

Rankingløp

Dato/sted: 9. november 2019 - Skullerudstua
Kart: Skullerudåsen
Arr: OSI v/Are Eriksen å Lenny Enstrøm
Antall: Totalt: 94 (GeoForm: 8, OSI: 5, DNV/ESSO: 4, Andre: 77)
Løpsrapport: Alder: 21-: 94, 17-20: 0, 13-16: 0, 0-12: 0
Startkont: kr. 50: 77 kr. 30: 17 kr. 0: 0
Betalte: kr. 50: 77 kr. 30: 13 kr. 0: 4
Leiebrikker: 10 stk

Resultater: [Lang\(34\)](#) | [Mellom\(36\)](#) | [Kort\(24\)](#) | [Grafisk](#)
Strekketider: [Lang\(34\)](#) | [Mellom\(36\)](#) | [Kort\(24\)](#)

Resultater Lang (5,8 km)

Plass	Navn	Klubb	Tid	Poeng
1	Halden, Halvor Tørnqvist	Nydalens SK	0:51:17 + 00:00	153,24
2	Schlaupitz, Holger	GeoForm	0:59:30 + 08:13	149,75
3	Saunes, Halvor	Nydalen SK	0:59:31 + 08:14	149,74
4	Helland, Knut	Østmarka OK	1:01:24 + 10:07	148,94
5	Vister, Anders	Nydalens SK	1:02:51 + 11:34	148,33
6	Harstad, Håvard	Kolbotn og Skimt OL	1:12:50 + 21:33	144,09
7	waage, kristin	FFI BIL	1:13:31 + 22:14	143,00
8	Line, Vegard	NTNUI	1:17:35 + 26:18	142,08
9	Tonjær, Lea-Rebekka	Oslostudentenes IK	1:19:16 + 27:59	141,36
10	Vigrestad, Halvard	Privat	1:20:42 + 29:25	140,75
11	Henriksen, Jan Tore	Norges Bank BIL	1:22:40 + 31:23	139,92
12	Heitmann, Ståle	Fossum IF	1:22:50 + 31:33	139,85
13	Ruth, Eivind	DNV	1:23:35 + 32:18	139,53
14	EGGE, Guttorm L	GeoForm	1:23:58 + 32:41	139,37
15	Kalleson, Tina	Oppsal IF	1:24:45 + 33:28	139,03
16	Bø Fløyestad, Jostein	NOTEAM	1:24:52 + 33:35	138,98
17	Iwe, Harald	IL GeoForm	1:26:58 + 35:41	138,09
18	Grinde, Bjørn	OSI	1:27:19 + 36:02	137,94
19	Onsager, Knut	IL GeoForm	1:32:29 + 41:12	135,75
20	Stiansen, Peer	Nydalens SK	1:33:12 + 41:55	135,45
21	Holden, Olav	Sky Blazers	1:36:27 + 45:10	134,07
22	Sverdrup-Thygeson, Kjetil	Privat	1:37:45 + 46:28	133,52
23	Refsland, Ivar	UiO	1:39:45 + 48:28	132,67
24	Syversten, Bjørne	Privat	1:39:49 + 48:32	132,64
25	Dybwad, Jacob	DNV	1:41:04 + 49:47	132,11
26	Osen, Per	Equinor BIL	1:45:33 + 54:16	130,21
27	Thømt, Øyvind	Indre Østfold OK	1:50:18 + 59:01	128,19
28	Aulie, Harald	IL Koll	1:50:53 + 59:36	127,94
28	Fixdal, Trude	IL Koll	1:50:53 + 59:36	127,94
30	Kippernes, Frank Åge	FFI BIL	1:59:19 +1:08:02	124,36
31	Gjessing, Ola Peter Krohn	Heming Orientering	2:36:21 +1:45:04	108,65
DSQ	Utskarpen, xxxxxx	xxxxxx	xxxxxx	xxxxxx
DSQ	Barstad, Andreas	Årvoll IL	1:51:53 (-1 poster)	96,88
DSQ	Gløersen, Marthe	Bakkelagets SK	1:16:57 (-2 poster)	93,75

Resultater Mellom (3,9 km)

Plass	Navn	Klubb	Tid	Poeng
1	Fjær, Hallvard	Lillomarka OL	0:55:04 + 00:00	136,05
2	Trøan, Tor	Hadeland OL	0:57:46 + 02:42	135,24
3	Lefdahl, Per Morten	Metier OEC	0:58:17 + 03:13	135,09
4	Zeiner-Gundersen, Richard	Aker brygge	1:00:21 + 05:17	134,47
5	Næss, Petter	Oppsal IF	1:01:23 + 06:19	134,16
6	Halden, Monica Tørnqvist	Nydalens SK	1:01:53 + 06:49	134,01
7	Føyen, Philip	Eidskog OL	1:02:23 + 07:19	133,86
8	Gjein, Lar Erik	Fossum IF	1:03:07 + 08:03	133,64
9	Christensen, Lars	DNV	1:06:52 + 11:48	132,52
10	Johansen, Frode	Equinor BIL	1:09:24 + 14:20	131,76
11	Tronbøl Lium, Tobias	Koll	1:10:03 + 14:59	131,57
12	Lahlum, Tor	Kolbotn og Skimt OL	1:10:41 + 15:37	131,38
13	Øvergaard, Tormod	Vestre Akers SK	1:12:39 + 17:35	130,79
14	Broadwell, Sharon	IL GeoForm	1:14:49 + 19:45	130,15
15	Fidje, Øyvind	Fidji Skiorientering	1:15:14 + 20:10	130,02
16	Skjelkvåle, Brit Lisa	IL GeoForm	1:15:32 + 20:28	129,93
17	Mygland, Johan	TPWB-O	1:15:35 + 20:31	129,92
18	Rikheim, Harald	Rådtassene	1:16:04 + 21:00	129,77
19	Kalleson, Elin	Oppsal IF	1:16:45 + 21:41	129,57
20	Kalleson, Mari	Oppsal IF	1:16:50 + 21:46	129,54
21	Petterson, Lars Evan	NVE	1:20:20 + 25:16	128,50
22	Blom, Richard	FBI	1:24:28 + 29:24	127,26
23	Paltiel, Liv	Folkehelseinstituttet	1:29:06 + 34:02	125,88
24	Sauar, Brita	IL Koll	1:37:51 + 42:47	123,26
25	Vollen, Magne	Oslostudentenes IK	1:39:17 + 44:13	122,84
26	Revhug, Helge	Ringerike OL	2:07:16 +1:12:12	114,47
DSQ	Berteig, Vidar	IL GeoForm	0:47:39 (-2 poster)	92,86
DSQ	Gudbrandsen, Terje	Hamar OK	0:59:31 (-3 poster)	89,29
DSQ	Takvam, Arnt Ove	Fearnspport	1:06:58 (-3 poster)	89,29
DSQ	Horvath, Zoltan	Veritas	1:15:40 (-3 poster)	89,29
DSQ	Ottersland, Per Kristian	Nydalen SK	1:20:10 (-3 poster)	89,29
DSQ	Christiansen, Håvard	NOTEAM	1:34:25 (-3 poster)	89,29
DSQ	Tronbøl, Heidi	Fet OL	1:22:31 (-4 poster)	85,71
DSQ	Angell, Truls	Lillomarka OL	1:24:53 (-4 poster)	85,71
DSQ	Myklebust, Kjetil	Privat	0:16:14 (-10 poster)	64,29
DSQ	Kaarby, Per	Overtoppen IL	0:51:13 (-10 poster)	64,29

Resultater Kort (2,3 km)

Plass	Navn	Klubb	Tid	Poeng
1	Løken, å	Fossum IF	0:16:30 + 00:00	126,02
2	Løken, Aleidis	Heming Orientering	0:36:49 + 20:19	121,12
3	Fosser, Per	Indre Østfold OK	0:44:53 + 28:23	119,17
4	Huseth, Egil	Kamp/Vestheim IF	0:46:29 + 29:59	118,79
5	Fougner, Jon C.	Heming Orientering	1:02:34 + 46:04	114,91
6	Raaen, Trine	Lierbygda	1:03:05 + 46:35	114,78
7	Bjordal, Roar	Oppsal IF	1:05:36 + 49:06	114,17
8	Stenrud, Laila	indre østfold ok	1:08:07 + 51:37	113,57
9	Bakstad, Anne Regine	Friskis&Svettis	1:10:52 + 54:22	112,90
10	Sundelin, Gisela	Privat	1:16:38 +1:00:08	111,51
11	Malm, Terje	Hamar OK	1:17:15 +1:00:45	111,36
12	stenrud, kristian	indre østfold ok	1:19:44 +1:03:14	110,76
13	Vågsnes, Marit	Kolbotn & Skimt OL	1:21:37 +1:05:07	110,31
14	Madsen, Øystein	Haugerud If	1:29:18 +1:12:48	108,46
DSQ	Åm, Martin	Privat	1:16:04 (-1 poster)	95,45
DSQ	Fagerhaug, Are	Privat	0:51:39 (-3 poster)	86,36
DSQ	Knudsen, Kåre	IL GeoForm	1:32:52 (-3 poster)	86,36
DSQ	Tho, Kjersti	Stabæk IF	2:28:28 (-3 poster)	86,36
DSQ	Trondsen, Terje	Nittedal OL	1:19:57 (-4 poster)	81,82
DSQ	Mortensen, Olavur	OSI	0:55:14 (-6 poster)	72,73
DSQ	Edvardsen, Tom	Koll IL	1:04:43 (-8 poster)	63,64
DSQ	Vik, Eilen Arctander	Koll	1:12:17 (-8 poster)	63,64
DSQ	Stenrud, Reidar	Måren OK	1:38:23 (-8 poster)	63,64
DSQ	Ouyang, Ping	Østmarka OK	1:12:37 (-9 poster)	59,09

DSQ	Barstad, Andreas	Årvoll IL											Tid	Poeng		
03:34-22	11:18-23	14:08-23	19:31-22	23:24-22	32:12-28	41:49-28	46:38-23	66:05-29	76:09-30	84:25-31	89:12-30	105:01-32	108:26-32	111:07-32	111:53-32	
03:34-22	07:44-26	02:50-27	05:23-19	03:53-21	08:48-31	09:37-28	14:39-23	09:37-32	10:04-33	08:16-25	04:47-17	03:25-19	02:41-25	00:46-19		
01:438	03:53	01:238	02:328	01:368	05:40	05:48	07:008	07:55	05:05	04:16	01:418	01:318	01:038	00:168		
DSQ	Gløersen, Marthe	Bakkelagetts SK											Tid	Poeng		
02:38-7	06:49-4	08:32-4	15:42-12	18:33-12	23:42-13	28:55-8	42:05-10			59:28-9	63:44-8	67:43-8	71:16-8	74:00-8	76:12-8	76:57-8
02:38-7	04:11-4	01:43-3	07:10-29	02:51-8	05:09-20	05:13-6	13:10-18				04:16-10	03:59-9	03:33-20	02:44-9	02:12-10	00:45-17
00:478	00:20+	00:16#	04:19	00:34#	02:018	01:248	05:318				01:108	01:178	01:54	00:508	00:348	00:158

Strekktider Mellom

Class	Navn	Klubb	Tid		Poeng	
1	Fjær, Hallvard	Lillomarka OL	05:55:04 +	00:00	136,05	
03:03-5	07:57-1	10:51-2	15:26-2	19:02-2	24:55-5	30:21-3
03:03-5	04:54-2	02:54-21	04:35-5	03:36-9	05:53-23	05:26-2
00:25#	00:09+	01:118	00:30#	00:40#	02:078	00:11+
2	Trønan, Tor	Hadeland OL	05:57:46 +	02:42	135,24	
03:29-13	09:15-5	11:42-5	16:46-6	20:37-7	25:27-7	32:08-6
03:29-13	05:46-7	02:27-13	05:04-9	03:51-17	04:56-7	06:41-9
00:518	01:01#	00:448	00:59#	00:558	01:048	01:268
3	Lefdaal, Per Morten	Metrier OEC	05:58:17 +	03:13	135,09	
03:07-7	11:00-20	12:54-15	17:31-9	21:14-9	25:00-6	30:58-4
03:07-7	07:53-25	01:54-2	04:37-6	03:43-14	03:46-1	05:58-5
00:29#	03:088	00:11#	00:32#	00:478	00:00+	00:43#
4	Zeiner-Gundersen, Richard	Aker brygge	1:00:21 +	05:17	134,47	
03:04-6	10:00-13	12:18-11	16:33-4	19:46-4	24:02-2	31:59-5
03:04-6	06:56-16	02:18-9	04:15-4	03:13-5	04:16-3	07:57-18
00:26#	02:118	00:358	00:10+	00:17+	00:30#	02:428
5	Næss, Petter	Oppsal IF	1:01:23 +	06:19	134,16	
03:36-15	11:32-21	13:46-19	19:48-17	22:48-14	26:50-11	34:23-8
03:36-15	07:56-26	02:14-7	06:02-23	03:00-3	04:02-2	07:33-16
00:588	03:118	00:318	01:578	00:04+	00:16+	02:188
6	Halden, Monica Tørnqvist	Nydalens SK	1:01:53 +	06:49	134,01	
02:52-3	09:51-11	11:57-7	20:49-22	24:53-22	30:01-19	37:03-14
02:52-3	06:59-17	02:06-4	08:52-31	04:04-21	05:08-14	07:02-13
00:14+	02:148	00:23#	04:47@	01:088	01:228	01:478
7	Føyen, Phillip	Eidskog OL	1:02:23 +	07:19	133,86	
03:46-20	10:50-15	13:11-17	18:56-14	22:57-15	28:27-12	35:28-12
03:46-20	07:04-19	02:27-11	05:45-19	04:01-18	05:30-21	07:01-12
01:088	02:198	00:388	01:408	01:058	01:448	01:468
8	Gjein, Lar Erik	Fossum IF	1:03:07 +	08:03	133,64	
03:20-11	09:59-12	13:05-16	18:08-12	21:39-11	26:25-10	34:56-10
03:20-11	06:39-14	03:06-22	05:03-8	03:31-14	04:46-5	08:31-21
00:428	01:548	01:238	00:58#	00:35#	01:008	03:168
9	Christensen, Lars	DNV	1:06:52 +	11:48	132,52	
04:20-25	10:56-19	14:22-23	21:25-24	25:34-26	30:26-23	38:41-21
04:20-25	06:36-13	03:26-26	07:03-28	04:09-26	04:52-8	08:15-20
01:428	01:518	01:43@	02:588	00:138	01:068	03:008
10	Johansen, Frode	Equinor BIL	1:09:24 +	14:20	131,76	
03:10-10	12:45-26	16:31-29	21:52-26	25:28-25	30:30-24	38:38-20
03:10-10	09:35-30	03:46-29	05:21-12	03:36-9	05:02-11	08:08-19
00:32#	04:50@	02:03@	01:168	00:40#	01:168	02:538
11	Trombøl, Tobias	Koll	1:10:03 +	14:59	131,57	
04:08-22	10:54-17	12:50-14	16:57-7	20:00-5	24:55-4	30:10-2
04:08-22	06:46-15	01:56-3	04:07-2	03:03-4	04:55-10	05:15-1
01:308	02:018	00:13#	00:02+	00:07+	01:098	00:00+
12	Lahlum, Tor	Kolbotn og Skimt OL	1:10:41 +	15:37	131,38	
05:26-33	11:37-22	14:04-21	19:59-19	24:47-21	30:54-25	37:38-17
05:26-33	06:11-18	02:27-13	05:55-21	04:48-31	06:07-28	06:36-8
02:48@	01:268	00:448	01:508	01:528	02:218	01:218
13	Øvergaard, Tormod	Vestre Akers SK	1:12:39 +	17:35	130,79	
03:40-16	09:21-6	12:50-13	20:13-20	23:50-19	28:58-14	35:54-13
03:40-16	05:41-5	03:29-27	07:23-29	03:37-11	05:08-18	06:56-11
01:028	00:56#	01:46@	03:188	00:41#	01:228	01:418
14	Broadwell, Sharon	IL GeoForm	1:14:49 +	19:45	130,15	
04:12-23	10:33-14	12:45-12	18:13-13	22:18-12	28:45-15	37:47-18
04:12-23	06:21-11	02:12-5	05:28-14	04:05-22	06:47-29	09:02-24
01:348	01:368	00:298	01:238	01:098	02:418	03:478
15	Fidje, Øyvind	Fidji Skiorientering	1:15:14 +	20:10	130,02	
04:38-27	12:23-25	15:07-25	21:02-23	25:04-23	30:13-21	39:42-23
04:38-27	07:45-23	02:44-19	05:55-21	04:02-19	05:09-16	09:29-27
02:008	03:098	01:018	01:508	01:068	01:238	04:148
16	Skjelkvåle, Brit Lisa	IL GeoForm	1:15:32 +	20:28	129,93	
03:09-9	08:49-4	12:06-9	17:36-10	20:59-8	26:02-9	39:51-24
03:09-9	05:40-4	03:17-23	05:30-10	03:23-7	05:03-12	13:49-32
00:31#	00:55#	01:348	01:258	00:27#	01:178	08:34@
17	Mykland, Johan	TPWØ	1:15:35 +	20:31	129,92	
02:38-1	08:10-3	11:10-4	16:36-5	20:14-6	25:34-8	34:17-7
02:38-1	05:41-5	02:51-20	05:26-13	03:38-12	05:20-18	08:43-23
00:00+	00:56#	01:088	01:218	00:42#	01:348	03:288
18	Rikheim, Harald	Råttassene	1:16:04 +	21:00	129,77	
03:30-14	09:30-8	11:43-6	17:30-8	21:16-10	26:30-28	34:14-25
03:30-14	06:00-9	02:13-6	05:47-20	03:46-15	13:04-33	05:54-4
00:528	01:158	00:308	01:428	00:508	09:18@	00:39#
19	Kalleson, Elin	Oppsal IF	1:16:45 +	21:41	129,57	
03:42-18	10:55-18	14:13-22	19:31-16	23:37-17	28:43-14	34:59-11
03:42-18	07:13-21	03:18-24	05:18-10	04:06-25	05:06-13	06:16-6
01:048	02:288	01:358	01:138	01:108	01:208	01:01#
20	Kalleson, Mari	Oppsal IF	1:16:50 +	21:46	129,54	
03:42-19	10:50-16	13:27-18	19:01-15	23:43-18	28:32-13	34:50-9
03:42-18	07:08-20	02:37-17	05:34-17	04:42-30	04:49-6	06:18-7
01:048	02:238	00:548	01:298	01:468	01:038	01:03#
21	Pettersen, Lars Evan	NVE	1:20:20 +	25:16	128,50	
04:39-28	12:12-23	15:36-26	22:03-27	26:34-28	32:37-26	41:10-26
04:39-28	07:33-22	03:24-25	06:27-25	04:31-28	06:03-27	08:33-22
02:018	02:488	01:418	02:228	01:358	02:178	03:188
22	Blom, Richard	FBI	1:24:28 +	29:24	127,26	
05:07-32	14:00-28	16:21-28	21:39-25	25:25-24	30:19-22	37:54-19
05:07-32	08:53-28	02:21-11	05:18-10	03:46-15	04:54-9	07:35-17
02:298	04:088	00:388	01:138	00:508	01:088	02:208
23	Paltiel, Liv	Folkhelsetilsynet	1:29:06 +	34:02	125,88	
03:49-21	20:00-34	23:43-34	36:30-35	40:59-34	47:33-32	56:48-32
03:49-21	16:11-34	03:43-28	12:47-33	04:29-27	06:34-30	09:15-26
01:118	11:26@	02:00@	08:42@	01:338	02:488	04:008
24	Sauar, Brita	IL Koll	1:37:51 +	42:47	123,26	
03:08-8	09:36-10	12:14-10	17:42-11	23:27-16	28:49-17	35:45-31
03:08-8	06:28-12	02:38-18	05:28-14	05:45-32	05:22-19	24:56-33
00:30#	01:438	00:558	01:238	02:498	01:368	19:41@
25	Vollen, Magne	Ostlostudentenes IK	1:39:17 +	44:13	122,84	
06:24-35	16:32-33	20:54-32	27:39-31	34:01-31	39:59-30	50:25-30
06:24-35	10:08-31	04:22-31	06:45-27	06:22-34	05:58-25	10:26-28
03:46@	05:23@	02:39@	02:408	03:26@	02:128	05:118
26	Revhaug, Helge	Ringerike OL	2:07:16 +11:12		114,47	
05:02-31	16:01-32	23:10-33	32:17-32	38:04-33	47:50-33	59:44-33
05:02-31	10:59-33	07:09-33	09:07-32	05:47-33	09:46-32	11:54-30
02:248	06:14@	00:26@	05:02@	02:518	06:06@	06:09@
DSQ	Berteig, Vidar	IL GeoForm	0:47:39 (-2 poster)			92,86
02:44-2		10:29-1	15:13-1	18:09-1	22:32-1	28:08-1
02:44-2			04:44-7	02:56-1	04:23-4	05:36-3
00:06+			00:39#	00:00+	00:37#	00:21+
DSQ	Gudbrandsen, Terje	Hamar OK	0:59:31 (-3 poster)			89,29
04:45-29	09:30-7	12:00-8	16:12-3	19:29-3	24	

04:31-26	12:22-24	14:58-24	22:24-28	26:29-27	34:46-1	44:22-7	59:47-16	65:03-15	69:42-15	74:18-18	75:40-23
04:31-26	07:51-24	02:36-16	07:26-30	04:05-22		09:36-31	15:25-27	05:16-18	04:39-24	04:36-28	01:22-32
01:53&	03:06&	00:53&	03:21&	01:09&		05:29@	11:24@	02:43@	01:59&	02:40@	00:45@
DSQ	Ottersland, Per Kristian	Nydalen SK			1:20:10 (-3 poster)	89,29					
03:41-17	09:34-9	13:46-20	20:16-21	24:21-20	30:04-20	37:10-15	39:00-15	43:55-19	53:02-23		80:10-27
03:41-17	05:53-8	04:12-30	06:30-26	04:05-22	05:43-22	07:06-14	01:50-15	04:55-19	09:07-30	06:52-13	
01:03&	01:08#	02:29@	02:25&	01:09&	01:57&	01:51&	00:42&	02:26&	05:00@	02:51&	
DSQ	Christiansen, Håvard	NOTEAM			1:34:25 (-3 poster)	89,29					
03:28-12	08:46-3	11:05-3	24:30-30	28:32-30	37:02-29	46:13-28	47:25-28	55:12-29	62:38-28		93:38-29
03:28-12	05:18-3	02:19-10	13:25-34	04:02-19	08:30-31	09:11-25	01:12-2	07:47-28	07:26-25		94:25-33
00:50&	00:33#	00:36&	09:20@	01:06&	04:44@	03:56&	00:04+	05:18@	03:19&		00:47-7
DSQ	Trombøl, Heidi	Fet OL			1:22:31 (-4 poster)	85,71					
08:00-36	15:01-30	17:17-30	23:41-29	28:18-29	33:43-27	41:15-27	43:16-26	49:24-26			82:31-29
08:00-36	07:01-18	02:16-8	06:24-24	04:37-29	05:25-20	07:32-15	02:01-23	06:08-23		71:13-23	
05:22@	02:16&	00:33&	02:19&	01:41&	01:39&	02:17&	00:53&	03:39@			
DSQ	Angell, Truls	Lillomarka OL			1:24:53 (-4 poster)	85,71					
02:57-4	27:22-36	33:05-33	36:44-32	42:41-31	49:24-29	51:24-29	54:48-28				84:53-31
02:57-4	00:19#	05:43-18	03:39-13	05:57-24	06:43-10	02:00-21	03:24-13				01:03-25
		01:38&	00:43#	02:11&	01:28&	00:52&	00:55&				00:26&
DSQ	Myklebust, Kjetil	Privat			0:16:14 (-10 poster)	64,29					
05:00-30	15:16-31	25:12-35	61:01-36								16:14-1
05:00-30	10:16-32	09:56-34	35:49-36								
02:22&	05:31@	08:13@	31:44@								
DSQ	Kaarby, Per	Overtoppen IL			0:51:13 (-10 poster)	64,29					
04:13-24	13:16-27	19:50-31	35:36-34								51:13-3
04:13-24	09:03-29	06:34-32	15:46-35								
01:35&	04:18&	04:51@	11:41@								

Strekktider Kort

Plass	Navn	Klubb	Tid	Poeng
1	Løken, å	Fossum IF	01:16:30 + 00:00	126,02
	02:03-3			16:30-1
	02:03-3			
	00:14#			
2	Løken, Aleidis	Heming Orientering	0:36:49 + 20:19	121,12
02:03-4	03:23-2	05:16-1	07:35-1	10:57-1
02:03-3	01:20-2	01:53-1	02:19-2	03:22-5
00:14#	00:22&	00:00=	00:08+	00:53&
3	Fosser, Per	Indre Østfold OK	0:44:53 + 28:23	119,17
02:53-11	04:16-5	07:23-3	09:58-2	13:02-2
02:53-11	01:23-3	03:07-3	02:35-3	03:04-2
01:04&	00:25&	01:14&	00:24#	00:35#
4	Huseth, Egil	Kamp/Vestheim IF	0:46:29 + 29:59	118,79
02:24-5	04:01-3	07:45-4	12:42-5	16:09-5
02:24-5	01:37-6	03:44-7	04:57-11	03:27-6
00:35&	00:39&	01:51&	02:46@	00:58&
5	Fougner, Jon C.	Heming Orientering	1:02:34 + 46:04	114,91
03:16-13	07:22-12	11:26-8	14:35-8	20:01-7
03:16-13	04:06-16	04:04-10	03:09-8	05:26-17
01:27&	03:08@	02:11@	00:58&	02:57@
6	Raen, Trine	Lierbygd	1:03:05 + 46:35	114,78
03:30-14	05:26-8	09:22-6	12:12-4	15:33-4
03:30-14	01:56-10	03:56-8	02:50-5	03:21-4
01:41&	00:50@	02:03@	00:39&	00:52&
7	Bjordal, Roar	Oppsal IF	1:05:36 + 49:06	114,17
02:47-9	04:53-6	08:36-5	11:41-3	14:46-3
02:47-9	02:06-11	03:43-6	03:05-7	03:05-3
00:58&	01:00@	01:50&	00:48#	01:26#
8	Stenrud, Laila	inre østfold ok	1:08:07 + 51:37	113,57
09:22-22	11:11-18	14:01-12	20:03-12	23:44-10
09:22-22	01:49-8	02:50-2	06:02-13	03:41-10
07:33@	00:51&	00:57&	03:51@	01:12&
9	Bakstad, Anne Regine	Friskis&Svettis	1:10:52 + 54:22	112,90
06:38-19	08:53-16	14:07-13	18:55-10	23:13-9
06:38-19	02:15-12	05:14-12	04:48-9	04:18-14
04:49@	01:17@	03:21@	02:37@	01:49&
10	Sundelin, Gisela	Privat	1:16:38 +1:00:08	111,51
02:26-6	11:39-19	14:54-14	17:33-9	41:28-13
02:26-6	09:13-19	03:15-4	02:39-4	03:03-6
00:37&	08:15@	01:22&	00:28#	01:03&
11	Malm, Terje	Hamar OK	1:17:15 +1:00:45	111,36
02:51-10	07:33-13	20:50-18	28:20-18	32:10-17
02:51-10	04:42-18	13:17-18	07:30-17	03:50-12
01:02&	03:44@	11:24@	05:19@	01:21&
12	Stenrud, kristian	inre østfold ok	1:19:44 +1:03:14	110,76
08:29-21	09:50-17	23:58-19	31:04-19	35:01-18
08:29-21	01:29-5	14:00-20	07:06-15	03:57-13
06:40@	00:31&	12:07@	04:55@	01:28&
13	Vågnes, Marit	Kolbotn & Skimt OL	1:21:37 +1:05:07	110,31
03:01-12	05:25-7	13:41-10	21:14-14	24:53-13
03:01-12	02:24-13	08:16-15	07:33-18	03:39-9
01:12&	01:26@	06:23@	05:22@	01:10&
14	Madsen, Øystein	Haugerud IF	1:29:18 +1:12:48	108,46
02:36-7	04:02-4	17:43-17	25:03-15	28:47-14
02:36-7	01:26-4	13:41-19	07:20-16	03:44-11
00:47&	00:28&	11:48@	05:09@	01:15&
DSQ	Åm, Martin	Privat	1:16:04 (-1 poster)	95,45
01:49-1	06:07-11	17:09-16	26:31-17	29:00-15
01:49-1	04:18-17	11:02-17	09:22-19	02:29-1
00:00=	03:20@	09:09@	07:11@	00:00=
DSQ	Fagerhaug, Are	Privat	0:51:39 (-3 poster)	86,36
01:54-2	02:52-1	06:08-2	12:46-6	21:01-8
01:54-2	00:58-1	03:16-5	06:38-14	05:18-8
00:05+	00:00=	01:23&	04:27@	05:46@
DSQ	Knudsen, Kåre	IL GeoForm	1:32:52 (-3 poster)	86,36
05:39-18	08:26-14	13:45-11	19:19-11	24:09-11
05:39-18	02:47-14	05:19-13	05:34-12	04:50-15
03:50@	01:49@	03:26@	03:23@	02:21&
DSQ	Tho, Kjersti	Stabæk IF	2:28:28 (-3 poster)	86,36
02:41-8	05:47-9	16:18-15	21:07-13	24:42-12
02:41-8	03:06-15	10:31-16	04:49-10	03:35-8
00:52&	02:08@	08:38@	02:38@	01:06&
DSQ	Tromsdalen, Terje	Nittedal OL	1:19:57 (-4 poster)	81,82
04:09-15	05:56-10	09:56-7	12:51-7	16:19-6
04:09-15	01:47-7	04:00-9	02:55-6	03:28-7
02:20@	00:49&	02:07@	00:44&	00:59&
DSQ	Mortensen, Olavur	OSI	0:55:14 (-6 poster)	72,73
06:50-20	08:42-15	12:53-9	25:44-16	31:08-16
06:50-20	01:52-9	04:11-11	12:51-20	05:24-16
05:01@	00:54&	02:18@	10:40@	02:55@
DSQ	Edvardsen, Tom	Koll IL	1:04:43 (-8 poster)	63,64
35:56-22	50:29-23	52:40-20	14:33-21	02:11-1
	12:40@	00:00=		
DSQ	Vik, Eilen Arctander	Koll	1:12:17 (-8 poster)	63,64
04:24-16	33:08-21	38:53-21		
04:24-16	28:44-21	05:45-14		
02:35@	27:46@	03:52@		
DSQ	Stenrud, Reidar	Måren OK	1:38:23 (-8 poster)	63,64
04:59-17	32:19-20	47:46-22		
04:59-17	27:20-20	15:27-22		
03:10@	26:22@	13:34@		
DSQ	Ouyang, Ping	Østmarka OK	1:12:37 (-9 poster)	59,09
10:25-23	29:52-20			
10:25-23				
08:36@				

