

# Strekktider Østmarka Open løp 4 11. september 2018

## Klasse: N-åpen

| 31                             | 32        | 33        | 34        | 59        | 36        | 100                         |              |
|--------------------------------|-----------|-----------|-----------|-----------|-----------|-----------------------------|--------------|
| <b>Vegard Skaali Madsen</b>    |           |           |           |           |           | <b>Østmarka OK</b>          | <b>30:45</b> |
| 6:05 (7)                       | 9:30 (6)  | 12:20 (7) | 20:01 (8) | 23:40 (7) | 28:08 (8) | 30:45 (8)                   |              |
| 6:05 (7)                       | 3:25 (7)  | 2:50 (7)  | 7:41 (8)  | 3:39 (4)  | 4:28 (8)  | 2:37 (4)                    |              |
| +2:40                          | +1:22     | +1:21     | +3:48     | +0:39     | +1:59     | +0:55                       |              |
| <b>Marghrete Skaali Madsen</b> |           |           |           |           |           | <b>Østmarka Orientering</b> | <b>25:53</b> |
| 4:28 (4)                       | 7:02 (4)  | 8:55 (4)  | 14:19 (5) | 18:28 (4) | 22:25 (4) | 25:53 (4)                   |              |
| 4:28 (4)                       | 2:34 (4)  | 1:53 (3)  | 5:24 (5)  | 4:09 (7)  | 3:57 (6)  | 3:28 (7)                    |              |
| +1:03                          | +0:31     | +0:24     | +1:31     | +1:09     | +1:28     | +1:46                       |              |
| <b>Gry Skaali</b>              |           |           |           |           |           | <b>Østmarka OK</b>          | <b>30:44</b> |
| 6:11 (8)                       | 9:32 (7)  | 12:24 (8) | 19:59 (7) | 23:45 (8) | 28:07 (7) | 30:44 (7)                   |              |
| 6:11 (8)                       | 3:21 (6)  | 2:52 (8)  | 7:35 (7)  | 3:46 (5)  | 4:22 (7)  | 2:37 (4)                    |              |
| +2:46                          | +1:18     | +1:23     | +3:42     | +0:46     | +1:53     | +0:55                       |              |
| <b>Joachim Madsen</b>          |           |           |           |           |           | <b>Østmarka OK</b>          | <b>25:55</b> |
| 4:29 (5)                       | 7:04 (5)  | 9:09 (5)  | 14:12 (4) | 18:32 (5) | 22:28 (5) | 25:55 (5)                   |              |
| 4:29 (5)                       | 2:35 (5)  | 2:05 (6)  | 5:03 (4)  | 4:20 (8)  | 3:56 (5)  | 3:27 (6)                    |              |
| +1:04                          | +0:32     | +0:36     | +1:10     | +1:20     | +1:27     | +1:45                       |              |
| <b>Korhan Markussen</b>        |           |           |           |           |           | <b>Privat</b>               | <b>19:15</b> |
| 3:25 (1)                       | 5:28 (1)  | 6:57 (1)  | 11:41 (2) | 14:41 (1) | 17:31 (1) | 19:15 (1)                   |              |
| 3:25 (1)                       | 2:03 (1)  | 1:29 (1)  | 4:44 (3)  | 3:00 (1)  | 2:50 (2)  | 1:44 (2)                    |              |
| 0:00                           | 0:00      | 0:00      | +0:51     | 0:00      | +0:21     | +0:02                       |              |
| <b>Matea Meland Kongsland</b>  |           |           |           |           |           | <b>Østmarka OK</b>          | <b>21:31</b> |
| 3:32 (3)                       | 5:52 (2)  | 7:25 (2)  | 14:11 (3) | 17:20 (3) | 19:49 (3) | 21:31 (3)                   |              |
| 3:32 (3)                       | 2:20 (2)  | 1:33 (2)  | 6:46 (6)  | 3:09 (2)  | 2:29 (1)  | 1:42 (1)                    |              |
| +0:07                          | +0:17     | +0:04     | +2:53     | +0:09     | 0:00      | 0:00                        |              |
| <b>Emil Hanssen Lauten</b>     |           |           |           |           |           | <b>Østmarka OK</b>          | <b>20:15</b> |
| 3:30 (2)                       | 5:52 (2)  | 7:46 (3)  | 11:39 (1) | 15:10 (2) | 18:21 (2) | 20:15 (2)                   |              |
| 3:30 (2)                       | 2:22 (3)  | 1:54 (4)  | 3:53 (1)  | 3:31 (3)  | 3:11 (3)  | 1:54 (3)                    |              |
| +0:05                          | +0:19     | +0:25     | 0:00      | +0:31     | +0:42     | +0:12                       |              |
| <b>Eline Bergeland</b>         |           |           |           |           |           | <b>Østmarka OK</b>          | <b>27:23</b> |
| 4:30 (6)                       | 10:05 (8) | 12:05 (6) | 15:59 (6) | 20:01 (6) | 23:31 (6) | 27:23 (6)                   |              |
| 4:30 (6)                       | 5:35 (8)  | 2:00 (5)  | 3:54 (2)  | 4:02 (6)  | 3:30 (4)  | 3:52 (8)                    |              |
| +1:05                          | +3:32     | +0:31     | +0:01     | +1:02     | +1:01     | +2:10                       |              |

## Klasse: D 11-12

| 34       | 32                                 | 49        | 46        | 36        | 100       |                    |              |
|----------|------------------------------------|-----------|-----------|-----------|-----------|--------------------|--------------|
| <b>1</b> | <b>Martine Arntzen Haug</b>        |           |           |           |           | <b>Østmarka OK</b> | <b>23:12</b> |
| 4:16 (1) | 7:09 (1)                           | 11:34 (1) | 15:44 (1) | 21:52 (1) | 23:12 (1) |                    |              |
| 4:16 (1) | 2:53 (1)                           | 4:25 (1)  | 4:10 (1)  | 6:08 (1)  | 1:20 (1)  |                    |              |
| 0:00     | 0:00                               | 0:00      | 0:00      | 0:00      | 0:00      |                    |              |
| <b>2</b> | <b>Katrina Jarstadmarken Price</b> |           |           |           |           | <b>Østmarka OK</b> | <b>42:06</b> |
| 4:38 (2) | 10:48 (3)                          | 18:46 (4) | 28:06 (2) | 40:30 (2) | 42:06 (2) |                    |              |
| 4:38 (2) | 6:10 (5)                           | 7:58 (4)  | 9:20 (3)  | 12:24 (5) | 1:36 (3)  |                    |              |
| +0:22    | +3:17                              | +3:33     | +5:10     | +6:16     | +0:16     |                    |              |
| <b>3</b> | <b>Pernille Sundt Lyngøy</b>       |           |           |           |           | <b>Østmarka OK</b> | <b>43:15</b> |
| 5:37 (3) | 10:14 (2)                          | 17:42 (2) | 29:06 (3) | 40:42 (3) | 43:15 (3) |                    |              |
| 5:37 (3) | 4:37 (2)                           | 7:28 (3)  | 11:24 (4) | 11:36 (3) | 2:33 (5)  |                    |              |
| +1:21    | +1:44                              | +3:03     | +7:14     | +5:28     | +1:13     |                    |              |

|            |                                   |                    |              |
|------------|-----------------------------------|--------------------|--------------|
| <b>4</b>   | <b>Ingrid Jarstadmarken Price</b> | <b>Østmarka OK</b> | <b>44:06</b> |
| 6:32 (4)   | 11:18 (4)                         | 18:32 (3)          | 30:01 (4)    |
| 6:32 (4)   | 4:46 (3)                          | 7:14 (2)           | 11:29 (5)    |
| +2:16      | +1:53                             | +2:49              | +7:19        |
|            |                                   |                    | +5:27        |
|            |                                   |                    | +1:10        |
| <b>5</b>   | <b>Martine Berg-Olsen</b>         | <b>Østmarka OK</b> | <b>44:15</b> |
| 7:17 (5)   | 13:10 (5)                         | 21:12 (5)          | 30:29 (5)    |
| 7:17 (5)   | 5:53 (4)                          | 8:02 (5)           | 9:17 (2)     |
| +3:01      | +3:00                             | +3:37              | +5:07        |
|            |                                   |                    | +6:15        |
|            |                                   |                    | +0:03        |
| <b>DSQ</b> | <b>Pernille Nor-Woll</b>          | <b>Østmarka OK</b> | <b>14:28</b> |
| 6:11       |                                   |                    | 12:09        |
| 6:11       |                                   |                    | 0:00         |
| +6:11      |                                   |                    | 0:00         |

### Klasse: D 13-14

|           |                    |                    |              |           |           |            |  |
|-----------|--------------------|--------------------|--------------|-----------|-----------|------------|--|
| <b>38</b> | <b>39</b>          | <b>41</b>          | <b>40</b>    | <b>64</b> | <b>36</b> | <b>100</b> |  |
| <b>1</b>  | <b>Gina Brevik</b> | <b>Østmarka OK</b> | <b>55:06</b> |           |           |            |  |
| 5:22 (1)  | 15:03 (1)          | 21:27 (1)          | 37:34 (1)    | 48:36 (1) | 53:07 (1) | 55:06 (1)  |  |
| 5:22 (1)  | 9:41 (1)           | 6:24 (1)           | 16:07 (1)    | 11:02 (1) | 4:31 (1)  | 1:59 (1)   |  |
| 0:00      | 0:00               | 0:00               | 0:00         | 0:00      | 0:00      | 0:00       |  |

### Klasse: D 15-16

|           |                              |                    |                |           |             |             |             |             |  |
|-----------|------------------------------|--------------------|----------------|-----------|-------------|-------------|-------------|-------------|--|
| <b>38</b> | <b>39</b>                    | <b>40</b>          | <b>42</b>      | <b>41</b> | <b>44</b>   | <b>64</b>   | <b>36</b>   | <b>100</b>  |  |
| <b>1</b>  | <b>Sigrid Nerموen</b>        | <b>Østmarka OK</b> | <b>1:03:33</b> |           |             |             |             |             |  |
| 3:09 (1)  | 11:00 (1)                    | 20:42 (1)          | 37:17 (1)      | 44:35 (1) | 52:57 (1)   | 58:44 (1)   | 1:01:56 (1) | 1:03:33 (1) |  |
| 3:09 (1)  | 7:51 (1)                     | 9:42 (1)           | 16:35 (2)      | 7:18 (1)  | 8:22 (2)    | 5:47 (1)    | 3:12 (2)    | 1:37 (2)    |  |
| 0:00      | 0:00                         | 0:00               | +3:28          | 0:00      | +2:01       | 0:00        | +0:04       | +0:10       |  |
| <b>2</b>  | <b>Inga Cathrin Winsvold</b> | <b>Østmarka OK</b> | <b>1:16:49</b> |           |             |             |             |             |  |
| 17:54 (2) | 27:39 (2)                    | 37:48 (2)          | 50:55 (2)      | 58:51 (2) | 1:05:12 (2) | 1:12:14 (2) | 1:15:22 (2) | 1:16:49 (2) |  |
| 17:54 (2) | 9:45 (2)                     | 10:09 (2)          | 13:07 (1)      | 7:56 (2)  | 6:21 (1)    | 7:02 (2)    | 3:08 (1)    | 1:27 (1)    |  |
| +14:45    | +1:54                        | +0:27              | 0:00           | +0:38     | 0:00        | +1:15       | 0:00        | 0:00        |  |

### Klasse: Damer-AK

|            |                               |                    |                |             |             |             |             |             |  |
|------------|-------------------------------|--------------------|----------------|-------------|-------------|-------------|-------------|-------------|--|
| <b>38</b>  | <b>39</b>                     | <b>40</b>          | <b>42</b>      | <b>41</b>   | <b>44</b>   | <b>64</b>   | <b>36</b>   | <b>100</b>  |  |
| <b>1</b>   | <b>Julie Hilland Andersen</b> | <b>Halden SK</b>   | <b>54:18</b>   |             |             |             |             |             |  |
| 5:55 (2)   | 13:06 (2)                     | 21:37 (2)          | 32:11 (1)      | 39:05 (1)   | 43:48 (1)   | 49:38 (1)   | 52:49 (1)   | 54:18 (1)   |  |
| 5:55 (2)   | 7:11 (1)                      | 8:31 (2)           | 10:34 (1)      | 6:54 (1)    | 4:43 (1)    | 5:50 (1)    | 3:11 (2)    | 1:29 (2)    |  |
| +1:19      | 0:00                          | +0:36              | 0:00           | 0:00        | 0:00        | 0:00        | +0:15       | +0:09       |  |
| <b>2</b>   | <b>Hilde Jarstadmarken</b>    | <b>Østmarka OK</b> | <b>56:13</b>   |             |             |             |             |             |  |
| 4:36 (1)   | 12:59 (1)                     | 20:54 (1)          | 32:25 (2)      | 39:53 (2)   | 45:34 (2)   | 51:57 (2)   | 54:53 (2)   | 56:13 (2)   |  |
| 4:36 (1)   | 8:23 (2)                      | 7:55 (1)           | 11:31 (2)      | 7:28 (2)    | 5:41 (2)    | 6:23 (2)    | 2:56 (1)    | 1:20 (1)    |  |
| 0:00       | +1:12                         | 0:00               | +0:57          | +0:34       | +0:58       | +0:33       | 0:00        | 0:00        |  |
| <b>3</b>   | <b>Ingrid Nerموen</b>         | <b>Østmarka OK</b> | <b>1:32:35</b> |             |             |             |             |             |  |
| 7:00 (3)   | 16:39 (3)                     | 27:05 (3)          | 59:57 (3)      | 1:08:19 (3) | 1:16:19 (3) | 1:26:37 (3) | 1:30:49 (3) | 1:32:35 (3) |  |
| 7:00 (3)   | 9:39 (3)                      | 10:26 (3)          | 32:52 (3)      | 8:22 (3)    | 8:00 (3)    | 10:18 (3)   | 4:12 (3)    | 1:46 (3)    |  |
| +2:24      | +2:28                         | +2:31              | +22:18         | +1:28       | +3:17       | +4:28       | +1:16       | +0:26       |  |
| <b>DSQ</b> | <b>Kristin Stubban Hygen</b>  | <b>Østmarka OK</b> | <b>53:00</b>   |             |             |             |             |             |  |
| 4:40       | 29:30                         | 53:00              |                |             |             |             |             |             |  |
| 4:40       | 24:50                         | 23:30              |                |             |             |             |             |             |  |
| +4:40      | +24:50                        | +23:30             |                |             |             |             |             |             |  |

### Klasse: Damer-B

|           |                    |                    |              |           |           |            |  |
|-----------|--------------------|--------------------|--------------|-----------|-----------|------------|--|
| <b>38</b> | <b>39</b>          | <b>41</b>          | <b>40</b>    | <b>64</b> | <b>36</b> | <b>100</b> |  |
| <b>1</b>  | <b>Gunvor Ruud</b> | <b>Østmarka OK</b> | <b>54:28</b> |           |           |            |  |
| 9:40 (2)  | 18:58 (2)          | 26:33 (1)          | 38:08 (1)    | 47:52 (1) | 52:31 (1) | 54:28 (1)  |  |

|            |                        |           |           |           |                           |             |                |  |
|------------|------------------------|-----------|-----------|-----------|---------------------------|-------------|----------------|--|
| 9:40 (2)   | 9:18 (2)               | 7:35 (1)  | 11:35 (2) | 9:44 (1)  | 4:39 (2)                  | 1:57 (2)    |                |  |
| +1:52      | +0:30                  | 0:00      | +1:01     | 0:00      | +1:31                     | +0:26       |                |  |
| <b>2</b>   | <b>Frida Van Megen</b> |           |           |           | <b>Oppsal Orientering</b> |             | <b>1:03:51</b> |  |
| 7:48 (1)   | 16:36 (1)              | 37:09 (2) | 47:43 (2) | 59:12 (2) | 1:02:20 (2)               | 1:03:51 (2) |                |  |
| 7:48 (1)   | 8:48 (1)               | 20:33 (2) | 10:34 (1) | 11:29 (2) | 3:08 (1)                  | 1:31 (1)    |                |  |
| 0:00       | 0:00                   | +12:58    | 0:00      | +1:45     | 0:00                      | 0:00        |                |  |
| <b>DSQ</b> | <b>Helena Granberg</b> |           |           |           | <b>Østmarka OK</b>        |             | <b>59:57</b>   |  |
|            | 46:26                  |           |           |           | 58:10                     | 59:57       |                |  |
|            | 46:26                  |           |           |           | 0:00                      | 0:00        |                |  |
|            | +46:26                 |           |           |           | 0:00                      | 0:00        |                |  |
| <b>DSQ</b> | <b>Katrine Holen</b>   |           |           |           | <b>Østmarka OK</b>        |             | <b>1:18:49</b> |  |
| 15:07      | 27:30                  | 45:23     |           |           | 1:18:49                   |             |                |  |
| 15:07      | 12:23                  | 17:53     |           |           | 0:00                      |             |                |  |
| +15:07     | +12:23                 | +17:53    |           |           | 0:00                      |             |                |  |

## Klasse: Damer-C

|           |  |           |           |           |                    |  |              |
|-----------|--|-----------|-----------|-----------|--------------------|--|--------------|
| <b>34</b> | <b>32</b>                              | <b>49</b> | <b>46</b> | <b>36</b> | <b>100</b>         |  |              |
| <b>1</b>  | <b>Beate Ellingsen</b>                 |           |           |           | <b>Østmarka OK</b> |  | <b>31:47</b> |
| 7:42 (2)  | 10:10 (1)                              | 15:44 (1) | 22:09 (1) | 30:16 (1) | 31:47 (1)          |  |              |
| 7:42 (2)  | 2:28 (1)                               | 5:34 (1)  | 6:25 (2)  | 8:07 (1)  | 1:31 (1)           |  |              |
| +0:42     | 0:00                                   | 0:00      | +1:02     | 0:00      | 0:00               |  |              |
| <b>2</b>  | <b>June Herredsvela</b>                |           |           |           | <b>Østmarka OK</b> |  | <b>37:38</b> |
| 8:23 (3)  | 11:44 (3)                              | 17:44 (3) | 23:07 (2) | 34:24 (2) | 37:38 (2)          |  |              |
| 8:23 (3)  | 3:21 (3)                               | 6:00 (3)  | 5:23 (1)  | 11:17 (4) | 3:14 (4)           |  |              |
| +1:23     | +0:53                                  | +0:26     | 0:00      | +3:10     | +1:43              |  |              |
| <b>3</b>  | <b>Jenny Emilie Brenni Herredsvela</b> |           |           |           | <b>Østmarka OK</b> |  | <b>38:28</b> |
| 7:00 (1)  | 11:37 (2)                              | 17:16 (2) | 24:33 (3) | 35:35 (3) | 38:28 (3)          |  |              |
| 7:00 (1)  | 4:37 (4)                               | 5:39 (2)  | 7:17 (3)  | 11:02 (3) | 2:53 (3)           |  |              |
| 0:00      | +2:09                                  | +0:05     | +1:54     | +2:55     | +1:22              |  |              |
| <b>4</b>  | <b>Eldrid Odden Otterlei</b>           |           |           |           | <b>Østmarka OK</b> |  | <b>45:04</b> |
| 14:56 (4) | 18:09 (4)                              | 24:24 (4) | 33:44 (4) | 43:13 (4) | 45:04 (4)          |  |              |
| 14:56 (4) | 3:13 (2)                               | 6:15 (4)  | 9:20 (4)  | 9:29 (2)  | 1:51 (2)           |  |              |
| +7:56     | +0:45                                  | +0:41     | +3:57     | +1:22     | +0:20              |  |              |

## Klasse: H 11-12

|           |                            |           |           |           |                    |  |              |
|-----------|----------------------------|-----------|-----------|-----------|--------------------|--|--------------|
| <b>34</b> | <b>32</b>                  | <b>49</b> | <b>46</b> | <b>36</b> | <b>100</b>         |  |              |
| <b>1</b>  | <b>Håvard Rønningen</b>    |           |           |           | <b>Østmarka OK</b> |  | <b>22:03</b> |
| 4:21 (1)  | 6:59 (1)                   | 11:04 (1) | 14:35 (1) | 20:32 (1) | 22:03 (1)          |  |              |
| 4:21 (1)  | 2:38 (1)                   | 4:05 (1)  | 3:31 (1)  | 5:57 (1)  | 1:31 (1)           |  |              |
| 0:00      | 0:00                       | 0:00      | 0:00      | 0:00      | 0:00               |  |              |
| <b>2</b>  | <b>Anders Bergeland</b>    |           |           |           | <b>Østmarka OK</b> |  | <b>32:17</b> |
| 4:52 (2)  | 9:07 (2)                   | 14:53 (2) | 22:59 (2) | 30:24 (2) | 32:17 (2)          |  |              |
| 4:52 (2)  | 4:15 (2)                   | 5:46 (2)  | 8:06 (3)  | 7:25 (2)  | 1:53 (2)           |  |              |
| +0:31     | +1:37                      | +1:41     | +4:35     | +1:28     | +0:22              |  |              |
| <b>3</b>  | <b>Kristoffer Nomeland</b> |           |           |           | <b>Østmarka OK</b> |  | <b>35:56</b> |
| 7:12 (3)  | 11:49 (3)                  | 18:23 (3) | 24:17 (3) | 33:59 (3) | 35:56 (3)          |  |              |
| 7:12 (3)  | 4:37 (3)                   | 6:34 (3)  | 5:54 (2)  | 9:42 (3)  | 1:57 (3)           |  |              |
| +2:51     | +1:59                      | +2:29     | +2:23     | +3:45     | +0:26              |  |              |

## Klasse: H 13-14

|            |                          |           |           |           |                    |            |              |
|------------|--------------------------|-----------|-----------|-----------|--------------------|------------|--------------|
| <b>38</b>  | <b>39</b>                | <b>41</b> | <b>40</b> | <b>64</b> | <b>36</b>          | <b>100</b> |              |
| <b>1</b>   | <b>Erlend Otterlei</b>   |           |           |           | <b>Østmarka OK</b> |            | <b>54:36</b> |
| 3:10 (1)   | 10:48 (1)                | 28:29 (1) | 40:50 (1) | 50:47 (1) | 53:29 (1)          | 54:36 (1)  |              |
| 3:10 (1)   | 7:38 (1)                 | 17:41 (1) | 12:21 (1) | 9:57 (1)  | 2:42 (1)           | 1:07 (1)   |              |
| 0:00       | 0:00                     | 0:00      | 0:00      | 0:00      | 0:00               | 0:00       |              |
| <b>DSQ</b> | <b>Mathias Linløyken</b> |           |           |           | <b>Østmarka OK</b> |            | <b>3:19</b>  |

3:19  
3:19  
+3:19

## Klasse: Herrer-A

| 38         | 39                              | 43        | 60        | 42        | 41          | 44                        | 64          | 36          | 100            |
|------------|---------------------------------|-----------|-----------|-----------|-------------|---------------------------|-------------|-------------|----------------|
| <b>1</b>   | <b>Inge Linseth</b>             |           |           |           |             | <b>Nydalens SK</b>        |             |             | <b>41:36</b>   |
| 2:02 (1)   | 6:46 (1)                        | 17:24 (1) | 21:37 (1) | 28:05 (1) | 31:58 (1)   | 34:44 (1)                 | 38:38 (1)   | 40:30 (1)   | 41:36 (1)      |
| 2:02 (1)   | 4:44 (1)                        | 10:38 (1) | 4:13 (1)  | 6:28 (2)  | 3:53 (1)    | 2:46 (1)                  | 3:54 (1)    | 1:52 (1)    | 1:06 (1)       |
| 0:00       | 0:00                            | 0:00      | 0:00      | +0:05     | 0:00        | 0:00                      | 0:00        | 0:00        | 0:00           |
| <b>2</b>   | <b>Knut Edvard Helland</b>      |           |           |           |             | <b>Østmarka OK</b>        |             |             | <b>46:55</b>   |
| 2:12 (2)   | 7:19 (2)                        | 18:45 (3) | 23:40 (3) | 30:03 (2) | 34:07 (2)   | 37:52 (2)                 | 43:08 (2)   | 45:38 (2)   | 46:55 (2)      |
| 2:12 (2)   | 5:07 (3)                        | 11:26 (3) | 4:55 (3)  | 6:23 (1)  | 4:04 (2)    | 3:45 (2)                  | 5:16 (3)    | 2:30 (3)    | 1:17 (4)       |
| +0:10      | +0:23                           | +0:48     | +0:42     | 0:00      | +0:11       | +0:59                     | +1:22       | +0:38       | +0:11          |
| <b>3</b>   | <b>Tor Andreas Andersen</b>     |           |           |           |             | <b>Oppsal Orientering</b> |             |             | <b>55:48</b>   |
| 2:21 (3)   | 7:24 (3)                        | 18:14 (2) | 22:30 (2) | 37:34 (3) | 42:38 (3)   | 47:40 (3)                 | 52:12 (3)   | 54:32 (3)   | 55:48 (3)      |
| 2:21 (3)   | 5:03 (2)                        | 10:50 (2) | 4:16 (2)  | 15:04 (7) | 5:04 (3)    | 5:02 (5)                  | 4:32 (2)    | 2:20 (2)    | 1:16 (3)       |
| +0:19      | +0:19                           | +0:12     | +0:03     | +8:41     | +1:11       | +2:16                     | +0:38       | +0:28       | +0:10          |
| <b>4</b>   | <b>Kjetil Sverdrup-Thygeson</b> |           |           |           |             | <b>Østmarka OK</b>        |             |             | <b>1:02:40</b> |
| 3:11 (5)   | 12:29 (6)                       | 27:33 (4) | 33:53 (4) | 42:48 (4) | 48:10 (4)   | 52:43 (4)                 | 58:19 (4)   | 1:01:09 (4) | 1:02:40 (4)    |
| 3:11 (5)   | 9:18 (7)                        | 15:04 (4) | 6:20 (4)  | 8:55 (3)  | 5:22 (5)    | 4:33 (3)                  | 5:36 (5)    | 2:50 (4)    | 1:31 (6)       |
| +1:09      | +4:34                           | +4:26     | +2:07     | +2:32     | +1:29       | +1:47                     | +1:42       | +0:58       | +0:25          |
| <b>5</b>   | <b>Thomas Grøstad</b>           |           |           |           |             | <b>Østmarka OK</b>        |             |             | <b>1:06:48</b> |
| 2:56 (4)   | 10:11 (4)                       | 28:11 (5) | 35:14 (5) | 44:47 (5) | 51:36 (5)   | 57:01 (5)                 | 1:02:38 (5) | 1:05:29 (5) | 1:06:48 (5)    |
| 2:56 (4)   | 7:15 (6)                        | 18:00 (5) | 7:03 (5)  | 9:33 (5)  | 6:49 (6)    | 5:25 (6)                  | 5:37 (6)    | 2:51 (5)    | 1:19 (5)       |
| +0:54      | +2:31                           | +7:22     | +2:50     | +3:10     | +2:56       | +2:39                     | +1:43       | +0:59       | +0:13          |
| <b>6</b>   | <b>Knut Anders Løken</b>        |           |           |           |             | <b>Fossum IF</b>          |             |             | <b>1:17:11</b> |
| 13:00 (7)  | 18:48 (7)                       | 40:25 (7) | 48:14 (7) | 57:25 (7) | 1:02:45 (7) | 1:07:19 (6)               | 1:12:37 (6) | 1:15:59 (6) | 1:17:11 (6)    |
| 13:00 (7)  | 5:48 (4)                        | 21:37 (6) | 7:49 (6)  | 9:11 (4)  | 5:20 (4)    | 4:34 (4)                  | 5:18 (4)    | 3:22 (6)    | 1:12 (2)       |
| +10:58     | +1:04                           | +10:59    | +3:36     | +2:48     | +1:27       | +1:48                     | +1:24       | +1:30       | +0:06          |
| <b>7</b>   | <b>Hans Olav Hygen</b>          |           |           |           |             | <b>Østmarka OK</b>        |             |             | <b>1:20:45</b> |
| 3:47 (6)   | 10:59 (5)                       | 33:45 (6) | 42:13 (6) | 52:01 (6) | 1:01:40 (6) | 1:08:11 (7)               | 1:15:27 (7) | 1:19:01 (7) | 1:20:45 (7)    |
| 3:47 (6)   | 7:12 (5)                        | 22:46 (7) | 8:28 (7)  | 9:48 (6)  | 9:39 (7)    | 6:31 (7)                  | 7:16 (7)    | 3:34 (7)    | 1:44 (7)       |
| +1:45      | +2:28                           | +12:08    | +4:15     | +3:25     | +5:46       | +3:45                     | +3:22       | +1:42       | +0:38          |
| <b>DSQ</b> | <b>Henrik Gudim</b>             |           |           |           |             | <b>Østmarka OK</b>        |             |             | <b>52:55</b>   |
| 9:58       | 18:21                           |           |           |           |             |                           |             |             | 52:55          |
| 9:58       | 8:23                            |           |           |           |             |                           |             |             | 0:00           |
| +9:58      | +8:23                           |           |           |           |             |                           |             |             | 0:00           |
| <b>DSQ</b> | <b>Håvar Brevik</b>             |           |           |           |             | <b>Østmarka OK</b>        |             |             | <b>55:09</b>   |
| 5:25       | 15:08                           |           |           |           | 21:38       | 48:46                     | 53:29       |             | 55:09          |
| 5:25       | 9:43                            |           |           |           | 21:38       | 0:00                      | 0:00        |             | 0:00           |
| +5:25      | +9:43                           |           |           |           | +21:38      | 0:00                      | 0:00        |             | 0:00           |
| <b>DSQ</b> | <b>Carl Erik Wasberg</b>        |           |           |           |             | <b>Oppsal</b>             |             |             | <b>58:47</b>   |
| 3:20       | 9:07                            | 23:27     | 29:02     |           | 43:44       | 48:18                     | 53:38       | 57:09       | 58:47          |
| 3:20       | 5:47                            | 14:20     | 5:35      |           | 43:44       | 4:34                      | 5:20        | 3:31        | 0:00           |
| +3:20      | +5:47                           | +14:20    | +5:35     |           | +43:44      | +4:34                     | +5:20       | +3:31       | 0:00           |
| <b>DSQ</b> | <b>Bjørn Christensen</b>        |           |           |           |             | <b>Østmarka OK</b>        |             |             | <b>1:03:57</b> |
| 3:10       | 8:56                            |           | 38:37     | 46:15     | 50:46       | 54:44                     | 1:00:01     | 1:02:30     | 1:03:57        |
| 3:10       | 5:46                            |           | 38:37     | 7:38      | 4:31        | 3:58                      | 5:17        | 2:29        | 0:00           |
| +3:10      | +5:46                           |           | +38:37    | +7:38     | +4:31       | +3:58                     | +5:17       | +2:29       | 0:00           |
| <b>DSQ</b> | <b>Sveinung Syversen</b>        |           |           |           |             | <b>Oppsal Orientering</b> |             |             | <b>1:12:23</b> |
| 7:45       | 12:49                           | 26:02     | 36:34     |           | 57:41       | 1:01:43                   | 1:08:00     | 1:10:40     | 1:12:23        |
| 7:45       | 5:04                            | 13:13     | 10:32     |           | 57:41       | 4:02                      | 6:17        | 2:40        | 0:00           |
| +7:45      | +5:04                           | +13:13    | +10:32    |           | +57:41      | +4:02                     | +6:17       | +2:40       | 0:00           |

## Klasse: Herrer-AK

| 38       | 39                   | 40 | 42 | 41 | 44 | 64                 | 36 | 100 |              |
|----------|----------------------|----|----|----|----|--------------------|----|-----|--------------|
| <b>1</b> | <b>Rune Teigland</b> |    |    |    |    | <b>Østmarka OK</b> |    |     | <b>45:44</b> |

|          |          |           |           |           |           |           |           |           |
|----------|----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 3:13 (3) | 9:08 (1) | 15:59 (1) | 25:59 (1) | 30:39 (1) | 34:57 (1) | 41:25 (1) | 44:07 (1) | 45:44 (1) |
| 3:13 (3) | 5:55 (1) | 6:51 (1)  | 10:00 (1) | 4:40 (1)  | 4:18 (1)  | 6:28 (3)  | 2:42 (2)  | 1:37 (4)  |
| +0:17    | 0:00     | 0:00      | 0:00      | 0:00      | 0:00      | +0:43     | +0:23     | +0:28     |

**2 Per Arne Karlsen Østmarka OK 53:53**

|          |           |           |           |           |           |           |           |           |
|----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 3:54 (5) | 11:16 (3) | 19:18 (3) | 30:30 (2) | 36:26 (2) | 41:03 (2) | 46:48 (2) | 52:20 (2) | 53:53 (2) |
| 3:54 (5) | 7:22 (3)  | 8:02 (3)  | 11:12 (2) | 5:56 (2)  | 4:37 (2)  | 5:45 (1)  | 5:32 (5)  | 1:33 (3)  |
| +0:58    | +1:27     | +1:11     | +1:12     | +1:16     | +0:19     | 0:00      | +3:13     | +0:24     |

**3 Svein Otterlei Østmarka OK 59:50**

|          |           |           |           |           |           |           |           |           |
|----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 3:02 (2) | 10:09 (2) | 17:55 (2) | 37:14 (3) | 44:39 (3) | 49:21 (3) | 55:07 (3) | 58:19 (3) | 59:50 (3) |
| 3:02 (2) | 7:07 (2)  | 7:46 (2)  | 19:19 (5) | 7:25 (5)  | 4:42 (3)  | 5:46 (2)  | 3:12 (3)  | 1:31 (2)  |
| +0:06    | +1:12     | +0:55     | +9:19     | +2:45     | +0:24     | +0:01     | +0:53     | +0:22     |

**4 Audun Jørgensen Østmarka OK 1:05:06**

|          |           |           |           |           |           |             |             |             |
|----------|-----------|-----------|-----------|-----------|-----------|-------------|-------------|-------------|
| 2:56 (1) | 13:37 (5) | 21:54 (4) | 39:19 (4) | 49:23 (5) | 54:15 (4) | 1:01:38 (4) | 1:03:57 (4) | 1:05:06 (4) |
| 2:56 (1) | 10:41 (6) | 8:17 (4)  | 17:25 (3) | 10:04 (6) | 4:52 (4)  | 7:23 (4)    | 2:19 (1)    | 1:09 (1)    |
| 0:00     | +4:46     | +1:26     | +7:25     | +5:24     | +0:34     | +1:38       | 0:00        | 0:00        |

**5 Dag Haugland Østmarka OK 1:12:25**

|          |           |           |           |           |           |             |             |             |
|----------|-----------|-----------|-----------|-----------|-----------|-------------|-------------|-------------|
| 5:02 (6) | 13:55 (6) | 24:43 (6) | 42:13 (5) | 49:22 (4) | 56:02 (5) | 1:04:17 (5) | 1:09:51 (5) | 1:12:25 (5) |
| 5:02 (6) | 8:53 (4)  | 10:48 (5) | 17:30 (4) | 7:09 (4)  | 6:40 (6)  | 8:15 (5)    | 5:34 (6)    | 2:34 (6)    |
| +2:06    | +2:58     | +3:57     | +7:30     | +2:29     | +2:22     | +2:30       | +3:15       | +1:25       |

**6 Kai Halvorsen Årekol Siemens 1:14:25**

|          |           |           |           |           |           |             |             |             |
|----------|-----------|-----------|-----------|-----------|-----------|-------------|-------------|-------------|
| 3:43 (4) | 12:53 (4) | 24:03 (5) | 45:51 (6) | 52:17 (6) | 58:00 (6) | 1:09:04 (6) | 1:12:46 (6) | 1:14:25 (6) |
| 3:43 (4) | 9:10 (5)  | 11:10 (6) | 21:48 (6) | 6:26 (3)  | 5:43 (5)  | 11:04 (6)   | 3:42 (4)    | 1:39 (5)    |
| +0:47    | +3:15     | +4:19     | +11:48    | +1:46     | +1:25     | +5:19       | +1:23       | +0:30       |

**DSQ Truls Hangell Lillomarka 1:23:36**

|       |        |        |        |  |  |         |
|-------|--------|--------|--------|--|--|---------|
| 8:14  | 23:54  | 35:23  | 55:39  |  |  | 1:23:36 |
| 8:14  | 15:40  | 11:29  | 20:16  |  |  | 0:00    |
| +8:14 | +15:40 | +11:29 | +20:16 |  |  | 0:00    |

## Klasse: Herrer-B

**38 39 41 40 64 36 100 1 Tor Magnus Grøstad Østmarka OK 34:46**

|          |          |           |           |           |           |           |
|----------|----------|-----------|-----------|-----------|-----------|-----------|
| 2:51 (1) | 9:11 (1) | 14:50 (1) | 24:25 (1) | 30:50 (1) | 33:44 (1) | 34:46 (1) |
| 2:51 (1) | 6:20 (1) | 5:39 (1)  | 9:35 (1)  | 6:25 (1)  | 2:54 (1)  | 1:02 (1)  |
| 0:00     | 0:00     | 0:00      | 0:00      | 0:00      | 0:00      | 0:00      |

**2 Kim Berg Olsen Østmarka OK 1:09:30**

|          |           |           |           |             |             |             |
|----------|-----------|-----------|-----------|-------------|-------------|-------------|
| 5:14 (2) | 20:03 (2) | 38:48 (2) | 51:41 (2) | 1:02:21 (2) | 1:08:13 (2) | 1:09:30 (2) |
| 5:14 (2) | 14:49 (2) | 18:45 (2) | 12:53 (2) | 10:40 (2)   | 5:52 (2)    | 1:17 (2)    |
| +2:23    | +8:29     | +13:06    | +3:18     | +4:15       | +2:58       | +0:15       |

## Klasse: Herrer-C

**34 32 49 46 36 100 1 Stian Lillegård Lillomarka OL 21:56**

|          |          |           |           |           |           |
|----------|----------|-----------|-----------|-----------|-----------|
| 4:28 (2) | 6:47 (2) | 10:54 (2) | 15:16 (2) | 20:35 (1) | 21:56 (1) |
| 4:28 (2) | 2:19 (1) | 4:07 (1)  | 4:22 (2)  | 5:19 (1)  | 1:21 (1)  |
| +0:20    | 0:00     | 0:00      | +0:12     | 0:00      | 0:00      |

**2 Øyvind Haug Østmarka OK 23:46**

|          |          |           |           |           |           |
|----------|----------|-----------|-----------|-----------|-----------|
| 4:08 (1) | 6:32 (1) | 10:52 (1) | 15:02 (1) | 22:18 (2) | 23:46 (2) |
| 4:08 (1) | 2:24 (2) | 4:20 (2)  | 4:10 (1)  | 7:16 (2)  | 1:28 (2)  |
| 0:00     | +0:05    | +0:13     | 0:00      | +1:57     | +0:07     |

**3 Ole Martin Nomeland Østmarka OK 44:31**

|          |           |           |           |           |           |
|----------|-----------|-----------|-----------|-----------|-----------|
| 7:18 (3) | 11:55 (3) | 18:27 (3) | 27:56 (3) | 42:12 (3) | 44:31 (3) |
| 7:18 (3) | 4:37 (3)  | 6:32 (4)  | 9:29 (3)  | 14:16 (4) | 2:19 (4)  |
| +3:10    | +2:18     | +2:25     | +5:19     | +8:57     | +0:58     |

**4 Korhan Markussen Privat 50:38**

|           |           |           |           |           |           |
|-----------|-----------|-----------|-----------|-----------|-----------|
| 14:59 (4) | 24:32 (4) | 29:12 (4) | 40:17 (4) | 49:07 (4) | 50:38 (4) |
| 14:59 (4) | 9:33 (4)  | 4:40 (3)  | 11:05 (4) | 8:50 (3)  | 1:31 (3)  |
| +10:51    | +7:14     | +0:33     | +6:55     | +3:31     | +0:10     |

Arrangør: Østmarka OK

Antall deltagere: 59

72ms

[Brikkesys.no](https://brikkesys.no)