

Rankingløp 29-2016

Dato/sted: 19. november 2016 - Bygdøy
 Kart: Kongeskogen
 Arr: OSI v/Christine Parnemo og Magne Vollen
 Antall: Totalt: 157 (GeoForm: 8, OSI: 8, DNV/ESSO: 5, Andre: 136)
 Løpsrapport: Alder: 21-: 144, 17-20: 0, 13-16: 8, 0-12: 5
 Startkont: kr. 70: 123 kr. 30: 34 kr. 0: 0
 Betalt: kr. 70: 123 kr. 30: 29 kr. 0: 5
 Leiebrikker: 0 stk

Resultater: [Lang\(80\)](#) | [Mellom\(58\)](#) | [Kort\(19\)](#) | [Grafisk](#)
 Strekketider: [Lang\(80\)](#) | [Mellom\(58\)](#) | [Kort\(19\)](#)

Resultater Lang (4.2 km)

Plass	Navn	Klubb	Tid
1	Nipen, Thomas	Nydalens SK	0:25:14 + 00:00
2	Seierstad, Ivar	IL GeoForm	0:25:48 + 00:34
3	Speake, Matthew	Lillomarka OL	0:26:59 + 01:45
4	Nipen, Jørgen Mathias	Bækkelaget	0:27:26 + 02:12
5	Henriksen, Jan Tore	Nydalen SK	0:28:02 + 02:48
6	Schlaupitz, Holger	NOTEAM	0:28:16 + 03:02
7	Aaltio, Aapo	Kuopion Suunnistajat	0:28:52 + 03:38
8	Eriksen, Jan Richard	Asker SK	0:29:17 + 04:03
9	Wisløff, Per	Asker	0:31:16 + 06:02
10	Øen, Knut Erling	Heming Orientering	0:31:23 + 06:09
11	Bjerknes, Audun	Måren OK	0:31:39 + 06:25
12	Grinde, Bjørn	Oslostudentenes IK	0:32:03 + 06:49
13	Hauge, Bjørn	Nydalen SK	0:32:20 + 07:06
14	Skjolden Sørensen, Elias	Lillomarka OL	0:33:05 + 07:51
15	Helland, Knut	Østmarka OK	0:33:10 + 07:56
16	Kvaase, Truls	Bækkelagets SK	0:33:27 + 08:13
17	Egge, Guttorm L	Oslostudentenes IK	0:34:09 + 08:55
18	Reusch, Christian	Heming Orientering	0:34:23 + 09:09
19	Helgaker, Jan Fredrik	DNV	0:34:34 + 09:20
20	Øen, August Syrdal	Heming Orientering	0:34:40 + 09:26
20	Granly, Martin	Siemens Oslo	0:34:40 + 09:26
22	Iwe, Harald	IL GeoForm	0:34:53 + 09:39
23	Tandrevold, Eirik	Fossum IF	0:35:10 + 09:56
24	Reusch, Henrik	Heming Orientering	0:35:45 + 10:31
25	Ringstad, Tor	Cisco	0:36:08 + 10:54
26	Refsland, Ivar	UiO	0:36:19 + 11:05
27	Schanche, Per	Asker SK	0:36:31 + 11:17
28	Eriksen, Are	Oslostudentenes IK	0:36:35 + 11:21
29	Norman, Niklas	Heming Orientering	0:36:39 + 11:25
30	Jensen, Einar	Nydalens SK	0:36:47 + 11:33
31	Koren, Hallvard	OK Moss	0:37:13 + 11:59
32	Osen, Per	Vestre Akers SK	0:37:19 + 12:05
33	Åsmul, Eskil	OL Trollelg	0:37:39 + 12:25
34	Brekke, Jens	Lillomarka OL	0:38:18 + 13:04
35	Utskarpen, Audrun	Oslostudentenes IK	0:38:19 + 13:05
36	Kildahl, Øystein	Østmarka OK	0:39:20 + 14:06
37	Lefdahl, Per Morten	NOTEAM	0:39:32 + 14:18
38	Njåstein, Marianne	IL Tyrving	0:39:37 + 14:23
39	Øhlckers, Per	Tyrving	0:40:39 + 15:25
40	Danielsen, Anne	Nydalens SK	0:41:17 + 16:03
41	Onsager, Knut	IL GeoForm	0:41:24 + 16:10
42	Eide - Fredriksen, Magnus	Heming Orientering	0:41:41 + 16:27
43	Carlsson, Bjørn Are	Fossum IF	0:42:10 + 16:56
44	Messel, Espen	Koll	0:42:39 + 17:25
45	Brekke, Kristian	Lillomarka OL	0:43:28 + 18:14
46	Øhlckers, Milda	Tyrving	0:43:59 + 18:45
47	Kongsberg, Morten	IL Tyrving	0:44:14 + 19:00
48	Lahlum, Jon	Fossum IF	0:44:22 + 19:08
49	Buøen, Roar	Privat	0:44:25 + 19:11
50	Christiansen, Håvard	NOTEAM	0:44:31 + 19:17
51	Saugestad, Fredrik	Nydalens SK	0:45:04 + 19:50
52	Stordal, Erik	Asker Skiklubb	0:45:06 + 19:52
53	Reinseth, Bjørn Erik	HSK-RIFF	0:45:10 + 19:56
54	Engzeliuss, Margrete6	Asker SK	0:45:22 + 20:08

55	Gylver, Øivind	Asker SK	0:45:29 + 20:15
56	Eide-Fredriksen, Harald	Heming Orientering	0:47:53 + 22:39
57	Brurberg, May Bente	ÅS UMB Orientering	0:49:03 + 23:49
58	Wisløff, Sverre	Asker	0:49:47 + 24:33
59	Laaksonen, Evelina	Helsingin Suunnistajat	0:51:36 + 26:22
60	Hultgreen, Rune	Opsahl	0:51:49 + 26:35
61	Reusch, Marianne	Heming Orientering	0:53:06 + 27:52
62	von der Lippe, Preben	NOTEAM	0:53:28 + 28:14
63	Tho, Kjersti	Stabæk IF	0:54:31 + 29:17
64	Egner, Bjørn	Heming Orientering	0:55:42 + 30:28
65	Berstad, Paula	Heming Orientering	0:56:43 + 31:29
66	Fixdal, Trude	IL Koll	0:58:51 + 33:37
67	Fougner, Jon C.	Heming Orientering	0:58:59 + 33:45
68	Svela, Erling	Kondis	1:17:02 + 51:48
69	Gjessing, Ola Peter	Heming Orientering	1:22:12 + 56:58
70	Wibye, Harald	Moss	1:30:12 +1:04:58
DSQ	Astrup Arnesen, Signe	Heming Orientering	0:37:39 (-1 poster)
DSQ	Thorstensen, Einar	Kamp Vestheim	0:38:05 (-1 poster)
DSQ	Kaarby, Per	Fossum IF	0:40:24 (-1 poster)
DSQ	Christensen, Petter	DNV	0:46:16 (-1 poster)
DSQ	Eijsink, Vincent	ÅS UMB Orientering	0:54:01 (-1 poster)
DSQ	Christensen, Lars	DNV	0:54:15 (-1 poster)
DSQ	Grønneberg, Skage	Heming Orientering	0:32:27 (-2 poster)
DSQ	Vold, Mathias	Lillimarka	0:51:18 (-2 poster)
DSQ	Angell, Truls	Lillimarka OL	1:01:49 (-2 poster)
DSQ	Olsen, Rudi	Lillimarka OL	0:34:18 (-14 poster)

Resultater Mellom (3.2 km)

Plass	Navn	Klubb	Tid
1	Drage, Tor	Aker Solutions	0:00:00 + 00:00
2	Berteig, Vidar	Fossum IF	0:25:16 + 25:16
3	Strandhagen, Torgeir	Røyken OL	0:27:29 + 27:29
4	Solheim, Paul	Jernbaneverket	0:28:01 + 28:01
5	Karlsen, Morten	Måren OK	0:30:08 + 30:08
6	Arianssen, Ellen	Lillimarka OL	0:30:22 + 30:22
7	Landmark, Bente	Fossum IF	0:30:50 + 30:50
8	Karlsbakk, Per Jogeir	DNV	0:31:53 + 31:53
9	Paltiel, Liv	Folkehelseinstituttet	0:35:37 + 35:37
10	Takvam, Arnt Ove	Fearnssport	0:36:06 + 36:06
11	Hanssen, Pål W.	BDO BIL	0:36:32 + 36:32
12	Sandelien, Bjørn	Vegdirektoratet	0:37:08 + 37:08
13	Halsall, Tony	Otra IL	0:37:37 + 37:37
14	Næss, Petter	Oppsal IF	0:37:45 + 37:45
15	Enstrøm, Lenny Viking	Oslostudentenes IK	0:39:07 + 39:07
16	Devik, Alexandra	OSI	0:39:15 + 39:15
17	Hanslien, Uno	Bilpost BIL	0:40:10 + 40:10
18	Solheim, Knut Tore	Nydalens SK	0:40:25 + 40:25
19	Bertalan, Enikø	Asker SK	0:40:41 + 40:41
20	Nipen, Olav	Tyrving	0:41:18 + 41:18
21	Stenstadvoll, Kjell	Tyrving	0:42:28 + 42:28
22	Myhre, Stein	Oslo sporveier BIL	0:42:38 + 42:38
23	Strømstad, Ivar	Raumar OL	0:43:08 + 43:08
24	Plaian, Anton	Asker SK	0:43:38 + 43:38
25	Gunnerød, Bjørn	IL GeoForm	0:43:45 + 43:45
26	Hem, Einar	Lillimarka OL	0:43:56 + 43:56
27	Lye, Helge	Tyrving	0:44:57 + 44:57
28	Hegdal, Tormod	Heming Orientering	0:45:07 + 45:07
29	Drage, Unni	Aker Solutions	0:45:27 + 45:27
30	Øfsthus, Anne Lise	Asker SK	0:45:54 + 45:54
31	Skåre, Einar	Brevpost BIL	0:45:55 + 45:55
32	Spjelkavik, Bjørn	IL Tyrving	0:46:30 + 46:30
33	Horvati, Georg	Tyrving	0:47:12 + 47:12
34	Christiansen, Rune	Privat	0:48:01 + 48:01
35	Ruud, Jørgen	Privat	0:48:03 + 48:03
36	Vågsnes, Marit	Kolbotn & Skimt OL	0:48:06 + 48:06
37	Berntsen, Grete	Måren OK	0:50:24 + 50:24
38	Hangeraa, Knut Kristen	IL GeoForm	0:51:44 + 51:44
39	Kildahl, Henrik	Østmarka OK	0:51:55 + 51:55
40	Berstad, Ella	Heming Orientering	0:52:30 + 52:30
41	Spjelkavik, Aud Ingjerd	IL Tyrving	0:53:22 + 53:22
42	Mork Fjeldvær, Elisabeth	OSI	0:54:16 + 54:16

43	Berge, Berit	Tyrving	0:55:09 + 55:09
44	Sandelien, Sidsel	Vegdirektoratet	0:56:13 + 56:13
45	Rud, Steinar	Konnerud IF	0:56:57 + 56:57
46	Madsen, Øystein	Haugerud IL	0:59:08 + 59:08
47	Kolderup, Carl-Fredrik	Stabæk IF	1:00:28 + 1:00:28
48	Rikheim, Harald	Rådassene	1:00:38 + 1:00:38
49	Haugerud, Sigurd	IL GeoForm	1:03:08 + 1:03:08
50	Jostad Raen, Trine Marit	Kongsberg OL	1:03:48 + 1:03:48
51	Lea, Penelope	Nydalen SK	1:13:36 + 1:13:36
52	Tollefsen, Bernt	IL GeoForm	1:16:38 + 1:16:38
53	Mathiesen, Anne	PSI	1:38:14 + 1:38:14
DSQ	Sletner, Kristin	Røyken OL	0:34:03 (-1 poster)
DSQ	Sundelin, Gisela	Privat	0:44:19 (-1 poster)
DSQ	Ommundsen, Tor	DNV	0:51:57 (-1 poster)
DSQ	Horvati, Ildiko	Tyrving	0:54:55 (-1 poster)
DSQ	Fure, Petter	Oppsal IF	0:27:45 (-5 poster)

Resultater Kort (2.0 km)

Plass	Navn	Klubb	Tid
1	Arnesen, Lars	Privat	0:20:36 + 00:00
2	Grand, Elena	Nydalens SK	0:21:47 + 01:11
3	Hermstad, Gunnhild Nordgaard	Privat	0:25:07 + 04:31
4	Haugen, Per	Lillomarka OL	0:25:30 + 04:54
5	Reusch, Fridtjof	Heming Orientering	0:26:23 + 05:47
6	Arnesen, Marianne	Asker	0:30:04 + 09:28
7	Syrdal Øen, Hanna	Heming Orientering	0:30:14 + 09:38
8	Benjaminson, Pål	Kamp/Vestheim IF	0:30:26 + 09:50
9	Øhlckers, Sofia	Tyrving	0:31:40 + 11:04
10	Øhlckers, Kristoffer	Tyrving	0:31:41 + 11:05
11	Føllesdal, Dagfinn	OSI	0:33:05 + 12:29
12	Scheie, Arne Christian	Østmarka OK	0:34:29 + 13:53
13	Aas, Eyvind	IL GeoForm	0:35:52 + 15:16
14	Gjerme, Per	Asker SK	0:36:32 + 15:56
15	Gange, Finn	Privat	0:38:07 + 17:31
16	Henriksen, Tor E.	Lillomarka OL	0:42:41 + 22:05
17	Lea Kabbe, August	Nydalen SK	0:45:02 + 24:26
18	Ouyang, Ping	Østmarka OK	1:01:30 + 40:54
DSQ	Thronsdn, Terje	Nittedal Olja Lyn	0:40:38 (-3 poster)

Strekktider Lang

Plass	Navn	Klubb	Tid																					
1	Nipen, Thomas	Nydalens SK	0:25:14 + 00:00																					
01:03-1	01:46-3	03:16-1	03:59-1	05:04-1	06:31-3	07:27-3	08:45-3	10:10-1	10:50-2	11:44-1	12:23-2	13:10-1	14:15-1	15:49-1	16:44-1	17:08-1	18:24-1	19:43-1	20:41-1	21:46-1	22:54-1	23:48-1	24:45-1	25:14-1
01:03-1	00:43-9	01:30-2	00:43-1	01:05-3	01:27-17	00:56-1	01:18-4	01:25-1	00:40-3	00:54-2	00:39-3	00:47-1	01:05-7	01:34-2	00:55-1	00:24-14	01:16-1	01:19-5	00:58-2	01:05-3	01:08-2	00:54-2	00:57-15	00:29-1
00:00=	00:10&	00:01+	00:00=	00:04+	00:28&	00:00=	00:11#	00:00=	00:04#	00:01+	00:03+	00:00=	00:09#	00:04+	00:00=	00:07&	00:00=	00:07+	00:01+	00:03+	00:03+	00:10#	00:00=	
2	Seierstad, Ivar	IL GeoForm	0:25:48 + 00:34																					
01:11-5	01:49-4	03:20-2	04:06-2	05:09-2	06:21-1	07:19-1	08:33-2	10:10-2	11:03-3	11:59-3	12:43-3	13:37-3	14:33-2	16:08-2	17:03-2	17:25-2	18:55-2	20:09-2	21:07-2	22:10-2	23:21-2	24:18-2	25:14-2	25:48-2
01:11-5	00:38-3	01:31-3	00:46-4	01:03-2	01:12-4	00:58-3	01:14-3	01:37-3	00:53-27	00:56-3	00:44-8	00:54-4	00:56-1	01:35-3	00:55-1	00:22-7	01:30-10	01:14-4	00:58-2	01:03-2	01:11-4	00:57-6	00:56-12	00:34-10
00:00#	00:05#	00:02+	00:03+	00:02+	00:13#	00:02+	00:07#	00:12#	00:17&	00:03+	00:08#	00:07#	00:00=	00:05+	00:00=	00:05&	00:14#	00:02+	00:01+	00:01+	00:06+	00:06#	00:09#	00:05#
3	Speake, Matthew	Lillomarka OL	0:26:59 + 01:45																					
01:06-3	01:46-2	03:27-4	04:14-4	05:15-3	06:29-2	07:26-2	08:33-1	10:10-3	10:46-1	11:45-2	12:22-1	13:11-2	15:24-3	16:54-3	17:50-3	18:12-3	19:34-3	20:47-3	21:44-3	23:27-3	24:38-3	25:29-3	26:25-3	26:59-3
01:06-3	00:40-6	01:41-6	00:47-5	01:01-1	01:14-6	00:57-2	01:07-1	01:37-3	00:36-1	00:59-4	00:37-2	00:49-2	02:13-69	01:30-1	00:56-4	00:22-7	01:22-4	01:13-2	00:57-1	01:43-41	01:11-4	00:51-1	00:56-12	00:34-10
00:03+	00:07#	00:12#	00:04+	00:00=	00:15&	00:01+	00:00=	00:12#	00:00=	00:06#	00:01+	00:02+	01:17@	00:00=	00:01+	00:05&	00:06+	00:01+	00:00=	00:41&	00:06+	00:00=	00:09#	00:05#
4	Nipen, Jørgen Mathias	Bækkelaget	0:27:26 + 02:12																					
02:17-59	02:50-46	04:19-18	05:04-15	07:10-21	08:09-16	09:08-13	10:20-9	11:56-7	13:02-10	13:55-7	14:31-7	15:25-6	16:21-6	17:56-6	18:51-5	19:12-4	20:42-5	21:55-4	22:53-4	23:55-4	25:05-4	26:00-4	26:56-4	27:26-4
02:17-59	00:33-1	01:29-1	00:45-3	02:06-62	00:59-1	00:59-4	01:12-2	01:36-2	01:06-47	00:53-1	00:36-1	00:54-4	00:56-1	01:35-3	00:55-1	00:21-4	01:30-10	01:13-2	00:58-2	01:02-1	01:10-3	00:55-3	00:56-12	00:30-2
01:14@	00:00=	00:00=	00:02+	01:05@	00:00=	00:03+	00:05+	00:11#	00:30&	00:00=	00:00=	00:07#	00:00=	00:05+	00:00=	00:04#	00:14#	00:01+	00:01+	00:00=	00:05+	00:04+	00:09#	00:01+
5	Henriksen, Jan Tore	Nydalen SK	0:28:02 + 02:48																					
01:14-9	01:52-5	03:59-10	04:43-9	06:20-10	07:21-6	08:24-5	09:55-6	11:37-5	12:21-5	13:20-5	14:09-5	15:10-5	16:08-5	17:54-5	19:00-6	19:21-6	20:43-6	22:07-6	23:19-5	24:26-5	25:41-5	26:37-5	27:26-5	28:02-5
01:14-7	00:38-3	02:07-34	00:44-2	01:37-31	01:01-2	01:03-5	01:31-15	01:42-6	00:44-9	00:59-4	00:49-19	01:01-12	00:58-3	01:46-8	01:06-10	00:21-4	01:22-4	01:24-8	01:12-13	01:07-4	01:15-8	00:56-5	00:49-4	00:36-14
00:11#	00:05#	00:38&	00:01+	00:36&	00:02+	00:07#	00:24&	00:17#	00:06#	00:13&	00:14&	00:16#	00:11#	00:04#	00:06+	00:12#	00:15&	00:05+	00:10#	00:05+	00:02+	00:02+	00:07#	
6	Schlaupitz, Holger	NOTEAM	0:28:16 + 03:02																					
01:10-4	02:06-14	03:39-5	04:27-5	05:38-4	06:57-4	08:03-4	09:28-4	11:06-4	11:47-4	12:48-4	13:36-4	14:39-4	15:37-4	17:41-4	18:50-4	19:15-5	20:36-4	22:01-5	23:25-6	24:39-6	25:51-6	26:54-6	27:44-6	28:16-6
01:10-4	00:56-43	01:33-4	00:48-7	01:11-9	01:19-7	01:06-8	01:25-7	01:38-5	00:41-5	01:01-9	00:48-16	01:03-18	00:58-3	02:04-22	01:09-14	00:25-17	01:21-3	01:25-10	01:24-26	01:14-7	01:12-6	01:03-11	00:50-5	00:32-3
00:07#	00:23&	00:04+	00:05#	00:10#	00:20&	00:10#	00:18&	00:13#	00:05#	00:08#	00:12&	00:16&	00:02+	00:34&	00:14&	00:08&	00:05+	00:13#	00:27&	00:12#	00:07#	00:12#	00:03+	00:03#
7	Aaltio, Aapo	Kuopion Suunnistajat	0:28:52 + 03:38																					
01:19-16	02:01-10	05:15-52	06:09-46	07:34-33	08:53-22	10:04-18	11:34-17	13:17-16	13:55-16	14:54-15	15:37-14	16:37-14	17:36-11	19:14-9	20:14-9	20:34-8	21:53-8	23:13-8	24:13-7	25:31-8	26:36-7	27:31-7	28:19-7	28:52-7

01:19-16	00:42-8	03:14-75	00:54-16	01:25-19	01:19-7	01:11-16	01:30-13	01:43-7	00:38-2	00:59-4	00:43-7	01:00-9	00:59-5	01:38-5	01:00-6	00:20-2	01:19-2	01:20-6	01:00-6	01:18-9	01:05-1	00:55-3	00:48-2	00:33-6
00:16&	00:09&	01:45@	00:11&	00:24&	00:20&	00:15&	00:23&	00:18#	00:02+	00:06#	00:07#	00:13&	00:03+	00:08+	00:05+	00:03#	00:03+	00:08#	00:03+	00:16&	00:00=	00:04+	00:01+	00:04#
8	Eriksen, Jan Richard																							
01:11-6	01:55-6	03:44-6	04:38-6	06:36-17	07:57-12	09:06-12	10:27-11	12:12-10	12:52-7	13:55-8	14:42-8	15:44-7	16:59-7	19:01-7	19:58-7	20:23-7	21:50-7	23:10-7	24:20-8	25:30-7	26:43-8	27:43-8	28:42-8	29:17-8
01:11-5	00:44-12	01:49-10	00:54-16	01:58-57	01:21-13	01:09-12	01:21-6	01:45-8	00:40-3	01:03-11	00:47-13	01:02-15	01:15-22	02:02-20	00:57-5	00:25-17	01:27-6	01:20-6	01:10-12	01:10-5	01:13-7	01:00-8	00:59-20	00:35-13
00:08#	00:11&	00:20#	00:11&	00:57&	00:13#	00:14#	00:20#	00:04#	00:10#	00:10#	00:11&	00:15&	00:19&	00:32&	00:02+	00:08&	00:08#	00:13#	00:08#	00:08#	00:09#	00:12&	00:06#	
9	Wisløff, Per																							
01:18-15	02:02-11	04:03-13	04:56-13	06:02-6	08:20-17	09:27-17	10:59-15	12:44-14	13:50-14	14:50-14	15:30-12	16:25-11	17:26-10	19:10-8	20:13-8	20:36-9	22:16-9	24:19-10	25:27-10	26:50-9	28:17-9	29:33-9	30:38-9	31:16-9
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00:15#	00:11&	00:32&	00:10#	00:05+	01:19@	00:11#	00:25&	00:20#	00:30&	00:07#	00:04#	00:08#	00:05+	00:14#	00:08#	00:06&	00:24&	00:51&	00:11#	00:21&	00:22&	00:25&	00:18&	00:09&
10	Øen, Knut Erling																							
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11	Bjerknes, Audun																							
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00:29&	00:06#	00:21#	00:10#	00:11#	00:29&	00:20&	00:46&	00:35&	00:15&	00:19&	00:10&	00:15&	00:27&	00:59&	00:25&	00:05&	00:11#	00:28&	00:08#	00:16&	00:15#	00:08#	00:17&	00:09&
12	Grinde, Bjørn																							
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00:13#	00:11&	00:29&	00:11&	00:10#	00:14#	00:14&	00:23&	00:48&	00:08#	00:11#	00:40@	00:27&	00:18&	00:37&	00:12#	00:11&	00:13#	00:12#	00:11#	01:24@	00:19&	00:16&	00:12&	00:14&
13	Hauge, Bjørn																							
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00:11#	00:13&	00:16#	00:14&	00:19&	00:33&	00:16&	00:33&	00:41&	00:24&	00:16&	00:22&	00:13&	00:22&	00:34&	00:24&	00:10&	00:30&	00:27&	00:26&	00:33&	00:25&	00:14&	00:11#	00:08&
14	Skjolden Sørensen, Elias																							
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15	Helland, Knut																							
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00:55&	00:15&	00:47&	00:10#	01:03@	00:21&	00:18&	00:44&	00:29&	00:07#	00:30&	00:18&	00:14&	00:12#	00:17#	00:20&	00:15&	00:44&	00:15#	00:22&	00:22&	00:14#	00:14&	00:07#	00:12&
16	Kvaase, Truls																							
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00:25&	00:46@	00:36&	00:22&	00:29&	00:24&	00:23&	00:24&	00:36&	00:16&	00:23&	00:28&	00:25&	00:14&	00:29&	00:10#	00:07&	00:33&	00:19&	00:27&	00:25&	00:33&	00:16&	00:13&	00:19&
17	Egge, Guttorm L																							
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00:11#	00:15&	00:30&	00:07#	00:36&	00:32&	00:23&	00:30&	00:49&	00:07#	00:09#	00:14&	00:53@	00:21&	00:25&	00:20&	00:45@	00:45&	00:30&	00:50&	00:31&	00:16#	00:15&	00:15&	00:15&
18	Reusch, Christian																							
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02:04-50	00:52-34	02:16-45	00:59-29	01:38-34	01:19-7	01:09-12	01:51-46	02:06-25	00:59-35	01:33-61	01:24-71	01:12-30	01:10-15	01:54-13	01:08-13	00:25-17	01:45-19	01:30-14	01:27-29	01:25-14	01:39-42	01:12-30	00:53-7	00:33-6
01:01&	00:19&	00:47&	00:16&	00:37&	00:20&	00:13#	00:44&	00:41&	00:23&	00:48@	00:25&	00:14&	00:24&	00:13#	00:08&	00:29&	00:18&	00:30&	00:23&	00:34&	00:21&	00:06#	00:04#	
19	Helgaker, Jan Fredrik																							
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20	Øen, August Syrdal																							
01:40-36	02:27-28																							

02:09-54	02:55-49	05:03-44	06:09-47	07:29-29	09:01-25	10:10-21	11:41-20	13:40-18	14:34-19	15:42-18	16:27-17	17:38-18	18:50-18	23:32-31	25:05-34	25:35-34	27:35-34	29:07-30	30:21-28	31:51-28	33:14-27	34:19-26	35:38-27	36:19-28
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01:06@	00:13&	00:39&	00:23&	00:19&	00:33&	00:13#	00:24&	00:34&	00:18&	00:15&	00:09&	00:24&	00:16&	03:12@	00:38&	00:13&	00:44&	00:20&	00:17&	00:28&	00:18&	00:14&	00:32&	00:12&
27 Schanche, Per	Asker SK																							
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00:21&	00:17&	00:30&	00:11&	00:20&	00:33&	00:30&	00:31&	00:54&	00:17&	00:23&	00:27&	00:25&	00:14&	00:43&	00:18&	00:17@	01:59@	00:37&	00:43&	00:55&	00:34&	00:32&	00:22&	00:13&
28 Eriksen, Are	Oslostudentenes IK																							
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29 Norman, Niklas	Heming Orientering																							
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30 Jensen, Einar	Nydalens SK																							
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31 Koren, Hallvard	OK Moss																							
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32 Osen, Per	Vestre Akers SK																							
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00:44&	00:15&	00:55&	00:13&	00:41&	00:41&	00:32&	00:39&	01:06&	00:22&	00:28&	00:20&	00:41&	00:31&	00:55&	00:28&	00:13&	00:43&	00:40&	00:33&	00:29&	00:37&	00:29&	00:21&	00:18&
33 Åsmul, Eskil	OL Trollelg																							
01:41-37	02:37-34	04:55-38	05:52-31	07:21-24	09:00-24	10:24-25	12:26-33	15:00-33	15:55-34	17:25-34	18:30-34	19:51-35	21:17-35	23:43-36	24:56-32	25:28-32	27:17-31	29:18-33	30:58-35	32:25-33	34:17-35	35:31-34	36:50-35	37:39-35
01:41-37	00:56-43	02:18-49	00:57-24	01:29-24	01:39-37	01:24-31	02:02-55	02:34-48	00:55-32	01:30-57	01:05-52	01:21-42	01:26-37	02:26-42	01:13-18	00:32-41	01:49-22	01:01-45	01:40-38	01:27-16	01:52-58	01:14-34	01:19-59	00:49-54
00:38&	00:23&	00:48&	00:14&	00:28&	00:40&	00:28&	00:55&	01:09&	00:19&	00:30&	00:29&	00:34&	00:30&	00:56&	00:18&	00:15&	00:33&	00:49&	01:43&	00:25&	00:47&	00:23&	00:32&	00:20&
34 Brekke, Jens	Lillomarka OL																							
01:17-13	02:00-7	03:53-8	04:41-7	08:13-46	09:50-42	10:58-37	12:37-37	16:02-40	16:46-39	18:08-38	18:56-37	20:06-36	21:15-34	23:04-29	25:19-37	25:42-37	28:45-39	30:25-39	31:47-38	33:40-38	35:18-38	36:43-38	37:37-38	38:18-38
01:17-13	00:43-9	01:53-13	00:48-7	03:32-78	01:37-31	01:08-11	01:39-27	03:25-67	00:44-9	01:22-44	00:48-16	01:10-25	01:09-14	01:49-12	02:15-69	00:23-10	03:03-71	01:40-28	01:22-23	01:53-47	01:38-40	01:25-52	00:54-9	00:41-25
00:14#	00:10&	00:24&	00:05#	02:31@	00:38&	00:12#	00:32&	02:00@	00:08#	00:29&	00:12&	00:23&	00:13#	00:19#	01:20@	00:06&	01:47@	00:28&	00:25&	00:51&	00:33&	00:34&	00:07#	00:12&
35 Utskarpen, Audrun	Oslostudentenes IK																							
01:27-21	02:21-21	04:36-26	01:41-27	07:31-31	09:09-30	10:39-32	12:24-31	14:51-32	15:40-33	17:02-32	17:58-31	19:13-30	20:50-31	23:38-34	25:16-36	25:48-38	27:54-36	29:54-38	31:33-36	33:07-36	34:43-36	36:07-37	37:29-37	38:19-39
01:27-21	00:54-38	02:15-44	00:55-44	01:50-49	01:38-33	01:30-39	01:45-35	02:27-41	00:49-17	01:22-44	00:56-34	01:15-36	01:37-49	02:48-58	01:38-54	00:32-41	02:06-40	02:04-50	01:35-37	01:34-29	01:36-36	01:24-50	01:22-65	00:50-56
00:24&	00:21&	00:46&	00:22&	00:49&	00:39&	00:34&	00:38&	01:02&	00:13&	00:29&	00:20&	00:28&	00:41&	01:18&	00:43&	00:15&	00:50&	00:52&	00:38&	00:32&	00:31&	00:33&	00:35&	00:21&
36 Kildahl, Øystein	Østmarka OK																							
01:18-14	02:16-19	04:19-19	05:15-21	07:10-18	10:00-45	11:39-24	13:26-44	15:25-37	16:45-38	17:54-37	18:56-38	20:20-40	24:11-50	26:12-46	27:35-46	28:11-48	29:45-44	32:04-47	33:16-41	34:55-42	36:29-41	37:38-40	38:38-39	39:20-40
01:18-14	00:58-50	02:03-24	00:56-22	03:01-77	01:44-45	01:36-51	01:50-43	01:59-18	01:20-61	01:09-17	01:02-47	01:24-46	03:51-77	02:01-18	01:23-33	00:36-56	01:34-12	02:19-61	01:12-13	01:39-36	01:34-33	01:09-23	01:00-22	00:42-33
00:15#	00:25&	00:34&	00:13&	02:00@	00:45&	00:40&	00:43&	00:34&	00:44@	00:16&	00:26&	00:37&	02:55@	00:31&	00:19@	00:18#	01:07&	00:15&	00:37&	00:29&	00:38&	00:13&	00:13&	00:13&
37 Lefdahl, Per Morten	NOTEAM																							
02:20-61	03:04-54	05:10-48	06:02-40	07:27-26	10:29-54	11:43-47	14:20-53	16:57-50	17:45-48	19:03-45	19:53-45	21:08-43	22:33-43	26:20-48	27:34-45	28:04-47	29:55-45	31:52-44	33:21-43	34:51-41	36:37-42	37:53-41	38:51-41	39:32-41
02:20-61	00:44-12	02:06-32	00:52-11	01:25-19	03:02-75	01:14-18	02:37-66	02:37-51	00:48-16	01:18-38	00:50-20	01:15-36	01:25-35	03:47-70	01:14-21	00:30-30	01:51-24	01:57-41	01:29-32	01:30-20	01:46-52	01:16-36	00:58-17	00:41-25
01:17@	00:11&	00:37&	00:09#	00:24&	02:03@	00:18&	01:30@	01:12&	00:12&	00:25&	00:14&	00:28&	00:29&	02:17@	00:19&	00:13&	00:35&	00:45&	00:32&	00:28&	00:41&	00:25&	00:11#	00:12&
38 Njåstein, Marianne	IL Tyrving																							
01:47-41	02:45-39	05:30-55	06:48-57	08:33-52	10:11-48	11:52-48	13:52-47	16:21-43	17:20-43	18:44-41	19:45-42	21:03-42	22:21-41	24:44-40	26:06-38	26:37-40	28:47-40	30:45-40	32:25-39	34:16-39	36:02-39	37:24-39	38:40-40	39:37-42
01:47-41	00:58-50	02:45-68	01:18-63	01:45-44	01:38-33	01:41-55	02:00-																	

45	Brekke, Kristian	Lillomarka OL	0:43:28 + 18:14	02:10-55	02:58-52	05:07-47	06:05-44	08:42-55	10:42-56	11:59-53	14:11-52	16:23-45	18:06-51	19:15-47	20:01-47	21:11-44	22:16-40	24:13-38	26:10-40	26:27-39	28:55-41	33:33-51	34:31-46	38:57-54	40:43-52	41:51-49	42:54-49	43:28-50	
				02:10-55	00:48-23	02:09-38	00:58-26	02:37-71	02:00-56	01:17-22	02:12-60	02:12-30	01:43-70	01:09-17	00:46-10	01:10-25	01:05-7	01:57-16	01:57-65	00:17-1	02:28-56	04:38-75	00:58-2	04:26-78	01:46-52	01:08-21	01:03-27	00:34-10	
				01:07@	00:15&	00:40&	00:15&	01:36@	01:01@	00:21&	01:05&	00:47&	01:07@	00:16&	00:10&	00:23&	00:09#	00:27&	01:02@	00:00=	01:12&	03:26@	00:01+	03:24@	00:41&	00:17&	00:16&	00:05#	
46	Øhlckers, Milda	Tyrving	0:43:59 + 18:45	02:11-56	03:33-63	06:10-65	07:24-63	09:03-62	10:41-55	11:59-52	18:16-70	20:36-65	21:30-66	22:51-62	23:54-62	25:18-60	26:49-61	29:06-57	31:11-60	31:43-62	33:40-60	35:33-58	37:13-55	38:56-52	40:27-50	41:52-50	43:09-50	43:59-51	
				02:11-56	01:22-74	02:37-59	01:14-60	01:39-37	01:38-33	01:18-24	06:17-78	02:20-37	00:54-29	01:21-41	01:03-48	01:24-46	01:31-46	02:17-35	02:05-68	00:32-41	01:57-27	01:53-39	01:40-38	01:43-41	01:31-30	01:25-52	01:17-54	00:50-56	
				01:08@	00:49@	01:08&	00:31&	00:38&	00:39&	00:22&	05:10@	00:55&	00:18&	00:28&	00:27&	00:37&	00:35&	00:47&	01:10@	00:15&	00:41&	00:41&	00:43&	00:41&	00:26&	00:34&	00:30&	00:21&	
47	Kongsberg, Morten	IL Tyrving	0:44:14 + 19:00	01:50-43	02:54-48	05:21-53	06:41-56	08:09-44	09:45-41	11:17-41	13:01-40	18:22-60	19:28-59	21:02-58	21:55-57	23:55-58	26:41-60	29:10-59	30:35-57	31:13-59	33:21-58	35:12-56	36:56-52	38:51-51	40:46-53	42:25-52	43:28-51	44:14-52	
				01:50-43	01:04-60	02:27-56	01:20-66	01:28-22	01:36-30	01:32-44	01:44-32	01:21-76	01:06-47	01:34-62	00:53-26	02:00-68	02:46-74	02:29-46	01:25-37	00:38-60	02:08-43	01:51-37	01:44-47	01:55-51	01:55-64	01:39-64	01:03-27	00:46-47	
				00:47&	00:31&	00:58&	00:37&	00:27&	00:37&	00:36&	00:37&	03:56@	00:30&	00:41&	00:17&	01:13@	01:50@	00:59&	00:30&	00:21@	00:52&	00:39&	00:47&	00:53&	00:50&	00:48&	00:16&	00:17&	
48	Lahlum, Jon	Fossum IF	0:44:22 + 19:08	01:31-25	03:11-58	05:42-59	06:59-58	08:33-53	10:22-52	12:21-57	14:21-54	16:45-49	19:06-58	20:30-56	21:38-55	23:14-56	25:19-57	27:35-52	29:07-52	30:57-58	33:19-57	35:34-59	37:17-56	38:56-53	40:40-51	42:04-51	43:32-52	44:22-53	
				01:31-25	01:40-79	02:31-57	01:17-62	01:34-27	01:49-46	01:59-68	02:00-53	02:24-39	02:21-72	01:24-49	01:08-59	01:36-56	01:05-65	02:16-34	01:32-47	01:50-76	02:22-53	02:15-58	01:43-45	01:39-36	01:44-50	01:24-50	01:28-68	00:50-56	
				00:28&	01:07@	01:02&	00:34&	00:33&	00:50&	01:03@	00:53&	00:59&	01:45@	00:31&	00:32&	00:49@	01:09@	00:46&	00:37&	01:33@	01:06&	01:03&	00:46&	00:37&	00:39&	00:39&	00:33&	00:41&	00:21&
49	Buoen, Roar	Privat	0:44:25 + 19:11	01:45-39	02:49-45	05:27-54	06:37-55	09:17-64	11:11-61	12:51-59	14:59-57	17:56-55	18:56-54	20:28-55	21:45-56	23:06-55	24:59-55	27:37-53	29:20-53	29:57-53	32:12-53	34:37-52	37:12-54	38:50-50	41:07-54	42:30-53	43:41-53	44:25-54	
				01:45-39	01:04-60	02:38-60	01:10-55	02:40-72	01:54-50	01:40-52	02:08-58	02:57-61	01:00-38	01:32-59	01:17-68	01:21-42	01:53-60	02:38-52	01:43-58	00:37-58	02:15-47	02:25-67	02:35-62	01:38-35	02:17-74	01:23-47	01:11-43	00:44-43	
				00:42&	00:31&	01:09&	00:27&	01:39@	00:55&	00:44&	01:01&	01:32@	00:24&	00:39&	00:41@	00:34&	00:57@	01:08&	00:48&	00:20@	00:59&	01:13@	01:38@	00:36&	01:12@	00:32&	00:24&	00:15&	
50	Christiansen, Håvard	NOTEAM	0:44:31 + 19:17	02:44-68	03:40-65	05:52-60	07:00-59	08:44-56	10:46-58	12:16-54	14:03-49	16:36-47	17:42-47	19:16-48	20:31-50	22:50-53	24:37-53	28:35-56	30:11-56	30:41-57	33:03-55	34:47-53	37:05-53	39:37-55	41:21-55	42:40-54	43:53-54	44:31-55	
				02:44-68	00:56-43	02:12-42	01:08-50	01:44-42	02:02-58	01:30-39	01:47-39	02:33-46	01:06-47	01:34-62	01:15-65	02:19-73	01:47-58	03:58-73	01:36-52	00:30-30	02:22-53	01:44-32	02:18-58	02:32-69	01:44-50	01:19-41	01:13-48	00:38-16	
				01:41@	00:23&	00:43&	00:25&	00:43&	01:03@	00:34&	00:40&	01:08&	00:30&	00:41&	00:39@	01:32@	00:51&	02:28@	00:41&	00:13&	01:06&	00:32&	01:21@	01:30@	00:39&	00:28&	00:26&	00:09&	
51	Saugestad, Fredrik	Nydalens SK	0:45:04 + 19:50	01:20-17	02:17-20	04:33-25	05:40-26	07:36-34	09:30-39	11:05-39	14:05-50	16:22-44	17:45-49	20:05-51	21:01-51	22:37-51	24:21-51	26:24-49	27:44-49	28:14-50	30:06-46	31:37-41	38:42-59	40:19-59	41:54-59	43:05-55	44:21-55	45:04-56	
				01:20-17	00:57-48	02:16-45	01:07-48	01:56-56	01:54-50	01:35-49	03:00-73	02:17-35	01:23-62	02:20-74	00:56-34	01:36-56	01:44-55	02:03-21	01:20-29	00:30-30	01:52-25	01:31-17	07:05-74	01:37-33	01:35-34	01:11-28	01:16-51	00:43-37	
				00:17&	00:24&	00:47&	00:24&	00:55&	00:58&	00:39&	01:53@	00:52&	00:47@	01:27@	00:20&	00:49@	00:48&	00:33&	00:25&	00:13&	00:36&	00:19&	06:08@	00:35&	00:30&	01:11-28	01:16-51	00:43-37	
52	Stordal, Erik	Asker Skiklubb	0:45:06 + 19:52	04:31-77	05:26-76	07:20-70	08:25-70	09:59-67	11:28-65	13:14-63	15:06-60	17:01-51	22:33-70	23:50-65	24:44-66	25:49-62	27:19-64	29:38-61	30:48-58	31:13-60	33:27-59	35:02-55	36:43-51	39:55-58	41:28-56	43:18-58	44:23-56	45:06-57	
				04:31-77	00:55-40	01:54-14	01:05-44	01:34-27	01:29-20	01:46-58	01:52-50	01:55-15	05:32-76	01:17-36	00:54-29	01:05-21	01:30-44	02:19-36	01:10-15	00:25-17	02:14-46	01:35-22	01:41-42	03:12-75	01:33-31	01:50-69	01:05-31	00:43-37	
				03:28@	00:22&	00:25&	00:22&	00:33&	00:30&	00:50&	00:45&	00:30&	04:56@	00:24&	00:18&	00:18&	00:34&	00:49&	00:15&	00:08&	00:58&	00:23&	00:44&	02:10@	00:28&	00:59@	00:18&	00:14&	
53	Reinseth, Bjørn Erik	HSK-RIFF	0:45:10 + 19:56	01:52-44	02:40-36	04:47-30	05:56-37	07:49-40	09:22-36	11:36-45	15:24-62	17:59-58	19:03-56	20:22-54	21:30-54	22:44-52	24:25-52	26:52-51	28:27-51	28:51-52	30:29-50	31:58-46	38:48-60	40:42-60	42:15-60	43:24-59	44:39-57	45:10-58	
				01:52-44	00:48-23	02:07-34	00:10-53	01:53-53	01:33-27	02:14-72	03:48-76	02:35-50	01:04-43	01:19-40	01:08-59	01:14-34	01:41-54	02:27-45	01:35-51	00:24-14	01:38-15	01:29-13	06:50-72	01:54-50	01:33-31	01:09-23	01:06-34	00:40-22	
				00:49&	00:15&	00:30&	00:26&	00:52&	00:30&	01:18@	02:41@	01:10&	00:28&	00:26&	00:32&	00:27&	00:45&	00:57&	00:40&	00:07&	00:22&	00:17#	05:53@	00:52&	00:28&	00:18&	00:19&	00:11&	
54	Engzelius, Margrete6	Asker SK	0:45:22 + 20:08	02:06-51	03:09-57	05:53-61	07:26-64	09:09-63	11:14-62	13:04-61	15:06-59	17:57-56	19:03-57	20:39-57	22:01-58	23:30-57	25:09-56	27:45-54	29:24-54	30:03-54	33:06-56	35:29-57	37:51-58	39:50-56	41:41-57	43:15-56	44:32-58	45:22-59	
				02:06-51	01:03-58	02:44-65	01:33-75	01:43-41	02:05-59	01:50-61	02:02-55	02:51-57	01:06-47	01:36-64	01:22-70	01:29-52	01:39-52	02:36-50	01:39-55	00:39-62	03:03-71	02:23-63	02:22-59	01:59-55	01:51-57	01:34-62	01:17-54	00:50-56	
				01:03@	00:30&	01:15&	00:50@	00:42&	01:06@	00:54&	00:55&	01:26@	00:30&	00:43&	00:46@	00:42&	00:43&	01:06&	00:44&	00:22@	01:47@	01:11&	01:25@	00:57&	00:46&	00:43&	00:30&	00:21&	
55	Gylver, Øivind	Asker SK	0:45:29 + 20:15	01:59-48	03:01-53	05:40-58	07:04-60	08:51-58	10:44-57	12:18-55	14:35-56	17:39-53	18:37-52	20:01-50	21:07-52	22:55-54	24:53-54	27:46-55	29:27-55	30:04-55	32:38-54	35:01-54	37:42-57	39:52-57	41:46-58	43:17-57	44:35-59	45:29-60	
				01:59-48	01:02-56	02:39-61	01:24-60	01:47-45	01:53-48	01:34-45	02:17-62	01:40-62	00:58-33	01:24-49	01:06-55	01:48-63	01:58-63	02:53-61	01:41-56	00:37-58	02:34-57	02:23-63	01:41-64	02:10-61	01:54-62	01:31-59	01:18-58	00:54-64	
				00:56&	00:29&	01:10&	00:41&	00:46&	00:54&	00:38&	01:10@	01:39@	00:22&	00:31&	00:30&	01:01@	0												

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64	Egner, Bjørn			Heming Orientering	0:55:42 +	30:28																		
02:46-69	03:44-66	06:40-68	08:11-68	10:20-69	12:13-69	14:08-68	15:59-66	18:45-62	20:13-61	21:44-60	22:51-60	24:20-59	26:14-58	29:26-60	30:56-59	31:31-61	33:48-61	36:03-60	47:33-72	49:31-72	51:41-72	53:06-72	54:36-72	55:42-73
02:46-69	00:58-50	02:56-73	01:31-74	02:09-64	01:53-48	01:55-65	01:51-46	02:46-54	01:28-65	01:31-58	01:07-57	01:29-52	01:54-61	03:12-65	01:30-44	00:35-52	02:17-50	02:15-58	11:30-77	01:58-54	02:10-72	01:25-52	01:30-69	01:06-75
01:43@	00:25&	01:27&	00:48@	01:08@	00:54&	00:59@	00:44&	01:21&	00:52@	00:38&	00:31&	00:42&	00:58@	01:42@	00:35&	00:18@	01:01&	01:03&	10:33@	00:56&	01:05@	00:34&	00:43&	00:37@
65	Berstad, Paula			Heming Orientering	0:56:43 +	31:29																		
02:41-67	03:59-69	08:56-77	10:14-77	12:14-76	14:21-74	16:21-74	21:46-77	25:50-74	27:02-77	29:01-75	30:33-76	32:21-74	34:53-75	37:41-72	39:42-73	40:35-75	43:49-74	45:49-75	48:27-73	50:27-73	52:32-73	54:15-73	55:51-73	56:43-74
02:41-66	01:18-71	04:57-79	01:18-63	02:00-58	02:07-61	02:00-69	05:25-77	04:04-71	01:12-57	01:59-70	01:32-73	01:48-63	02:32-72	02:48-58	02:01-66	00:53-70	03:14-73	02:00-44	02:38-63	02:00-57	02:05-68	01:43-65	01:36-72	01:52-60
01:38@	00:45@	03:28@	00:35&	00:59&	01:08@	01:04@	04:18@	02:39@	00:36@	01:06@	00:56@	01:01@	01:36@	01:18&	01:06@	00:36@	01:58@	00:48&	01:41@	00:58&	01:00&	00:52@	00:49@	00:23&
66	Fixdal, Trude			IL Koll	0:58:51 +	33:37																		
02:13-58	03:16-60	06:05-63	07:09-61	08:48-57	11:40-66	13:14-62	15:01-58	17:25-52	21:25-65	22:54-63	23:59-63	35:09-75	36:41-76	39:14-73	40:50-74	41:25-76	43:50-75	45:45-74	50:13-75	52:19-75	55:03-75	56:36-75	57:56-75	58:51-75
02:13-57	01:03-58	02:49-70	01:04-42	01:39-37	02:52-71	01:34-45	01:47-39	02:24-39	04:00-75	01:29-56	01:05-52	11:10-77	01:32-47	02:33-48	01:36-52	00:35-52	02:25-55	01:55-40	04:28-71	02:06-59	02:44-77	01:33-61	01:20-61	00:55-66
01:10@	00:30&	01:20&	00:21&	00:38&	01:53@	00:38&	00:40&	00:59&	03:24@	00:36&	00:29&	10:23@	00:36&	01:03&	00:41&	00:18@	01:09&	00:43&	03:31@	01:04@	01:39@	00:42&	00:33&	00:26&
67	Fougner, Jon C.			Heming Orientering	0:58:59 +	33:45																		
02:33-64	04:04-70	07:43-73	09:25-74	11:48-73	14:59-75	17:38-77	20:23-76	23:46-73	25:21-76	27:27-74	29:02-75	31:07-73	33:12-74	36:46-71	38:40-71	39:25-73	42:39-73	45:31-73	49:03-74	51:39-74	53:57-74	55:45-74	57:51-74	58:59-76
02:33-64	01:31-78	03:39-77	01:42-78	02:23-68	03:11-76	02:39-75	02:45-69	03:23-66	01:35-66	02:06-72	01:35-74	02:05-69	01:35-74	03:34-69	01:54-63	00:45-69	03:14-73	02:52-71	03:32-70	02:18-75	01:48-68	02:18-75	01:08-76	01:08-76
01:30@	00:58@	02:10@	00:59@	01:22@	02:12@	01:43@	01:38@	01:58@	00:59@	01:13@	00:59@	01:18@	01:09@	02:04@	00:59@	00:28@	01:58@	01:40@	02:35@	01:34@	01:13@	00:57@	01:19@	00:39@
68	Svela, Erling			Kondis	1:17:02 +	51:48																		

77:02-78

69	Gjessing, Ola Peter			Heming Orientering	1:22:12 +	56:58																		
03:32-74	04:42-72	07:36-72	08:47-71	28:46-79	32:25-79	36:32-79	39:21-79	43:17-76	44:35-79	47:47-77	49:12-78	51:27-77	53:54-78	57:44-75	60:05-75	61:28-77	64:15-76	68:07-76	70:00-77	72:25-77	74:34-77	79:24-77	81:26-77	82:12-79
03:32-74	01:10-68	02:54-72	01:11-56	19:59-79	03:39-77	04:07-77	02:49-71	03:56-70	01:18-59	03:12-77	01:25-72	02:15-72	02:27-71	03:50-72	02:21-70	01:23-74	02:47-62	03:52-74	01:53-49	02:25-66	02:09-71	04:50-76	02:02-76	00:46-47
02:23@	00:37@	01:25&	00:28&	18:58@	02:40@	03:11@	01:42@	02:31@	00:42@	02:13@	00:49@	01:28@	01:31@	02:20@	01:26@	01:06@	01:31@	02:40@	00:56&	01:23@	01:04&	03:59@	01:15@	00:17&
70	Wibye, Harald			Moss	1:30:12 +	1:04:58																		
03:19-72	04:46-73	09:17-78	11:07-79	13:29-78	22:21-78	26:29-78	34:01-78	38:42-75	41:18-78	44:07-76	47:16-77	50:00-76	52:56-77	57:44-75	60:27-76	61:36-78	65:02-77	68:44-77	71:30-78	75:30-78	79:34-78	82:53-78	88:28-78	90:12-80
03:19-72	01:27-77	04:31-78	01:50-79	02:22-67	08:52-79	04:08-78	07:32-79	04:41-73	02:36-73	02:49-76	03:09-76	02:44-74	02:56-76	04:48-75	02:43-72	01:09-72	03:26-77	03:42-73	02:46-65	04:00-76	04:04-78	03:19-72	05:35-78	01:44-78
02:16@	00:54@	03:02@	01:07@	01:21@	07:53@	03:12@	06:25@	03:16@	02:00@	01:56@	02:33@	01:57@	02:00@	03:18@	01:48@	00:52@	02:10@	02:30@	01:49@	02:58@	02:59@	02:28@	04:48@	01:15@
DSQ	Astrup Arnesen, Signe			Heming Orientering	0:37:39	(-1 poster)																		
02:08-52	02:55-50	05:00-42	06:02-42	07:38-37	09:15-33	10:38-31	12:11-29	14:43-30	15:28-31	16:43-29	17:33-29	19:44-33	21:20-36	23:39-35	24:59-30	26:58-29	28:57-29	30:25-29	32:27-34	34:15-34	35:32-35	36:39-34	37:39-36	01:00-72
02:08-52	00:47-19	02:05-29	01:02-39	01:36-30	01:37-31	01:23-30	01:33-20	02:32-45	00:45-12	01:15-30	00:50-20	02:11-71	01:36-48	02:19-36	00:58-7	01:59-28	01:59-43	01:28-30	02:02-58	01:48-56	01:17-39	01:07-36	01:00-72	00:31@
01:05@	00:14&	00:36&	00:19&	00:35&	00:38&	00:27&	00:26&	01:07&	00:09&	00:22&	00:14&	01:24@	00:40&	00:49&	00:43&	00:47&	00:31&	01:00&	00:43&	00:26&	00:20&	00:20&	00:31@	00:31@
DSQ	Thorstensen, Einar			Kamp Vestheim	0:38:05	(-1 poster)																		
01:33-29	02:22-22	04:24-21	05:23-22	06:40-19	08:59-23	10:20-24	11:49-22	13:55-22	15:12-28	19:16-39	20:14-38	21:42-39	23:47-37	25:11-35	25:38-35	27:56-37	29:35-36	31:40-37	33:13-37	34:49-37	35:59-36	37:09-36	38:05-37	00:56-68
01:33-27	00:49-28	02:02-23	00:59-29	01:17-12	02:19-65	01:21-28	01:29-10	02:06-25	01:17-58	00:58-7	01:28-41	02:05-25	01:24-35	00:27-24	02:18-51	01:39-26	01:05-57	01:33-26	01:36-36	01:10-27	01:10-27	01:08-42	00:56-68	00:27&
00:30&	00:16&	00:33&	00:16&	00:16&	01:20@	00:25&	00:22&	00:41&	00:41@	00:11#	00:32&	00:35&	00:29&	00:10&	01:02&	00:27&	01:00@	00:31&	00:31&	00:19&	00:23&	00:27&	00:27&	00:27&
DSQ	Kaarby, Per			Fossum IF	0:40:24	(-1 poster)																		
02:46-70	03:45-67	05:56-62	07:14-62	08:55-60	11:01-59	12:35-58	14:24-55	17:53-50	19:19-49	20:20-49	21:38-48	23:04-46	25:27-42	26:58-42	27:30-43	29:35-43	31:46-43	33:18-42	35:03-43	36:43-43	38:08-42	39:29-42	40:24-43	00:55-66
02:46-69	00:59-53	02:11-41	01:18-63	01:41-39	02:06-60	01:34-45	01:49-42	01:38-45	01:26-54	01:01-45	01:18-39	01:26-37	02:23-39	01:31-46	00:32-41	02:05-37	02:11-56	01:32-36	01:45-44	01:40-45	01:25-52	01:21-64	00:55-66	00:26&
01:43@	00:26&	00:36&	00:26&	00:42&	01:07@	00:38&	00:42&	00:33&	00:33&	00:25&	00:31&	00:42&	00:30&	00:36&	00:15&	00:49&	00:59&	00:43&	00:35&	00:34&	00:34&	00:34&	00:34&	00:26&
DSQ	Christensen, Petter			DNV	0:46:16	(-1 poster)																		
01:36-31	02:40-38	05:05-46	06:27-52	07:55-41	09:54-44	11:34-43	13:21-42	16:08-41	17:16-42	18:48-42	19:51-44	21:28-47	23:34-47	26:18-47	27:36-48	28:12-49	30:19-48	34:24-45	36:16-46	38:21-46	44:04-60	45:24-60	46:16-61	00:52-60
01:36-31	01:04-60	02:25-54	01:22-67	01:28-22	01:59-54	01:40-52	01:47-39	02:47-55	01:08-54	01:32-59	01:03-48	01:37-58	02:06-67	02:44-54	01:18-26	00:36-56	02:07-42	34:24-45	01:52-46	02:05-68	05:43-78	01:20-61	00:52-60	00:23&
00:33&	00:31&	00:56&	00:39&	00:27&	01:00@	00:44&	00:40&	01:22&	00:32&	00:39&	00:27&	00:50@	01:10@	01:14&	00:23&	00:19@	00:51&	00:50&	01:00&	04:52@	00:33&	00:23&	00:23&	00:23&
DSQ	Eijsink, Vincent			ÅS UMB Orientering	0:54:01	(-1 poster)																		
04:24-76	05:32-77	08:15-75	09:48-75	11:52-74	15:31-77	17:02-75	19:23-75	24:06-75	26:00-73	27:56-74	29:51-72	32:01-73	35:34-70	37:30-70	38:12-72	41:03-71	43:47-71	45:45-71	48:27-71	50:40-71	51:57-71	53:14-69	54:01-70	00:56-68
04:24-76	01:08-67	02:43-63	01:33-75	02:04-60	03:39-77	01:31-41	02:21-65	01:54-68	01:56-75	01:55-65	02:10-68	03:33-68	01:56-64	00:42-67	02:51-66	02:44-								

Class	Navn	Klubb	Tid
1	Drage, Tor	Aker Solutions	0:00:00 + 00:00
2	Berteig, Vidar	Fossum IF	0:25:16 + 25:16
	01:20-2	02:07-2	04:19-3
	05:26-3	07:02-3	08:30-1
	09:58-2	11:26-2	13:28-1
	14:35-2	15:00-2	16:53-2
	18:29-2	19:46-2	21:04-2
	22:33-1	23:40-1	24:31-1
	25:16-1		
	01:07-9	01:36-4	01:28-4
	02:02-2	01:07-1	00:25-3
	01:53-5	01:36-2	01:17-2
	01:18-1	01:29-3	01:07-3
	00:51-1	00:45-10	
	00:10#	00:01+	00:15#
	00:10#	00:16#	03:44+
	00:13#	00:01+	00:05+
	00:00=	00:03#	00:14#
	00:03+	00:01+	00:00=
	00:03+	00:06+	00:00=
	00:10#	00:15#	00:23#
	00:05+	00:08#	00:16#
	00:08+	00:19#	00:08+
	00:00=	00:12#	00:05#
3	Strandhagen, Torgeir	Røyken OL	0:27:29 + 27:29
	02:56-37	03:42-27	05:39-13
	06:36-7	08:16-8	10:01-5
	11:25-5	12:59-4	14:56-3
	16:08-4	16:36-4	18:24-3
	20:02-3	21:26-3	23:08-3
	24:34-3	25:49-3	26:44-3
	27:29-2		
	02:56-37	00:46-1	01:57-1
	00:57-1	01:40-7	01:45-8
	01:24-2	01:34-4	01:57-1
	01:12-3	00:28-4	01:48-2
	01:38-4	01:24-3	01:42-6
	01:26-1	01:15-7	00:55-2
	00:45-10	01:46@	00:00=
	00:00=	00:20#	04:01+
	00:09#	00:07+	00:00=
4	Solheim, Paul	Jernbaneverket	0:28:01 + 28:01
	01:22-3	02:12-3	04:13-2
	05:11-2	08:03-6	09:24-2
	10:49-3	12:31-3	14:51-2
	16:03-3	18:28-4	20:34-4
	22:06-4	23:43-4	25:17-4
	26:18-4	27:21-4	28:01-4
	01:22-3	00:50-4	02:01-2
	00:58-3	02:52-43	01:21-3
	02:52-5	01:25-3	01:42-6
	02:20-5	01:12-3	00:30-5
	01:55-7	02:06-11	01:32-7
	01:12-3	00:30-5	01:37-3
	01:34-7	01:01-1	01:03-5
	00:40-4	00:12#	00:05#
	00:12#	00:04+	00:04+
	00:01+	01:32@	03:37+
	00:10#	00:15#	00:23#
	00:05+	00:08#	00:16#
	00:08+	00:19#	00:08+
	00:00=	00:12#	00:05#
5	Karlsen, Morten	Måren OK	0:30:08 + 30:08
	01:29-5	02:21-5	05:39-12
	06:50-12	08:37-9	10:39-8
	12:13-6	14:08-8	16:28-7
	17:46-7	18:16-6	20:20-6
	22:01-6	23:29-6	25:11-6
	26:51-6	28:09-6	29:24-5
	30:08-5		
	01:29-5	00:52-5	03:18-31
	01:11-12	01:47-9	02:02-13
	01:34-7	01:55-7	02:20-5
	01:18-8	02:04-9	01:41-5
	01:55-7	02:06-11	01:32-7
	01:12-3	00:30-5	01:37-3
	01:34-7	01:01-1	01:03-5
	00:40-4	00:12#	00:05#
	00:12#	00:04+	00:04+
	00:01+	01:32@	03:37+
	00:10#	00:15#	00:23#
	00:05+	00:08#	00:16#
	00:08+	00:19#	00:08+
	00:00=	00:12#	00:05#
6	Ariansen, Ellen	Lillomarka OL	0:30:22 + 30:22
	01:30-6	02:18-4	04:29-4
	05:32-4	07:24-4	09:36-3
	11:15-4	13:13-5	15:15-4
	16:56-5	17:18-5	19:06-5
	20:57-5	22:13-5	25:05-5
	26:40-5	27:53-5	29:37-6
	30:22-6		
	01:30-6	00:48-3	02:11-5
	01:03-8	01:52-14	02:12-17
	01:39-9	01:58-9	02:02-2
	01:41-18	00:22-1	01:48-2
	01:51-6	01:16-1	02:52-33
	01:35-8	01:13-4	01:44-33
	00:45-10	00:20#	00:02+
	00:14#	00:06#	00:32#
	04:28+	00:24#	00:31#
	00:05+	00:34#	00:00=
	00:09+	00:18#	00:00=
	01:34@	00:09#	00:12#
	00:53@	00:12#	00:18#
7	Landmark, Bente	Fossum IF	0:30:50 + 30:50
	02:10-19	03:09-17	05:54-17
	07:09-17	08:43-11	10:35-7
	12:15-8	14:17-9	16:45-8
	18:01-8	18:33-8	20:44-7
	22:37-7	24:15-7	25:52-7
	27:37-7	28:50-7	30:07-7
	30:50-7		
	02:10-19	00:59-15	02:45-16
	01:15-17	01:34-3	01:52-10
	01:40-10	02:02-12	02:28-9
	01:16-6	00:32-8	02:11-11
	01:53-7	01:38-9	01:37-3
	01:45-10	01:33-9	01:45-10
	01:13-4	01:17-14	00:43-5
	01:00#	00:13#	00:48#
	00:18#	00:14#	00:25#
	00:19#	00:28#	00:35#
	00:31#	00:09#	00:10#
	00:25#	00:35#	00:31#
	00:09#	00:10#	00:32#
	00:20#	00:22#	00:19#
	00:19#	00:12#	00:26#
	00:08#		
8	Karlsbakk, Per Jogeir	DNV	0:31:53 + 31:53
	01:28-4	02:23-6	04:39-5
	05:40-5	08:39-10	10:22-6
	13:23-12	14:50-10	17:35-9
	19:03-9	19:47-9	21:40-9
	23:45-8	25:25-8	27:03-8
	28:36-8	30:15-8	31:14-8
	31:53-8		
	01:28-4	00:55-10	02:16-8
	01:01-6	02:59-45	01:43-6
	03:01-52	01:27-1	02:45-16
	01:28-10	00:44-31	01:53-5
	02:05-10	01:40-10	01:38-5
	01:33-6	01:39-20	00:59-4
	00:18#	00:09#	00:19#
	00:04+	01:39@	03:59+
	01:46@	00:00=	00:48#
	00:21#	00:22@	00:14#
	00:32#	00:20#	00:28#
	00:07+	00:38#	00:08+
	00:04#	00:04#	00:04#
9	Paltiel, Liv	Folkhelseinstituttet	0:35:37 + 35:37
	01:47-12	02:45-8	05:33-11
	06:55-14	08:53-14	11:46-14
	13:35-15	15:51-13	18:52-12
	20:19-10	20:52-10	23:34-11
	25:31-10	27:22-10	29:25-9
	31:27-10	33:00-10	34:44-10
	35:37-10		
	01:47-12	00:58-14	02:48-17
	01:22-24	01:58-20	02:53-28
	01:49-19	02:16-18	03:01-24
	01:27-9	00:33-10	02:42-23
	01:57-8	01:51-15	02:03-17
	02:02-21	01:33-16	01:44-33
	00:37#	00:12#	00:51#
	00:25#	00:38#	05:09+
	00:34#	00:49#	01:04#
	00:20#	00:28#	00:11#
	01:03#	00:24#	00:35#
	00:45#	00:36#	00:32#
	00:53@	00:18#	
10	Takvam, Arnt Ove	Fearnsport	0:36:06 + 36:06
	08:47-52	09:41-52	11:44-52
	12:42-50	14:02-45	15:40-38
	16:55-29	18:32-23	20:55-19
	22:48-19	23:20-18	25:10-16
	26:46-11	28:16-11	31:15-14
	32:47-12	34:15-12	35:22-11
	36:06-11		
	08:47-52	00:54-8	02:03-3
	00:58-3	01:20-1	01:38-5
	01:15-1	01:37-5	02:23-7
	01:53-28	00:32-8	01:50-4
	01:36-2	01:30-6	02:59-35
	01:32-4	01:28-12	01:07-8
	00:44-6	00:06+	00:16#
	00:37@	00:08#	00:06+
	00:01+	00:00=	00:10#
	00:06+	00:00=	00:06+
	00:06+	00:16#	00:09#
11	Hanssen, Pål W.	BDO BIL	0:36:32 + 36:32
	01:45-11	02:48-9	06:14-20
	07:32-20	09:15-19	11:04-11
	12:56-12	17:49-19	20:27-16
	21:58-16	22:31-15	24:55-14
	26:53-12	28:40-12	30:41-11
	32:34-11	34:03-11	35:43-12
	36:32-12		
	01:45-11	01:03-20	03:26-35
	00:35#	00:17#	01:29#
	00:21#	00:23#	04:05+
	00:35#	03:28@	00:41#
	00:24#	00:11#	00:45#
	00:25#	00:31#	00:43#
	00:27#	00:28#	00:28#
	00:49#	00:14#	
12	Sandelién, Bjørn	Vegdirektoratet	0:37:08 + 37:08
	02:43-33	03:39-25	06:51-24
	08:08-23	09:59-21	12:53-19
	15:17-21	17:18-17	20:05-15
	21:53-14	22:30-14	24:54-13
	27:19-14	29:12-14	31:04-12
	33:21-13	34:52-13	36:08-13
	37:08-13		
	02:43-33	00:56-11	03:12-28
	01:17-20	01:51-12	02:54-29
	02:24-38	02:01-11	02:47-18
	01:48-21	00:37-19	02:24-14
	02:25-19	01:53-17	01:52-10
	02:17-32	01:31-15	01:16-12
	01:00-34	01:33@	00:10#
	00:20#	01:15#	00:20#
	00:31#	05:10+	00:51#
	00:18#	00:34#	00:34#
	00:45#	00:15#	00:48#
	00:28#	00:51#	00:25#
13	Halsall, Tony	Otra IL	0:37:37 + 37:37
	02:32-29	03:33-23	06:36-21
	08:00-21	09:53-20	12:01-16
	13:39-16	16:19-15	19:49-14
	21:03-12	21:43-12	24:22-12
	26:57-13	28:48-13	31:13-13
	33:29-15	35:18-14	36:46-14
	37:37-14		
	02:32-29	01:01-18	03:03-22
	01:24-26	01:53-15	02:08-14
	01:38-8	02:40-29	03:30-35
	01:14-5	00:40-24	02:39-21
	02:35-25	01:51-15	02:25-24
	02:16-31	01:49-34	01:28-20
	00:51-20	01:22@	00:15#
	00:06#	01:06#	00:27#
	00:33#	04:24+	00:23#
	01:13#	01:33#	00:07#
	00:		

01:10-1	00:52-5	02:09-4	00:57-1	01:24-2	04:15-50	01:26-4	01:30-3	02:08-4	08:40-52	00:22-1	01:39-1	01:33-1	04:58-53	03:18-41	01:26-1	01:05-2	01:03-5	00:46-13
00:00=	00:06#	00:12#	00:00=	00:04+	06:31+	00:11#	00:03+	00:11+	07:33@	00:00=	00:00=	00:00=	03:42@	02:00@	00:00=	00:04+	00:12#	00:11#
20 Nipen, Olav	Tyrving 0:41:18 + 41:18																	
01:40-9	02:48-10	05:26-9	06:54-13	08:51-13	11:02-10	12:47-9	19:21-27	22:16-25	23:53-23	24:35-23	27:09-22	29:32-23	31:25-19	35:04-22	36:58-22	38:39-20	40:27-21	41:18-21
01:40-8	01:08-25	02:38-12	01:28-33	01:57-19	02:11-16	01:45-13	06:34-52	02:55-22	01:37-15	00:42-29	02:34-19	02:23-17	01:53-17	03:39-47	01:54-16	01:41-25	01:48-40	00:51-20
00:30&	00:22&	00:41&	00:31&	00:37&	04:27+	00:30&	05:07@	00:58&	00:30&	00:20&	00:55&	00:50&	00:37&	02:21@	00:28&	00:40&	00:57@	00:16&
21 Stenstadvoll, Kjell	Tyrving 0:42:28 + 42:28																	
01:40-8	02:49-11	05:32-10	06:50-11	08:57-15	11:24-13	13:29-14	15:31-11	18:32-10	26:15-33	26:58-33	29:39-32	31:54-29	34:32-31	36:33-27	38:35-27	40:08-22	41:32-22	42:28-22
01:40-8	01:09-28	02:43-15	01:18-21	02:07-25	02:27-21	02:05-33	02:02-12	03:01-24	07:43-51	00:43-30	02:41-22	02:15-15	02:38-36	02:01-13	02:02-21	01:33-16	01:24-17	00:56-31
00:30&	00:23&	00:46&	00:21&	00:47&	04:43+	00:50&	00:35&	01:04&	06:36@	00:21&	01:02&	00:42&	01:22@	00:43&	00:36&	00:32&	00:33&	00:21&
22 Myhre, Stein	Oslo sporveier BIL 0:42:38 + 42:38																	
04:33-45	05:39-45	09:04-44	10:33-41	13:46-44	15:40-37	17:30-33	19:49-30	22:58-28	24:35-28	25:09-28	28:24-27	31:04-25	33:08-25	36:07-24	38:01-25	40:19-23	41:48-23	42:38-23
04:33-45	01:06-23	03:25-34	01:29-35	03:13-48	01:54-11	01:50-20	02:19-20	03:09-29	01:37-15	00:34-14	03:15-37	02:40-30	02:04-25	02:59-35	01:54-16	02:18-42	01:29-22	00:50-18
03:23@	00:20&	01:28&	00:32&	01:53@	04:10+	00:35&	00:52&	01:12&	00:30&	00:12&	01:36&	01:07&	00:48&	01:41@	00:28&	01:17@	00:38&	00:15&
23 Strømstad, Ivar	Raumar OL 0:43:08 + 43:08																	
01:53-13	03:09-18	06:08-18	07:20-18	08:58-17	11:15-12	13:14-11	15:43-12	18:39-11	21:47-13	22:21-13	24:58-15	27:32-15	29:32-15	31:59-16	35:18-17	40:57-25	42:13-24	43:08-24
01:53-13	01:16-36	02:59-19	01:12-15	01:38-6	02:17-19	01:59-28	02:29-25	02:56-23	03:08-50	00:34-14	02:37-20	02:34-24	02:00-22	02:27-25	03:19-52	05:39-55	01:16-12	00:55-28
00:43&	00:30&	01:02&	00:15&	00:18#	04:33+	00:44&	01:02&	00:59&	02:01@	00:12&	00:58&	01:01&	00:44&	01:09&	01:53@	04:38@	00:25&	00:20&
24 Plaian, Anton	Asker SK 0:43:38 + 43:38																	
02:16-23	03:40-26	07:19-28	08:41-28	10:57-24	13:09-21	15:12-20	17:55-20	21:28-22	23:22-21	24:12-22	27:48-25	31:15-26	33:33-26	36:09-25	38:19-26	40:40-24	42:32-25	43:38-25
02:16-23	01:24-45	03:39-39	01:22-24	02:16-29	02:12-17	02:03-31	02:43-31	03:33-38	01:54-30	00:50-39	03:36-43	03:27-47	02:18-28	02:36-28	02:10-28	02:21-43	01:52-43	01:06-39
01:06&	00:38&	01:42&	00:25&	00:56&	04:28+	00:48&	01:16&	01:36&	00:47&	00:20@	01:57@	01:54@	01:02&	01:18@	00:44&	01:20@	01:01@	00:31&
25 Gunnerød, Bjørn	IL GeoForm 0:43:45 + 43:45																	
02:58-38	04:30-36	07:50-34	09:37-35	12:08-36	14:38-25	16:41-25	19:37-28	22:28-27	24:13-25	24:59-26	29:22-30	32:11-30	34:29-30	37:05-29	39:27-29	41:08-26	42:45-26	43:45-26
02:58-38	01:32-48	03:20-33	01:47-47	02:31-33	02:30-22	02:03-31	02:56-34	02:51-20	01:45-20	00:46-32	04:23-51	02:49-37	02:18-28	02:36-28	02:22-36	01:41-25	01:37-25	01:00-34
01:48@	00:46@	01:23&	00:50&	01:11&	04:46+	00:48&	01:29@	00:54&	00:38&	00:24@	02:44@	01:16&	01:02&	01:18@	00:56&	00:40&	00:46&	00:25&
26 Hem, Einar	Lillomarka OL 0:43:56 + 43:56																	
03:13-40	04:32-38	07:58-36	10:01-39	11:50-33	15:17-33	17:01-30	19:01-26	21:39-23	24:10-24	24:50-24	27:19-24	29:32-22	31:55-21	33:56-19	36:36-20	41:25-27	43:03-27	43:56-27
03:13-40	01:19-40	03:26-35	02:03-53	01:49-11	03:27-38	01:44-12	02:00-10	02:38-11	02:31-41	00:40-24	02:29-18	02:13-14	02:23-31	02:01-13	02:40-44	04:49-54	01:38-26	00:53-24
02:03@	00:33&	01:29&	01:06@	00:29&	05:43+	00:29&	00:33&	00:41&	01:24@	00:18&	00:50&	00:40&	01:07&	00:43&	01:14&	03:48@	00:47&	00:18&
27 Lye, Helge	Tyrving 0:44:57 + 44:57																	
03:59-44	05:10-44	09:43-46	11:07-46	13:02-40	15:00-32	17:58-37	20:02-32	23:10-29	25:26-29	26:13-30	31:43-37	34:39-37	36:29-34	38:31-31	40:51-32	42:24-30	44:05-30	44:57-29
03:59-44	01:11-29	04:33-51	01:24-26	01:55-17	01:58-12	02:58-49	02:04-14	03:08-27	02:16-36	00:47-37	03:30-52	02:56-40	01:50-13	02:02-16	02:20-34	01:33-16	01:41-30	00:52-23
02:49@	00:25&	02:36@	00:27&	00:35&	04:14+	01:43@	00:37&	01:11&	01:09@	00:25@	03:51@	01:23&	00:34&	00:44&	00:54&	00:32&	00:50&	00:17&
28 Hegdal, Tormod	Heming Orientering 0:45:07 + 45:07																	
02:27-26	03:46-28	07:33-31	09:11-32	11:23-28	15:34-36	17:45-36	20:15-33	23:21-31	25:31-30	26:12-29	29:03-29	31:39-27	33:48-27	38:21-30	40:34-30	42:20-29	44:01-29	45:07-30
02:27-26	01:19-40	03:47-41	01:38-40	02:12-27	04:11-48	02:11-35	02:30-26	03:06-26	02:10-35	00:41-28	02:51-27	02:36-26	02:09-26	04:33-52	02:13-29	01:46-31	01:41-30	01:06-39
01:17@	00:33&	01:50&	00:41&	00:52&	06:27+	00:56&	01:03&	01:09&	01:03&	00:19&	01:12&	01:03&	00:53&	03:15@	00:47&	00:45&	00:50&	00:31&
29 Drage, Unni	Aker Solutions 0:45:27 + 45:27																	
02:28-27	03:39-24	06:45-23	08:28-26	10:34-23	14:47-26	17:19-32	19:38-29	23:13-30	25:52-32	26:38-32	29:25-31	32:15-31	34:05-29	38:41-32	40:46-31	42:25-31	44:20-31	45:27-31
02:28-27	01:11-29	03:06-24	01:43-46	02:06-23	04:13-49	02:32-40	02:19-20	03:35-39	02:39-42	00:46-32	02:47-26	02:50-38	01:50-13	04:36-54	02:05-24	01:39-20	01:55-45	01:07-43
01:18@	00:25&	01:09&	00:46&	00:46&	06:29+	01:17@	00:52&	01:38&	01:32@	00:24@	01:08&	01:17&	00:34&	03:18@	00:39&	00:38&	01:04@	00:32&
30 Øfsthus, Anne Lise	Asker SK 0:45:54 + 45:54																	
02:12-21	04:21-35	07:56-35	09:36-34	12:03-35	15:32-35	18:29-40	21:48-41	25:06-38	27:07-40	27:47-37	30:41-34	33:20-34	36:07-33	39:37-35	41:44-35	43:24-33	44:59-33	45:54-32
02:12-20	02:09-53	03:35-38	01:40-43	02:27-30	03:29-39	02:57-48	03:19-42	03:18-32	02:01-33	00:40-24	02:54-29	02:39-29	02:47-40	03:30-45	02:07-26	01:40-23	01:35-24	00:55-28
01:02&	01:23@	01:38&	00:43&	01:07&	05:45+	01:42@	01:52@	01:21&	00:54&	00:18&	01:15&	01:06&	01:31@	02:12@	00:41&	00:39&	00:44&	00:20&
31 Skåre, Einar	Brevpost BIL 0:45:55 + 45:55																	
02:12-20	03:51-31	08:20-38	09:51-36	11:42-31	14:27-24	16:20-24	18:16-21	21:55-24	24:17-26	25:03-27	27:57-26	30:37-24	32:40-22	36:41-28	38:38-28	42:41-32	44:55-32	45:55-33
02:12-20	01:39-49	04:29-50	01:31-36	01:51-12	02:45-25	01:53-23	01:56-8	03:39-41	02:22-38	00:46-32	02:54-29	02:03-23	04:01-50	01:57-18	04:03-52	02:14-53	01:00-34	01:00-34
01:02&	00:53@	02:32@	00:34&	00:31&	05:01+	00:38&	00:29&	01:42&	01:15@	00:24@	01:15&	01:07&	00:47&	02:43@	00:31&	03:02@	01:23@	00:25&
32 Spjelkavik, Bjørn	IL Tyrving 0:46:30 + 46:30																	
04:35-46	05:40-46	08:58-42	10:09-40	12:36-39	18:25-49	20:07-46	22:57-44	25:43-39	27:35-42	28:25-41	31:07-36	33:18-33	36:47-35	39:22-34	41:41-34	43:25-34	45:31-34	46:30-34
04:35-46	01:05-21	03:18-31	01:11-12	02:27-30	05:49-55	01:42-11	02:50-33	02:46-17	01:52-27	00:50-39	02:42-23	02:11-13	03:29-45	02:35-26	02:19-33	01:44-28	02:06-48	00:59-33
03:25@	00:19&	01:21&	00:14#	01:07&	08:05+	00:27&	01:23&	00:49&	00:45&	00:20@	01:03&	00:38&	01:17&	00:53&	00:43&	01:15@	00:24&	00:24&
33 Horvati, Georg	Tyrving 0:47:12 + 47:12																	
02:29-28	03:47-29	07:42-33	09:13-33	12:01-34	14:49-27	17:12-31	21:32-40	25:03-37	27:01-39	27:40-36	32:00-40	35:06-39	37:57-36	40:40-38	42:46-36	44:25-35	46:09-35	47:12-35
02:29-28	01:18-38	03:55-43	01:31-36	02:48-40	02:48-27	02:23-37	04:20-48	03:31-36	01:58-32	00:39-23	04:20-50	03:06-44	02:51-41	02:43-30	02:06-25	01:39-20	01:44-33	01:03-38
01:19@	00:32&	01:58@	00:34&	01:28@	05:04+	01:08&	02:53@	01:34&	00:51&	00:17&	02:41@	01:33@	01:35@	01:25@	00:40&	00:38&	00:53@	00:28&
34 Christiansen, Rune	Privat 0:48:01 + 48:01																	
03:10-39	04:18-34	07:19-27	08:30-27	11:06-26	14:52-30	16:45-27	20:53-36	24:01-32	26:45-37	28:00-39	31:58-39	34:31-36	38:50-39	40:35-37	43:38-38	45:23-38	47:11-38	48:01-36
03:10-39	01:08-25	03:01-20	01:11-12	02:36-34	03:46-44	01:53-23	04:08-47	03:08-27	02:44-44	01:15-50	03:58-48	02:33-21	04:19-49	01:45-9	03:03-49	01:45-29	01:48-40	00:50-18
02:00@	00:22&	01:04&	00:14#	01:16&	06:02+	00:38&	02:41@	01:11&	01:37@	00:53@	02:19@	01:00&	03:03@	00:27&	01:37@	00:44&	00:57@	00:15&
35 Ruud, Jørgen	Privat 0:48:03 + 48:03																	
03:15-41	04:15-33	07:19-29	08:26-25	11:17-27	14:51-28	16:52-28	20:50-35	24:01-33	26:45-36	28:00-40	31:57-38	34:4						

