04+	00:08+

7 Vilde Eikeskog Sandnes IL 23:09

03:51+	05:00+	05:53+	07:03+	07:45+	08:36+	09:46+	10:16+	12:19+	13:43+	14:14+	14:46+	16:58+	18:03+	19:50+	20:34+	21:32+	23:09+
03:51+	01:09+	00:53+	01:10+	00:42+	00:51+	01:10+	00:30+	02:03+	01:24+	00:31+	00:32=	02:12+	01:05+	01:47+	00:44-	00:58+	01:37+
02:24@	00:17&	00:11&	00:12#	00:03+	00:22&	00:05+	00:02+	00:36&	00:07+	00:03#	00:00=	00:19#	00:02+	00:04+	00:03-	00:04+	00:14#

8 Vilde Bårdsen Hustoft Stavanger OK 29:04

05:25+	06:34+	07:34+	08:40+	09:25+	10:21+	11:38+	12:15+	14:41+	16:25+	17:14+	17:56+	21:46+	23:12+	25:41+	26:40+	27:38+	29:04+
05:25+	01:09+	01:00+	01:06+	00:45+	00:56+	01:17+	00:37+	02:26+	01:44+	00:49+	00:42+	03:50+	01:26+	02:29+	00:59+	00:58+	01:26+
03:58@	00:17&	00:18&	00:08#	00:06#	00:27&	00:12#	00:09&	00:59&	00:27&	00:21&	00:10&	01:57@	00:23&	00:46&	00:12&	00:04+	00:03+

Beste strekktid for klassen

00:56	00:52	00:40	00:54	00:39	00:29	01:04	00:22	01:27	01:17	00:28	00:32	01:50	00:59	01:40	00:36	00:50	00:56
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D17-20

1 Berit-Kristine Lima Ålgård Orientering 23:37

00:53=	03:05=	04:07=	05:18=	05:46=	07:31=	08:52=	09:18=	09:47=	11:44=	12:49=	15:12=	15:46=	16:37=	18:34=	21:19=	22:15=	23:37=
00:53=	02:12=	01:02=	01:11=	00:28=	01:45=	01:21=	00:26=	00:29=	01:57=	01:05=	02:23=	00:34=	00:51=	01:57=	02:45=	00:56=	01:22=
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=	00:00=

Class	Navn	Klasse	Tid														
1	Inger Tone Nygård	Egersund OK	24:56														
00:52=	02:51=	03:50=	04:58=	05:25=	07:22=	08:31=	08:57=	09:30=	11:24=	12:25=	14:47=	15:34=	17:36=	19:38=	22:43=	23:40=	24:56=
00:52=	01:59=	00:59=	01:08=	00:27=	01:57=	01:09=	00:26=	00:33=	01:54=	01:01=	02:22=	00:47=	02:02=	02:02=	03:05=	00:57=	01:16=
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=	00:00=
2	Ragnhild Auglænd	Ganddal IL	25:02														
00:51-	03:25+	04:24+	05:35+	06:00+	07:34+	08:55+	09:21+	09:51+	11:54+	12:54+	15:43+	16:14+	17:11-	19:55+	22:39-	23:38-	25:02+
00:51-	02:34+	00:59=	01:11+	00:25-	01:34-	01:21+	00:26=	00:30-	02:03+	01:00-	02:49+	00:31-	00:57-	02:44+	02:44-	00:59+	01:24+
00:01-	00:35&	00:00=	00:03+	00:02-	00:23-	00:12#	00:00=	00:03-	00:09+	00:01-	00:27#	00:16-	01:05-	00:42&	00:21-	00:02+	00:08#
3	Vibeke Lamark	Ganddal IL	26:01														
01:01+	03:13+	04:14+	05:21+	05:47+	07:35+	09:05+	09:35+	10:04+	12:00+	13:01+	16:44+	17:13+	18:04+	20:34+	23:29+	24:34+	26:01+
01:01+	02:12+	01:01+	01:07-	00:26-	01:48-	01:30+	00:30+	00:29-	01:56+	01:01=	03:43+	00:29-	00:51-	02:30+	02:55-	01:05+	01:27+
00:09#	00:13#	00:02+	00:01-	00:01-	00:09-	00:21&	00:04#	00:04-	00:02+	00:00=	01:21&	00:18-	01:11-	00:28#	00:10-	00:08#	00:11#

Beste strekktid for klassen

00:51 01:59 00:59 01:07 00:25 01:34 01:09 00:26 00:29 01:54 01:00 02:22 00:29 00:51 02:02 02:44 00:57 01:16

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

D50

1	Anne Garsrud	Vaulen OK	20:50													
00:51=	01:49=	02:42=	04:00=	04:45=	06:13=	06:40=	08:38=	10:44=	11:29=	12:07=	13:49=	14:51=	16:28=	17:32=	19:20=	20:50=
00:51=	00:58=	00:53=	01:18=	00:45=	01:28=	00:27=	01:58=	02:06=	00:45=	00:38=	01:42=	01:02=	01:37=	01:04=	01:48=	01:30=
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=

Beste strekktid for klassen

00:51 00:58 00:53 01:18 00:45 01:28 00:27 01:58 02:06 00:45 00:38 01:42 01:02 01:37 01:04 01:48 01:30

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

D60

1	Turid Nystrøm	Stavanger OK	24:53														
01:05=	02:26=	03:12=	04:16=	05:12=	06:59=	07:31=	09:37=	11:10=	11:53=	13:28=	15:49=	17:46=	19:48=	21:08=	23:20=	24:53=	
01:05=	01:21=	00:46=	01:04=	00:56=	01:47=	00:32=	02:06=	01:33=	00:43=	01:35=	02:21=	01:57=	02:02=	01:20=	02:12=	01:33=	
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=	00:00=	00:00=	00:00=	00:00=	
2	Inger S Opstad	Egersund OK	26:00														
01:30+	02:45+	03:39+	04:59+	06:02+	08:01+	08:41+	10:35+	12:20+	12:59+	14:22+	16:44+	18:35+	20:42+	22:06+	24:19+	26:00+	
01:30+	01:15-	00:54+	01:20+	01:03+	01:59+	00:40+	01:54-	01:45+	00:39-	01:23-	02:22+	01:51-	02:07+	01:24+	02:13+	01:41+	
00:25&	00:06-	00:08#	00:16#	00:07#	00:12#	00:08#	00:12-	00:12#	00:04-	00:12-	00:01+	00:06-	00:05+	00:04+	00:01+	00:08+	
3	Haldis Glendrange	Stavanger OK	27:10														
03:02+	04:23+	05:18+	06:26+	07:33+	09:29+	10:20+	12:24+	14:37+	15:23+	16:12+	18:37+	19:45+	22:03+	23:24+	25:36+	27:10+	
03:02+	01:21=	00:55+	01:08+	01:07+	01:56+	00:51+	02:04-	02:13+	00:46+	00:49-	02:25+	01:08-	02:18+	01:21+	02:12=	01:34+	
01:57@	00:00=	00:09#	00:04+	00:11#	00:09+	00:19&	00:02-	00:40&	00:03+	00:46-	00:04+	00:49-	00:16#	00:01+	00:00=	00:01+	
4	Helga Aaslid	Egersund OK	33:55														
01:28+	03:33+	05:07+	12:54+	13:41+	15:23+	15:49+	18:24+	20:24+	21:21+	22:17+	24:38+	25:50+	28:42+	30:08+	32:15+	33:55+	
01:28+	02:05+	01:34+	07:47+	00:47-	01:42-	00:26-	02:35+	02:00+	00:57+	00:56-	02:21=	01:12-	02:52+	01:26+	02:07-	01:40+	
00:23&	00:44&	00:48@	06:43@	00:09-	00:05-	00:06-	00:29#	00:27&	00:14&	00:39-	00:00=	00:45-	00:50&	00:06+	00:05-	00:07+	
5	Berit E. Olsen	Stavanger OK	34:21														
03:23+	05:04+	06:19+	07:45+	09:17+	11:56+	12:39+	15:13+	17:45+	18:42+	20:01+	23:23+	24:57+	27:29+	29:06+	32:18+	33:43+	34:21+
03:23+	01:41+	01:15+	01:26+	01:32+	02:39+	00:43+	02:34+	02:32+	00:57+	01:19-	03:22+	01:34-	02:32+	01:37+	03:12+	01:25-	00:38+
02:18@	00:20#	00:29&	00:22&	00:36&	00:52&	00:11&	00:28#	00:59&	00:14&	00:16-	01:01&	00:23-	00:30#	00:17#	01:00&	00:08-	00:38+

Beste strekktid for klassen

01:05 01:15 00:46 01:04 00:47 01:42 00:26 01:54 01:33 00:39 00:49 02:21 01:08 02:02 01:20 02:07 01:25

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

H11-12

Class	Navn	Klasse	Tid
1	Daniel Øvremo	Ålgård Orientering	12:19
	01:37= 03:03= 03:53= 05:56= 07:02= 08:07= 09:01= 10:22= 11:24= 11:50= 12:19=		
	01:37= 01:26= 00:50= 02:03= 01:06= 01:05= 00:54= 01:21= 01:02= 00:26= 00:29=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=		
2	Johannes Djupesland	Haugesund IL	12:34
	01:34- 02:41- 03:07- 05:27- 06:31- 07:38- 09:04+ 10:33+ 11:33+ 11:59+ 12:34+		
	01:34- 01:07- 00:26- 02:20+ 01:04- 01:07+ 01:26+ 01:29+ 01:00- 00:26= 00:35+		
	00:03- 00:19- 00:24- 00:17# 00:02- 00:02+ 00:32& 00:08+ 00:02- 00:00= 00:06#		
3	Anders Fuglestad	Ålgård Orientering	14:16
	01:52+ 03:07+ 03:32- 06:10+ 07:27+ 08:57+ 10:18+ 11:59+ 13:12+ 13:38+ 14:16+		
	01:52+ 01:15- 00:25- 02:38+ 01:17+ 01:30+ 01:21+ 01:41+ 01:13+ 00:26= 00:38+		
	00:15# 00:11- 00:25- 00:35& 00:11# 00:25& 00:27& 00:20# 00:11# 00:00= 00:09&		
4	Emil Hanssen	Ålgård Orientering	16:18
	01:34- 02:42- 03:10- 05:10- 09:17+ 10:25+ 11:39+ 13:07+ 14:37+ 15:40+ 16:18+		
	01:34- 01:08- 00:28- 02:00- 04:07+ 01:08+ 01:14+ 01:28+ 01:30+ 01:03+ 00:38+		
	00:03- 00:18- 00:22- 00:03- 03:01@ 00:03+ 00:20& 00:07+ 00:28& 00:37@ 00:09&		
5	Martin Nevland	Ålgård Orientering	17:42
	01:38+ 02:59- 03:38- 06:10+ 09:53+ 11:58+ 13:04+ 14:39+ 16:18+ 17:10+ 17:42+		
	01:38+ 01:21- 00:39- 02:32+ 03:43+ 02:05+ 01:06+ 01:35+ 01:39+ 00:52+ 00:32+		
	00:01+ 00:05- 00:11- 00:29# 02:37@ 01:00& 00:12# 00:14# 00:37& 00:26& 00:03#		
Beste strekktid for klassen			
	01:34 01:07 00:25 02:00 01:04 01:05 00:54 01:21 01:00 00:26 00:29		

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

H11-12N

1	Selmer Wathne	Sandnes IL	13:25
	01:06= 02:00= 02:51= 04:06= 05:00= 05:35= 07:01= 07:59= 09:24= 10:05= 12:06= 12:50= 13:25=		
	01:06= 00:54= 00:51= 01:15= 00:54= 00:35= 01:26= 00:58= 01:25= 00:41= 02:01= 00:44= 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=		
2	Jonas Aksland	Sandnes IL	13:51
	00:43- 01:28- 02:18- 03:37- 04:23- 05:17- 07:04+ 08:10+ 09:51+ 10:30+ 12:36+ 13:19+ 13:51+		
	00:43- 00:45- 00:50- 01:19+ 00:46- 00:54+ 01:47+ 01:06+ 01:41+ 00:39- 02:06+ 00:43- 00:32-		
	00:23- 00:09- 00:01- 00:04+ 00:08- 00:19& 00:21# 00:08# 00:16# 00:02- 00:05+ 00:01- 00:03-		
3	Mathias Rødde	Sandnes IL	18:07
	00:55- 02:31+ 03:21+ 04:50+ 06:01+ 07:01+ 08:49+ 09:50+ 11:25+ 13:40+ 14:26+ 15:52+ 17:07+ 18:07+		
	00:55- 01:36+ 00:50- 01:29+ 01:11+ 01:00+ 01:48+ 01:01+ 01:35+ 02:15+ 00:46- 01:26+ 01:15+ 01:00+		
	00:11- 00:42& 00:01- 00:14# 00:17& 00:25& 00:22& 00:03+ 00:10# 01:34@ 01:15- 00:42& 00:40@ 01:00+		
4	Sølve Wathne	Sandnes IL	18:26
	01:06= 01:59- 02:47- 04:34+ 05:56+ 07:47+ 08:55+ 09:52+ 11:35+ 13:59+ 14:43+ 16:10+ 17:21+ 18:26+		
	01:06= 00:53- 00:48- 01:47+ 01:22+ 01:51+ 01:08- 00:57- 01:43+ 02:24+ 00:44- 01:27+ 01:11+ 01:05+		
	00:00= 00:01- 00:03- 00:32& 00:28& 01:16@ 00:18- 00:01- 00:18# 01:43@ 01:17- 00:43& 00:36@ 01:05+		

Beste strekktid for klassen

00:43 00:45 00:48 01:15 00:46 00:35 01:08 00:57 01:25 00:39 00:44 00:43 00:32

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

H13-14

1	Amund Garsrud Tvedt	Vaulen OK	18:54
	01:17= 01:58= 02:33= 03:27= 04:02= 05:19= 05:41= 06:59= 08:39= 09:08= 10:43= 11:44= 13:10= 15:07= 15:43= 16:22= 17:46= 18:54=		
	01:17= 00:41= 00:35= 00:54= 00:35= 01:17= 00:22= 01:18= 01:40= 00:29= 01:35= 01:01= 01:26= 01:57= 00:36= 00:39= 01:24= 01:08=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 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	Karsten Hervik Hansen	Haugesund IL	18:54
	01:14= 02:00= 02:36= 03:30= 04:04= 05:20= 05:43= 07:02= 08:43= 09:11= 10:46= 11:42= 13:11= 15:09= 15:46= 16:25= 17:47= 18:54=		
	01:14= 00:46= 00:36= 00:54= 00:34= 01:16= 00:23= 01:19= 01:41= 00:28= 01:35= 00:56= 01:29= 01:58= 00:37= 00:39= 01:22= 01:07=		
	00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 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
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3	Anders Ronæss Hansen	Vaulen OK	18:59														
00:52-	01:25-	02:14-	03:04-	03:41-	04:56-	05:21-	06:36-	07:56-	08:24-	09:57-	10:47-	12:25-	15:21+	15:55+	16:30+	17:47=	18:59+
00:52-	00:33-	00:49+	00:50-	00:37+	01:15-	00:25+	01:15-	01:20-	00:28=	01:33-	00:50-	01:38+	02:56+	00:34-	00:35-	01:17-	01:12+
00:22-	00:13-	00:13&	00:04-	00:03+	00:01-	00:02+	00:04-	00:21-	00:00=	00:02-	00:06-	00:09#	00:58&	00:03-	00:04-	00:05-	00:05+
4	Torstein Kylesø	Sandnes IL	21:23														
01:02-	01:47-	02:31-	03:32+	04:10+	05:41+	06:07+	07:40+	09:15+	09:53+	11:42+	12:43+	14:50+	16:58+	17:51+	18:34+	20:00+	21:23+
01:02-	00:45-	00:44+	01:01+	00:38+	01:31+	00:26+	01:33+	01:35-	00:38+	01:49+	01:01+	02:07+	02:08+	00:53+	00:43+	01:26+	01:23+
00:12-	00:01-	00:08#	00:07#	00:04#	00:15#	00:03#	00:14#	00:06-	00:10&	00:14#	00:05+	00:38&	00:10+	00:16&	00:04#	00:04+	00:16#
5	Kristoffer Nygård	Egersund OK	21:43														
00:56-	01:41-	02:16-	03:13-	03:51-	05:15-	05:41-	07:18+	08:55+	09:23+	11:05+	11:59+	13:47+	17:57+	18:31+	19:14+	20:30+	21:43+
00:56-	00:45-	00:35-	00:57+	00:38+	01:24+	00:26+	01:37+	01:37-	00:28=	01:42+	00:54-	01:48+	04:10+	00:34-	00:43+	01:16-	01:13+
00:18-	00:01-	00:01-	00:03+	00:04#	00:08#	00:03#	00:18#	00:04-	00:00=	00:07+	00:02-	00:19#	02:12@	00:03-	00:04#	00:06-	00:06+
6	Andreas Eide Skjæveland	Stavanger OK	25:18														
01:30+	02:14+	03:05+	04:09+	04:49+	06:13+	06:41+	08:04+	10:04+	10:34+	12:43+	13:43+	16:01+	19:45+	20:36+	21:25+	23:41+	25:18+
01:30+	00:44-	00:51+	01:04+	00:40+	01:24+	00:28+	01:23+	02:00+	00:30+	02:09+	01:00+	02:18+	03:44+	00:51+	00:49+	02:16+	01:37+
00:16#	00:02-	00:15&	00:10#	00:06#	00:08#	00:05#	00:04+	00:19#	00:02+	00:34&	00:04+	00:49&	01:46&	00:14&	00:10&	00:54&	00:30&
7	Jardar Lindaas Bringedal	Haugesund IL	26:58														
01:19+	02:20+	03:16+	04:33+	05:16+	06:58+	07:30+	09:17+	11:11+	11:57+	14:35+	15:37+	17:39+	21:36+	22:48+	23:54+	25:32+	26:58+
01:19+	01:01+	00:56+	01:17+	00:43+	01:42+	00:32+	01:47+	01:54+	00:46+	02:38+	01:02+	02:02+	03:57+	01:12+	01:06+	01:38+	01:26+
00:05+	00:15&	00:20&	00:23&	00:09&	00:26&	00:09&	00:28&	00:13#	00:18&	01:03&	00:06#	00:33&	01:59@	00:35&	00:27&	00:16#	00:19&
8	Eskild Ronæss Melleby	Vaulen OK	28:23														
01:36+	02:16+	03:09+	04:20+	05:03+	06:41+	07:07+	09:08+	11:09+	11:50+	13:48+	15:07+	16:51+	20:16+	21:07+	24:40+	26:50+	28:23+
01:36+	00:40-	00:53+	01:11+	00:43+	01:38+	00:26+	02:01+	02:01+	00:41+	01:58+	01:19+	01:44+	03:25+	00:51+	03:33+	02:10+	01:33+
00:22&	00:06-	00:17&	00:17&	00:09&	00:22&	00:03#	00:42&	00:20#	00:13&	00:23#	00:23&	00:15#	01:27&	00:14&	02:54@	00:48&	00:26&
9	Kristoffer Kvale	Haugesund IL	29:39														
01:49+	03:15+	04:19+	05:29+	06:16+	07:53+	08:24+	10:28+	13:07+	13:52+	17:28+	18:34+	20:20+	24:28+	25:16+	26:25+	28:23+	29:39+
01:49+	01:26+	01:04+	01:10+	00:47+	01:37+	00:31+	02:04+	02:39+	00:45+	03:36+	01:06+	01:46+	04:08+	00:48+	01:09+	01:58+	01:16+
00:35&	00:40&	00:28&	00:16&	00:13&	00:21&	00:08&	00:45&	00:58&	00:17&	02:01@	00:10#	00:17#	02:10@	00:11&	00:30&	00:36&	00:09#

Beste strekktid for klassen

00:52	00:33	00:35	00:50	00:34	01:15	00:23	01:15	01:20	00:28	01:33	00:50	01:29	01:58	00:34	00:35	01:16	01:07
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H15-16

1	Espedal Jonas Klausen	Stavanger OK	16:14															
00:44=	01:14=	01:45=	02:31=	03:01=	04:07=	04:30=	05:43=	07:02=	07:26=	08:44=	09:26=	10:47=	12:36=	13:09=	13:55=	15:08=	16:14=	
00:44=	00:30=	00:31=	00:46=	00:30=	01:06=	00:23=	01:13=	01:19=	00:24=	01:18=	00:42=	01:21=	01:49=	00:33=	00:46=	01:13=	01:06=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Øystein Garsrud Tvedt	Vaulen OK	16:56															
00:36-	01:04-	01:36-	02:25-	03:50+	04:51+	05:10+	06:32+	07:51+	08:15+	09:50+	10:35+	11:58+	13:27+	14:16+	14:41+	15:47+	16:56+	
00:36-	00:28-	00:32+	00:49+	01:25+	01:01-	00:19-	01:22+	01:19=	00:24=	01:35+	00:45+	01:23+	01:29-	00:49+	00:25-	01:06-	01:09+	
00:08-	00:02-	00:01+	00:03+	00:55@	00:05-	00:04-	00:09#	00:00=	00:00=	00:17#	00:03+	00:02+	00:20-	00:16&	00:21-	00:07-	00:03+	
3	Thomas Hadland	Egersund OK	17:44															
00:42-	01:20+	01:57+	02:51+	03:22+	04:34+	04:58+	06:14+	07:42+	08:10+	09:42+	10:23+	12:12+	13:47+	14:42+	15:10+	16:31+	17:22+	17:44+
00:42-	00:38+	00:37+	00:54+	00:31+	01:12+	00:24+	01:16+	01:28+	00:28+	01:32+	00:41-	01:49+	01:35-	00:55+	00:28-	01:21+	00:51-	00:22+
00:02-	00:08&	00:06#	00:08#	00:01+	00:06+	00:01+	00:03+	00:09#	00:04#	00:14#	00:01-	00:28&	00:14-	00:22&	00:18-	00:08#	00:15-	00:22+
4	Martin Kvale	Haugesund IL	17:47															
01:06+	01:42+	02:14+	03:07+	03:42+	04:52+	05:13+	06:24+	08:05+	08:32+	10:01+	10:45+	12:22+	14:15+	14:49+	15:32+	16:41+	17:47+	
01:06+	00:36+	00:32+	00:53+	00:35+	01:10+	00:21-	01:11-	01:41+	00:27+	01:29+	00:44+	01:37+	01:53+	00:34+	00:43-	01:09-	01:06=	
00:22&	00:06#	00:01+	00:07#	00:05#	00:04+	00:02-	00:02-	00:22&	00:03#	00:11#	00:02+	00:16#	00:04+	00:01+	00:03-	00:04-	00:00=	
5	Lars Mikalsen	Sandnes IL	17:48															
00:46+	01:24+	01:55+	02:46+	03:24+	04:34+	04:56+	06:27+	07:52+	08:20+	09:52+	10:43+	12:04+	14:19+	14:55+	15:27+	16:41+	17:48+	
00:46+	00:38+	00:31=	00:51+	00:38+	01:10+	00:22-	01:31+	01:25+	00:28+	01:32+	00:51+	01:21=	02:15+	00:36+	00:32-	01:14+	01:07+	
00:02+	00:08&	00:00=	00:05#	00:08&	00:04+	00:01-	00:18#	00:06+	00:04#	00:14#	00:09#	00:00=	00:26#	00:03+	00:14-	00:01+	00:01+	
6	Erlend Ronæss Melleby	Vaulen OK	18:43															
00:38-	01:15+	02:03+	02:53+	03:31+	04:47+	05:10+	06:25+	07:46+	08:13+	09:46+	10:32+	12:14+	15:10+	15:44+	16:20+	17:35+	18:43+	
00:38-	00:37+	00:48+	00:50+	00:38+	01:16+	00:23=	01:15+	01:21+	00:27+	01:33+	00:46+	01:42+	02:56+	00:34+	00:36-	01:15+	01:08+	
00:06-	00:07#	00:17&	00:04+	00:08&	00:10#	00:00=	00:02+	00:02+	00:03#	00:15#	00:04+	00:21&	01:07&	00:01+	00:10-	00:02+	00:02+	

Class	Navn	Klasse	Tid
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7	Andreas Djupesland	Haugesund IL	20:23														
00:48+	01:33+	02:14+	03:14+	03:55+	05:18+	05:44+	07:09+	08:52+	09:27+	11:15+	12:06+	13:58+	16:26+	17:08+	17:47+	19:06+	20:23+
00:48+	00:45+	00:41+	01:00+	00:41+	01:23+	00:26+	01:25+	01:43+	00:35+	01:48+	00:51+	01:52+	02:28+	00:42+	00:39-	01:19+	01:17+
00:04+	00:15&	00:10&	00:14&	00:11&	00:17&	00:03#	00:12#	00:24&	00:11&	00:30&	00:09#	00:31&	00:39&	00:09&	00:07-	00:06+	00:11#

8	Bjørn Fuglestad	Ålgård Orientering	24:30															
01:08+	02:05+	02:55+	03:51+	04:32+	06:04+	06:34+	08:12+	10:18+	11:00+	13:30+	14:31+	16:18+	19:02+	19:58+	20:59+	23:01+	24:05+	24:30+
01:08+	00:57+	00:50+	00:56+	00:41+	01:32+	00:30+	01:38+	02:06+	00:42+	02:30+	01:01+	01:47+	02:44+	00:56+	01:01+	02:02+	01:04-	00:25+
00:24&	00:27&	00:19&	00:10#	00:11&	00:26&	00:07&	00:25&	00:47&	00:18&	01:12&	00:19&	00:26&	00:55&	00:23&	00:15&	00:49&	00:02-	00:25+

9	Jens Eikehaugen	Sandnes IL	24:37														
00:47+	01:23+	02:05+	03:03+	03:45+	05:09+	05:34+	07:09+	08:39+	09:06+	13:11+	15:30+	17:09+	20:02+	20:56+	21:50+	23:16+	24:37+
00:47+	00:36+	00:42+	00:58+	00:42+	01:24+	00:25+	01:35+	01:30+	00:27+	04:05+	02:19+	01:39+	02:53+	00:54+	00:54+	01:26+	01:21+
00:03+	00:06#	00:11&	00:12&	00:12&	00:18&	00:02+	00:22&	00:11#	00:03#	02:47@	01:37@	00:18#	01:04&	00:21&	00:08#	00:13#	00:15#

10	Marius Myhre Sælevik	Haugesund IL	27:36														
01:42+	02:32+	03:23+	04:35+	05:20+	07:07+	07:48+	09:42+	12:00+	12:40+	15:22+	16:31+	19:05+	22:01+	23:11+	23:57+	25:39+	27:36+
01:42+	00:50+	00:51+	01:12+	00:45+	01:47+	00:41+	01:54+	02:18+	00:40+	02:42+	01:09+	02:34+	02:56+	01:10+	00:46=	01:42+	01:57+
00:58@	00:20&	00:20&	00:26&	00:15&	00:41&	00:18&	00:41&	00:59&	00:16&	01:24@	00:27&	01:13&	01:07&	00:37@	00:00=	00:29&	00:51&

11	Jon Asgeir Torsvik	Ålgård Orientering	27:48																
00:59+	01:48+	02:39+	03:45+	04:28+	05:48+	06:20+	08:07+	09:46+	10:37+	11:01+	13:04+	14:14+	16:37+	22:57+	23:44+	24:50+	26:23+	27:23+	27:48+
00:59+	00:49+	00:51+	01:06+	00:43+	01:20+	00:32+	01:47+	01:39+	00:51+	00:24-	02:03+	01:10-	02:23+	06:20+	00:47+	01:06-	01:33+	01:00+	00:25+
00:15&	00:19&	00:20&	00:13&	00:14#	00:09&	00:34&	00:20&	00:27@	00:54-	01:21@	00:11-	00:34&	05:47@	00:01+	00:07-	00:27&	01:00+	00:25+	

Beste strekktid for klassen

00:36	00:28	00:31	00:46	00:30	01:01	00:19	01:11	01:19	00:24	00:24	00:41	01:10	01:29	00:33	00:25	01:06	00:51
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H17-20

1	Sjur Obrestad Gabrielsen	Vaulen OK	32:12																					
01:07=	01:52=	02:27=	03:11=	03:56=	04:43=	05:05=	06:30=	08:47=	09:48=	12:14=	12:54=	13:47=	14:58=	15:22=	17:06=	18:16=	19:54=	20:31=	23:18=	26:37=	27:45=	29:29=	30:38=	32:12=
01:07=	00:45=	00:35=	00:44=	00:45=	00:47=	00:22=	01:25=	02:17=	01:01=	02:26=	00:40=	00:53=	01:11=	00:24=	01:44=	01:10=	01:38=	00:37=	02:47=	03:19=	01:08=	01:44=	01:09=	01:34=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	Simen Aamodt	Sandnes IL	35:26																					
00:58-	01:34-	02:20-	03:08-	04:54+	05:15+	06:35+	09:16+	10:21+	12:41+	13:30+	15:00+	18:02+	18:36+	20:22+	21:35+	23:10+	23:46+	26:33+	29:52+	31:02+	32:44+	33:56+	35:26+	
00:58-	00:36-	00:46+	00:48+	00:45=	01:01+	00:21-	01:20-	02:41+	01:05+	02:20-	00:49+	01:30+	03:02+	00:34+	01:46+	01:13+	01:35-	00:36-	02:47=	03:19=	01:10+	01:42-	01:12+	01:30-
00:09-	00:09-	00:11&	00:04+	00:00=	00:14&	00:01-	00:05-	00:24#	00:04+	00:06-	00:09#	00:37&	01:51@	00:10&	00:02+	00:03+	00:03-	00:01-	00:00=	00:00=	00:02+	00:02-	00:03+	00:04-

Beste strekktid for klassen

00:58	00:36	00:35	00:44	00:45	00:47	00:21	01:20	02:17	01:01	02:20	00:40	00:53	01:11	00:24	01:44	01:10	01:35	00:36	02:47	03:19	01:08	01:42	01:09	01:30
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H17AK

1	Per Bjarne Myhre	Haugesund IL	34:53																
01:41=	05:02=	07:10=	07:46=	09:30=	09:58=	12:12=	18:00=	19:07=	20:30=	22:29=	25:42=	27:21=	28:22=	30:08=	30:56=	31:46=	33:28=	34:25=	34:53=
01:41=	03:21=	02:08=	00:36=	01:44=	00:28=	02:14=	05:48=	01:07=	01:23=	01:59=	03:13=	01:39=	01:01=	01:46=	00:48=	00:50=	01:42=	00:57=	00:28=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

Beste strekktid for klassen

01:41	03:21	02:08	00:36	01:44	00:28	02:14	05:48	01:07	01:23	01:59	03:13	01:39	01:01	01:46	00:48	00:50	01:42	00:57	00:28
-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------	-------

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

H17N

1	Arild Opstad	Egersund OK	22:08									
01:08=	02:14=	03:42=	10:54=	12:06=	12:49=	14:23=	15:39=	17:45=	18:32=	20:16=	21:31=	22:08=
01:08=	01:06=	01:28=	07:12=	00:43=	01:34=	01:16=	02:06=	00:47=	01:44=	01:15=	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=	

Class	Navn	Klasse	Tid
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Beste strekktid for klassen

01:08 01:06 01:28 07:12 01:12 00:43 01:34 01:16 02:06 00:47 01:44 01:15 00:37

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

H21

1	Stig Alvestad	Wing OK	22:51																						
01:06=	01:41=	02:13=	02:53=	03:33=	04:14=	04:32=	05:30=	07:44=	08:33=	09:39=	10:14=	11:04=	11:56=	12:13=	13:19=	13:56=	15:02=	15:27=	17:36=	19:24=	20:03=	21:06=	21:43=	22:22=	22:51=
01:06=	00:35=	00:32=	00:40=	00:40=	00:41=	00:18=	00:58=	02:14=	00:49=	01:06=	00:35=	00:50=	00:52=	00:17=	01:06=	00:37=	01:06=	00:25=	02:09=	01:48=	00:39=	01:03=	00:37=	00:39=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Runar Emberland Lien	Ålgård Orientering	23:32																						
00:39-	01:11-	01:41-	02:22-	02:58-	03:48-	04:05-	05:03-	06:55-	07:42-	09:10-	09:54-	10:43-	11:40-	12:27+	13:45+	14:30+	15:38+	16:08+	18:07+	19:55+	20:39+	21:52+	22:31+	23:32+	
00:39-	00:32-	00:30-	00:41+	00:36-	00:50+	00:17-	00:58=	01:52-	00:47-	01:28+	00:44+	00:49-	00:57+	00:47+	01:18+	00:45+	01:08+	00:30+	01:59-	01:48=	00:44+	01:13+	00:39+	01:01+	
00:27-	00:03-	00:02-	00:01+	00:04-	00:09#	00:01-	00:00=	00:22-	00:02-	00:22&	00:09&	00:01-	00:05+	00:30@	00:12#	00:08#	00:02+	00:05#	00:10-	00:00=	00:05#	00:10#	00:02+	00:22&	
3	Torgeir Nevland	Ålgård Orientering	24:05																						
00:44-	01:17-	01:47-	02:30-	03:10-	03:51-	04:10-	05:10-	07:08-	07:56-	09:11-	09:44-	10:36-	11:41-	12:03-	13:16-	13:58+	15:12+	15:47+	18:01+	19:53+	20:40+	22:21+	23:03+	23:41+	24:05+
00:44-	00:33-	00:30-	00:43+	00:40=	00:41=	00:19+	01:00+	01:58-	00:48-	01:15+	00:33-	00:52+	01:05+	00:22+	01:13+	00:42+	01:14+	00:35+	02:14+	01:52+	00:47+	01:41+	00:42+	00:38-	00:24-
00:22-	00:02-	00:02-	00:00=	00:00=	00:00=	00:01+	00:02+	00:16-	00:01-	00:09#	00:02-	00:02+	00:13#	00:05&	00:07#	00:05#	00:08#	00:10&	00:05+	00:04+	00:08#	00:38&	00:05#	00:01-	00:05-
4	Lars Sigve Oftedal	Ålgård Orientering	25:40																						
00:36-	01:08-	01:38-	02:22-	03:03-	03:51-	04:51+	05:52+	08:13+	09:00+	10:32+	11:05+	11:58+	13:17+	13:36+	14:49+	15:34+	16:52+	17:20+	19:20+	21:16+	22:00+	24:03+	24:39+	25:40+	
00:36-	00:32-	00:30-	00:44+	00:41+	00:48+	01:00+	01:01+	02:21+	00:47-	01:32+	00:33-	00:53+	01:19+	00:19+	01:13+	00:45+	01:18+	00:28+	02:00-	01:56+	00:44+	02:03+	00:36-	01:01+	
00:30-	00:03-	00:02-	00:04+	00:01+	00:07#	00:42@	00:03+	00:07+	00:02-	00:26&	00:02-	00:03+	00:27&	00:02#	00:07#	00:08#	00:12#	00:03#	00:09-	00:08+	00:05#	01:00&	00:01-	00:22&	
5	Alf Johan Lima	Ganddal IL	25:46																						
00:46-	01:25-	01:59-	02:47-	03:32-	04:20+	04:42+	05:56+	08:28+	09:31+	10:53+	11:40+	12:33+	13:33+	13:58+	15:29+	16:11+	17:29+	18:07+	20:02+	22:09+	22:55+	24:09+	24:52+	25:46+	
00:46-	00:39+	00:34+	00:48+	00:45+	00:48+	00:21+	01:14+	02:32+	01:03+	01:22+	00:47+	00:53+	01:00+	00:25+	01:31+	00:42+	01:18+	00:38+	01:55-	02:07+	00:46+	01:14+	00:43+	00:54+	
00:20-	00:04#	00:02+	00:08#	00:05#	00:07#	00:04#	00:16&	00:18#	00:14&	00:16#	00:12&	00:03+	00:08#	00:08&	00:25&	00:05#	00:12#	00:13&	00:14-	00:19#	00:07#	00:11#	00:06#	00:15&	
6	Sigurd R. Oftedal	Ålgård Orientering	25:49																						
00:41-	01:15-	01:49-	02:36-	03:20-	04:08-	04:29-	05:58+	08:09+	09:02+	10:31+	11:14+	12:16+	13:19+	13:40+	14:59+	15:50+	17:13+	17:43+	19:45+	21:49+	22:39+	23:58+	24:40+	25:49+	
00:41-	00:34-	00:34+	00:47+	00:44+	00:48+	00:21+	01:29+	02:11-	00:53+	01:29+	00:43+	01:02+	01:03+	00:21+	01:19+	00:51+	01:23+	00:30+	02:02-	02:04+	00:50+	01:19+	00:42+	01:09+	
00:25-	00:01-	00:02+	00:07#	00:04+	00:07#	00:03#	00:31&	00:03-	00:04+	00:23&	00:08#	00:12#	00:11#	00:04#	00:13#	00:14&	00:17&	00:05#	00:07-	00:16#	00:11&	00:16&	00:05#	00:30&	
7	Øyvind Madland	Ålgård Orientering	26:29																						
00:36-	01:07-	01:34-	02:21-	03:05-	03:56-	04:17-	05:24-	08:07+	09:00+	10:29+	11:12+	12:10+	13:16+	13:44+	15:17+	16:08+	17:27+	18:06+	20:20+	22:33+	23:23+	24:40+	25:28+	26:29+	
00:36-	00:31-	00:27-	00:41-	00:44+	00:51+	00:21+	01:07+	02:43+	00:53+	01:29+	00:43+	00:58+	01:06+	00:28+	01:33+	00:51+	01:19+	00:39+	02:14+	02:13+	00:50+	01:17+	00:48+	01:01+	
00:30-	00:04-	00:05-	00:07#	00:04+	00:10#	00:03#	00:09#	00:29#	00:04+	00:23&	00:08#	00:08#	00:14&	00:11&	00:27&	00:14&	00:13#	00:14&	00:05+	00:25#	00:11&	00:14#	00:11&	00:22&	
8	Kim Richter	Sandnes IL	27:16																						
00:38-	01:09-	01:37-	02:27-	03:10-	04:04-	04:24-	05:31+	08:16+	09:08+	10:46+	11:31+	12:27+	13:32+	13:56+	15:30+	16:20+	17:45+	18:17+	20:45+	23:10+	24:01+	25:19+	26:06+	26:49+	27:16+
00:38-	00:31-	00:28-	00:50+	00:43+	00:54+	00:20+	01:07+	02:45+	00:52+	01:38+	00:45+	00:56+	01:05+	00:24+	01:34+	00:50+	01:25+	00:32+	02:28+	02:25+	00:51+	01:18+	00:47+	00:43+	00:27-
00:28-	00:04-	00:04-	00:10#	00:03+	00:13&	00:02#	00:09#	00:31#	00:03+	00:32&	00:10&	00:06#	00:13#	00:07&	00:28&	00:13&	00:19&	00:07&	00:19#	00:37&	00:12&	00:15#	00:10&	00:04#	00:02-

Beste strekktid for klassen

00:36 00:31 00:27 00:40 00:36 00:41 00:17 01:58 01:52 00:47 01:06 00:33 00:49 00:52 00:17 01:06 00:37 01:06 00:25 01:55 01:48 00:39 01:03 00:36 00:38 00:24

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

H40

1	Per Grøsvik	Sandnes IL	26:00																						
00:37=	01:08=	01:44=	02:27=	03:12=	03:58=	04:18=	05:42=	07:50=	08:44=	10:19=	11:04=	12:11=	13:12=	13:34=	14:53=	15:43=	16:58=	17:33=	19:36=	21:34=	22:21=	24:12=	24:58=	25:36=	26:00=
00:37=	00:31=	00:36=	00:43=	00:45=	00:46=	00:20=	01:24=	02:08=	00:54=	01:35=	00:45=	01:07=	01:01=	00:22=	01:19=	00:50=	01:15=	00:35=	02:03=	01:58=	00:47=	01:51=	00:46=	00:38=	00:24=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	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	26:58																						
00:46+	01:25+	02:00+	02:48+	03:38+	04:33+	04:56+	06:16+	08:43+	09:39+	11:13+	11:56+	12:52+	14:01+	14:29+	15:55+	16:46+	18:09+	18:40+	21:07+	23:09+	23:57+	25:07+	25:50+	26:58+	
00:46+	00:39+	00:35-	00:48+	00:50+	00:55+	00:23+	01:20-	02:27+	00:56+	01:34-	00:43-	00:56-	01:09+	00:28+	01:26+	00:51+	01:23+	00:31-	02:27+	02:02+	00:48+	01:10-	00:43-	01:08+	
00:09#	00:08&	00:01-	00:05#	00:05#	00:09#	00:03#	00:04-	00:19#	00:02+	00:01-	00:02-	00:11-	00:08#	00:06&	00:07+	00:01+	00:08#	00:04-	00:24#	00:04+	00:01+	00:41-	00:03-	00:30&	
3	John Arvid Djupesland	Haugesund IL	30:01																						
00:56+	01:37+	02:16+	03:05+	03:57+	04:51+	05:18+	06:41+	08:57+	09:52+	11:37+	12:34+	13:37+	15:03+	15:26+	17:04+	18:07+	19:46+	20:24+	23:20+	25:47+	26:44+	28:14+	29:08+	30:01+	
00:56+	00:41+	00:39+	00:49+	00:52+	00:54+	00:27+	01:23-	02:16+	00:55+	01:45+	00:57+	01:03-	01:26+	00:23+	01:38+	01:03+	01:39+	00:38+	02:56+	02:27+	00:57+	01:30-	00:54+	00:53+	
00:19&	00:10&	00:03+	00:06#	00:07#	00:08#	00:07&	00:01-	00:08+	00:01+	00:10#	00:12&	00:04-	00:25&	00:01+	00:19#	00:13&	00:24&	00:03+	00:53&	00:29#	00:10#	00:21-	00:08#	00:15&	

Class	Navn	Klasse	Tid																										
4	Knut Taugbøl	Ålgård Orientering	31:02																										
00:44+	01:24+	02:02+	02:52+	03:44+	04:39+	05:05+	07:01+	09:30+	10:39+	12:18+	13:17+	14:26+	15:37+	16:08+	17:53+	18:55+	20:31+	21:05+	23:49+	26:17+	27:16+	28:46+	29:45+	31:02+					
00:44+	00:40+	00:38+	00:50+	00:52+	00:55+	00:26+	01:56+	02:29+	01:09+	01:39+	00:59+	01:09+	01:11+	00:31+	01:45+	01:02+	01:36+	00:34-	02:44+	02:28+	00:59+	01:30-	00:59+	01:17+					
00:07#	00:09&	00:02+	00:07#	00:07#	00:09#	00:06&	00:32&	00:21#	00:15&	00:04+	00:14&	00:02+	00:10#	00:09&	00:26&	00:12#	00:21&	00:01-	00:41&	00:30&	00:12&	00:21-	00:13&	00:39@					
5	Pål Bårdsen	Stavanger OK	31:59																										
00:51+	01:34+	02:13+	03:10+	04:04+	05:03+	05:29+	07:06+	10:02+	11:07+	12:55+	13:57+	15:07+	16:21+	16:53+	18:33+	19:32+	21:05+	21:45+	24:44+	27:32+	28:28+	29:56+	30:46+	31:59+					
00:51+	00:43+	00:39+	00:57+	00:54+	00:59+	00:26+	01:37+	02:56+	01:05+	01:48+	01:02+	01:10+	01:14+	00:32+	01:40+	00:59+	01:33+	00:40+	02:59+	02:48+	00:56+	01:28-	00:50+	01:13+					
00:14&	00:12&	00:03+	00:14&	00:09#	00:13&	00:06&	00:13#	00:48&	00:11#	00:13#	00:17&	00:03+	00:13#	00:10&	00:21&	00:09#	00:18#	00:05#	00:56&	00:50&	00:09#	00:23-	00:04+	00:35&					
6	Geir Mikalsen	Sandnes IL	33:07																										
00:50+	01:34+	02:08+	03:07+	04:02+	05:00+	05:23+	07:27+	11:05+	12:05+	13:58+	15:01+	16:12+	17:25+	17:57+	19:38+	20:35+	22:08+	22:49+	25:50+	28:36+	29:32+	31:01+	31:52+	33:07+					
00:50+	00:44+	00:34-	00:59+	00:55+	00:58+	00:23+	02:04+	03:38+	01:00+	01:53+	01:03+	01:11+	01:13+	00:32+	01:41+	00:57+	01:33+	00:41+	03:01+	02:46+	00:56+	01:29-	00:51+	01:15+					
00:13&	00:13&	00:02-	00:16&	00:10#	00:12&	00:03#	00:40&	01:30&	00:06#	00:18#	00:18&	00:04+	00:12#	00:10&	00:22&	00:07#	00:18#	00:06#	00:58&	00:48&	00:09#	00:22-	00:05#	00:37&					
7	Trond Lamark	Ganddal IL	33:23																										
00:50+	01:37+	02:16+	03:14+	04:08+	05:13+	05:36+	06:58+	10:17+	11:14+	13:06+	14:17+	15:32+	16:56+	17:34+	19:13+	20:15+	22:03+	22:41+	25:29+	28:13+	29:12+	30:56+	31:54+	32:50+	33:23+				
00:50+	00:47+	00:39+	00:58+	00:54+	01:05+	00:23+	01:22-	03:19+	00:57+	01:52+	01:11+	01:15+	01:24+	00:38+	01:39+	01:02+	01:48+	00:38+	02:48+	02:44+	00:59+	01:44-	00:58+	00:56+	00:33+				
00:13&	00:16&	00:03+	00:15&	00:09#	00:19&	00:03#	00:02-	01:11&	00:03+	00:17#	00:26&	00:08#	00:23&	00:16&	00:20&	00:12#	00:33&	00:03+	00:45&	00:46&	00:12&	00:07-	00:12&	00:18&	00:09&				
8	Tor Brekken	Ganddal IL	35:50																										
00:50+	01:32+	02:12+	03:14+	04:12+	05:13+	05:40+	08:02+	10:52+	12:12+	14:40+	15:49+	17:15+	19:00+	19:38+	21:21+	22:25+	24:13+	24:56+	27:53+	30:30+	31:40+	33:23+	34:21+	35:50+					
00:50+	00:42+	00:40+	01:02+	00:58+	01:01+	00:27+	02:22+	02:50+	01:20+	02:28+	01:09+	01:26+	01:45+	00:38+	01:43+	01:04+	01:48+	00:43+	02:57+	02:37+	01:10+	01:43-	00:58+	01:29+					
00:13&	00:11&	00:04#	00:13&	00:15&	00:07&	00:08&	00:58&	02:42&	00:26&	00:53&	00:24&	00:19&	00:44&	00:16&	00:24&	00:14&	00:33&	00:08#	00:54&	00:39&	00:23&	00:08-	00:12&	00:51@					
9	Espen Fyhn Nilsen	Sandnes IL	36:45																										
00:42+	01:22+	01:59+	02:52+	04:08+	05:15+	05:43+	07:22+	11:21+	12:31+	14:40+	16:13+	17:42+	19:14+	19:52+	22:07+	23:12+	24:53+	25:50+	28:49+	31:32+	32:37+	34:15+	35:24+	36:45+					
00:42+	00:40+	00:37+	00:53+	01:16+	01:07+	00:28+	01:39+	03:59+	01:10+	02:09+	01:33+	01:29+	01:32+	00:38+	02:15+	01:05+	01:41+	00:57+	02:59+	02:43+	01:05+	01:38-	01:09+	01:21+					
00:05#	00:09&	00:01+	00:10#	00:31&	00:21&	00:08&	00:15#	01:51&	00:16&	00:34&	00:48@	00:22&	00:31&	00:16&	00:56&	00:15&	00:26&	00:22&	00:56&	00:45&	00:18&	00:13-	00:23&	00:43@					
10	Are Torsvik	Ålgård Orientering	37:45																										
00:46+	01:29+	02:02+	03:00+	04:25+	05:24+	05:50+	07:42+	10:28+	11:47+	13:51+	14:59+	16:25+	17:57+	18:42+	20:45+	21:53+	24:01+	25:04+	28:57+	31:28+	32:34+	34:46+	36:06+	37:45+					
00:46+	00:43+	00:33-	00:58+	01:25+	00:59+	00:26+	01:52+	02:46+	01:19+	02:04+	01:08+	01:26+	01:32+	00:45+	02:03+	01:08+	02:08+	01:03+	03:53+	02:31+	01:06+	02:12+	01:20+	01:39+					
00:09#	00:12&	00:03-	00:15&	00:40&	00:13&	00:06&	00:28&	00:38&	00:25&	00:29&	00:23&	00:19&	00:31&	00:23@	00:44&	00:18&	00:53&	00:28&	01:50&	00:33&	00:19&	00:21#	00:34&	01:01@					
Beste strekktid for klassen				00:37	00:31	00:33	00:43	00:45	00:46	00:20	01:20	02:08	00:54	01:34	00:43	00:56	01:01	00:22	01:19	00:50	01:15	00:31	02:03	01:58	00:47	01:10	00:43	00:38	00:24

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

H50

1	Otte Omdal	Ganddal IL	20:52															
00:59=	02:43=	03:11=	04:05=	04:27=	05:49=	07:49=	08:37=	09:45=	11:12=	13:43=	15:01=	15:45=	17:08=	17:37=	18:15=	19:35=	20:25=	20:52=
00:59=	01:44=	00:28=	00:54=	00:22=	01:22=	02:00=	00:48=	01:08=	01:27=	02:31=	01:18=	00:44=	01:23=	00:29=	00:38=	01:20=	00:50=	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=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Bjørn Alsaker	Stavanger OK	21:03															
00:35-	01:55-	02:21-	03:10-	03:32-	04:58-	07:30-	08:23-	09:52+	11:29+	13:57+	15:16+	16:13+	17:33+	18:02+	18:38+	19:47+	21:03+	
00:35-	01:20-	00:26-	00:49-	00:22=	01:26+	02:32+	00:53+	01:29+	01:37+	02:28-	01:19+	00:57+	01:20-	00:29=	00:36-	01:09-	01:16+	
00:24-	00:24-	00:02-	00:05-	00:00=	00:04+	00:32&	00:05#	00:21&	00:10#	00:03-	00:01+	00:13&	00:03-	00:00=	00:02-	00:11-	00:26&	
3	Rune Karstensen	Stavanger OK	22:13															
00:40-	02:01-	02:36-	03:31-	03:55-	05:27-	07:37-	08:38+	09:45=	11:20+	13:59+	15:27+	16:26+	17:56+	18:35+	19:23+	20:51+	22:13+	
00:40-	01:21-	00:35+	00:55+	00:24+	01:32+	02:10+	01:01+	01:07-	01:35+	02:39+	01:28+	00:59+	01:30+	00:39+	00:48+	01:28+	01:22+	
00:19-	00:23-	00:07#	00:01+	00:02+	00:10#	00:10+	00:13&	00:01-	00:08+	00:08+	00:10#	00:15&	00:07+	00:10&	00:10&	00:08+	00:32&	
4	Harry Breiland	Ålgård Orientering	23:19															
00:44-	02:08-	02:36-	03:34-	03:56-	05:08-	08:39+	09:32+	10:43+	12:15+	14:39+	16:13+	17:02+	18:27+	19:04+	20:19+	21:59+	22:50+	23:19+
00:44-	01:24-	00:28-	00:58+	00:22=	01:12-	03:31+	00:53+	01:11+	01:32+	02:24-	01:34+	00:49+	01:25+	00:37+	01:15+	01:40+	00:51+	00:29+
00:15-	00:20-	00:00=	00:04+	00:00=	00:10-	01:31&	00:05#	00:03+	00:05+	00:07-	00:16#	00:05#	00:02+	00:08&	00:37&	00:20#	00:01+	00:02+
5	Ole Gabrielsen	Vaulen OK	23:47															
00:37-	02:26-	02:52-	03:59-	04:21-	05:46-	08:47+	09:43+	10:46+	12:16+	15:22+	16:57+	17:45+	19:19+	19:53+	20:53+	22:19+	23:17+	23:47+
00:37-	01:49+	00:26-	01:07+	00:22=	01:25+	03:01+	00:56+	01:03-	01:30+	03:06+	01:35+	00:48+	01:34+	00:34+	01:00+	01:26+	00:58+	00:30+
00:22-	00:05+	00:02-	00:13#	00:00=	00:03+	01:01&	00:08#	00:05-	00:03+	00:35#	00:17#	00:04+	00:11#	00:05#	00:22&	00:06+	00:08#	00:03#
6	Ivar Kvale	Haugesund IL	26:30															
00:40-	02:48+	03:14+	04:10+	04:36+	06:20+	11:02+	12:07+	13:22+	15:07+	17:55+	19:27+	20:16+	21:51+	22:32+	23:19+	25:03+	26:30+	
00:40-	02:08+	00:26-	00:56+	00:26+	01:44+	04:42+	01:05+	01:15+	01:45+	02:48+	01:32+	00:49+	01:35+	00:41+	00:47+	01:44+	01:27+	
00:19-	00:24#	00:02-	00:02+	00:04#	00:22&	02:42@	00:17&	00:07#	00:18#	00:17#	00:14#	00:05#	00:12#	00:12&	00:09#	00:24&	00:37&	

Class	Navn	Klasse	Tid															
7	Tore Tvedt	Vaulen OK	27:19															
00:41-	02:54+	03:25+	04:30+	04:53+	06:35+	09:45+	10:47+	12:08+	14:03+	18:01+	20:22+	21:13+	22:37+	23:13+	23:56+	25:39+	26:45+	27:19+
00:41-	02:13+	00:31+	01:05+	01:42+	03:10+	01:02+	01:21+	01:55+	03:58+	02:21+	00:51+	01:24+	00:36+	00:43+	01:43+	01:06+	00:34+	
00:18-	00:29&	00:03#	00:11#	00:01+	00:20#	01:10&	00:14&	00:13#	00:28&	01:27&	01:03&	00:07#	00:01+	00:07#	00:05#	00:23&	00:16&	00:07&
8	Kjell Skjæveland	Stavanger OK	27:47															
00:42-	02:20-	02:54-	04:05=	04:36+	06:19+	09:41+	10:42+	11:54+	13:51+	17:22+	19:23+	20:28+	22:17+	23:01+	24:05+	26:02+	27:12+	27:47+
00:42-	01:38-	00:34+	01:11+	00:31+	01:43+	03:22+	01:01+	01:12+	01:57+	03:31+	02:01+	01:05+	01:49+	00:44+	01:04+	01:57+	01:10+	00:35+
00:17-	00:06-	00:06#	00:17&	00:09&	00:21&	01:22&	00:13&	00:04+	00:30&	01:00&	00:43&	00:21&	00:26&	00:15&	00:26&	00:37&	00:20&	00:08&
9	Ivar Johan Larsen	Stavanger OK	28:18															
00:44-	02:51+	03:38+	04:50+	05:16+	07:27+	10:43+	11:44+	13:07+	15:15+	19:00+	20:42+	21:43+	23:25+	24:06+	24:52+	26:39+	28:18+	
00:44-	02:07+	00:47+	01:12+	00:26+	02:11+	03:16+	01:01+	01:23+	02:08+	03:45+	01:42+	01:01+	01:42+	00:41+	00:46+	01:47+	01:39+	
00:15-	00:23#	00:19&	00:18&	00:04#	00:49&	01:16&	00:13&	00:15#	00:41&	01:14&	00:24&	00:17&	00:19#	00:12&	00:08#	00:27&	00:49&	
Beste strekketid for klassen																		
00:35	01:20	00:26	00:49	00:22	01:12	02:00	00:48	01:03	01:27	02:24	01:18	00:44	01:20	00:29	00:36	01:09	00:50	00:27

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

H60

1	Cato Molthe	Stavanger OK	18:10															
00:46=	01:48=	02:26=	03:23=	04:03=	05:33=	06:02=	07:40=	09:01=	09:25=	09:59=	11:47=	12:41=	14:18=	15:21=	16:49=	17:41=	18:10=	
00:46=	01:02=	00:38=	00:57=	00:40=	01:30=	00:29=	01:38=	01:21=	00:24=	00:34=	01:48=	00:54=	01:37=	01:03=	01:28=	00:52=	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	Tormod Aaslid	Egersund OK	18:48															
00:49+	01:49+	02:30+	03:31+	04:11+	05:31-	06:00-	07:42+	08:47-	09:24-	09:59+	11:31-	12:29-	14:09-	15:51+	17:26+	18:48+		
00:49+	01:00-	00:41+	01:01+	00:40+	01:20-	00:29+	01:42+	01:05-	00:37+	00:35+	01:32-	00:58+	01:40+	01:42+	01:35+	01:22+		
00:03+	00:02-	00:03+	00:04+	00:00=	00:10-	00:00=	00:04+	00:16-	00:13&	00:01+	00:16-	00:04+	00:03+	00:39&	00:07+	00:30&		
3	Ivar Parnas	Sandnes IL	19:40															
00:45-	02:02+	02:52+	03:47+	04:27+	05:53+	06:24+	08:09+	09:38+	10:16+	10:52+	12:28+	13:26+	15:15+	16:52+	18:24+	19:40+		
00:45-	01:17+	00:50+	00:55-	00:40+	01:26-	00:31+	01:45+	01:29+	00:38+	00:36+	01:36-	00:58+	01:49+	01:37+	01:32+	01:16+		
00:01-	00:15#	00:12&	00:02-	00:00=	00:04-	00:02+	00:07+	00:08+	00:14&	00:02+	00:12-	00:04+	00:12#	00:34&	00:04+	00:24&		
4	Olav Hognestad	Ganddal IL	19:49															
00:53+	01:54+	02:45+	03:48+	04:38+	06:13+	06:48+	08:29+	09:57+	10:29+	11:01+	12:46+	13:37+	15:23+	16:40+	18:14+	19:49+		
00:53+	01:01-	00:51+	01:03+	00:50+	01:35+	00:35+	01:41+	01:28+	00:32+	00:32-	01:45-	00:51-	01:46+	01:17+	01:34+	01:35+		
00:07#	00:01-	00:13&	00:06#	00:10#	00:05+	00:06#	00:03+	00:07+	00:08&	00:02-	00:03-	00:03-	00:09+	00:14#	00:06+	00:43&		
5	Knut Jonas Espedal	Stavanger OK	19:53															
00:53+	01:57+	02:46+	03:50+	04:31+	06:10+	06:45+	08:35+	09:55+	10:26+	10:56+	12:34+	13:33+	15:16+	16:29+	18:14+	19:53+		
00:53+	01:04+	00:49+	01:04+	00:41+	01:39+	00:35+	01:50+	01:20-	00:31+	00:30-	01:38-	00:59+	01:43+	01:13+	01:45+	01:39+		
00:07#	00:02+	00:11&	00:07#	00:01+	00:09+	00:06#	00:12#	00:01-	00:07&	00:04-	00:10-	00:05+	00:06+	00:10#	00:17#	00:47&		
6	Finn-Morten Årstad	Vaulen OK	20:15															
00:51+	02:13+	03:08+	04:13+	05:01+	06:34+	07:03+	08:58+	10:30+	10:57+	11:31+	13:09+	14:01+	15:45+	17:07+	18:44+	20:15+		
00:51+	01:22+	00:55+	01:05+	00:48+	01:33+	00:29=	01:55+	01:32+	00:27+	00:34=	01:38-	00:52-	01:44+	01:22+	01:37+	01:31+		
00:05#	00:20&	00:17&	00:08#	00:03+	00:00=	00:00=	00:17#	00:11#	00:03#	00:00=	00:10-	00:02-	00:07+	00:19&	00:09#	00:39&		
7	Svein Glendrange	Stavanger OK	21:24															
00:52+	01:58+	02:37+	03:34+	04:44+	06:13+	06:39+	08:05+	09:34+	10:15+	12:39+	13:08+	14:50+	15:48+	17:23+	18:26+	19:56+	21:24+	
00:52+	01:06+	00:39+	00:57+	01:10+	01:29-	00:26-	01:26-	01:29+	00:41+	02:24+	00:29-	01:42+	00:58-	01:35+	01:03-	01:30+	01:28+	
00:06#	00:04+	00:01+	00:00=	00:30&	00:01-	00:03-	00:12-	00:08+	00:17&	01:50@	01:19-	00:48&	00:39-	00:32&	00:25-	00:38&	00:59@	
8	Magnar Nerheim	Suldal OL	22:19															
01:01+	03:12+	03:48+	05:29+	06:08+	07:50+	08:24+	10:16+	11:43+	12:24+	12:58+	14:38+	15:34+	17:21+	18:37+	20:37+	21:44+	22:19+	
01:01+	02:11+	00:36-	01:41+	00:39-	01:42+	00:34+	01:52+	01:27+	00:41+	00:34=	01:40-	00:56+	01:47+	01:16+	02:00+	01:07+	00:35+	
00:15&	01:09@	00:02-	00:44&	00:01-	00:12#	00:05#	00:14#	00:06+	00:17&	00:00=	00:08-	00:02+	00:10#	00:13#	00:32&	00:15&	00:06#	
9	Harald Steinsland	Vikebygd IL	23:55															
01:00+	02:07+	03:06+	04:27+	05:23+	07:17+	07:57+	09:49+	11:09+	11:48+	12:32+	14:44+	15:53+	17:56+	19:22+	22:01+	23:18+	23:55+	
01:00+	01:07+	00:59+	01:21+	00:56+	01:54+	00:40+	01:52+	01:20-	00:39+	00:44+	02:12+	01:09+	02:03+	01:26+	02:39+	01:17+	00:37+	
00:14&	00:05+	00:21&	00:24&	00:16&	00:24&	00:11&	00:14#	00:01-	00:15&	00:10&	00:24#	00:15&	00:26&	00:23&	01:11&	00:25&	00:08&	
10	Svein Eliassen	Vaulen OK	25:17															
01:02+	02:17+	03:03+	04:14+	06:22+	08:17+	08:53+	11:07+	13:13+	13:42+	14:17+	16:58+	18:05+	19:55+	21:47+	23:34+	25:17+		
01:02+	01:15+	00:46+	01:11+	02:08+	01:55+	00:36+	02:14+	02:06+	00:29+	00:35+	02:41+	01:07+	01:50+	01:52+	01:47+	01:43+		
00:16&	00:13#	00:08#	00:14#	01:28@	00:25&	00:07#	00:36&	00:45&	00:05#	00:01+	00:53&	00:13#	00:13#	00:49&	00:19#	00:51&		

Class	Navn	Klasse																Tid
11	Hermann Skogsholm	Sandnes IL																25:53
	00:50+	02:07+	03:05+	05:21+	06:04+	07:32+	08:04+	10:08+	14:21+	14:45+	15:51+	17:25+	18:21+	20:28+	21:40+	24:02+	25:12+	25:53+
	00:50+	01:17+	00:58+	02:16+	00:43+	01:28-	00:32+	02:04+	04:13+	00:24=	01:06+	01:34-	00:56+	02:07+	01:12+	02:22+	01:10+	00:41+
	00:04+	00:15#	00:20&	01:19@	00:03+	00:02-	00:03#	00:26&	02:52@	00:00=	00:32&	00:14-	00:02+	00:30&	00:09#	00:54&	00:18&	00:12&

Beste strekktid for klassen

00:45 01:00 00:36 00:55 00:39 01:20 00:26 01:26 01:05 00:24 00:30 00:29 00:51 00:58 01:03 01:03 00:52 00:29

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

H70

1	Albert Nærheim	Suldal OL																26:44
	01:06=	02:30=	03:31=	05:03=	06:03=	08:14=	08:54=	11:39=	13:31=	14:14=	14:55=	17:20=	18:39=	20:57=	22:29=	24:38=	26:44=	
	01:06=	01:24=	01:01=	01:32=	01:00=	02:11=	00:40=	02:45=	01:52=	00:43=	00:41=	02:25=	01:19=	02:18=	01:32=	02:09=	02:06=	
	00:00=	00:00=	00:00=	00:00=	00:00=	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	Øystein Nilsen	Vaulen OK																30:42
	00:57-	02:23-	03:45+	05:20+	06:28+	08:49+	09:27+	12:22+	14:19+	15:01+	15:44+	18:12+	22:07+	24:20+	26:26+	28:34+	30:03+	30:42+
	00:57-	01:26+	01:22+	01:35+	01:08+	02:21+	00:38-	02:55+	01:57+	00:42-	00:43+	02:28+	03:55+	02:13-	02:06+	02:08-	01:29-	00:39+
	00:09-	00:02+	00:21&	00:03+	00:08#	00:10+	00:02-	00:10+	00:05+	00:01-	00:02+	00:03+	02:36@	00:05-	00:34&	00:01-	00:37-	00:39+

Beste strekktid for klassen

00:57 01:24 01:01 01:32 01:00 02:11 00:38 02:45 01:52 00:42 00:41 02:25 01:19 02:13 01:32 02:08 01:29

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

NÅpen

1	Ingrid Lamark	Ganddal IL																12:01
	01:00=	01:55=	02:46=	04:43=	05:47=	06:32=	08:13=	10:11=	12:01=									
	01:00=	00:55=	00:51=	01:57=	01:04=	00:45=	01:41=	01:58=	01:50=									
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=									

2	Ole Kristian Taksdal	Ganddal IL																15:45
	00:51-	02:03+	02:52+	05:19+	06:50+	08:20+	10:35+	13:49+	15:00+	15:45+								
	00:51-	01:12+	00:49-	02:27+	01:31+	01:30+	02:15+	03:14+	01:11-	00:45+								
	00:09-	00:17&	00:02-	00:30&	00:27&	00:45&	00:34&	01:16&	00:39-	00:45+								

3	Øyvind Lamark	Ganddal IL																16:05
	01:07+	02:29+	03:46+	05:48+	07:33+	08:39+	11:18+	13:52+	14:53+	16:05+								
	01:07+	01:22+	01:17+	02:02+	01:45+	01:06+	02:39+	02:34+	01:01-	01:12+								
	00:07#	00:27&	00:26&	00:05+	00:41&	00:21&	00:58&	00:36&	00:49-	01:12+								

4	Morgan Nordbø	Riska OK																16:11
	01:15+	02:33+	03:46+	06:39+	07:56+	09:05+	11:23+	14:13+	14:59+	16:11+								
	01:15+	01:18+	01:13+	02:53+	01:17+	01:09+	02:18+	02:50+	00:46-	01:12+								
	00:15#	00:23&	00:22&	00:56&	00:13#	00:24&	00:37&	00:52&	01:04-	01:12+								

Beste strekktid for klassen

00:51 00:55 00:49 01:57 01:04 00:45 01:41 01:58 00:46

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