

Jon Tolgensbakks minneløp - Gløggløpet

Dato/sted: 15. desember 2018 - Sognsvann P
Kart: Sognsvann 2018
Arr: IL GeoForm v/Odny Feragen, Eystein Grimstad, Ida Tolgensbakk, Harald Iwe
Antall: Totalt: 102 (GeoForm: 16, OSI: 4, DNV/ESSO: 5, Andre: 77)
Løpsrapport: Alder: 21-: 90, 17-20: 0, 13-16: 0, 0-12: 11
Løpsavgift: kr. 70: 90 kr. 30: 11
Startkont: kr. 70: 65 kr. 30: 37 kr. 0: 0
Betalt: kr. 70: 65 kr. 30: 32 kr. 0: 5
Leiebrikker: 0 stk

Resultater: [Lang\(20\)](#) | [Mellom\(42\)](#) | [Kort\(29\)](#) | [Nybegynner\(11\)](#) | [Grafisk](#)
Strekktider: [Lang\(20\)](#) | [Mellom\(42\)](#) | [Kort\(29\)](#) | [Nybegynner\(11\)](#)

Resultater Lang (6,2 km)

Plass	Navn	Klubb	Tid	Poeng
1	Vogelsang, Christian	Nydalens SK	0:50:11 + 00:00	153,36
2	Sundby, Jørn	Larvik OK	0:58:57 + 08:46	149,58
3	Rygh, Karl Even	Heming Orientering	0:59:21 + 09:10	149,41
4	Schlaupitz, Holger	IL GeoForm	0:59:55 + 09:44	149,16
5	Ekeland, Einar	Oddersjaa	1:01:29 + 11:18	148,49
6	Fjellstad, Jo Inge	Aas UMB	1:03:38 + 13:27	147,56
7	Henriksen, Jan Tore	Norges Bank BIL	1:05:07 + 14:56	146,92
8	Lesteberg, Ola	Kongsberg OL	1:05:43 + 15:32	146,66
9	Helland, Knut	Østmarka OK	1:05:54 + 15:43	146,58
10	Bårtveit, Knut	Bø OL	1:06:53 + 16:42	146,16
11	Blomseth, Stein	Vålerenga	1:08:09 + 17:58	145,61
12	Zeiner-Gundersen, Richard	Aker Brygge Orientering	1:13:22 + 23:11	143,36
13	Heitmann, Ståle	Fossum IF	1:15:20 + 25:09	142,52
14	Oram, Louise	Bækkelaget SK	1:16:47 + 26:36	141,89
15	Refsland, Ivar	UiO	1:19:49 + 29:38	140,58
16	Osen, Per	Equinor BIL	1:20:07 + 29:56	140,45
17	Utskarpen, Audrun	OSI	1:25:57 + 35:46	137,94
18	Lahlum, Jon	IL GeoForm	1:28:57 + 38:46	136,64
19	Husky, Maja	Hauketo IF	1:35:24 + 45:13	133,86
20	Karlsen, Stig Hultgreen	IL GeoForm	1:40:14 + 50:03	131,78

Resultater Mellom (4,5 km)

Plass	Navn	Klubb	Tid	Poeng
1	Hoff, Eivind	IL Tyrving	0:38:48 + 00:00	137,03
2	Benjaminson, Vidar	Lillomarka OL	0:41:47 + 02:59	135,84
3	Berteig, Vidar	IL GeoForm	0:43:22 + 04:34	135,21
4	Ringstad, Tor	Cisco	0:47:13 + 08:25	133,67
5	Teigland, Rune	Østmarka OK	0:48:15 + 09:27	133,26
6	Huseby, Hans	Sarpsborg OL	0:49:49 + 11:01	132,63
7	Thorstensen, Einar	Kamp/Vestheim IF	0:51:48 + 13:00	131,84
8	Sigurdson, Roar	Ringnes	0:51:55 + 13:07	131,80
9	Mella, Stein	Praxair	0:52:04 + 13:16	131,74
10	Lahlum, Tor	Kolbotn og Skimt OL	0:52:38 + 13:50	131,51
11	Rikheim, Harald	Rådtassene	0:53:08 + 14:20	131,31

12	Hansen, Pål W	BDO	0:54:03 + 15:15	130,95
13	Brurberg, May Bente	Ås-NMBU Orientering	0:54:31 + 15:43	130,76
14	Klaveness, Peter	Måren OK	0:56:30 + 17:42	129,97
15	Gylver, Øyvind	Asker SK	0:56:58 + 18:10	129,78
16	Kernstock, Stefan	DNV	0:56:59 + 18:11	129,78
17	Kernstock, Svenja	DNV	0:57:00 + 18:12	129,77
18	Christensen, Lars	DNV	0:58:58 + 20:10	128,98
19	Angell, Truls	Lillomarka OL	0:59:25 + 20:37	128,81
20	Eijsink, Vincent	ÅS UMB Orientering	1:00:10 + 21:22	128,51
21	Øvergaard, Tormod	Vestre Akers SK	1:00:15 + 21:27	128,47
22	Hanslien, Uno	Bilpost BIL	1:00:16 + 21:28	128,47
23	Blom, Richard	FBI	1:00:43 + 21:55	128,29
24	Hultgreen, Rune	IL GeoForm	1:01:04 + 22:16	128,15
25	Fremming, Hans-Henrik	Meteorologen	1:01:11 + 22:23	128,10
26	Justad Raaen, Trine Marit	Aker Brygge Orientering	1:01:19 + 22:31	128,05
27	Sauar, Brita	Koll	1:03:03 + 24:15	127,36
28	Grandum, Øyvind	IL GeoForm	1:03:29 + 24:41	127,18
29	Sletner, Kristin	IL GeoForm	1:03:33 + 24:45	127,16
30	Vollen, Magne	OSI	1:04:12 + 25:24	126,90
31	Paltiel, Liv	Folkehelseinstituttet	1:05:26 + 26:38	126,41
32	Bjørgum, Hallvard	DNV	1:06:19 + 27:31	126,05
33	Tho, Kjersti	Stabæk IF	1:06:40 + 27:52	125,91
34	Nipen, Olav	Tyrving	1:07:09 + 28:21	125,72
35	Broadwell, Sharon	IL GeoForm	1:07:17 + 28:29	125,67
36	Grinde, Bjørn	OSI	1:08:00 + 29:12	125,38
37	Sandelien, Bjørn	Vegdirektoratet	1:08:12 + 29:24	125,30
38	Engzelius, Margrete	Asker SK	1:10:27 + 31:39	124,41
39	Skjelkvåle, Brit Lisa	IL GeoForm	1:10:46 + 31:58	124,28
40	Vågsnes, Marit	Kolbotn & Skimt OL	1:14:34 + 35:46	122,76
41	Hånes, Sturle	IL GeoForm	1:15:51 + 37:03	122,25
42	Bakstad, Anne Regine	Friskis&Svettis	1:23:10 + 44:22	119,33

Resultater Kort (2,2 km)

Plass	Navn	Klubb	Tid	Poeng
1	Løken, Knut-Anders	Fossum IF	0:24:10 + 00:00	121,01
2	Eide-Fredriksen, Aksel	Kamp/Vestheim IF	0:25:50 + 01:40	120,39
3	Hetland, Trond	Kolbotn & Skimt OL	0:27:05 + 02:55	119,93
4	Bøhlerengen, Synne Utseth	Oppsal	0:27:55 + 03:45	119,62
5	Løken, Aleidis	Heming Orientering	0:29:26 + 05:16	119,05
6	Madsen, Øysteinn	Haugerud IL	0:29:57 + 05:47	118,86
7	Huseth, Egil	Kamp/Vestheim IF	0:30:46 + 06:36	118,56
8	Lesteberg, Ann-Karin	Kongsberg OL	0:34:59 + 10:49	116,99
9	Solheim, Knut Tore	Nydalens SK	0:35:56 + 11:46	116,64
10	Kongsnes, Arne	Oppsal Orientering	0:38:31 + 14:21	115,67
11	Ommundsen, Tor	DNV	0:39:16 + 15:06	115,40
12	Egner, Bjørn	Heming Orientering	0:39:39 + 15:29	115,25
13	Ongstad, Per	Privat	0:41:11 + 17:01	114,68
14	Trondsen, Terje	Nittedal OL	0:41:36 + 17:26	114,53
15	Arnesen, Marianne	Asker SK	0:42:18 + 18:08	114,27
16	Fougner, Jon C.	Heming Orientering	0:42:42 + 18:32	114,12
17	Killingmo, Lene Anett	OK Øst	0:46:37 + 22:27	112,66
18	Aas, Eyvind	IL GeoForm	0:49:12 + 25:02	111,70
19	Spjelkavik, Aud	IL Tyrving	0:49:47 + 25:37	111,48
20	Sandelien, Sidsel	Vegdirektoratet	0:50:45 + 26:35	111,12
21	Gunnerød, Bjørn	IL GeoForm	0:53:37 + 29:27	110,06
22	Hangeraas, Knut	IL GeoForm	0:55:00 + 30:50	109,54

23	Ursin, Nora	Bærum kom	0:56:15 + 32:05	109,08	
24	Knudsen, Kåre	IL GeoForm	0:56:57 + 32:47	108,82	
25	Voss / Simonsen, Anne Chatrine / Lisbeth	IL GeoForm	0:57:08 + 32:58	108,75	
26	Aarseth, Iver	Nydalens SK	1:03:39 + 39:29	106,33	
27	Grymyr, Aina	Haugerud IL	1:07:35 + 43:25	104,86	
28	Sletner, Tom Wilhelm	IL GeoForm	1:16:15 + 52:05	101,64	
DSQ	Rogstad, Astri	OSI	0:08:48 (-7 poster)	50,00	

Resultater Nybegynner (2,5 km)

Plass	Navn	Klubb	Tid	Poeng
1	Hagen-Boldingh, Bastian	Koll	0:24:09 + 00:00	100,00
2	Eide-Fredriksen, Odd	Kamp/Vestheim IF	0:39:16 + 15:07	100,00
3	Eide Fredriksen, Alvin	Kamp/Vestheim IF	0:39:30 + 15:21	100,00
4	Paltiel Hanslien, Jo	Privat	0:43:51 + 19:42	100,00
5	Spjelkavik, Silje	Tyrving	0:56:36 + 32:27	100,00
6	Spjelkavik, Hedda	IL Tyrving	0:57:10 + 33:01	100,00
7	Solnørddal, Bjørn	Koll	1:06:22 + 42:13	100,00
7	Solnørddal, Eira	Koll	1:06:22 + 42:13	100,00
7	Solnørddal, Vetle	Koll	1:06:22 + 42:13	100,00
7	Solnørddal, Vilma	Koll	1:06:22 + 42:13	100,00
11	Bårtveit, Aurora	Bø OL	1:23:55 + 59:46	100,00

Strekktider Lang

Plass	Navn	Klubb	Tid	Poeng
1	Vogelsang, Christian	Nydalens SK	0:50:11 + 00:00	153,36
	02:07-1 05:07-1 07:37-1	10:06-1 12:44-1 14:02-1	21:25-1 24:26-1 27:43-1 29:32-1 31:54-1 35:42-1 38:09-1 40:08-1	44:25-1 46:17-1 48:04-1 49:21-1 50:11-1
	02:07-1 03:00-1 02:30-1	02:29-1 02:38-1 01:18-1	07:23-1 03:01-1 03:17-1 01:49-1 02:22-1 03:48-17 02:27-1 01:59-3	01:52-1 01:47-1 01:17-1 00:50-15
	00:00= 00:00= 00:00=	00:00= 00:00= 00:00=	00:00= 00:00= 00:00= 00:00= 00:00= 01:32& 00:00= 00:03+	00:00= 00:00= 00:00= 00:00= 00:15&
2	Sundby, Jørn	Larvik OK	0:58:57 + 08:46	149,58
	02:27-3 06:15-3 09:25-4	13:18-7 16:24-6 17:55-4	26:25-2 30:21-2 33:53-2 35:53-2 38:32-2 41:54-2 46:04-4 48:07-4	50:34-2 52:37-3 54:37-2 56:36-2 58:11-2 58:57-2
	02:27-3 03:48-2 03:10-5	03:53-18 03:06-4 01:31-2	08:30-2 03:56-4 03:32-4 02:00-2 02:39-2 03:22-11 04:10-13 02:03-6	02:27-1 02:03-3 02:00-2 01:59-3 01:35-3 00:46-11
	00:20# 00:48& 00:40&	01:24& 00:28# 00:13#	01:07# 00:55& 00:15+ 00:11# 00:17# 01:06& 01:43& 00:07+	00:00= 00:16# 00:08+ 00:12# 00:18# 00:11&
3	Rygh, Karl Even	Heming Orientering	0:59:21 + 09:10	149,41
	02:29-6 06:22-4 10:54-9	13:28-8 16:35-7 18:07-6	27:23-3 31:37-3 35:24-3 37:29-3 40:12-3 42:30-3 45:27-2 47:29-3	50:23-1 52:49-4 54:56-3 57:04-3 58:41-3 59:21-3
	02:29-6 03:53-5 04:32-17	02:34-5 03:07-5 01:32-3	09:16-3 04:14-6 03:47-7 02:05-5 02:43-4 02:18-2 02:57-3 02:02-5 02:54-5 02:26-9	02:07-3 02:08-6 01:37-6 00:40-2
	00:22# 00:53& 02:02&	00:05+ 00:29# 00:14#	01:53& 01:13& 00:30# 00:16# 00:21# 00:02+ 00:30# 00:06+ 00:27# 00:39& 00:15# 00:21# 00:20& 00:05#	
4	Schlaupitz, Holger	IL GeoForm	0:59:55 + 09:44	149,16
	02:34-8 06:44-7 10:21-7	13:00-5 16:03-4 18:07-7	28:27-7 32:04-4 35:31-4 37:34-4 40:15-4 42:33-4 45:27-3 47:27-2	50:34-3 52:32-2 55:18-4 57:33-4 59:09-4 59:55-4
	02:34-8 04:10-7 03:37-10	02:39-6 03:03-2 02:04-15	10:20-7 03:37-2 03:27-2 02:03-4 02:41-3 02:18-2 02:54-2 02:00-4 03:07-8 01:58-2 02:46-10 02:15-8 01:36-5 00:46-11	
	00:27# 01:10& 01:07&	00:10+ 00:25# 00:46&	02:57& 02:36# 00:10+ 00:14# 00:19# 00:02+ 00:27# 00:04+ 00:40& 00:11# 00:54& 00:28& 00:19# 00:11&	
5	Ekeland, Einar	Oddersjaa	1:01:29 + 11:18	148,49
	02:28-5 06:28-6 09:16-2	11:49-3 15:57-3 17:29-3	27:48-5 32:52-7 36:20-7 38:21-5 42:44-8 45:00-6 48:20-6 50:18-5 52:56-4 54:43-5 57:32-5 59:26-5 60:49-5 61:29-5	
	02:28-4 04:00-6 02:48-2	02:33-4 04:08-13 01:32-3	10:19-6 05:04-10 03:28-3 02:01-3 04:23-18 02:16-1 03:20-4 01:58-2 02:38-2 01:47-1 02:49-11 01:54-2 01:23-2 00:40-2	
	00:31# 01:50& 01:18#	00:04+ 01:30& 00:14#	02:56& 02:03& 00:11+ 00:12# 02:01& 00:00= 00:53& 00:02+ 00:11+ 00:00= 00:57& 00:07+ 00:06+ 00:05#	
6	Fjellstad, Jo Inge	Aas UMB	1:03:38 + 13:27	147,56
	02:38-10 07:28-11 10:59-10	13:45-10 16:54-9 18:38-9	28:22-6 32:41-6 36:18-6 38:30-7 41:25-5 43:55-5 48:15-5 50:30-6 53:27-5 55:37-6 58:04-6 60:59-6 62:44-6 63:38-6	
	02:38-10 04:50-12 03:31-8	02:46-7 03:09-6 01:44-9	09:44-5 04:19-7 03:37-5 02:12-7 02:55-7 02:30-5 04:20-15 02:15-9 02:57-6 02:10-4 02:27-6 02:55-15 01:45-8 00:54-16	
	00:31# 01:50& 01:01&	00:17# 00:31# 00:26&	02:21& 01:18& 00:20# 00:23# 00:33# 00:14# 01:53& 00:19# 00:30# 00:23# 00:35& 01:08& 00:28& 00:19&	
7	Henriksen, Jan Tore	Norges Bank BIL	1:05:07 + 14:56	146,92
	02:22-2 06:13-2 09:17-3	11:48-2 15:10-2 16:59-2	27:24-4 32:04-5 36:07-5 38:24-6 41:36-6 45:46-8 49:45-8 52:05-8 54:51-6 57:16-7 59:54-7 62:01-7 64:22-7 65:07-7	
	02:22-2 03:51-3 03:04-3	02:31-2 03:22-8 01:49-12	10:25-8 04:40-8 04:03-11 02:17-10 03:12-8 04:10-19 03:59-10 02:20-10 02:46-3 02:25-8 02:38-8 02:07-5 02:21-17 00:45-9	
	00:15# 00:51& 00:34#	00:02+ 00:44& 00:31&	03:02& 01:39& 00:46# 00:28& 00:50& 01:54& 01:32& 00:24# 00:19# 00:38& 00:46& 00:20# 01:04& 00:10&	

02:41-1	06:35-1	10:01-1	12:42-1	16:04-1	17:52-1	20:30-1	24:15-1	26:20-1	29:13-1	31:28-1	34:03-1	36:22-1	37:59-1	38:48-1
02:41-1	03:54-1	03:26-2	02:41-1	03:22-1	01:48-1	02:38-1	03:45-4	02:05-1	02:53-1	02:15-1	02:35-3	02:19-1	01:37-1	00:49-4
00:00=	00:00=	00:00+	00:00=	00:00=	00:00=	00:00=	00:31#	00:00=	00:00=	00:00=	00:13+	00:00=	00:00=	00:06#
2	Benjaminen, Vidar		Lillomarka OL			0:41:47 + 02:59		135,84						
02:48-2	07:18-2	10:35-2	13:25-2	17:06-2	18:59-2	21:40-2	24:56-2	28:10-2	31:37-2	34:18-2	36:40-2	39:09-2	41:00-2	41:47-2
02:48-2	04:30-3	03:17-1	02:50-2	03:41-2	01:53-2	02:41-2	03:16-2	03:14-22	03:27-4	02:41-4	02:22-1	02:29-3	01:51-3	00:47-3
00:07+	00:36#	00:00=	00:09+	00:19+	00:05+	00:03+	00:02+	01:09&	00:34#	00:26#	00:00=	00:10+	00:14#	00:04+
3	Berteig, Vidar		IL GeoForm			0:43:22 + 04:34		135,21						
03:08-4	08:25-6	11:59-4	15:07-5	18:52-4	20:55-4	23:55-3	27:55-3	30:16-3	33:31-3	35:59-3	38:37-3	41:02-3	42:39-3	43:22-3
03:08-4	05:17-9	03:34-3	03:08-4	03:45-3	02:03-3	03:00-3	04:00-5	02:21-3	03:15-2	02:28-2	02:38-4	02:25-2	01:37-1	00:43-1
00:27#	01:23&	00:17+	00:27#	00:23#	00:15#	00:22#	00:46#	00:16#	00:22#	00:13+	00:16#	00:06+	00:00=	00:00=
4	Ringstad, Tor		Cisco			0:47:13 + 08:25		133,67						
03:18-8	08:14-5	12:04-5	15:05-4	20:02-6	22:50-7	26:36-6	30:45-7	32:52-7	36:16-5	38:56-4	41:41-4	44:22-4	46:13-4	47:13-4
03:18-8	04:56-6	03:50-4	03:01-3	04:57-19	02:48-25	03:46-15	04:09-10	02:07-2	03:24-3	02:40-3	02:45-6	02:41-5	01:51-3	01:00-18
00:37#	01:02&	00:33#	00:20#	01:35&	01:00&	01:08&	00:55&	00:02+	00:31#	00:25#	00:23#	00:22#	00:14#	00:17&
5	Teigland, Rune		Østmarka OK			0:48:15 + 09:27		133,26						
03:09-5	08:04-4	12:07-6	15:46-6	19:53-5	22:09-5	25:38-4	29:40-6	32:15-6	36:49-6	39:37-5	42:20-5	45:16-5	47:14-5	48:15-5
03:09-5	04:55-5	04:03-10	03:39-9	04:07-6	02:16-10	03:29-9	04:02-6	02:35-7	04:34-24	02:48-6	02:43-5	02:56-9	01:58-8	01:01-20
00:28#	01:01&	00:46#	00:58&	00:45#	00:28&	00:51&	00:48#	00:30#	01:41&	00:33#	00:21#	00:37&	00:21#	00:18&
6	Huseby, Hans		Sarpsborg OL			0:49:49 + 11:01		132,63						
04:15-33	08:39-9	12:37-7	16:11-7	20:17-7	22:26-6	26:05-5	29:27-5	31:52-5	35:31-4	40:35-6	43:06-6	46:26-6	48:52-6	49:49-6
04:15-33	04:24-2	03:58-9	03:34-8	04:06-5	02:09-7	03:39-12	03:22-3	02:25-5	03:39-6	05:04-29	02:31-2	03:20-20	02:26-19	00:57-14
01:34&	00:30#	00:41#	00:53&	00:44#	00:21#	01:01&	00:08+	00:20#	00:46&	02:49@	00:09+	01:01&	00:49&	00:14&
7	Thorstensen, Einar		Kamp/Vestheim IF			0:51:48 + 13:00		131,84						
02:57-3	07:32-3	11:26-3	14:42-3	18:29-3	20:47-3	29:24-4	31:50-4	34:20-4	37:50-4	42:19-8	45:14-7	47:47-7	50:51-7	51:48-7
02:57-3	04:35-4	03:54-8	03:16-5	03:47-4	02:18-11	02:26-6	02:21#	02:26-6	02:21#	02:55-10	02:33-4	03:04-36	00:57-14	00:57-14
00:16+	00:41#	00:37#	00:35#	00:25#	00:30&	00:21#	00:21#	00:21#	00:21#	00:33#	00:14#	01:27&	00:14&	00:14&
8	Sigurdson, Roar		Ringnes			0:51:55 + 13:07		131,80						
03:12-6	10:23-24	14:15-19	18:18-17	23:00-16	25:23-13	28:32-11	33:01-9	35:51-9	40:17-8	43:04-9	46:16-9	49:11-9	51:06-8	51:55-8
03:12-6	07:11-33	03:52-5	04:03-19	04:42-12	02:23-16	03:09-4	04:29-13	02:50-11	04:26-22	02:47-5	03:12-18	02:55-8	01:55-5	00:49-4
00:31#	03:17&	00:35#	01:22&	01:20&	00:35&	00:31#	01:15&	00:45&	01:33&	00:32#	00:50&	00:36&	00:18#	00:06#
9	Mella, Stein		Praxair			0:52:04 + 13:16		131,74						
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01:25&	02:59&	02:30&	02:03&	04:12@	01:30&	01:27&	05:52@	01:42&	01:11&	01:24&	01:36&	01:05&	01:04&	00:23&
38	Engzelius, Margrete		Asker SK			1:10:27 + 31:39			124,41					
05:33-42	12:03-38	17:28-37	23:20-38	29:41-38	32:33-38	36:38-30	41:57-35	46:14-36	51:04-28	58:19-39	61:52-38	65:56-36	69:09-38	70:27-38
05:33-42	06:30-26	05:25-34	05:52-39	06:21-35	02:52-27	04:05-23	05:19-19	04:17-40	04:50-27	07:15-30	03:33-24	04:04-34	03:13-38	01:18-33
02:52@	02:36&	02:08&	03:11@	02:59&	01:04&	01:27&	02:05&	02:12@	01:57&	05:00@	01:11&	01:45&	01:36&	00:35&
39	Skjelkvåle, Brit Lisa		IL GeoForm			1:10:46 + 31:58			124,28					
03:41-20	09:47-18	16:41-33	21:25-32	26:19-27	28:49-25	32:45-19	39:29-28	42:32-27	46:39-20	60:48-40	63:59-39	67:18-37	69:48-39	70:46-39
03:41-19	06:06-19	06:54-42	04:44-31	04:54-16	02:30-20	03:56-19	06:44-29	03:03-20	04:07-14	14:09-33	03:11-17	03:19-19	02:30-25	00:58-16
01:00&	02:12&	03:37@	02:03&	01:32&	00:42&	01:18&	03:30@	00:58&	01:14&	11:54@	00:49&	01:00&	00:53&	00:15&
40	Vågsnes, Marit		Kolbotn & Skimt OL			1:14:34 + 35:46			122,76					
05:30-41	11:55-37	16:51-35	22:52-36	28:28-34	30:58-33	37:48-31	44:04-39	47:31-39	53:31-31	57:11-38	67:25-41	70:45-38	73:15-40	74:34-40
05:30-40	06:25-24	04:56-28	06:01-40	05:36-26	02:30-20	06:50-33	06:16-26	03:27-26	06:00-33	03:40-20	10:14-42	03:20-20	02:30-25	01:19-34
02:49@	02:31&	01:39&	03:20@	02:14&	00:42&	04:12@	03:02&	01:22&	03:07@	01:25&	07:52@	01:01&	00:53&	00:36&
41	Hånes, Sturle		IL GeoForm			1:15:51 + 37:03			122,25					
04:51-38	13:02-41	19:52-42	25:14-40	33:09-41	36:29-41	42:18-34	48:01-41	51:54-41	57:40-32	62:18-41	66:34-40	71:01-39	74:06-41	75:51-41
04:51-38	08:11-41	06:50-41	05:22-37	07:55-41	03:20-37	05:49-32	05:43-22	03:53-35	05:46-32	04:38-27	04:16-35	04:27-37	03:05-37	01:45-41
02:10&	04:17@	03:33@	02:41@	04:33@	01:32&	03:11@	02:29&	01:48&	02:53@	02:23@	01:54&	02:08&	01:28&	01:02@
42	Bakstad, Anne Regine		Friskis&Svettis			1:23:10 + 44:22			119,33					
05:30-40	13:35-42	19:14-41	27:37-42	34:04-42	38:03-42	42:00-33	49:42-42	53:41-42	58:11-33	72:19-42	75:44-42	79:26-40	81:56-42	83:10-42
05:30-40	08:05-40	05:39-36	08:23-41	06:27-36	03:59-39	03:57-21	07:42-32	03:59-37	04:30-23	14:08-32	03:25-21	03:42-29	02:30-25	01:14-29
02:49@	04:11@	02:22&	05:42@	03:05&	02:11@	01:19&	04:28@	01:54&	01:37&	11:53@	01:03&	01:23&	00:53&	00:31&

Strekktider Kort

Plass	Navn	Klubb	Tid	Poeng				
1	Løken, Knut-Anders	Fossum IF	0:24:10 + 00:00	121,01				
	03:26-2	08:41-2	12:49-2	15:44-2	18:22-1	23:15-1	24:10-2	
	03:26-2	05:15-2	04:08-2	02:55-2	02:38-1		00:55-3	
	00:20#	00:33#	00:27#	00:34#	00:00=		00:03+	
2	Eide-Fredriksen, Aksel	Kamp/Vestheim IF	0:25:50 + 01:40	120,39				
	03:55-5	09:47-3	13:57-3	16:54-3	20:02-3	22:59-1	24:57-2	25:50-3

03:55-5	05:52-3	04:10-3	02:57-3	03:08-2	02:57-2	01:58-2	00:53-2			
00:49&	01:10#	00:29#	00:36&	00:30#	00:11+	00:02+	00:01+			
3	Hetland, Trond			Kolbotn & Skimt OL		0:27:05 + 02:55		119,93		
03:06-1	07:48-1	11:29-1	13:50-1	19:06-2	23:25-2	25:21-3	27:05-4			
03:06-1	04:42-1	03:41-1	02:21-1	05:16-18	04:19-11	01:56-1	01:44-15			
00:00=	00:00=	00:00=	00:00=	02:38@	01:33&	00:00=	00:52@			
4	Bøhlerengen, Synne Utseth			Oppsal		0:27:55 + 03:45		119,62		
03:57-6	10:28-5	15:45-5	18:49-5	22:16-4	25:02-3	27:03-4	27:55-5			
03:57-6	06:31-5	05:17-8	03:04-5	03:27-4	02:46-1	02:01-3	00:52-1			
00:51&	01:49&	01:36&	00:43&	00:49&	00:00=	00:05+	00:00=			
5	Løken, Aleidis			Heming Orientering		0:29:26 + 05:16		119,05		
03:45-3	11:05-7	16:35-7	19:56-7	23:10-6	26:20-5	28:26-6	29:26-6			
03:45-3	07:20-8	05:30-9	03:21-8	03:14-3	03:10-5	02:06-4	01:00-4			
00:39#	02:38&	01:49&	01:00&	00:36#	00:24#	00:10+	00:08#			
6	Madsen, Øystein			Haugerud IL		0:29:57 + 05:47		118,86		
04:01-7	10:16-4	15:08-4	18:43-4	22:40-5	25:40-4	28:22-5	29:57-7			
04:01-7	06:15-4	04:52-5	03:35-9	03:57-8	03:00-3	02:42-7	01:35-13			
00:55&	01:33&	01:11&	01:14&	01:19&	00:14+	00:46&	00:43&			
7	Huseth, Egil			Kamp/Vestheim IF		0:30:46 + 06:36		118,56		
04:06-8	10:57-6	16:13-6	19:32-6	23:33-7	26:55-6	29:33-7	30:46-8			
04:06-8	06:51-6	05:16-7	03:19-7	04:01-9	03:22-6	02:38-6	01:13-8			
01:00&	02:09&	01:35&	00:58&	01:23&	00:36#	00:42&	00:21&			
8	Lesteberg, Ann-Karin			Kongsberg OL		0:34:59 + 10:49		116,99		
03:45-4	12:30-9	19:34-11	23:10-10	27:02-8	30:53-7	33:48-8	34:59-9			
03:45-3	08:45-13	07:04-16	03:36-10	03:52-7	03:51-9	02:55-13	01:11-7			
00:39#	04:03&	03:23&	01:15&	01:14&	01:05&	00:59&	00:19&			
9	Solheim, Knut Tore			Nydalens SK		0:35:56 + 11:46		116,64		
04:43-13	12:07-8	18:49-8	22:44-8	27:15-9	31:49-8	34:33-9	35:56-10			
04:43-13	07:24-9	06:42-14	03:55-12	04:31-13	04:34-12	02:44-8	01:23-10			
01:37&	02:42&	03:01&	01:34&	01:53&	01:48&	00:48&	00:31&			
10	Kongsnes, Arne			Oppsal Orientering		0:38:31 + 14:21		115,67		
10:39-27	17:44-20	24:15-17	27:16-14	30:55-12	34:23-10	37:08-10	38:31-11			
10:39-27	07:05-7	06:31-12	03:01-4	03:39-6	03:28-7	02:45-9	01:23-10			
07:33@	02:23&	02:50&	00:40&	01:01&	00:42&	00:49&	00:31&			
11	Ommundsen, Tor			DNV		0:39:16 + 15:06		115,40		
04:29-11	13:44-11	19:21-9	24:26-11	29:07-11	34:21-9	37:33-11	39:16-12			
04:29-11	09:15-15	05:37-10	05:05-19	04:41-15	05:14-16	03:12-15	01:43-14			
01:23&	04:33&	01:56&	02:44@	02:03&	02:28&	01:16&	00:51&			
12	Egner, Bjørn			Heming Orientering		0:39:39 + 15:29		115,25		
04:23-10	14:12-12	19:27-10	23:08-9	27:26-10	34:38-11	37:33-12	39:39-13			
04:23-10	09:49-18	05:15-6	03:41-11	04:18-12	07:12-24	02:55-13	02:06-18			
01:17&	05:07@	01:34&	01:20&	01:40&	04:26@	00:59&	01:14@			
13	Ongstad, Per			Privat		0:41:11 + 17:01		114,68		
04:12-9	12:45-10	27:23-22	30:30-17	34:34-17	37:40-14	40:08-13	41:11-14			
04:12-9	08:33-11	14:38-27	03:07-6	04:04-10	03:06-4	02:28-5	01:03-5			
01:06&	03:51&	10:57@	00:46&	01:26&	00:20#	00:32&	00:11#			
14	Trondsen, Terje			Nittedal OL		0:41:36 + 17:26		114,53		
08:35-23	17:54-21	24:31-18	28:38-16	32:42-14	37:31-13	40:18-14	41:36-15			
08:35-23	09:19-16	06:37-13	04:07-14	04:04-10	04:49-14	02:47-11	01:18-9			
05:29@	04:37&	02:56&	01:46&	01:26&	02:03&	00:51&	00:26&			
15	Arnesen, Marianne			Asker SK		0:42:18 + 18:08		114,27		
07:25-21	14:54-13	22:12-14	26:16-12	33:16-15	37:59-15	40:44-16	42:18-16			
07:25-21	07:29-10	07:18-17	04:04-13	07:00-25	04:43-13	02:45-9	01:34-12			
04:19@	02:47&	03:37&	01:43&	04:22@	01:57&	00:49&	00:42&			
16	Fougner, Jon C.			Heming Orientering		0:42:42 + 18:32		114,12		
06:46-18	15:29-14	22:12-13	26:25-13	31:25-13	36:55-12	40:27-15	42:42-17			
06:46-18	08:43-12	06:43-15	04:13-16	05:00-17	05:30-18	03:32-17	02:15-19			
03:40@	04:01&	03:02&	01:52&	02:22&	02:44&	01:36&	01:23@			
17	Killingmo, Lene Anett			OK Øst		0:46:37 + 22:27		112,66		
10:07-26	19:16-22	27:17-21	31:34-20	39:05-20	42:39-17	45:29-17	46:37-18			

10:07-26	09:09-14	08:01-19	04:17-17	07:31-27	03:34-8	02:50-12	01:08-6		
07:01@	04:27&	04:20@	01:56&	04:53@	00:48&	00:54&	00:16&		
18	Aas, Eyvind		IL GeoForm			0:49:12 + 25:02		111,70	
06:59-20	17:10-17	25:12-19	31:06-19	36:44-18	42:55-18	46:48-19	49:12-19		
06:59-20	10:11-19	08:02-20	05:54-24	05:38-21	06:11-20	03:53-18	02:24-21		
03:53@	05:29@	04:21@	03:33@	03:00@	03:25@	01:57@	01:32@		
19	Spjelkavik, Aud		IL Tyrving			0:49:47 + 25:37		111,48	
06:10-16	15:54-15	23:18-16	28:01-15	33:31-16	41:16-16	45:54-18	49:47-20		
06:10-16	09:44-17	07:24-18	04:43-18	05:30-19	07:45-26	04:38-22	03:53-27		
03:04&	05:02@	03:43@	02:22@	02:52@	04:59@	02:42@	03:01@		
20	Sandelien, Sidsel		Vegdirektoratet			0:50:45 + 26:35		111,12	
06:20-17	17:14-18	25:36-20	30:43-18	37:09-19	43:31-19	47:39-20	50:45-21		
06:20-17	10:54-21	08:22-21	05:07-20	06:26-22	06:22-21	04:08-19	03:06-25		
03:14@	06:12@	04:41@	02:46@	03:48@	03:36@	02:12@	02:14@		
21	Gunnerød, Bjørn		IL GeoForm			0:53:37 + 29:27		110,06	
05:40-15	16:05-16	22:18-15	35:46-23	40:33-21	46:02-20	50:42-21	53:37-22		
05:40-15	10:25-20	06:13-11	13:28-27	04:47-16	05:29-17	04:40-23	02:55-24		
02:34&	05:43@	02:32&	11:07@	02:09&	02:43&	02:44@	02:03@		
22	Hangeraas, Knut		IL GeoForm			0:55:00 + 30:50		109,54	
06:52-19	22:15-25	30:55-25	36:08-24	41:38-22	47:34-21	51:46-22	55:00-23		
06:52-19	15:23-26	08:40-23	05:13-22	05:30-19	05:56-19	04:12-20	03:14-26		
03:46@	10:41@	04:59@	02:52@	02:52@	03:10@	02:16@	02:22@		
23	Ursin, Nora		Bærum kom			0:56:15 + 32:05		109,08	
04:38-12	17:17-19	21:45-12	43:15-27	46:49-26	51:00-24	54:12-24	56:15-24		
04:38-12	12:39-24	04:28-4	21:30-28	03:34-5	04:11-10	03:12-15	02:03-17		
01:32&	07:57@	00:47#	19:09@	00:56&	01:25&	01:16&	01:11@		
24	Knudsen, Kåre		IL GeoForm			0:56:57 + 32:47		108,82	
09:46-24	21:19-23	30:05-23	35:20-21	42:00-23	48:41-22	54:08-23	56:57-25		
09:46-24	11:33-23	08:46-24	05:15-23	06:40-23	06:41-22	05:27-25	02:49-23		
06:40@	06:51@	05:05@	02:54@	04:02@	03:55@	03:31@	01:57@		
25	Voss / Simonsen, Anne	Chatrine / Lisbeth	IL GeoForm			0:57:08 + 32:58		108,75	
10:06-25	21:38-24	30:26-24	35:34-22	42:17-24	49:04-23	54:32-25	57:08-26		
10:06-25	11:32-22	08:48-25	05:08-21	06:43-24	06:47-23	05:28-26	02:36-22		
07:00@	06:50@	05:07@	02:47@	04:05@	04:01@	03:32@	01:44@		
26	Aarseth, Iver		Nydalens SK			1:03:39 + 39:29		106,33	
08:34-22	24:21-26	34:03-26	40:21-25	47:51-27	52:54-25	57:49-26	63:39-27		
08:34-22	15:47-27	09:42-26	06:18-26	07:30-26	05:03-15	04:55-24	05:50-28		
05:28@	11:05@	06:01@	03:57@	04:52@	02:17&	02:59@	04:58@		
27	Grymyr, Aina		Haugerud IL			1:07:35 + 43:25		104,86	
05:09-14	28:32-28	36:56-27	41:05-26	45:38-25	61:14-26	65:35-27	67:35-28		
05:09-14	23:23-28	08:24-22	04:09-15	04:33-14	15:36-27	04:21-21	02:00-16		
02:03&	18:41@	04:43@	01:48&	01:55&	12:50@	02:25@	01:08@		
28	Sletner, Tom Wilhelm		IL GeoForm			1:16:15 + 52:05		101,64	
12:13-28	26:37-27	41:22-28	47:17-28	55:14-28	62:38-27	74:00-28	76:15-29		
12:13-28	14:24-25	14:45-28	05:55-25	07:57-28	07:24-25	11:22-27	02:15-19		
09:07@	09:42@	11:04@	03:34@	05:19@	04:38@	09:26@	01:23@		
DSQ	Rogstad, Astri		OSI			0:08:48 (-7 poster)	50,00		
						08:48-1			

Strekktider Nybeginner

Plass	Navn	Klubb	Tid	Poeng		
1	Hagen-Boldingh, Bastian	Koll	0:24:09 + 00:00	100,00		
	03:34-1	07:27-1	16:05-1	19:50-1	21:50-1	24:09-1
	03:34-1	03:53-1	08:38-5	03:45-1	02:00-1	02:19-1

00:00=	00:00=	02:33&	00:00=	00:00=	00:00=			
2	Eide-Fredriksen, Odd		Kamp/Vestheim IF	0:39:16 +	15:07	100,00		
07:57-3	16:15-3	22:20-3	32:14-3	35:12-3	39:16-2			
07:57-3	08:18-2	06:05-1	09:54-4	02:58-2	04:04-3			
04:23@	04:25@	00:00=	06:09@	00:58&	01:45&			
3	Eide Fredriksen, Alvin		Kamp/Vestheim IF	0:39:30 +	15:21	100,00		
07:44-2	16:05-2	22:11-2	31:55-2	34:59-2	39:30-3			
07:44-2	08:21-3	06:06-2	09:44-3	03:04-3	04:31-4			
04:10@	04:28@	00:01+	05:59@	01:04&	02:12&			
4	Paltiel Hanslien, Jo		Privat	0:43:51 +	19:42	100,00		
10:48-9	21:50-5	28:57-4	36:15-4	40:26-4	43:51-4			
10:48-9	11:02-5	07:07-3	07:18-2	04:11-8	03:25-2			
07:14@	07:09@	01:02#	03:33&	02:11@	01:06&			
5	Spjelkavik, Silje		Tyrving	0:56:36 +	32:27	100,00		
11:54-11	24:57-11	32:21-5	45:49-5	52:01-6	56:36-5			
11:54-11	13:03-6	07:24-4	13:28-5	06:12-10	04:35-5			
08:20@	09:10@	01:19#	09:43@	04:12@	02:16&			
6	Spjelkavik, Hedda		IL Tyrving	0:57:10 +	33:01	100,00		
09:48-8	24:06-10	33:13-6	47:03-6	51:54-5	57:10-6			
09:48-8	14:18-7	09:07-6	13:50-6	04:51-9	05:16-6			
06:14@	10:25@	03:02&	10:05@	02:51@	02:57@			
7	Solnørdal, Bjørn		Koll	1:06:22 +	42:13	100,00		
09:31-5	23:56-7	37:31-10	55:31-8	59:35-10	66:22-8			
09:31-4	14:25-8	13:35-7	18:00-7	04:04-4	06:47-7			
05:57@	10:32@	07:30@	14:15@	02:04@	04:28@			
7	Solnørdal, Eira		Koll	1:06:22 +	42:13	100,00		
09:31-4	23:56-8	37:31-9	55:31-7	59:35-9	66:22-7			
09:31-4	14:25-8	13:35-7	18:00-7	04:04-4	06:47-7			
05:57@	10:32@	07:30@	14:15@	02:04@	04:28@			
7	Solnørdal, Vetle		Koll	1:06:22 +	42:13	100,00		
09:31-7	23:56-6	37:31-8	55:31-10	59:35-8	66:22-10			
09:31-4	14:25-8	13:35-7	18:00-7	04:04-4	06:47-7			
05:57@	10:32@	07:30@	14:15@	02:04@	04:28@			
7	Solnørdal, Vilma		Koll	1:06:22 +	42:13	100,00		
09:31-6	23:56-9	37:31-7	55:31-9	59:35-7	66:22-9			
09:31-4	14:25-8	13:35-7	18:00-7	04:04-4	06:47-7			
05:57@	10:32@	07:30@	14:15@	02:04@	04:28@			
11	Bårtveit, Aurora		Bø OL	1:23:55 +	59:46	100,00		
11:11-10	20:45-4		58:33-11	71:49-11	83:55-11			
11:11-10	09:34-4			13:16-11	12:06-11			
07:37@	05:41@			11:16@	09:47@			