

Rankingløp

Dato/sted: 24. november 2018 - Tonsenhagen
Kart: Årvollåsen - Alunflaka
Arr: IL GeoForm v/Holger Schlaupitz og Harald Iwe
Antall: Totalt: 114 (GeoForm: 13, OSI: 2, DNV/ESSO: 2, Andre: 97)
Løpsrapport: Alder: 21-: 109, 17-20: 0, 13-16: 3, 0-12: 1
Løpsavgift: kr. 70: 109 kr. 30: 4
Startkont: kr. 70: 92 kr. 30: 22 kr. 0: 0
Betalt: kr. 70: 92 kr. 30: 20 kr. 0: 2
Leiebrikker: 0 stk

Resultater: [Lang\(33\)](#) | [Mellom\(48\)](#) | [Kort\(33\)](#) | [Grafisk](#)
Strekktider: [Lang\(33\)](#) | [Mellom\(48\)](#) | [Kort\(33\)](#)

Resultater Lang (6,4 km)

Plass	Navn	Klubb	Tid	Poeng
1	Ekeland, Einar	Oddersjaa	0:52:37 + 00:00	151,02
2	Grønneberg, Skage	Heming Orientering	0:53:22 + 00:45	150,67
3	Eastwood, Steinar	Lillomarka OL	0:54:24 + 01:47	150,20
4	Nipen, Thomas	Bekkelaget	0:56:07 + 03:30	149,42
5	Lesteberg, Ola	Kongsberg OL	0:57:44 + 05:07	148,68
6	Andersen, Tor Andreas	Oppsal IF	0:58:21 + 05:44	148,40
7	Blomseth, Stein	Vålerenga	0:59:21 + 06:44	147,95
8	Norman, Niklas	IL GeoForm	0:59:41 + 07:04	147,80
9	Holo, Øystein	Fossum IF	1:00:28 + 07:51	147,44
10	Olausson, Mikael	Oslostudentenes IK	1:01:09 + 08:32	147,13
11	Henriksen, Jan Tore	Norges Bank BIL	1:03:41 + 11:04	145,97
12	Holter, Erik	Larvik OK	1:03:57 + 11:20	145,85
13	Helland, Knut	Østmarka OK	1:06:11 + 13:34	144,83
14	Enerhaugen, Lars	Modum OL	1:11:42 + 19:05	142,32
15	Kløverud, Jens Olav	Lillomarka OL	1:12:21 + 19:44	142,02
16	Zeiner-Gundersen, Richard	Aker Brygge Orientering	1:12:23 + 19:46	142,01
17	Iwe, Harald	IL GeoForm	1:13:26 + 20:49	141,53
18	Osen, Per	Equinor BIL	1:15:57 + 23:20	140,38
19	Baklid, Lars	Konnerud IL	1:18:37 + 26:00	139,17
20	Heitmann, Ståle	Fossum IF	1:18:58 + 26:21	139,01
21	Utskarpen, Audrun	OSI	1:21:06 + 28:29	138,03
22	Stiansen, Per	Nydalen	1:22:34 + 29:57	137,36
23	Onsager, Knut	IL GeoForm	1:23:05 + 30:28	137,13
24	Aulie, Harald	IL Koll	1:24:43 + 32:06	136,38
25	Lahlum, Jon	IL GeoForm	1:26:56 + 34:19	135,37
26	Fixdal, Trude	IL Koll	1:27:42 + 35:05	135,02
27	Rørvik, Per Martin	FBI	1:28:37 + 36:00	134,61
28	Møretrø, Trond	Kolbotn & Skimt OL	1:29:56 + 37:19	134,01
29	Bjørgensen, Audun	Østmarka OK	1:32:13 + 39:36	132,97
30	Johansen, Frode	Equinor BIL	1:39:52 + 47:15	129,48
31	Bergstrøm, Hasse	IL Tyrving	1:46:36 + 53:59	126,41
32	Fosse, Ann Kristin	OPII	1:47:47 + 55:10	125,87
33	Bugge, Håkon	Privat	1:48:25 + 55:48	125,58

Resultater Mellom (4,3 km)

Plass	Navn	Klubb	Tid	Poeng
1	Gunnes, Inge	Norconsult	0:36:20 + 00:00	136,18
2	Romøren, Philip Lehmann	Fossum IF	0:37:01 + 00:41	135,87
3	Jensen, Einar	Nydalens SK	0:40:15 + 03:55	134,42
4	Hågård, Håvard	Konnerud IL	0:40:35 + 04:15	134,27
5	Solheim, Paul	Privat	0:40:37 + 04:17	134,26
6	Strandhagen, Torgeir	Røyken OL	0:41:00 + 04:40	134,08
7	Pedersen, Børge	Nydalens SK	0:43:02 + 06:42	133,17
8	Fjær, Hallvard	Lillomarka OL	0:44:10 + 07:50	132,66
9	Kildahl, Øystein	Østmarka OK	0:44:47 + 08:27	132,38
10	Berteig, Vidar	IL GeoForm	0:44:51 + 08:31	132,35
11	Oram, Louise	Bekkelaget SK	0:45:26 + 09:06	132,09
12	Holten, Marie Rygh	Nydalens SK	0:45:45 + 09:25	131,95
13	Fismen, Brita	Fossum IF	0:47:49 + 11:29	131,02
14	Danielsen, Anne	Nydalens SK	0:48:04 + 11:44	130,91
15	Juvik, Jon Ivar	Statnett	0:48:48 + 12:28	130,58
16	Sundtjønn, Tore	Sparebank1	0:51:34 + 15:14	129,34
17	Carlsson, Bjørn Are	Fossum IF	0:52:03 + 15:43	129,12
18	Wang, Dag	Lillomarka OL	0:52:23 + 16:03	128,97
19	Rikheim, Harald	Rådtassene	0:52:36 + 16:16	128,87
20	Hanslien, Uno	Bilpost BIL	0:52:43 + 16:23	128,82
21	Saugestad, Frederik	Nydalens SK	0:52:51 + 16:31	128,76

22	Johanson, Per	Privat	0:53:06 + 16:46	128,65
23	Christiansen, Håvard	Privat	0:53:36 + 17:16	128,42
24	Blom, Richard	FBI	0:54:24 + 18:04	128,06
25	Gylver, Øyvind	Asker SK	0:55:01 + 18:41	127,79
26	Angell, Truls	Lillomarka OL	0:55:05 + 18:45	127,76
27	Sundtjønn, Tone	Lillomarka OL	0:55:16 + 18:56	127,68
28	Jensen, Torunn Økern	Ringerike OL	0:55:33 + 19:13	127,55
29	Petersen, John Thomas	Nittedal OL	0:57:20 + 21:00	126,75
30	Lesteberg, Ann-Karin	Kongsberg OL	0:58:09 + 21:49	126,38
31	Bedeleva, Atanaska	Nydalen	0:58:19 + 21:59	126,31
32	Broadwell, Sharon	IL GeoForm	0:59:47 + 23:27	125,65
33	Engzelius, Margrete	Asker SK	1:00:24 + 24:04	125,37
34	Paulsen, Erik	Privat	1:00:29 + 24:09	125,33
35	Hultgreen, Rune	IL GeoForm	1:00:56 + 24:36	125,13
36	Edwardsen, Tom	IL Koll	1:03:33 + 27:13	123,95
37	Gjerding, Roy	OK Moss	1:03:52 + 27:32	123,81
38	Bjørgum, Hallvard	DNV	1:05:11 + 28:51	123,22
39	Skjelkvåle, Brit Lisa	GeoForm	1:05:16 + 28:56	123,18
40	Saugestad, Marie	Nydalens SK	1:06:40 + 30:20	122,55
41	Sandelien, Bjørn	Vegdirektoratet	1:06:44 + 30:24	122,52
42	Justad Raaen, Trine Marit	Aker Brygge Orientering	1:07:04 + 30:44	122,38
43	Tho, Kjersti	Stabæk IF	1:07:29 + 31:09	122,19
44	Bakstad, Anne Regine	Friskis&Svettis	1:17:19 + 40:59	117,77
45	Vågsnes, Marit	Kolbotn & Skimt OL	1:23:35 + 47:15	114,96
DSQ	Karlsen, Stig Hultgreen	IL GeoForm	0:53:12 (-1 poster)	94,44
DSQ	Hallan, Toril	Lillomarka OL	0:41:48 (-2 poster)	88,89
	Andersen, Julie Hilland	Halden SK	DELTATT	50,00

Resultater Kort (2,5 km)

Plass	Navn	Klubb	Tid	Poeng
1	Jensen, Birgit Økern	Konnerud IL	0:29:09 + 00:00	121,72
2	Løken, Knut-Anders	Fossum IF	0:30:50 + 01:41	121,24
3	Wang, Hege	Lillomarka OL	0:37:10 + 08:01	119,44
4	Haugen, Per	Lillomarka OL	0:38:47 + 09:38	118,99
5	Ongstad, Per	Privat	0:40:07 + 10:58	118,61
6	Solheim, Knut Tore	Nydalens SK	0:42:43 + 13:34	117,87
7	Hånes, Sturle	IL GeoForm	0:45:45 + 16:36	117,01
8	Drage, Unni	Aker Solutions	0:46:06 + 16:57	116,91
9	Fougner, Jon C.	Heming Orientering	0:46:20 + 17:11	116,84
10	Bränden, Eskil	Lillomarka OL	0:47:35 + 18:26	116,49
11	Bøhlerengen, Synne Utseth	Oppsal	0:48:02 + 18:53	116,36
11	Aas, Eyvind	IL GeoForm	0:48:02 + 18:53	116,36
13	Egner, Bjørn	Heming Orientering	0:48:11 + 19:02	116,32
14	Vik, Eilen Arctander	IL Koll	0:49:07 + 19:58	116,05
15	Hornvedt, Lise	Larvik OK	0:49:55 + 20:46	115,82
16	Bøhlerengen, Unni Dirro	Måren OK	0:50:20 + 21:11	115,70
17	Madsen, Øystein	Haugerud IL	0:50:49 + 21:40	115,57
18	Killingmo, Lene Anett	OK Øst	0:53:09 + 24:00	114,90
19	Ommundsen, Tor	DNV	0:53:52 + 24:43	114,70
20	Drage, Tor	Aker Solutions	0:55:22 + 26:13	114,28
21	Sandelien, Sidsel	Vegdirektoratet	0:58:12 + 29:03	113,47
22	Ursin, Nora	Bærum kom	1:01:55 + 32:46	112,42
23	Gunnerød, Bjørn	IL GeoForm	1:03:15 + 34:06	112,04
24	Kongsnes, Arne	Oppsal Orientering	1:03:32 + 34:23	111,96
25	Bugge, Merete	STAMI	1:03:40 + 34:31	111,92
26	Kvalheim, Svein	Årstad	1:04:30 + 35:21	111,68
27	Grymyr, Aina	Haugerud IL	1:06:45 + 37:36	111,04
28	Øfsthus, Arne	Asker skiklubb	1:07:39 + 38:30	110,79
29	Haugerud, Sigurd	IL GeoForm	1:07:44 + 38:35	110,76
30	Gjeremo, Per	Asker SK	1:32:17 +1:03:08	103,79
DSQ	Solheim, Erik	Privat	1:02:46 (-1 poster)	91,67
DSQ	Slaughter, Laura	Privat	0:57:40 (-3 poster)	75,00
DSQ	Enerhaugen, Lars	Modum OL	1:52:00 (-5 poster)	58,33

Strekketider Lang

Plass	Navn	Klubb	Tid	Poeng								
1	Ekeland, Einar	Oddersjaa	0:52:37 + 00:00	151,02								
02:15-10	03:10-6	07:31-1	13:26-8	20:59-12	25:56-9	28:33-7	29:45-7	31:47-5	40:48-3	42:24-3	52:07-1	52:37-1
02:15-10	00:55-1	04:21-1	05:55-14	07:33-22	04:57-2	02:37-5	01:12-1	02:02-2	09:01-1	01:36-1	09:43-1	00:30-2
00:23#	00:00=	00:00=	02:26&	02:41&	00:01+	00:10+	00:00=	00:04+	00:00=	00:00=	00:00=	00:01+
2	Grønneberg, Skage	Heming Orientering	0:53:22 + 00:45	150,67								
01:59-4	03:03-4	08:13-4	12:38-3	17:39-3	22:35-2	25:09-1	26:23-1	28:52-2	39:51-2	41:35-2	52:53-2	53:22-2
01:59-4	01:04-8	05:10-6	04:25-6	05:01-2	04:56-1	02:34-4	01:14-2	02:29-10	10:59-7	01:44-2	11:18-2	00:29-1
00:07+	00:09#	00:49#	00:56&	00:09+	00:00=	00:07+	00:02+	00:31&	01:58#	00:08+	01:35#	00:00=
3	Eastwood, Steinar	Lillomarka OL	0:54:24 + 01:47	150,20								
01:57-3	02:58-2	07:40-2	11:29-1	16:44-1	22:31-1	25:11-2	26:29-2	28:35-1	39:15-1	41:21-1	53:47-3	54:24-3

00:40# 00:52& 00:56& 01:37& 01:04# 00:34& 01:26# 00:42& 01:43& 00:06#
11 Oram, Louise Bækkelaget SK 0:45:26 + 09:06 132,09
03:43-16 06:49-11 10:13-10 16:46-10 22:32-11 25:16-11 34:10-10 37:02-11 44:40-12 45:26-12
03:43-16 03:06-8 03:24-15 06:33-14 05:46-16 02:44-8 08:54-8 02:52-13 07:38-17 00:46-19
00:52& 00:47& 00:54& 01:27& 01:27& 00:32# 01:10# 00:46& 02:07& 00:13&
12 Holten, Marie Rygh Nydalens SK 0:45:45 + 09:25 131,95
03:24-8 06:58-13 10:26-11 16:33-9 21:55-8 24:43-9 34:22-13 38:18-13 45:07-13 45:45-13
03:24-8 03:34-20 03:28-18 06:07-5 05:22-8 02:48-10 09:39-13 03:56-28 06:49-7 00:38-6
00:33# 01:15& 00:58& 01:01# 01:03# 00:36& 01:55# 01:50& 01:18# 00:05#
13 Fismen, Brita Fossum IF 0:47:49 + 11:29 131,02
04:11-29 07:45-19 10:57-17 18:39-22 24:10-16 27:05-15 36:32-14 39:21-14 46:55-14 47:49-14
04:11-29 03:34-20 03:12-11 07:42-28 05:31-11 02:55-13 09:27-11 02:49-11 07:34-15 00:54-34
01:20& 01:15& 00:42& 02:36& 01:12& 00:43& 01:43# 00:43& 02:03& 00:21&
14 Danielsen, Anne Nydalens SK 0:48:04 + 11:44 130,91
04:38-39 07:58-23 11:47-27 18:12-18 24:20-17 27:16-17 37:36-17 40:11-15 47:19-15 48:04-15
04:38-39 03:20-15 03:49-31 06:25-9 06:08-28 02:56-14 10:20-21 02:35-6 07:08-11 00:45-18
01:47& 01:01& 01:19& 01:19& 01:49& 00:44& 02:36& 00:29# 01:37& 00:12&
15 Juvik, Jon Ivar Statnett 0:48:48 + 12:28 130,58
03:41-15 06:56-12 10:36-14 17:46-15 23:45-14 26:56-14 37:34-16 40:50-16 48:06-16 48:48-16
03:41-14 03:15-13 03:40-25 07:10-23 05:59-22 03:11-25 10:38-23 03:16-19 07:16-13 00:42-13
00:50& 00:56& 01:10& 02:04& 01:40& 00:59& 02:54& 01:10& 01:45& 00:09&
16 Sundtjønn, Tore Sparebank1 0:51:34 + 15:14 129,34
04:04-26 07:15-15 10:46-16 17:54-16 24:39-19 27:48-19 39:21-22 42:37-21 50:37-17 51:34-17
04:04-26 03:11-10 03:31-22 07:08-22 06:45-39 03:09-24 11:33-27 03:16-19 08:00-20 00:57-39
01:13& 00:52& 01:01& 02:02& 02:26& 00:57& 03:49& 01:10& 02:29& 00:24&
17 Carlsson, Bjørn Are Fossum IF 0:52:03 + 15:43 129,12
04:02-24 08:08-27 12:14-31 19:33-27 26:09-28 29:28-28 39:39-24 43:18-23 51:13-18 52:03-18
04:02-24 04:06-27 04:16-35 07:19-26 06:36-35 03:19-32 10:11-17 03:39-26 07:55-19 00:50-24
01:11& 01:47& 01:36& 02:13& 02:17& 01:07& 02:27& 01:33& 02:24& 00:17&
18 Wang, Dag Lillomarka OL 0:52:23 + 16:03 128,97
03:51-18 08:24-32 11:43-25 18:56-24 24:46-20 28:03-21 38:58-21 42:19-17 51:43-19 52:23-19
03:51-18 04:33-38 03:19-13 07:13-24 05:50-18 03:17-31 10:55-25 03:21-21 09:24-31 00:40-10
01:00& 02:14& 00:49& 02:07& 01:31& 01:05& 03:11& 01:15& 03:53& 00:07#
19 Rikheim, Harald Rådassene 0:52:36 + 16:16 128,87
04:31-37 08:00-25 12:08-30 20:21-31 26:20-29 29:39-29 38:54-20 42:32-19 51:45-20 52:36-20
04:31-37 03:29-17 04:08-36 08:13-32 05:59-22 03:19-32 09:15-10 03:38-25 09:13-30 00:51-26
01:40& 01:10& 01:38& 03:07& 01:40& 01:07& 01:31# 01:32& 03:42& 00:18&
20 Hanslien, Uno Bilpost BIL 0:52:43 + 16:23 128,82
04:18-31 09:13-38 12:42-35 20:27-32 26:40-31 29:55-30 39:58-26 43:35-24 51:51-21 52:43-21
04:18-31 04:55-42 03:29-19 07:45-29 06:13-29 03:15-29 10:03-15 03:37-24 08:16-22 00:52-31
01:27& 02:36@ 00:59& 02:39& 01:54& 01:03& 02:19& 01:31& 02:45& 00:19&
21 Saugestad, Frederik Nydalens SK 0:52:51 + 16:31 128,76
03:54-19 07:00-14 10:30-12 17:33-14 22:56-13 25:54-13 39:37-23 42:36-20 52:00-23 52:51-22
03:54-19 03:06-8 03:30-20 07:03-21 05:23-9 02:58-16 13:43-38 02:59-16 09:24-31 00:51-26
01:03& 00:47& 01:00& 01:57& 01:04# 00:46& 05:59& 00:53& 03:53& 00:18&
22 Johanson, Per Privat 0:53:06 + 16:46 128,65
03:59-21 07:20-16 11:05-18 19:22-26 25:58-27 29:13-27 39:55-25 42:54-22 51:57-22 53:06-23
03:59-21 03:21-16 03:45-30 08:17-33 06:36-35 03:15-29 10:42-24 02:59-16 09:03-27 01:09-46
01:08& 01:02& 01:15& 03:11& 02:17& 01:03& 02:58& 00:53& 03:32& 00:36@
23 Christiansen, Håvard Privat 0:53:36 + 17:16 128,42
04:07-27 08:19-31 12:03-29 19:40-28 25:12-24 28:32-25 42:48-31 45:16-29 53:01-25 53:36-25
04:07-27 04:12-31 03:44-28 07:37-27 05:32-12 03:20-34 14:16-40 02:28-4 07:45-18 00:35-2
01:16& 01:53& 01:14& 02:31& 01:13& 01:08& 06:32& 00:22# 02:14& 00:02+
24 Blom, Richard FBI 0:54:24 + 18:04 128,06
04:00-22 08:10-28 11:31-20 18:45-23 24:52-22 28:05-22 40:51-28 44:40-27 53:35-26 54:24-26
04:00-22 04:10-30 03:21-14 07:14-25 06:07-26 03:13-28 12:46-35 03:49-27 08:55-26 00:49-23
01:09& 01:51& 00:51& 02:08& 01:48& 01:01& 05:02& 01:43& 03:24& 00:16&
25 Gylver, Øyvind Asker SK 0:55:01 + 18:41 127,79
04:17-30 07:53-22 11:44-26 19:41-29 25:20-25 28:57-26 40:30-27 43:53-25 54:06-27 55:01-27
04:17-30 03:36-22 03:51-32 07:57-30 05:39-14 03:37-39 11:33-27 03:23-22 10:13-38 00:55-36
01:26& 01:17& 01:21& 02:51& 01:20& 01:25& 03:49& 01:17& 04:42& 00:22&
26 Angell, Truls Lillomarka OL 0:55:05 + 18:45 127,76
03:34-13 06:48-10 11:41-24 18:07-17 24:06-15 27:07-16 37:33-15 42:29-18 54:14-28 55:05-28
03:34-13 03:14-12 04:53-43 06:26-10 05:59-22 03:01-18 10:26-22 04:56-34 11:45-44 00:51-26
00:43& 00:55& 02:23& 01:20& 01:40& 00:49& 02:42& 02:50@ 06:14@ 00:18&
27 Sundtjønn, Tone Lillomarka OL 0:55:16 + 18:56 127,68
04:10-28 08:10-29 11:40-23 18:31-21 25:00-23 28:07-23 43:28-32 46:19-30 54:28-29 55:16-29
04:10-28 04:00-25 03:30-20 06:51-20 06:29-31 03:07-23 15:21-42 02:51-12 08:09-21 00:48-22
01:19& 01:41& 01:00& 01:45& 02:10& 00:55& 07:37& 00:45& 02:38& 00:15&
28 Jensen, Torunn Økern Ringerike OL 0:55:33 + 19:13 127,55
03:41-14 07:59-24 11:30-19 18:16-19 24:23-18 27:34-18 37:53-18 44:47-28 54:33-30 55:33-30
03:41-14 04:18-34 03:31-22 06:46-18 06:07-26 03:11-25 10:19-20 06:54-41 09:46-34 01:00-44
00:50& 01:59& 01:01& 01:40& 01:48& 00:59& 02:35& 04:48@ 04:15& 00:27&
29 Petersen, John Thomas Nittedal OL 0:57:20 + 21:00 126,75
04:48-42 08:34-34 12:30-34 20:53-34 27:27-32 32:15-36 44:12-35 47:45-32 56:22-31 57:20-31
04:48-42 03:46-24 03:56-33 08:23-35 06:34-34 04:48-46 11:57-31 03:33-23 08:37-24 00:58-41
01:57& 01:27& 01:26& 03:17& 02:15& 02:36@ 04:13& 01:27& 03:06& 00:25&
30 Lesteberg, Ann-Karin Kongsberg OL 0:58:09 + 21:49 126,38
04:53-43 08:59-36 13:27-38 23:14-39 29:05-36 32:04-34 42:22-29 47:28-31 57:16-32 58:09-32
04:53-43 04:06-27 04:28-40 09:47-41 05:51-20 02:59-17 10:18-18 05:06-35 09:48-35 00:53-32
02:02& 01:47& 01:58& 04:41& 01:32& 00:47& 02:34& 03:00@ 04:17& 00:20&
31 Bedeleva, Atanaska Nydalens SK 0:58:19 + 21:59 126,31
04:37-38 08:08-26 11:32-21 18:20-20 25:26-26 28:32-24 38:41-19 48:25-34 57:29-33 58:19-33
04:37-38 03:31-19 03:24-15 06:48-19 07:06-40 03:06-22 10:09-16 09:44-44 09:04-29 00:50-24

01:46&	01:12&	00:54&	01:42&	02:47&	00:54&	02:25&	07:38@	03:33&	00:17&	
32	Broadwell, Sharon		IL GeoForm			0:59:47 + 23:27			125,65	
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