

# Rankingløp 2-2016

Dato/sted: 6. april 2016 - Østmarksetra  
Kart: Solbergvann  
Arr: IL GeoForm v/Harald Iwe  
Antall: Totalt: 112 (GeoForm: 9, OSI: 3, DNV/ESSO: 5, Andre: 95)  
Løpsrapport: Alder: 21-: 109, 17-20: 0, 13-16: 1, 0-12: 2  
Startkont: kr. 70: 92 kr. 30: 20 kr. 0: 0  
Betalt: kr. 70: 92 kr. 30: 15 kr. 0: 5  
Leiebrikker: 4 stk

Resultater: [Lang\(36\)](#) | [Mellom\(47\)](#) | [Kort\(29\)](#) | [Grafisk](#)  
Strekketider: [Lang\(36\)](#) | [Mellom\(47\)](#) | [Kort\(29\)](#)

## Resultater Lang (5,8 km)

Plass	Navn	Klubb	Tid
1	Berge, Jarl Magnus	NorthCape Capital	0:37:15 + 00:00
2	Henriksen, Jan Tore	Norges Bank BIL	0:41:30 + 04:15
3	Nygård, Svein	Lillomarka OL	0:42:23 + 05:08
4	Helland, Knut	Østmarka OK	0:42:45 + 05:30
5	Persson, Erik	Oppsal IF	0:42:47 + 05:32
6	Enger, Øyvind	NTNU	0:43:03 + 05:48
7	Wigaard, Espen	Oppsal IF	0:43:58 + 06:43
8	Norman, Niklas	Heming Orientering	0:44:27 + 07:12
9	Långaa, Sindre	Nydalens SK	0:45:09 + 07:54
10	Schlaupitz, Holger	Privat	0:45:14 + 07:59
11	Enger, Guttorm	OSI	0:47:18 + 10:03
12	Glad, Markus	Nydalens SK	0:48:08 + 10:53
13	Hobøl, Vigdis	Oppsal IF	0:48:14 + 10:59
14	Grinde, Bjørn	OSI	0:48:17 + 11:02
15	Kjøseth, Tore	Lundin	0:48:39 + 11:24
16	Schanche, Per	Asker SK	0:52:44 + 15:29
17	Brekke, Idar	Ås-NMBU Orientering	0:53:19 + 16:04
18	Holter, Erik	Privat	0:55:10 + 17:55
19	Zeiner-Gundersen, Richard	Fossum IF	0:55:21 + 18:06
20	Onsager, Knut	IL GeoForm	0:57:13 + 19:58
21	Osen, Per	Statoil Oslo BIL	0:57:46 + 20:31
22	Åsmul, Eskil	Nydalens SK	0:58:15 + 21:00
23	Øvergaard, Tormod	Vestre Akers SK	0:58:24 + 21:09
24	Bærtveit, Knut	Bø OL	0:59:11 + 21:56
25	Plaan, Anton	AE consult	1:00:34 + 23:19
26	Waarum, Ivar-Kristian	IL GeoForm	1:00:42 + 23:27
27	Messel, Espen	Koll	1:04:21 + 27:06
28	Kernstock, Svenja	DNV	1:05:39 + 28:24
29	Hernandez, Marita	OL Toten-Troll	1:05:42 + 28:27
30	Østgaard Lund, Harald	GeoForm	1:05:56 + 28:41
31	Burmo, Marius	Privat	1:08:49 + 31:34
32	Utskarpen, Audrun	OSI	1:10:21 + 33:06
33	Ruud, Jørgen	Privat	1:12:57 + 35:42
34	Kildahl, Øystein	Østmarka OK	1:15:34 + 38:19
35	Bugge, Håkon	Privat	1:16:12 + 38:57
36	Dybwad, Jacob	Heming Orientering	1:17:18 + 40:03

## Resultater Mellom (3,9 km)

Plass	Navn	Klubb	Tid
1	Edstrøm, Jan Sverre	Oppsal Orientering	0:25:53 + 00:00
2	Neset, Håkon	Fossum IF	0:26:59 + 01:06
3	Blomseth, Stein	Vålerenga	0:27:43 + 01:50
4	Berteig, Vidar	Fossum IF	0:29:27 + 03:34
5	Jacobsen, Svein	Tyrving	0:31:13 + 05:20
6	Fredriksen, Jon	FOBIL	0:32:38 + 06:45
7	Lian, Odd Arne	Veidekke	0:32:42 + 06:49
8	Ruth, Eivind	DNV	0:33:29 + 07:36
9	Tangen, Morten	Måren OK	0:33:52 + 07:59
10	Karlson, Bjørn Are	Fossum IF	0:34:02 + 08:09
11	Fismen, Britta	Fossum IF	0:34:02 + 08:09
12	Teigland, Rune	Aas Jakobsen	0:34:05 + 08:12
13	Sundberg, Terje	IL GeoForm	0:35:01 + 09:08
14	Grønneberg, Skage	Heming Orientering	0:36:18 + 10:25
15	Stene, Dana	Nydalens SK	0:36:30 + 10:37
16	Hultgreen Karlsen, Stig	Oppsal IF	0:36:58 + 11:05
17	Sigurdson, Roar	Ringnes	0:39:16 + 13:23
18	Christiansen, Håvard	Forsvarsbygg	0:39:49 + 13:56
19	Saugestad, Marie	Nydalens SK	0:40:32 + 14:39
20	Saugestad, Fredrik	Nydalens SK	0:40:40 + 14:47
21	Bjordal, Roar	Oppsal IF	0:41:36 + 15:43
22	Bjerggaard, Anne Marit	Nydalens SK	0:44:00 + 18:07
23	Strømstad, Ivar	Raumar OL	0:44:08 + 18:15
24	Jacobsen, Kjetil	Hamar OK	0:45:10 + 19:17
25	Tho, Kjersti	Stabæk IF	0:45:31 + 19:38
26	Halvorsen Aarekol, Kai	Siemens Oslo	0:45:41 + 19:48
27	Fremming, Hans-Henrik	Meteorologen	0:45:52 + 19:59
28	Hornvedt, Lise	Point Resources	0:47:39 + 21:46
29	Hanslien, Uno	Bilpost BIL	0:48:19 + 22:26
30	Klettell, Odd	Bækkelaget SK	0:48:50 + 22:57
31	Rikheim, Harald	Rådassene	0:49:34 + 23:41
32	Bjergum, Hallvard	DNV	0:51:42 + 25:49
33	Egner, Bjørn	Heming Orientering	0:52:49 + 26:56
34	Christensen, Petter	DNV	0:53:00 + 27:07
35	Knudsen, Kåre	IL GeoForm	0:54:50 + 28:57
36	Parnemo, Ida Christine	Privat	0:57:02 + 31:09
37	Holmestad, Tomas	Borea	0:57:37 + 31:44
38	Ursin, Nora	Fossum IF	0:59:01 + 33:08
39	Hetland, Jens	Nydalens SK	1:01:24 + 35:31
40	Kolderup, Carl-Fredrik	Stabæk IF	1:04:51 + 38:58
41	Justad Raaen, Trine Marit	Kongsberg OL	1:05:42 + 39:49
42	Gjessing, Kåre	Heming Orientering	1:07:44 + 41:51
43	Hangeraa, Knut	IL GeoForm	1:32:55 +1:07:02
44	Gjessing, Ola Peter Krohn	Heming Orientering	1:40:44 +1:14:51
DSQ	Eide-Fredriksen, Odd	Kamp/Vestheim IF	0:51:27 (-4 poster)
DSQ	Rudander, Jacob	Privat	0:51:27 (-4 poster)
DSQ	Nordvik, Bjørn	Kolbotn & Skimt OL	0:52:56 (-4 poster)

## Resultater Kort (2,4 km)

Plass	Navn	Klubb	Tid
1	Kernstock, Stefan	DNV	0:33:46 + 00:00
2	Paltiel, Liv	Folkhelseinstituttet	0:36:18 + 02:32
3	G. Karlsen, Knut	Omega AS	0:39:22 + 05:36
4	Arneberg, Marie	Kjelsås IL	0:39:38 + 05:52
5	Solheim, Knut Tore	Nydalens SK	0:42:09 + 08:23
6	Larsen, Hans	Raumar OL	0:43:49 + 10:03
7	Haugen, Per	Lillomarka OL	0:44:04 + 10:18
8	Fougner, Jon C.	Heming Orientering	0:46:04 + 12:18
9	Bertalan, Emiko	Asker SK	0:47:59 + 14:13
10	Sandby, Tor	Skattedirektoratet	0:49:36 + 15:50
11	Killingmo, Lene Anett	Privat	0:52:03 + 18:17



01:40%	01:47%	00:51%	00:57%	03:09%	01:44%	03:03%	00:23%	02:00%	03:22%	04:57%	01:07%	00:36%		
<b>26</b>	<b>Waarum, Ivar-Kristian</b>	<b>IL GeoForm</b>	<b>1:00:42 +</b>	<b>23:27</b>										
02:35-20	07:08-23	07:08-11	07:08-23	09:06-21	11:39-21	20:20-23	25:52-21	29:54-19	34:26-25	41:00-24	51:29-26	58:36-26	60:13-26	60:42-26
02:35-20	04:33-26			01:58-14	02:33-26	08:41-27	02:32-19	04:02-20	04:32-36	06:34-15	10:29-35	07:07-25	01:37-17	00:29-2
00:52%	01:42%			00:35%	01:09%	03:26%	02:02%	01:21%	03:14%	01:32%	06:21%	03:04%	00:24%	00:42%
<b>27</b>	<b>Messel, Espen</b>	<b>Koll</b>	<b>1:04:21 +</b>	<b>27:06</b>										
02:41-22	07:03-22	07:03-22		10:31-31	13:06-29	23:34-30	29:49-29	34:30-28	36:41-28	45:28-28	53:54-27	61:35-27	63:35-27	64:21-27
02:41-22	04:22-24			03:28-35	02:35-27	10:28-33	06:15-25	04:41-27	02:11-28	08:47-32	08:26-26	07:41-27	02:00-31	00:46-23
00:58%	01:31%			02:05%	01:31%	05:13%	02:45%	02:00%	00:53%	03:45%	03:38%	00:47%	00:19%	
<b>28</b>	<b>Kernstock, Svenja</b>	<b>DNV</b>	<b>1:05:39 +</b>	<b>28:24</b>										
03:03-29	07:58-30	07:58-13		10:21-30	13:44-30	22:29-28	31:37-30	36:01-30	37:59-30	45:38-29	53:57-28	63:06-29	64:49-29	65:39-28
03:03-29	04:55-31			02:23-25	03:23-33	08:45-28	09:08-35	04:24-26	01:58-24	07:39-27	08:19-24	09:09-32	01:43-22	00:50-26
01:20%	02:04%			01:00%	01:59%	03:30%	05:38%	01:43%	00:40%	02:37%	04:11%	05:06%	00:30%	00:23%
<b>29</b>	<b>Hernandez, Marita</b>	<b>OL Toten-Troll</b>	<b>1:05:42 +</b>	<b>28:27</b>										
02:47-24	07:59-31	07:59-31		10:17-28	13:05-28	22:07-27	29:45-28	35:49-29	37:42-29	46:38-31	55:28-30	62:29-28	64:28-28	65:42-29
02:47-24	05:12-33			02:18-24	02:48-28	09:02-29	07:38-32	06:04-36	01:53-21	08:56-34	08:50-29	07:01-24	01:59-30	01:14-36
01:04%	02:21%			00:55%	01:24%	03:47%	04:08%	03:23%	00:35%	03:54%	04:42%	02:58%	00:46%	00:47%
<b>30</b>	<b>Østgaard Lund, Harald</b>	<b>GeoForm</b>	<b>1:05:56 +</b>	<b>28:41</b>										
03:25-34	07:19-26	07:19-26		09:58-26	13:01-27	22:44-29	29:20-27	33:38-27	36:17-27	44:51-27	55:26-29	63:21-30	65:16-30	65:56-30
03:25-34	03:54-20			02:39-32	03:03-30	09:43-30	06:36-26	04:18-24	02:39-35	08:34-31	10:35-36	07:55-28	01:55-28	00:40-13
01:42%	01:03%			01:16%	01:39%	04:28%	03:06%	01:37%	01:21%	03:32%	06:27%	03:52%	00:42%	00:13%
<b>31</b>	<b>Burmo, Marius</b>	<b>Privat</b>	<b>1:08:49 +</b>	<b>31:34</b>										
04:00-36	07:52-29	07:52-29		10:32-32	21:46-35	30:22-34	35:17-34	38:38-33	40:13-32	46:19-30	56:33-31	66:35-31	68:22-31	68:49-31
04:00-36	03:52-18			02:40-33	11:14-36	08:36-26	04:55-12	03:21-8	01:35-12	06:06-8	10:14-33	10:02-33	01:47-23	00:27-1
02:17%	01:01%			01:17%	09:50%	03:21%	01:25%	00:40%	00:17%	01:04%	06:06%	05:59%	00:34%	00:00%
<b>32</b>	<b>Utskarpen, Audrun</b>	<b>OSI</b>	<b>1:10:21 +</b>	<b>33:06</b>										
02:57-27	11:04-34	11:04-15		13:28-34	15:58-32	26:59-32	33:46-32	38:34-32	40:54-33	50:00-33	58:42-32	66:47-32	69:16-32	70:21-32
02:57-27	08:07-34			02:24-26	02:30-25	11:01-35	06:47-27	04:48-29	02:20-32	09:06-35	08:42-27	08:05-29	02:29-35	01:05-34
01:14%	05:16%			01:01%	01:06%	05:46%	03:17%	02:07%	01:02%	04:04%	04:34%	04:02%	01:16%	00:38%
<b>33</b>	<b>Ruud, Jørgen</b>	<b>Privat</b>	<b>1:12:57 +</b>	<b>35:42</b>										
02:47-25	13:03-35	13:03-35		17:20-35	21:05-34	31:25-35	40:01-35	45:46-36	48:17-36	55:27-36	64:15-36	70:30-33	72:22-33	72:57-33
02:47-24	10:16-35			04:17-36	03:45-34	10:20-32	08:36-34	05:45-35	02:31-33	07:10-23	08:48-28	06:15-16	01:52-26	00:35-7
01:04%	07:25%			02:54%	02:21%	05:05%	03:06%	03:04%	01:13%	02:08%	04:40%	02:12%	00:39%	00:08%
<b>34</b>	<b>Kildahl, Øystein</b>	<b>Østmarka OK</b>	<b>1:15:34 +</b>	<b>38:19</b>										
02:22-12	13:17-36	18:44-16		23:48-36	25:22-36	33:39-36	40:43-36	44:15-35	45:47-35	52:46-35	61:54-35	72:48-35	74:39-34	75:34-34
02:22-12	10:55-36	05:27-1	02:54-1	02:10-17	01:54-2	08:17-19	07:04-30	03:32-14	01:32-11	06:59-19	09:08-30	10:54-34	01:51-25	00:55-32
00:39%	08:04%	00:00%	00:00%	00:47%	00:10%	03:02%	03:34%	00:51%	00:14%	01:57%	05:00%	06:51%	00:38%	00:28%
<b>35</b>	<b>Bugge, Håkon</b>	<b>Privat</b>	<b>1:16:12 +</b>	<b>38:57</b>										
03:52-35	08:36-33	08:36-33		11:08-33	14:01-31	23:57-31	32:08-31	37:30-31	40:02-31	50:15-34	60:23-34	72:24-34	75:22-35	76:12-35
03:52-35	04:34-30			02:32-30	02:53-29	09:56-31	08:11-33	05:22-31	02:32-34	10:13-36	10:08-32	12:01-35	02:58-36	00:50-26
02:09%	01:53%			01:09%	01:29%	04:41%	04:41%	02:48%	01:14%	05:11%	06:00%	07:58%	01:45%	00:23%
<b>36</b>	<b>Dybwad, Jacob</b>	<b>Heming Orientering</b>	<b>1:17:18 +</b>	<b>40:03</b>										
02:22-13	07:18-25	07:18-25		09:33-24	16:31-33	27:56-33	34:49-33	39:36-34	41:51-34	49:10-32	59:28-33	74:32-36	76:36-36	77:18-36
02:22-12	04:56-32			02:15-21	06:58-35	11:25-36	06:53-28	04:47-28	02:15-31	07:19-24	10:18-34	15:04-36	02:04-32	00:42-16
00:39%	02:05%			00:52%	05:34%	06:10%	03:23%	02:06%	00:57%	02:17%	06:10%	11:01%	00:51%	00:15%

## Strekktider Mellom

Plass	Navn	Klubb	Tid
<b>1</b>	<b>Edstrøm, Jan Sverre</b>	<b>Oppsal Orientering</b>	<b>0:25:53 + 00:00</b>
02:09-4	05:16-1	05:16-1	06:48-1
02:09-4	03:07-2		01:32-2
00:09+	00:01+		00:02+
<b>2</b>	<b>Neset, Håkon</b>	<b>Fossum IF</b>	<b>0:26:59 + 01:06</b>
02:18-7	06:17-8	06:17-7	07:55-5
02:18-6	03:59-12		01:38-3
00:18%	00:53%		00:08+
<b>3</b>	<b>Blomseth, Stein</b>	<b>Vålerenga</b>	<b>0:27:43 + 01:50</b>
02:00-1	05:46-3	05:46-2	07:16-2
02:00-1	03:46-7		01:30-1
00:00=	00:40%		00:00=
<b>4</b>	<b>Berteig, Vidar</b>	<b>Fossum IF</b>	<b>0:29:27 + 03:34</b>
02:21-9	05:52-4	05:52-3	07:45-3
02:21-9	03:31-3		01:53-6
00:21%	00:25%		00:23%
<b>5</b>	<b>Jacobsen, Svein</b>	<b>Tyrving</b>	<b>0:31:13 + 05:20</b>
02:34-14	06:10-6	06:10-5	08:03-6
02:34-14	03:36-4		01:53-6
00:34%	00:30%		00:23%
<b>6</b>	<b>Fredriksen, Jon</b>	<b>FOBILL</b>	<b>0:32:38 + 06:45</b>
02:31-12	06:26-10	06:26-9	08:22-8
02:31-12	03:55-9		01:56-9
00:31%	00:49%		00:26%
<b>7</b>	<b>Lian, Odd Arne</b>	<b>Veidekke</b>	<b>0:32:42 + 06:49</b>
02:08-3	06:24-9	06:24-5	08:13-7
02:08-3	04:16-16		01:49-5
00:08+	01:10%		00:19%
<b>8</b>	<b>Ruth, Eivind</b>	<b>DNV</b>	<b>0:33:29 + 07:36</b>
02:31-13	06:08-5	06:08-3	07:46-4
02:31-12	03:37-5		01:38-3
00:31%	00:31%		00:08+
<b>9</b>	<b>Tangen, Morten</b>	<b>Måren OK</b>	<b>0:33:52 + 07:59</b>
02:05-2	06:34-11	06:34-10	08:30-9
02:05-2	04:29-18		01:56-9
00:05+	01:23%		00:26%
<b>10</b>	<b>Karlson, Bjørn Are</b>	<b>Fossum IF</b>	<b>0:34:02 + 08:09</b>
02:40-16	06:38-12	06:38-12	08:33-10
02:40-16	03:58-10		01:55-8
00:40%	00:52%		00:25%
<b>10</b>	<b>Fismen, Britta</b>	<b>Fossum IF</b>	<b>0:34:02 + 08:09</b>
02:19-8	06:12-7	06:12-4	08:45-11
02:19-8	03:53-8		02:33-23
00:19%	00:47%		01:03%
<b>12</b>	<b>Teigland, Rune</b>	<b>Aas Jakobsen</b>	<b>0:34:05 + 08:12</b>
02:30-11	06:43-14	06:43-8	08:48-12
02:30-11	04:13-15		02:05-14
00:30%	01:07%		00:35%
<b>13</b>	<b>Sundberg, Terje</b>	<b>IL GeoForm</b>	<b>0:35:01 + 09:08</b>
03:07-27	07:05-15	07:05-9	09:11-15
03:07-27	03:58-10		02:06-15
01:07%	00:52%		00:36%
<b>14</b>	<b>Grønneberg, Skage</b>	<b>Heming Orientering</b>	<b>0:36:18 + 10:25</b>
02:18-6	05:24-2	12:05-18	14:29-41
02:18-6	03:06-1	06:41-1	02:24-1
00:18%	00:00=	00:00=	00:00=
<b>15</b>	<b>Stene, Dana</b>	<b>Nydalens SK</b>	<b>0:36:30 + 10:37</b>
02:40-17	07:40-19	07:40-11	09:39-16
02:40-16	05:00-22		01:59-11
00:40%	01:54%		00:29%
<b>16</b>	<b>Hultgreen Karlsen, Stig</b>	<b>Oppsal IF</b>	<b>0:36:58 + 11:05</b>
02:26-10	06:38-13	06:38-7	09:00-13
02:26-10	04:12-14		02:22-17
00:26%	01:06%		00:52%
<b>17</b>	<b>Sigurdsen, Roar</b>	<b>Ringnes</b>	<b>0:39:16 + 13:23</b>
02:17-5	07:29-17	07:29-17	12:56-26
02:17-5	05:12-25		05:27-44
00:17%	02:06%		03:57%
<b>18</b>	<b>Christiansen, Håvard</b>	<b>Forsvarsbygg</b>	<b>0:39:49 + 13:56</b>
02:36-15	07:10-16	07:10-10	09:11-14
02:36-15	04:34-19		02:01-12

00:36%	01:28%		00:31%	00:25#	01:25#	03:00%	07:00#	00:23%	00:04#
<b>19 Saugestad, Marie</b>			<b>Nydalens SK</b>			<b>0:40:32 +</b>	<b>14:39</b>		
02:41-18	07:43-20	07:43-19	10:11-19	12:58-17	21:53-17	28:22-18	37:13-19	39:35-20	40:32-19
02:41-18	05:02-23		02:28-21	02:47-21	08:55-19	06:29-18	08:51-31	02:22-34	00:57-30
00:41%	01:56%		00:58%	01:06%	02:33%	02:30%	04:15%	01:05%	00:31#
<b>20 Saugestad, Fredrik</b>			<b>Nydalens SK</b>			<b>0:40:40 +</b>	<b>14:47</b>		
02:41-19	07:44-21	07:44-20	10:07-18	13:07-19	21:49-16	28:23-19	37:11-18	39:31-19	40:40-20
02:41-18	05:03-24		02:23-18	03:00-26	08:42-17	06:34-20	08:48-30	02:20-33	01:09-38
00:41%	01:57%		00:53%	01:19%	02:20%	02:35%	04:12%	01:03%	00:43#
<b>21 Bjordal, Roar</b>			<b>Oppsal IF</b>			<b>0:41:36 +</b>	<b>15:43</b>		
03:00-24	08:41-25	08:41-12	11:07-23	13:58-21	22:44-19	32:05-21	38:43-21	40:53-21	41:36-21
03:00-24	05:41-28		02:26-20	02:51-23	08:46-18	09:21-34	06:38-15	02:10-28	00:43-11
01:00%	02:35%		00:56%	01:10%	02:24%	05:22%	02:02%	00:53%	00:17%
<b>22 Bjergaard, Anne Marit</b>			<b>Nydalens SK</b>			<b>0:44:00 +</b>	<b>18:07</b>		
03:49-38	08:14-23	08:14-22	10:24-20	12:58-18	22:49-20	32:16-23	40:48-24	42:52-22	44:00-22
03:49-38	04:25-17		02:10-16	02:34-17	09:51-23	09:27-36	08:32-28	02:04-23	01:08-36
01:49%	01:19%		00:40%	00:53%	03:29%	05:28%	03:56%	00:47%	00:42#
<b>23 Strømstad, Ivar</b>			<b>Raumar OL</b>			<b>0:44:08 +</b>	<b>18:15</b>		
03:02-25	08:18-24	08:18-23	11:02-22	14:03-22	25:05-24	32:15-22	40:30-22	43:13-23	44:08-23
03:02-25	05:16-26		02:44-26	03:01-27	11:02-29	07:10-23	08:15-26	02:43-37	00:55-28
01:02%	02:10%		01:14%	01:20%	04:40%	03:11%	03:39%	01:26#	00:29#
<b>24 Jacobsen, Kjetil</b>			<b>Hamar OK</b>			<b>0:45:10 +</b>	<b>19:17</b>		
02:47-20	11:41-35	11:41-34	14:14-30	16:22-26	26:29-27	34:24-28	42:18-25	44:20-24	45:10-24
02:47-20	08:54-41		02:33-23	02:08-12	10:07-25	07:55-28	07:54-22	02:02-22	00:50-22
00:47%	05:48%		01:03%	00:27%	03:45%	03:56%	03:18%	00:45%	00:24%
<b>25 Tho, Kjersti</b>			<b>Stabæk IF</b>			<b>0:45:31 +</b>	<b>19:38</b>		
04:24-39	09:19-27	09:19-26	11:50-24	17:16-29	28:18-30	34:16-27	42:22-27	44:32-26	45:31-25
04:24-39	04:55-21		02:31-22	05:26-42	11:02-29	05:58-14	08:06-24	02:10-28	00:59-31
02:24#	01:49%		01:01%	03:45#	04:40%	01:59%	03:30%	00:53%	00:33#
<b>26 Halvorsen Aarekol, Kai</b>			<b>Siemens Oslo</b>			<b>0:45:41 +</b>	<b>19:48</b>		
03:12-29	08:01-22	08:01-21	10:48-21	13:36-20	24:05-23	32:44-25	42:20-26	44:31-25	45:41-26
03:12-29	04:49-20		02:47-29	02:48-22	10:29-27	08:39-32	09:36-35	02:11-30	01:10-39
01:12%	01:43%		01:17%	01:03%	04:07%	04:40#	05:00#	00:54%	00:44#
<b>27 Fremming, Hans-Henrik</b>			<b>Meteorologen</b>			<b>0:45:52 +</b>	<b>19:59</b>		
03:10-28	07:19-17	07:19-16	10:03-17	14:19-23	23:48-22	34:13-26	42:27-28	45:02-27	45:52-27
03:10-28	04:09-13		02:44-26	04:16-38	09:29-22	10:25-40	08:14-25	02:35-35	00:50-22
01:10%	01:03%		01:14%	02:35#	03:07%	06:26#	03:38%	01:18#	00:24%
<b>28 Hornvedt, Lise</b>			<b>Point Resources</b>			<b>0:47:39 +</b>	<b>21:46</b>		
02:55-22	11:10-32	11:10-31	14:45-35	18:22-35	29:59-34	37:25-33	44:55-30	46:51-28	47:39-28
02:55-22	08:15-39		03:35-38	03:37-34	11:37-37	07:26-25	07:30-18	01:56-19	00:48-19
00:55%	05:09%		02:05#	01:56#	05:15%	03:27%	02:54%	00:39%	00:22%
<b>29 Hanslien, Uno</b>			<b>Bilpost BIL</b>			<b>0:48:19 +</b>	<b>22:26</b>		
03:17-30	15:19-40	13:19-39	16:24-37	20:39-39	30:02-35	38:04-34	45:35-32	47:35-30	48:19-29
03:17-30	10:02-43		03:05-32	04:15-37	09:23-21	08:02-30	07:31-19	02:00-21	00:44-14
01:17%	06:56#		01:35#	02:34#	03:01%	04:03#	02:55%	00:43%	00:18%
<b>30 Kletteli, Odd</b>			<b>Bækkelagets SK</b>			<b>0:48:50 +</b>	<b>22:57</b>		
04:59-43	11:15-33	11:15-32	14:36-34	17:47-32	29:07-31	36:37-30	45:17-31	47:34-29	48:50-30
04:59-43	06:16-30		03:21-34	03:11-31	11:20-34	07:30-26	08:40-29	02:17-32	01:16-42
02:59%	03:10%		01:51#	01:30%	04:58%	03:31%	04:04%	01:00%	00:50#
<b>31 Rikheim, Harald</b>			<b>Rådassene</b>			<b>0:49:34 +</b>	<b>23:41</b>		
03:23-33	08:58-26	08:58-25	12:31-25	15:02-24	25:47-26	32:19-24	40:41-23	48:34-31	49:34-31
03:23-33	05:35-27		03:33-37	02:31-16	10:45-28	06:32-19	08:22-27	07:53-45	01:00-33
01:23%	02:29%		02:03#	00:50%	04:23%	02:33%	03:46%	06:36#	00:34#
<b>32 Bjørgum, Hallvard</b>			<b>DNV</b>			<b>0:51:42 +</b>	<b>25:49</b>		
03:28-35	09:26-28	09:26-13	13:56-29	18:12-34	29:34-33	38:31-35	48:13-33	50:51-34	51:42-34
03:28-35	05:58-29		04:30-41	04:16-38	11:22-35	08:57-33	09:42-36	02:38-36	00:51-24
01:28%	02:52%		03:00#	02:35#	05:00%	04:58#	05:06#	01:21#	00:25%
<b>33 Egner, Bjørn</b>			<b>Heming Orientering</b>			<b>0:52:49 +</b>	<b>26:56</b>		
03:26-34	11:44-36	11:44-16	14:22-31	17:30-30	27:45-28	35:02-29	44:09-29	51:30-35	52:49-35
03:26-34	08:18-40		02:38-25	03:08-30	10:15-26	07:17-24	09:07-33	07:21-44	01:19-43
01:26%	05:12#		01:08%	01:27%	03:53%	03:18%	04:31%	06:04#	00:53#
<b>34 Christensen, Petter</b>			<b>DNV</b>			<b>0:53:00 +</b>	<b>27:07</b>		
04:50-42	11:24-34	11:24-15	14:27-32	17:46-31	31:56-36	41:48-37	49:44-36	51:52-36	53:00-37
04:50-42	06:34-31		03:03-31	03:19-33	14:10-40	09:52-38	07:56-23	02:08-27	01:08-36
02:50#	03:28#		01:33#	01:38%	07:48#	05:53#	03:20%	00:51%	00:42#
<b>35 Knudsen, Kåre</b>			<b>IL GeoForm</b>			<b>0:54:50 +</b>	<b>28:57</b>		
07:03-45	13:37-41	13:37-40	16:55-40	20:12-38	33:56-40	41:53-38	51:00-37	53:51-37	54:50-38
07:03-45	06:34-31		03:18-33	03:17-32	13:44-39	07:57-29	09:07-33	02:51-40	00:59-31
05:03#	03:28#		01:48#	01:36%	07:22#	03:58%	04:31%	01:34#	00:33#
<b>36 Parnemo, Ida Christine</b>			<b>Privat</b>			<b>0:57:02 +</b>	<b>31:09</b>		
04:45-41	12:27-38	12:27-37	14:50-36	18:34-36	33:19-38	42:44-40	53:54-40	55:59-38	57:02-39
04:45-41	07:42-37		02:23-18	03:44-36	14:45-41	09:25-35	11:10-38	02:05-24	01:03-35
02:45#	04:36#		00:53%	02:03#	08:23#	05:26#	06:34#	00:48%	00:37#
<b>37 Holmestad, Tomas</b>			<b>Borea</b>			<b>0:57:37 +</b>	<b>31:44</b>		
02:59-23	16:23-45	16:23-20	19:50-43	23:29-42	33:24-39	43:05-41	53:29-38	56:18-39	57:37-40
02:59-23	13:24-46		03:27-36	03:39-35	09:55-24	09:41-37	10:24-37	02:49-39	01:19-43
00:59%	10:18#		01:57#	01:58#	03:33%	05:42#	05:48#	01:32#	00:53#
<b>38 Ursin, Nora</b>			<b>Fossum IF</b>			<b>0:59:01 +</b>	<b>33:08</b>		
03:33-37	10:10-29	10:10-28	13:33-27	16:40-27	29:09-32	40:30-36	53:52-39	58:01-40	59:01-41
03:33-37	06:37-33		03:23-35	03:07-29	12:29-38	11:21-41	13:22-43	04:09-43	01:00-33
01:33%	03:31#		01:53#	01:26%	06:07%	07:22#	08:46#	02:52#	00:34#
<b>39 Hetland, Jens</b>			<b>Nydalens SK</b>			<b>1:01:24 +</b>	<b>35:31</b>		
06:54-44	10:36-30	10:36-14	14:31-33	18:49-37	46:12-43	52:34-43	59:06-41	60:41-41	61:24-42
06:54-44	03:42-6		03:55-40	04:18-40	27:23-44	06:22-17	06:32-12	01:35-6	00:43-11
04:54#	00:36#		02:25#	02:37#	21:01#	02:23%	01:56%	00:18#	00:17%
<b>40 Kolderup, Carl-Fredrik</b>			<b>Stabæk IF</b>			<b>1:04:51 +</b>	<b>38:58</b>		
03:32-36	12:55-39	12:55-19	16:43-39	21:14-41	32:48-37	42:40-39	60:04-42	63:06-42	64:51-43
03:32-36	09:23-42		03:48-39	04:31-41	11:34-36	09:52-38	17:24-46	03:02-41	01:45-46
01:32%	06:17#		02:18#	02:50#	05:12%	05:53#	12:48#	01:45#	01:19#
<b>41 Justad Raanen, Trine Marit</b>			<b>Kongsberg OL</b>			<b>1:05:42 +</b>	<b>39:49</b>		
08:27-46	15:33-44	15:33-42	18:17-41	20:58-40	37:03-41	53:53-44	62:59-43	64:55-43	65:42-44
08:27-46	07:06-35		02:44-26	02:41-20	16:05-42	16:50-43	09:06-32	01:56-19	00:47-18
06:27#	04:00#		01:14%	01:00%	09:43#	12:51#	04:30%	00:39%	00:21%
<b>42 Gjessing, Kåre</b>			<b>Heming Orientering</b>			<b>1:07:44 +</b>	<b>41:51</b>		
10:42-47	17:39-46	17:39-21	22:23-44		38:34-42	51:07-42	64:11-44	66:56-44	67:44-45
10:42-47	06:57-34		04:44-42		12:33-42	13:04-42	02:45-38	00:48-19	
08:42#	03:51#		03:14#		08:34#	08:28#	01:28#	00:22%	
<b>43 Hangeraa, Knut</b>			<b>IL GeoForm</b>			<b>1:32:55 +1:07:02</b>			
04:28-40	11:51-37	11:51-17	19:25-42	25:54-43	46:58-44	64:53-45	82:11-45	91:14-45	92:55-46
0									

## Strekktider Kort

Plass	Navn	Klubb	Tid
1	<b>Kernstock, Stefan</b>	<b>DNV</b>	<b>0:33:46 + 00:00</b>
02:20-1	07:06-1 11:54-2 16:09-1	23:15-1 31:09-1 32:50-1	33:46-1
02:20-1	04:46-2 04:48-4 04:15-1	07:06-1 07:54-2 01:41-1	00:56-8
00:00=	00:12+ 01:26x 00:00=	00:00= 00:07+ 00:00=	00:12x
2	<b>Paltiel, Liv</b>	<b>Folkhelseinstituttet</b>	<b>0:36:18 + 02:32</b>
03:05-3	07:36-3 12:00-3 17:13-3	25:24-2 33:22-2 35:32-2	36:18-2
03:05-3	04:51-3 04:04-2 05:13-3	08:11-7 07:58-3 02:10-2	00:46-3
00:45x	00:17+ 00:42# 00:58#	01:05# 00:11+ 00:29x	00:02+
3	<b>G. Karlsen, Knut</b>	<b>Omega AS</b>	<b>0:39:22 + 05:36</b>
02:39-2	07:13-2 10:35-1 16:39-2	28:21-4 36:08-3 38:20-3	39:22-3
02:39-2	04:34-1 03:22-1 06:04-5	11:42-15 07:47-1 02:12-3	01:02-10
00:19#	00:00= 00:00= 01:49x	04:36x 00:00= 00:31x	00:18x
4	<b>Arneberg, Marie</b>	<b>Kjelsås IL</b>	<b>0:39:38 + 05:52</b>
03:09-5	08:44-5 13:46-5 18:52-4	26:05-3 36:15-4 38:43-4	39:38-4
03:09-5	05:35-5 05:02-5 05:06-2	07:13-2 10:10-7 02:28-7	00:55-7
00:49x	01:01# 01:40x 00:51#	00:07+ 02:23x 00:47x	00:11x
5	<b>Solheim, Knut Tore</b>	<b>Nydalens SK</b>	<b>0:42:09 + 08:23</b>
03:06-4	08:36-4 13:40-4 19:07-5	29:54-5 39:02-5 41:24-5	42:09-5
03:06-4	05:30-4 05:04-6 05:27-4	10:47-14 09:08-5 02:22-4	00:45-2
00:46x	00:56# 01:42x 01:12x	03:41x 01:21# 00:41x	00:01+
6	<b>Larsen, Hans</b>	<b>Raumar OL</b>	<b>0:43:49 + 10:03</b>
04:45-19	10:39-7 14:48-6 21:59-6	30:03-6 40:14-6 42:40-6	43:49-6
04:45-19	05:54-6 04:09-3 07:11-10	08:04-5 10:11-8 02:26-6	01:09-17
02:25x	01:20x 00:47# 02:56x	00:58# 02:24x 00:45x	00:25x
7	<b>Haugen, Per</b>	<b>Lillomarka OL</b>	<b>0:44:04 + 10:18</b>
03:10-6	12:21-12 17:50-12 24:10-8	32:06-7 40:58-7 43:20-7	44:04-7
03:10-6	09:11-17 05:29-10 06:20-6	07:56-3 08:52-4 02:22-4	00:44-1
00:50x	04:37# 02:07x 02:05x	00:50# 01:05# 00:41x	00:00=
8	<b>Fougner, Jon C.</b>	<b>Heming Orientering</b>	<b>0:46:04 + 12:18</b>
03:49-10	10:16-6 16:06-7 23:08-7	32:27-8 41:52-8 44:36-8	46:04-8
03:49-9	06:27-7 05:50-11 07:02-9	09:19-11 09:25-6 02:44-12	01:28-21
01:29x	01:53x 02:28x 02:47x	02:13x 01:38# 01:03x	00:44#
9	<b>Bertalan, Enikø</b>	<b>Asker SK</b>	<b>0:47:59 + 14:13</b>
03:40-8	11:27-10 17:22-9 24:14-9	32:42-10 43:50-9 46:48-9	47:59-9
03:40-8	07:47-13 05:55-12 06:52-7	08:28-8 11:08-11 02:58-15	01:11-18
01:20x	03:13x 02:33x 02:37x	01:22# 03:21x 01:17x	00:27x
10	<b>Sandby, Tor</b>	<b>Skattedirektoratet</b>	<b>0:49:36 + 15:50</b>
03:49-9	11:10-8 16:30-8 24:28-10	32:36-9 45:38-10 48:33-10	49:36-10
03:49-9	07:21-10 05:20-9 07:58-15	08:08-6 13:02-18 02:55-14	01:03-12
01:29x	02:47x 01:58x 03:43x	01:02# 05:15x 01:14x	00:19x
11	<b>Killingmo, Lene Anett</b>	<b>Privat</b>	<b>0:52:03 + 18:17</b>
04:23-16	12:32-14 17:37-11 26:07-12	36:16-12 47:29-11 51:15-11	52:03-11
04:23-15	08:09-15 05:05-7 08:30-19	10:09-12 11:13-13 03:46-21	00:48-4
02:03x	03:35x 01:43x 04:15#	03:03x 03:26x 02:05#	00:04+
12	<b>Kvalheim, Svein</b>	<b>Opegård</b>	<b>0:53:06 + 19:20</b>
03:34-7	14:38-17 19:57-13 26:50-13	34:53-11 49:31-12 52:09-12	53:06-12
03:34-7	11:04-20 05:19-8 06:53-8	08:03-4 14:38-20 02:38-10	00:57-9
01:14x	06:30# 01:57x 02:38x	00:57# 06:51x 00:57x	00:13x
13	<b>Broadwell, Sharon</b>	<b>Privat</b>	<b>0:53:17 + 19:31</b>
05:16-21	12:23-13 22:19-17 30:16-16	39:22-14 49:59-13 52:28-13	53:17-13
05:16-21	07:07-9 09:56-23 07:57-14	09:06-10 10:37-10 02:29-8	00:49-5
02:56#	02:33x 06:34# 03:42x	02:00x 02:50x 00:48x	00:05#
14	<b>Drage, Tor</b>	<b>Aker Solutions</b>	<b>0:55:15 + 21:29</b>
04:43-18	16:45-20 24:30-21 32:34-21	41:18-15 51:38-15 54:08-14	55:15-15
04:43-18	12:02-23 07:45-20 08:04-17	08:44-9 10:20-9 02:30-9	01:07-15
02:23#	07:28# 04:23# 03:49x	01:38# 02:33x 00:49x	00:23x
15	<b>Aas, Eyvind</b>	<b>IL GeoForm</b>	<b>0:55:45 + 21:59</b>
04:08-12	11:37-11 17:32-10 24:47-11	37:34-13 50:34-14 54:27-15	55:45-16
04:08-12	07:29-11 05:55-12 07:15-11	12:47-16 13:00-17 03:53-22	01:18-20
01:48x	02:55x 02:33x 03:00x	05:41x 05:13x 02:12#	00:34x
16	<b>Øhrn, Sondre</b>	<b>Nydalens SK</b>	<b>1:01:48 + 28:02</b>
07:47-26	15:55-19 22:47-18 31:02-18	45:46-17 56:58-17 60:55-18	61:48-18
07:47-26	08:08-14 06:52-17 08:15-18	14:44-20 11:12-12 03:57-23	00:53-6
05:27#	03:34x 03:30# 04:00x	07:38# 03:25x 02:16#	00:09#
17	<b>Sjønnesen, Anne</b>	<b>Nittedal OL</b>	<b>1:01:53 + 28:07</b>
06:22-23	13:57-16 23:29-19 31:09-19	41:43-16 57:06-18 60:46-17	61:53-19
06:22-23	07:35-12 09:32-22 07:40-12	10:34-13 15:23-22 03:40-20	01:07-15
04:02#	03:01x 06:10# 03:25x	03:28x 07:36x 01:59#	00:23x
18	<b>Teigland, Kjell</b>	<b>Østmarka OK</b>	<b>1:02:05 + 28:19</b>
04:01-11	13:14-15 20:00-14 29:18-14	46:01-18 57:48-19 61:03-19	62:05-20
04:01-11	09:13-18 06:46-16 09:18-22	16:43-23 11:47-14 03:15-17	01:02-10
01:41x	04:39# 03:24# 05:03#	09:37# 04:00x 01:34x	00:18x
19	<b>Ibsen, Tom</b>	<b>Lommedalen IL</b>	<b>1:02:50 + 29:04</b>
04:23-15	18:05-23 24:26-20 32:09-20	46:58-20 58:57-20 61:47-20	62:50-21
04:23-15	13:42-25 06:21-14 07:43-13	14:49-21 11:59-15 02:50-13	01:03-12
02:03x	09:08# 02:59x 03:28x	07:43# 04:12x 01:09x	00:19x
20	<b>Mella, Aage</b>	<b>Østmarka OK</b>	<b>1:05:13 + 31:27</b>
04:57-20	14:39-18 21:49-16 30:21-17	46:48-19 59:04-21 63:02-21	65:13-23
04:57-20	09:42-19 07:10-19 08:32-20	16:27-22 12:16-16 03:58-24	02:11-26
02:37#	05:08# 03:48# 04:17#	09:21# 04:29x 02:17#	01:27#
21	<b>Henriksen, Jan</b>	<b>NILU</b>	<b>1:09:35 + 35:49</b>
08:38-27	17:47-22 24:45-22 33:32-22	46:59-21 63:55-22 68:20-22	69:35-24
08:38-27	09:09-16 06:58-18 08:47-21	13:27-19 16:56-24 04:25-26	01:15-19
06:18#	04:35# 03:36# 04:32#	06:21x 09:09# 02:44#	00:31x
22	<b>Inglingstad, Ronald</b>	<b>Oppsal IF</b>	<b>1:10:20 + 36:34</b>
04:42-17	20:48-25 27:30-23 36:48-23	50:10-23 65:06-23 68:33-23	70:20-25
04:42-17	16:06-26 06:42-15 09:18-22	13:22-18 14:56-21 03:27-19	01:47-23
02:22#	11:32# 03:20x 05:03#	06:16x 07:09x 01:46#	01:39#
23	<b>Sevaldson, Ingvald</b>	<b>IL GeoForm</b>	<b>1:10:34 + 36:48</b>
04:15-13	11:19-9 21:33-15 29:36-15	53:18-24 66:26-24 69:28-24	70:34-26
04:15-13	07:04-8 10:14-24 08:03-16	23:42-26 13:08-19 03:02-16	01:06-14
01:55x	02:30x 06:52# 03:48x	16:36# 05:21x 01:21x	00:22x
24	<b>Fremming, Ørnulf</b>	<b>Meteorologen</b>	<b>1:40:34 +1:06:48</b>
06:28-24	29:06-27 37:46-24 53:53-24	73:27-25 93:17-25 97:51-25	100:34-27
06:28-24	22:38-27 08:40-21 16:07-25	19:34-25 19:50-25 04:34-27	02:43-27
04:08#	18:04# 05:18# 11:52#	12:28# 12:03# 02:53#	01:59#
25	<b>Gjerme, Per</b>	<b>Asker SK</b>	<b>1:44:33 +1:10:47</b>
06:03-22	17:22-21 53:26-26 63:19-25	82:11-26 98:48-26 103:01-26	104:33-28
06:03-22	11:19-21 36:04-26 09:53-24	18:52-24 16:37-23 04:13-25	01:32-22
03:43#	06:45# 32:42# 05:38#	11:46# 08:50# 02:32#	00:48#
26	<b>Haugerud, Sigurd</b>	<b>IL GeoForm</b>	<b>1:56:21 +1:22:35</b>
08:49-28	22:14-26 39:00-25 76:49-26	90:04-27 110:55-27 114:19-27	116:21-29
08:49-28	13:25-24 16:46-25 37:49-26	13:15-17 20:51-26 03:24-18	02:02-25
06:29#	08:51# 13:24# 33:34#	06:09x 13:04# 01:43#	01:18#
DSQ	<b>Fredh, Linda</b>	<b>Måren OK</b>	<b>1:00:07 (-4 poster)</b>
04:16-14		55:27-16	58:09-16
04:16-14			60:07-17
01:56x			02:42-11
			01:34#
DSQ	<b>Bjordal, Inger Lise</b>	<b>Oppsal IF</b>	<b>1:03:19 (-4 poster)</b>
06:37-25	18:20-24	48:22-22	63:19-22
06:37-25	11:43-22		
04:17#	07:09#		
DSQ	<b>Henriksen, Tor</b>	<b>Årvoll IL</b>	<b>0:54:05 (-6 poster)</b>
10:35-29			54:05-14
10:35-29			
08:15#			