

Rankingløp

Dato/sted: 29. september 2018 -

Kart:

Arr: IL GeoForm v/

Antall: Totalt: 106 (GeoForm: 12, OSI: 4, DNV/ESSO: 4, Andre: 86)

Løpsrapport: Alder: 21-: 106, 17-20: 0, 13-16: 0, 0-12: 0

Løpsavgift: kr. 70: 106 kr. 30: 0

Startkont: kr. 70: 86 kr. 30: 20 kr. 0: 0

Betalt: kr. 70: 86 kr. 30: 16 kr. 0: 4

Leiebrikker: 3 stk

Resultater: [Lang\(48\)](#) | [Mellom\(36\)](#) | [Kort\(20\)](#) | [Grafisk](#)

Strekktider: [Lang\(48\)](#) | [Mellom\(36\)](#) | [Kort\(20\)](#)

Resultater Lang (5,8 km)

Plass	Navn	Klubb	Tid	Poeng
1	Nordbrøden, Mats	Halden SK	0:43:46 + 00:00	151,74
2	Christiansen, Vetle	Bækkelagets SK	0:44:29 + 00:43	151,36
3	Jacobsen, Kristoffer	IL Tyrving	0:44:52 + 01:06	151,16
4	Schlaupitz, Holger	IL GeoForm	0:51:01 + 07:15	147,89
5	Andersen, Tor Andreas	Oppsal IF	0:51:06 + 07:20	147,85
6	Fismen, Morten	Fossum IF	0:53:04 + 09:18	146,80
7	Langaas, Sindre	Nydalens SK	0:53:31 + 09:45	146,56
8	Blomseth Johnsen, Vegard	NTNUI	0:53:58 + 10:12	146,32
9	Nipen, Jørgen Mathias	Bækkelaget	0:55:10 + 11:24	145,69
10	Olausson, Mikael	Oslostudentenes IK	0:55:11 + 11:25	145,68
11	Helland, Knut	Østmarka OK	0:55:12 + 11:26	145,67
12	Eide Solstad, Torkel	Vbil	0:55:19 + 11:33	145,61
13	Ring, Stefan	Statnett	0:56:04 + 12:18	145,21
14	Lesteberg, Ola	Kongsberg OL	0:56:19 + 12:33	145,07
15	Henriksen, Jan Tore	Norges Bank BIL	0:57:22 + 13:36	144,52
16	Heier, Morten	Fossum IF	0:57:51 + 14:05	144,26
17	Wigaard, Espen	Oppsal Orientering	0:58:27 + 14:41	143,94
18	Myhrvold, Tore	DNV	0:59:33 + 15:47	143,36
19	Åsmul, Eskill	OL Trollelg	0:59:44 + 15:58	143,26
20	Grinde, Bjørn	OSI	0:59:54 + 16:08	143,17
21	Christiansen, Yngvar	Bækkelagets SK	1:02:24 + 18:38	141,84
22	Systad, Rolv Anders	Lyn	1:03:44 + 19:58	141,13
23	Korvald, Christian	N1B OK	1:05:07 + 21:21	140,40
24	Gammelsæter, Bjørnar	Kolbotn og Skimt OL	1:05:18 + 21:32	140,30
25	Oram, Louise	Bækkelaget SK	1:05:33 + 21:47	140,17
26	Refsland, Ivar	UiO	1:07:12 + 23:26	139,29
27	Fismen, Britta	Fossum IF	1:07:19 + 23:33	139,23
28	Jevanord, Hans	Fossum IF	1:07:45 + 23:59	139,00
29	Østgaard Lund, Harald	IL GeoForm	1:08:40 + 24:54	138,51
30	Weydahl, Helge	FFI	1:09:19 + 25:33	138,17
31	Lahlum, Jon	IL GeoForm	1:10:57 + 27:11	137,30
32	Kildahl, Øystein	Østmarka OK	1:11:07 + 27:21	137,21
33	Sauar, Erik	Koll	1:11:49 + 28:03	136,84
34	Sauar, Brita	Statoil	1:11:53 + 28:07	136,80
35	Grotnes, Christian	IL Tyrving	1:12:35 + 28:49	136,43

36	Terkelsen, Pål	Privat	1:15:25 + 31:39	134,92
37	Wang, Dag	Lillomarka OL	1:16:25 + 32:39	134,39
38	Henriksen, Jon Gunnar	Rudsbygd IL	1:16:49 + 33:03	134,18
39	Lahlum, Tor	Kolbotn og Skimt OL	1:17:53 + 34:07	133,61
40	Stiansen, Per	Privat	1:18:50 + 35:04	133,11
41	Fixdal, Trude	IL Koll	1:19:17 + 35:31	132,87
42	Onsager, Knut	IL GeoForm	1:19:49 + 36:03	132,59
43	Eriksen, Are	OSI	1:20:15 + 36:29	132,36
44	Olsen, Tor Erik	Teddy TV	1:24:06 + 40:20	130,31
45	Bremnes, John Bjørnar	IL GeoForm	1:24:34 + 40:48	130,06
46	Åstebøl, Ketil	Oppsal IF	1:34:07 + 50:21	124,99
47	Osnes, Egil Reidar	Privat	1:37:31 + 53:45	123,18
	Teigland, Rune	Østmarka OK	FULLFØRT	100,00

Resultater Mellom (4,4 km)

Plass	Navn	Klubb	Tid	Poeng
1	Eriksen, Jan R.	Asker SK	0:39:02 + 00:00	136,39
2	Leo, Agnes	Halden SK	0:41:14 + 02:12	135,49
3	Hestengen, Truls	Oppsal Orientering	0:41:50 + 02:48	135,24
4	Due, Morten	Måren OK	0:44:47 + 05:45	134,02
5	Strandhagen, Torgeir	Røyken OL	0:45:11 + 06:09	133,86
6	Fjær, Hallvard	Lillomarka OL	0:45:33 + 06:31	133,71
7	Tiltnes, Ida	IL Tyrving	0:47:54 + 08:52	132,74
8	Andersen, Tor Ragnar	Halden SK	0:49:03 + 10:01	132,26
9	Berteig, Vidar	IL GeoForm	0:49:07 + 10:05	132,23
10	Hole, Torstein	Nydalens SK	0:49:32 + 10:30	132,06
11	Aalde, Axel	Nydalens SK	0:51:10 + 12:08	131,39
12	Skantze, Kjersti	IL Tyrving	0:52:09 + 13:07	130,98
13	Klaveness, Peter	Måren OK	0:53:11 + 14:09	130,56
14	Granly, Martin	Siemens Oslo	0:53:48 + 14:46	130,30
15	Sigurdson, Roar	Ringnes	0:54:27 + 15:25	130,03
16	Endresen, Lars Petter	Måren OK	0:54:51 + 15:49	129,87
17	Jensen, Johan T.	Nydalens SK	0:54:58 + 15:56	129,82
18	Arnesen, Geir	Bærum Skiklub	0:55:08 + 16:06	129,75
19	Kaarby, Per	Over toppen	0:55:53 + 16:51	129,44
20	Falck, Heidi	IL Tyrving	1:00:25 + 21:23	127,57
21	Rikheim, Harald	Rådtassene	1:05:24 + 26:22	125,52
22	Myhre, Stein	Oslo sporveier BIL	1:05:25 + 26:23	125,51
23	Jahren Herud, Tone	Fossum IF	1:05:29 + 26:27	125,48
24	Karlsen, Stig Hultgreen	IL GeoForm	1:11:36 + 32:34	122,96
25	Tho, Kjersti	Stabæk IF	1:12:10 + 33:08	122,72
26	Aamot, Frida	Nydalen SK	1:12:12 + 33:10	122,71
27	Brodin, Nils Jørgen	Byggmesterforbundet	1:12:46 + 33:44	122,48
28	Andersson, Espen	Nydalens SK	1:13:27 + 34:25	122,19
29	Axelsson, Helena	Nydalens SK	1:13:28 + 34:26	122,19
30	Broadwell, Sharon	IL GeoForm	1:16:14 + 37:12	121,05
31	Bjørgum, Hallvard	DNV	1:18:20 + 39:18	120,18
32	Hultgreen, Rune	IL GeoForm	1:18:38 + 39:36	120,06
33	Jevanord, Magnus	Fossum IF	1:31:40 + 52:38	114,68
34	Rørlien, Anne Berit	Privat	1:32:09 + 53:07	114,48
DSQ	Hetland, Jens	Nydalen SK	1:22:21 (-1 poster)	96,43
DSQ	Bjordal, Roar	Oppsal IF	0:57:57 (-10 poster)	64,29

Resultater Kort (2,0 km)

Plass	Navn	Klubb	Tid	Poeng
1	Aulie, Harald	IL Koll	0:21:39 + 00:00	120,89
2	Carlsson, Bjørn Are	Fossum IF	0:22:55 + 01:16	120,36
3	Ongstad, Per	Privat	0:23:10 + 01:31	120,26
4	Spjelkavik, Bjørn	IL Tyrving	0:24:46 + 03:07	119,58
5	Jacobsen, Kjetil	Hamar OK	0:26:23 + 04:44	118,90
6	Sundelin, Gisela	Privat	0:30:16 + 08:37	117,27
7	Eriksen, Simen Dalen	Asker skiklubb	0:30:32 + 08:53	117,16
8	Føllesdal, Dagfinn	OSI	0:33:36 + 11:57	115,87
9	Bugge, Merete	STAMI	0:35:18 + 13:39	115,15
10	Kvalheim, Svein	Oppgård	0:35:34 + 13:55	115,04
11	Trondsen, Terje	Nittedal OL	0:36:25 + 14:46	114,68
12	Gange, Finn	Privat	0:37:07 + 15:28	114,39
13	Gehrmann, Andreas	Privat	0:38:26 + 16:47	113,84
14	Spjelkavik, Aud	IL Tyrving	0:38:52 + 17:13	113,65
15	Teigland, Kjell	Østmarka OK	0:39:19 + 17:40	113,46
16	Scheie, Arne Christian	Østmarka OK	0:40:34 + 18:55	112,94
17	Aas, Eyvind	IL GeoForm	0:40:44 + 19:05	112,87
18	Hangeraas, Knut	IL GeoForm	0:41:40 + 20:01	112,48
19	Gjerme, Per	Asker SK	0:51:00 + 29:21	108,55
	Herud, Mari	Fossum IF	DELTATT	50,00

Strekktider Lang

Plass	Navn	Klubb	Tid	Poeng
1	Nordbrøden, Mats	Halden SK	0:43:46 + 00:00	151,74
	04:25-3 06:41-2 07:28-3	09:27-3 10:38-2 12:03-1	14:10-1 18:12-1 18:56-1 21:26-1	25:41-1 29:17-1 30:48-1 32:05-1
	04:25-3 02:16-3 00:47-2	01:59-3 01:11-1 01:25-1	02:07-1 04:02-2 00:44-10 02:30-2	04:15-1 03:36-1 01:31-3 01:17-2
	00:14+ 00:04+ 00:05#	00:06+ 00:00= 00:00=	00:00= 00:03+ 00:08# 00:08+	00:00= 00:00= 00:07+ 00:01+
	00:03+ 00:00= 00:12&	00:00= 00:11# 00:18#	00:18# 00:00= 00:00= 00:00=	00:20+ 00:11+ 00:00= 00:00=
2	Christiansen, Vetle	Bækkelaget SK	0:44:29 + 00:43	151,36
	04:15-2 06:27-1 07:21-1	09:14-1 10:36-1 12:19-3	14:44-2 18:43-2 19:19-2 21:41-2	26:16-2 30:03-2 31:27-2 32:43-2
	04:15-2 02:12-1 00:54-7	01:53-1 01:22-3 01:43-4	02:25-2 03:59-1 00:36-1 02:22-1	04:35-3 03:47-3 01:24-1 01:16-1
	00:04+ 00:00= 00:12&	00:00= 00:11# 00:18#	00:18# 00:00= 00:00= 00:00=	00:20+ 00:11+ 00:00= 00:00=
3	Jacobsen, Kristoffer	IL Tyrving	0:44:52 + 01:06	151,16
	04:29-4 06:44-3 07:26-2	09:23-2 10:38-3 12:14-2	14:44-3 18:54-3 19:34-3 22:18-3	26:53-3 30:35-3 32:03-3 33:24-3
	04:29-4 02:15-2 00:42-1	01:57-2 01:15-2 01:36-2	02:30-4 04:10-3 00:40-2 02:44-3	04:35-3 03:42-2 01:28-2 01:21-4
	00:18+ 00:03+ 00:00=	00:04+ 00:04+ 00:11#	00:23# 00:11+ 00:04# 00:22#	00:20+ 00:06+ 00:04+ 00:05+
4	Schlaupitz, Holger	IL GeoForm	0:51:01 + 07:15	147,89
	05:02-11 07:36-10 08:35-10	10:53-9 12:26-8 14:13-7	17:02-7 21:58-6 22:42-7 25:46-6	30:31-5 34:57-6 37:07-5 38:32-5
	05:02-11 02:34-7 00:59-16	02:18-10 01:33-7 01:47-8	02:49-13 04:56-5 00:44-10 03:04-6	04:45-5 04:26-9 02:10-18 01:25-6
	00:51# 00:22# 00:17&	00:25# 00:22& 00:22&	00:42& 00:57# 00:08# 00:42&	00:30# 00:50# 00:46& 00:09#
5	Andersen, Tor Andreas	Oppsal IF	0:51:06 + 07:20	147,85
	04:53-7 07:27-7 08:20-7	10:33-6 12:05-6 13:44-5	16:19-4 21:18-4 22:00-4 24:56-4	29:54-4 34:19-4 36:08-4 37:34-4
	04:53-7 02:34-7 00:53-6	02:13-6 01:32-6 01:39-3	02:35-6 04:59-6 00:42-5 02:56-4	04:58-7 04:25-8 01:49-4 01:26-8
	00:42# 00:22# 00:11&	00:20# 00:21& 00:14#	00:28# 01:00& 00:06# 00:34#	00:43# 00:49# 00:25& 00:10#
6	Fismen, Morten	Fossum IF	0:53:04 + 09:18	146,80
	04:42-6 07:22-6 08:16-6	10:47-8 12:27-9 14:42-9	17:28-9 22:49-9 23:32-8 26:42-8	31:44-8 35:56-7 37:50-7 39:28-7
	04:42-6 02:40-11 00:54-7	02:31-16 01:40-12 02:15-27	02:46-11 05:21-11 00:43-8 03:10-10	05:02-9 04:12-6 01:54-7 01:38-16
				01:55-7 02:48-12 05:37-15 02:51-9
				00:25-8

00:31#	00:28#	00:12&	00:38&	00:29&	00:50&	00:39&	01:22&	00:07#	00:48&	00:47#	00:36#	00:30&	00:22&	00:21#	00:35&	00:50#	00:26#	00:04#
7	Langaas, Sindre			Nydalens SK		0:53:31 +	09:45	146,56										
04:31-5	07:01-5	07:53-4	10:17-4	11:52-4	13:38-4	16:31-5	21:35-5	22:19-5	25:28-5	30:32-6	34:40-5	37:31-6	39:01-6	41:49-7	44:31-7	50:01-7	53:07-7	53:31-7
04:31-5	02:30-4	00:52-4	02:24-14	01:35-9	01:46-7	02:53-15	05:04-7	00:44-10	03:09-9	05:04-10	04:08-5	02:51-38	01:30-9	02:48-36	02:42-9	05:30-10	03:06-15	00:24-4
00:20+	00:18#	00:10#	00:31&	00:24&	00:21#	00:46&	01:05&	00:08#	00:47&	00:49#	00:32#	01:27@	00:14#	01:14&	00:29#	00:43#	00:41&	00:03#
8	Blomseth Johnsen, Vegard			NTNUI		0:53:58 +	10:12	146,32										
04:55-8	07:31-9	08:22-8	10:29-5	12:00-5	14:03-6	16:52-6	21:58-7	22:40-6	25:56-7	31:21-7	36:09-8	38:12-8	40:01-8	42:01-8	44:42-8	50:11-8	53:30-8	53:58-8
04:55-8	02:36-9	00:51-3	02:07-4	01:31-5	02:03-19	02:49-13	05:06-9	00:42-5	03:16-12	05:25-14	04:48-16	02:03-13	01:49-23	02:00-14	02:41-8	05:29-9	03:19-22	00:28-16
00:44#	00:24#	00:09#	00:14#	00:20&	00:38&	00:42&	01:07&	00:06#	00:54&	01:10&	01:12&	00:39&	00:33&	00:26&	00:28#	00:42#	00:54&	00:07&
9	Nipen, Jørgen Mathias			Bakkelaaget		0:55:10 +	11:24	145,69										
05:00-10	07:30-8	08:26-9	10:36-7	12:17-7	14:19-8	17:19-8	23:54-16	24:41-16	28:06-17	33:06-14	37:38-10	39:43-11	41:07-9	42:58-9	45:34-9	51:36-9	54:43-10	55:10-9
05:00-9	02:30-4	00:56-10	02:10-5	01:41-15	02:02-17	03:00-21	06:35-28	00:47-16	03:25-19	05:00-8	04:32-11	02:05-15	01:24-5	01:51-5	02:36-6	06:02-20	03:07-17	00:27-13
00:49#	00:18#	00:14&	00:17#	00:30&	00:37&	00:53&	02:36&	00:11&	01:03&	00:45#	00:56&	00:41&	00:08#	00:17#	00:23#	01:15&	00:42&	00:06&
10	Olausson, Mikael			Oslostudentenes IK		0:55:11 +	11:25	145,68										
04:11-1	06:52-4	07:54-5	11:06-11	12:56-11	16:46-21	19:11-20	27:36-24	28:29-24	31:45-24	36:09-21	40:15-20	42:09-17	43:26-16	45:01-15	47:22-14	52:20-14	54:47-11	55:11-10
04:11-1	02:41-12	01:02-22	03:12-36	01:50-23	03:50-45	02:25-2	08:25-42	00:53-27	03:16-12	04:24-2	04:06-4	01:54-7	01:17-2	01:35-2	02:21-3	04:58-4	02:27-2	00:24-4
00:00=	00:29#	00:20&	01:19&	00:39&	02:25@	00:18#	04:26@	00:17&	00:54&	00:09+	00:30#	00:30&	00:01+	00:01+	00:08+	00:11+	00:02+	00:03#
11	Helland, Knut			Østmarka OK		0:55:12 +	11:26	145,67										
05:23-16	08:13-16	09:14-16	11:54-18	13:38-18	15:31-16	18:02-14	23:22-12	24:07-12	27:12-11	32:58-12	37:22-9	39:22-9	41:17-11	43:17-11	46:06-10	51:39-10	54:42-9	55:12-11
05:23-16	02:50-18	01:01-20	02:40-22	01:44-17	01:53-10	02:31-5	05:20-10	00:45-13	03:05-7	05:46-22	04:24-7	02:00-11	01:55-27	02:00-14	02:49-13	05:33-13	03:03-13	00:30-21
01:12&	00:38&	00:19&	00:47&	00:33&	00:28&	00:24#	01:21&	00:09&	00:43&	01:31&	00:48#	00:36&	00:39&	00:26&	00:36&	00:46#	00:38&	00:09&
12	Eide Solstad, Torkel			Vbil		0:55:19 +	11:33	145,61										
05:10-12	07:48-12	08:44-12	11:02-10	13:10-15	15:05-13	17:59-13	23:30-13	24:19-14	27:36-14	33:17-16	37:48-12	40:06-12	41:39-12	43:31-12	46:18-11	51:57-11	54:51-12	55:19-12
05:10-12	02:38-10	00:56-10	02:18-10	02:08-32	01:55-11	02:54-17	05:31-14	00:49-20	03:17-16	05:41-20	04:31-10	02:18-21	01:33-12	01:52-6	02:47-11	05:39-16	02:54-11	00:28-16
00:59#	00:26#	00:14&	00:25#	00:57&	00:30&	00:47&	01:32&	00:13&	00:55&	01:26&	00:55&	00:54&	00:17#	00:18#	00:34&	00:52#	00:29#	00:07&
13	Ring, Stefan			Statnett		0:56:04 +	12:18	145,21										
05:39-18	08:11-15	09:07-15	11:21-14	13:01-12	15:05-14	17:48-11	23:33-14	24:16-13	27:46-15	32:55-11	37:41-11	39:32-10	41:16-10	43:12-10	46:42-12	52:06-12	55:16-13	56:04-13
05:39-18	02:32-6	00:56-10	02:14-7	01:40-12	02:04-22	02:43-10	05:45-18	00:43-8	03:30-21	05:09-11	04:46-14	01:51-6	01:44-20	01:56-9	03:30-33	05:24-8	03:10-18	00:48-46
01:28&	00:20#	00:14&	00:21#	00:29&	00:39&	00:36&	01:46&	00:07#	01:08&	00:54#	01:10&	00:27&	00:28&	00:22#	01:17&	00:37#	00:45&	00:27@
14	Lesteberg, Ola			Kongsberg OL		0:56:19 +	12:33	145,07										
05:41-21	08:25-19	09:28-18	11:51-17	13:25-16	15:09-15	17:55-12	22:46-8	23:34-9	26:44-9	32:34-9	38:29-15	40:43-13	42:15-13	44:19-13	47:03-13	52:19-13	55:50-14	56:19-14
05:41-21	02:44-15	01:03-23	02:23-13	01:34-8	01:44-6	02:46-11	04:51-4	00:48-18	03:10-10	05:50-23	05:55-27	02:14-20	01:32-11	02:04-16	02:44-10	05:16-6	03:31-28	00:29-18
01:30&	00:32#	00:21&	00:30&	00:23&	00:19#	00:39&	00:52#	00:12&	00:48&	01:35&	02:19&	00:50&	00:16#	00:30&	00:31#	00:29#	01:06&	00:08&
15	Henriksen, Jan Tore			Norges Bank BIL		0:57:22 +	13:36	144,52										
05:40-20	08:49-21	09:45-21	12:05-19	14:23-20	16:06-18	18:43-17	24:27-18	25:07-18	30:08-20	34:53-18	39:39-17	41:37-15	43:08-15	45:03-16	48:03-16	53:55-16	56:57-15	57:22-15
05:40-19	03:09-24	00:56-10	02:20-12	02:18-38	01:43-4	02:37-7	05:44-17	00:40-2	05:01-43	04:45-5	04:46-14	01:58-10	01:31-10	01:55-7	03:00-18	05:52-18	03:02-12	00:25-8
01:29&	00:57&	00:14&	00:27#	01:07&	00:18#	00:30#	01:45&	00:04#	02:39@	00:30#	01:10&	00:34&	00:15#	00:21#	00:47&	01:05#	00:37&	00:04#
16	Heier, Morten			Fossum IF		0:57:51 +	14:05	144,26										
05:00-9	07:42-11	08:36-11	11:12-13	12:52-10	14:49-10	17:42-10	23:06-10	23:55-10	27:11-10	33:04-13	38:14-13	41:06-14	42:31-14	44:29-14	47:23-15	53:49-15	57:21-16	57:51-16
05:00-9	02:42-14	00:54-7	02:36-20	01:40-12	01:57-14	02:53-15	05:24-12	00:49-20	03:16-12	05:53-24	05:10-22	02:52-39	01:25-6	01:58-13	02:54-16	06:26-27	03:32-29	00:30-21
00:49#	00:30#	00:12&	00:43&	00:29&	00:32&	00:46&	01:25&	00:13&	00:54&	01:38&	01:34&	01:28@	00:09#	00:24&	00:41&	01:39&	01:07&	00:09&
17	Wigaard, Espen			Oppsal Orientering		0:58:27 +	14:41	143,94										
05:18-14	07:59-13	08:55-14	11:48-16	13:26-17	16:07-19	18:44-18	24:10-17	24:52-17	27:50-16	33:19-17	38:24-14	42:06-16	44:27-19	46:23-17	49:15-17	54:34-17	57:52-17	58:27-17
05:18-14	02:41-12	00:56-10	02:53-28	01:38-11	02:41-39	02:37-7	05:26-13	00:42-5	02:58-5	05:29-15	05:05-19	03:42-44	02:21-44	01:56-9	02:52-15	05:19-7	03:18-21	00:35-34
01:07&	00:29#	00:14&	01:00&	00:27&	01:16&	00:30#	01:27&	00:06#	00:36&	01:14&	01:29&	02:18@	01:05&	00:22#	00:39&	00:32#	00:53&	00:14&
18	Myhrvold, Tore			DNV		0:59:33 +	15:47	143,36										
05:54-24	08:43-20	09:43-20	12:13-20	13:58-19	15:58-17	18:57-19	26:19-22	27:13-22	31:00-22	36:38-23	41:12-21	43:32-21	45:12-21	47:39-20	50:49-20	56:20-20	59:07-18	59:33-18
05:54-24	02:49-17	01:00-17	02:30-15	01:45-19	02:00-16	02:59-18	07:22-35	00:54-30	03:47-25	05:38-19	04:34-12	02:20-22	01:40-17	02:27-26	03:10-23	05:31-11	02:47-7	00:26-12
01:43&	00:37&	00:18&	00:37&	00:34&	00:35&	00:52&	03:23&	00:18&	01:25&	01:23&	00:58&	00:56&	00:24&	00:53&	00:57&	00:44#	00:22#	00:05#
19	Åsmul, Eskil			OL Trollelg		0:59:44 +	15:58	143,26										
05:40-19	09:06-22	10:10-22	12:42-22	14:26-21	16:29-20	19:28-21	25:04-19	25:51-19	29:19-18	35:00-19	40:05-18	42:25-19	44:27-18	46:36-19	49:42-18	55:55-18	59:20-19	59:44-19
05:40-19	03:26-35	01:04-25	02:32-19	01:44-17	02:03-19	02:59-18	05:36-16	00:47-16	03:28-20	05:41-20	05:05-19	02:20-22	02:02-33	02:09-18	03:06-20	06:13-22	03:25-23	00:24-4
01:29&	01:14&	00:22&	00:39&	00:33&	00:38&	00:52&	01:37&	00:11&	01:06&	01:26&	01:29&	00:56&	00:46&	00:35&	00:53&	01:26&	01:00&	00:03#
20	Grinde, Bjørn			OSI		0:59:54 +	16:08	143,17										
06:33-30	09:38-28	10:45-26	13:28-27	15:10-24	17:12-23	20:11-23	25:58-21	26:44-21	30:00-19	35:35-20	40:13-19	42:20-18	44:02-17	46:33-18	49:51-19	56:14-19	59:27-20	59:54-20
06:33-30	03:05-22	01:07-26	02:43-25	01:42-16	02:02-17	02:59-18	05:47-19	00:46-15	03:16-12	05:35-17	04:38-13	02:07-16	01:42-19	02:31-27	03:18-28	06:23-24	03:13-20	00:27-13
02:22&	00:53&	00:25&	00:50&	00:31&	00:37&	00:52&	01:48&	00:10&	00:54&	01:20&	01:02&	00:43&	00:26&	00:57&	01:05&	01:36&	00:48&	00:06&

21	Christiansen, Yngvar			Bækkelagets SK				1:02:24 + 18:38		141,84									
	05:22-15	08:19-17	09:20-17	11:34-15	13:04-13	15:00-12	18:07-16	23:39-15	24:27-15	27:33-13	33:10-15	41:31-22	43:21-20	44:58-20	49:41-21	52:58-21	58:50-21	61:55-21	62:24-21
	05:22-15	02:57-21	01:01-20	02:14-7	01:30-4	01:56-13	03:07-24	05:32-15	00:48-18	03:06-8	05:37-18	08:21-44	01:50-5	01:37-15	04:43-46	03:17-26	05:52-18	03:05-14	00:29-18
	01:11&	00:45&	00:19&	00:21#	00:19&	00:31&	01:00&	01:33&	00:12&	00:44&	01:22&	04:45@	00:26&	00:21&	03:09@	01:04&	01:05#	00:40&	00:08&
22	Systad, Rolv Anders			Lyn				1:03:44 + 19:58		141,13									
	05:33-17	08:24-18	09:36-19	12:32-21	14:37-22	16:50-22	20:25-24	30:07-33	30:58-33	34:31-32	40:00-25	45:59-25	48:00-24	49:48-24	52:02-23	55:00-23	60:35-22	63:19-22	63:44-22
	05:33-17	02:51-20	01:12-34	02:56-30	02:05-31	02:13-26	03:35-33	09:42-44	00:51-25	03:33-22	05:29-15	05:59-29	02:01-12	01:48-21	02:14-21	02:58-17	05:35-14	02:44-5	00:25-8
	01:22&	00:39&	00:30&	01:03&	00:54&	00:48&	01:28&	05:43@	00:15&	01:11&	01:14&	02:23&	00:37&	00:32&	00:40&	00:45&	00:48#	00:19#	00:04#
23	Korvald, Christian			N1B OK				1:05:07 + 21:21		140,40									
	10:53-47	13:40-47	14:37-47	17:08-46	18:43-44	20:38-41	23:38-33	29:38-32	30:23-31	34:19-31	39:41-24	46:56-29	48:53-27	50:27-26	52:34-25	55:49-25	61:21-24	64:31-23	65:07-23
	10:53-47	02:47-16	00:57-15	02:31-16	01:35-9	01:55-11	03:00-21	06:00-23	00:45-13	03:56-30	05:22-13	07:15-42	01:57-9	01:34-14	02:07-17	03:15-25	05:32-12	03:10-18	00:36-39
	06:42@	00:35&	00:15&	00:38&	00:24&	00:30&	00:53&	02:01&	00:09&	01:34&	01:07&	03:39@	00:33&	00:18#	00:33&	01:02&	00:45#	00:45&	00:15&
24	Gammelsæter, Bjørnar			Kolbotn og Skimt OL				1:05:18 + 21:32		140,30									
	05:13-13	08:03-14	08:55-13	11:09-12	13:04-14	14:53-11	18:06-15	23:10-11	24:04-11	27:24-12	32:41-10	39:07-16	43:42-22	45:15-22	51:27-22	54:18-22	61:07-23	64:45-24	65:18-24
	05:13-13	02:50-18	00:52-4	02:14-7	01:55-25	01:49-9	03:13-26	05:04-7	00:54-30	03:20-17	05:17-12	06:26-32	04:35-46	01:33-12	06:12-47	02:51-14	06:49-30	03:38-33	00:33-30
	01:02#	00:38&	00:10#	00:21#	00:44&	00:24&	01:06&	01:05&	00:18&	00:58&	01:02#	02:50&	03:11@	00:17#	04:38@	00:38&	02:02&	01:13&	00:12&
25	Oram, Louise			Bækkelaget SK				1:05:33 + 21:47		140,17									
	06:14-27	09:55-30	11:12-32	14:38-34	16:50-33	19:23-32	23:04-32	29:34-31	30:27-32	34:31-33	40:48-29	45:39-24	47:43-23	49:44-23	52:03-24	55:08-24	61:31-25	65:00-25	65:33-25
	06:14-27	03:41-41	01:17-41	03:26-41	02:12-35	02:33-33	03:41-35	06:30-27	00:53-27	04:04-32	06:17-28	04:51-17	02:04-14	02:01-30	02:19-23	03:05-19	06:23-24	03:29-26	00:33-30
	02:03&	01:29&	00:35&	01:33&	01:01&	01:08&	01:34&	02:31&	00:17&	01:42&	02:02&	01:15&	00:40&	00:45&	00:45&	00:52&	01:36&	01:04&	00:12&
26	Refsland, Ivar			Uio				1:07:12 + 23:26		139,29									
	06:53-36	10:18-34	11:30-34	14:25-31	16:51-34	19:09-31	22:27-30	28:51-27	29:58-30	33:53-27	40:28-26	46:34-27	49:07-29	50:57-29	53:23-28	57:16-29	63:37-28	66:43-26	67:12-26
	06:53-36	03:25-34	01:12-34	02:55-29	02:26-41	02:18-28	03:18-28	06:24-26	01:07-41	03:55-29	06:35-33	06:06-30	02:33-31	01:50-24	02:26-25	03:53-40	06:21-23	03:06-15	00:29-18
	02:42&	01:13&	00:30&	01:02&	01:15@	00:53&	01:11&	02:25&	00:31&	01:33&	02:20&	02:30&	01:09&	00:34&	00:52&	01:40&	01:34&	00:41&	00:08&
27	Fismen, Britta			Fossum IF				1:07:19 + 23:33		139,23									
	05:53-22	09:07-23	10:19-24	13:08-24	14:57-23	17:32-26	20:58-26	29:02-30	29:54-29	33:52-26	40:47-28	46:11-26	48:42-26	50:45-27	52:57-26	56:10-26	63:19-26	66:49-27	67:19-27
	05:53-22	03:14-27	01:12-34	02:49-26	01:49-22	02:35-36	03:26-30	08:04-40	00:52-26	03:58-31	06:55-35	05:24-24	02:31-28	02:03-35	02:12-19	03:13-24	07:09-36	03:30-27	00:30-21
	01:42&	01:02&	00:30&	00:56&	00:38&	01:10&	01:19&	04:05@	00:16&	01:36&	02:40&	01:48&	01:07&	00:47&	00:38&	01:00&	02:22&	01:05&	00:09&
28	Jevanord, Hans			Fossum IF				1:07:45 + 23:59		139,00									
	06:52-35	10:27-36	11:34-36	15:39-41	17:40-38	19:52-35	23:03-31	28:56-28	29:51-28	34:02-29	40:35-27	45:37-23	48:10-25	50:22-25	53:00-27	56:34-27	63:37-29	67:10-28	67:45-28
	06:52-35	03:35-39	01:07-26	04:05-46	02:01-29	02:12-25	03:11-25	05:53-21	00:55-34	04:11-35	06:33-32	05:02-18	02:33-31	02:12-41	02:38-30	03:34-34	07:03-35	03:33-30	00:35-34
	02:41&	01:23&	00:25&	02:12@	00:50&	00:47&	01:04&	01:54&	00:19&	01:49&	02:18&	01:26&	01:09&	00:56&	01:04&	01:21&	02:16&	01:08&	00:14&
29	Østgaard Lund, Harald			IL GeoForm				1:08:40 + 24:54		138,51									
	06:59-39	10:07-33	11:14-33	13:56-30	15:44-28	18:46-29	22:15-28	28:57-29	29:46-27	33:53-28	41:11-31	46:38-28	49:04-28	50:56-28	53:39-29	56:56-28	64:13-30	68:10-29	68:40-29
	06:59-39	03:08-23	01:07-26	02:42-24	01:48-21	03:02-43	03:29-31	06:42-30	00:49-20	04:07-34	07:18-37	05:27-25	02:26-25	01:52-25	02:43-35	03:17-26	07:17-37	03:57-39	00:30-21
	02:48&	00:56&	00:25&	00:49&	00:37&	01:37@	01:22&	02:43&	00:13&	01:45&	03:03&	01:51&	01:02&	00:36&	01:09&	01:04&	02:30&	01:32&	00:09&
30	Weydahl, Helge			FFI				1:09:19 + 25:33		138,17									
	06:25-28	09:52-29	11:00-29	14:45-35	16:48-32	19:36-33	25:06-41	31:42-35	32:31-35	36:35-34	42:55-32	48:07-32	50:16-31	51:56-31	54:09-30	57:17-30	63:27-27	68:56-31	69:19-30
	06:25-28	03:27-36	01:08-30	03:45-45	02:03-30	02:48-40	05:30-43	06:36-29	00:49-20	04:04-32	06:20-30	05:12-23	02:09-17	01:40-17	02:13-20	03:08-21	06:10-21	05:29-47	00:23-3
	02:14&	01:15&	00:26&	01:52&	00:52&	01:23&	03:23@	02:37&	00:13&	01:42&	02:05&	01:36&	00:45&	00:24&	00:39&	00:55&	01:23&	03:04@	00:02+
31	Lahlum, Jon			IL GeoForm				1:10:57 + 27:21		137,30									
	05:59-25	09:32-26	11:04-31	14:25-32	16:21-30	18:41-28	22:02-27	28:23-26	29:38-26	34:11-30	40:54-30	47:01-30	49:32-30	51:25-30	55:39-31	59:18-32	65:43-31	68:33-30	70:57-31
	05:59-25	03:33-38	01:32-47	03:21-38	01:56-27	02:20-31	03:21-29	06:21-25	01:15-42	04:33-38	06:43-34	06:07-31	02:31-28	01:53-26	04:14-45	03:39-36	06:25-26	02:50-8	02:24-47
	01:48&	01:21&	00:50@	01:28&	00:45&	00:55&	01:14&	02:22&	00:39@	02:11&	02:28&	02:31&	01:07&	00:37&	02:40@	01:26&	01:38&	00:25#	02:03@
32	Kildahl, Øystein			Østmarka OK				1:11:07 + 27:21		137,21									
	06:00-26	09:13-25	10:13-23	12:53-23	17:44-39	19:49-34	23:42-34	33:25-40	34:18-40	38:08-38	44:03-36	49:08-33	51:43-33	53:42-32	55:56-32	59:15-31	66:56-32	70:31-32	71:07-32
	06:00-26	03:13-26	01:00-17	02:40-22	04:51-46	02:05-23	03:53-40	09:43-45	00:53-27	03:50-27	05:55-25	05:05-19	02:35-34	01:59-29	02:14-21	03:19-30	07:41-42	03:35-31	00:36-39
	01:49&	01:11&	00:18&	00:47&	03:40@	00:40&	01:46&	05:44@	00:17&	01:28&	01:40&	01:29&	01:11&	00:43&	00:40&	01:06&	02:54&	01:10&	00:15&
33	Sauar, Erik			Koll				1:11:49 + 28:03		136,84									
	08:03-44	11:26-42	12:34-41	15:36-40	17:51-40	20:02-36	23:48-36	31:51-36	33:13-36	36:52-36	43:05-33	49:55-35	52:35-35	54:31-35	57:34-34	60:53-33	67:37-33	71:18-33	71:49-33
	08:03-43	03:23-32	01:08-30	03:02-33	02:15-36	02:11-24	03:46-37	08:03-39	01:22-44	03:39-23	06:13-26	06:50-37	02:40-36	01:56-28	03:03-38	03:19-30	06:44-29	03:41-34	00:31-26
	03:52&	01:11&	00:26&	01:09&	01:04&	00:46&	01:39&	04:04@	00:46@	01:17&	01:58&	03:14&	01:16&	00:40&	01:29&	01:06&	01:57&	01:16&	00:10&
34	Sauar, Brita			Statoil				1:11:53 + 28:07		136,80									
	08:09-45	11:29-43	12:36-42	15:43-42	17:58-41	20:16-39	23:45-35	32:02-37	33:26-38	36:50-35	43:14-34	49:52-34	52:21-34	54:30-34	57:39-35	61:01-34	67:42-34	71:23-34	71:53-34
	08:09-45	03:20-29	01:07-26	03:07-35	02:15-36	02:18-28	03:29-31	08:17-41	01:24-45	03:24-18	06:24-31	06:38-34	02:29-27	02:09-38	03:09-39	03:22-3			

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1	Eriksen, Jan R.	Asker SK			0:39:02 + 00:00		136,39								
	05:09-3	08:00-2	10:22-2	12:04-2	17:32-1	22:12-1	24:01-1	25:32-1	27:37-1	30:20-1	32:07-1	33:54-1	35:57-1	38:36-1	39:02-1
	05:09-2	02:51-3	02:22-1	01:42-2	05:28-2	04:40-2	01:49-1	01:31-2	02:05-3	02:43-2	01:47-2	01:47-3	02:03-3	02:39-1	00:26-2
	00:19+	00:30#	00:00=	00:01+	00:23+	00:01+	00:00=	00:17#	00:10+	00:11+	00:11#	00:10#	00:08+	00:00=	00:01+
2	Leo, Agnes	Halden SK			0:41:14 + 02:12		135,49								
	05:45-5	08:52-6	12:01-7	13:49-6	18:54-2	23:33-2	25:33-2	27:05-2	29:33-2	32:22-2	34:15-3	35:52-3	37:53-3	40:49-2	41:14-2
	05:45-5	03:07-5	03:09-16	01:48-3	05:05-1	04:39-1	02:00-2	01:32-3	02:28-17	02:49-3	01:53-3	01:37-1	02:01-2	02:56-2	00:25-1
	00:55#	00:46&	00:47&	00:07+	00:00=	00:00=	00:11#	00:18#	00:33&	00:17#	00:17#	00:00=	00:06+	00:17#	00:00=
3	Hestengen, Truls	Oppsal Orientering			0:41:50 + 02:48		135,24								
	04:50-1	07:11-1	09:42-1	11:23-1	19:56-4	24:41-4	26:45-4	27:59-3	29:54-3	32:26-3	34:02-2	35:39-2	37:34-2	41:22-3	41:50-3
	04:50-1	02:21-1	02:31-2	01:41-1	08:33-22	04:45-3	02:04-3	01:14-1	01:55-1	02:32-1	01:36-1	01:37-1	01:55-1	03:48-17	00:28-4
	00:00=	00:00=	00:09+	00:00=	03:28&	00:06+	00:15#	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	01:09&	00:03#
4	Due, Morten	Måren OK			0:44:47 + 05:45		134,02								
	05:47-6	08:52-7	11:37-6	13:34-5	19:13-3	24:28-3	26:38-3	28:20-4	30:37-4	34:17-4	36:32-4	38:39-4	41:08-4	44:18-4	44:47-4
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5	Strandhagen, Torgeir	Røyken OL			0:45:11 + 06:09		133,86								
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6	Fjær, Hallvard	Lillomarka OL			0:45:33 + 06:31		133,71								
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7	Tiltnes, Ida	IL Tyrving			0:47:54 + 08:52		132,74								
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8	Andersen, Tor Ragnar	Halden SK			0:49:03 + 10:01		132,26								
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9	Berteig, Vidar	IL GeoForm			0:49:07 + 10:05		132,23								
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10	Hole, Torstein	Nydalens SK			0:49:32 + 10:30		132,06								
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11	Aalde, Axel	Nydalens SK			0:51:10 + 12:08		131,39								
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12	Skantze, Kjersti	IL Tyrving			0:52:09 + 13:07		130,98								
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13	Klaveness, Peter	Måren OK			0:53:11 + 14:09		130,56								
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14	Granly, Martin	Siemens Oslo			0:53:48 + 14:46		130,30								

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15	Sigurdson, Roar		Ringnes			0:54:27	+ 15:25		130,03					
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16	Endresen, Lars Petter		Måren OK			0:54:51	+ 15:49		129,87					
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17	Jensen, Johan T.		Nydalens SK			0:54:58	+ 15:56		129,82					
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18	Arnesen, Geir		Bærum Skiklub			0:55:08	+ 16:06		129,75					
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19	Kaarby, Per		Over toppen			0:55:53	+ 16:51		129,44					
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20	Falck, Heidi		IL Tyrving			1:00:25	+ 21:23		127,57					
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21	Rikheim, Harald		Rådtassene			1:05:24	+ 26:22		125,52					
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22	Myhre, Stein		Oslo sporveier BIL			1:05:25	+ 26:23		125,51					
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23	Jahren Herud, Tone		Fossum IF			1:05:29	+ 26:27		125,48					
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24	Karlsen, Stig Hultgreen		IL GeoForm			1:11:36	+ 32:34		122,96					
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25	Tho, Kjersti		Stabæk IF			1:12:10	+ 33:08		122,72					
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26	Aamot, Frida		Nydalen SK			1:12:12	+ 33:10		122,71					
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27	Brodin, Nils Jørgen		Byggmesterforbundet			1:12:46	+ 33:44		122,48					
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28	Andersson, Espen		Nydalens SK			1:13:27	+ 34:25		122,19					
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29	Axelsson, Helena		Nydalens SK			1:13:28	+	34:26		122,19				
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30	Broadwell, Sharon		IL GeoForm			1:16:14	+	37:12		121,05				
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31	Bjørngum, Hallvard		DNV			1:18:20	+	39:18		120,18				
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13:49@	01:42&	01:47&	01:16&	04:24&	03:50&	01:28&	01:42@	01:31&	02:07&	02:01@	01:30&	01:47&	02:26&	00:20&
32	Hultgreen, Rune		IL GeoForm			1:18:38	+	39:36		120,06				
10:59-29	15:01-29	18:56-29	21:20-26	33:14-27	39:25-24	54:29-31	56:36-31	59:50-31	63:44-31	66:27-31	69:23-32	72:05-31	78:04-32	78:38-33
10:59-29	04:02-24	03:55-24	02:24-15	11:54-31	06:11-18	15:04-35	02:07-16	03:14-27	03:54-22	02:43-24	02:56-25	02:42-14	05:59-35	00:34-14
06:09@	01:41&	01:33&	00:43&	06:49@	01:32&	13:15@	00:53&	01:19&	01:22&	01:07&	01:19&	00:47&	03:20@	00:09&
33	Jevanord, Magnus		Fossum IF			1:31:40	+	52:38		114,68				
11:10-30	17:06-33	21:41-32	24:41-31	37:17-32	59:55-34	63:09-34	65:45-34	69:24-34	75:36-35	78:56-34	82:00-34	86:41-35	91:13-34	91:40-35
11:10-30	05:56-36	04:35-30	03:00-26	12:36-33	22:38-34	03:14-27	02:36-24	03:39-34	06:12-34	03:20-29	03:04-28	04:41-35	04:32-27	00:27-3
06:20@	03:35@	02:13&	01:19&	07:31@	17:59@	01:25&	01:22@	01:44&	03:40@	01:44@	01:27&	02:46@	01:53&	00:02+
34	Rørlien, Anne Berit		Privat			1:32:09	+	53:07		114,48				
11:16-31	16:58-32	21:47-33	24:48-32	37:08-31	59:55-33	63:14-35	65:53-35	69:28-35	75:23-34	78:47-33	82:03-35	86:32-34	91:29-35	92:09-36
11:16-31	05:42-35	04:49-34	03:01-27	12:20-32	22:47-35	03:19-29	02:39-29	03:35-32	05:55-33	03:24-30	03:16-30	04:29-34	04:57-31	00:40-30
06:26@	03:21@	02:27@	01:20&	07:15@	18:08@	01:30&	01:25@	01:40&	03:23@	01:48@	01:39@	02:34@	02:18&	00:15&
DSQ	Hetland, Jens		Nydalen SK			1:22:21	(-1 poster)	96,43						
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37:19-36	03:26-12	03:03-9	02:41-21	08:33-22	05:39-11	02:06-4	01:46-9	02:19-11	03:16-7			03:08-25	03:44-12	00:39-26
32:29@	01:05&	00:41&	01:00&	03:28&	01:00#	00:17#	00:32&	00:24#	00:44&			01:13&	01:05&	00:14&
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11:48-32	05:05-34	04:26-29	03:49-33											
06:58@	02:44@	02:04&	02:08@											

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1	Aulie, Harald	IL Koll	0:21:39 + 00:00	120,89					
	01:35-1	04:31-3	07:51-4	09:32-3	12:19-3	13:56-2	18:11-2	21:13-1	21:39-1
	01:35-1	02:56-6	03:20-5	01:41-1	02:47-2	01:37-1	04:15-2	03:02-1	00:26-1
	00:00=	00:57&	00:47&	00:00=	00:03+	00:00=	00:18+	00:00=	00:00=
2	Carlsson, Bjørn Are	Fossum IF	0:22:55 + 01:16	120,36					
	01:37-2	03:36-1	06:09-1	07:54-1	10:38-1	14:24-3	18:21-3	22:21-2	22:55-2
	01:37-2	01:59-1	02:33-1	01:45-2	02:44-1	03:46-16	03:57-1	04:00-2	00:34-3
	00:02+	00:00=	00:00=	00:04+	00:00=	02:09@	00:00=	00:58&	00:08&
3	Ongstad, Per	Privat	0:23:10 + 01:31	120,26					
	01:44-3	04:02-2	06:56-2	08:47-2	11:50-2	13:44-1	18:06-1	22:35-3	23:10-3
	01:44-3	02:18-2	02:54-2	01:51-4	03:03-3	01:54-3	04:22-3	04:29-4	00:35-5
	00:09+	00:19#	00:21#	00:10+	00:19#	00:17#	00:25#	01:27&	00:09&
4	Spjelkavik, Bjørn	IL Tyrving	0:24:46 + 03:07	119,58					
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	01:52-4	02:41-4	03:17-4	01:48-3	03:29-6	02:20-7	04:25-4	04:16-3	00:38-7
	00:17#	00:42&	00:44&	00:07+	00:45&	00:43&	00:28#	01:14&	00:12&

5	Jacobsen, Kjetil		Hamar OK	0:26:23 + 04:44	118,90			
02:13-6	05:06-6	08:12-5	10:29-5	13:46-5	15:57-5	21:09-5	25:44-5	26:23-5
02:13-6	02:53-5	03:06-3	02:17-6	03:17-4	02:11-4	05:12-6	04:35-5	00:39-9
00:38&	00:54&	00:33#	00:36&	00:33#	00:34&	01:15&	01:33&	00:13&
6	Sundelin, Gisela		Privat	0:30:16 + 08:37	117,27			
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02:12-5	02:40-3	03:40-6	02:21-7	06:54-18	02:15-6	05:02-5	04:38-6	00:34-3
00:37&	00:41&	01:07&	00:40&	04:10@	00:38&	01:05&	01:36&	00:08&
7	Eriksen, Simen Dalen		Asker skiklubb	0:30:32 + 08:53	117,16			
02:26-8	05:47-7	10:31-7	12:47-7	17:52-8	19:45-6	25:22-7	30:01-7	30:32-7
02:26-8	03:21-8	04:44-14	02:16-5	05:05-14	01:53-2	05:37-8	04:39-7	00:31-2
00:51&	01:22&	02:11&	00:35&	02:21&	00:16#	01:40&	01:37&	00:05#
8	Føllesdal, Dagfinn		OSI	0:33:36 + 11:57	115,87			
02:48-11	06:16-9	10:48-10	13:30-8	17:06-6	20:21-8	26:39-8	32:58-8	33:36-8
02:48-11	03:28-9	04:32-11	02:42-9	03:36-7	03:15-14	06:18-11	06:19-14	00:38-7
01:13&	01:29&	01:59&	01:01&	00:52&	01:38@	02:21&	03:17@	00:12&
9	Bugge, Merete		STAMI	0:35:18 + 13:39	115,15			
05:13-17	08:26-16	12:26-15	15:17-13	19:14-10	21:44-10	28:27-9	34:43-9	35:18-9
05:13-17	03:13-7	04:00-7	02:51-10	03:57-8	02:30-8	06:43-12	06:16-13	00:35-5
03:38@	01:14&	01:27&	01:10&	01:13&	00:53&	02:46&	03:14@	00:09&
10	Kvalheim, Svein		Oppgård	0:35:34 + 13:55	115,04			
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11	Trondsen, Terje		Nittedal OL	0:36:25 + 14:46	114,68			
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02:49-12	03:29-10	04:29-10	05:48-17	04:29-10	02:34-9	06:03-10	05:56-11	00:48-11
01:14&	01:30&	01:56&	04:07@	01:45&	00:57&	02:06&	02:54&	00:22&
12	Gange, Finn		Privat	0:37:07 + 15:28	114,39			
02:20-7	05:58-8	10:46-8	20:16-17	23:39-16	25:53-15	31:17-13	36:26-11	37:07-12
02:20-7	03:38-11	04:48-16	09:30-18	03:23-5	02:14-5	05:24-7	05:09-8	00:41-10
00:45&	01:39&	02:15&	07:49@	00:39#	00:37&	01:27&	02:07&	00:15&
13	Gehrmann, Andreas		Privat	0:38:26 + 16:47	113,84			
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04:17-15	03:38-11	05:49-18	05:04-16	04:27-9	02:41-10	05:42-9	05:51-10	00:57-14
02:42@	01:39&	03:16@	03:23@	01:43&	01:04&	01:45&	02:49&	00:31@
14	Spjelkavik, Aud		IL Tyrving	0:38:52 + 17:13	113,65			
03:13-14	07:26-14	11:50-14	14:42-11	19:19-11	23:18-12	30:29-11	37:51-13	38:52-14
03:13-14	04:13-15	04:24-9	02:52-11	04:37-11	03:59-18	07:11-13	07:22-15	01:01-16
01:38@	02:14@	01:51&	01:11&	01:53&	02:22@	03:14&	04:20@	00:35@
15	Teigland, Kjell		Østmarka OK	0:39:19 + 17:40	113,46			
02:50-13	07:00-13	11:36-12	14:36-10	19:53-13	23:05-11	30:58-12	38:24-14	39:19-15
02:50-13	04:10-14	04:36-12	03:00-12	05:17-15	03:12-13	07:53-15	07:26-16	00:55-13
01:15&	02:11@	02:03&	01:19&	02:33&	01:35&	03:56&	04:24@	00:29@
16	Scheie, Arne Christian		Østmarka OK	0:40:34 + 18:55	112,94			
02:40-9	06:35-11	10:58-11	13:32-9	18:24-9	21:24-9	33:30-16	39:44-16	40:34-16
02:40-9	03:55-13	04:23-8	02:34-8	04:52-12	03:00-12	12:06-18	06:14-12	00:50-12
01:05&	01:56&	01:50&	00:53&	02:08&	01:23&	08:09@	03:12@	00:24&
17	Aas, Eyvind		IL GeoForm	0:40:44 + 19:05	112,87			
02:40-10	06:54-12	11:40-13	14:48-12	19:43-12	23:27-13	31:45-15	39:39-15	40:44-17
02:40-9	04:14-16	04:46-15	03:08-14	04:55-13	03:44-15	08:18-16	07:54-17	01:05-17
01:05&	02:15@	02:13&	01:27&	02:11&	02:07@	04:21@	04:52@	00:39@
18	Hangeraas, Knut		IL GeoForm	0:41:40 + 20:01	112,48			
05:48-18	10:34-17	15:10-17	18:12-15	25:04-17	27:50-17	35:05-17	40:43-17	41:40-18
05:48-18	04:46-17	04:36-12	03:02-13	06:52-17	02:46-11	07:15-14	05:38-9	00:57-14
04:13@	02:47@	02:03&	01:21&	04:08@	01:09&	03:18&	02:36&	00:31@
19	Gjerme, Per		Asker SK	0:51:00 + 29:21	108,55			

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02:50@	05:34@	03:02@	02:27@	03:01@	02:20@	05:24@	05:53@	00:55@
Herud, Mari		Fossum IF			DELTATT		50,00	