

GEOFORM 21.september 2019

<http://ilgeoform.no/rankinglop/res2019-09-21.html>

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7	Helland, Knut			Østmarka OK		0:49:06 + 08:35		147,39					
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8	Låg, Steinar			Veritas		0:50:54 + 10:23		146,37					
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9	Lindseth, Gard			Nydalens SK		0:51:52 + 11:21		145,83					
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10	Olausson, Mikael			OSI		0:52:36 + 12:05		145,42					
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11	Henriksen, Jan Tore			Norges Bank BIL		0:53:11 + 12:40		145,09					
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12	Heitmann, Ståle			Fossum IF		0:57:31 + 17:00		142,65					
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12	Ringstad, Tor			Hedrum		0:57:31 + 17:00		142,65					
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19	Gjelstad, Vidar		Oppsal Orientering			1:01:37 + 21:06		140,35					
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39	Christensen, Lars		DNV				1:25:52 +	45:21				126,71	
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62:48-39	65:28-39	73:04-40	76:00-40	78:22-40	80:18-38	81:55-39	84:39-39	85:52-40					
01:52-35	02:07-38	04:47-31	04:03-42	05:31-42	01:00-10	08:07-40	01:17-30	03:15-20	02:42-26	02:34-22	15:31-45	07:39-38	01:21-22
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01:03@	01:10@	01:52&	02:01&	03:50@	00:17&	04:10@	00:34&	01:14&	01:08&	01:00&	12:49@	04:06@	00:31&
00:28&	01:53@	03:57@	01:36@	01:08&	01:05@	00:38&	01:11&	00:30&					
40	Ottersland, Per Kristian		Privat				1:31:05 +	50:34				123,78	
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64:20-40	68:11-41	75:47-41	79:53-42	82:59-42	84:51-40	87:01-41	89:54-41	91:05-42					
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01:34-42	03:51-43	07:36-36	04:06-42	03:06-40	01:52-35	02:10-35	02:53-40	01:11-38					
01:20@	02:20@	05:10@	02:07@	01:11&	01:27@	05:13@	01:10@	03:03@	01:43@	01:45@	03:24@	05:21@	01:31@
01:00@	03:04@	03:57@	02:46@	01:52@	01:01@	01:11@	01:20&	00:28&					
41	Stubø Jorde, Marit		SVW				1:39:16 +	58:45				119,17	
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01:21-41	02:43-38	10:38-43	08:53-45	04:44-44	01:39-31	01:46-24	03:32-43	00:55-18					
01:18@	01:18@	01:50&	00:56&	01:45@	00:18&	03:06&	00:43@	04:33@	01:12&	05:51@	08:29@	05:04@	00:41&
00:47@	01:56@	06:59@	07:33@	03:30@	00:48&	00:47&	01:59@	00:12&					
42	Thorstensen, Erik		Geoform			1:39:42 +	59:11	118,93					
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01:03-35	01:19-23	08:33-42	04:42-44	02:07-30	02:09-39	02:39-39	03:29-42	00:43-1					
01:03@	01:55@	02:16&	01:11&	01:58@	03:28@	12:19@	00:18&	01:28&	01:55@	05:13@	02:44@	10:00@	01:09@
00:29&	00:32&	04:54@	03:22@	00:53&	01:18@	01:40@	01:56@	00:00=					
43	Ytternes, John		Kolbotn og Skimt OL			1:43:46 +1:03:15	116,64						
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01:54-43	03:37-42	16:10-44	04:25-43	03:51-41	02:40-40	03:29-42	03:26-41	01:15-41					
02:15@	00:44&	02:25&	02:06@	01:48@	00:59@	04:04@	01:54@	03:21@	01:56@	02:10@	03:15@	06:45@	03:16@
01:20@	02:50@	12:31@	03:05@	02:37@	01:49@	02:30@	01:53@	00:32&					
DSQ	Winsnes, Sille		Ås-NMBU Orientering			1:29:53	(-1 poster)	97,73					
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66:53-43	69:47-43	76:40-42	78:55-41	81:18-41	82:55-39	85:04-40	88:36-40	89:53-41					
01:28-18	02:55-43	07:45-44	03:10-22	04:11-38	01:16-30	09:11-43	01:41-41		04:49-41	04:33-26	06:49-31	01:32-32	
11:59-44	02:54-39	06:53-32	02:15-28	02:23-37	01:37-30	02:09-34	03:32-43	01:17-43					
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11:25@	02:07@	03:14&	00:55&	01:09&	00:46&	01:10@	01:59@	00:34&					
DSQ	Halvorsen, Petter		Nydalens SK			0:59:57	(-3 poster)	93,18					
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45:04-22	46:28-22	51:06-18	53:14-20	54:45-18				59:57-16					
01:21-12	01:43-31	05:02-37	03:00-18	02:29-12	01:00-10	07:15-31	00:57-5	03:23-23	02:41-25	02:20-15	04:54-33	06:43-29	01:23-27
00:53-21	01:24-27	04:38-10	02:08-26	01:31-11									
00:32&	00:46&	02:07&	00:58&	00:48&	00:17&	03:18&	00:14&	01:22&	01:07&	00:46&	02:12&	03:10&	00:33&
00:19&	00:37&	00:59&	00:48&	00:17#									

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1	Markset, Kjell	Koll IL	0:38:02 + 00:00	135,90										
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	01:31-16	04:00-6	02:53-4	02:12-3	02:59-3	03:38-1	03:59-6	00:54-1	01:02-1	00:48-3	01:04-4	04:27-1	02:07-10	01:28-2
	00:54-2	01:22-2	01:46-1	00:58-12										
	00:26&	00:18+	00:15+	00:09+	00:07+	00:00=	00:18+	00:00=	00:00=	00:03+	00:02+	00:00=	00:20#	00:09#
	00:08#	00:14#	00:00=	00:14&										
2	Kvaase, Truls	Bækkelagets SK	0:39:53 + 01:51	135,09										

01:05-1	04:58-1	07:36-1	09:47-2	13:08-2	17:23-4	21:04-3	22:42-4	23:49-4	24:47-4	26:00-4	30:31-4	32:33-4	34:10-3
35:24-3	36:49-3	38:51-3	39:53-3										
01:05-1	03:53-3	02:38-1	02:11-2	03:21-9	04:15-7	03:41-1	01:38-32	01:07-3	00:58-14	01:13-9	04:31-2	02:02-8	01:37-7
01:14-10	01:25-3	02:02-8	01:02-18										
00:00=	00:11+	00:00=	00:08+	00:29#	00:37#	00:00=	00:44&	00:05+	00:13&	00:11#	00:04+	00:15#	00:18#
00:28&	00:17&	00:16#	00:18&										
3	Sætran, Bjørn	Idar	IF Trauma			0:40:21 +	02:19			134,88			
01:21-6	05:41-10	08:23-4	10:40-5	13:32-3	17:13-3	21:00-2	22:06-3	23:13-3	23:58-3	25:04-3	30:01-3	31:48-3	34:29-4
35:36-4	37:19-4	39:24-4	40:21-4										
01:21-5	04:20-12	02:42-3	02:17-4	02:52-1	03:41-2	03:47-2	01:06-6	01:07-3	00:45-1	01:06-6	04:57-4	01:47-1	02:41-43
01:07-5	01:43-12	02:05-9	00:57-10										
00:16#	00:38#	00:04+	00:14#	00:00=	00:03+	00:06+	00:12#	00:05+	00:00=	00:04+	00:30#	00:00=	01:22@
00:21&	00:35&	00:19#	00:13&										
4	Benestad, Lars	Grane ik	0:40:36 +	02:34		134,77							
01:23-9	05:41-9	08:42-8	10:45-7	14:06-7	18:21-6	22:10-5	23:11-5	24:25-5	25:20-5	26:26-5	31:43-5	33:40-5	35:08-5
36:11-5	37:37-5	39:49-5	40:36-5										
01:23-8	04:18-11	03:01-6	02:03-1	03:21-9	04:15-7	03:49-3	01:01-2	01:14-7	00:55-10	01:06-6	05:17-8	01:57-5	01:28-2
01:03-3	01:26-6	02:12-12	00:47-2										
00:18&	00:36#	00:23#	00:00=	00:29#	00:37#	00:08+	00:07#	00:12#	00:10#	00:04+	00:50#	00:10+	00:09#
00:17&	00:18&	00:26#	00:03+										
5	Martinsen, Ove	Hauketo IF	0:41:33 +	03:31		134,36							
01:31-17	05:13-3	08:08-2	10:38-4	13:46-5	17:56-5	22:26-6	23:32-6	24:46-6	25:37-6	26:52-6	31:59-6	34:08-6	35:48-6
36:59-6	38:37-6	40:31-6	41:33-6										
01:31-16	03:42-1	02:55-5	02:30-9	03:08-5	04:10-6	04:30-14	01:06-6	01:14-7	00:51-6	01:15-11	05:07-5	02:09-11	01:40-10
01:11-7	01:38-11	01:54-3	01:02-18										
00:26&	00:00=	00:17#	00:27#	00:16+	00:32#	00:49#	00:12#	00:12#	00:06#	00:13#	00:40#	00:22#	00:21&
00:25&	00:30&	00:08+	00:18&										
6	Bøe, Johanne	Fossum IF	0:41:50 +	03:48		134,24							
01:28-12	05:16-4	08:30-6	10:59-8	13:57-6	18:44-7	22:35-7	23:42-7	25:01-7	25:51-7	27:28-7	33:04-8	35:03-8	36:34-8
37:41-7	39:17-7	41:06-7	41:50-7										
01:28-11	03:48-2	03:14-12	02:29-8	02:58-2	04:47-18	03:51-4	01:07-8	01:19-9	00:50-4	01:37-28	05:36-13	01:59-7	01:31-5
01:07-5	01:36-10	01:49-2	00:44-1										
00:23&	00:06+	00:36#	00:26#	00:06+	01:09&	00:10+	00:13#	00:17&	00:05#	00:35&	01:09&	00:12#	00:12#
00:21&	00:28&	00:03+	00:00=										
7	Færestrand, Bjarne	Kristiansand OK	0:43:11 +	05:09		133,65							
01:21-5	07:47-36	10:55-24	13:15-20	16:18-15	20:18-12	24:14-10	25:18-9	26:29-9	27:21-9	28:26-9	33:00-7	34:51-7	36:24-7
38:23-8	39:53-8	42:17-8	43:11-8										
01:21-5	06:26-42	03:08-7	02:20-5	03:03-4	04:00-4	03:56-5	01:04-4	01:11-5	00:52-7	01:05-5	04:34-3	01:51-2	01:33-6
01:59-41	01:30-7	02:24-16	00:54-6										
00:16#	02:44&	00:30#	00:17#	00:11+	00:22#	00:15+	00:10#	00:09#	00:07#	00:03+	00:07+	00:04+	00:14#
01:13@	00:22&	00:38&	00:10#										
8	Knapp Kongsberg, Markus	IL Tyrving	0:43:13 +	05:11		133,63							
02:22-45	06:16-18	08:54-10	14:11-24	17:26-20	21:10-16	26:03-17	27:06-14	28:12-14	28:59-14	30:01-14	35:10-13	37:13-12	38:32-11
39:18-9	40:26-9	42:23-9	43:13-9										
02:22-45	03:54-4	02:38-1	05:17-52	03:15-7	03:44-3	04:53-17	01:03-3	01:06-2	00:47-2	01:02-1	05:09-6	02:03-9	01:19-1
00:46-1	01:08-1	01:57-5	00:50-3										
01:17@	00:12+	00:00=	03:14@	00:23#	00:06+	01:12&	00:09#	00:04+	00:02+	00:00=	00:42#	00:16#	00:00=
00:00=	00:00=	00:11#	00:06#										
9	Teigland, Rune	Østmarka OK	0:44:16 +	06:14		133,17							

01:16-3	05:11-2	08:19-3	10:44-6	14:59-10	19:18-10	24:12-9	25:21-10	26:46-10	27:50-10	29:05-10	34:29-9	36:27-9	38:06-9
39:18-10	40:51-10	43:10-10	44:16-10										
01:16-3	03:55-5	03:08-7	02:25-6	04:15-26	04:19-10	04:54-18	01:09-9	01:25-16	01:04-23	01:15-11	05:24-10	01:58-6	01:39-8
01:12-8	01:33-8	02:19-14	01:06-24										
00:11#	00:13+	00:30#	00:22#	01:23&	00:41#	01:13&	00:15&	00:23&	00:19&	00:13#	00:57#	00:11#	00:20&
00:26&	00:25&	00:33&	00:22&										

Strekktider Kort

Plass	Navn	Klubb	Tid	Poeng							
1	Berteig, Vidar	IL GeoForm	0:19:18 + 00:00	123,07							
	01:14-1	03:24-1	05:16-1	08:09-1	09:31-1	11:15-1	12:08-1	14:57-1	16:24-1	18:28-1	19:18-1
	01:14-1	02:10-1	01:52-1	02:53-2	01:22-1	01:44-1	00:53-1	02:49-1	01:27-1	02:04-1	00:50-1
	00:00=	00:00=	00:00=	00:10+	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Fredriksen, Jon	Hauketo IF	0:21:58 + 02:40	122,12							
	01:16-2	03:29-2	05:29-2	08:12-2			13:34-2	16:46-2	18:16-2	20:48-2	21:58-2
	01:16-2	02:13-2	02:00-2	02:43-1				03:12-3	01:30-2	02:32-4	01:10-9
	00:02+	00:03+	00:08+	00:00=				00:23#	00:03+	00:28#	00:20&
3	Heen, Tuva	Privat	0:31:00 + 11:42	118,88							
	02:28-15	05:34-5	08:19-5	12:12-3	14:11-2	17:19-2	20:41-4	24:48-3	26:49-3	29:57-3	31:00-3
	02:28-15	03:06-4	02:45-5	03:53-4	01:59-4	03:08-4	03:22-24	04:07-4	02:01-4	03:08-8	01:03-6
	01:14&	00:56&	00:53&	01:10&	00:37&	01:24&	02:29@	01:18&	00:34&	01:04&	00:13&
4	Kongsnes, Arne	Oppsal Orientering	0:31:35 + 12:17	118,67							
	01:23-3	04:53-4	07:49-4	13:30-6	15:22-3	17:59-3	19:19-3	25:35-4	27:34-4	30:40-4	31:35-4
	01:23-3	03:30-8	02:56-8	05:41-17	01:52-3	02:37-2	01:20-3	06:16-20	01:59-3	03:06-7	00:55-2
	00:09#	01:20&	01:04&	02:58@	00:30&	00:53&	00:27&	03:27@	00:32&	01:02&	00:05#
5	Hånes, Sturle	IL GeoForm	0:35:29 + 16:11	117,27							
	02:20-12	06:26-10	09:59-11	15:12-10	17:22-9	20:58-6	22:38-6	27:12-5	30:11-5	34:01-5	35:29-5
	02:20-12	04:06-15	03:33-13	05:13-10	02:10-5	03:36-6	01:40-14	04:34-8	02:59-11	03:50-13	01:28-15
	01:06&	01:56&	01:41&	02:30&	00:48&	01:52@	00:47&	01:45&	01:32@	01:46&	00:38&
6	Ursin, Nora	Bærum kom	0:36:16 + 16:58	116,99							
	02:04-6	07:59-18	12:31-18	16:48-14	19:31-14	23:16-10	24:42-8	29:07-7	31:17-6	34:58-7	36:16-7
	02:04-6	05:55-22	04:32-21	04:17-6	02:43-15	03:45-8	01:26-5	04:25-7	02:10-6	03:41-12	01:18-14
	00:50&	03:45@	02:40@	01:34&	01:21&	02:01@	00:33&	01:36&	00:43&	01:37&	00:28&
7	Haugen, Per	Lillomarka OL	0:39:50 + 20:32	115,71							
	02:16-11	05:53-7	09:13-9	13:19-5	15:33-5	20:51-5	25:51-10	32:21-11	35:01-10	38:33-8	39:50-8
	02:16-10	03:37-9	03:20-10	04:06-5	02:14-8	05:18-16	05:00-27	06:30-23	02:40-9	03:32-9	01:17-12
	01:02&	01:27&	01:28&	01:23&	00:52&	03:34@	04:07@	03:41@	01:13&	01:28&	00:27&
8	Spjelkavik, Bjørn	IL Tyrving	0:41:07 + 21:49	115,25							
	01:35-4	04:34-3	07:21-3	21:55-22	23:42-19	26:31-13	27:53-14	32:28-12	35:38-11	40:00-10	41:07-9
	01:35-4	02:59-3	02:47-7	14:34-25	01:47-2	02:49-3	01:22-4	04:35-9	03:10-16	04:22-17	01:07-8

00:21&	00:49&	00:55&	11:51@	00:25&	01:05&	00:29&	01:46&	01:43@	02:18@	00:17&
9	Ruud, Merete		Lillomarka OL			0:41:32 +	22:14		115,10	
02:21-13	08:50-24	12:49-21	18:20-18		24:23-11	26:00-11		33:44-9	39:07-9	41:32-10
02:21-13	06:29-25	03:59-17	05:31-14			01:37-10			05:23-21	02:25-25
01:07&	04:19@	02:07@	02:48@			00:44&			03:19@	01:35@
10	Solheim, Knut Tore		Nydalens SK			0:41:54 +	22:36		114,96	
02:58-25	06:27-11	09:29-10	15:04-9	17:16-8	20:37-4	22:05-5	29:45-9	35:57-13	40:09-11	41:54-11
02:58-25	03:29-7	03:02-9	05:35-15	02:12-6	03:21-5	01:28-6	07:40-25	06:12-28	04:12-15	01:45-22
01:44@	01:19&	01:10&	02:52@	00:50&	01:37&	00:35&	04:51@	04:45@	02:08@	00:55@
11	Trondsen, Terje		Nittedal OL			0:42:05 +	22:47		114,90	
02:50-20	07:48-17	12:29-17	17:56-16	21:35-16	26:13-12	27:57-15	33:08-13	36:40-14	40:48-14	42:05-12
02:50-20	04:58-17	04:41-22	05:27-13	03:39-21	04:38-12	01:44-16	05:11-15	03:32-17	04:08-14	01:17-12
01:36@	02:48@	02:49@	02:44@	02:17@	02:54@	00:51&	02:22&	02:05@	02:04@	00:27&
12	Scheie, Arne Christian		Østmarka OK			0:42:10 +	22:52		114,87	
02:49-19	06:43-14	10:11-13	15:33-11	17:55-10	22:20-8	23:59-7	29:05-6	32:11-8	40:40-13	42:10-13
02:49-19	03:54-14	03:28-12	05:22-11	02:22-10	04:25-10	01:39-13	05:06-13	03:06-15	08:29-28	01:30-17
01:35@	01:44&	01:36&	02:39&	01:00&	02:41@	00:46&	02:17&	01:39@	06:25@	00:40&
13	Gunnerød, Bjørn		IL GeoForm			0:42:16 +	22:58		114,83	
02:45-17	06:35-13	10:11-12	15:59-12	18:21-12	22:18-7	27:14-12	31:51-10	35:40-12	40:35-12	42:16-14
02:45-17	03:50-13	03:36-14	05:48-18	02:22-10	03:57-9	04:56-26	04:37-11	03:49-18	04:55-19	01:41-21
01:31@	01:40&	01:44&	03:05@	01:00&	02:13@	04:03@	01:48&	02:22@	02:51@	00:51@
14	Madsen, Øystein		Haugerud IF			0:42:52 +	23:34		114,62	
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02:23-14	03:24-6	02:45-5	05:12-9	02:12-6	15:04-25	01:37-10	03:10-2	02:18-8	03:37-10	01:10-9
01:09&	01:14&	00:53&	02:29&	00:50&	13:20@	00:44&	00:21#	00:51&	01:33&	00:20&
15	Lea Kabbe, August		Nydalens SK			0:43:05 +	23:47		114,54	
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02:32-16	06:06-23	04:04-19	07:49-21	02:49-16	04:37-11	02:34-21	05:40-19	02:04-5	03:38-11	01:12-11
01:18@	03:56@	02:12@	05:06@	01:27@	02:53@	01:41@	02:51@	00:37&	01:34&	00:22&
16	Fanavoll, Jon		Kamp/Vestheim IF			0:43:38 +	24:20		114,34	
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03:01-26	05:15-19	04:08-20	04:54-8	04:51-26	06:51-20	01:38-12	04:36-10	02:44-10	04:34-18	01:06-7
01:47@	03:05@	02:16@	02:11&	03:29@	05:07@	00:45&	01:47&	01:17&	02:30@	00:16&
17	Kvalheim, Svein		Årstad			0:46:23 +	27:05		113,36	
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03:02-27	03:49-11	03:56-15	05:38-16	02:38-14	03:42-7	04:52-25	06:17-21	02:59-11	07:56-27	01:34-19
01:48@	01:39&	02:04@	02:55@	01:16&	01:58@	03:59@	03:28@	01:32@	05:52@	00:44&
18	Spjelkavik, Aud		IL Tyrving			0:48:00 +	28:42		112,78	
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03:02-27	05:49-21	03:59-17	07:43-20	03:12-18	04:46-13	02:17-20	05:17-17	04:07-19	05:23-21	02:25-25
01:48@	03:39@	02:07@	05:00@	01:50@	03:02@	01:24@	02:28&	02:40@	03:19@	01:35@
19	Vågsnes, Eivind		Oppsal Orientering			0:51:33 +	32:15		111,50	
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02:51-21	03:17-5	02:34-3	05:23-12	02:21-9	21:51-27	01:00-2	05:39-18	03:02-13	02:38-5	00:57-5
01:37@	01:07&	00:42&	02:40&	00:59&	20:07@	00:07#	02:50@	01:35@	00:34&	00:07#
20	Ruud, Steinar		Konnerud IF			0:51:34 +	32:16		111,50	
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02:16-10	04:56-16	04:54-23	09:58-23	03:16-19	06:23-18	01:47-18	04:14-6	04:08-21	07:36-26	02:06-23
01:02&	02:46@	03:02@	07:15@	01:54@	04:39@	00:54@	01:25&	02:41@	05:32@	01:16@
21	Håkonsen, Julian		Røyken OL			0:57:09 +	37:51		109,49	

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22	Mestad, Askil		Røyken OL		0:57:12 +	37:54		109,47	
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00:55&	05:09@	01:30&	12:35@	05:04@	05:41@	00:38&	02:21&	03:47@	00:18#
23	Telje Sjølie, Vera		Kolbotn og Skimt OL		0:58:24 +	39:06		109,04	
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24	Nordland, Janicke		Lyn Ski		0:59:06 +	39:48		108,79	
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02:53-22	03:39-10	06:57-26	04:48-7	02:32-13	21:24-26	01:30-7	06:28-22	03:05-14	04:21-16
01:39@	01:29&	05:05@	02:05&	01:10&	19:40@	00:37&	03:39@	01:38@	02:17@
25	Haugerud, Sigurd		IL GeoForm		1:03:50 +	44:32		107,09	
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02:42@	04:18@	03:33@	07:45@	02:40@	04:59@	01:45@	07:15@	03:22@	04:39@
26	Grymyr, Aina		Haugerud IL		1:10:49 +	51:31		104,59	
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27	Plejdrup, Sissel		Oppsal Orientering		1:37:25 +	1:18:07		95,04	
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04:52@	08:25@	09:38@	17:55@	02:47@	03:15@	07:38@	16:07@	03:04@	03:09@
28	Sandelién, Sidsel		Vegdirektoratet		1:39:22 +	1:20:04		94,34	
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02:34@	04:25@	04:24@	06:30@	02:29@	03:19@	02:18@	45:19@	03:21@	03:37@
DSQ	Tandberg, Ingvild		Asker skiklubb		0:36:02	(-1 poster)		95,00	
02:10-9	05:59-8	08:43-8	12:34-4	15:23-4		25:19-9	29:26-8	31:38-7	34:32-6
02:10-9	03:49-11	02:44-4	03:51-3	02:49-16			04:07-4	02:12-7	02:54-6
00:56&	01:39&	00:52&	01:08&	01:27@			01:18&	00:45&	00:50&
DSQ	Ouyang, Ping		Østmarka OK		1:13:42	(-1 poster)		95,00	
02:56-23	08:05-19	17:05-27	32:56-29	37:37-27	45:35-26	47:20-28	52:34-25	60:36-27	
02:56-23	05:09-18	09:00-28	15:51-27	04:41-25	07:58-24	01:45-17	05:14-16	08:02-29	73:42-29
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01:33@	03:36@			43:12@		07:23@	03:56@	02:40@	09:48@
DSQ	Tollefsen, Bernt		IL GeoForm		1:42:59	(-5 poster)		75,00	
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DSQ	Bøhlerengen, Synne		Oppsal Orientering		1:07:18	(-6 poster)		70,00	
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