

Strekktider ABIK R11 -

Gullsmedåsen 31. august 2015

Klasse: Lang

110	111	112	113	114	116	117	118	119	249
1	Svein Nygård	NORGES BANK							47:29
8:01 (2)	13:26 (2)	23:17 (1)	26:12 (1)	30:35 (1)	35:20 (1)	38:34 (1)	42:33 (1)	47:00 (1)	47:29 (1)
8:01 (2)	5:25 (2)	9:51 (1)	2:55 (1)	4:23 (2)	4:45 (1)	3:14 (1)	3:59 (2)	4:27 (1)	0:29 (1)
+0:29	+0:19	0:00	0:00	+0:13	0:00	0:00	+0:09	0:00	0:00
2	Knut E. Helland	Lørenskog Kommune BIL							50:08
8:02 (3)	13:08 (1)	24:40 (2)	27:35 (2)	31:45 (2)	37:36 (2)	41:04 (2)	44:54 (2)	49:35 (2)	50:08 (2)
8:02 (3)	5:06 (1)	11:32 (3)	2:55 (1)	4:10 (1)	5:51 (3)	3:28 (2)	3:50 (1)	4:41 (3)	0:33 (2)
+0:30	0:00	+1:41	0:00	0:00	+1:06	+0:14	0:00	+0:14	+0:04
3	Øystein Kildahl	Østmarka OK							56:57
7:32 (1)	14:19 (3)	24:54 (3)	28:13 (3)	36:20 (3)	42:07 (3)	45:53 (3)	51:49 (3)	56:22 (3)	56:57 (3)
7:32 (1)	6:47 (3)	10:35 (2)	3:19 (3)	8:07 (5)	5:47 (2)	3:46 (3)	5:56 (3)	4:33 (2)	0:35 (3)
0:00	+1:41	+0:44	+0:24	+3:57	+1:02	+0:32	+2:06	+0:06	+0:06
4	Øyvind Grandum	FFI BIL							1:19:45
10:15 (4)	20:14 (4)	39:08 (4)	43:14 (4)	50:18 (4)	1:00:16 (4)	1:05:49 (4)	1:12:23 (4)	1:19:02 (4)	1:19:45 (4)
10:15 (4)	9:59 (5)	18:54 (5)	4:06 (5)	7:04 (4)	9:58 (5)	5:33 (4)	6:34 (4)	6:39 (4)	0:43 (4)
+2:43	+4:53	+9:03	+1:11	+2:54	+5:13	+2:19	+2:44	+2:12	+0:14
5	Åge Willy Skjør	OK Øst							1:32:25
20:28 (5)	28:59 (5)	44:16 (5)	47:51 (5)	53:43 (5)	1:02:55 (5)	1:13:16 (5)	1:24:42 (5)	1:31:29 (5)	1:32:25 (5)
20:28 (5)	8:31 (4)	15:17 (4)	3:35 (4)	5:52 (3)	9:12 (4)	10:21 (5)	11:26 (5)	6:47 (5)	0:56 (5)
+12:56	+3:25	+5:26	+0:40	+1:42	+4:27	+7:07	+7:36	+2:20	+0:27
DSQ	Rune Teigland	AAS-JAKOBSEN							58:57
10:13	18:05	31:55							58:57
10:13	7:52	13:50							0:00
+10:13	+7:52	+13:50							0:00

Klasse: Mellom

110	111	114	116	117	118	119	249
1	Martin Granly	Slimens					45:38
8:53 (1)	15:59 (1)	25:35 (1)	31:06 (1)	35:11 (1)	40:15 (1)	45:05 (1)	45:38 (1)
8:53 (1)	7:06 (1)	9:36 (1)	5:31 (1)	4:05 (1)	5:04 (1)	4:50 (1)	0:33 (1)
0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00
2	Ivar Strømstad	Raumar					58:46
10:40 (3)	20:08 (3)	31:21 (3)	40:48 (3)	45:55 (3)	52:10 (2)	58:10 (2)	58:46 (2)
10:40 (3)	9:28 (4)	11:13 (3)	9:27 (4)	5:07 (2)	6:15 (3)	6:00 (2)	0:36 (3)
+1:47	+2:22	+1:37	+3:56	+1:02	+1:11	+1:10	+0:03
3	Kjell Hobøl	SKBIL					58:59
10:01 (2)	17:56 (2)	28:11 (2)	37:31 (2)	43:24 (2)	52:19 (3)	58:20 (3)	58:59 (3)
10:01 (2)	7:55 (2)	10:15 (2)	9:20 (3)	5:53 (4)	8:55 (5)	6:01 (3)	0:39 (4)
+1:08	+0:49	+0:39	+3:49	+1:48	+3:51	+1:11	+0:06
4	Christine Jakobsen	Slimens					1:11:33
11:35 (4)	24:16 (4)	41:02 (5)	49:24 (4)	55:33 (4)	1:00:38 (4)	1:10:52 (4)	1:11:33 (4)
11:35 (4)	12:41 (5)	16:46 (6)	8:22 (2)	6:09 (6)	5:05 (2)	10:14 (6)	0:41 (5)

+2:42 +5:35 +7:10 +2:51 +2:04 +0:01 +5:24 +0:08

5 Kai Halvorsen Aarekol Siemens 1:13:49

11:40 (5) 25:48 (5) 40:19 (4) 51:04 (5) 57:01 (5) 1:06:14 (5) 1:13:16 (5) 1:13:49 (5)
11:40 (5) 14:08 (6) 14:31 (5) 10:45 (6) 5:57 (5) 9:13 (6) 7:02 (5) **0:33 (1)**
+2:47 +7:02 +4:55 +5:14 +1:52 +4:09 +2:12 0:00

6 Dorothea Schulze NILU 1:16:19

24:10 (6) 33:07 (6) 44:28 (6) 55:04 (6) 1:00:25 (6) 1:08:40 (6) 1:15:38 (6) 1:16:19 (6)
24:10 (6) **8:57 (3)** 11:21 (4) 10:36 (5) **5:21 (3)** 8:15 (4) 6:58 (4) 0:41 (5)
+15:17 +1:51 +1:45 +5:05 +1:16 +3:11 +2:08 +0:08

Klasse: Kort

110 106 118 119 249

1 Juul Sverre Stener OPIL 28:42

8:46 (1) **15:39 (1)** **22:38 (1)** **27:58 (1)** **28:42 (1)**
8:46 (1) **6:53 (1)** **6:59 (1)** **5:20 (1)** **0:44 (3)**
0:00 0:00 0:00 0:00 +0:11

2 Karl Gustavsen LØRENSKOG FIL 39:57

15:08 (4) **25:08 (3)** **33:44 (2)** **39:24 (2)** **39:57 (2)**
15:08 (4) **10:00 (2)** **8:36 (2)** **5:40 (2)** **0:33 (1)**
+6:22 +3:07 +1:37 +0:20 0:00

3 Hans Larsen Privat 46:32

12:59 (2) **23:27 (2)** 38:43 (4) **45:37 (3)** **46:32 (3)**
12:59 (2) 10:28 (4) 15:16 (6) **6:54 (3)** 0:55 (5)
+4:13 +3:35 +8:17 +1:34 +0:22

4 Øivind Eriksen OK Øst 47:20

13:02 (3) 29:38 (4) **38:39 (3)** 46:37 (4) 47:20 (4)
13:02 (3) 16:36 (7) **9:01 (3)** 7:58 (5) **0:43 (2)**
+4:16 +9:43 +2:02 +2:38 +0:10

5 Per Haugen NEDERMAN 58:31

23:45 (7) 34:10 (6) 49:21 (6) 57:38 (6) 58:31 (5)
23:45 (7) **10:25 (3)** 15:11 (5) 8:17 (6) 0:53 (4)
+14:59 +3:32 +8:12 +2:57 +0:20

6 Sigfred Fagervik Thales 58:41

25:13 (8) 38:34 (7) 47:50 (5) 55:18 (5) 58:41 (6)
25:13 (8) 13:21 (5) 9:16 (4) 7:28 (4) 3:23 (8)
+16:27 +6:28 +2:17 +2:08 +2:50

7 Kjell Kristian Teigland Privat 1:05:14

18:16 (5) 31:44 (5) 53:40 (7) 1:04:14 (7) 1:05:14 (7)
18:16 (5) 13:28 (6) 21:56 (8) 10:34 (7) 1:00 (6)
+9:30 +6:35 +14:57 +5:14 +0:27

8 Kirsti M. Blomdal LØRENSKOG KOMM 1:14:15

20:29 (6) 41:33 (8) 59:48 (8) 1:12:59 (8) 1:14:15 (8)
20:29 (6) 21:04 (8) 18:15 (7) 13:11 (8) 1:16 (7)
+11:43 +14:11 +11:16 +7:51 +0:43

Klasse: Nybegynner

115 120 121 122 101 249

1 Sara Sofie Larsen Simonsen OK Øst 50:09

9:34 (1) **22:22 (1)** **31:43 (1)** **38:42 (1)** **45:19 (1)** **50:09 (1)**
9:34 (1) **12:48 (1)** **9:21 (2)** **6:59 (2)** **6:37 (1)** **4:50 (2)**
0:00 0:00 +0:06 +0:01 0:00 +0:05

2 Liv Simonsen OK Øst 50:13

9:35 (2) **22:38 (2)** **31:53 (2)** **38:51 (2)** **45:28 (2)** **50:13 (2)**

9:35 (2)	13:03 (2)	9:15 (1)	6:58 (1)	6:37 (1)	4:45 (1)
+0:01	+0:15	0:00	0:00	0:00	0:00

Arrangør: ABIK Romerike Orientering

Antall deltagere: 22