

# Rankingløp 26-2017

Dato/sted: 25. november 2017 - Ekeberg  
Kart: Brannfjell  
Arr: IL GeoForm v/Harald Iwe  
Antall: Totalt: 113 (GeoForm: 11, OSI: 7, DNV/ESSO: 2, Andre: 93)  
Løpsrapport: Alder: 21-: 111, 17-20: 0, 13-16: 2, 0-12: 0  
Startkont: kr. 70: 91 kr. 30: 22 kr. 0: 0  
Betalt: kr. 70: 91 kr. 30: 20 kr. 0: 2  
Leiebrikker: 1 stk

Resultater: [Lang\(38\)](#) | [Mellom\(56\)](#) | [Kort\(19\)](#) | [Grafisk](#)  
Strekketider: [Lang\(38\)](#) | [Mellom\(56\)](#) | [Kort\(19\)](#)

## Resultater Lang (5.8 km)

Plass	Navn	Klubb	Tid	Poeng
1	Nipen, Thomas	Bekkelaget	0:28:43 + 00:00	151.88
2	Nipen, Jørgen Mathias	Bækkelaget	0:30:51 + 02:08	150.16
3	Schlaupitz, Holger	Privat	0:31:11 + 02:28	149.89
4	Nilsson, Martin	Nydalen SK	0:31:58 + 03:15	149.26
5	Nordhagen, Sindre	Ås-NMBU Orientering	0:32:32 + 03:49	148.81
6	Syndby, Bjørn	Larvik OK	0:32:56 + 04:13	148.48
7	Mella, Tor	Oppsal IF	0:32:59 + 04:16	148.44
8	Olausson, Mikael	Oslostudentenes IK	0:33:04 + 04:21	148.38
9	Seierstad, Ivar	IL GeoForm	0:33:18 + 04:35	148.19
10	Henriksen, Jan Tore	Norges Bank BIL	0:37:18 + 08:35	144.97
11	Helland, Knut	Østmarka OK	0:38:02 + 09:19	144.38
12	Helgaker, Jan Fredrik	DNV	0:38:22 + 09:39	144.11
13	Bårtveit, Knut	Bø OL	0:38:41 + 09:58	143.85
14	Fjær, Hallvard	Lillomarka OL	0:38:48 + 10:05	143.76
15	Borg, Christian Fredrik	IL Koll	0:38:58 + 10:15	143.63
16	Vister, Hanne Maria	OSI	0:41:34 + 12:51	141.53
17	Østgaard Lund, Harald	GeoForm	0:42:30 + 13:47	140.78
18	Hasaas, Olav	Fossum IF	0:42:59 + 14:16	140.39
19	Systad, Rolv Anders	Lyn	0:43:12 + 14:29	140.22
20	Grinde, Bjørn	OSI	0:43:47 + 15:04	139.75
21	Thømt, Øyvind	Indre Østfold OK	0:43:56 + 15:13	139.63
22	Utskarpen, Audrun	OSI	0:44:46 + 16:03	138.96
23	Rørvik, Per Martin	FBI	0:45:01 + 16:18	138.75
24	Granly, Martin	Siemens Oslo	0:45:28 + 16:45	138.39
25	Melsom, Terje	Fossum IF	0:45:57 + 17:14	138.00
26	Tandrevold, Eirik	Fossum IF	0:46:50 + 18:07	137.29
27	Fosstveit, Gaute	Raumar Orientering	0:47:15 + 18:32	136.96
28	Nordhagen, Eirik	Ås-NMBU Orientering	0:48:49 + 20:06	135.70
29	Lahlum, Jon	IL GeoForm	0:49:39 + 20:56	135.02
30	Eknes, Anders	Privat	0:50:06 + 21:23	134.66
31	Fixdal, Trude	IL Koll	0:50:56 + 22:13	133.99
32	Oram, Louise	Bækkelaget SK	0:51:19 + 22:36	133.68
33	Møretrø, Trond	Kolbotn & Skimt OL	0:53:09 + 24:26	132.21
34	Borg, Erik	IL Koll	1:01:03 + 32:20	125.85
35	Berteig, Julie	Fossum IF	1:05:46 + 37:03	122.05
DSQ	Stordal, Erik	Asker SK	0:46:35 (-1 poster)	97.50
DSQ	Eastwood, Steinar	Lillomarka OL	0:48:39 (-1 poster)	97.50
DSQ	Klingsholm, Matias	Dagens Næringsliv	1:01:58 (-1 poster)	97.50

## Resultater Mellom (4.0 km)

Plass	Navn	Klubb	Tid	Poeng
1	Østgren, Bjørn	Statkraft BIL	0:21:17 + 00:00	136.29
2	Berteig, Vidar	GeoForm	0:21:53 + 00:36	135.83
3	Lian, Odd Arne	Koll	0:23:01 + 01:44	134.97
4	Rognerud, Tonje	Fossum IF	0:24:05 + 02:48	134.16
5	Schanche, Per	Asker SK	0:24:37 + 03:20	133.75
6	Jensen, Einar	Nydalens SK	0:24:50 + 03:33	133.59
7	Danielsen, Anne	Nydalens SK	0:25:15 + 03:58	133.27
8	Larsen, Fredrik	Indre Østfold OK	0:25:29 + 04:12	133.09
9	Hallan, Toril	Lillomarka OL	0:25:36 + 04:19	133.00
10	Vollen, Magne	OSI	0:25:43 + 04:26	132.91
11	Sigurdson, Roar	Ringnes	0:25:44 + 04:27	132.90
12	Saugestad, Fredrik	Nydalens SK	0:26:31 + 05:14	132.30
13	Mella, Stein	Praxair	0:26:54 + 05:37	132.01
14	Skantze, Kjersti	IL Tyrving	0:27:18 + 06:01	131.71
15	Blom, Richard	FBI	0:28:00 + 06:43	131.17
16	Bøe, Tormod	DNV	0:28:02 + 06:45	131.15
17	Arnesen, Vegard	Indre Østfold OK	0:28:05 + 06:48	131.11
18	Aulie, Harald	Koll IL	0:28:18 + 07:01	130.95
19	Brurberg, May Bente	Ås-NMBU Orientering	0:28:20 + 07:03	130.92
20	Karlsen, Morten	Måren OK	0:28:39 + 07:22	130.68
21	Pettersen, Alf	IL Tyrving	0:29:03 + 07:46	130.37
22	Landmark, Bente	Fossum IF	0:29:12 + 07:55	130.26
23	Lahlum, Tor	Kolbotn og Skimt OL	0:29:13 + 07:56	130.25
24	Winsnes, Sille	Ås UMB Orientering	0:29:21 + 08:04	130.15
25	Gylver, Øyvind	Asker SK	0:29:24 + 08:07	130.11
26	Revhaug, Helge	Ringerike OL	0:29:38 + 08:21	129.93
27	Hanslien, Uno	Bilpost BIL	0:29:39 + 08:22	129.92
28	Åsmul, Eskil	OL Trollelg	0:29:42 + 08:25	129.88
29	Broadwell, Sharon	GeoForm	0:30:01 + 08:44	129.64
30	Paltiel, Liv	Folkehelseinstituttet	0:30:06 + 08:49	129.57
31	Skantze, Don	IL Tyrving	0:30:11 + 08:54	129.51
32	Hultgreen, Rune	GeoForm	0:30:16 + 08:59	129.45
33	Hansen, Pål W	BDO	0:30:54 + 09:37	128.97
34	Fremming, Hans-Henrik	Meteorologen	0:31:12 + 09:55	128.74
35	Berge, Berit	Tyrving	0:31:50 + 10:33	128.25
36	Edwardsen, Tom	Koll	0:32:10 + 10:53	128.00
37	Engzelius, Margrete	Asker SK	0:32:13 + 10:56	127.96
38	Petersen, John Thomas	Nittedal OL	0:32:17 + 11:00	127.91
39	Kletteli, Odd	Bsk	0:32:51 + 11:34	127.48
40	Sundelin, Gisela	Privat	0:33:25 + 12:08	127.05
41	Nilstad, Randi	IL Tyrving	0:33:32 + 12:15	126.96
42	Angell, Truls	Lillomarka OL	0:34:00 + 12:43	126.60
43	Bakstad, Anne Regine	Friskis&Svettis	0:34:05 + 12:48	126.54
44	Eijsink, Vincent	Ås UMB Orientering	0:34:51 + 13:34	125.96
45	Rynning-Tønnesen, Christine	Privat	0:35:19 + 14:02	125.60
46	Egner, Bjørn	Heming Orientering	0:36:21 + 15:04	124.81
47	Solheim, Knut Tore	Nydalens SK	0:36:30 + 15:13	124.70
48	Bjordal, Roar	Oppsal IF	0:37:18 + 16:01	124.09
49	Tømmervold, Trond Ivar	Hamar OK	0:37:21 + 16:04	124.05
50	Hånes, Sturle	IL GeoForm	0:42:10 + 20:53	120.38
51	Fougner, Jon C.	Heming Orientering	0:42:27 + 21:10	120.17
52	Lome-Hagman, Ingrid	Kolbotn og Skimt OL	0:43:01 + 21:44	119.74
53	Arnesen, Marianne	Asker SK	0:44:12 + 22:55	118.84
54	Drage, Tor	Aker Solutions	0:46:18 + 25:01	117.24
55	Gunnerød, Bjørn	GeoForm	1:00:12 + 38:55	106.65
DSQ	Stenstadvoll, Kjell	Tyrving	0:28:35 (-2 poster)	92.31

## Resultater Kort (2.5 km)

Plass	Navn	Klubb	Tid	Poeng
1	Ongstad, Per	Privat	0:20:21 + 00:00	121.72
2	Grand, Elena	Nydalens SK	0:24:10 + 03:49	120.17
3	Edvardsen, Maren	Koll	0:24:11 + 03:50	120.16
4	Spjelkavik, Bjørn	IL Tyrving	0:26:37 + 06:16	119.17
5	Drage, Unni	Aker Solutions	0:27:33 + 07:12	118.79
6	Ursin, Nora	Bærum kom	0:28:01 + 07:40	118.60
7	Knudsen, Kåre	IL GeoForm	0:28:36 + 08:15	118.36
8	Trondsen, Terje	Nittedal OL	0:29:12 + 08:51	118.12
9	Spjelkavik, Aud Ingjerd	IL Tyrving	0:33:49 + 13:28	116.24
10	Rogstad, Astri	OSI	0:36:00 + 15:39	115.35
11	Ouyang, Ping	Østmarka OK	0:36:20 + 15:59	115.21
12	Savola, Laura	OSI	0:39:37 + 19:16	113.88
13	Bjordal, Inger Lise	Oppsal IF	0:42:46 + 22:25	112.60
14	Hangeraa, Knut	IL GeoForm	0:43:00 + 22:39	112.50
15	Plejdrup, Sissel	Oppsal IF	0:45:11 + 24:50	111.61
16	Vik, Eilen Arctander	Koll	0:45:17 + 24:56	111.57
17	Gjerme, Per	Asker SK	0:46:16 + 25:55	111.17
18	Rørvik, Stian	Tønsberg	0:58:20 + 37:59	106.26
DSQ	Haugerud, Sigurd	IL GeoForm	1:02:21 (-3 poster)	81.25

## Strekktider Lang

Plass	Navn	Klubb	Tid	Poeng
1	Nipen, Thomas	Bekkelaget	0:28:43 + 00:00	151.88
	00:29-5 01:25-1 01:25-1	01:25-7 01:25-1	05:50-7 01:25-1	02:51-1
	00:29-2 00:56-1	01:25-7 01:25-1	04:25-15 04:25-24	01:26-1
	00:02+ 00:00=	01:05+ 00:00=	06:58+ 06:58+	02:42+ 00:00=
				00:00=
				00:17#
				00:00=
				00:02+
				00:00=
				00:02+
				00:13#
				00:00=
				00:13+
				00:10#
				00:14+
				00:06+
2	Nipen, Jørgen Mathias	Bekkelaget	0:30:51 + 02:08	150.16
	00:36-13 01:43-9 01:43-7	01:43-4 01:43-8	05:20-2 01:43-8	03:16-5
	00:36-13 01:07-7		03:37-9 03:37-30	01:33-4
	00:09# 00:11#		06:10+ 03:30+	00:07+
				00:19#
				00:16#
3	Schlaupitz, Holger	Privat	0:31:11 + 02:28	149.89
	00:32-8 01:42-7 01:42-6	01:42-7 01:42-7	03:09-2 04:49-2	06:33-2
	00:32-6 01:10-8	01:42-4 01:42-5	01:42-34 01:27-2	01:40-2
	00:05# 00:14#	00:48+ 00:17#	00:51+ 08:49+	00:01+
				00:03+
				00:02+
				00:14#
				00:03+
				00:27#
				00:16#
				00:08+
				00:15#
				00:08+
				00:23#
				00:09#
				00:23+
				00:08#
				00:16+
				00:06+
4	Nilsson, Martin	Nydalen SK	0:31:58 + 03:15	149.26
	00:29-4 01:33-3 01:33-2	01:33-1 01:33-3	05:00-1 01:33-3	04:30-21
	00:29-2 01:04-3		03:27-8 03:27-31	02:57-32
	00:02+ 00:08#		06:00+ 03:40+	01:31@
				00:35#
				00:33#
				00:00=
				00:30#
				00:00=
				00:16#
				00:00=
				00:17#
				00:33#
				00:00=
				00:02+
				00:00=
				00:07#
5	Nordhagen, Sindre	Ås-NMBU Orientering	0:32:32 + 03:49	148.81
	00:38-17 01:43-8 01:43-8	01:43-3 01:43-9	05:26-4 01:43-9	03:29-8
	00:38-16 01:05-5		03:43-11 03:43-28	01:46-8
	00:11# 00:09#		06:16+ 03:24+	00:20#
				00:13#
				00:37#
				00:11+
				00:17#
				00:24#
				00:47#
				00:02+
				00:11#
				00:06#
				00:43#
				00:08#
				00:48#
				00:01+
6	Syndby, Bjørn	Larvik OK	0:32:56 + 04:13	148.48
	00:29-2 01:34-4 01:34-3	01:34-4 01:34-4	05:25-6 05:25-6	07:43-8
	00:29-2 01:05-5	01:34-6 01:34-3	01:34-33 01:46-8	02:05-8
	00:02+ 00:09#	00:56+ 00:09#	00:59+ 08:41+	00:20#
				00:28#
				00:37#
				00:06+
				00:23#
				00:26#
				00:20#
				00:12#
				00:15#
				00:14#
				01:04#
				00:01+
				00:40#
				00:15#
7	Mella, Tor	Oppsal IF	0:32:59 + 04:16	148.44
	00:37-15 01:50-11 01:50-10	01:50-11 01:50-11	05:37-6 01:50-11	03:38-10
	00:37-15 01:13-10		03:47-12 03:47-27	01:48-11
	00:10# 00:17#		06:20+ 03:20+	00:22#
				00:11#
				00:29#
				00:03+
				00:56#
				00:31#
				00:32#
				00:11+
				00:16#
				00:06#
				00:48#
				00:02+
				00:30#
				00:11#
8	Olausson, Mikael	Oslostudentenes IK	0:33:04 + 04:21	148.38
	00:36-14 01:40-6 01:40-5	01:40-2 01:40-6	05:21-3 01:40-6	03:27-7
	00:36-13 01:04-3		03:41-10 03:41-29	01:47-10
	00:09# 00:08#		06:14+ 03:26+	00:21#
				00:29#
				00:27#
				01:22#
				00:20#
				00:16#
				00:29#
				00:12#
				00:00=
				00:09#
				00:20+
				00:25#
				00:33#
				00:00=
9	Seierstad, Ivar	IL GeoForm	0:33:18 + 04:35	148.19

00:27-1	01:39-5	01:39-4		01:39-5	05:34-5	01:39-5	03:11-3	05:13-4	07:22-4	10:59-12	12:55-11	14:54-10	16:49-8	18:59-8	21:05-9	21:48-9	26:44-9	27:35-9	32:15-9	33:18-9	
00:27-1	01:12-9		01:39-5	01:39-4	03:55-13	03:55-26	01:32-3	02:02-7	02:09-6	03:37-34	01:56-8	01:59-5	01:55-2	02:10-11	02:06-8	00:43-2	04:56-6	00:51-1	04:40-7	01:03-2	
00:00=	00:16&		00:51+	00:14#	06:28+	03:12+	00:06+	00:25&	00:28&	01:46&	00:28&	00:10+	00:14#	00:19#	00:24#	00:01+	00:35#	00:00=	00:41#	00:01+	
10	Henriksen, Jan Tore			Norges Bank BIL			0:37:18 + 08:35		144.97												
00:29-3	01:32-2			01:32-2	01:32-2	03:15-4	05:39-9	07:47-9	10:06-7	12:01-7	14:56-11	16:54-9	19:02-10	21:18-10	22:09-10	27:55-10	31:04-11	36:08-10	37:18-10		
00:29-2	01:03-2	01:32-3		01:32-2	01:32-7	01:32-32	01:43-5	02:24-14	02:08-4	02:19-10	01:55-7	02:55-24	01:58-5	02:08-10	02:16-11	00:51-7	05:46-11	03:09-37	05:04-10	01:10-8	
00:02+	00:07#	00:55+		00:07+	01:01+	08:39+	00:17#	00:47&	00:27&	00:28&	00:27&	01:06&	00:17#	00:17#	00:34&	00:09#	01:25&	02:18@	01:05&	00:08#	
11	Helland, Knut			Østmarka OK			0:38:02 + 09:19		144.38												
00:33-10	01:53-12	01:53-11	01:53-7	01:53-12	07:16-15	01:53-12	03:45-11	05:40-10	07:57-10	10:16-8	12:23-8	14:50-9	17:13-11	19:39-11	21:54-11	22:52-11	28:40-11	29:53-10	36:08-11	38:02-11	
00:33-9	01:20-13				05:23-29	05:23-10	01:52-12	01:55-5	02:17-10	02:19-10	02:07-10	02:27-12	02:23-15	02:26-16	02:15-10	00:58-17	05:48-13	01:13-13	06:15-24	01:54-38	
00:06#	00:24&				07:56+	01:44+	00:26&	00:18#	00:36&	00:28&	00:39&	00:38&	00:42&	00:35&	00:33&	00:16&	01:27&	00:22&	02:16&	00:52&	
12	Helgaker, Jan Fredrik			DNV			0:38:22 + 09:39		144.11												
01:01-35	02:21-26	02:21-24	02:21-18	02:21-26	07:20-17	02:21-26	04:19-18	07:01-19	09:33-17	12:04-15	14:24-14	16:41-13	18:47-13	21:13-13	23:52-14	25:06-15	30:32-12	31:37-12	37:02-12	38:22-12	
01:01-35	01:20-13				04:59-23	04:59-16	01:58-14	02:42-24	02:32-18	02:31-15	02:20-13	02:17-9	02:06-8	02:26-16	02:39-18	01:14-33	05:26-10	01:05-9	05:25-13	01:20-16	
00:34@	00:24&				07:32+	02:08+	00:32&	01:05&	00:51&	00:40&	00:52&	00:28&	00:25#	00:35&	00:57&	00:32&	01:05#	00:14&	01:26&	00:18&	
13	Bårtveit, Knut			Bø OL			0:38:41 + 09:58		143.85												
00:33-9	01:53-13	01:53-12	01:53-6	01:53-13	07:02-14	01:53-13	04:02-14	06:46-16	09:09-14	11:49-14	14:00-13	16:48-14	19:02-14	21:24-14	23:54-15	24:48-13	30:39-14	32:10-15	37:31-14	38:41-13	
00:33-9	01:20-13				05:09-25	05:09-14	02:09-20	02:44-25	02:23-14	02:40-18	02:11-11	02:48-20	02:14-12	02:22-13	02:30-14	00:54-12	05:51-14	01:31-26	05:21-11	01:10-8	
00:06#	00:24&				07:42+	01:58+	00:43&	01:07&	00:42&	00:49&	00:43&	00:59&	00:33&	00:31&	00:48&	00:12&	01:30&	00:40&	01:22&	00:08#	
14	Fjør, Hallvard			Lillomarka OL			0:38:48 + 10:05		143.76												
00:38-18	02:03-17	02:03-16	02:03-11	02:03-17	06:39-11	02:03-17	04:00-12	06:07-12	08:34-12	11:14-13	13:26-12	16:13-12	18:31-12	21:02-12	23:23-12	24:22-12	30:42-15	31:56-14	37:20-13	38:48-14	
00:38-16	01:25-21				04:36-18	04:36-21	01:57-13	02:07-11	02:27-16	02:40-18	02:12-12	02:47-19	02:18-13	02:31-18	02:21-13	00:59-21	06:20-22	01:14-14	05:24-12	01:28-24	
00:11&	00:29&				07:09+	02:31+	00:31&	00:30&	00:46&	00:49&	00:44&	00:58&	00:37&	00:40&	00:39&	00:17&	01:59&	00:23&	01:25&	00:26&	
15	Borg, Christian Fredrik			IL Koll			0:38:58 + 10:15		143.63												
00:32-7	01:46-10	01:46-9	01:46-5	01:46-10	07:50-25	01:46-10	03:31-9	05:57-11	08:19-11	10:42-9	14:59-17	17:17-15	19:21-15	21:27-15	23:44-13	24:49-14	30:36-13	31:43-13	37:42-15	38:58-15	
00:32-6	01:14-11				06:04-34	06:04-5	01:45-6	02:26-15	02:22-13	02:23-13	04:17-34	02:18-10	02:04-7	02:06-8	02:17-12	01:05-27	05:47-12	01:07-11	05:59-20	01:16-12	
00:05#	00:18&				08:37+	01:03+	00:19#	00:49&	00:41&	00:32&	02:49@	00:29&	00:23#	00:15#	00:35&	00:23&	01:26&	00:16&	02:00&	00:14#	
16	Vister, Hanne Maria			OSI			0:41:34 + 12:51		141.53												
00:42-23	02:06-19	02:06-18	02:06-13	02:06-19	07:22-19	02:06-19	04:11-15	06:42-14	09:29-16	12:23-18	14:46-15	17:37-16	20:12-16	22:36-16	25:56-17	26:54-16	33:05-16	34:31-16	40:12-16	41:34-16	
00:42-23	01:24-20				05:16-27	05:16-12	02:05-16	02:31-18	02:47-21	02:54-25	02:23-16	02:51-22	02:35-19	02:24-14	03:20-27	00:58-17	06:11-19	01:26-21	05:41-16	01:22-18	
00:15&	00:28&				07:49+	01:51+	00:39&	00:54&	01:06&	01:03&	00:55&	01:02&	00:54&	00:33&	01:38&	00:16&	01:50&	00:35&	01:42&	00:20&	
17	Østgaard Lund, Harald			GeoForm			0:42:30 + 13:47		140.78												
00:34-11	01:56-14	01:56-13	01:56-8	01:56-14	06:36-9	01:56-14	04:17-16	06:53-17	09:24-15	12:22-17	15:13-19	18:14-17	20:32-17	23:06-17	25:44-16	26:58-17	34:07-17	35:11-17	41:13-17	42:30-17	
00:34-11	01:22-16				04:40-20	04:40-19	02:21-25	02:36-22	02:31-17	02:58-26	02:51-26	03:01-27	02:18-13	02:34-19	02:38-16	01:14-33	07:09-28	01:04-8	06:02-21	01:17-13	
00:07&	00:26&				07:13+	02:27+	00:55&	00:59&	00:50&	01:07&	01:23&	01:12&	00:37&	00:43&	00:56&	00:32&	02:48&	00:13&	02:03&	00:15#	
18	Hasaas, Olav			Fossum IF			0:42:59 + 14:16		140.39												
00:41-21	02:07-20	02:07-19	02:07-14	02:07-20	06:39-10	02:07-20	04:44-25	07:35-24	10:29-24	13:13-23	15:52-20	18:54-22	21:34-21	24:23-21	26:54-19	27:46-19	34:17-18	35:49-18	41:34-18	42:59-18	
00:41-21	01:26-22				04:32-16	04:32-23	02:37-29	02:51-27	02:54-24	02:44-22	02:39-22	03:02-28	02:40-24	02:49-29	02:31-15	00:52-10	06:31-24	01:32-28	05:45-18	01:25-21	
00:14&	00:30&				07:05+	02:35+	01:11&	01:14&	01:13&	00:53&	01:11&	01:13&	00:59&	00:58&	00:49&	00:10#	02:10&	00:41&	01:46&	00:23&	
19	Systad, Rolv Anders			Lyn			0:43:12 + 14:29		140.22												
01:06-36	02:32-33	02:32-30	02:32-23	02:32-33	07:17-16	02:32-32	04:37-23	07:10-20	10:14-21	13:20-24	16:19-23	18:49-21	21:30-20	24:12-20	27:04-20	28:06-20	34:21-19	35:50-19	42:01-19	43:12-19	
01:06-36	01:26-22				04:45-22	04:45-17	02:05-16	02:33-21	03:04-29	03:06-29	02:59-28	02:30-13	02:41-25	02:42-26	02:52-23	01:02-24	06:15-21	01:29-23	06:11-22	01:11-10	
00:39@	00:30&				07:18+	02:22+	00:39&	00:56&	01:23&	01:15&	01:31@	00:41&	01:00&	00:51&	01:10&	00:20&	01:54&	00:38&	02:12&	00:09#	
20	Grinde, Bjørn			OSI			0:43:47 + 15:04		139.75												
00:50-32	02:04-18	02:04-17	02:04-12	02:04-18	06:27-8	02:04-18	05:55-36	08:00-27	10:15-22	12:24-19	17:33-27	20:12-25	22:48-24	25:09-23	27:58-23	28:51-22	35:11-23	36:41-22	42:17-20	43:47-20	
00:50-32	01:14-11				04:23-14	04:23-25	03:51-36	02:05-8	02:15-9	02:09-9	05:09-35	02:39-15	02:36-20	02:21-12	02:49-22	00:53-11	06:20-22	01:30-25	05:36-15	01:30-26	
00:23&	00:18&				06:56+	02:44+	02:25@	00:28&	00:34&	00:18#	03:41@	00:50&	00:55&	00:30&	01:07&	00:11&	01:59&	00:39&	01:37&	00:28&	
21	Thømt, Øyvind			Indre Østfold OK			0:43:56 + 15:13		139.63												
00:45-30	02:30-29	02:30-26			02:30-29	02:30-29	04:34-22	07:31-23	10:57-27	13:27-25	16:04-22	18:43-20	21:07-19	24:00-19	27:18-21	28:24-21	34:34-20	36:05-20	42:32-21	43:56-21	
00:45-28	01:45-30		02:30-1	02:30-10	02:30-2	02:30-37	02:04-15	02:57-28	03:26-35	02:30-14	02:37-21	02:39-15	02:24-17	02:53-31	03:18-26	01:06-28	06:10-18	01:31-26	06:27-26	01:24-20	
00:18&	00:49&		00:00=	01:05&	00:03+	09:37+	00:38&	01:20&	01:45@	00:39&	01:09&	00:50&	00:43&	01:02&	01:36&	00:24&	01:49&	00:40&	02:28&	00:22&	
22	Utskarpen, Audrun			OSI			0:44:46 + 16:03		138.96												
00:39-20	02:20-25	02:20-23	02:20-17	02:20-25	07:22-18	02:20-25	04:56-26	07:36-25	10:19-23	12:40-21	15:02-18	18:16-18	20:52-18	23:28-18	26:14-18	27:20-18	34:58-22	36:18-21	43:08-22	44:46-22	
00:39-20	01:41-27				05:02-24	05:02-15	02:36-28	02:40-23	02:43-20	02:21-12	02:22-14	03:14-30	02:36-20	02:36-21	02:46-21	01:06-28	07:38-33	01:20-18	06:50-29	01:38-32	
00:12&	00:45&				07:35+	02:05+	01:10&	01:03&	01:02&	00:30&	00:54&	01:25&	00:55&	00:45&	01:04&	00:24&	03:17&	00:29&	02:51&	00:36&	
23	Rørvik, Per Martin			FBI			0:45:01 + 16:18		138.75												
00:35-12	01:58-15	01:58-14	01:58-9	01:58-15	07:23-20	01:58-15	05:51-35	08:23-31	10:49-26	14:04-26	16:53-26	19:46-24									



Plass	Navn	Klubb	Tid	Poeng
1	Østgren, Bjørn	Statkraft BIL	0:21:17 + 00:00	136.29
	00:34-4 00:34-2 00:34-4	00:34-2 04:56-1 00:34-4	02:30-2 04:01-1 06:12-1 08:18-1 09:11-1 14:33-1 19:30-1 21:17-1	
	00:34-2	04:22-19 04:22-38	01:56-2 01:31-1 02:11-1 02:06-1 00:53-3 05:22-1 04:57-3 01:47-37	
	00:02+	05:33+ 10:01+	00:00+ 00:00= 00:00= 00:00= 00:02+ 00:00= 00:20+ 00:37&	
2	Berteig, Vidar	GeoForm	0:21:53 + 00:36	135.83
	00:39-10 00:39-11 00:39-8	00:39-11 04:56-2 00:39-10	02:29-1 04:18-2 06:44-2 09:08-2 10:00-2 15:59-2 20:36-2 21:53-2	
	00:39-10	04:17-18 04:17-39	01:50-1 01:49-6 02:26-3 02:24-6 00:52-2 05:59-2 04:37-1 01:17-2	
	00:07#	05:28+ 10:06+	00:00= 00:18# 00:15# 00:18# 00:01+ 00:37# 00:00= 00:07#	
3	Lian, Odd Arne	Koll	0:23:01 + 01:44	134.97
	00:41-15 00:41-14 00:41-12	00:41-14 05:09-3 00:41-15	03:00-5 04:47-3 07:10-3 09:17-3 10:27-3 16:55-3 21:44-3 23:01-3	
	00:41-14	04:28-20 04:28-37	02:19-6 01:47-4 02:23-2 02:07-2 01:10-27 06:28-6 04:49-2 01:17-2	
	00:09&	05:39+ 09:55+	00:29& 00:16# 00:12+ 00:01+ 00:19& 01:06# 00:12+ 00:07#	
4	Rognerud, Tonje	Fossum IF	0:24:05 + 02:48	134.16
	00:47-29 00:47-23 00:47-18	00:47-27 06:47-17 00:47-32	03:16-18 05:09-10 07:49-7 10:03-6 10:58-5 17:06-4 22:43-4 24:05-4	
	00:47-26	06:00-33 06:00-24	02:29-18 01:53-8 02:40-6 02:14-3 00:55-4 06:08-3 05:37-11 01:22-6	
	00:15&	07:11+ 08:23+	00:39& 00:22# 00:29# 00:08+ 00:04+ 00:46# 01:00# 00:12#	
5	Schanche, Per	Asker SK	0:24:37 + 03:20	133.75
	00:39-11 00:39-10 00:39-9	00:39-10 05:41-4 00:39-11	03:09-13 04:49-4 07:32-4 10:00-5 10:59-6 17:49-5 23:19-5 24:37-5	
	00:39-10	05:02-22 05:02-35	02:30-19 01:40-2 02:43-8 02:28-7 00:59-9 06:50-11 05:30-8 01:18-4	
	00:07#	06:13+ 09:21+	00:40& 00:09+ 00:32# 00:22# 00:08# 01:28& 00:53# 00:08#	
6	Jensen, Einar	Nydalens SK	0:24:50 + 03:33	133.59
	00:42-17 00:42-17 00:42-13	00:42-18 06:46-16 00:42-19	03:44-34 05:30-18 08:07-10 10:46-10 11:41-9 18:19-6 23:28-6 24:50-6	
	00:42-16	06:04-34 06:04-23	03:02-40 01:46-3 02:37-5 02:39-10 00:55-4 06:38-8 05:09-4 01:22-6	
	00:10&	07:15+ 08:19+	01:12& 00:15# 00:26# 00:33& 00:04+ 01:16# 00:32# 00:12#	
7	Danielsen, Anne	Nydalens SK	0:25:15 + 03:58	133.27
	00:40-13 00:40-12 00:40-11	00:40-12 07:50-26 00:40-13	03:55-41 05:45-27 08:32-18 10:53-11 11:44-10 18:32-8 23:57-8 25:15-7	
	00:40-12	07:10-44 07:10-13	03:15-45 01:50-7 02:47-10 02:21-5 00:51-1 06:48-10 05:25-6 01:18-4	
	00:08&	08:21+ 07:13+	01:25& 00:19# 00:36& 00:15# 00:00= 01:26& 00:48# 00:08#	
8	Larsen, Fredrik	Indre Østfold OK	0:25:29 + 04:12	133.09
	00:45-23	00:45-24 00:45-23	03:24-27 05:50-30 08:42-21 11:15-16 12:13-16 18:36-9 23:52-7 25:29-8	
	00:45-23 00:45-6	00:45-8 00:45-14	02:39-28 02:26-37 02:52-12 02:33-8 00:58-8 06:23-4 05:16-5 01:37-24	
	00:13& 00:26+	00:26+ 15:08+	00:49& 00:55& 00:41& 00:27# 00:07# 01:01# 00:39# 00:27&	
9	Hallan, Toril	Lillomarka OL	0:25:36 + 04:19	133.00
	00:40-12 00:40-13 00:40-10	00:40-13 06:03-7 00:40-12	03:03-10 05:02-9 07:37-5 09:56-4 10:55-4 18:23-7 24:07-9 25:36-9	
	00:40-12	05:23-23 05:23-33	02:23-10 01:59-13 02:35-4 02:19-4 00:59-9 07:28-26 05:44-13 01:29-16	
	00:08&	06:34+ 09:00+	00:33& 00:28& 00:24# 00:13# 00:08# 02:06& 01:07# 00:19&	
10	Vollen, Magne	OSI	0:25:43 + 04:26	132.91
	00:44-22 00:44-20	00:44-22 07:17-21 00:44-22	03:09-12 04:56-5 07:49-6 10:35-7 11:37-8 18:36-10 24:11-10 25:43-10	
	00:44-22	00:44-14 00:44-7	06:33-39 06:33-18 02:25-13 01:47-4 02:53-13 02:46-13 01:02-12 06:59-16 05:35-10 01:32-19	
	00:12&	00:25+ 00:09&	07:44+ 07:50+ 00:35& 00:16# 00:42& 00:40& 00:11# 01:37& 00:58# 00:22&	
11	Sigurdson, Roar	Ringnes	0:25:44 + 04:27	132.90
	00:34-2 00:34-4 00:34-2	00:34-4 08:14-27 00:34-2	03:01-8 04:59-8 07:53-8 10:41-9 11:37-7 18:48-11 24:22-11 25:44-11	
	00:34-2	07:40-45 07:40-11	02:27-15 01:58-12 02:54-15 02:48-17 00:56-6 07:11-19 05:34-9 01:22-6	
	00:02+	08:51+ 06:43+	00:37& 00:27& 00:43& 00:42& 00:05+ 01:49& 00:57# 00:12#	
12	Saugestad, Fredrik	Nydalens SK	0:26:31 + 05:14	132.30
	00:35-5 00:35-6	00:35-5 08:15-28 00:35-5	02:55-4 04:58-7 08:22-14 11:31-18 12:47-19 19:11-13 24:57-12 26:31-12	
	00:35-5	00:35-18 00:35-1	07:40-45 07:40-11 02:20-7 02:03-16 03:24-31 03:09-25 01:16-36 06:24-5 05:46-14 01:34-21	
	00:03+	00:34+ 00:00=	08:51+ 06:43+ 00:30& 00:32& 01:13& 01:03& 00:25& 01:02# 01:09# 00:24&	
13	Mella, Stein	Praxair	0:26:54 + 05:37	132.01
	00:34-3 00:34-3 00:34-3	00:34-3 06:23-10 00:34-3	03:29-28 05:34-20 08:22-15 11:03-15 12:15-17 19:58-17 25:26-13 26:54-13	
	00:34-2	05:49-30 05:49-27	02:55-36 02:05-19 02:48-11 02:41-11 01:12-32 07:43-33 05:28-7 01:28-14	
	00:02+	07:00+ 08:34+	01:00+ 00:34& 00:37& 00:35& 00:21& 02:21& 00:51# 00:18&	
14	Skantze, Kjersti	IL Tyrving	0:27:18 + 06:01	131.71
	00:42-18 00:42-16 00:42-14	00:42-19 06:35-12 00:42-16	03:00-7 05:09-11 08:13-13 11:00-13 11:59-13 19:23-15 25:42-14 27:18-14	
	00:42-16	05:53-31 05:53-26	02:18-5 02:09-22 03:04-21 02:47-16 00:59-9 07:24-24 06:19-23 01:36-23	
	00:10&	07:04+ 08:30+	00:28& 00:38& 00:53& 00:41& 00:08# 02:02& 01:42& 00:26&	
15	Blom, Richard	FBI	0:28:00 + 06:43	131.17
	00:37-8 00:37-7 00:37-7	00:37-7 06:00-6 00:37-8	03:20-20 05:17-15 09:30-32 12:16-24 13:32-25 20:36-20 26:35-16 28:00-15	
	00:37-7	05:23-23 05:23-33	01:57-11 04:13-47 02:46-13 01:16-36 07:04-17 05:59-16 01:25-12	
	00:05#	06:34+ 09:00+	00:53& 00:26& 02:02& 00:40& 00:25& 01:42& 01:22& 00:15#	
16	Bøe, Tormod	DNV	0:28:02 + 06:45	131.15
	00:48-35 00:48-30 00:48-22	00:48-34 06:36-13 00:48-34	03:21-21 05:45-28 08:30-16 11:44-19 13:24-23 20:58-27 26:39-17 28:02-16	

00:48-34		05:48-29	05:48-28	02:33-21	02:24-35	02:45-9	03:14-26	01:40-48	07:34-28	05:41-12	01:23-10		
00:16&		06:59+	08:35+	00:43&	00:53&	00:34&	01:08&	00:49&	02:12&	01:04#	00:13#		
<b>17 Arnesen, Vegard</b>		<b>Indre Østfold OK</b>		<b>0:28:05 + 06:48</b>		<b>131.11</b>							
00:35-6	00:35-5	00:35-5	00:35-6	07:37-23	00:35-6	03:03-11	05:25-16	08:05-9	10:41-8	11:48-11	19:46-16	26:41-18	28:05-17
00:35-5				07:02-43	07:02-14	02:28-17	02:22-32	02:40-6	02:36-9	01:07-18	07:58-38	06:55-33	01:24-11
00:03+				08:13+	07:21+	00:38&	00:51&	00:29#	00:30#	00:16&	02:36&	02:18&	00:14#
<b>18 Aulie, Harald</b>		<b>Koll IL</b>		<b>0:28:18 + 07:01</b>		<b>130.95</b>							
00:32-1	00:32-1	00:32-1	00:32-1	08:56-31	00:32-1	02:42-3	06:39-43	10:04-38	13:26-35	14:32-35	21:06-29	27:08-22	28:18-18
00:32-1				08:24-49	08:24-8	02:10-3	03:57-54	03:25-32	03:22-32	01:06-17	06:34-7	06:02-17	01:10-1
00:00=				09:35+	05:59+	00:20#	02:26@	01:14&	01:16&	00:15&	01:12#	01:25&	00:00=
<b>19 Brurberg, May Bente</b>		<b>Ås-NMBU Orientering</b>		<b>0:28:20 + 07:03</b>		<b>130.92</b>							
00:48-34	00:48-31	00:48-23	00:48-35	06:28-11	00:48-35	03:45-35	05:53-31	09:00-26	11:54-21	12:56-21	20:32-19	26:34-15	28:20-19
00:48-34				05:40-27	05:40-30	02:57-37	02:08-20	03:07-23	02:54-20	01:02-12	07:36-29	06:02-17	01:46-35
00:16&				06:51+	08:43+	01:07&	00:37&	00:56&	00:48&	00:11#	02:14&	01:25&	00:36&
<b>20 Karlsen, Morten</b>		<b>Måren OK</b>		<b>0:28:39 + 07:22</b>		<b>130.68</b>							
00:41-14	00:41-15		00:41-15	00:41-14	00:41-14	03:02-9	04:58-6	09:55-36	12:40-29	13:49-29	20:46-23	26:57-20	28:39-21
00:41-14	00:41-16		00:41-16	00:41-14	00:41-17	00:21-8	01:56-9	04:57-52	02:45-12	01:09-26	06:57-12	06:11-20	01:42-30
00:09&	00:28+		00:06#	00:30#	15:04+	00:31&	00:25&	02:46@	00:39&	00:18&	01:35&	01:34&	00:32&
<b>21 Pettersen, Alf</b>		<b>IL Tyrving</b>		<b>0:29:03 + 07:46</b>		<b>130.37</b>							
00:47-28	00:47-28		00:47-29	00:47-26	00:47-26	03:11-14	05:14-12	08:08-11	10:59-12	12:01-14	19:13-14	27:01-21	29:03-22
00:47-26	00:47-11		00:47-9	00:47-11	00:47-44	02:24-12	02:03-16	02:54-15	02:51-18	01:02-12	07:12-20	07:48-45	02:02-47
00:15&	00:22+		00:12&	00:24+	15:10+	00:34&	00:32&	00:43&	00:45&	00:11#	01:50&	03:11&	00:52&
<b>22 Landmark, Bente</b>		<b>Fossum IF</b>		<b>0:29:12 + 07:55</b>		<b>130.26</b>							
00:50-38	00:50-33	00:50-24	00:50-38	08:49-30	00:50-38	03:12-16	05:36-21	08:46-23	12:07-22	13:21-22	20:37-21	27:15-24	29:12-23
00:50-38				07:59-48	07:59-9	02:22-9	02:24-35	03:10-24	03:21-30	01:14-33	07:16-22	06:38-27	01:57-44
00:18&				09:10+	06:24+	00:32&	00:53&	00:59&	01:15&	00:23&	01:54&	02:01&	00:47&
<b>23 Lahlum, Tor</b>		<b>Kolbotn og Skimt OL</b>		<b>0:29:13 + 07:56</b>		<b>130.25</b>							
00:47-30	00:47-24	00:47-21	00:47-31	06:19-9	00:47-27	03:12-15	05:14-13	08:32-17	11:47-20	12:54-20	20:48-25	27:23-25	29:13-24
00:47-26				05:32-25	05:32-31	02:25-13	02:02-14	03:18-27	03:15-27	01:07-18	07:54-36	06:35-26	01:50-41
00:15&				06:43+	08:51+	00:35&	00:31&	01:07&	01:09&	00:16&	02:32&	01:58&	00:40&
<b>24 Winsnes, Sille</b>		<b>ÅS UMB Orientering</b>		<b>0:29:21 + 08:04</b>		<b>130.15</b>							
00:52-41	00:52-36	00:52-25	00:52-41	06:36-15	00:52-41	03:38-32	06:56-45	09:50-35	12:44-30	13:51-30	21:32-31	27:59-28	29:21-25
00:52-41				05:44-28	05:44-29	02:46-31	03:18-47	02:54-15	02:54-20	01:07-18	07:41-31	06:27-25	01:22-6
00:20&				06:55+	08:39+	00:56&	01:47@	00:43&	00:48&	00:16&	02:19&	01:50&	00:12#
<b>25 Gylver, Øyvind</b>		<b>Asker SK</b>		<b>0:29:24 + 08:07</b>		<b>130.11</b>							
00:47-32	00:47-25		00:47-26	00:47-29	00:47-29	03:00-6	05:15-14	08:09-12	11:01-14	12:05-15	19:02-12	27:11-23	29:24-26
00:47-26	00:47-11		00:47-9	00:47-11	00:47-44	02:13-4	02:15-27	02:54-15	02:52-19	01:04-16	06:57-12	08:09-47	02:13-49
00:15&	00:22+		00:12&	00:24+	15:10+	00:23#	00:44&	00:43&	00:46&	00:13&	01:35&	03:32&	01:03&
<b>26 Revhaug, Helge</b>		<b>Ringerike OL</b>		<b>0:29:38 + 08:21</b>		<b>129.93</b>							
00:49-36	00:49-32		00:49-36	07:17-22	00:49-36	03:23-24	05:37-22	08:36-19	12:53-32	14:01-32	20:59-28	27:58-27	29:38-27
00:49-36	00:49-10		00:49-13	06:28-37	06:28-20	02:34-22	02:14-26	02:59-20	04:17-46	01:08-22	06:58-14	06:59-35	01:40-27
00:17&	00:20+		00:14&	07:39+	07:55+	00:44&	00:43&	00:48&	02:11@	00:17&	01:36&	02:22&	00:30&
<b>27 Hanslien, Uno</b>		<b>Bilpost BIL</b>		<b>0:29:39 + 08:22</b>		<b>129.92</b>							
01:14-55	01:14-47	01:14-29	01:14-55	09:48-34	01:14-55	04:03-44	06:07-35	09:11-28	12:32-28	13:42-28	20:50-26	28:06-29	29:39-28
01:14-55				08:34-51	08:34-6	02:49-34	02:04-18	03:04-21	03:21-30	01:10-27	07:08-18	07:16-38	01:33-20
00:42@				09:45+	05:49+	00:59&	00:33&	00:53&	01:15&	00:19&	01:46&	02:39&	00:23&
<b>28 Åsmul, Eskil</b>		<b>OL Trollelg</b>		<b>0:29:42 + 08:25</b>		<b>129.88</b>							
00:47-31	00:47-27	00:47-20	00:47-33	05:46-5	00:47-31	03:23-23	06:27-39	10:28-42	13:25-34	14:21-34	22:00-34	27:58-26	29:42-29
00:47-26				04:59-21	04:59-36	02:36-23	03:04-44	02:01-45	02:57-22	00:56-6	07:39-30	05:58-15	01:44-32
00:15&				06:10+	09:24+	00:46&	01:33@	01:50&	00:51&	00:05+	02:17&	01:21&	00:34&
<b>29 Broadwell, Sharon</b>		<b>GeoForm</b>		<b>0:30:01 + 08:44</b>		<b>129.64</b>							
00:51-39	00:51-35		00:51-40	00:51-39	00:51-39	03:14-17	05:32-19	08:57-25	12:16-25	13:27-24	20:25-18	28:24-30	30:01-30
00:51-39	00:51-8		00:51-15	00:51-8	00:51-48	02:23-10	02:18-29	03:25-32	03:19-29	01:11-31	06:58-14	07:59-46	01:37-24
00:19&	00:18+		00:16&	00:20+	15:14+	00:33&	00:47&	01:14&	01:13&	00:20&	01:36&	03:22&	00:27&
<b>30 Paltiel, Liv</b>		<b>Folkehelseinstituttet</b>		<b>0:30:06 + 08:49</b>		<b>129.57</b>							
00:43-21	00:43-19	00:43-15	00:43-21	06:55-18	00:43-21	03:19-19	05:29-17	08:43-22	12:08-23	13:32-26	21:53-33	28:41-32	30:06-31
00:43-20				06:12-36	06:12-21	02:36-23	02:10-23	03:14-25	03:25-35	01:24-42	08:21-41	06:48-30	01:25-12
00:11&				07:23+	08:11+	00:46&	00:39&	01:03&	01:19&	00:33&	02:59&	02:11&	00:15#
<b>31 Skantzze, Don</b>		<b>IL Tyrving</b>		<b>0:30:11 + 08:54</b>		<b>129.51</b>							
00:37-7	00:37-8	00:37-6	00:37-8	06:09-8	00:37-7	03:24-25	05:39-24	08:54-24	12:17-26	13:38-27	21:35-32	28:32-31	30:11-32
00:37-7				05:32-25	05:32-31	02:47-33	02:15-27	03:15-26	03:23-33	01:21-40	07:57-37	06:57-34	01:39-26
00:05#				06:43+	08:51+	00:57&	00:44&	01:04&	01:17&	00:30&	02:35&	02:20&	00:29&
<b>32 Hultgreen, Rune</b>		<b>GeoForm</b>		<b>0:30:16 + 08:59</b>		<b>129.45</b>							

00:38-9	00:38-9	00:38-9	06:36-14	00:38-9	04:17-46	06:19-37	09:12-29	14:00-39	15:08-39	22:37-35	28:48-33	30:16-33	
00:38-9		00:38-17	00:38-2	05:58-32	05:58-25	03:39-48	02:02-14	02:53-13	04:48-48	01:08-22	07:29-27	06:11-20	01:28-14
00:06#	00:31+	00:03+	07:09+	08:25+	01:49&	00:31&	00:42&	02:42@	00:17&	02:07&	01:34&	00:18&	
<b>33</b>	<b>Hansen, Pål W</b>		<b>BDO</b>		<b>0:30:54 + 09:37</b>	<b>128.97</b>							
00:42-16		00:42-16		00:42-17	04:13-45	06:24-38	09:45-33	12:47-31	13:57-31	21:24-30	29:08-34	30:54-34	
00:42-16	00:42-7	00:42-4	00:42-15	00:42-41	03:31-46	02:11-24	03:21-30	03:02-23	01:10-27	07:27-25	07:44-44	01:46-35	
00:10&	00:29+	00:07#	00:29+	15:05+	01:41&	00:40&	01:10&	00:56&	00:19&	02:05&	03:07&	00:36&	
<b>34</b>	<b>Fremming, Hans-Henrik</b>		<b>Meteorologen</b>		<b>0:31:12 + 09:55</b>	<b>128.74</b>							
01:05-50		01:05-50		01:05-50	03:37-31	05:56-32	09:28-31	13:13-33	14:34-36	22:43-36	29:23-36	31:12-35	
01:05-50	01:05-3	01:05-22	01:05-3	01:05-54	02:32-20	02:19-30	03:32-35	03:45-37	01:21-40	08:09-39	06:40-28	01:49-39	
00:33@	00:06+	00:30&	00:06+	15:28+	00:42&	00:48&	01:21&	01:39&	00:30&	02:47&	02:03&	00:39&	
<b>35</b>	<b>Berge, Berit</b>		<b>Tyrving</b>		<b>0:31:50 + 10:33</b>	<b>128.25</b>							
00:45-24	00:45-21	00:45-16	00:45-23	07:16-20	00:45-24	03:49-38	06:02-33	10:51-44	14:08-41	15:23-41	23:13-39	30:01-37	31:50-36
00:45-23				06:31-38	06:31-19	03:04-41	02:13-25	04:49-51	03:17-28	01:15-34	07:50-35	06:48-30	01:49-39
00:13&				07:42+	07:52+	01:14&	00:42&	01:11&	00:24&	02:28&	02:11&	00:39&	
<b>36</b>	<b>Edvardsen, Tom</b>		<b>Koll</b>		<b>0:32:10 + 10:53</b>	<b>128.00</b>							
00:49-37		00:49-37		00:49-37	03:55-40	06:27-40	10:10-40	15:18-43	16:21-44	24:05-40	30:30-39	32:10-37	
00:49-36	00:49-4	00:49-13	00:49-10	00:49-47	03:06-42	02:32-38	03:43-40	05:08-49	01:03-15	07:44-34	06:25-24	01:40-27	
00:17&	00:22+	00:14&	00:22+	15:12+	01:16&	01:01&	01:32&	03:02@	00:12#	02:22&	01:48&	00:30&	
<b>37</b>	<b>Engzelius, Margrete</b>		<b>Asker SK</b>		<b>0:32:13 + 10:56</b>	<b>127.96</b>							
00:51-40	00:51-34	00:51-39	00:51-39	00:51-40	03:40-33	06:03-34	09:50-34	14:00-40	15:16-40	22:58-37	30:23-38	32:13-38	
00:51-39	00:51-8	00:51-15	00:51-8	00:51-48	02:49-34	02:23-34	03:47-42	04:10-45	01:16-36	07:42-32	07:25-40	01:50-41	
00:19&	00:18+	00:16&	00:20+	15:14+	00:59&	00:52&	01:36&	02:04&	00:25&	02:20&	02:48&	00:40&	
<b>38</b>	<b>Petersen, John Thomas</b>		<b>Nittedal OL</b>		<b>0:32:17 + 11:00</b>	<b>127.91</b>							
00:47-27		00:47-28		00:47-30	03:24-26	05:46-29	09:06-27	12:29-27	14:10-33	23:03-38	29:15-35	32:17-39	
00:47-26	00:47-5	00:47-9	00:47-11	00:47-44	02:37-25	02:22-32	03:20-29	03:23-33	01:41-49	08:53-43	06:12-22	03:02-54	
00:15&	00:24+	00:12&	00:24+	15:10+	00:47&	00:51&	01:09&	01:17&	00:50&	03:31&	01:35&	01:52@	
<b>39</b>	<b>Kletтели, Odd</b>		<b>Bsk</b>		<b>0:32:51 + 11:34</b>	<b>127.48</b>							
00:55-44	00:55-38	00:55-44		00:55-43	03:34-30	06:14-36	09:58-37	13:30-36	14:37-37	24:10-42	31:03-40	32:51-40	
00:55-43	00:55-5	00:55-18	00:55-7	00:55-50	02:39-28	02:40-41	03:44-41	03:32-36	01:07-18	09:33-48	06:53-32	01:48-38	
00:23&	00:14+	00:20&	00:16+	15:18+	00:49&	01:09&	01:33&	01:26&	00:16&	04:11&	02:16&	00:38&	
<b>40</b>	<b>Sundelin, Gisela</b>		<b>Privat</b>		<b>0:33:25 + 12:08</b>	<b>127.05</b>							
00:57-45	00:57-41	00:57-27	00:57-46	00:57-45	03:58-43	07:06-46	10:25-41	13:32-37	14:42-38	24:07-41	31:41-41	33:25-41	
00:57-45				00:57-6	00:57-51	03:01-38	03:08-46	03:19-28	03:07-24	01:10-27	09:25-46	07:34-42	01:44-32
00:25&				00:14+	15:20+	01:11&	01:37@	01:08&	01:01&	00:19&	04:03&	02:57&	00:34&
<b>41</b>	<b>Nilstad, Randi</b>		<b>IL Tyrving</b>		<b>0:33:32 + 12:15</b>	<b>126.96</b>							
01:04-49	01:04-44	01:04-49		01:04-49	03:31-29	05:39-23	08:37-20	11:23-17	12:31-18	20:44-22	31:49-42	33:32-42	
01:04-49	01:04-3	01:04-21	01:04-4	01:04-53	02:27-15	02:08-20	02:58-19	02:46-13	01:08-22	08:13-40	11:05-55	01:43-31	
00:32@	00:05+	00:29&	00:07+	15:27+	00:37&	00:37&	00:47&	00:40&	00:17&	02:51&	06:28@	00:33&	
<b>42</b>	<b>Angell, Truls</b>		<b>Lillomarka OL</b>		<b>0:34:00 + 12:43</b>	<b>126.60</b>							
01:01-47	01:01-42	01:01-48		01:01-48	03:47-36	05:43-26	11:48-45	15:50-44	16:58-45	24:12-43	32:25-44	34:00-43	
01:01-47	01:01-4	01:01-20	01:01-5	01:01-52	02:46-31	01:56-9	06:05-55	04:02-42	01:08-22	07:14-21	08:13-48	01:35-22	
00:29&	00:08+	00:26&	00:10+	15:24+	00:56&	00:25&	03:54@	01:56&	00:17&	01:52&	03:36&	00:25&	
<b>43</b>	<b>Bakstad, Anne Regine</b>		<b>Friskis&amp;Svettis</b>		<b>0:34:05 + 12:48</b>	<b>126.54</b>							
00:46-25	00:46-22	00:46-17	00:46-25	13:10-38	00:46-25	03:23-22	05:42-25	09:22-30	14:46-42	16:01-43	24:44-44	32:21-43	34:05-44
00:46-25				12:24-55	12:24-2	02:37-25	02:19-30	03:40-38	05:24-50	01:15-34	08:43-42	07:37-43	01:44-32
00:14&				13:35+	01:59+	00:47&	00:48&	01:29&	03:18@	00:24&	03:21&	03:00&	00:34&
<b>44</b>	<b>Eijsink, Vincent</b>		<b>ÅS UMB Orientering</b>		<b>0:34:51 + 13:34</b>	<b>125.96</b>							
01:40-56	01:40-48	01:40-30	01:40-56	08:26-29	01:40-56	04:18-47	06:52-44	10:44-43	17:17-48	18:47-49	26:10-46	33:21-45	34:51-45
01:40-56				06:46-41	06:46-16	02:38-27	02:34-39	03:52-43	06:33-54	01:30-44	07:23-23	07:11-36	01:30-17
01:08@				07:57+	07:37+	00:48&	01:03&	01:41&	04:27@	00:39&	02:01&	02:34&	00:20&
<b>45</b>	<b>Rynning-Tønnesen, Christine</b>		<b>Privat</b>		<b>0:35:19 + 14:02</b>	<b>125.60</b>							
00:47-26	00:47-29	00:47-19	00:47-32	15:10-39	00:47-28	03:48-37	10:41-54	14:07-52	18:08-50	19:58-51	26:36-47	33:49-46	35:19-46
00:47-26				14:23-56	14:23-1	03:01-38	06:53-56	03:26-34	04:01-41	01:50-52	06:38-8	07:13-37	01:30-17
00:15&				15:34+	00:00=	01:11&	05:22@	01:15&	01:55&	00:59@	01:16#	02:36&	00:20&
<b>46</b>	<b>Egner, Bjørn</b>		<b>Heming Orientering</b>		<b>0:36:21 + 15:04</b>	<b>124.81</b>							
00:57-46	00:57-40	00:57-26	00:57-45	07:38-24	00:57-46	04:43-49	08:21-49	11:58-47	16:29-47	17:59-47	27:43-49	34:24-47	36:21-47
00:57-45				06:41-40	06:41-17	03:46-49	03:38-51	03:37-37	04:31-47	01:30-44	09:44-50	06:41-29	01:57-44
00:25&				07:52+	07:42+	01:56@	02:07@	01:26&	02:25@	00:39&	04:22&	02:04&	00:47&
<b>47</b>	<b>Solheim, Knut Tore</b>		<b>Nydalens SK</b>		<b>0:36:30 + 15:13</b>	<b>124.70</b>							
00:53-42	00:53-37	00:53-42	00:53-42	09:25-33	00:53-42	04:44-50	08:12-48	12:11-48	16:09-46	17:38-46	27:00-48	34:32-48	36:30-48
00:53-42	00:53-7	00:53-17	00:53-17	08:32-50	08:32-7	03:51-50	03:28-49	03:59-44	03:58-40	01:29-43	09:22-45	07:32-41	01:58-46
00:21&	00:16+	00:18&	00:18&	09:43+	05:51+	02:01@	01:57@	01:48&	01:52&	00:38&	04:00&	02:55&	00:48&





<b>6</b>	<b>Ursin, Nora</b>		<b>Bærum kom</b>	<b>0:28:01 + 07:40</b>	<b>118.60</b>			
00:51-3	00:51-3	08:16-14	11:34-9	16:42-8	21:31-7	26:07-7	28:01-6	
00:51-3	00:51-2	00:51-2	07:25-14	03:18-3	05:08-8	04:49-3	04:36-3	01:54-3
00:04+	01:17+	00:02+	04:58@	01:04&	01:02&	00:22+	01:16&	00:20#
<b>7</b>	<b>Knudsen, Kåre</b>		<b>IL GeoForm</b>	<b>0:28:36 + 08:15</b>	<b>118.36</b>			
01:10-13	01:10-11	01:10-13	04:56-6	10:10-5	14:32-5	20:12-5	25:13-5	28:36-7
01:10-13			03:46-6	05:14-9	04:22-4	05:40-6	05:01-5	03:23-17
00:23&			01:19&	03:00@	00:16+	01:13&	01:41&	01:49@
<b>8</b>	<b>Trondsen, Terje</b>		<b>Nittedal OL</b>	<b>0:29:12 + 08:51</b>	<b>118.12</b>			
01:01-10	01:01-8	01:01-10	05:16-7	08:57-4	14:20-4	21:34-8	27:11-8	29:12-8
01:01-10			04:15-8	03:41-4	05:23-9	07:14-12	05:37-10	02:01-8
00:14&			01:48&	01:27&	01:17&	02:47&	02:17&	00:27&
<b>9</b>	<b>Spjelkavik, Aud Ingjerd</b>		<b>IL Tyrving</b>	<b>0:33:49 + 13:28</b>	<b>116.24</b>			
03:32-19	03:32-16	03:32-19	08:12-13	12:19-10	18:47-11	24:56-9	30:54-9	33:49-9
03:32-19			04:40-11	04:07-7	06:28-14	06:09-10	05:58-11	02:55-14
02:45@			02:13&	01:53&	02:22&	01:42&	02:38&	01:21&
<b>10</b>	<b>Rogstad, Astri</b>		<b>OSI</b>	<b>0:36:00 + 15:39</b>	<b>115.35</b>			
00:56-7	00:56-6	00:56-9	11:33-18	15:43-13	20:23-12	26:21-10	33:37-11	36:00-10
00:56-7			10:37-18	04:10-8	04:40-5	05:58-9	07:16-15	02:23-11
00:09#			08:10@	01:56&	00:34#	01:31&	03:56@	00:49&
<b>11</b>	<b>Ouyang, Ping</b>		<b>Østmarka OK</b>	<b>0:36:20 + 15:59</b>	<b>115.21</b>			
01:44-17	01:44-15	01:44-17	09:13-15	13:03-11	18:42-10	26:33-11	33:12-10	36:20-11
01:44-17			07:29-15	03:50-5	05:39-11	07:51-13	06:39-13	03:08-16
00:57@			05:02@	01:36&	01:33&	03:24&	03:19&	01:34@
<b>12</b>	<b>Savola, Laura</b>		<b>OSI</b>	<b>0:39:37 + 19:16</b>	<b>113.88</b>			
01:25-14	01:25-12	01:25-14	05:16-8	11:12-7	16:58-9	30:15-12	37:23-12	39:37-12
01:25-14			03:51-7	05:56-12	05:46-12	13:17-17	07:08-14	02:14-10
00:38&			01:24&	03:42@	01:40&	08:50@	03:48@	00:40&
<b>13</b>	<b>Bjordal, Inger Lise</b>		<b>Oppsal IF</b>	<b>0:42:46 + 22:25</b>	<b>112.60</b>			
01:43-16	01:43-14	01:43-16	09:18-16	14:37-12	21:39-13	31:47-13	39:39-13	42:46-13
01:43-16			07:35-16	05:19-10	07:02-15	10:08-16	07:52-16	03:07-15
00:56@			05:08@	03:05@	02:56&	05:41@	04:32@	01:33&
<b>14</b>	<b>Hangeraa, Knut</b>		<b>IL GeoForm</b>	<b>0:43:00 + 22:39</b>	<b>112.50</b>			
01:03-11	01:03-9	01:03-11	05:19-9	15:45-14	25:31-15	33:39-15	40:10-14	43:00-14
01:03-11			04:16-9	10:26-16	09:46-18	08:08-14	06:31-12	02:50-13
00:16&			01:49&	08:12@	05:40@	03:41&	03:11&	01:16&
<b>15</b>	<b>Plejdrup, Sissel</b>		<b>Oppsal IF</b>	<b>0:45:11 + 24:50</b>	<b>111.61</b>			
00:56-8	00:56-5	00:56-8	05:28-10	21:03-17	26:38-17	33:41-16	42:37-16	45:11-15
00:56-7			04:32-10	15:35-17	05:35-10	07:03-11	08:56-17	02:34-12
00:09#			02:05&	13:21@	01:29&	02:36&	05:36@	01:00&
<b>16</b>	<b>Vik, Eilen Arctander</b>		<b>Koll</b>	<b>0:45:17 + 24:56</b>	<b>111.57</b>			
00:49-2			06:20-11	27:04-18	33:02-18	38:55-17	43:23-17	45:17-16
00:49-2	00:49-3	00:49-1	05:31-13	20:44-18	05:58-13	05:53-8	04:28-2	01:54-3
00:02+	01:19+	00:00=	03:04@	18:30@	01:52&	01:26&	01:08&	00:20#
<b>17</b>	<b>Gjerme, Per</b>		<b>Asker SK</b>	<b>0:46:16 + 25:55</b>	<b>111.17</b>			
02:08-18		02:08-18	11:05-17	17:50-16	25:03-14	33:18-14	42:28-15	46:16-17
02:08-18	02:08-1	02:08-3	08:57-17	06:45-13	07:13-16	08:15-15	09:10-18	03:48-18
01:21@	00:00=	01:19@	06:30@	04:31@	03:07&	03:48&	05:50@	02:14@
<b>18</b>	<b>Rørvik, Stian</b>		<b>Tønsberg</b>	<b>0:58:20 + 37:59</b>	<b>106.26</b>			
01:05-12	01:05-10	01:05-12	11:51-19	17:32-15	26:25-16	51:21-18	56:24-18	58:20-18
01:05-12			10:46-19	05:41-11	08:53-17	24:56-18	05:03-6	01:56-6
00:18&			08:19@	03:27@	04:47@	20:29@	01:43&	00:22#
<b>DSQ</b>	<b>Haugerud, Sigurd</b>		<b>IL GeoForm</b>	<b>1:02:21 (-3 poster)</b>	<b>81.25</b>			
01:34-15	01:34-13	01:34-15	06:22-12	30:57-19				62:21-19
01:34-15			04:48-12	24:35-19				
00:47@			02:21&	22:21@				