

Rankingløp 16

Dato/sted: 22. september 2018 - Langsetløkka
Kart: Langsetløkka 2009
Arr: OSI v/Christine Parnemo og Magne Vollen
Antall: Totalt: 139 (GeoForm: 15, OSI: 6, DNV/ESSO: 2, Andre: 116)
Løpsrapport: Alder: 21-: 124, 17-20: 0, 13-16: 11, 0-12: 4
Løpsavgift: kr. 70: 124 kr. 30: 15
Startkont: kr. 70: 101 kr. 30: 38 kr. 0: 0
Betalt: kr. 70: 101 kr. 30: 36 kr. 0: 2
Leiebrikker: 0 stk

Resultater: [Lang\(54\)](#) | [Mellom\(46\)](#) | [Kort\(39\)](#) | [Grafisk](#)
Strekktider: [Lang\(54\)](#) | [Mellom\(46\)](#) | [Kort\(39\)](#)

Resultater Lang (5,0 km)

Plass	Navn	Klubb	Tid	Poeng
1	Nipen, Thomas	Bækkelaget	0:38:45 + 00:00	151,87
2	Gustafsson, Niklas	OK Tisaren	0:41:11 + 02:26	150,42
3	Seierstad, Ivar	IL GeoForm	0:41:25 + 02:40	150,28
4	Schlaupitz, Holger	GeoForm	0:43:03 + 04:18	149,30
5	Henriksen, Jan Tore	Norges Bank BIL	0:45:00 + 06:15	148,14
6	Næss-Ulseth, Eirik	Heming Orientering	0:45:36 + 06:51	147,78
7	Langaas, Sindre	Nydalens SK	0:46:04 + 07:19	147,50
8	Bårtveit, Knut	Bø OL	0:47:22 + 08:37	146,72
9	Borg, Christian Fredrik	IL Koll	0:48:08 + 09:23	146,27
10	Bachen Ulseth, Kasper	Nydalen SK	0:48:22 + 09:37	146,13
11	Holo, Øystein	Fossum IF	0:48:28 + 09:43	146,07
12	Hjelseth, Teodor Mo	Nydalens SK	0:49:02 + 10:17	145,73
13	Larsen, Anders Håvard	Nydalens SK	0:49:03 + 10:18	145,72
14	Noer, Lars Karelius	NRK	0:49:29 + 10:44	145,46
15	Berg, Rolf Andreas	Nydalens SK	0:49:35 + 10:50	145,40
16	Helland, Knut	Østmarka OK	0:50:08 + 11:23	145,07
17	Larsen, Dag Håvard	Nydalens SK	0:50:21 + 11:36	144,94
18	Grinde, Bjørn	OSI	0:50:45 + 12:00	144,71
19	Glendrange, Øyvind	Nittedal OL	0:50:50 + 12:05	144,66
20	Heir, Morten	Fossum IF	0:51:29 + 12:44	144,27
21	Åsmul, Eskil	OL Trollelg	0:52:25 + 13:40	143,71
22	Eastwood, Steinar	Lillomarka OL	0:53:10 + 14:25	143,26
23	Neset, Håkon	Privat	0:53:53 + 15:08	142,83
24	Grandal, Bjørn Henning	IL Tyrving	0:54:23 + 15:38	142,54
25	Nederhoed, Lasse	NOTEAM	0:54:39 + 15:54	142,38
26	Rystad, Jarand	Heming Orientering	0:54:42 + 15:57	142,35
27	Olsen, Tor Erik	Teddy tv	0:58:02 + 19:17	140,36
28	Lund, Harald Østgaard	IL GeoForm	0:58:18 + 19:33	140,20
29	Bakken, Marianne	Nydalens SK	0:58:21 + 19:36	140,17
30	Teigland, Rune	Aas Jakobsen	0:58:29 + 19:44	140,09
31	Pedersen, Atle	Fossum IF	0:58:54 + 20:09	139,84
32	Sætnan, Knut Jostein	Fossum IF	0:59:30 + 20:45	139,48
33	Lahlum, Jon	IL GeoForm	0:59:37 + 20:52	139,41
34	Refsland, Ivar	UiO	1:03:25 + 24:40	137,14
35	Thømt, Øyvind	Indre Østfold OK	1:03:47 + 25:02	136,92

36	Iwe, Harald	IL GeoForm	1:03:55 + 25:10	136,85
37	Tallaksen, Tor Kristian	Privat	1:04:10 + 25:25	136,70
38	Heitmann, Ståle	Fossum IF	1:05:04 + 26:19	136,16
39	Eriksen, Are	OSI	1:05:30 + 26:45	135,90
40	Stiansen, Per	Nydalen SK	1:05:33 + 26:48	135,87
41	Onstad, William	Kjelsås IL	1:05:44 + 26:59	135,76
42	Dahl, Anne	Nydalens SK	1:05:52 + 27:07	135,68
43	Bremnes, John Bjørnar	IL GeoForm	1:05:55 + 27:10	135,65
44	Lahlum, Tor	Kolbotn og Skimt OL	1:06:02 + 27:17	135,58
45	Christensen, Lars	DNV	1:10:28 + 31:43	132,94
46	Norderud, Anne Kristine	Tyrving	1:11:13 + 32:28	132,49
47	Sætnan, Birk Felland	Fossum IF	1:13:11 + 34:26	131,31
48	Kristensen, Ole Kristian	Forsvaret	1:16:08 + 37:23	129,55
49	Berg, Rolf	Nydalen SK	1:16:46 + 38:01	129,17
50	Sauar, Brita	IL Koll	1:16:56 + 38:11	129,08
51	Hansen, Simen	Heming Orientering	1:23:38 + 44:53	125,08
52	Neto, Raphael	Private	1:41:30 +1:02:45	114,41
DSQ	Onsager, Knut	IL GeoForm	0:57:03 (-1 poster)	97,22
DSQ	Rystad, Gard	Heming Orientering	1:11:00 (-6 poster)	83,33

Resultater Mellom (3,7 km)

Plass	Navn	Klubb	Tid	Poeng
1	Berteig, Vidar	IL GeoForm	0:39:46 + 00:00	135,59
2	Oram, Louise	Bekkelaget SK	0:39:49 + 00:03	135,56
3	Benestad, Lars	IK Grane	0:39:51 + 00:05	135,55
4	Astrup Arnesen, Signe	Heming Orientering	0:42:46 + 03:00	134,31
5	Jensen, Einar	Nydalens SK	0:43:31 + 03:45	133,99
6	Markset, Kjell	Koll	0:43:44 + 03:58	133,90
7	Njåstein, Marianne	IL Tyrving	0:44:52 + 05:06	133,42
8	Kaarby, Per	Over toppen IL	0:47:00 + 07:14	132,51
9	Løken, Knut Anders	Fossum IF	0:47:01 + 07:15	132,50
10	Smith-Meyer, Henrik	DNV	0:47:19 + 07:33	132,37
11	Øderud, Ingeborg	Bekkelaget	0:48:20 + 08:34	131,94
12	Mella, Stein	Praxair	0:48:21 + 08:35	131,93
13	Falck, Heidi	Tyrving	0:51:14 + 11:28	130,71
14	Brurberg, May Bente	Ås-NMBU Orientering	0:51:30 + 11:44	130,59
15	Strand, Tove	Måren OK	0:52:04 + 12:18	130,35
16	Vatne, Lars Øderuud	Bekkelaget	0:55:37 + 15:51	128,84
17	Mø, Maiken Skirstad	Nydalens SK	0:55:42 + 15:56	128,81
18	Bach, Esben	Oslostudentenes IK	0:56:00 + 16:14	128,68
19	Øhlckers, Sofia	Tyrving	0:56:20 + 16:34	128,54
20	Skantze, Kjersti	IL Tyrving	0:56:36 + 16:50	128,43
21	Øhlckers, Per	Tyrving	0:56:41 + 16:55	128,39
22	Fremming, Hans Henrik	Meteorologen	0:57:00 + 17:14	128,26
23	Tho, Kjersti	Stabæk IF	0:57:57 + 18:11	127,85
24	Eijsink, Vincent	Ås-NMBU Orientering	0:58:30 + 18:44	127,62
25	Onstad, Julie	Kjelsås IL	0:58:40 + 18:54	127,55
26	Myhre, Per	Haugesund IL	0:59:04 + 19:18	127,38
27	Myhre, Stein	Oslo sporveier BIL	0:59:39 + 19:53	127,13
28	Rikheim, Harald	Rådtassene	0:59:46 + 20:00	127,08
29	Skjelkvåle, Brit Lisa	GeoForm	1:00:50 + 21:04	126,63
30	Kongsberg, Morten	Tyrving	1:01:02 + 21:16	126,54
31	Gjerding, Roy	Moss	1:01:05 + 21:19	126,52

32	Hultgreen, Rune	GeoForm	1:02:48 + 23:02	125,79
33	Grandal, Else	IL Tyrving	1:04:18 + 24:32	125,15
34	Egner, Bjørn	Heming Orientering	1:05:06 + 25:20	124,81
35	Lea, Tor	Nydalen SK	1:06:09 + 26:23	124,36
36	Skyttersæter, Runa	Heming Orientering	1:07:31 + 27:45	123,78
37	Jahren Herud , Tone	Fossum IF	1:07:46 + 28:00	123,68
38	Eijsink, Malin	Nydalens SK	1:09:54 + 30:08	122,77
39	Ng, Matthew	Oslostudentenes IK	1:10:31 + 30:45	122,51
40	Berg, Kirsti	IL Tyrving	1:15:05 + 35:19	120,56
41	Sælevik, Anita	Haugesund IL Orientering	1:16:46 + 37:00	119,85
42	Eriksen, Morten Tandberg	OUS BIL	1:17:16 + 37:30	119,64
43	Enstrøm, Lenny Viking	Oslostudentenes IK	1:20:57 + 41:11	118,07
44	Knudsen, Kåre	IL GeoForm	1:26:39 + 46:53	115,64
45	Kongsnes, Arne	Oppsal IF	1:29:40 + 49:54	114,36
46	Norderud, Thor	Tyrving	1:38:42 + 58:56	110,52

Resultater Kort (2,3 km)

Plass	Navn	Klubb	Tid	Poeng
1	Eggen, Lars Erik	Nydalens SK	0:25:46 + 00:00	121,25
2	Næss Ulseth, Frida	Nydalens SK	0:29:45 + 03:59	119,90
3	Ongstad, Per	Privat	0:30:02 + 04:16	119,80
4	Stenstadvoll, Kjell	Tyrving	0:30:46 + 05:00	119,55
5	Carlsson, Bjørn Are	Fossum IF	0:30:55 + 05:09	119,50
6	Ludvigsen, Bjørn W.	Sturla, IF	0:34:11 + 08:25	118,39
7	Løken, Aleidis	Heming Orientering	0:34:26 + 08:40	118,31
8	Aubert, Aksel	Oppsal IF	0:34:27 + 08:41	118,30
9	Madsen , Øystein	Haugerud If	0:34:31 + 08:45	118,28
10	Broadwell, Sharon	IL GeoForm	0:35:25 + 09:39	117,97
11	Edwardsen, Marte	Koll	0:35:30 + 09:44	117,94
12	Jendal, Nils Henrik	Fossum IF	0:37:07 + 11:21	117,40
13	Jendal, Selma	Fossum IF	0:37:24 + 11:38	117,30
14	Gange, Finn	Privat	0:37:33 + 11:47	117,25
15	Drage, Unni	Aker Solutions	0:39:35 + 13:49	116,56
16	Næss-Ulseth, Anders	Heming Orientering	0:40:04 + 14:18	116,39
17	Haugen, Per	Lillomarka OL	0:41:53 + 16:07	115,78
18	Fismen, Odin	Fossum IF	0:42:19 + 16:33	115,63
19	Fismen, Britta	Fossum IF	0:42:21 + 16:35	115,62
20	Gunnerød, Bjørn	IL GeoForm	0:42:38 + 16:52	115,52
21	Drage, Tor	Aker Solutions	0:42:41 + 16:55	115,50
22	Ursin, Nora	Bærum kommune	0:47:13 + 21:27	113,97
23	Aas, Eyvind	IL GeoForm	0:47:20 + 21:34	113,93
24	Føllesdal, Dagfinn	Oslostudentenes IK	0:47:46 + 22:00	113,78
25	Scheie, Arne Christian	Østmarka OK	0:47:53 + 22:07	113,74
26	Spjelkavik, Aud I	IL Tyrving	0:53:44 + 27:58	111,75
27	Fanuelson, Brynhild	Fossum IF	0:53:53 + 28:07	111,70
28	Grymyr, Aina	Haugerud If	0:59:07 + 33:21	109,92
29	Gjerme, Per	Asker SK	1:00:16 + 34:30	109,53
30	Slaughter, Laura	Private	1:05:18 + 39:32	107,82
31	Peters, Emily	Nydalen SK	1:10:22 + 44:36	106,10
32	Ruud, Steinar	Konnerud IF	1:11:24 + 45:38	105,75
33	Kjenseth Glendrange, Simen	Nittedal OL	1:17:17 + 51:31	103,75
34	Bugge, Merete	Stami	1:18:01 + 52:15	103,51
35	Fremming, Ørnulf	Meteorologen	1:19:04 + 53:18	103,15

DSQ	Spjelkavik, Bjørn	IL Tyrving	0:36:40	(-1 poster)	93,75
DSQ	Aubert, Espen	Privat	0:39:06	(-1 poster)	93,75
DSQ	Hangeraas, Knut Kristen	IL GeoForm	0:55:53	(-1 poster)	93,75
DSQ	Bakken, Ingeborg	Måren OK	1:06:37	(-1 poster)	93,75

Strekktider Lang

Plass	Navn	Klubb	Tid	Poeng
1	Nipen, Thomas	Bakkelaaget	0:38:45 + 00:00	151,87
	01:20-1 03:20-1 05:47-1 08:37-1 12:44-1 14:54-2 16:20-2 17:20-2 18:30-1 19:39-1 22:20-1 25:15-1 27:59-1 31:14-1 33:15-1 34:52-1 36:29-1 37:43-1 38:45-1			
	01:20-1 02:00-1 02:27-1 02:50-2 04:07-2 02:10-6 01:26-3 01:00-2 01:10-1 01:09-3 02:41-2 02:55-2 02:44-1 03:15-1 02:01-3 01:37-1 01:37-8 01:14-3 01:02-5			
	00:00= 00:00= 00:00= 00:02+ 00:16+ 00:17# 00:04+ 00:01+ 00:00= 00:02+ 00:08+ 00:05+ 00:00= 00:00= 00:04+ 00:00= 00:17# 00:09# 00:14&			
2	Gustafsson, Niklas	OK Tisaren	0:41:11 + 02:26	150,42
	01:35-13 03:38-3 06:15-2 09:03-2 12:54-2 14:52-1 16:14-1 17:13-1 18:56-2 20:09-2 22:59-2 26:02-2 28:54-2 32:23-2 34:24-2 36:03-2 38:36-2 39:56-2 41:11-2			
	01:35-13 02:03-2 02:37-2 02:48-1 03:51-1 01:58-3 01:22-1 00:59-1 01:43-27 01:13-8 02:50-6 03:03-3 02:52-3 03:29-3 02:01-3 01:39-3 02:33-43 01:20-8 01:15-29			
	00:15# 00:03+ 00:10+ 00:00= 00:00= 00:05+ 00:00= 00:00= 00:33& 00:06+ 00:17# 00:13+ 00:08+ 00:14+ 00:04+ 00:02+ 01:13& 00:15# 00:27&			
3	Seierstad, Ivar	IL GeoForm	0:41:25 + 02:40	150,28
	01:33-8 03:38-2 07:06-7 10:35-8 14:47-3 16:41-3 18:04-3 19:08-3 20:36-3 22:05-3 24:48-3 27:38-3 30:23-3 33:45-3 35:45-3 37:22-3 39:05-3 40:23-3 41:25-3			
	01:33-6 02:05-4 03:28-24 03:29-8 04:12-3 01:54-2 01:23-2 01:04-4 01:28-8 01:29-28 02:43-3 02:50-1 02:45-2 03:22-2 02:00-2 01:37-1 01:43-12 01:18-6 01:02-5			
	00:13# 00:05+ 01:01& 00:41# 00:21+ 00:01+ 00:01+ 00:05+ 00:18& 00:22& 00:10+ 00:00= 00:01+ 00:07+ 00:03+ 00:00= 00:23& 00:13# 00:14&			
4	Schlaupitz, Holger	GeoForm	0:43:03 + 04:18	149,30
	01:33-7 03:44-5 06:50-4 10:25-6 15:01-6 17:11-4 18:52-5 20:02-6 21:30-5 22:40-4 25:13-4 28:30-4 31:23-4 35:18-4 37:15-4 39:02-4 40:31-4 42:03-4 43:03-4			
	01:33-6 02:11-6 03:06-5 03:35-13 04:36-5 02:10-6 01:41-9 01:10-9 01:28-8 01:10-4 02:33-1 03:17-5 02:53-4 03:55-8 01:57-1 01:47-5 01:29-5 01:32-15 01:00-2			
	00:13# 00:11+ 00:39& 00:47& 00:45# 00:17# 00:19# 00:11# 00:18& 00:03+ 00:00= 00:27# 00:09+ 00:40# 00:00= 00:10# 00:09# 00:27& 00:12&			
5	Henriksen, Jan Tore	Norges Bank BIL	0:45:00 + 06:15	148,14
	01:36-17 03:40-4 07:15-10 10:16-3 15:01-5 17:17-6 18:59-6 20:00-4 21:34-6 22:45-5 25:42-6 29:37-7 32:53-7 36:44-6 38:49-5 40:52-5 42:28-5 43:49-5 45:00-5			
	01:36-14 02:04-3 03:35-26 03:01-3 04:45-8 02:16-11 01:42-11 01:01-3 01:34-18 01:11-5 02:57-9 03:55-23 03:16-13 03:51-7 02:05-5 02:03-18 01:36-6 01:21-9 01:11-20			
	00:16# 00:04+ 01:08& 00:13+ 00:54# 00:23# 00:20# 00:02+ 00:24& 00:04+ 00:24# 01:05& 00:32# 00:36# 00:08+ 00:26& 00:16# 00:16# 00:23&			
6	Næss-Ulseth, Eirik	Heming Orientering	0:45:36 + 06:51	147,78
	01:37-18 03:50-7 07:24-16 10:48-9 15:18-8 17:30-8 19:07-7 20:16-7 21:39-7 22:50-6 25:37-5 28:59-5 32:11-6 36:38-5 39:02-6 40:57-6 42:41-6 44:27-6 45:36-6			
	01:37-18 02:13-8 03:34-25 03:24-6 04:30-4 02:12-9 01:37-5 01:09-8 01:23-4 01:11-5 02:47-4 03:22-7 03:12-10 04:27-26 02:24-12 01:55-12 01:44-15 01:46-32 01:09-14			
	00:17# 00:13# 01:07& 00:36# 00:39# 00:19# 00:15# 00:10# 00:13# 00:04+ 00:14+ 00:32# 00:28# 01:12& 00:27# 00:18# 00:24& 00:41& 00:21&			
7	Langaas, Sindre	Nydalens SK	0:46:04 + 07:19	147,50
	01:30-4 03:52-8 06:43-3 10:19-5 14:55-4 17:25-7 19:38-8 20:44-8 22:13-8 23:20-8 26:47-8 30:18-8 33:28-8 37:31-7 39:50-7 41:41-7 43:25-7 44:58-7 46:04-7			
	01:30-4 02:22-13 02:51-3 03:36-14 04:36-5 02:30-24 02:13-34 01:06-5 01:29-11 01:07-1 03:27-27 03:31-9 03:10-8 04:03-10 02:19-9 01:51-9 01:44-15 01:33-17 01:06-9			
	00:10# 00:22# 00:24# 00:48& 00:45# 00:37& 00:51& 00:07# 00:19& 00:00= 00:54& 00:41# 00:26# 00:48# 00:22# 00:14# 00:24& 00:28& 00:18&			
8	Bårtveit, Knut	Bø OL	0:47:22 + 08:37	146,72
	01:36-15 03:47-6 06:54-5 10:18-4 15:04-7 17:17-5 18:49-4 20:01-5 21:29-4 23:05-7 25:52-7 29:05-6 32:08-5 37:51-8 40:20-8 42:35-8 44:39-9 46:21-8 47:22-8			
	01:36-14 02:11-6 03:07-7 03:24-6 04:46-9 02:13-10 01:32-4 01:12-14 01:28-8 01:36-35 02:47-4 03:13-4 03:03-6 05:43-40 02:29-17 02:15-32 02:04-30 01:42-29 01:01-4			
	00:16# 00:11+ 00:40& 00:36# 00:55# 00:20# 00:10# 00:13# 00:18& 00:29& 00:14+ 00:23# 00:19# 02:28& 00:32& 00:38& 00:44& 00:37& 00:13&			
9	Borg, Christian Fredrik	IL Koll	0:48:08 + 09:23	146,27
	01:31-5 04:04-13 08:04-23 12:57-31 18:16-26 20:09-19 22:06-18 23:13-17 24:26-16 25:37-15 29:02-16 32:41-14 35:56-12 40:11-13 42:36-11 44:22-11 45:49-11 47:00-9 48:08-9			
	01:31-5 02:33-20 04:00-38 04:53-42 05:19-17 01:53-1 01:57-22 01:07-6 01:13-2 01:11-5 03:25-23 03:39-11 03:15-12 04:15-19 02:25-14 01:46-4 01:27-4 01:11-2 01:08-12			
	00:11# 00:33& 01:33& 02:05& 01:28& 00:00= 00:35& 00:08# 00:03+ 00:04+ 00:52& 00:49& 00:31# 01:00& 00:28# 00:09+ 00:07+ 00:06+ 00:20&			
10	Bachen Ulseth, Kasper	Nydalen SK	0:48:22 + 09:37	146,13
	01:27-2 04:29-23 07:43-20 11:02-11 15:42-9 18:32-11 20:19-10 21:32-10 22:53-10 24:00-10 27:05-9 31:34-11 34:40-9 38:48-9 41:26-9 43:17-9 44:37-8 47:16-11 48:22-10			
	01:27-2 03:02-34 03:14-15 03:19-4 04:40-7 02:50-33 01:47-15 01:13-17 01:21-3 01:07-1 03:05-11 04:29-34 03:06-7 04:08-15 02:38-25 01:51-9 01:20-1 02:39-45 01:06-9			
	00:07+ 01:02& 00:47& 00:31# 00:49# 00:57& 00:25& 00:14# 00:11# 00:00= 00:32# 01:39& 00:22# 00:53& 00:41& 00:14# 00:00= 01:34@ 00:18&			
11	Holo, Øystein	Fossum IF	0:48:28 + 09:43	146,07
	01:44-23 04:16-19 07:25-17 10:54-10 16:18-11 18:28-10 21:04-13 22:20-13 23:53-12 25:13-12 28:47-13 32:40-13 35:58-13 39:41-11 41:48-10 43:51-10 45:40-10 47:15-10 48:28-11			
	01:44-22 02:32-18 03:09-9 03:29-8 05:24-19 02:10-6 02:36-44 01:16-20 01:33-15 01:20-16 03:34-32 03:53-22 03:18-14 03:43-4 02:07-6 02:03-18 01:49-18 01:35-23 01:13-25			
	00:24& 00:32& 00:42& 00:41# 01:33& 00:17# 01:14& 00:17& 00:23& 00:13# 01:01& 01:03& 00:34# 00:28# 00:10+ 00:26& 00:29& 00:30& 00:25&			
12	Hjelseth, Teodor Mo	Nydalens SK	0:49:02 + 10:17	145,73
	02:16-39 05:22-37 08:48-33 12:20-21 17:11-17 20:22-20 22:04-17 23:22-19 24:46-18 26:12-18 29:32-18 33:14-17 36:41-16 40:47-16 42:56-13 44:46-13 46:24-12 48:14-13 49:02-12			

Strekktider Mellom

Plass	Navn	Klubb	Tid	Poeng
1	Berteig, Vidar	IL GeoForm	0:39:46 + 00:00	135,59
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35	Lea, Tor			Nydalen SK		1:06:09 + 26:23		124,36					
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36	Skyttersæter, Runa			Heming Orientering		1:07:31 + 27:45		123,78					
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37	Jahren Herud, Tone			Fossum IF		1:07:46 + 28:00		123,68					
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39	Ng, Matthew			Oslostudentenes IK		1:10:31 + 30:45		122,51					
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41	Sælevik, Anita			Haugesund IL Orientering		1:16:46 + 37:00		119,85					
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43	Enstrøm, Lenny Viking	Oslostudentenes IK	1:20:57 + 41:11	118,07															
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44	Knudsen, Kåre	IL GeoForm	1:26:39 + 46:53	115,64															
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45	Kongsnes, Arne	Oppsal IF	1:29:40 + 49:54	114,36															
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46	Norderud, Thor	Tyrving	1:38:42 + 58:56	110,52															
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4	Stenstadvoll, Kjell	Tyrving	0:30:46 + 05:00	119,55					
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6	Ludvigsen, Bjørn W.	Sturla, IF	0:34:11 + 08:25	118,39					
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7	Løken, Aleidis	Heming Orientering	0:34:26 + 08:40	118,31					
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