

Rankingløp

Dato/sted: 18. november 2017 - Skar i Maridalen
Kart: Maridalsalpene
Arr: IL GeoForm v/Harald Østgaard Lund, Sigurd Hagerud, Harald Iwe
Antall: Totalt: 92 (GeoForm: 12, OSI: 4, DNV/ESSO: 5, Andre: 71)
Løpsrapport: Alder: 21-: 86, 17-20: 0, 13-16: 5, 0-12: 1
Startkont: kr. 70: 65 kr. 30: 27 kr. 0: 0
Betalt: kr. 70: 65 kr. 30: 22 kr. 0: 5
Leiebrikker: 3 stk

Resultater: [Lang\(32\)](#) | [Mellom\(37\)](#) | [Kort\(23\)](#) | [Grafisk](#)
Strekketider: [Lang\(32\)](#) | [Mellom\(37\)](#) | [Kort\(23\)](#)

Resultater Lang (5,7 km)

Plass	Navn	Klubb	Tid	Poeng
1	Nipen, Thomas	Bekkelaget	0:55:03 + 00:00	151,56
2	Eriksen, Jan R.	Asker SK	0:57:27 + 02:24	150,54
3	Rygh, Karl Even	Heming Orientering	0:57:32 + 02:29	150,50
4	Schlaupitz, Holger	Privat	0:59:28 + 04:25	149,68
5	Fløystad, Jostein Bø	Privat	1:04:03 + 09:00	147,73
6	Jonsson, Isak	Nydalen	1:04:08 + 09:05	147,69
7	Helland, Knut	Østmarka OK	1:04:34 + 09:31	147,51
8	Blomseth, Stein	Vålerenga	1:05:21 + 10:18	147,17
9	Seierstad, Ivar	IL GeoForm	1:06:13 + 11:10	146,80
10	Iwe, Harald	IL GeoForm	1:09:53 + 14:50	145,24
11	Egge, Guttorm	OSI	1:10:35 + 15:32	144,94
12	Grinde, Bjørn	OSI	1:11:11 + 16:08	144,69
13	Jonsson, Sören	Nydalens SK	1:13:24 + 18:21	143,74
14	Fjær, Hallvard	Lillomarka OL	1:14:14 + 19:11	143,39
15	Onsager, Knut	IL GeoForm	1:16:47 + 21:44	142,30
16	Åsmul, Eskil	OL Trollelg	1:17:09 + 22:06	142,15
17	Kildahl, Øystein	Østmarka OK	1:17:57 + 22:54	141,81
18	Helgaker, Jan Fredrik	DNV	1:19:53 + 24:50	140,98
19	Brevik, Trond	Fossum IF	1:22:59 + 27:56	139,66
20	Stiansen, Peer	Nydalens SK	1:25:22 + 30:19	138,65
21	Øvergaard, Tormod	Vestre Akers SK	1:25:48 + 30:45	138,46
22	Utskarpen, Audrun	OSI	1:26:16 + 31:13	138,27
23	Thømt, Øyvind	Indre Østfold OK	1:27:24 + 32:21	137,78
24	Kverme, Sivert	Fossum IF	1:27:32 + 32:29	137,73
25	Kverme, Bent Sande	Fossum IF	1:27:43 + 32:40	137,65
26	Onstad, Lars	OSI	1:27:56 + 32:53	137,56
27	Osen, Per	Vestre Akers SK	1:28:21 + 33:18	137,38
28	Lahlum, Jon	IL GeoForm	1:30:10 + 35:07	136,61
29	Johansen, Frode	Statoil	1:35:14 + 40:11	134,45
30	Bøe, Tormod	DNV	1:39:10 + 44:07	132,77
31	Fredh, Linda	Måren OK	2:19:59 +1:24:56	115,39
DSQ	Hultgreen, Rune	GeoForm	1:39:42 (-3 poster)	89,29

Resultater Mellom (4,0 km)

Plass	Navn	Klubb	Tid	Poeng
1	Henriksen, Jan Tore	Norges Bank BIL	0:40:55 + 00:00	137,52
2	Hoff, Eivind	IL Tyrving	0:45:19 + 04:24	135,91
3	Hallan, Toril	Lillomarka OL	0:49:31 + 08:36	134,37
4	Berteig, Vidar	GeoForm	0:51:28 + 10:33	133,66
5	Lian, Odd Arne	Koll	0:51:47 + 10:52	133,54
6	Danielsen, Anne	Nydalens SK	0:53:44 + 12:49	132,83
7	Njåstein, Marianne	IL Tyrving	0:53:48 + 12:53	132,80
8	Næss, Petter	Oppsal IF	0:54:06 + 13:11	132,69
9	Eknes, Anders	Privat	0:58:40 + 17:45	131,02
10	Blom, Richard	FBI	0:58:47 + 17:52	130,98
11	Halden, Gunnar	Nydalens SK	0:58:49 + 17:54	130,97
12	Bjørne-Larsen, Knud	Riksteatret	0:59:02 + 18:07	130,89
13	Sauar, Brita	Statoil	1:00:33 + 19:38	130,33
14	Christiansen, Håvard	Forsvarsbygg	1:03:17 + 22:22	129,33
15	Løken, Aleidis	Heming Orientering	1:03:55 + 23:00	129,10
16	Hansen, Pål W	BDO	1:03:56 + 23:01	129,09
17	Ferden, Jon	Kolbotn & Skimt OL	1:05:07 + 24:12	128,66
18	Rikheim, Harald	Rådtassene	1:05:39 + 24:44	128,46
19	Hanslien, Uno	Bilpost BIL	1:05:49 + 24:54	128,40
20	Paltiel, Liv	Folkehelseinstituttet	1:08:54 + 27:59	127,28
21	Bjordal, Roar	Oppsal IF	1:09:10 + 28:15	127,18
22	Næss-Ulseth, Selma	Nydalens SK	1:11:12 + 30:17	126,43
23	Skjelkvåle, Brit Lisa	GeoForm	1:14:23 + 33:28	125,27
24	Egner, Bjørn	Heming Orientering	1:14:26 + 33:31	125,25
25	Sundelin, Gisela	Privat	1:16:56 + 36:01	124,33
26	Bjørngum, Hallvard	DNV	1:18:26 + 37:31	123,78
27	Dahl, Anne	Nydalens SK	1:18:29 + 37:34	123,77
28	Wiklund, Inga Skaarer	Nydalens SK	1:20:28 + 39:33	123,04
29	Berg, Rolf Andreas	Nydalens SK	1:21:55 + 41:00	122,51
30	Berg, Rolf	Nydalen SK	1:22:05 + 41:10	122,45
31	Broadwell, Sharon	GeoForm	1:25:48 + 44:53	121,09
32	Nipen, Olav	Tyrving	1:28:03 + 47:08	120,26
33	Nilstad, Randi	IL Tyrving	1:31:00 + 50:05	119,18
34	Vågsnes, Marit	Kolbotn & Skimt OL	1:31:49 + 50:54	118,89
DSQ	Burmo, Marius	Privat	1:16:59 (-1 poster)	96,15
DSQ	Skaarer, Ingrid	Nydalens SK	1:34:35 (-5 poster)	80,77

Resultater Kort (2,0 km)

Plass	Navn	Klubb	Tid	Poeng
1	Stenstadvoll, Kjell	Tyrving	0:31:44 + 00:00	122,06
2	Solheim, Knut Tore	Nydalens SK	0:41:03 + 09:19	119,72
3	Wiklund, Eira Skaarer	Nydalens SK	0:42:00 + 10:16	119,49
4	Bakstad, Anne Regine	Friskis&Svettis	0:42:21 + 10:37	119,40
5	Edvardsen, Tom	Koll	0:42:35 + 10:51	119,34
6	Trondsen, Terje	Nittedal OL	0:44:13 + 12:29	118,93
7	Madsen, Øystein	Haugerud IL	0:47:16 + 15:32	118,17
8	Aas, Eyvind	IL GeoForm	0:49:26 + 17:42	117,62
9	Spjelkavik, Aud Ingjerd	IL Tyrving	0:50:00 + 18:16	117,48
10	Drage, Unni	Aker Solutions	0:52:15 + 20:31	116,92
11	Gunnerød, Bjørn	GeoForm	0:52:18 + 20:34	116,91
12	Ommundsen, Tor	DNV	0:53:46 + 22:02	116,54
13	Drage, Tor	Aker Solutions	0:54:22 + 22:38	116,39
14	Ommundsen, Tor	DNV	0:55:43 + 23:59	116,05
15	Fismen, Odin	Fossum IF	0:59:26 + 27:42	115,12
16	Fismen, Britta	Fossum IF	0:59:27 + 27:43	115,12
17	Vik, Eilen Arctander	Koll	1:00:46 + 29:02	114,79
18	Ouyang, Ping	Østmarka OK	1:03:30 + 31:46	114,10
19	Rekke Lian, Håvard	Fossum IF	1:03:57 + 32:13	113,99
20	Rørvik, Stian	Tønsberg	1:05:12 + 33:28	113,68
21	Plejdstrup, Sissel	Oppsal IF	1:06:36 + 34:52	113,33
22	Haugerud, Sigurd	IL GeoForm	1:19:33 + 47:49	110,08
DSQ	Moorfield, Jona	Privat	1:04:13 (-3 poster)	83,33

Strekktider Lang

Plass	Navn	Klubb	Tid	Poeng										
1	Nipen, Thomas	Bekkelaget	0:55:03 + 00:00	151,56										
02:24-2	03:34-2	10:42-1	15:03-1	18:08-1	27:44-1	29:42-1	42:38-1	43:22-1	44:23-1	45:35-1	49:24-1	51:18-1	53:49-1	55:03-1
02:24-2	01:10-3	07:08-1	04:21-1	03:05-1	09:36-2	01:58-4	12:56-2	00:44-4	01:01-1	01:12-1	03:49-2	01:54-4	02:31-10	01:14-6
00:06+	00:07#	00:00=	00:00=	00:00=	00:05+	00:10+	00:16+	00:08#	00:00=	00:00=	00:14+	00:05+	00:37&	00:08#
2	Eriksen, Jan R.	Asker SK	0:57:27 + 02:24	150,54										
02:43-6	04:02-6	12:14-3	16:38-3	20:14-3	30:47-4	32:48-4	45:28-3	46:04-3	47:16-3	48:35-3	52:10-2	54:02-2	56:21-2	57:27-2
02:43-6	01:19-7	08:12-4	04:24-3	03:36-4	10:33-5	02:01-6	12:40-1	00:36-1	01:12-3	01:19-5	03:35-1	01:52-2	02:19-5	01:06-1
00:25#	00:16&	01:04#	00:03+	00:31#	01:02#	00:13#	00:00=	00:00=	00:11#	00:07+	00:00=	00:03+	00:25#	00:00=
3	Rygh, Karl Even	Heming Orientering	0:57:32 + 02:29	150,50										
03:12-15	04:26-9	12:19-5	16:58-6	20:36-4	30:07-3	31:57-3	45:06-2	45:50-2	47:04-2	48:19-2	52:13-3	54:13-3	56:22-3	57:32-3
03:12-15	01:14-5	07:53-2	04:39-7	03:38-5	09:31-1	01:50-2	13:09-3	00:44-4	01:14-5	01:15-2	03:54-3	02:00-7	02:09-2	01:10-3
00:54&	00:11#	00:45#	00:18+	00:33#	00:00=	00:02+	00:29+	00:08#	00:13#	00:03+	00:19+	00:11#	00:15#	00:04+
4	Schlaupitz, Holger	Privat	0:59:28 + 04:25	149,68										
02:18-1	03:21-1	11:20-2	15:56-2	19:18-2	30:00-2	31:48-2	45:31-4	46:20-4	47:28-4	48:53-4	54:13-4	56:07-4	58:22-4	59:28-4
02:18-1	01:03-1	07:59-3	04:36-6	03:22-2	10:42-6	01:48-1	13:43-4	00:49-12	01:08-2	01:25-8	05:20-17	01:54-4	02:15-3	01:06-1
00:00=	00:00=	00:51#	00:15+	00:17+	01:11#	00:00=	01:03+	00:13&	00:07#	00:13#	01:45&	00:05+	00:21#	00:00=
5	Fløystad, Jostein Bø	Privat	1:04:03 + 09:00	147,73										
02:33-4	03:53-5	12:34-6	16:55-5	21:17-6	31:33-5	34:14-5	49:31-5	50:19-5	51:41-5	53:07-5	57:57-5	59:55-5	62:40-5	64:03-5
02:33-4	01:20-8	08:41-8	04:21-1	04:22-12	10:16-3	02:41-17	15:17-7	00:48-10	01:22-11	01:26-10	04:50-11	01:58-6	02:45-15	01:23-11
00:15#	00:17&	01:33#	00:00=	01:17&	00:45+	00:53&	02:37#	00:12&	00:21&	00:14#	01:15&	00:09+	00:51&	00:17&
6	Jonsson, Isak	Nydalen	1:04:08 + 09:05	147,69										
03:30-22	04:53-17	13:18-10	18:09-7	22:10-8	32:32-6	34:35-6	50:30-7	51:16-7	52:34-7	53:59-7	58:34-6	60:48-6	62:42-6	64:08-6
03:30-20	01:23-11	08:25-5	04:51-8	04:01-9	10:22-4	02:03-7	15:55-9	00:46-7	01:18-7	01:25-8	04:35-9	02:14-10	01:54-1	01:26-15
01:12&	00:20&	01:17#	00:30#	00:56&	00:51+	00:12#	03:15&	00:10&	00:17&	00:13#	01:00&	00:25#	00:00=	00:20&
7	Helland, Knut	Østmarka OK	1:04:34 + 09:31	147,51										
02:48-7	04:15-7	13:35-12	18:10-9	21:37-7	33:24-8	35:35-8	50:03-6	50:50-6	52:11-6	53:29-6	58:39-7	60:55-7	63:10-7	64:34-7
02:48-7	01:27-14	09:20-12	04:35-4	03:27-3	11:47-13	02:11-10	14:28-5	00:47-9	01:21-9	01:18-3	05:10-15	02:16-12	02:15-3	01:24-12
00:30#	00:24&	02:12&	00:14+	00:22#	02:16#	00:23#	01:48#	00:11&	00:20&	00:06+	01:35&	00:27#	00:21#	00:18&
8	Blomseth, Stein	Vålerenga	1:05:21 + 10:18	147,17										
02:27-3	03:48-4	13:11-8	19:24-12	23:41-11	35:06-10	37:10-10	52:04-8	52:48-9	54:05-9	55:41-9	59:59-9	61:51-8	64:10-8	65:21-8
02:27-3	01:21-9	09:23-13	06:13-21	04:17-11	11:25-9	02:04-8	14:54-6	00:44-4	01:17-6	01:36-12	04:18-4	01:52-2	02:19-5	01:11-5
00:09+	00:18&	02:15&	01:52&	01:12&	01:54#	00:16#	02:14#	00:08#	00:16&	00:24&	00:43#	00:03+	00:25#	00:05+
9	Seierstad, Ivar	IL GeoForm	1:06:13 + 11:10	146,80										
02:36-5	03:43-3	12:16-4	16:51-4	20:42-5	32:49-7	34:49-7	52:07-9	52:48-8	54:00-8	55:24-8	59:54-8	62:12-9	64:58-9	66:13-9
02:36-5	01:07-2	08:33-6	04:35-4	03:51-7	12:07-15	02:00-5	17:18-12	00:41-2	01:12-3	01:24-7	04:30-6	02:18-13	02:46-17	01:15-7
00:18#	00:04+	01:25#	00:14+	00:46#	02:36&	00:12#	04:38&	00:05#	00:11#	00:12#	00:55&	00:29&	00:52&	00:09#
10	Iwe, Harald	IL GeoForm	1:09:53 + 14:50	145,24										
03:01-9	04:23-8	13:06-7	18:44-10	24:12-13	35:34-11	37:27-11	54:35-12	55:18-12	56:42-12	58:18-11	64:00-11	66:01-11	68:43-10	69:53-10
03:01-9	01:22-10	08:43-9	05:38-13	05:28-27	11:22-8	01:53-3	17:08-11	00:43-3	01:24-13	01:36-12	05:42-23	02:01-8	02:42-14	01:10-3
00:43&	00:19&	01:35#	01:17&	02:23&	01:51#	00:05+	04:28&	00:07#	00:23&	00:24&	02:07&	00:12#	00:48&	00:04+
11	EGge, Guttorm	OSI	1:10:35 + 15:32	144,94										
03:15-16	04:45-16	14:25-13	20:07-14	24:02-12	36:03-12	38:22-12	54:06-10	55:06-11	56:25-11	59:41-12	64:04-12	66:56-12	69:17-11	70:35-11
03:15-16	01:30-18	09:40-14	05:42-14	03:55-8	12:01-14	02:19-13	15:44-8	01:00-25	01:19-8	03:16-28	04:23-5	02:52-24	02:21-7	01:18-9
00:57&	00:27&	02:32&	01:21&	00:50&	02:30&	00:31&	03:04#	00:24&	00:18&	02:04@	00:48#	01:03&	00:27#	00:12#
12	Grinde, Bjørn	OSI	1:11:11 + 16:08	144,69										
02:53-8	04:37-15	13:16-9	18:10-8	22:25-9	34:05-9	36:19-9	54:13-11	54:59-10	56:20-10	57:42-10	62:43-10	64:51-10	69:36-12	71:11-12
02:53-8	01:44-24	08:39-7	04:54-9	04:15-10	11:40-11	02:14-11	17:54-15	00:46-7	01:21-9	01:22-6	05:01-14	02:08-9	04:45-31	01:35-23
00:35&	00:41&	01:31#	00:33#	01:10&	02:09#	00:26#	05:14&	00:10&	00:20&	00:10#	01:26&	00:19#	02:51@	00:29&
13	Jonsson, Sören	Nydalens SK	1:13:24 + 18:21	143,74										
04:07-28	05:25-25	14:43-14	20:09-15	24:47-14	36:14-13	38:33-13	55:37-13	56:39-13	58:10-13	60:02-13	65:46-13	68:20-13	71:28-13	73:24-13
04:07-28	01:18-6	09:18-11	05:26-12	04:38-15	11:27-10	02:19-13	17:04-10	01:02-26	01:31-14	01:52-23	05:44-25	02:34-20	03:08-22	01:56-31
01:49&	00:15#	02:10&	01:05#	01:33&	01:56#	00:31&	04:24&	00:26&	00:30&	00:40&	02:09&	00:45&	01:14&	00:50&
14	Fjær, Hallvard	Lillomarka OL	1:14:14 + 19:11	143,39										
03:06-11	05:20-23	15:04-17	21:17-17	25:47-15	38:23-16	40:39-15	58:21-14	59:16-14	61:00-14	62:45-14	67:37-14	70:06-14	72:47-14	74:14-14
03:06-11	02:14-31	09:44-15	06:13-21	04:30-13	12:36-16	02:16-12	17:42-13	00:55-17	01:44-22	01:45-20	04:52-12	02:29-18	02:41-13	01:27-17
00:48&	01:11@	02:36&	01:52&	01:25&	03:05&	00:28&	05:02&	00:19&	00:43&	00:33&	01:17&	00:40&	00:47&	00:21&
15	Onsager, Knut	IL GeoForm	1:16:47 + 21:44	142,30										
04:31-30	05:59-29	16:09-21	23:12-24	28:01-22	39:42-18	42:34-18	60:50-15	61:43-15	63:19-15	64:58-15	69:30-15	72:18-15	75:28-15	76:47-15
04:31-30	01:28-17	10:10-16	07:03-29	04:49-19	11:41-12	02:52-21	18:16-16	00:53-16	01:36-17	01:39-14	04:32-7	02:48-23	03:10-23	01:19-10

16	Fismen, Britta		Fossum IF	0:59:27 + 27:43	115,12				
06:39-18	09:05-16	12:45-15	22:49-15	26:25-16	31:28-14	42:30-16	50:33-14	57:29-15	59:27-16
06:39-18	02:26-9	03:40-15	10:04-17	03:36-17	05:03-15	11:02-14	08:03-17	06:56-17	01:58-5
02:37&	01:02&	01:17&	06:04@	01:46&	02:55@	05:02&	05:05@	03:56@	00:46&
17	Vik, Eilen Arctander		Koll	1:00:46 + 29:02	114,79				
04:26-4	06:38-6	09:48-6	31:47-22	35:01-22	39:47-21	47:20-19	53:54-19	58:30-16	60:46-17
04:26-4	02:12-7	03:10-10	21:59-21	03:14-12	04:46-13	07:33-5	06:34-14	04:36-5	02:16-10
00:24+	00:48&	00:47&	17:59@	01:24&	02:38@	01:33&	03:36@	01:36&	01:04&
18	Ouyang, Ping		Østmarka OK	1:03:30 + 31:46	114,10				
08:20-20	12:02-20	15:54-20	24:52-18	28:15-18	33:40-19	47:20-18	52:55-17	59:59-17	63:30-18
08:20-20	03:42-20	03:52-17	08:58-14	03:23-15	05:25-16	13:40-19	05:35-11	07:04-18	03:31-21
04:18@	02:18@	01:29&	04:58@	01:33&	03:17@	07:40@	02:37&	04:04@	02:19@
19	Rekve Lian, Håvard		Fossum IF	1:03:57 + 32:13	113,99				
04:02-1	05:49-1	10:42-7	24:55-19	29:01-20	36:08-20	48:42-20	55:18-21	60:45-18	63:57-19
04:02-1	01:47-2	04:53-20	14:13-19	04:06-20	07:07-20	12:34-17	06:36-15	05:27-12	03:12-19
00:00=	00:23&	02:30@	10:13@	02:16@	04:59@	06:34@	03:38@	02:27&	02:00@
20	Rørvik, Stian		Tønsberg	1:05:12 + 33:28	113,68				
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