

Rankingløp

Dato/sted: 16. desember 2017 -

Kart:

Arr: IL GeoForm v/

Antall: Totalt: 126 (GeoForm: 14, OSI: 6, DNV/ESSO: 6, Andre: 100)

Løpsrapport: Alder: 21-: 119, 17-20: 0, 13-16: 1, 0-12: 6

Startkont: kr. 70: 94 kr. 30: 32 kr. 0: 0

Betalt: kr. 70: 94 kr. 30: 26 kr. 0: 6

Leiebrikker: 6 stk

Resultater: [Lang\(32\)](#) | [Mellom\(54\)](#) | [Kort\(36\)](#) | [Nybegynner\(4\)](#) | [Grafisk](#)

Strekktider: [Lang\(32\)](#) | [Mellom\(54\)](#) | [Kort\(36\)](#) | [Nybegynner\(4\)](#)

Resultater Lang (6,0 km)

Plass	Navn	Klubb	Tid	Poeng
1	Nipen, Thomas	Bekkelaget	0:38:23 + 00:00	152,75
2	Mella, Tor	Oppsal IF	0:41:36 + 03:13	150,89
3	Schlaupitz, Holger	Privat	0:42:56 + 04:33	150,11
4	Skogedal, Pål	Asker SK	0:45:14 + 06:51	148,78
5	Langaas, Sindre	Nydalens SK	0:47:30 + 09:07	147,47
6	Nipen, Jørgen Mathias	Bækkelaget	0:49:00 + 10:37	146,60
7	Jakobsen, Erik Rytter	OK Moss	0:49:35 + 11:12	146,26
8	Grinde, Bjørn	OSI	0:49:39 + 11:16	146,22
9	Mathisen, Terje	Open iT	0:50:07 + 11:44	145,95
10	Blomseth, Stein	Vålerenga	0:50:36 + 12:13	145,67
11	Lunde, Johan	IL Koll	0:51:01 + 12:38	145,43
12	Låg, Steinar	Veritas	0:51:08 + 12:45	145,36
13	Helgaker, Jan Fredrik	DNV	0:52:27 + 14:04	144,60
14	Bårtveit, Knut	Bø OL	0:52:56 + 14:33	144,32
15	Helland, Knut	Østmarka OK	0:53:13 + 14:50	144,15
16	Kildahl, Øystein	Østmarka OK	0:53:20 + 14:57	144,09
17	Bjerknes, Audun	Måren OK	0:54:04 + 15:41	143,66
18	Refsland, Ivar	UiO	0:58:01 + 19:38	141,37
19	Jendal, Håkon	Fossum IF	0:58:32 + 20:09	141,07
20	Teigland, Rune	Aas Jakobsen	1:01:03 + 22:40	139,61
21	Osen, Per	Statoil	1:02:30 + 24:07	138,77
22	Iwe, Harald	IL GeoForm	1:03:00 + 24:37	138,48
23	Mella, Stein	Praxair	1:05:00 + 26:37	137,32
24	Rørvik, Per Martin	FBI	1:05:06 + 26:43	137,27
25	Åsmul, Eskil	OL Trollelg	1:05:32 + 27:09	137,01
26	Øvergaard, Tormod	Vestre Akers SK	1:05:39 + 27:16	136,95
27	Lahlum, Jon	IL GeoForm	1:08:39 + 30:16	135,21
28	Endresen, Ola Torstein	OK Moss	1:15:34 + 37:11	131,20
29	Heitmann, Ståle	Fossum IF	1:19:06 + 40:43	129,15
30	Hånes, Sturle	IL GeoForm	1:46:56 +1:08:33	113,02
DSQ	Eriksen, Are	OSI	1:10:15 (-1 poster)	96,67
DSQ	Østgaard Lund, Harald	IL GeoForm	1:08:22 (-5 poster)	83,33

Resultater Mellom (4,0 km)

Plass	Navn	Klubb	Tid	Poeng
1	Hoff, Eivind	IL Tyrving	0:28:04 + 00:00	138,35
2	Berteig, Vidar	IL GeoForm	0:32:32 + 04:28	136,09
3	Tandrevold, Eirik	Fossum IF	0:34:45 + 06:41	134,97

4	Hallan, Toril	Lillomarka OL	0:38:37 + 10:33	133,02
5	Sigurdson, Roar	Ringnes	0:39:32 + 11:28	132,56
6	Sletner, Kristin	Røyken OL	0:40:47 + 12:43	131,93
6	Hanslien, Uno	Bilpost BIL	0:40:47 + 12:43	131,93
8	Eidnes, Siri	OSI	0:40:51 + 12:47	131,90
9	Danielsen, Anne	Nydalens SK	0:40:52 + 12:48	131,89
10	Rikheim, Harald	Rådtassene	0:42:17 + 14:13	131,18
11	Landmark, Bente	Fossum IF	0:42:18 + 14:14	131,17
12	Brurberg, May Bente	Ås-NMBU Orientering	0:43:19 + 15:15	130,65
13	Clasen, Claus Frimann	Lyberg & Partnere	0:43:24 + 15:20	130,61
14	Bjørne-Larsen, Knud	Riksteatret	0:43:58 + 15:54	130,33
15	Vollen, Magne	OSI	0:43:59 + 15:55	130,32
16	Næss, Petter	Oppsal IF	0:44:21 + 16:17	130,13
17	Mellem, Torstein	Nydalen	0:44:54 + 16:50	129,86
18	Fremming, Hans-Henrik	Meteorologen	0:45:10 + 17:06	129,72
19	Palteiel, Liv	Folkehelseinstituttet	0:46:03 + 17:59	129,28
20	Eijsink, Malin	Nydalens SK	0:46:15 + 18:11	129,18
21	Blom, Richard	FBI	0:46:28 + 18:24	129,07
22	Burmo, Marius	Privat	0:47:19 + 19:15	128,64
23	Bjørgum, Hallvard	DNV	0:47:37 + 19:33	128,49
24	Huseth, Egil	Kamp/Vestheim IF	0:47:45 + 19:41	128,42
25	Gylver, Øyvind	Asker SK	0:48:04 + 20:00	128,26
26	Hansen, Pål W	BDO	0:48:23 + 20:19	128,10
27	Sandeliens, Bjørn	Vegdirektoratet	0:48:35 + 20:31	128,00
28	Christensen, Lars	DNV	0:48:41 + 20:37	127,95
29	Fixdal, Trude	IL Koll	0:49:06 + 21:02	127,74
30	Wyller, Guro	Privat	0:50:00 + 21:56	127,28
31	Grøndahl, Frøy	Lillomarka OL	0:50:01 + 21:57	127,28
32	Mattson, Johan	Lillomarka OL	0:50:05 + 22:01	127,24
33	Næss-Ulseth, Selma	Nydalens SK	0:50:23 + 22:19	127,09
34	Klaveness, Peter	Måren OK	0:50:52 + 22:48	126,85
35	Eastwood, Rasmus D.	Lillomarka OL	0:51:31 + 23:27	126,52
36	Jendal, Helene Bjørkvold	Fossum IF	0:51:48 + 23:44	126,38
37	Nipen, Olav	Tyrving	0:52:09 + 24:05	126,20
38	Oram, Louise	Bækkelaget SK	0:52:20 + 24:16	126,11
39	Engzelius, Margrete	Asker SK	0:53:07 + 25:03	125,71
40	Hem, Einar	Lillomarka OL	0:55:44 + 27:40	124,39
41	Tho, Kjersti	Stabæk IF	0:56:02 + 27:58	124,24
42	Broadwell, Sharon	IL GeoForm	0:56:51 + 28:47	123,83
43	Edwardsen, Tom	IL Koll	0:57:30 + 29:26	123,50
44	Reusch, Marianne	Heming Orientering	0:59:05 + 31:01	122,70
45	Vågsnes, Marit	Kolbotn & Skimt OL	1:01:09 + 33:05	121,66
46	Fougner, Jon C.	Heming Orientering	1:01:11 + 33:07	121,64
47	Justad Raaen, Trine Marit	Kongsberg OL	1:02:01 + 33:57	121,22
48	Hjelm, Morten	DNV	1:02:06 + 34:02	121,18
49	Landstad, Magnus	Freidig	1:07:16 + 39:12	118,58
50	Wibye, Harald	Moss	1:15:12 + 47:08	114,57
DSQ	Nes, Toril	Nydalens SK	1:07:08 (-5 poster)	75,00
DSQ	Neto, Rafael	Privat	1:07:29 (-6 poster)	70,00
DSQ	Moffet, Steffi	Privat	2:13:58 (-6 poster)	70,00
	Løken, Aleidis	Heming Orientering	DELTATT	50,00

Resultater Kort (2,0 km)

Plass	Navn	Klubb	Tid	Poeng
1	Aulie, Harald	IL Koll	0:27:00 + 00:00	121,83
2	Eide-Fredriksen, Aksel	Kamp/Vestheim IF	0:32:28 + 05:28	120,17
3	Gange, Finn	Privat	0:34:21 + 07:21	119,60
4	Kernstock, Svenja	DNV	0:35:24 + 08:24	119,28
5	Solheim, Knut Tore	Nydalens SK	0:35:56 + 08:56	119,12
6	Egner, Bjørn	Heming Orientering	0:37:23 + 10:23	118,68

7	Kongsnes, Arne	Kolbotn & Skimt OL	0:37:30 + 10:30	118,65
8	Eide-Fredriksen, Odd	Kamp/Vestheim IF	0:39:09 + 12:09	118,15
9	Rødsten, Alexander	Heming Orientering	0:39:50 + 12:50	117,94
10	Ursin, Nora	Bærum kom	0:45:55 + 18:55	116,10
11	Næss Ulseth, Frida	Nydalens SK	0:46:20 + 19:20	115,97
11	Bruskeland, Siri	Privat	0:46:20 + 19:20	115,97
13	Espedal, Kjetil	Nydalen	0:47:09 + 20:09	115,73
14	Haugen, Per	Lillomarka OL	0:47:56 + 20:56	115,49
15	Edvardsen, Maren	IL Koll	0:49:00 + 22:00	115,17
16	Arnesen, Marianne	Asker SK	0:50:19 + 23:19	114,77
17	Karlsen, Stig Hultgreen	Abilsø Elektriske	0:50:46 + 23:46	114,63
18	Ongstad, Per	Privat	0:50:58 + 23:58	114,57
19	Aas, Eyvind	IL GeoForm	0:52:22 + 25:22	114,15
20	Knudsen, Kåre	IL GeoForm	0:53:05 + 26:05	113,93
21	Voss, Anne Chatrine	IL GeoForm	0:53:07 + 26:07	113,92
22	Haugerud, Sigurd	IL GeoForm	0:57:13 + 30:13	112,68
23	Ng, Matthew	OSI	0:58:24 + 31:24	112,32
24	Sandelién, Sidsel	Vegdirektoratet	1:00:22 + 33:22	111,72
25	Rogstad, Astri	OSI	1:00:23 + 33:23	111,72
26	Vik, Eilen Arctander	IL Koll	1:00:55 + 33:55	111,56
27	Trondsen, Terje	Nittedal OL	1:03:23 + 36:23	110,81
28	Madsen, Øystein	Haugerud IL	1:04:11 + 37:11	110,57
29	Ouyang, Ping	Østmarka OK	1:06:34 + 39:34	109,85
30	Sevaldson, Ingvald	IL GeoForm	1:11:43 + 44:43	108,29
31	Ståhlbrand, Per Eric	Kjelsås IL	1:14:49 + 47:49	107,35
32	Hangeraa, Knut	IL GeoForm	1:17:07 + 50:07	106,65
33	Fremming, Ørnulf	Meteorologen	1:22:56 + 55:56	104,89
34	Aarseth, Iver	IL Koll	1:35:23 +1:08:23	101,12
35	Fixdal, Eva	Heming Orientering	1:41:17 +1:14:17	99,34
DSQ	Gunnerød, Bjørn	IL GeoForm	1:08:23 (-2 poster)	87,50

Resultater Nybegynner (2,0 km)

Plass	Navn	Klubb	Tid	Poeng
1	Salvesen Lunde, Johannes	IL Koll	0:12:02 + 00:00	100,00
2	Tolgensbakk Vedeld, Olve	IL GeoForm	0:21:35 + 09:33	100,00
3	Eide Fredriksen, Alvin	Kamp/Vestheim IF	0:29:21 + 17:19	100,00
4	Paltiel Hanslien, Jo	Folkehelseinstituttet	0:39:26 + 27:24	100,00

Strekktider Lang

Plass	Navn	Klubb	Tid	Poeng
1	Nipen, Thomas	Bekkelaget	0:38:23 + 00:00	152,75
	01:19-1 04:25-1 06:46-1 09:07-1 11:11-1 14:31-1 16:43-1 19:55-1 23:18-1 26:19-1 28:38-1 30:01-1 32:53-1 35:48-1 37:39-1 38:23-1			
	01:19-1 03:06-1 02:21-1 02:21-2 02:04-1 03:20-1 02:12-1 03:12-2 03:23-1 03:01-3 02:19-12 01:23-1 02:52-1 02:55-1 01:51-1 00:44-8			
	00:00= 00:00= 00:00= 00:07+ 00:00= 00:00= 00:00= 00:00= 00:06+ 00:00= 00:10+ 00:16# 00:00= 00:00= 00:00= 00:09&			
2	Mella, Tor	Oppsal IF	0:41:36 + 03:13	150,89
	01:29-4 05:04-5 07:38-2 09:52-2 11:56-2 15:47-2 18:09-2 21:42-2 25:29-2 28:54-2 31:00-2 32:35-2 35:53-2 38:57-2 41:00-2 41:36-2			
	01:29-4 03:35-7 02:34-2 02:14-1 02:04-1 03:51-3 02:22-2 03:33-8 03:47-2 03:25-5 02:06-2 01:35-3 03:18-3 03:04-2 02:03-3 00:36-2			
	00:10# 00:29# 00:13+ 00:00= 00:00= 00:31# 00:10+ 00:27# 00:24# 00:34# 00:03+ 00:12# 00:26# 00:09+ 00:12# 00:01+			
3	Schlaupitz, Holger	Privat	0:42:56 + 04:33	150,11
	01:25-2 04:54-3 07:41-4 10:12-3 12:28-3 16:18-3 18:46-3 22:00-3 26:17-3 29:08-3 31:37-3 33:04-3 36:25-3 39:32-3 42:21-3 42:56-3			
	01:25-2 03:29-5 02:47-4 02:31-4 02:16-3 03:50-2 02:28-3 03:14-3 04:17-7 02:51-1 02:29-16 01:27-2 03:21-4 03:07-3 02:49-13 00:35-1			
	00:06+ 00:23# 00:26# 00:17# 00:12+ 00:30# 00:16# 00:08+ 00:54& 00:00= 00:26# 00:04+ 00:29# 00:12+ 00:58& 00:00=			
4	Skogedal, Pål	Asker SK	0:45:14 + 06:51	148,78
	01:39-11 05:15-8 08:03-7 10:49-8 13:05-5 17:24-5 20:05-4 24:11-6 28:08-4 30:59-4 33:10-4 34:58-4 38:23-4 41:45-4 44:18-4 45:14-4			
	01:39-9 03:36-10 02:48-6 02:46-9 02:16-3 04:19-7 02:41-10 04:06-14 03:57-3 02:51-1 02:11-6 01:48-6 03:25-6 03:22-4 02:33-8 00:56-20			
	00:20& 00:30# 00:27# 00:32# 00:12+ 00:59& 00:29# 01:00& 00:34# 00:00= 00:08+ 00:25& 00:33# 00:27# 00:42& 00:21&			

21	Osen, Per	Statoil	1:02:30 + 24:07	138,77	
02:07-24	06:43-24	10:31-24	14:12-25	18:06-25	24:11-25
02:07-24	04:36-27	03:48-25	03:41-24	03:54-25	06:05-26
00:48&	01:30&	01:27&	01:27&	02:45&	01:49&
22	Iwe, Harald	IL GeoForm	1:03:00 + 24:37	138,48	
01:59-22	05:39-15	08:51-17	11:21-11	14:11-12	18:31-10
01:59-22	03:40-11	03:12-18	02:30-3	02:50-14	04:20-8
00:40&	00:34#	00:51&	00:16#	00:46&	01:00&
23	Mella, Stein	Praxair	1:05:00 + 26:37	137,32	65:00-23
24	Rørvik, Per Martin	FBI	1:05:06 + 26:43	137,27	
01:55-20	06:22-22	09:33-22	13:17-21	16:29-22	21:55-21
01:55-20	04:27-25	03:11-17	03:44-26	03:12-19	05:26-20
00:36&	01:21&	00:50&	01:30&	01:08&	02:06&
25	Åsmul, Eskil	OL Trollelg	1:05:32 + 27:09	137,01	
02:11-26	07:38-27	11:26-27	15:22-27	18:45-26	24:46-26
02:11-25	05:27-29	03:48-25	03:56-28	03:23-21	06:01-24
00:52&	02:21&	01:27&	01:42&	01:19&	02:41&
26	Øvergaard, Tormod	Vestre Akers SK	1:05:39 + 27:16	136,95	
02:41-27	06:59-26	10:46-25	14:04-24	17:28-24	23:25-24
02:41-27	04:18-23	03:47-24	03:18-17	03:24-23	05:57-23
01:22@	01:12&	01:26&	01:04&	01:20&	02:37&
27	Lahlum, Jon	IL GeoForm	1:08:39 + 30:16	135,21	
04:06-30	09:05-29	12:57-29	16:22-29	19:45-28	25:32-27
04:06-30	04:59-28	03:52-28	03:25-20	03:23-21	05:47-21
02:47@	01:53&	01:31&	01:11&	01:19&	02:27&
28	Endresen, Ola Torstein	OK Moss	1:15:34 + 37:11	131,20	
02:11-25	06:46-25	11:09-26	14:52-26	19:30-27	26:58-28
02:11-25	04:35-26	04:23-29	03:43-25	04:38-26	07:28-29
00:52&	01:29&	02:02&	01:29&	02:34&	04:08@
29	Heitmann, Ståle	Fossum IF	1:19:06 + 40:43	129,15	
01:36-6	05:10-7	08:35-12	13:34-23	16:20-19	22:33-23
01:36-6	03:34-6	03:25-20	04:59-29	02:46-13	06:13-27
00:17#	00:28#	01:04&	02:45@	00:42&	02:53&
30	Hånes, Sturle	IL GeoForm	1:46:56 + 1:08:33	113,02	
03:23-28	10:32-30	18:02-31	23:26-31	28:17-31	36:53-30
03:23-28	07:09-30	07:30-31	05:24-30	04:51-28	08:36-30
02:04@	04:03@	05:09@	03:10@	02:47@	05:16@
DSQ	Eriksen, Are	OSI	1:10:15 (-1 poster)	96,67	
03:34-29	07:50-28	11:41-28	15:31-28	24:48-29	30:51-29
03:34-29	04:16-22	03:51-27	03:50-27	09:17-31	06:03-25
02:15@	01:10&	01:30&	01:36&	07:13@	02:43&
DSQ	Østgaard Lund, Harald	IL GeoForm	1:08:22 (-5 poster)	83,33	
05:14-31	12:38-31	17:52-30	23:19-30	28:12-30	37:15-31
05:14-31	07:24-31	05:14-30	05:27-31	04:53-29	09:03-31
03:55@	04:18@	02:53@	03:13@	02:49@	05:43@

Strekktider Mellom

Plass	Navn	KLubb	Tid	Poeng
1	Hoff, Eivind	IL Tyrving	0:28:04 + 00:00	138,35
01:31-1	04:53-1	07:37-1	10:10-1	12:37-1
01:31-1	03:22-1	02:44-1	02:33-1	02:27-1
00:00=	00:00=	00:00=	00:00=	00:00=
2	Berteig, Vidar	IL GeoForm	0:32:32 + 04:28	136,09
01:50-3	05:55-2	09:10-2	12:13-2	14:52-2
01:50-3	04:05-3	03:15-2	03:03-3	02:39-2
00:19#	00:43#	00:31#	00:30#	00:12+
3	Tandrevold, Eirik	Fossum IF	0:34:45 + 06:41	134,97
01:50-3	05:55-2	09:10-2	12:13-2	14:52-2
01:50-3	04:05-3	03:15-2	03:03-3	02:39-2
00:19#	00:43#	00:31#	00:30#	00:12+

01:51-4	05:58-4	09:20-3	12:23-3	15:26-3	19:50-3	23:54-3	26:23-3	30:55-3	33:57-3	34:45-4
01:51-4	04:07-4	03:22-3	03:03-3	03:03-5	04:24-13	04:04-2	02:29-3	04:32-3	03:02-6	00:48-7
00:20#	00:45#	00:38#	00:30#	00:36#	01:19&	00:38#	00:16#	00:54#	00:36#	00:09#
4	Hallan, Toril			Lillomarka OL		0:38:37 + 10:33		133,02		
02:54-34	07:11-12	10:49-9	14:16-7	17:27-6	21:44-6	26:28-5	29:06-5	35:06-4	37:46-4	38:37-5
02:54-34	04:17-7	03:38-10	03:27-9	03:11-8	04:17-8	04:44-6	02:38-7	06:00-21	02:40-4	00:51-9
01:23&	00:55&	00:54&	00:54&	00:44&	01:12&	01:18&	00:25#	02:22&	00:14+	00:12&
5	Sigurdson, Roar			Ringnes		0:39:32 + 11:28		132,56		
01:57-6	06:43-9	10:12-5	13:25-5	17:07-5	20:48-5	25:17-4	27:53-4	35:11-5	38:41-5	39:32-6
01:57-6	04:46-13	03:29-4	03:13-5	03:42-15	03:41-3	04:29-5	02:36-5	07:18-36	03:30-15	00:51-9
00:26&	01:24&	00:45&	00:40&	01:15&	00:36#	01:03&	00:23#	03:40@	01:04&	00:12&
6	Sletner, Kristin			Røyken OL		0:40:47 + 12:43		131,93		
03:28-45	07:44-19	11:19-12	15:00-13	18:47-13	23:17-11	28:39-10	31:19-9	36:29-8	39:43-6	40:47-7
03:28-45	04:16-5	03:35-8	03:41-20	03:47-19	04:30-15	05:22-14	02:40-8	05:10-8	03:14-10	01:04-24
01:57@	00:54&	00:51&	01:08&	01:20&	01:25&	01:56&	00:27#	01:32&	00:48&	00:25&
6	Hanslien, Uno			Bilpost BIL		0:40:47 + 12:43		131,93		
02:02-9	07:21-14	11:43-17	15:16-16	19:16-15	24:23-16	29:18-12	32:02-10	36:57-9	39:52-7	40:47-8
02:02-9	05:19-28	04:22-30	03:33-16	04:00-26	05:07-24	04:55-8	02:44-10	04:55-5	02:55-5	00:55-13
00:31&	01:57&	01:38&	01:00&	01:33&	02:02&	01:29&	00:31#	01:17&	00:29#	00:16&
8	Eidnes, Siri			OSI		0:40:51 + 12:47		131,90		
02:04-10	07:19-13	10:58-10	14:30-8	17:40-8	22:14-7	27:24-8	30:28-8	36:21-7	39:55-8	40:51-9
02:04-10	05:15-25	03:39-11	03:32-13	03:10-6	04:34-16	05:10-11	03:04-17	05:53-20	03:34-16	00:56-15
00:33&	01:53&	00:55&	00:59&	00:43&	01:29&	01:44&	00:51&	02:15&	01:08&	00:17&
9	Danielsen, Anne			Nydalens SK		0:40:52 + 12:48		131,89		
01:54-5	05:56-3	09:25-4	12:52-4	16:07-4	20:25-4	27:08-6	30:08-7	35:18-6	40:00-9	40:52-10
01:54-5	04:02-2	03:29-4	03:27-9	03:15-9	04:18-10	06:43-32	03:00-14	05:10-8	04:42-36	00:52-11
00:23&	00:40#	00:45&	00:54&	00:48&	01:13&	03:17&	00:47&	01:32&	02:16&	00:13&
10	Rikheim, Harald			Rådtassene		0:42:17 + 14:13		131,18		
02:26-21	07:37-17	11:29-14	14:55-10	18:15-10	22:53-9	29:22-13	32:24-13	37:21-11	41:14-10	42:17-11
02:26-19	05:11-23	03:52-18	03:26-8	03:20-10	04:38-18	06:29-29	03:02-15	04:57-6	03:53-23	01:03-21
00:55&	01:49&	01:08&	00:53&	00:53&	01:33&	03:03&	00:49&	01:19&	01:27&	00:24&
11	Landmark, Bente			Fossum IF		0:42:18 + 14:14		131,17		
02:14-13	07:37-18	11:28-13	14:58-12	18:45-12	23:19-13	28:38-9	32:06-11	37:43-12	41:24-11	42:18-12
02:14-13	05:23-30	03:51-17	03:30-12	03:47-19	04:34-16	05:19-13	03:28-31	05:37-14	03:41-17	00:54-12
00:43&	02:01&	01:07&	00:57&	01:20&	01:29&	01:53&	01:15&	01:59&	01:15&	00:15&
12	Brurberg, May Bente			Ås-NMBU Orientering		0:43:19 + 15:15		130,65		
02:20-18	07:05-11	11:14-11	14:55-11	18:26-11	23:16-10	28:52-11	32:06-12	37:18-10	41:37-12	43:19-13
02:20-18	04:45-12	04:09-23	03:41-20	03:31-13	04:50-19	05:36-19	03:14-23	05:12-10	04:19-30	01:42-46
00:49&	01:23&	01:25&	01:08&	01:04&	01:45&	02:10&	01:01&	01:34&	01:53&	01:03@
13	Clasen, Claus Frimann			Lyberg & Partnere		0:43:24 + 15:20		130,61		
02:01-8	07:52-23	11:41-15	15:13-15	19:31-17	23:49-14	29:49-14	32:40-14	38:56-13	42:21-13	43:24-14
02:01-8	05:51-42	03:49-16	03:32-13	04:18-37	04:18-10	06:00-23	02:51-11	06:16-22	03:25-13	01:03-21
00:30&	02:29&	01:05&	00:59&	01:51&	01:13&	02:34&	00:38&	02:38&	00:59&	00:24&
14	Bjørne-Larsen, Knud			Riksteatret		0:43:58 + 15:54		130,33		
01:44-2	06:41-8	10:13-6	16:49-28	19:59-20	25:12-18	30:52-20	33:32-17	40:43-18	43:16-16	43:58-15
01:44-2	04:57-16	03:32-6	06:36-48	03:10-6	05:13-28	05:40-21	02:40-8	07:11-35	02:33-2	00:42-4
00:13#	01:35&	00:48&	04:03@	00:43&	02:08&	02:14&	00:27#	03:33&	00:07+	00:03+
15	Vollen, Magne			OSI		0:43:59 + 15:55		130,32		
02:00-7	06:33-5	10:14-7	14:36-9	18:06-9	22:21-8	27:11-7	30:04-6	39:37-16	43:01-14	43:59-16
02:00-7	04:33-11	03:41-12	04:22-35	03:30-12	04:15-7	04:50-7	02:53-12	09:33-42	03:24-12	00:58-18
00:29&	01:11&	00:57&	01:49&	01:03&	01:10&	01:24&	00:40&	05:55@	00:58&	00:19&
16	Næss, Petter			Oppsal IF		0:44:21 + 16:17		130,13		
06:10-50	10:42-48	14:15-43	17:32-33	20:34-26	24:38-17	30:33-18	33:29-16	39:11-14	43:01-15	44:21-17
06:10-50	04:32-10	03:33-7	03:17-6	03:02-4	04:04-6	05:55-22	02:56-13	05:42-17	03:50-22	01:20-40
04:39@	01:10&	00:49&	00:44&	00:35#	00:59&	02:29&	00:43&	02:04&	01:24&	00:41@
17	Mellem, Torstein			Nydalen		0:44:54 + 16:50		129,86		
02:17-15	06:39-7	12:42-31	19:25-43	22:24-37	26:13-24	30:28-16	32:54-15	40:45-19	44:14-18	44:54-18
02:17-14	04:22-8	06:03-48	06:43-49	02:59-3	03:49-5	04:15-4	02:26-2	07:51-38	03:29-14	00:40-3
00:46&	01:00&	03:19@	04:10@	00:32#	00:44#	00:49#	00:13+	04:13@	01:03&	00:01+
18	Fremming, Hans-Henrik			Meteorologen		0:45:10 + 17:06		129,72		
02:17-14	07:30-15	12:02-22	16:20-24	20:26-24	25:27-20	30:31-17	33:43-18	39:11-15	44:01-17	45:10-19
02:17-14	05:13-24	04:32-33	04:18-34	04:06-30	05:01-21	05:04-10	03:12-22	05:28-13	04:50-40	01:09-31
00:46&	01:51&	01:48&	01:45&	01:39&	01:56&	01:38&	00:59&	01:50&	02:24&	00:30&
19	Paltiel, Liv			Folkehelseinstituttet		0:46:03 + 17:59		129,28		

02:19-17	07:57-27	12:11-26	16:22-25	20:10-22	25:15-19	30:45-19	33:54-19	40:13-17	44:49-19	46:03-20
02:19-17	05:38-36	04:14-25	04:11-32	03:48-21	05:05-23	05:30-17	03:09-19	06:19-27	04:36-34	01:14-36
00:48&	02:16&	01:30&	01:38&	01:21&	02:00&	02:04&	00:56&	02:41&	02:10&	00:35&
20	Eijsink, Malin			Nydalens SK		0:46:15 + 18:11		129,18		
02:17-16	08:21-34	13:19-35	17:05-31	21:12-30	26:15-25	31:28-22	34:52-21	41:13-21	44:58-20	46:15-21
02:17-14	06:04-43	04:58-41	03:46-22	04:07-32	05:03-22	05:13-12	03:24-29	06:21-28	03:45-20	01:17-39
00:46&	02:42&	02:14&	01:13&	01:40&	01:58&	01:47&	01:11&	02:43&	01:19&	00:38&
21	Blom, Richard			FBI		0:46:28 + 18:24		129,07		
02:46-32	07:54-25	11:42-16	15:09-14	18:57-14	23:19-12	29:53-15	34:59-22	41:49-23	45:30-21	46:28-22
02:46-32	05:08-20	03:48-15	03:27-9	03:48-21	04:22-12	06:34-30	05:06-42	06:50-31	03:41-17	00:58-18
01:15&	01:46&	01:04&	00:54&	01:21&	01:17&	03:08&	02:53@	03:12&	01:15&	00:19&
22	Burmo, Marius			Privat		0:47:19 + 19:15		128,64		
08:19-51	12:35-50	16:10-47	18:48-42	22:19-35	25:36-22	36:04-42	38:40-33	43:22-28	46:34-23	47:19-23
08:19-51	04:16-5	03:35-8	02:38-2	03:31-13	03:17-2	10:28-49	02:36-5	04:42-4	03:12-8	00:45-6
06:48@	00:54&	00:51&	00:05+	01:04&	00:12+	07:02@	00:23#	01:04&	00:46&	00:06#
23	Bjørgum, Hallvard			DNV		0:47:37 + 19:33		128,49		
02:54-35	08:26-35	12:57-32	17:02-30	21:09-29	26:21-27	33:34-28	36:54-26	42:32-25	46:31-22	47:37-24
02:54-34	05:32-35	04:31-32	04:05-27	04:07-32	05:12-27	07:13-39	03:20-26	05:38-16	03:59-24	01:06-26
01:23&	02:10&	01:47&	01:32&	01:40&	02:07&	03:47@	01:07&	02:00&	01:33&	00:27&
24	Huseth, Egil			Kamp/Vestheim IF		0:47:45 + 19:41		128,42		
04:24-47	09:51-45	14:07-42	18:05-37	22:27-40	27:35-31	32:59-26	36:08-24	42:51-27	46:39-24	47:45-25
04:24-47	05:27-32	04:16-27	03:58-26	04:22-38	05:08-25	05:24-15	03:09-19	06:43-30	03:48-21	01:06-26
02:53@	02:05&	01:32&	01:25&	01:55&	02:03&	01:58&	00:56&	03:05&	01:22&	00:27&
25	Gylver, Øyvind			Asker SK		0:48:04 + 20:00		128,26		
04:49-48	09:43-44	13:27-36	16:46-27	21:39-31	26:34-28	33:19-27	36:34-25	42:11-24	46:58-26	48:04-26
04:49-48	04:54-15	03:44-14	03:19-7	04:53-43	04:55-20	06:45-34	03:15-24	05:37-14	04:47-39	01:06-26
03:18@	01:32&	01:00&	00:46&	02:26&	01:50&	03:19&	01:02&	01:59&	02:21&	00:27&
26	Hansen, Pål W			BDO		0:48:23 + 20:19		128,10		
02:26-20	07:54-26	12:06-25	16:16-22	20:33-25	25:55-23	32:20-23	35:55-23	41:40-22	46:44-25	48:23-27
02:26-19	05:28-33	04:12-24	04:10-30	04:17-36	05:22-29	06:25-28	03:35-34	05:45-19	05:04-42	01:39-45
00:55&	02:06&	01:28&	01:37&	01:50&	02:17&	02:59&	01:22&	02:07&	02:38@	01:00@
27	Sandelién, Bjørn			Vegdirektoratet		0:48:35 + 20:31		128,00		
02:26-19	08:06-31	12:41-30	16:51-29	20:36-27	27:04-30	34:18-31	37:38-27	42:50-26	47:31-27	48:35-28
02:26-19	05:40-37	04:35-35	04:10-30	03:45-18	06:28-40	07:14-40	03:20-26	05:12-10	04:41-35	01:04-24
00:55&	02:18&	01:51&	01:37&	01:18&	03:23@	03:48@	01:07&	01:34&	02:15&	00:25&
28	Christensen, Lars			DNV		0:48:41 + 20:37		127,95		
02:33-23	08:04-29	11:56-20	15:32-17	21:50-32	28:46-39	34:13-29	39:41-35	44:43-31	47:46-28	48:41-29
02:33-23	05:31-34	03:52-18	03:36-17	06:18-49	06:56-43	05:27-16	05:28-45	05:02-7	03:03-7	00:55-13
01:02&	02:09&	01:08&	01:03&	03:51@	03:51@	02:01&	03:15@	01:24&	00:37&	00:16&
29	Fixdal, Trude			IL Koll		0:49:06 + 21:02		127,74		
02:12-12	06:35-6	10:33-8	14:05-6	17:34-7	29:47-42	34:45-35	37:53-28	44:52-32	48:07-29	49:06-30
02:12-12	04:23-9	03:58-20	03:32-13	03:29-11	12:13-49	04:58-9	03:08-18	06:59-33	03:15-11	00:59-20
00:41&	01:01&	01:14&	00:59&	01:02&	09:08@	01:32&	00:55&	03:21&	00:49&	00:20&
30	Wyller, Guro			Privat		0:50:00 + 21:56		127,28		50:00-31
31	Grøndahl, Frøy			Lillomarka OL		0:50:01 + 21:57		127,28		
03:21-42	09:02-39	13:40-38	18:17-39	22:23-36	27:45-33	34:31-32	37:57-29	44:14-29	48:40-30	50:01-32
03:21-42	05:41-38	04:38-38	04:37-38	04:06-30	05:22-29	06:46-36	03:26-30	06:17-23	04:26-31	01:21-41
01:50@	02:19&	01:54&	02:04&	01:39&	02:17&	03:20&	01:13&	02:39&	02:00&	00:42@
32	Mattson, Johan			Lillomarka OL		0:50:05 + 22:01		127,24		
03:25-44	09:08-40	13:45-40	18:22-41	22:27-39	27:38-32	34:34-34	38:02-30	44:19-30	48:49-31	50:05-33
03:25-44	05:43-39	04:37-37	04:37-38	04:05-29	05:11-26	06:56-38	03:28-31	06:17-23	04:30-32	01:16-38
01:54@	02:21&	01:53&	02:04&	01:38&	02:06&	03:30@	01:15&	02:39&	02:04&	00:37&
33	Næss-Ulseth, Selma			Nydalens SK		0:50:23 + 22:19		127,09		
02:08-11	07:01-10	12:11-27	15:47-19	19:56-19	24:23-15	32:50-25	40:25-39	46:07-34	49:20-32	50:23-34
02:08-11	04:53-14	05:10-43	03:36-17	04:09-35	04:27-14	08:27-46	07:35-48	05:42-17	03:13-9	01:03-21
00:37&	01:31&	02:26&	01:03&	01:42&	01:22&	05:01@	05:22@	02:04&	00:47&	00:24&
34	Klaveness, Peter			Måren OK		0:50:52 + 22:48		126,85		
02:54-36	08:02-28	11:44-18	19:41-44	23:41-44	27:58-34	35:47-40	40:56-41	46:15-35	49:56-33	50:52-35
02:54-34	05:08-20	03:42-13	07:57-50	04:00-26	04:17-8	07:49-43	05:09-43	05:19-12	03:41-17	00:56-15
01:23&	01:46&	00:58&	05:24@	01:33&	01:12&	04:23@	02:56@	01:41&	01:15&	00:17&
35	Eastwood, Rasmus D.			Lillomarka OL		0:51:31 + 23:27		126,52		

02:40-28	07:45-20	11:59-21	16:27-26	20:49-28	26:20-26	34:51-36	38:13-31	46:06-33	50:52-34	51:31-36
02:40-28	05:05-19	04:14-25	04:28-36	04:22-38	05:31-32	08:31-47	03:22-28	07:53-39	04:46-37	00:39-1
01:09&	01:43&	01:30&	01:55&	01:55&	02:26&	05:05@	01:09&	04:15@	02:20&	00:00=
36	Jendal, Helene Bjørkvold	Fossum IF				0:51:48 +	23:44		126,38	
02:44-29	08:04-30	12:03-23	15:42-18	19:26-16	25:35-21	31:08-21	34:41-20	40:58-20	50:58-36	51:48-37
02:44-29	05:20-29	03:59-21	03:39-19	03:44-17	06:09-38	05:33-18	03:33-33	06:17-23	10:00-49	00:50-8
01:13&	01:58&	01:15&	01:06&	01:17&	03:04&	02:07&	01:20&	02:39&	07:34@	00:11&
37	Nipen, Olav	Tyrving				0:52:09 +	24:05		126,20	
02:36-26	08:46-37	13:37-37	18:13-38	23:33-43	29:28-40	35:37-39	39:47-36	46:22-36	50:57-35	52:09-38
02:36-25	06:10-44	04:51-40	04:36-37	05:20-46	05:55-35	06:09-26	04:10-37	06:35-29	04:35-33	01:12-34
01:05&	02:48&	02:07&	02:03&	02:53@	02:50&	02:43&	01:57&	02:57&	02:09&	00:33&
38	Oram, Louise	Bækkelaget SK				0:52:20 +	24:16		126,11	
02:55-38	08:12-32	13:15-34	17:59-34	22:46-42	28:40-38	35:15-38	40:09-38	47:06-38	51:07-37	52:20-39
02:55-38	05:17-26	05:03-42	04:44-41	04:47-41	05:54-34	06:35-31	04:54-39	06:57-32	04:01-25	01:13-35
01:24&	01:55&	02:19&	02:11&	02:20&	02:49&	03:09&	02:41@	03:19&	01:35&	00:34&
39	Engzelius, Margrete	Asker SK				0:53:07 +	25:03		125,71	
02:45-30	07:49-22	12:05-24	18:22-40	22:26-38	29:36-41	35:53-41	39:11-34	46:57-37	51:43-38	53:07-40
02:45-30	05:04-18	04:16-27	06:17-47	04:04-28	07:10-44	06:17-27	03:18-25	07:46-37	04:46-37	01:24-43
01:14&	01:42&	01:32&	03:44@	01:37&	04:05@	02:51&	01:05&	04:08@	02:20&	00:45@
40	Hem, Einar	Lillomarka OL				0:55:44 +	27:40		124,39	
02:36-25	07:35-16	11:56-19	15:49-20	19:32-18	30:29-43	38:16-43	44:04-46	50:21-40	54:33-39	55:44-41
02:36-25	04:59-17	04:21-29	03:53-24	03:43-16	10:57-48	07:47-42	05:48-46	06:17-23	04:12-28	01:11-33
01:05&	01:37&	01:37&	01:20&	01:16&	07:52@	04:21@	03:35@	02:39&	01:46&	00:32&
41	Tho, Kjersti	Stabæk IF				0:56:02 +	27:58		124,24	
04:05-46	09:23-42	13:56-41	18:04-36	22:12-33	28:34-37	34:34-33	38:16-32	49:04-39	54:52-40	56:02-42
04:05-46	05:18-27	04:33-34	04:08-28	04:08-34	06:22-39	06:00-23	03:42-35	10:48-45	05:48-47	01:10-32
02:34@	01:56&	01:49&	01:35&	01:41&	03:17@	02:34&	01:29&	07:10@	03:22@	00:31&
42	Broadwell, Sharon	IL GeoForm				0:56:51 +	28:47		123,83	
02:28-22	07:53-24	16:38-49	21:30-48	25:20-45	33:34-48	40:17-48	43:19-44	51:38-42	55:55-41	56:51-43
02:28-22	05:25-31	08:45-51	04:52-42	03:50-23	08:14-46	06:43-32	03:02-15	08:19-40	04:17-29	00:56-15
00:57&	02:03&	06:01@	02:19&	01:23&	05:09@	03:17&	00:49&	04:41@	01:51&	00:17&
43	Edvardsen, Tom	IL Koll				0:57:30 +	29:26		123,50	
02:37-27	07:47-21	12:22-28	16:08-21	20:01-21	26:44-29	32:22-24	41:40-42	52:17-44	56:22-42	57:30-44
02:37-27	05:10-22	04:35-35	03:46-22	03:53-24	06:43-41	05:38-20	09:18-49	10:37-44	04:05-27	01:08-30
01:06&	01:48&	01:51&	01:13&	01:26&	03:38@	02:12&	07:05@	06:59@	01:39&	00:29&
44	Reusch, Marianne	Heming Orientering				0:59:05 +	31:01		122,70	
03:06-39	09:24-43	15:55-46	21:07-47	25:56-47	32:44-47	39:29-45	44:43-47	51:50-43	57:08-43	59:05-45
03:06-39	06:18-46	06:31-49	06:12-44	04:49-42	06:48-42	06:45-34	05:14-44	07:07-34	05:18-43	01:57-48
01:35@	02:56&	03:47@	02:39@	02:22&	03:43@	03:19&	03:01@	03:29&	02:52@	01:18@
45	Vågsnes, Marit	Kolbotn & Skimt OL				1:01:09 +	33:05		121,66	
02:54-37	08:38-36	13:00-33	17:08-32	22:17-34	28:10-36	34:59-37	39:55-37	50:22-41	59:07-44	61:09-46
02:54-34	05:44-40	04:22-30	04:08-28	05:09-45	05:53-33	06:49-37	04:56-40	10:27-43	08:45-48	02:02-49
01:23&	02:22&	01:38&	01:35&	02:42@	02:48&	03:23&	02:43@	06:49@	06:19@	01:23@
46	Fougner, Jon C.	Heming Orientering				1:01:11 +	33:07		121,64	
03:17-41	10:24-46	15:50-45	20:58-46	26:45-48	32:44-46	40:16-47	44:46-48	54:00-45	59:47-45	61:11-47
03:17-40	07:07-48	05:26-45	05:08-43	05:47-48	05:59-37	07:32-41	04:30-38	09:14-41	05:47-46	01:24-43
01:46@	03:45@	02:42&	02:35@	03:20@	02:54&	04:06@	02:17@	05:36@	03:21@	00:45@
47	Justad Raen, Trine Marit	Kongsberg OL				1:02:01 +	33:57		121,22	
02:33-24	08:19-33	12:23-29	16:20-23	20:15-23	30:55-44	38:44-44	41:53-43	55:54-46	60:47-46	62:01-48
02:33-23	05:46-41	04:04-22	03:57-25	03:55-25	10:40-47	07:49-43	03:09-19	14:01-46	04:53-41	01:14-36
01:02&	02:24&	01:20&	01:24&	01:28&	07:35@	04:23@	00:56&	10:23@	02:27@	00:35&
48	Hjelm, Morten	DNV				1:02:06 +	34:02		121,18	
02:45-31	09:01-38	13:43-39	18:00-35	22:40-41	28:06-35	34:13-30	40:35-40	56:58-47	60:59-47	62:06-49
02:45-30	06:16-45	04:42-39	04:17-33	04:40-40	05:26-31	06:07-25	06:22-47	16:23-48	04:01-25	01:07-29
01:14&	02:54&	01:58&	01:44&	02:13&	02:21&	02:41&	04:09@	12:45@	01:35&	00:28&
49	Landstad, Magnus	Freidig				1:07:16 +	39:12		118,58	
02:47-33	09:23-41	15:04-44	19:44-45	25:21-46	31:19-45	39:36-46	43:26-45	60:28-48	65:55-48	67:16-51
02:47-33	06:36-47	05:41-46	04:40-40	05:37-47	05:58-36	08:17-45	03:50-36	17:02-49	05:27-44	01:21-41
01:16&	03:14&	02:57@	02:07&	03:10@	02:53&	04:51@	01:37&	13:24@	03:01@	00:42@
50	Wibye, Harald	Moss				1:15:12 +	47:08		114,57	
03:17-40	11:44-49	18:15-50	24:13-50	30:59-50	38:57-49	47:28-49	52:28-49	67:46-49	73:22-49	75:12-53
03:17-40	08:27-51	06:31-49	05:58-46	06:46-50	05:58-45	08:31-47	05:00-41	15:18-47	05:36-45	01:50-47
01:46@	05:05@	03:47@	03:25@	04:19@	04:53@	05:05@	02:47@	11:40@	03:10@	01:11@
DSQ	Nes, Toril	Nydalens SK				1:07:08	(-5 poster)		75,00	

03:23-43	10:37-47	16:31-48	21:54-49	26:50-49	67:08-50
03:23-43	07:14-49	05:54-47	05:23-45	04:56-44	
01:52@	03:52@	03:10@	02:50@	02:29@	
DSQ	Neto, Rafael		Privat	1:07:29 (-6 poster)	70,00
13:13-52	20:39-51	25:58-51	38:05-51		67:29-52
13:13-52	07:26-50	05:19-44	12:07-52		
11:42@	04:04@	02:35&	09:34@		
DSQ	Moffet, Steffi		Privat	2:13:58 (-6 poster)	70,00
05:20-49	20:54-52	40:52-52	51:14-52		133:58-54
05:20-49	15:34-52	19:58-52	10:22-51		
03:49@	12:12@	17:14@	07:49@		
	Løken, Aleidis		Heming Orientering	DELTATT	50,00
					29:00-2

Strekktider Kort

Plass	Navn	Klubb	Tid	Poeng					
1	Aulie, Harald	IL Koll	0:27:00 + 00:00	121,83					
	01:53-1	05:35-1	09:12-1	12:20-1	14:32-1	18:31-1	23:25-1	26:20-1	27:00-1
	01:53-1	03:42-1	03:37-1	03:08-7	02:12-1	03:59-15	04:54-2	02:55-1	00:40-1
	00:00=	00:00=	00:00=	00:53&	00:00=	01:37&	00:25+	00:00=	00:00=
2	Eide-Fredriksen, Akse	Kamp/Vestheim IF	0:32:28 + 05:28	120,17					
	04:07-22	07:54-9	11:55-5	15:21-6	18:49-6	23:36-6	28:05-3	31:32-2	32:28-2
	04:07-22	03:47-3	04:01-3	03:26-10	03:28-14	04:47-19	04:29-1	03:27-3	00:56-3
	02:14@	00:05+	00:24#	01:11&	01:16&	02:25@	00:00=	00:32#	00:16&
3	Gange, Finn	Privat	0:34:21 + 07:21	119,60					
	02:30-7	06:44-5	11:50-4	14:05-2	16:59-2	19:21-2	26:10-2	33:17-3	34:21-3
	02:30-7	04:14-5	05:06-6	02:15-1	02:54-3	02:22-1	06:49-8	07:07-25	01:04-5
	00:37&	00:32#	01:29&	00:00=	00:42&	00:00=	02:20&	04:12@	00:24&
4	Kernstock, Svenja	DNV	0:35:24 + 08:24	119,28					
	02:47-12	07:53-8	12:32-6	14:49-5	18:27-5	21:51-3	30:26-5	34:02-4	35:24-4
	02:47-12	05:06-9	04:39-4	02:17-2	03:38-15	03:24-11	08:35-15	03:36-4	01:22-13
	00:54&	01:24&	01:02&	00:02+	01:26&	01:02&	04:06&	00:41#	00:42@
5	Solheim, Knut Tore	Nydalens SK	0:35:56 + 08:56	119,12					
	02:40-11	07:23-7	12:41-7	17:03-8	20:13-7	23:29-5	30:11-4	34:43-5	35:56-5
	02:40-11	04:43-8	05:18-8	04:22-20	03:10-8	03:16-10	06:42-7	04:32-12	01:13-10
	00:47&	01:01&	01:41&	02:07&	00:58&	00:54&	02:13&	01:37&	00:33&
6	Egner, Bjørn	Heming Orientering	0:37:23 + 10:23	118,68					
	02:52-14	08:51-14	14:29-9	17:10-9	20:26-8	23:25-4	31:59-7	36:11-6	37:23-6
	02:52-14	05:59-14	05:38-10	02:41-4	03:16-10	02:59-4	08:34-14	04:12-7	01:12-8
	00:59&	02:17&	02:01&	00:26#	01:04&	00:37&	04:05&	01:17&	00:32&
7	Kongsnes, Arne	Kolbotn & Skimt OL	0:37:30 + 10:30	118,65					
	02:13-3	06:36-4	10:35-2	14:21-3	17:46-4	25:18-10	31:33-6	36:47-7	37:30-7
	02:13-3	04:23-6	03:59-2	03:46-12	03:25-13	07:32-31	06:15-5	05:14-15	00:43-2
	00:20#	00:41#	00:22#	01:31&	01:13&	05:10@	01:46&	02:19&	00:03+
8	Eide-Fredriksen, Odd	Kamp/Vestheim IF	0:39:09 + 12:09	118,15					
	02:15-4	06:19-3	11:13-3	14:31-4	17:31-3	23:54-7	32:34-8	36:48-8	39:09-8
	02:15-4	04:04-4	04:54-5	03:18-9	03:00-5	06:23-26	08:40-16	04:14-8	02:21-27
	00:22#	00:22+	01:17&	01:03&	00:48&	04:01@	04:11&	01:19&	01:41@
9	Rødsten, Alexander	Heming Orientering	0:39:50 + 12:50	117,94					
	04:11-24	11:17-17	16:28-13	20:31-12	23:39-11	26:34-11	34:26-9	38:52-9	39:50-9
	04:11-24	07:06-16	05:11-7	04:03-13	03:08-7	02:55-3	07:52-12	04:26-11	00:58-4
	02:18@	03:24&	01:34&	01:48&	00:56&	00:33#	03:23&	01:31&	00:18&
10	Ursin, Nora	Bærum kom	0:45:55 + 18:55	116,10					
	02:50-13	08:24-12	16:02-12	21:40-13	24:52-12	27:58-12	39:33-13	44:22-12	45:55-10
	02:50-13	05:34-10	07:38-19	05:38-30	03:12-9	03:06-7	11:35-27	04:49-14	01:33-18
	00:57&	01:52&	04:01@	03:23@	01:00&	00:44&	07:06@	01:54&	00:53@
11	Næss Ulseth, Frida	Nydalens SK	0:46:20 + 19:20	115,97					
	02:35-10	08:21-10	14:45-11	17:46-10	21:33-9	24:48-8	38:52-12	44:07-10	46:20-11

02:35-9	05:46-12	06:24-13	03:01-5	03:47-16	03:15-8	14:04-31	05:15-16	02:13-23	
00:42&	02:04&	02:47&	00:46&	01:35&	00:53&	09:35@	02:20&	01:33@	
11	Bruskeland, Siri			Privat		0:46:20 + 19:20		115,97	
02:35-9	08:21-11	14:45-10	17:46-11	21:33-10	24:48-9	38:52-11	44:07-11	46:20-12	
02:35-9	05:46-12	06:24-13	03:01-5	03:47-16	03:15-8	14:04-31	05:15-16	02:13-23	
00:42&	02:04&	02:47&	00:46&	01:35&	00:53&	09:35@	02:20&	01:33@	
13	Espedal, Kjetil			Nydalen		0:47:09 + 20:09		115,73	
03:17-16	10:48-15	17:37-14	22:52-15	27:22-14	31:37-15	38:26-10	45:39-13	47:09-13	
03:17-16	07:31-21	06:49-17	05:15-29	04:30-20	04:15-16	06:49-8	07:13-26	01:30-16	
01:24&	03:49@	03:12&	03:00@	02:18@	01:53&	02:20&	04:18@	00:50@	
14	Haugen, Per			Lillomarka OL		0:47:56 + 20:56		115,49	
02:30-8	08:39-13	19:48-18	24:28-18	27:33-15	30:58-14	39:45-14	46:22-14	47:56-14	
02:30-7	06:09-15	11:09-30	04:40-23	03:05-6	03:25-13	08:47-17	06:37-23	01:34-19	
00:37&	02:27&	07:32@	02:25@	00:53&	01:03&	04:18&	03:42@	00:54@	
15	Edvardsen, Maren			IL Koll		0:49:00 + 22:00		115,17	
03:39-19	19:57-33	25:21-30	29:29-28	32:23-23	35:26-19	43:41-17	47:55-16	49:00-15	
03:39-19	16:18-34	05:24-9	04:08-17	02:54-3	03:03-6	08:15-13	04:14-8	01:05-6	
01:46&	12:36@	01:47&	01:53&	00:42&	00:41&	03:46&	01:19&	00:25&	
16	Arnesen, Marianne			Asker SK		0:50:19 + 23:19		114,77	
05:33-32	11:17-16	17:58-15	22:11-14	31:54-21	35:39-20	42:56-16	47:44-15	50:19-16	
05:33-32	05:44-11	06:41-16	04:13-19	09:43-32	03:45-14	07:17-10	04:48-13	02:35-29	
03:40@	02:02&	03:04&	01:58&	07:31@	01:23&	02:48&	01:53&	01:55@	
17	Karlsen, Stig Hultgreen			Abilso Elektriske		0:50:46 + 23:46		114,63	
02:05-2	05:50-2	30:38-34	35:06-34	37:41-30	40:17-24	46:14-22	49:34-17	50:46-17	
02:05-2	03:45-2	24:48-36	04:28-22	02:35-2	02:36-2	05:57-4	03:20-2	01:12-8	
00:12#	00:03+	21:11@	02:13&	00:23#	00:14+	01:28&	00:25#	00:32&	
18	Ongstad, Per			Privat		0:50:58 + 23:58		114,57	
02:28-6	06:52-6	13:21-8	16:35-7	26:58-13	30:22-13	45:31-21	49:50-18	50:58-18	
02:28-6	04:24-7	06:29-15	03:14-8	10:23-34	03:24-11	15:09-34	04:19-10	01:08-7	
00:35&	00:42#	02:52&	00:59&	08:11@	01:02&	10:40@	01:24&	00:28&	
19	Aas, Eyvind			IL GeoForm		0:52:22 + 25:22		114,15	
04:19-27	11:49-21	20:30-20	24:34-19	29:52-18	34:19-16	43:55-18	50:30-19	52:22-19	
04:19-27	07:30-19	08:41-23	04:04-14	05:18-22	04:27-17	09:36-21	06:35-22	01:52-20	
02:26@	03:48@	05:04@	01:49&	03:06@	02:05&	05:07@	03:40@	01:12@	
20	Knudsen, Kåre			IL GeoForm		0:53:05 + 26:05		113,93	
04:12-25	11:26-18	19:18-16	23:24-16	29:10-16	34:38-17	44:27-19	51:04-21	53:05-20	
04:12-25	07:14-17	07:52-21	04:06-16	05:46-25	05:28-23	09:49-22	06:37-23	02:01-22	
02:19@	03:32&	04:15@	01:51&	03:34@	03:06@	05:20@	03:42@	01:21@	
21	Voss, Anne Chatrine			IL GeoForm		0:53:07 + 26:07		113,92	
04:16-26	11:36-19	19:25-17	23:47-17	29:15-17	34:47-18	44:37-20	50:54-20	53:07-21	
04:16-26	07:20-18	07:49-20	04:22-20	05:28-23	05:32-24	09:50-23	06:17-20	02:13-23	
02:23@	03:38&	04:12@	02:07&	03:16@	03:10@	05:21@	03:22@	01:33@	
22	Haugerud, Sigurd			IL GeoForm		0:57:13 + 30:13		112,68	
04:02-20	11:44-20	21:52-22	27:34-25	31:57-22	37:13-22	47:16-23	54:55-22	57:13-22	
04:02-20	07:42-22	10:08-28	05:42-31	04:23-18	05:16-22	10:03-24	07:39-29	02:18-26	
02:09@	04:00@	06:31@	03:27@	02:11&	02:54@	05:34@	04:44@	01:38@	
23	Ng, Matthew			OSI		0:58:24 + 31:24		112,32	
03:35-18	13:56-31	20:05-19	26:17-22	30:41-19	35:55-21	42:14-15	57:02-23	58:24-23	
03:35-18	10:21-31	06:09-12	06:12-33	04:24-19	05:14-21	06:19-6	14:48-33	01:22-13	
01:42&	06:39@	02:32&	03:57@	02:12@	02:52@	01:50&	11:53@	00:42@	
24	Sandelien, Sidsel			Vegdirektoratet		1:00:22 + 33:22		111,72	
04:57-30	13:09-24	23:07-26	27:16-23	34:40-27	41:08-26	50:05-24	57:27-24	60:22-24	
04:57-30	08:12-24	09:58-27	04:09-18	07:24-29	06:28-27	08:57-18	07:22-27	02:55-31	
03:04@	04:30@	06:21@	01:54&	05:12@	04:06@	04:28&	04:27@	02:15@	
25	Rogstad, Astri			OSI		1:00:23 + 33:23		111,72	
06:07-35	13:37-29	22:12-23	25:40-20	31:24-20	44:03-27	53:26-26	58:54-25	60:23-25	
06:07-35	07:30-19	08:35-22	03:28-11	05:44-24	12:39-33	09:23-19	05:28-19	01:29-15	
04:14@	03:48@	04:58@	01:13&	03:32@	10:17@	04:54@	02:33&	00:49@	
26	Vik, Eilen Arctander			IL Koll		1:00:55 + 33:55		111,56	
08:50-36	20:28-34	26:16-32	30:21-30	33:42-26	40:19-25	50:43-25	59:41-26	60:55-26	
08:50-36	11:38-33	05:48-11	04:05-15	03:21-12	06:37-29	10:24-25	08:58-30	01:14-11	
06:57@	07:56@	02:11&	01:50&	01:09&	04:15@	05:55@	06:03@	00:34&	
27	Trondsen, Terje			Nittedal OL		1:03:23 + 36:23		110,81	
03:27-17	11:54-22	20:51-21	26:03-21	36:07-29	48:59-30	56:50-27	62:08-28	63:23-27	

