

Rankingløp 34 - Gløggløpet 2014

Dato: 20. desember 2014
 Sted: Sognsvann
 Kart: Sognsvann øst
 Arr: IL GeoForm v/Jon Tolgensbakk, Oddny Feragen, Ida Tolgensbakk Vedeld, Øyvind Grandum
 Antall: Totalt: 156 (GeoForm: 19, OSI: 10, DNV/ESS0: 8, Andre: 119)
 Alder: Voksne: 146, Ungdom: 2, Barn: 8
 Betalt: kr. 70: 111 kr. 30: 37 kr. 0: 8

Resultater: [Lang](#) | [Mellom](#) | [Kort](#) | [Nybegynner](#) | [Grafisk](#)
 Strekktider: [Lang](#) | [Mellom](#) | [Kort](#) | [Nybegynner](#)

Resultater Lang (5.2 km)

Class	Navn	Klubb	Tid
1	Eriksen, Jan Richard	Asker SK	0:37:22 + 00:00
2	Skogedal, Pål	Asker SK	0:39:08 + 01:46
3	Benjaminsen, Vidar	Lillomarka OL	0:42:50 + 05:28
4	Arnesen, Ulrik Astrup	Heming Orientering	0:42:59 + 05:37
5	Speake, Matthew	Lillomarka OL	0:43:14 + 05:52
6	Aarseth, Lars Ivar	FBI	0:43:22 + 06:00
7	Eijsink, Henrik	ÅS UMB Orientering	0:43:23 + 06:01
8	Lunde, Johan	IL Koll	0:43:24 + 06:02
9	Nipen, Mathias	IL Tyrving	0:43:33 + 06:11
10	Kristiansen, Are	Tyrving	0:43:35 + 06:13
11	Benjaminsen, Mathias	Lillomarka OL	0:44:33 + 07:11
12	Nipen, Thomas	Tyrving	0:44:43 + 07:21
13	Iwe, Harald	IL GeoForm	0:45:24 + 08:02
14	Hoff, Eivind	Tyrving	0:45:45 + 08:23
15	Wigaard, Espen	Oppsal IF	0:46:04 + 08:42
16	Blomseth, Stein	Vålerenga	0:46:08 + 08:46
17	Mella, Tor	Oppsal IF	0:46:50 + 09:28
18	Løvhaug, Karl Rikard	OSI	0:46:52 + 09:30
19	Grinde, Bjørn	OSI	0:47:23 + 10:01
20	Knudsen, Magne	Oppsal IF	0:48:11 + 10:49
21	Seierstad, Ivar	IL GeoForm	0:48:24 + 11:02
22	Arnesen, Lasse	Heming Orientering	0:49:54 + 12:32
23	Martinsen, Ove	Hauketo IF	0:50:09 + 12:47
24	Hauge, Bjørn	Fet OL	0:50:43 + 13:21
25	Kaarby, Jon	Nydalens SK	0:51:04 + 13:42

26	Bjerknes, Audun	Måren OK	0:51:19 + 13:57
27	Sundberg, Terje	IL GeoForm	0:51:25 + 14:03
28	Wigaard, Are	Oppsal IF	0:52:41 + 15:19
29	Karlsbakk, Per Jogeir	DNV	0:53:23 + 16:01
30	Astrup Arnesen, Signe	Heming Orientering	0:53:35 + 16:13
31	Ringstad, Tor	Cisco	0:53:51 + 16:29
32	Helland, Knut	Ringerike OL	0:54:04 + 16:42
33	Danielsen, Anne	Lyn	0:55:46 + 18:24
34	Lesteberg, Ola	Kongsberg OL	0:57:00 + 19:38
35	Helgaker, Jan Fredrik	DNV	0:57:27 + 20:05
36	Eriksen, Are	OSI	0:58:26 + 21:04
37	Due Trier, Øivind	OSI	0:58:57 + 21:35
38	Ruth, Eivind	DNV	0:59:26 + 22:04
39	Utskarpen, Audrun	OSI	0:59:41 + 22:19
40	Ruud, Elias P	Lillomarka OL	0:59:43 + 22:21
41	Teigland, Rune	Aas Jakobsen	1:00:26 + 23:04
42	Kjeldsen, Signe Flood	IL GeoForm	1:00:32 + 23:10
43	Osen, Per	Vestre Akers SK	1:01:52 + 24:30
44	Homleid, Mariken	IL GeoForm	1:04:04 + 26:42
45	Moe, Eirik	Lierbygda	1:07:34 + 30:12
46	Gylver, Øyvind	Asker SK	1:08:11 + 30:49
47	Kernstock, Svenja	DNV	1:16:19 + 38:57
48	Kernstock, Stefan	OSI	1:16:27 + 39:05
DSQ	Hultgreen Karlsen, Stig	Oppsal IF	1:04:13 (-1 poster)

Resultater Mellom (3.9 km)

Plass	Navn	Klubb	Tid
1	Jensen, Einar	Nydalens SK	0:35:19 + 00:00
2	Wiklund, Berit Sofie	Nydalens SK	0:35:20 + 00:01
3	Berteig, Vidar	Fossum IF	0:37:13 + 01:54
4	Arnesen, Kimme	Heming Orientering	0:37:21 + 02:02
5	Zeiner-Gundersen, Richard	Fossum IF	0:37:49 + 02:30
6	Vollen, Magne	OSI	0:38:49 + 03:30
7	Oram, Louise	Nydalens SK	0:39:04 + 03:45
8	Berge, Ketil	Vestre Akers SK	0:39:52 + 04:33
9	Rikheim, Harald	Rådtassene	0:43:26 + 08:07
10	Løken, Aleidis	Heming Orientering	0:44:34 + 09:15
11	Berg, Håkon	Stokke IL	0:45:08 + 09:49
12	Rikheim, Solveig	NMBUI	0:45:15 + 09:56
13	Stefferdud, Per	Toridal IL	0:45:34 + 10:15
14	Hanslien, Uno	Bilpost BIL	0:45:53 + 10:34

15	Hem, Einar	Lillomarka OL	0:45:59 +	10:40
16	Grandum, Øyvind	IL GeoForm	0:46:06 +	10:47
16	Skøyeneie, Eirik	Privat	0:46:06 +	10:47
18	Brurberg, May Bente	ÅS UMB Orientering	0:46:45 +	11:26
19	Christensen, Lars	DNV	0:48:04 +	12:45
20	Fremming, Hans Henrik	MI	0:48:26 +	13:07
21	Clasen, Claus Frimann	Lyberg & Partnere	0:48:38 +	13:19
22	Fixdal, Trude	IL Koll	0:48:55 +	13:36
22	Næss Ulseth, Frida	Nydalens SK	0:48:55 +	13:36
24	Nipen, Olav	Statoil Oslo BIL	0:49:05 +	13:46
25	Hjelm, Morten	DNV	0:49:09 +	13:50
26	Mattson, Johan	Lillomarka OL	0:49:13 +	13:54
27	Grøndahl, Frøy	Lillomarka OL	0:49:21 +	14:02
28	Paltjiel, Liv	Folkehelseinstituttet	0:50:30 +	15:11
29	Edwardsen, Tom	Koll	0:50:48 +	15:29
30	Tho, Kjersti	Stabæk IF	0:51:48 +	16:29
31	Vignes, Ole	IL GeoForm	0:52:13 +	16:54
32	Engzelius, Margrete	Asker SK	0:52:28 +	17:09
33	Lesteberg, Ann-Karin	Kongsberg OL	0:54:18 +	18:59
34	Devik, Alexandra	OSI	0:55:32 +	20:13
35	Næss-Ulseth, Selma	Nydalens SK	0:55:54 +	20:35
36	Revhaug, Helge	Ringerike OL	0:57:23 +	22:04
37	Ursin, Nora	Fossum IF	0:59:01 +	23:42
38	Hultgreen, Rune	Opsahl	0:59:08 +	23:49
39	Benjaminsen, Pål	Kamp/Vestheim IF	0:59:21 +	24:02
40	Enstrøm, Lenny	OSI	1:00:26 +	25:07
41	Gange, Finn	Privat	1:01:30 +	26:11
42	Bjørgum, Hallvard	DNV	1:03:00 +	27:41
43	Ruud, Steinar	Konnerud IF	1:03:13 +	27:54
44	Ommundsen, Tor	DNV	1:03:27 +	28:08
45	Aas, Eyvind	IL GeoForm	1:03:31 +	28:12
46	Jæger, Kristin	BSI orientering	1:04:47 +	29:28
47	Drage, Tor	Aker Solutions	1:05:00 +	29:41
48	Knudsen, Kåre	IL GeoForm	1:05:21 +	30:02
49	Lome-Hagman, Ingrid	Kolbotn & Skimt OL	1:08:04 +	32:45
50	Fougner, Jon C.	Heming Orientering	1:08:27 +	33:08
51	Gunnerød, Bjørn	IL GeoForm	1:14:04 +	38:45
52	Skantze, Don	IL Tyrving	1:16:32 +	41:13
53	Hangeraa, Knut	IL GeoForm	1:17:06 +	41:47
54	Wibye, Harald	Moss	1:21:00 +	45:41
55	Rogstad, Astri	OSI	1:22:27 +	47:08
56	Haugerud, Sigurd	IL GeoForm	1:38:02 +	1:02:43
	Brøtan, Hallstein	Stokke IL	FULLFØRT	
DSQ	Hagmann, Rolf	Kolbotn & Skimt OL	1:07:05	(-4 poster)
	Tyren, Rebecka	Stokke IL	DELTATT	

Resultater Kort (2.1 km)

Plass	Navn	Klubb	Tid
1	Ongstad, Per	Privat	0:22:26 + 00:00
2	Solheim, Knut Tore	Nydalens SK	0:27:14 + 04:48
3	Haugen, Per	Lillomarka OL	0:27:50 + 05:24
4	Edwardsen, Marte	Koll	0:29:05 + 06:39
5	Kristiansen, Kristoffer	IL GeoForm	0:29:22 + 06:56
6	Myhre, Stein	Oslo sporveier BIL	0:30:19 + 07:53
7	Eriksen, Tove	Privat	0:30:24 + 07:58
8	Skjærstein, Synne	Tyrving	0:31:10 + 08:44
9	Madsen, Øystein	Haugerud IL	0:32:04 + 09:38
10	Vik, Eilen Arctander	Koll	0:34:17 + 11:51
11	Torp, Bjørn	IL GeoForm	0:34:29 + 12:03
12	Aarseth, Mari		0:36:00 + 13:34
13	Ståhlbrand, Per Eric	Kjelsås IL	0:38:17 + 15:51
14	Ruud, Merete	Lillomarka OL	0:39:32 + 17:06
15	Scheie, Arne Christian	Østmarka OK	0:39:40 + 17:14
16	Kolderup, Carl-Fredrik	Stabæk IF	0:39:47 + 17:21
17	Grande, Magne	FBI	0:39:53 + 17:27
17	Fanuelsen, Brynhild	Fossum IF	0:39:53 + 17:27
19	Fanavoll, Jon	IF Kamp/Vestheim	0:39:56 + 17:30
20	Arnesen, Maja	Heming Orientering	0:40:48 + 18:22
21	Hetland, Ida	Kolbotn & Skimt OL	0:43:49 + 21:23
22	Mella, Aage	Østmarka OK	0:43:54 + 21:28
23	Henriksen, Tor E.	Lillomarka OL	0:44:42 + 22:16
24	Larsson, Bjørn	Lillomarka OL	0:44:59 + 22:33
25	Ibsen, Tom	Lommedalen IL	0:46:34 + 24:08
26	Ibsen, Elisabeth	Lommedalen IL	0:46:46 + 24:20
27	Fremming, Ørnulf	Meteorologen	0:47:09 + 24:43
28	Fredh, Linda	Hamar OK	0:47:21 + 24:55
29	Plejdrup, Sissel	Oppsal IF	0:54:27 + 32:01
30	Gjerme, Per	Asker SK	0:59:39 + 37:13
31	Tandberg, Kristian	Team Tandberg	1:01:26 + 39:00
32	Øfsthus, Arne	Asker SK	1:24:18 +1:01:52
33	Simonsen, Lisbeth	IL GeoForm	1:43:37 +1:21:11
33	Voss, Anne Cathrine	IL GeoForm	1:43:37 +1:21:11
DSQ	Thronsdn, Terje	Pecon	0:48:10 (-1 poster)
	Teigland, Kjell	Østmarka OK	DELTATT

Resultater Nybegynner (1.7 km)

Plass	Navn	Klubb	Tid
1	Borg, Martin Christoffer	IL Koll	0:16:26 + 00:00
2	Salvesen Lunde, Johannes	Koll	0:16:45 + 00:19
3	Borg, Christian Fredrik	IL Koll	0:21:02 + 04:36
4	Wærp Hauge, Elise	Nydalens SK	0:23:32 + 07:06
5	Arnesen, Lukas	Heming Orientering	0:29:04 + 12:38
6	Eide-Fredriksen, Alvin		0:34:40 + 18:14
7	Mellqvist, Silje		0:34:41 + 18:15
8	Eide-Fredriksen, Aksel		0:34:42 + 18:16
9	Tolgensbakk Vedeld, Ea	IL GeoForm	0:35:49 + 19:23
10	Tolgensbakk Vedeld, Olve	IL GeoForm	0:39:12 + 22:46
11	Feragen, Oddny	IL GeoForm	0:39:17 + 22:51
12	Aarseth, Iver	Koll IL	0:57:33 + 41:07

Strekktider Lang

Plass	Navn	Klubb	Tid
1	Eriksen, Jan Richard	Asker SK	0:37:22 + 00:00
	01:34-1 03:55-1 05:15-1 07:03-3 09:37-2 13:10-1 15:46-1 18:52-1 22:47-1 25:26-1 27:49-1 30:25-1 33:40-1 35:22-1 37:22-1		
	01:34-1 02:21-1 01:20-10 01:48-18 02:34-5 03:33-1 02:36-8 03:06-3 03:55-2 02:39-3 02:23-1 02:36-1 03:15-1 01:42-2 02:00-5		
	00:00= 00:00= 00:13# 00:24& 00:09+ 00:00= 00:20# 00:05+ 00:01+ 00:36& 00:00= 00:00= 00:00= 00:01+ 00:05+		
2	Skogedal, Pål	Asker SK	0:39:08 + 01:46
	01:59-8 04:28-3 05:36-3 07:02-2 09:38-3 14:27-3 16:43-2 19:46-2 23:40-2 25:43-2 29:00-2 31:56-2 35:20-2 37:05-2 39:08-2		
	01:59-8 02:29-3 01:08-2 01:26-2 02:36-6 04:49-4 02:16-1 03:03-2 03:54-1 02:03-1 03:17-16 02:56-15 03:24-5 01:45-5 02:03-6		
	00:25& 00:08+ 00:01+ 00:02+ 00:11+ 01:16& 00:00= 00:02+ 00:00= 00:00= 00:54& 00:20# 00:09+ 00:04+ 00:08+		
3	Benjaminsen, Vidar	Lillomarka OL	0:42:50 + 05:28
	02:11-20 04:46-7 06:03-7 07:37-5 10:05-5 15:06-4 17:36-4 21:12-4 26:28-6 29:17-4 32:14-4 35:09-4 38:38-3 40:33-3 42:50-3		
	02:11-20 02:35-5 01:17-7 01:34-4 02:28-2 05:01-10 02:30-4 03:36-7 05:16-32 02:49-8 02:57-10 02:55-13 03:29-6 01:55-15 02:17-16		
	00:37& 00:14+ 00:10# 00:10# 00:03+ 01:28& 00:14# 00:35# 01:22& 00:46& 00:34# 00:19# 00:14+ 00:14# 00:22#		
4	Arnesen, Ulrik Astrup	Heming Orientering	0:42:59 + 05:37
	02:09-18 05:25-19 07:19-20 09:05-16 12:04-16 17:15-16 19:43-13 22:44-10 26:43-7 29:24-5 32:37-5 35:21-5 39:18-6 41:01-5 42:59-4		
	02:09-18 03:16-17 01:54-38 01:46-16 02:59-19 05:11-15 02:28-2 03:01-1 03:59-3 02:41-5 03:13-14 02:44-6 03:57-18 01:43-4 01:58-2		
	00:35& 00:55& 00:47& 00:22& 00:34# 01:38& 00:12+ 00:00= 00:05+ 00:38& 00:50& 00:08+ 00:42# 00:02+ 00:03+		
5	Speake, Matthew	Lillomarka OL	0:43:14 + 05:52
	02:07-17 04:46-6 06:01-6 07:45-7 10:30-7 15:42-8 18:28-8 22:29-8 26:46-8 29:46-7 32:42-6 35:25-6 38:54-5 40:41-4 43:14-5		
	02:07-17 02:39-7 01:15-5 01:44-14 02:45-9 05:12-16 02:46-12 04:01-20 04:17-7 03:00-12 02:56-9 02:43-5 03:29-6 01:47-6 02:33-26		
	00:33& 00:18# 00:08# 00:20# 00:20# 01:39& 00:30# 01:00& 00:23+ 00:57& 00:33# 00:07+ 00:14+ 00:06+ 00:38&		
6	Aarseth, Lars Ivar	FBI	0:43:22 + 06:00
	01:45-3 04:11-2 05:18-2 06:42-1 09:07-1 14:01-2 16:50-3 20:28-3 24:51-3 28:28-3 31:52-3 34:44-3 38:52-4 41:23-8 43:22-6		

01:45-3	02:26-2	01:07-1	01:24-1	02:25-1	04:54-8	02:49-15	03:38-8	04:23-14	03:37-23	03:24-21	02:52-11	04:08-23	02:31-39	01:59-4
00:11#	00:05+	00:00=	00:00=	00:00=	01:21&	00:33#	00:37#	00:29#	01:34&	01:01&	00:16#	00:53&	00:50&	00:04+
7	Eijsink, Henrik			ÅS UMB Orientering		0:43:23 +	06:01							
02:12-22	06:20-29	07:38-25	09:16-20	12:01-14	17:10-15	19:45-14	23:26-13	27:45-13	30:15-10	33:24-9	36:09-9	39:28-8	41:18-7	43:23-7
02:12-22	04:08-36	01:18-9	01:38-8	02:45-9	05:09-14	02:35-7	03:41-11	04:19-10	02:30-2	03:09-12	02:45-7	03:19-2	01:50-11	02:05-8
00:38&	01:47&	00:11#	00:14#	00:20#	01:36&	00:19#	00:40#	00:25#	00:27#	00:46&	00:09+	00:04+	00:09+	00:10+
8	Lunde, Johan			IL Koll		0:43:24 +	06:02							
01:53-5	04:31-5	05:57-5	07:31-4	10:03-4	15:29-7	18:07-7	21:48-6	26:22-5	29:52-8	32:52-7	35:40-7	39:27-7	41:14-6	43:24-8
01:53-5	02:38-6	01:26-15	01:34-4	02:32-4	05:26-22	02:38-9	03:41-11	04:34-18	03:30-19	03:00-11	02:48-9	03:47-13	01:47-6	02:10-13
00:19#	00:17#	00:19&	00:10#	00:07+	01:53&	00:22#	00:40#	00:40#	01:27&	00:37&	00:12+	00:32#	00:06+	00:15#
9	Nipen, Mathias			IL Tyrving		0:43:33 +	06:11							
01:58-7	05:21-18	06:33-12	08:11-10	10:47-9	15:26-6	18:00-6	23:10-12	27:20-11	31:07-13	34:00-11	36:37-10	39:56-10	41:38-10	43:33-9
01:58-7	03:23-19	01:12-3	01:38-8	02:36-6	04:39-2	02:34-6	05:10-39	04:10-5	03:47-26	02:53-8	02:37-2	03:19-2	01:42-2	01:55-1
00:24&	01:02&	00:05+	00:14#	00:11+	01:06&	00:18#	02:09&	00:16+	01:44&	00:30#	00:01+	00:04+	00:01+	00:00=
10	Kristiansen, Are			Tyrving		0:43:35 +	06:13							
02:03-13	05:04-10	06:21-8	07:58-8	10:26-6	15:18-5	17:47-5	21:25-5	25:43-4	29:34-6	33:09-8	35:54-8	39:34-9	41:27-9	43:35-10
02:03-12	03:01-10	01:17-7	01:37-7	02:28-2	04:52-7	02:29-3	03:38-8	04:18-8	03:51-29	03:35-26	02:45-7	03:40-11	01:53-14	02:08-11
00:29&	00:40&	00:10#	00:13#	00:03+	01:19&	00:13+	00:37#	00:24#	01:48&	01:12&	00:09+	00:25#	00:12#	00:13#
11	Benjaminsen, Mathias			Lillomarka OL		0:44:33 +	07:11							
02:04-14	05:12-13	06:25-10	08:00-9	10:46-8	15:54-9	18:33-9	22:12-7	26:48-9	30:10-9	33:29-10	36:37-11	40:25-11	42:22-11	44:33-11
02:04-14	03:08-14	01:13-4	01:35-6	02:46-11	05:08-13	02:39-10	03:39-10	04:36-19	03:22-18	03:19-17	03:08-19	03:48-14	01:57-17	02:11-14
00:30&	00:47&	00:06+	00:11#	00:21#	01:35&	00:23#	00:38#	00:42#	01:19&	00:56&	00:32#	00:33#	00:16#	00:16#
12	Nipen, Thomas			Tyrving		0:44:43 +	07:21							
01:40-2	05:04-12	06:24-9	09:10-18	11:51-13	16:34-11	19:05-10	24:25-16	28:25-15	32:26-17	35:04-17	37:43-14	41:04-13	42:45-13	44:43-12
01:40-2	03:24-20	01:20-10	02:46-44	02:41-8	04:43-3	02:31-5	05:20-41	04:00-4	04:01-33	02:38-2	02:39-3	03:21-4	01:41-1	01:58-2
00:06+	01:03&	00:13#	01:22&	00:16#	01:10&	00:15#	02:19&	00:06+	01:58&	00:15#	00:03+	00:06+	00:00=	00:03+
13	Iwe, Harald			IL GeoForm		0:45:24 +	08:02							
02:06-16	05:34-20	07:12-18	08:44-13	12:30-22	17:45-18	20:39-18	24:25-15	28:43-16	31:23-15	34:07-13	36:56-12	41:11-14	43:20-14	45:24-13
02:06-15	03:28-22	01:38-28	01:32-3	03:46-40	05:15-17	02:54-22	03:46-16	04:18-8	02:40-4	02:44-4	02:49-10	04:15-25	02:09-30	02:04-7
00:32&	01:07&	00:31&	00:08+	01:21&	01:42&	00:38&	00:45#	00:24#	00:37&	00:21#	00:13+	01:00&	00:28&	00:09+
14	Hoff, Eivind			Tyrving		0:45:45 +	08:23							
02:10-19	05:51-25	07:14-19	08:52-14	11:45-12	17:01-13	19:51-15	23:32-14	28:04-14	30:58-12	34:29-14	37:49-15	41:51-16	43:40-15	45:45-14
02:10-19	03:41-28	01:23-14	01:38-8	02:53-15	05:16-18	02:50-16	03:41-11	04:32-17	02:54-11	03:31-23	03:20-23	04:02-19	01:49-9	02:05-8
00:36&	01:20&	00:16#	00:14#	00:28#	01:43&	00:34&	00:40#	00:38#	00:51&	01:08&	00:44&	00:47#	00:08+	00:10+
15	Wigaard, Espen			Oppsal IF		0:46:04 +	08:42							
02:11-21	04:57-8	06:32-11	08:22-11	11:16-10	16:21-10	19:13-11	23:06-11	27:44-12	31:14-14	34:06-12	37:01-13	40:30-12	42:32-12	46:04-15
02:11-20	02:46-8	01:35-23	01:50-20	02:54-16	05:05-12	02:52-20	03:53-19	04:38-21	03:30-19	02:52-7	02:55-13	03:29-6	02:02-25	03:32-47
00:37&	00:25#	00:28&	00:26&	00:29#	01:32&	00:36&	00:52&	00:44#	01:27&	00:29#	00:19#	00:14+	00:21#	01:37&
16	Blomseth, Stein			Vålerenga		0:46:08 +	08:46							
01:59-9	04:30-4	05:46-4	07:42-6	12:24-19	17:25-17	20:12-17	24:29-17	28:48-17	32:03-16	34:54-16	38:09-17	41:47-15	43:47-16	46:08-16
01:59-8	02:31-4	01:16-6	01:56-23	04:42-46	05:01-10	02:47-13	04:17-25	04:19-10	03:15-15	02:51-6	03:15-22	03:38-10	02:00-21	02:21-19
00:25&	00:10+	00:09#	00:32&	02:17&	01:28&	00:31#	01:16&	00:25#	01:12&	00:28#	00:39&	00:23#	00:19#	00:26#
17	Mella, Tor			Oppsal IF		0:46:50 +	09:28							
02:24-29	05:49-22	07:29-23	09:16-19	12:24-18	18:13-20	21:03-19	24:49-19	29:35-19	32:27-18	35:38-18	38:37-18	42:23-17	44:22-18	46:50-17
02:24-29	03:25-21	01:40-30	01:47-17	03:08-22	05:49-28	02:50-16	03:46-16	04:46-22	02:52-9	03:11-13	02:59-16	03:46-12	01:59-20	02:28-22

00:50&	01:04&	00:33&	00:23&	00:43&	02:16&	00:34&	00:45#	00:52#	00:49&	00:48&	00:23#	00:31#	00:18#	00:33&
18	Løvhaug, Karl Rikard			OSI		0:46:52 +	09:30							
01:57-6	05:19-17	06:45-13	08:42-12	11:38-11	16:37-12	19:22-12	22:33-9	26:55-10	30:39-11	34:45-15	37:59-16	42:27-18	44:19-17	46:52-18
01:57-6	03:22-18	01:26-15	01:57-25	02:56-18	04:59-9	02:45-11	03:11-4	04:22-12	03:44-25	04:06-34	03:14-21	04:28-29	01:52-12	02:33-26
00:23#	01:01&	00:19&	00:33&	00:31#	01:26&	00:29#	00:10+	00:28#	01:41&	01:43&	00:38#	01:13&	00:11#	00:38&
19	Grinde, Bjørn			OSI		0:47:23 +	10:01							
01:59-10	05:04-11	07:43-27	09:26-23	12:54-24	18:31-22	21:18-21	26:25-25	30:47-24	33:52-22	36:39-20	39:21-19	43:27-20	45:16-19	47:23-19
01:59-8	03:05-11	02:39-46	01:43-12	03:28-31	05:37-24	02:47-13	05:07-37	04:22-12	03:05-14	02:47-5	02:42-4	04:06-22	01:49-9	02:07-10
00:25&	00:44&	01:32@	00:19#	01:03&	02:04&	00:31#	02:06&	00:28#	01:02&	00:24#	00:06+	00:51&	00:08+	00:12#
20	Knudsen, Magne			Oppsal IF		0:48:11 +	10:49							
02:02-11	05:50-24	07:27-22	09:20-21	12:25-20	18:45-23	21:56-24	25:48-22	30:15-21	32:57-19	36:12-19	39:22-20	43:27-19	45:43-20	48:11-20
02:02-11	03:48-30	01:37-26	01:53-21	03:05-20	06:20-34	03:11-27	03:52-18	04:27-15	02:42-6	03:15-15	03:10-20	04:05-21	02:16-31	02:28-22
00:28&	01:27&	00:30&	00:29&	00:40&	02:47&	00:55&	00:51&	00:33#	00:39&	00:52&	00:34#	00:50&	00:35&	00:33&
21	Seierstad, Ivar			IL GeoForm		0:48:24 +	11:02							
02:16-25	06:11-27	07:33-24	09:27-24	12:13-17	17:02-14	20:03-16	24:29-18	29:19-18	33:52-23	37:48-23	40:42-21	44:19-21	46:06-21	48:24-21
02:16-25	03:55-31	01:22-13	01:54-22	02:46-11	04:49-4	03:01-25	04:26-28	04:50-26	04:33-38	03:56-31	02:54-12	03:37-9	01:47-6	02:18-17
00:42&	01:34&	00:15#	00:30&	00:21#	01:16&	00:45&	01:25&	00:56#	02:30@	01:33&	00:18#	00:22#	00:06+	00:23#
22	Arnesen, Lasse			Heming Orientering		0:49:54 +	12:32							
02:06-15	05:16-15	06:50-15	09:09-17	12:27-21	18:20-21	21:47-22	25:15-20	30:10-20	33:30-21	36:52-21	40:45-22	45:21-22	47:19-22	49:54-22
02:06-15	03:10-15	01:34-22	02:19-38	03:18-28	05:53-30	03:27-33	03:28-6	04:55-28	03:20-17	03:22-19	03:53-37	04:36-31	01:58-18	02:35-29
00:32&	00:49&	00:27&	00:55&	00:53&	02:20&	01:11&	00:27#	01:01&	01:17&	00:59&	01:17&	01:21&	00:17#	00:40&
23	Martinsen, Ove			Hauketo IF		0:50:09 +	12:47							
02:16-26	05:15-14	06:56-16	08:54-15	12:03-15	18:05-19	21:16-20	25:22-21	30:20-22	34:27-25	37:49-24	41:16-23	45:35-23	47:37-23	50:09-23
02:16-25	02:59-9	01:41-31	01:58-27	03:09-23	06:02-32	03:11-27	04:06-21	04:58-30	04:07-36	03:22-19	03:27-27	04:19-26	02:02-25	02:32-25
00:42&	00:38&	00:34&	00:34&	00:44&	02:29&	00:55&	01:05&	01:04&	02:04@	00:59&	00:51&	01:04&	00:21#	00:37&
24	Hauge, Bjørn			Fet OL		0:50:43 +	13:21							
02:03-12	08:16-42	09:36-39	11:18-36	14:34-35	19:59-32	22:54-29	27:53-33	32:39-31	36:35-30	39:18-28	42:24-26	46:17-24	48:25-24	50:43-24
02:03-12	06:13-46	01:20-10	01:42-11	03:16-26	05:25-21	02:55-23	04:59-35	04:46-22	03:56-31	02:43-3	03:06-18	03:53-16	02:08-28	02:18-17
00:29&	03:52@	00:13#	00:18#	00:51&	01:52&	00:39&	01:58&	00:52#	01:53&	00:20#	00:30#	00:38#	00:27&	00:23#
25	Kaarby, Jon			Nydalens SK		0:51:04 +	13:42							
02:17-28	06:55-35	09:45-41	11:44-38	15:15-39	20:05-33	22:55-30	26:18-23	30:31-23	33:19-20	39:16-27	42:39-28	46:42-27	48:43-26	51:04-25
02:17-27	04:38-40	02:50-47	01:59-30	03:31-34	04:50-6	02:50-16	03:23-5	04:13-6	02:48-7	05:57-48	03:23-24	04:03-20	02:01-24	02:21-19
00:43&	02:17&	01:43@	00:35&	01:06&	01:17&	00:34&	00:22#	00:19+	00:45&	03:34@	00:47&	00:48#	00:20#	00:26#
26	Bjerknes, Audun			Måren OK		0:51:19 +	13:57							
01:52-4	04:59-9	07:04-17	10:44-31	13:34-28	18:58-25	21:48-23	26:23-24	31:00-25	34:01-24	37:32-22	41:56-24	46:34-26	48:32-25	51:19-26
01:52-4	03:07-13	02:05-41	03:40-48	02:50-13	05:24-20	02:50-16	04:35-31	04:37-20	03:01-13	03:31-23	04:24-41	04:38-32	01:58-18	02:47-33
00:18#	00:46&	00:58&	02:16@	00:25#	01:51&	00:34&	01:34&	00:43#	00:58&	01:08&	01:48&	01:23&	00:17#	00:52&
27	Sundberg, Terje			IL GeoForm		0:51:25 +	14:03							
02:12-23	05:17-16	06:47-14	09:50-27	13:05-25	18:58-26	22:14-26	26:35-26	31:56-26	34:49-26	38:22-25	42:12-25	46:33-25	49:00-27	51:25-27
02:12-22	03:05-11	01:30-18	03:03-47	03:15-25	05:53-30	03:16-29	04:21-26	05:21-34	02:53-10	03:33-25	03:50-35	04:21-27	02:27-37	02:25-21
00:38&	00:44&	00:23&	01:39@	00:50&	02:20&	01:00&	01:20&	01:27&	00:50&	01:10&	01:14&	01:06&	00:46&	00:30&
28	Wigaard, Are			Oppsal IF		0:52:41 +	15:19							
02:17-27	07:54-41	10:49-43	12:34-43	15:28-40	21:10-38	24:30-37	29:11-35	34:04-35	37:52-33	41:13-31	44:12-30	48:41-30	50:33-28	52:41-28
02:17-27	05:37-44	02:55-48	01:45-15	02:54-16	05:42-26	03:20-30	04:41-33	04:53-27	03:48-28	03:21-18	02:59-16	04:29-30	01:52-12	02:08-11
00:43&	03:16@	01:48@	00:21&	00:29#	02:09&	01:04&	01:40&	00:59&	01:45&	00:58&	00:23#	01:14&	00:11#	00:13#

02:36-33	05:46-21	07:23-21	09:20-22	13:13-26	19:43-30	24:26-36	31:32-40	37:28-40	41:20-38	45:22-39	49:49-40	54:52-40	57:09-39	59:43-40
02:36-33	03:10-15	01:37-26	01:57-25	03:53-41	06:30-38	04:43-48	07:06-48	05:56-40	03:52-30	04:02-32	04:27-42	05:03-38	02:17-32	02:34-28
01:02&	00:49&	00:30&	00:33&	01:28&	02:57&	02:27@	04:05@	02:02&	01:49&	01:39&	01:51&	01:48&	00:36&	00:39&
41	Teigland, Rune				Aas Jakobsen	1:00:26 +	23:04							
02:43-37	07:06-36	09:27-36	11:29-37	15:01-38	21:28-39	25:01-39	29:58-37	35:22-37	42:04-42	46:42-42	50:18-41	55:10-41	57:33-40	60:26-41
02:43-37	04:23-38	02:21-44	02:02-31	03:32-36	06:27-35	03:33-36	04:57-34	05:24-35	06:42-46	04:38-40	03:36-30	04:52-35	02:23-34	02:53-37
01:09&	02:02&	01:14@	00:38&	01:07&	02:54&	01:17&	01:56&	01:30&	04:39@	02:15&	01:00&	01:37&	00:42&	00:58&
42	Kjeldsen, Signe Flood				IL GeoForm	1:00:32 +	23:10							
02:42-36	06:25-30	08:15-31	10:17-29	14:58-36	22:09-40	25:47-40	29:59-38	35:59-38	40:15-37	45:05-36	49:37-39	54:46-39	57:35-41	60:32-42
02:42-35	03:43-29	01:50-37	02:02-31	04:41-44	07:11-45	03:38-38	04:12-24	06:00-42	04:16-37	04:50-41	04:32-43	05:09-40	02:49-45	02:57-40
01:08&	01:22&	00:43&	00:38&	02:16&	03:38@	01:22&	01:11&	02:06&	02:13@	02:27@	01:56&	01:54&	01:08&	01:02&
43	Osen, Per				Vestre Akers SK	1:01:52 +	24:30							
02:42-35	06:37-31	08:42-34	10:57-34	14:13-32	20:51-37	24:39-38	29:41-36	36:35-39	41:31-40	45:36-41	50:30-42	55:38-42	58:29-42	61:52-43
02:42-35	03:55-31	02:05-41	02:15-36	03:16-26	06:38-43	03:48-41	05:02-36	06:54-45	04:56-41	04:05-33	04:54-44	05:08-39	02:51-46	03:23-46
01:08&	01:34&	00:58&	00:51&	00:51&	03:05&	01:32&	02:01&	03:00&	02:53@	01:42&	02:18&	01:53&	01:10&	01:28&
44	Homleid, Mariken				IL GeoForm	1:04:04 +	26:42							
02:55-38	07:38-38	09:39-40	12:15-41	18:42-46	25:15-46	29:18-45	34:38-44	40:25-43	44:29-43	48:46-43	52:35-43	58:22-44	60:50-43	64:04-44
02:55-38	04:43-41	02:01-39	02:36-42	06:27-48	06:33-40	04:03-45	05:20-41	05:47-39	04:04-35	04:17-35	03:49-34	05:47-46	02:28-38	03:14-45
01:21&	02:22@	00:54&	01:12&	04:02@	03:00&	01:47&	02:19&	01:53&	02:01&	01:54&	01:13&	02:32&	00:47&	01:19&
45	Moe, Eirik				Lierbygda	1:07:34 +	30:12							
03:51-45	07:48-39	09:33-38	11:54-39	15:35-41	23:39-41	27:38-42	34:13-43	40:39-44	45:58-45	50:20-45	53:44-44	58:10-43	64:45-46	67:34-46
03:51-45	03:57-33	01:45-34	02:21-39	03:41-38	08:04-48	03:59-43	06:35-47	06:26-44	05:19-42	04:22-37	03:24-25	04:26-28	06:35-48	02:49-35
02:17@	01:36&	00:38&	00:57&	01:16&	04:31@	01:43&	03:34@	02:32&	03:16@	01:59&	00:48&	01:11&	04:54@	00:54&
46	Gylver, Øyvind				Asker SK	1:08:11 +	30:49							
03:13-42	09:58-47	11:42-46	14:10-46	19:14-47	26:00-48	30:00-48	35:07-45	40:53-45	47:13-46	52:03-46	56:25-45	61:44-46	64:23-45	68:11-47
03:13-42	06:45-48	01:44-32	02:28-40	05:04-47	06:46-44	04:00-44	05:07-37	05:46-38	06:20-44	04:50-41	04:22-40	05:19-42	02:39-43	03:48-48
01:39@	04:24@	00:37&	01:04&	02:39@	03:13&	01:44&	02:06&	01:52&	04:17@	02:27@	01:46&	02:04&	00:58&	01:53&
47	Kernstock, Svenja				DNV	1:16:19 +	38:57							
05:19-48	09:26-44	11:29-45	13:27-44	17:12-44	24:48-44	28:56-44	35:27-47	45:39-47	54:34-47	60:03-47	65:11-46	70:53-47	73:24-47	76:19-48
05:19-48	04:07-35	02:03-40	01:58-27	03:45-39	07:36-46	04:08-46	06:31-46	10:12-47	08:55-47	05:29-45	05:08-46	05:42-44	02:31-39	02:55-38
03:45@	01:46&	00:56&	00:34&	01:20&	04:03@	01:52&	03:30@	06:18@	06:52@	03:06@	02:32&	02:27&	00:50&	01:00&
48	Kernstock, Stefan				OSI	1:16:27 +	39:05							
05:17-47	09:33-46	11:22-44	13:28-45	17:08-42	24:44-43	29:18-46	35:32-48	45:46-48	54:41-48	60:12-48	65:22-47	71:04-48	73:30-48	76:27-49
05:17-47	04:16-37	01:49-36	02:06-34	03:40-37	07:36-46	04:34-47	06:14-45	10:14-48	08:55-47	05:31-46	05:10-47	05:42-44	02:26-36	02:57-40
03:43@	01:55&	00:42&	00:42&	01:15&	04:03@	02:18@	03:13@	06:20@	06:52@	03:08@	02:34&	02:27&	00:45&	01:02&
DSQ	Hultgreen Karlsen, Stig				Oppsal IF	1:04:13	(-1 poster)							
03:11-41	09:26-45	12:04-47	15:01-48	19:25-48	25:54-47	29:50-47	35:17-46	41:21-46	45:17-44	49:03-44		58:42-45	61:06-44	64:13-45
03:11-41	06:15-47	02:38-45	02:57-45	04:24-43	06:29-37	03:56-42	05:27-43	06:04-43	03:56-31	03:46-29			02:24-35	03:07-44
01:37@	03:54@	01:31@	01:33@	01:59&	02:56&	01:40&	02:26&	02:10&	01:53&	01:23&			00:43&	01:12&

Strekktider Mellom

Class	Navn	Klubb					Tid				
1	Jensen, Einar	Nydalens SK					0:35:19 + 00:00				
	02:11-1	07:41-18	09:01-10	10:51-8	13:49-5	19:36-3	22:29-2	26:35-2	30:47-2	32:47-2	35:19-1
	02:11-1	05:30-34	01:20-1	01:50-1	02:58-1	05:47-2	02:53-2	04:06-2	04:12-2	02:00-2	02:32-4
	00:00=	02:22&	00:00=	00:00=	00:00=	00:06+	00:03+	00:07+	00:04+	00:08+	00:13+
2	Wiklund, Berit Sofie	Nydalens SK					0:35:20 + 00:01				
	02:13-2	05:21-1	06:56-1	08:57-1	12:42-1	18:42-1	21:36-1	25:51-1	30:23-1	32:44-1	35:20-2
	02:13-2	03:08-1	01:35-4	02:01-7	03:45-7	06:00-3	02:54-3	04:15-4	04:32-3	02:21-8	02:36-5
	00:02+	00:00=	00:15#	00:11#	00:47&	00:19+	00:04+	00:16+	00:24+	00:29&	00:17#
3	Berteig, Vidar	Fossum IF					0:37:13 + 01:54				
	03:06-19	06:54-7	08:34-6	10:50-7	14:16-6	19:57-5	23:29-5	27:35-4	32:33-4	34:42-3	37:13-3
	03:06-19	03:48-8	01:40-8	02:16-19	03:26-5	05:41-1	03:32-7	04:06-2	04:58-10	02:09-4	02:31-3
	00:55&	00:40#	00:20&	00:26#	00:28#	00:00=	00:42#	00:07+	00:50#	00:17#	00:12+
4	Arnesen, Kimme	Heming Orientering					0:37:21 + 02:02				
	02:32-3	06:39-5	08:37-7	10:33-5	13:43-4	19:49-4	22:39-3	29:02-6	33:10-5	35:02-5	37:21-4
	02:32-3	04:07-14	01:58-20	01:56-5	03:10-2	06:06-5	02:50-1	06:23-33	04:08-1	01:52-1	02:19-1
	00:21#	00:59&	00:38&	00:06+	00:12+	00:25+	00:00=	02:24&	00:00=	00:00=	00:00=
5	Zeiner-Gundersen, Richard	Fossum IF					0:37:49 + 02:30				
	02:56-16	06:40-6	08:09-4	09:59-4	13:20-3	19:24-2	22:54-4	26:53-3	31:40-3	34:49-4	37:49-5
	02:56-16	03:44-7	01:29-2	01:50-1	03:21-3	06:04-4	03:30-6	03:59-1	04:47-8	03:09-36	03:00-13
	00:45&	00:36#	00:09#	00:00=	00:23#	00:23+	00:40#	00:00=	00:39#	01:17&	00:41&
6	Vollen, Magne	OSI					0:38:49 + 03:30				
	02:58-17	07:03-9	09:02-11	11:22-12	15:08-8	21:21-7	24:46-7	29:01-5	33:37-6	36:07-6	38:49-6
	02:58-17	04:05-12	01:59-21	02:20-23	03:46-8	06:13-7	03:25-5	04:15-4	04:36-5	02:30-11	02:42-7
	00:47&	00:57&	00:39&	00:30&	00:48&	00:32+	00:35#	00:16+	00:28#	00:38&	00:23#
7	Oram, Louise	Nydalens SK					0:39:04 + 03:45				
	02:42-7	05:55-2	07:31-2	09:39-3	13:00-2	20:40-6	24:17-6	29:22-7	34:13-7	36:25-7	39:04-7
	02:42-7	03:13-2	01:36-5	02:08-11	03:21-3	07:40-20	03:37-8	05:05-14	04:51-9	02:12-6	02:39-6
	00:31#	00:05+	00:16#	00:18#	00:23#	01:59&	00:47&	01:06&	00:43#	00:20#	00:20#
8	Berge, Ketil	Vestre Akers SK					0:39:52 + 04:33				
	02:37-5	05:58-3	07:36-3	09:30-2	15:22-9	22:37-9	25:48-8	30:34-8	35:12-8	37:22-8	39:52-8
	02:37-5	03:21-4	01:38-7	01:54-3	05:52-40	07:15-16	03:11-4	04:46-7	04:38-7	02:10-5	02:30-2
	00:26#	00:13+	00:18#	00:04+	02:54&	01:34&	00:21#	00:47#	00:30#	00:18#	00:11+
9	Rikheim, Harald	Rådtassene					0:43:26 + 08:07				
	03:23-22	07:19-14	09:09-13	11:03-10	15:40-11	22:59-11	27:09-11	32:12-9	37:44-9	40:35-9	43:26-9
	03:23-22	03:56-10	01:50-11	01:54-3	04:37-21	07:19-17	04:10-15	05:03-12	05:32-21	02:51-21	02:51-11
	01:12&	00:48&	00:30&	00:04+	01:39&	01:38&	01:20&	01:04&	01:24&	00:59&	00:32#
10	Løken, Aleidis	Heming Orientering					0:44:34 + 09:15				
	02:52-12	07:27-17	09:18-15	11:46-16	15:55-13	23:37-13	28:21-14	34:09-13	39:13-12	41:25-10	44:34-10
	02:52-11	04:35-21	01:51-13	02:28-28	04:09-15	07:42-22	04:44-35	05:48-27	05:04-12	02:12-6	03:09-15
	00:41&	01:27&	00:31&	00:38&	01:11&	02:01&	01:54&	01:49&	00:56#	00:20#	00:50&
11	Berg, Håkon	Stokke IL					0:45:08 + 09:49				
	03:49-30	07:24-16	09:06-12	11:05-11	14:51-7	21:56-8	26:35-9	34:16-15	39:29-14	41:58-11	45:08-11
	03:49-30	03:35-5	01:42-9	01:59-6	03:46-8	07:05-15	04:39-32	07:41-42	05:13-17	02:29-10	03:10-19
	01:38&	00:27#	00:22&	00:09+	00:48&	01:24#	01:49&	03:42&	01:05&	00:37&	00:51&

12	Rikheim, Solveig	NMBUI	0:45:15 + 09:56
05:16-49	09:12-30	10:59-28	13:03-23
05:16-49	03:56-10	01:47-10	02:04-8
03:05@	00:48&	00:27&	00:14#
			01:38&
			01:43&
			01:20&
			01:05&
			01:19&
			00:50&
			00:30#
13	Stefferd, Per	Toridal IL	0:45:34 + 10:15
02:50-10	06:32-4	08:29-5	10:44-6
02:50-10	03:42-6	01:57-17	02:15-17
00:39&	00:34#	00:37&	00:25#
			02:11&
			01:09#
			01:35&
			03:08&
			00:58#
			01:12&
			00:50&
14	Hanslien, Uno	Bilpost BIL	0:45:53 + 10:34
02:36-4	11:29-44	13:03-38	16:26-38
02:36-4	08:53-52	01:34-3	03:23-41
00:25#	05:45@	00:14#	01:33&
			00:59&
			00:30+
			00:48&
			01:33&
			00:27#
			00:57&
			00:26#
15	Hem, Einar	Lillomarka OL	0:45:59 + 10:40
02:55-15	07:01-8	09:31-16	11:35-14
02:55-14	04:06-13	02:30-39	02:04-8
00:44&	00:58&	01:10&	00:14#
			01:35&
			03:10&
			01:20&
			00:33#
			01:42&
			01:11&
			01:06&
16	Grandum, Øyvind	IL GeoForm	0:46:06 + 10:47
02:53-13	07:11-12	09:01-9	11:26-13
02:53-13	04:18-17	01:50-11	02:25-26
00:42&	01:10&	00:30&	00:35&
			01:14&
			01:59&
			01:17&
			02:30&
			00:56#
			01:08&
			01:49&
16	Skøyeneie, Eirik	Privat	0:46:06 + 10:47
04:56-47	10:48-40	12:50-37	14:56-33
04:56-47	05:52-39	02:02-23	02:06-10
02:45@	02:44&	00:42&	00:16#
			03:09@
			01:04#
			01:11&
			00:48#
			00:28#
			00:11+
			00:32#
18	Brurberg, May Bente	ÅS UMB Orientering	0:46:45 + 11:26
02:59-18	08:37-26	10:40-23	13:01-22
02:59-18	05:38-36	02:03-24	02:21-25
00:48&	02:30&	00:43&	00:31&
			01:30&
			01:15#
			01:34&
			02:13&
			01:14&
			00:54&
			01:17&
19	Christensen, Lars	DNV	0:48:04 + 12:45
02:55-14	07:19-13	10:49-27	12:59-21
02:55-14	04:24-19	03:30-53	02:10-13
00:44&	01:16&	02:10@	00:20#
			02:10&
			02:43&
			01:07&
			01:29&
			01:49&
			00:53&
			01:07&
20	Fremming, Hans Henrik	MI	0:48:26 + 13:07
02:48-8	08:24-23	10:23-21	12:34-18
02:48-8	05:36-35	01:59-21	02:11-14
00:37&	02:28&	00:39&	00:21#
			01:54&
			03:39&
			01:40&
			01:13&
			01:43&
			01:03&
			00:53&
21	Clasen, Claus Frimann	Lyberg & Partnere	0:48:38 + 13:19
02:49-9	07:45-20	09:56-18	12:57-20
02:49-9	04:56-27	02:11-29	03:01-37
00:38&	01:48&	00:51&	01:11&
			03:23@
			01:22#
			01:49&
			01:24&
			01:04&
			01:02&
			01:50&
22	Fixdal, Trude	IL Koll	0:48:55 + 13:36
03:49-31	09:01-29	11:41-30	14:00-28
03:49-30	05:12-30	02:40-42	02:19-21
01:38&	02:04&	01:20@	00:29&
			00:35#
			02:42&
			01:38&
			02:24&
			01:30&
			01:21&
			00:58&
22	Næss Ulseth, Frida	Nydalens SK	0:48:55 + 13:36

03:51-32	07:05-10	08:42-8	10:55-9	19:58-31	26:37-27	30:14-20	35:07-18	40:56-19	45:46-26	48:55-22
03:51-32	03:14-3	01:37-6	02:13-16	09:03-51	06:39-8	03:37-8	04:53-10	05:49-30	04:50-50	03:09-15
01:40&	00:06+	00:17#	00:23#	06:05@	00:58#	00:47&	00:54#	01:41&	02:58@	00:50&
24	Nipen, Olav			Statoil Oslo BIL		0:49:05 + 13:46				
02:41-6	07:23-15	09:16-14	11:41-15	16:20-16	23:44-14	28:01-13	33:24-10	39:07-11	46:00-28	49:05-24
02:41-6	04:42-22	01:53-14	02:25-26	04:39-22	07:24-18	04:17-21	05:23-16	05:43-27	06:53-53	03:05-14
00:30#	01:34&	00:33&	00:35&	01:41&	01:43&	01:27&	01:24&	01:35&	05:01@	00:46&
25	Hjelm, Morten			DNV		0:49:09 + 13:50				
04:21-37	09:39-33	11:50-31	14:09-29	18:13-24	26:11-21	31:35-30	37:19-31	43:04-29	45:49-27	49:09-25
04:21-37	05:18-31	02:11-29	02:19-21	04:04-13	07:58-24	05:24-46	05:44-26	05:45-28	02:45-17	03:20-22
02:10&	02:10&	00:51&	00:29&	01:06&	02:17&	02:34&	01:45&	01:37&	00:53&	01:01&
26	Mattson, Johan			Lillomarka OL		0:49:13 + 13:54				
03:44-27	08:32-25	10:47-26	13:07-24	18:14-25	26:27-23	30:39-23	36:14-21	41:55-23	44:55-21	49:13-26
03:44-27	04:48-24	02:15-32	02:20-23	05:07-29	08:13-27	04:12-18	05:35-21	05:41-26	03:00-29	04:18-41
01:33&	01:40&	00:55&	00:30&	02:09&	02:32&	01:22&	01:36&	01:33&	01:08&	01:59&
27	Grøndahl, Frøy			Lillomarka OL		0:49:21 + 14:02				
03:45-28	08:31-24	10:45-25	13:13-26	18:29-26	26:36-26	30:52-25	36:32-25	42:04-24	45:03-22	49:21-27
03:45-28	04:46-23	02:14-31	02:28-28	05:16-34	08:07-25	04:16-20	05:40-24	05:32-21	02:59-26	04:18-41
01:34&	01:38&	00:54&	00:38&	02:18&	02:26&	01:26&	01:41&	01:24&	01:07&	01:59&
28	Paltjiel, Liv			Folkehelseinstituttet		0:50:30 + 15:11				
04:23-39	08:15-22	10:08-19	12:23-17	16:20-15	25:10-18	29:54-18	37:16-30	43:33-30	46:55-29	50:30-28
04:23-39	03:52-9	01:53-14	02:15-17	03:57-10	08:50-35	04:44-35	07:22-41	06:17-38	03:22-40	03:35-27
02:12@	00:44#	00:33&	00:25#	00:59&	03:09&	01:54&	03:23&	02:09&	01:30&	01:16&
29	Edvardsen, Tom			Koll		0:50:48 + 15:29				
03:12-20	08:07-21	10:30-22	13:48-27	18:43-27	26:38-28	30:56-26	36:37-27	42:41-28	45:11-23	50:48-29
03:12-20	04:55-26	02:23-36	03:18-40	04:55-27	07:55-23	04:18-22	05:41-25	06:04-36	02:30-11	05:37-50
01:01&	01:47&	01:03&	01:28&	01:57&	02:14&	01:28&	01:42&	01:56&	00:38&	03:18@
30	Tho, Kjersti			Stabæk IF		0:51:48 + 16:29				
04:25-40	08:43-27	10:40-24	13:11-25	17:56-22	26:10-20	31:07-28	36:56-29	42:33-27	47:28-31	51:48-30
04:25-40	04:18-17	01:57-17	02:31-31	04:45-23	08:14-28	04:57-38	05:49-28	05:37-23	04:55-51	04:20-43
02:14@	01:10&	00:37&	00:41&	01:47&	02:33&	02:07&	01:50&	01:29&	03:03@	02:01&
31	Vignes, Ole			IL GeoForm		0:52:13 + 16:54				
04:36-45	13:23-48	15:19-46	17:27-41	21:27-36	28:17-32	32:32-32	38:10-32	44:39-31	47:13-30	52:13-31
04:36-45	08:47-49	01:56-16	02:08-11	04:00-12	06:50-10	04:15-19	05:38-23	06:29-40	02:34-13	05:00-47
02:25@	05:39@	00:36&	00:18#	01:02&	01:09#	01:25&	01:39&	02:21&	00:42&	02:41@
32	Engzelius, Margrete			Asker SK		0:52:28 + 17:09				
05:01-48	09:15-31	11:25-29	14:41-31	19:58-30	28:34-33	33:24-33	39:40-33	45:30-32	48:25-32	52:28-32
05:01-48	04:14-15	02:10-28	03:16-39	05:17-35	08:36-33	04:50-37	06:16-32	05:50-31	02:55-23	04:03-33
02:50@	01:06&	00:50&	01:26&	02:19&	02:55&	02:00&	02:17&	01:42&	01:03&	01:44&
33	Lesteberg, Ann-Karin			Kongsberg OL		0:54:18 + 18:59				
04:22-38	13:58-50	16:07-48	18:38-45	22:58-40	31:34-37	36:11-35	42:02-34	47:24-33	50:02-33	54:18-33
04:22-38	09:36-53	02:09-27	02:31-31	04:20-17	08:36-33	04:37-31	05:51-29	05:22-18	02:38-14	04:16-40
02:11@	06:28@	00:49&	00:41&	01:22&	02:55&	01:47&	01:52&	01:14&	00:46&	01:57&
34	Devik, Alexandra			OSI		0:55:32 + 20:13				
07:24-51	12:52-46	14:58-45	17:09-40	23:05-42	32:14-39	36:35-37	44:25-40	49:35-36	52:00-35	55:32-34

07:24-51	05:28-33	02:06-26	02:11-14	05:56-42	09:09-38	04:21-23	07:50-44	05:10-15	02:25-9	03:32-26
05:13@	02:20&	00:46&	00:21#	02:58@	03:28&	01:31&	03:51&	01:02&	00:33&	01:13&
35	Næss-Ulseth, Selma			Nydalens SK		0:55:54 +	20:35			
10:35-55	15:53-52	18:12-52	21:03-49	25:08-47	33:42-43	38:21-42	43:57-38	48:57-34	51:52-34	55:54-35
10:35-55	05:18-31	02:19-33	02:51-35	04:05-14	08:34-32	04:39-32	05:36-22	05:00-11	02:55-23	04:02-32
08:24@	02:10&	00:59&	01:01&	01:07&	02:53&	01:49&	01:37&	00:52#	01:03&	01:43&
36	Revhaug, Helge			Ringerike OL		0:57:23 +	22:04			
03:46-29	09:37-32	12:25-34	16:18-36	21:03-34	33:05-42	37:33-39	45:37-42	51:14-40	53:54-37	57:23-36
03:46-29	05:51-38	02:48-46	03:53-45	04:45-23	12:02-53	04:28-26	08:04-46	05:37-23	02:40-15	03:29-25
01:35&	02:43&	01:28@	02:03@	01:47&	06:21@	01:38&	04:05@	01:29&	00:48&	01:10&
37	Ursin, Nora			Fossum IF		0:59:01 +	23:42			
04:34-44	11:23-42	13:54-42	17:39-43	22:51-39	32:16-40	37:38-40	43:45-37	49:33-35	52:32-36	59:01-37
04:34-44	06:49-46	02:31-40	03:45-44	05:12-32	09:25-42	05:22-44	06:07-30	05:48-29	02:59-26	06:29-53
02:23@	03:41@	01:11&	01:55@	02:14&	03:44&	02:32&	02:08&	01:40&	01:07&	04:10@
38	Hultgreen, Rune			Opsahl		0:59:08 +	23:49			
10:34-54	15:27-51	17:31-51	19:47-47	25:04-45	36:41-49	41:14-48	46:12-45	52:30-42	55:29-40	59:08-38
10:34-54	04:53-25	02:04-25	02:16-19	05:17-35	11:37-52	04:33-29	04:58-11	06:18-39	02:59-26	03:39-29
08:23@	01:45&	00:44&	00:26#	02:19&	05:56@	01:43&	00:59#	02:10&	01:07&	01:20&
39	Benjaminsen, Pål			Kamp/Vestheim IF		0:59:21 +	24:02			
03:32-24	09:43-34	12:25-35	14:55-32	23:02-41	31:12-36	36:21-36	45:11-41	51:44-41	55:06-39	59:21-39
03:32-24	06:11-41	02:42-43	02:30-30	08:07-50	08:10-26	05:09-40	08:50-51	06:33-41	03:22-40	04:15-39
01:21&	03:03&	01:22@	00:40&	05:09@	02:29&	02:19&	04:51@	02:25&	01:30&	01:56&
40	Enstrøm, Lenny			OSI		1:00:26 +	25:07			
04:05-35	09:45-35	12:16-33	16:09-35	22:04-37	31:35-38	36:57-38	43:42-36	50:47-39	54:20-38	60:26-40
04:05-35	05:40-37	02:31-40	03:53-45	05:55-41	09:31-43	05:22-44	06:45-38	07:05-44	03:33-43	06:06-51
01:54&	02:32&	01:11&	02:03@	02:57&	03:50&	02:32&	02:46&	02:57&	01:41&	03:47@
41	Gange, Finn			Privat		1:01:30 +	26:11			
07:36-52	13:51-49	15:48-47	21:43-52	26:35-49	34:49-46	39:22-45	44:09-39	50:07-37	58:46-42	61:30-41
07:36-52	06:15-42	01:57-17	05:55-54	04:52-25	08:14-28	04:33-29	04:47-8	05:58-35	08:39-55	02:44-8
05:25@	03:07&	00:37&	04:05@	01:54&	02:33&	01:43&	00:48#	01:50&	06:47@	00:25#
42	Bjørngum, Hallvard			DNV		1:03:00 +	27:41			
										63:00-42
43	Ruud, Steinar			Konnerud IF		1:03:13 +	27:54			
06:32-50	11:29-45	14:24-44	17:37-42	22:37-38	32:53-41	38:13-41	46:02-44	54:31-44	57:42-41	63:13-43
06:32-50	04:57-28	02:55-48	03:13-38	05:00-28	10:16-47	05:20-43	07:49-43	08:29-51	03:11-37	05:31-49
04:21@	01:49&	01:35@	01:23&	02:02&	04:35&	02:30&	03:50&	04:21@	01:19&	03:12@
44	Ommundsen, Tor			DNV		1:03:27 +	28:08			
03:15-21	07:43-19	10:10-20	12:42-19	20:32-33	29:48-35	34:46-34	43:19-35	50:29-38	59:32-44	63:27-44
03:15-21	04:28-20	02:27-37	02:32-33	07:50-49	09:16-40	04:58-39	08:33-48	07:10-47	09:03-56	03:55-31
01:04&	01:20&	01:07&	00:42&	04:52@	03:35&	02:08&	04:34@	03:02&	07:11@	01:36&
45	Aas, Eyvind			IL GeoForm		1:03:31 +	28:12			
04:33-43	11:14-41	13:58-43	17:52-44	23:52-43	33:53-44	39:11-44	45:55-43	53:02-43	59:39-45	63:31-45
04:33-43	06:41-45	02:44-44	03:54-47	06:00-44	10:01-46	05:18-41	06:44-37	07:07-45	06:37-52	03:52-30

02:22@	03:33@	01:24@	02:04@	03:02@	04:20&	02:28&	02:45&	02:59&	04:45@	01:33&
46	Jäger, Kristin			BSI orientering		1:04:47 +	29:28			
03:38-25	11:27-43	13:47-41	16:42-39	24:16-44	33:57-45	40:25-46	50:59-50	57:15-47	60:21-47	64:47-46
03:38-25	07:49-48	02:20-35	02:55-36	07:34-48	09:41-44	06:28-51	10:34-52	06:16-37	03:06-35	04:26-44
01:27&	04:41@	01:00&	01:05&	04:36@	04:00&	03:38@	06:35@	02:08&	01:14&	02:07&
47	Drage, Tor			Aker Solutions		1:05:00 +	29:41			
03:39-26	10:00-36	12:28-36	20:51-48	26:14-48	35:24-47	41:09-47	49:06-47	55:47-45	58:51-43	65:00-47
03:39-26	06:21-43	02:28-38	08:23-55	05:23-37	09:10-39	05:45-49	07:57-45	06:41-42	03:04-33	06:09-52
01:28&	03:13@	01:08&	06:33@	02:25&	03:29&	02:55@	03:58&	02:33&	01:12&	03:50@
48	Knudsen, Kåre			IL GeoForm		1:05:21 +	30:02			
03:58-34	09:00-28	11:59-32	16:20-37	27:59-51	37:56-50	43:23-50	50:42-48	57:57-48	61:11-48	65:21-48
03:58-34	05:02-29	02:59-50	04:21-48	11:39-54	09:57-45	05:27-47	07:19-40	07:15-49	03:14-39	04:10-37
01:47&	01:54&	01:39@	02:31@	08:41@	04:16&	02:37&	03:20&	03:07&	01:22&	01:51&
49	Lome-Hagman, Ingrid			Kolbotn & Skimt OL		1:08:04 +	32:45			
04:27-41	10:20-38	13:33-40	19:24-46	25:04-46	35:38-48	41:43-49	53:12-51	60:19-50	64:01-50	68:04-50
04:27-41	05:53-40	03:13-51	05:51-53	05:40-38	10:34-49	06:05-50	11:29-53	07:07-45	03:42-44	04:03-33
02:16@	02:45&	01:53@	04:01@	02:42&	04:53&	03:15@	07:30@	02:59&	01:50&	01:44&
50	Fougner, Jon C.			Heming Orientering		1:08:27 +	33:08			
04:06-36	12:56-47	16:23-50	21:22-51	27:43-50	38:43-51	44:25-52	50:48-49	59:39-49	63:32-49	68:27-51
04:06-36	08:50-51	03:27-52	04:59-52	06:21-46	11:00-51	05:42-48	06:23-33	08:51-53	03:53-46	04:55-45
01:55&	05:42@	02:07@	03:09@	03:23@	05:19&	02:52@	02:24&	04:43@	02:01@	02:36@
51	Gunnerød, Bjørn			IL GeoForm		1:14:04 +	38:45			
03:31-23	10:47-39	13:06-39	15:56-34	29:55-53	38:59-52	44:17-51	59:13-54	66:25-53	69:53-52	74:04-52
03:31-23	07:16-47	02:19-33	02:50-34	13:59-55	09:04-37	05:18-41	14:56-56	07:12-48	03:28-42	04:11-38
01:20&	04:08@	00:59&	01:00&	11:01@	03:23&	02:28&	10:57@	03:04&	01:36&	01:52&
52	Skantze, Don			IL Tyrving		1:16:32 +	41:13			
02:52-11	07:07-11	09:51-17	14:34-30	19:46-29	26:46-30	30:47-24	36:15-22	70:20-55	73:23-54	76:32-53
02:52-11	04:15-16	02:44-44	04:43-49	05:12-32	07:00-13	04:01-12	05:28-18	34:05-56	03:03-31	03:09-15
00:41&	01:07&	01:24@	02:53@	02:14&	01:19#	01:11&	01:29&	29:57@	01:11&	00:50&
53	Hangeraa, Knut			IL GeoForm		1:17:06 +	41:47			
03:51-33	10:13-37	16:19-49	21:11-50	31:35-55	42:06-55	48:42-55	57:24-53	64:51-52	71:48-53	77:06-54
03:51-32	06:22-44	06:06-55	04:52-50	10:24-53	10:31-48	06:36-52	08:42-50	07:27-50	06:57-54	05:18-48
01:40&	03:14@	04:46@	03:02@	07:26@	04:50&	03:46@	04:43@	03:19&	05:05@	02:59@
54	Wibye, Harald			Moss		1:21:00 +	45:41			
04:49-46	16:08-53	19:04-53	22:47-53	28:29-52	40:41-53	48:17-54	60:31-55	70:01-54	74:21-55	81:00-55
04:49-46	11:19-54	02:56-49	03:43-43	05:42-39	12:12-54	07:36-54	12:14-54	09:30-54	04:20-49	06:39-54
02:38@	08:11@	01:36@	01:53@	02:44&	06:31@	04:46@	08:15@	05:22@	02:28@	04:20@
55	Rogstad, Astri			OSI		1:22:27 +	47:08			
08:54-53	17:43-55	20:34-54	24:08-54	30:04-54	40:42-54	47:19-53	55:45-52	62:48-51	66:33-51	82:27-56
08:54-53	08:49-50	02:51-47	03:34-42	05:56-42	10:38-50	06:37-53	08:26-47	07:03-43	03:45-45	15:54-56
06:43@	05:41@	01:31@	01:44&	02:58@	04:57&	03:47@	04:27@	02:55&	01:53@	13:35@
56	Haugerud, Sigurd			IL GeoForm		1:38:02 +1:02:43				
04:31-42	17:08-54	23:13-55	28:06-55	38:02-56	53:18-56	66:42-56	79:25-56	89:00-56	93:05-56	98:02-57
04:31-42	12:37-55	06:05-54	04:53-51	09:56-52	15:16-56	13:24-56	12:43-55	09:35-55	04:05-47	04:57-46
02:20@	09:29@	04:45@	03:03@	06:58@	09:35@	10:34@	08:44@	05:27@	02:13@	02:38@

	Brøtan, Hallstein	Stokke IL	FULLFØRT						
DSQ	Hagmann, Rolf	Kolbotn & Skimt OL	1:07:05	(-4 poster)					
		17:27-18	29:48-34	38:36-43	47:13-46	55:48-46	59:53-46	67:05-49	
			12:21-55	08:48-55	08:37-49	08:35-52	04:05-47	07:12-55	
			06:40@	05:58@	04:38@	04:27@	02:13@	04:53@	
	Tyren, Rebecka	Stokke IL	DELTATT						

Strekketider Kort

Class	Navn	Klubb						Tid
1	Ongstad, Per	Privat						0:22:26 + 00:00
		02:47-1	06:32-1	08:23-1	10:38-1	14:35-1	19:03-1	22:26-1
		02:47-1	03:45-2	01:51-1	02:15-1	03:57-1	04:28-2	03:23-1
		00:00=	00:05+	00:00=	00:00=	00:00=	00:21+	00:00=
2	Solheim, Knut Tore	Nydalens SK						0:27:14 + 04:48
		03:42-6	08:44-4	11:01-4	13:40-4	18:10-2	23:33-2	27:14-2
		03:42-6	05:02-6	02:17-6	02:39-3	04:30-3	05:23-6	03:41-3
		00:55&	01:22&	00:26#	00:24#	00:33#	01:16&	00:18+
3	Haugen, Per	Lillomarka OL						0:27:50 + 05:24
		03:53-10	08:30-2	10:44-2	13:25-3	18:25-3	23:43-3	27:50-3
		03:53-10	04:37-3	02:14-5	02:41-5	05:00-6	05:18-4	04:07-8
		01:06&	00:57&	00:23#	00:26#	01:03&	01:11&	00:44#
4	Edvardsen, Marte	Koll						0:29:05 + 06:39
		03:33-5	08:43-3	11:05-5	14:22-6	19:14-5	24:53-4	29:05-4
		03:33-4	05:10-7	02:22-7	03:17-13	04:52-5	05:39-9	04:12-10
		00:46&	01:30&	00:31&	01:02&	00:55#	01:32&	00:49#
5	Kristiansen, Kristoffer	IL GeoForm						0:29:22 + 06:56
								29:22-5
6	Myhre, Stein	Oslo sporveier BIL						0:30:19 + 07:53
		03:48-9	08:48-5	11:14-6	14:26-7	19:59-6	25:30-5	30:19-6
		03:48-8	05:00-5	02:26-10	03:12-12	05:33-8	05:31-7	04:49-16
		01:01&	01:20&	00:35&	00:57&	01:36&	01:24&	01:26&
7	Eriksen, Tove	Privat						0:30:24 + 07:58
		03:57-11	08:55-6	11:24-8	14:29-8	20:06-7	25:39-6	30:24-7

03:57-11	04:58-4	02:29-14	03:05-8	05:37-9	05:33-8	04:45-14	
01:10&	01:18&	00:38&	00:50&	01:40&	01:26&	01:22&	
8	Skjærstein, Synne		Tyrving			0:31:10 +	08:44
03:14-2	09:22-9	11:28-9	14:36-9	18:45-4	27:12-7	31:10-8	
03:14-2	06:08-11	02:06-3	03:08-10	04:09-2	08:27-17	03:58-6	
00:27#	02:28&	00:15#	00:53&	00:12+	04:20@	00:35#	
9	Madsen, Øystein		Haugerud IL			0:32:04 +	09:38
05:18-21	08:58-8	10:52-3	13:13-2	24:17-12	28:24-8	32:04-9	
05:18-21	03:40-1	01:54-2	02:21-2	11:04-31	04:07-1	03:40-2	
02:31&	00:00=	00:03+	00:06+	07:07@	00:00=	00:17+	
10	Vik, Eilen Arctander		Koll			0:34:17 +	11:51
03:47-7	10:59-13	13:23-12	17:02-12	23:05-9	28:56-9	34:17-10	
03:47-7	07:12-19	02:24-9	03:39-20	06:03-12	05:51-10	05:21-21	
01:00&	03:32&	00:33&	01:24&	02:06&	01:44&	01:58&	
11	Torp, Bjørn		IL GeoForm			0:34:29 +	12:03
03:28-3	12:52-21	15:19-18	18:29-15	24:58-14	30:18-10	34:29-11	
03:28-3	09:24-27	02:27-12	03:10-11	06:29-16	05:20-5	04:11-9	
00:41#	05:44@	00:36&	00:55&	02:32&	01:13&	00:48#	
12	Aarseth, Mari					0:36:00 +	13:34
04:02-14	09:24-10	12:14-11	14:54-10	27:03-19	32:13-11	36:00-12	
04:02-14	05:22-9	02:50-20	02:40-4	12:09-32	05:10-3	03:47-4	
01:15&	01:42&	00:59&	00:25#	08:12@	01:03&	00:24#	
13	Ståhlbrand, Per Eric		Kjelsås IL			0:38:17 +	15:51
05:45-27	12:38-19	15:44-20	19:38-19	25:31-15	32:50-12	38:17-13	
05:45-27	06:53-17	03:06-27	03:54-25	05:53-11	07:19-14	05:27-23	
02:58@	03:13&	01:15&	01:39&	01:56&	03:12&	02:04&	
14	Ruud, Merete		Lillomarka OL			0:39:32 +	17:06
05:33-26	12:05-17	15:29-19	19:31-18	26:48-18	34:26-17	39:32-14	
05:33-26	06:32-13	03:24-29	04:02-27	07:17-21	07:38-15	05:06-18	
02:46&	02:52&	01:33&	01:47&	03:20&	03:31&	01:43&	
15	Scheie, Arne Christian		Østmarka OK			0:39:40 +	17:14
03:33-4	09:25-11	12:12-10	15:45-11	21:35-8	33:34-15	39:40-15	
03:33-4	05:52-10	02:47-17	03:33-17	05:50-10	11:59-26	06:06-27	
00:46&	02:12&	00:56&	01:18&	01:53&	07:52@	02:43&	
16	Kolderup, Carl-Fredrik		Stabæk IF			0:39:47 +	17:21
03:48-8	08:58-7	11:21-7	14:20-5	23:37-11	35:05-20	39:47-16	
03:48-8	05:10-7	02:23-8	02:59-7	09:17-27	11:28-23	04:42-13	
01:01&	01:30&	00:32&	00:44&	05:20@	07:21@	01:19&	
17	Grande, Magne		FBI			0:39:53 +	17:27
05:25-24	14:05-25	17:35-27	21:24-27	27:52-24	34:47-18	39:53-18	
05:25-24	08:40-26	03:30-30	03:49-23	06:28-15	06:55-13	05:06-18	
02:38&	05:00@	01:39&	01:34&	02:31&	02:48&	01:43&	
17	Fanuelson, Brynhild		Fossum IF			0:39:53 +	17:27
04:20-16	11:05-14	14:09-14	17:47-13	24:39-13	34:52-19	39:53-17	
04:20-16	06:45-14	03:04-24	03:38-19	06:52-18	10:13-21	05:01-17	

01:33&	03:05&	01:13&	01:23&	02:55&	06:06@	01:38&		
19	Fanavoll, Jon			IF Kamp/Vestheim	0:39:56 +	17:30		
03:59-13	10:50-12	13:54-13	18:06-14	23:29-10	34:16-16	39:56-19		
03:59-12	06:51-16	03:04-24	04:12-28	05:23-7	10:47-22	05:40-25		
01:12&	03:11&	01:13&	01:57&	01:26&	06:40@	02:17&		
20	Arnesen, Maja			Heming Orientering	0:40:48 +	18:22		
07:07-31	14:50-27	16:58-26	22:44-30	27:22-21	35:32-21	40:48-20		
07:07-31	07:43-20	02:08-4	05:46-31	04:38-4	08:10-16	05:16-20		
04:20@	04:03@	00:17#	03:31@	00:41#	04:03&	01:53&		
21	Hetland, Ida			Kolbotn & Skimt OL	0:43:49 +	21:23		
05:01-18	13:36-23	16:38-23	20:24-24	27:52-23	36:48-22	43:49-21		
05:01-18	08:35-25	03:02-22	03:46-22	07:28-22	08:56-18	07:01-28		
02:14&	04:55@	01:11&	01:31&	03:31&	04:49@	03:38@		
22	Mella, Aage			Østmarka OK	0:43:54 +	21:28		
05:05-19	11:32-15	15:02-16	18:51-16	27:30-22	39:06-24	43:54-22		
05:05-19	06:27-12	03:30-30	03:49-23	08:39-24	11:36-25	04:48-15		
02:18&	02:47&	01:39&	01:34&	04:42@	07:29@	01:25&		
23	Henriksen, Tor E.			Lillomarka OL	0:44:42 +	22:16		
06:06-29	15:32-29	18:21-29	21:52-28	28:22-25	40:36-27	44:42-23		
06:06-29	09:26-28	02:49-18	03:31-14	06:30-17	12:14-27	04:06-7		
03:19@	05:46@	00:58&	01:16&	02:33&	08:07@	00:43#		
24	Larsson, Bjørn			Lillomarka OL	0:44:59 +	22:33		
04:18-15	12:26-18	16:35-22	20:17-23	27:19-20	39:35-25	44:59-24		
04:18-15	08:08-22	04:09-32	03:42-21	07:02-20	12:16-28	05:24-22		
01:31&	04:28@	02:18@	01:27&	03:05&	08:09@	02:01&		
25	Ibsen, Tom			Lommedalen IL	0:46:34 +	24:08		
05:16-20	13:31-22	16:33-21	20:06-21	26:21-16	33:12-13	46:34-25		
05:16-20	08:15-23	03:02-22	03:33-17	06:15-13	06:51-12	13:22-32		
02:29&	04:35@	01:11&	01:18&	02:18&	02:44&	09:59@		
26	Ibsen, Elisabeth			Lommedalen IL	0:46:46 +	24:20		
05:23-23	13:52-24	16:41-24	20:13-22	26:33-17	33:20-14	46:46-26		
05:23-23	08:29-24	02:49-18	03:32-15	06:20-14	06:47-11	13:26-33		
02:36&	04:49@	00:58&	01:17&	02:23&	02:40&	10:03@		
27	Fremming, Ørnulf			Meteorologen	0:47:09 +	24:43		
05:20-22	15:37-30	18:55-31	23:30-31	32:14-29	41:24-28	47:09-27		
05:20-22	10:17-30	03:18-28	04:35-29	08:44-25	09:10-19	05:45-26		
02:33&	06:37@	01:27&	02:20@	04:47@	05:03@	02:22&		
28	Fredh, Linda			Hamar OK	0:47:21 +	24:55		
05:57-28	12:45-20	15:11-17	19:10-17	28:50-27	40:19-26	47:21-28		
05:57-28	06:48-15	02:26-10	03:59-26	09:40-28	11:29-24	07:02-29		
03:10@	03:08&	00:35&	01:44&	05:43@	07:22@	03:39@		
29	Plejudrup, Sissel			Oppsal IF	0:54:27 +	32:01		
06:11-30	14:07-26	16:48-25	19:55-20	29:02-28	48:58-30	54:27-30		
06:11-30	07:56-21	02:41-15	03:07-9	09:07-26	19:56-30	05:29-24		
03:24@	04:16@	00:50&	00:52&	05:10@	15:49@	02:06&		

30	Gjerme, Per		Asker SK	0:59:39 + 37:13
	05:26-25 15:17-28 18:22-30 21:54-29 28:46-26 38:17-23 59:39-31			
	05:26-25 09:51-29 03:05-26 03:32-15 06:52-18 09:31-20 21:22-34			
	02:39& 06:11@ 01:14& 01:17& 02:55& 05:24@ 17:59@			
31	Tandberg, Kristian		Team Tandberg	1:01:26 + 39:00
	09:10-32 25:56-32 28:37-32 33:55-32 42:15-31 57:35-31 61:26-32			
	09:10-32 16:46-32 02:41-15 05:18-30 08:20-23 15:20-29 03:51-5			
	06:23@ 13:06@ 00:50& 03:03@ 04:23@ 11:13@ 00:28#			
32	Øfsthus, Arne		Asker SK	1:24:18 +1:01:52
	04:26-17 11:37-16 14:32-15 20:27-25 34:02-30 79:52-32 84:18-33			
	04:26-17 07:11-18 02:55-21 05:55-32 13:35-33 45:50-33 04:26-11			
	01:39& 03:31& 01:04& 03:40@ 09:38@ 41:43@ 01:03&			
33	Simonsen, Lisbeth		IL GeoForm	1:43:37 +1:21:11
	16:49-34 40:38-33 47:44-34 54:39-33 65:23-33 96:13-34 103:37-34			
	16:49-33 23:49-33 07:06-33 06:55-33 10:44-29 30:50-31 07:24-30			
	14:02@ 20:09@ 05:15@ 04:40@ 06:47@ 26:43@ 04:01@			
33	Voss, Anne Cathrine		IL GeoForm	1:43:37 +1:21:11
	16:49-33 40:38-34 47:44-33 54:39-34 65:23-32 96:13-33 103:37-35			
	16:49-33 23:49-33 07:06-33 06:55-33 10:44-29 30:50-31 07:24-30			
	14:02@ 20:09@ 05:15@ 04:40@ 06:47@ 26:43@ 04:01@			
DSQ	Thronsen, Terje		Pecon	0:48:10 (-1 poster)
	03:59-12 15:45-31 18:12-28 21:01-26 43:37-29 48:10-29			
	03:59-12 11:46-31 02:27-12 02:49-6 04:33-12			
	01:12& 08:06@ 00:36& 00:34& 01:10&			
	Teigland, Kjell		Østmarka OK	DELTATT

Strekktider Nybegynner

Class	Navn	Klubb	Tid
1	Borg, Martin Christoffer	IL Koll	0:16:26 + 00:00
	02:17-1 05:29-1 09:43-1 12:18-1 16:26-1		
	02:17-1 03:12-1 04:14-3 02:35-3 04:08-2		
	00:00= 00:00= 00:17+ 00:33& 01:15&		
2	Salvesen Lunde, Johannes	Koll	0:16:45 + 00:19
	03:03-2 07:15-3 11:30-4 13:52-3 16:45-2		
	03:03-2 04:12-4 04:15-4 02:22-2 02:53-1		
	00:46& 01:00& 00:18+ 00:20# 00:00=		
3	Borg, Christian Fredrik	IL Koll	0:21:02 + 04:36
	03:20-3 06:42-2 10:39-2 12:41-2 21:02-3		

03:20-3	03:22-2	03:57-1	02:02-1	08:21-7		
01:03&	00:10+	00:00=	00:00=	05:28@		
4	Wærp Hauge, Elise		Nydalens SK	0:23:32 + 07:06		
03:25-4	07:25-4	11:24-3	15:24-4	23:32-4		
03:25-4	04:00-3	03:59-2	04:00-5	08:08-6		
01:08&	00:48&	00:02+	01:58&	05:15@		
5	Arnesen, Lukas		Heming Orientering	0:29:04 + 12:38		
04:21-5	10:57-5	18:52-5	22:46-5	29:04-5		
04:21-5	06:36-5	07:55-5	03:54-4	06:18-4		
02:04&	03:24@	03:58@	01:52&	03:25@		
6	Eide-Fredriksen, Alvin			0:34:40 + 18:14		
			34:40-6			
7	Mellqvist, Silje			0:34:41 + 18:15		
			34:41-7			
8	Eide-Fredriksen, Aksel			0:34:42 + 18:16		
			34:42-8			
9	Tolgensbakk Vedeld, Ea		IL GeoForm	0:35:49 + 19:23		
05:42-6	14:09-6	24:24-7	29:27-6	35:49-9		
05:42-6	08:27-7	10:15-7	05:03-6	06:22-5		
03:25@	05:15@	06:18@	03:01@	03:29@		
10	Tolgensbakk Vedeld, Olve		IL GeoForm	0:39:12 + 22:46		
06:10-7	16:24-8	24:22-6	33:03-8	39:12-10		
06:10-7	10:14-8	07:58-6	08:41-9	06:09-3		
03:53@	07:02@	04:01@	06:39@	03:16@		
11	Feragen, Oddny		IL GeoForm	0:39:17 + 22:51		
06:16-8	14:27-7	24:52-8	30:10-7	39:17-11		
06:16-8	08:11-6	10:25-8	05:18-7	09:07-8		
03:59@	04:59@	06:28@	03:16@	06:14@		
12	Aarseth, Iver		Koll IL	0:57:33 + 41:07		
09:09-9	22:13-9	35:31-9	44:07-9	57:33-12		
09:09-9	13:04-9	13:18-9	08:36-8	13:26-9		
06:52@	09:52@	09:21@	06:34@	10:33@		