

Rankingløp

Dato/sted: 23. november 2019 -

Kart:

Arr: IL GeoForm v/

Antall: Totalt: 98 (GeoForm: 11, OSI: 3, DNV/ESSO: 5, Andre: 79)

Løpsrapport: Alder: 21-: 98, 17-20: 0, 13-16: 0, 0-12: 0

Startkont: kr. 50: 79 kr. 30: 19 kr. 0: 0

Betalt: kr. 50: 79 kr. 30: 14 kr. 0: 5

Leiebrikker: 5 stk

Resultater: [Lang\(28\)](#) | [Mellom\(33\)](#) | [Kort\(37\)](#) | [Grafisk](#)

Strekktider: [Lang\(28\)](#) | [Mellom\(33\)](#) | [Kort\(37\)](#) |

Resultater Lang (6,0 km)

Plass	Navn	Klubb	Tid	Poeng
1	Låg, Steinar	DNV	0:00:00 + 00:00	175,00
2	Halden, Halvor Tørrnqvist	Nydalens SK	0:48:16 + 48:16	146,74
3	Tiltnes, Anders	Tyrving	0:50:13 + 50:13	145,59
4	Schlaupitz, Holger	GeoForm	0:55:57 + 55:57	142,24
5	Helland, Knut	Østmarka OK	0:59:02 + 59:02	140,43
6	Nipen, Thomas	Bækkelaget	0:59:48 + 59:48	139,98
7	Rygh, Karl Even	Heming Orientering	1:00:01 +1:00:01	139,86
8	Benjaminsen, Vidar	Lillomarka OL	1:01:30 +1:01:30	138,99
9	Grønneberg, Skage	Heming Orientering	1:01:42 +1:01:42	138,87
10	Fredriksen, Magnus Eide	Heming Orientering	1:01:46 +1:01:46	138,83
11	Langaas, Sindre	Nydalens SK	1:06:05 +1:06:05	136,30
12	Lium, Asgeir	Fet OL	1:09:35 +1:09:35	134,25
13	Bø Fløyestad, Jostein	NOTEAM	1:11:49 +1:11:49	132,95
14	Zeiner-Gundersen, Richard	Aker brygge	1:12:17 +1:12:17	132,67
15	Johnson, Alexander Urnes	Årvoll IL	1:14:25 +1:14:25	131,42
16	Grinde, Bjørn	Oslostudentenes IK	1:19:24 +1:19:24	128,51
17	Heitmann, Ståle	Fossum IF	1:19:26 +1:19:26	128,49
18	Fjær, Hallvard	Lillomarka OL	1:20:45 +1:20:45	127,72
19	Dybwad, Jacob	DNV	1:23:03 +1:23:03	126,37
20	Fixdal, Trude	IL Koll	1:26:41 +1:26:41	124,24
21	Onsager, Knut	IL GeoForm	1:28:23 +1:28:23	123,25
22	Lahlum, Jon	IL GeoForm	1:30:05 +1:30:05	122,25
23	Utskarpen, Audrun	Oslostudentenes IK	1:31:16 +1:31:16	121,56
24	Reusch, Christian	Heming Orientering	1:32:29 +1:32:29	120,84
25	Johansen, Frode	Equinor BIL	1:32:32 +1:32:32	120,82
26	Kongsgård, Sondre	Nydalens Skiklub	1:37:14 +1:37:14	118,06
27	Gjessing, Ola Peter Krohn	Heming Orientering	1:37:58 +1:37:58	117,63
28	Thorstensen, Erik	GeoForm	1:57:20 +1:57:20	106,29

Resultater Mellom (4,0 km)

Plass	Navn	Klubb	Tid	Poeng
1	Kristensen, Gjøran	Heming Orientering	0:40:09 + 00:00	135,55
2	Solheim, Paul	Whytot IL	0:40:17 + 00:08	135,49
3	Takle, Atgeir	Nydalens SK	0:41:26 + 01:17	135,01
4	Iversen, Egil	Heming Orientering	0:42:30 + 02:21	134,56

5	Teigland, Rune	Østmarka OK	0:42:53 + 02:44	134,39
6	Norman, Niklas	IL GeoForm	0:43:09 + 03:00	134,28
7	Nesland, Kristoffer	Tyrving	0:45:08 + 04:59	133,44
8	Ekeberg, Per Kristian	IL Tyrving	0:45:51 + 05:42	133,14
9	Takvam, Arnt Ove	Fearnspport	0:46:41 + 06:32	132,79
10	Tronbøl, Heidi	Fet OL	0:48:22 + 08:13	132,08
11	Halden, Monica Tørnqvist	Nydalens SK	0:49:37 + 09:28	131,55
12	Billingsø, Leif	Eidskog OL	0:49:54 + 09:45	131,43
13	Kaarby, Per	Overtoppen IL	0:53:04 + 12:55	130,10
14	Modalsli, Sigbjørn	Fossum IF	0:53:12 + 13:03	130,04
15	Sauar, Brita	IL Koll	0:53:21 + 13:12	129,98
16	Hole, Torstein	Nydalens SK	0:55:31 + 15:22	129,06
17	Brurberg, May Bente	Ås-NMBU Orientering	0:56:05 + 15:56	128,82
18	Pedersen, Børge	Nydalen SK	0:56:16 + 16:07	128,74
19	Rikheim, Harald	Rådtassene	0:56:43 + 16:34	128,55
20	Danielsen, Berit	IL Tyrving	0:57:00 + 16:51	128,43
21	Skjelkvåle, Brit Lisa	IL GeoForm	0:57:11 + 17:02	128,36
22	Fismen, Morten	Fossum IF	0:57:32 + 17:23	128,21
23	Gjein, Lars Erik	Fossum IF	0:58:46 + 18:37	127,69
24	Eijsink, Vincent	Ås-NMBU Orientering	0:59:58 + 19:49	127,18
25	Tronbøl Lium, Tobias	Koll	1:00:31 + 20:22	126,95
26	Revhaug, Helge	Ringerike OL	1:02:15 + 22:06	126,22
27	Christensen, Lars	DNV	1:03:37 + 23:28	125,64
28	Jahren Herud , Tone	Fossum IF	1:05:15 + 25:06	124,95
29	Nipen, Olav	Tyrving	1:06:30 + 26:21	124,42
30	Angell, Truls	Lillomarka OL	1:08:13 + 28:04	123,70
31	Broadwell, Sharon	IL GeoForm	1:09:54 + 29:45	122,99
32	Bjørgum, Hallvard	DNV	1:11:22 + 31:13	122,37
33	Reusch, Marianne	Heming Orientering	1:22:26 + 42:17	117,70

Resultater Kort (2,0 km)

Plass	Navn	Klubb	Tid	Poeng
1	,		+ 00:00	130,00
2	Berteig, Vidar	IL GeoForm	0:34:47 + 34:47	118,29
3	Granly, Martin	Siemens Oslo	0:37:29 + 37:29	117,38
4	Aulie, Harald	IL Koll	0:37:55 + 37:55	117,24
5	Ohrvik, Sven	Konnerud IF	0:38:22 + 38:22	117,09
6	Løken, Knut Anders	Fossum IF	0:41:45 + 41:45	115,95
7	Petersen, John Thomas	Nittedal OL	0:42:37 + 42:37	115,66
8	Fagerhaug, Are		0:43:26 + 43:26	115,38
9	Fismen, Britta	Fossum IF	0:45:22 + 45:22	114,73
10	Solberg, Veslemøy	Konnerud IF	0:45:43 + 45:43	114,61
11	Løken, Aleidis	Heming Orientering	0:46:41 + 46:41	114,29
12	Kierulf, Reidar	RKP	0:46:47 + 46:47	114,25
13	Fosser, Per	Heming Orientering	0:47:15 + 47:15	114,10
14	Stenstadvoll, Kjell	Tyrving	0:48:41 + 48:41	113,61
15	Raaen, Trine	Lierbygda	0:49:11 + 49:11	113,45
16	Edvardsen, Tom	Koll IL	0:50:21 + 50:21	113,05
17	Eide-Fredriksen, Odd	Kamp/Vestheim IF	0:51:12 + 51:12	112,77
18	Tho, Kjersti	Stabæk IF	0:52:05 + 52:05	112,47
19	Gange, Finn	Privat	0:54:20 + 54:20	111,71
20	Edvardsen, Marte	Koll	0:57:10 + 57:10	110,76
21	Fougner, Jon C.	Heming Orientering	0:59:21 + 59:21	110,02
22	Madsen, Øystein	Haugerud If	1:00:11 +1:00:11	109,74
23	Bugge, Merete	Stami	1:02:11 +1:02:11	109,07
24	Ommundsen, Tor A	Veritas	1:03:19 +1:03:19	108,69

25	Killingmo, Lene Anett	OK Øst	1:03:22	+1:03:22	108,67
26	Vik, Eilen Arctander	Koll	1:03:40	+1:03:40	108,57
27	Hånes, Sturle	IL GeoForm	1:04:37	+1:04:37	108,25
28	Pedersen, Atle	Fossum IF	1:06:21	+1:06:21	107,67
29	Trondsen, Terje	Nittedal OL	1:08:08	+1:08:08	107,07
30	Kristensen, Hennie	Heming Orientering	1:12:57	+1:12:57	105,45
31	Reusch, Astrid	Heming Orientering	1:12:58	+1:12:58	105,44
32	Sellevoold, Gerd Sylvi	Kamp Vestheim	1:22:18	+1:22:18	102,30
33	Grymyr, Aina	Haugerud If	1:31:04	+1:31:04	99,35
34	Føllesdal, Dagfinn	Oslostudentenes IK	1:37:03	+1:37:03	97,33
35	Hangeraas, Knut Kristen	IL GeoForm	1:49:43	+1:49:43	93,07
36	Haugerud, Sigurd	IL GeoForm	2:20:51	+2:20:51	82,59
DSQ	Moorfeld, Steffi		1:43:39	(-3 poster)	87,50

Strekktider Lang

Plass	Navn	Klubb	Tid	Poeng
1	Låg, Steinar	DNV	0:00:00 + 00:00	175,00
	01:22-12 04:00-15 06:21-14 23:32-14 28:31-11 34:06-11 40:19-11 48:55-11 53:23-10			58:26-10
	01:22-12 02:38-17 02:21-12 17:11-15 04:59-12 05:35-13 06:13-8 08:36-10 04:28-8			05:03-8
	00:27& 00:58& 00:43& 05:21& 01:41& 02:07& 01:13# 02:22& 01:34& 00:47#			
2	Halden, Halvor Tørnqvist	Nydalens SK	0:48:16 + 48:16	146,74
	00:55-1 02:35-1 04:55-3 16:45-1 20:03-1 23:31-1 29:22-1 35:36-1 38:30-1 42:46-1 44:46-1 45:36-1 46:33-1 47:52-1 48:16-1			
	00:55-1 01:40-1 02:20-11 11:50-1 03:18-1 03:28-1 05:51-4 06:14-1 02:54-1 04:16-1 02:00-1 00:50-2 00:57-1 01:19-1 00:24-1			
	00:00= 00:00= 00:42& 00:00= 00:00= 00:00= 00:51# 00:00= 00:00= 00:00= 00:00= 00:09# 00:00= 00:00= 00:00=			
3	Tiltnes, Anders	Tyrving	0:50:13 + 50:13	145,59
	01:08-4 03:00-3 04:38-1 17:41-2 21:20-2 25:06-2 30:06-2 36:44-2 39:47-2 44:06-2 46:25-2 47:06-2 48:17-2 49:42-2 50:13-2			
	01:08-4 01:52-2 01:38-1 13:03-4 03:39-2 03:46-2 05:00-1 06:38-2 03:03-2 04:19-3 02:19-2 00:41-1 01:11-6 01:25-2 00:31-9			
	00:13# 00:12# 00:00= 01:13# 00:21# 00:18+ 00:00= 00:24+ 00:09+ 00:03+ 00:19# 00:00= 00:14# 00:06+ 00:07&			
4	Schlaupitz, Holger	GeoForm	0:55:57 + 55:57	142,24
	01:10-6 03:13-5 05:07-4 18:03-3 22:06-3 26:41-3 32:24-3 39:54-3 44:07-3 49:04-3 51:45-3 52:54-3 53:59-3 55:30-3 55:57-3			
	01:10-6 02:03-6 01:54+2 12:56-2 04:03-3 04:35-5 05:43-3 07:30-4 04:13-5 04:57-6 02:41-5 01:09-12 01:05-3 01:31-7 00:27-2			
	00:15& 00:23# 00:16# 01:06+ 00:45# 01:07& 00:43# 01:16# 01:19& 00:41# 00:41& 00:28& 00:08# 00:12# 00:03#			
5	Helland, Knut	Østmarka OK	0:59:02 + 59:02	140,43
	01:18-10 03:39-10 05:45-10 18:45-5 23:17-5 27:54-4 33:57-5 42:25-5 46:40-4 51:50-4 54:37-4 55:29-4 56:59-4 58:26-4 59:02-4			
	01:18-10 02:21-11 02:06-5 13:00-3 04:32-8 04:37-6 06:03-6 08:28-8 04:15-6 05:10-10 02:47-8 00:52-4 01:30-17 01:27-4 00:36-13			
	00:23& 00:41& 00:28& 01:10+ 01:14& 01:09& 01:03# 02:14& 01:21& 00:47& 00:11& 00:33& 00:08# 00:12&			
6	Nipen, Thomas	Bakkelaget	0:59:48 + 59:48	139,98
	01:12-7 03:13-6 05:10-5 18:32-4 22:55-4 28:18-5 33:40-4 41:58-4 47:47-5 52:52-5 55:21-5 56:32-5 57:52-5 59:19-5 59:48-5			
	01:12-7 02:01-3 01:57-4 13:22-5 04:23-5 05:23-11 05:22-2 08:18-6 05:49-15 05:05-9 02:29-4 01:11-14 01:20-14 01:27-4 00:29-4			
	00:17& 00:21# 00:19# 01:32# 01:05& 01:52& 00:22+ 02:04& 02:55@ 00:49# 00:29# 00:30& 00:23& 00:08# 00:05#			
7	Rygh, Karl Even	Heming Orientering	1:00:01 +1:00:01	139,86
	01:09-5 03:15-7 05:26-7 20:33-8 24:45-7 29:04-6 35:02-6 44:05-6 48:11-6 53:05-6 55:55-6 56:52-6 58:02-6 59:31-6 60:01-6			
	01:09-5 02:06-7 02:11-9 15:07-7 04:12-4 04:19-3 05:58-5 09:03-11 04:06-3 04:54-5 02:50-10 00:57-6 01:10-5 01:29-6 00:30-8			
	00:14& 00:26& 00:33& 03:17& 00:54& 00:51# 00:58# 02:49& 01:12& 00:38# 00:50& 00:16& 00:13# 00:10# 00:06&			
8	Benjaminen, Vidar	Lillomarka OL	1:01:30 +1:01:30	138,99
	01:14-8 03:26-8 05:37-8 21:28-9 25:54-9 30:44-9 36:49-8 44:46-7 49:16-7 54:05-7 56:54-7 57:51-7 59:11-7 60:51-7 61:30-7			
	01:14-8 02:12-8 02:11-9 15:51-10 04:26-6 04:50-7 06:05-7 07:57-5 04:30-9 04:49-4 02:49-9 00:57-6 01:20-14 01:40-13 00:39-17			
	00:19& 00:32& 00:33& 04:01& 01:08& 01:22& 01:05# 01:43& 01:36& 00:33# 00:49& 00:16& 00:23& 00:21& 00:15&			
9	Grønneberg, Skage	Heming Orientering	1:01:42 +1:01:42	138,87
	01:05-3 03:07-4 05:17-6 20:19-6 24:45-6 29:05-7 38:42-10 45:32-8 49:42-8 54:55-8 57:20-8 58:11-8 59:27-8 61:13-8 61:42-8			
	01:05-3 02:02-5 02:10-7 15:02-6 04:26-6 04:20-4 09:37-26 06:50-3 04:10-4 05:13-12 02:25-3 00:51-3 01:16-10 01:46-15 00:29-4			
	00:10# 00:22# 00:32& 03:12& 01:08& 00:52& 04:37& 00:36+ 01:16& 00:57# 00:25# 00:10# 00:19& 00:27& 00:05#			
10	Fredriksen, Magnus Eide	Heming Orientering	1:01:46 +1:01:46	138,83
	00:58-2 02:59-2 04:54-2 20:21-7 25:14-8 30:13-8 36:38-7 46:31-9 50:48-9 55:04-9 57:55-9 58:48-9 59:52-9 61:17-9 61:46-9			
	00:58-2 02:01-3 01:55-3 15:27-8 04:53-10 04:59-8 06:25-11 09:53-15 04:17-7 04:16-1 02:51-11 00:53-5 01:04-2 01:25-2 00:29-4			
	00:03+ 00:21# 00:17# 03:37& 01:35& 01:31& 01:25& 03:39& 01:23& 00:00= 00:51& 00:12& 00:07# 00:06+ 00:05#			

26	Kongsgård, Sondre	Nydalens Skiklub	1:37:14 +1:37:14	118,06										
01:32-20	04:10-17	06:51-16	23:58-16	45:15-27	51:38-27	60:10-27	68:45-26	74:30-24	86:51-27	91:36-26	93:02-26	94:33-25	96:38-25	97:14-25
01:32-20	02:38-17	02:41-20	17:07-14	21:17-28	06:23-20	08:32-21	08:35-9	05:45-14	12:21-28	04:45-25	01:26-23	01:31-18	02:05-24	00:36-13
00:37&	00:58&	01:03&	05:17&	17:59@	02:55&	03:32&	02:21&	02:51&	08:05@	02:45@	00:45@	00:34&	00:46&	00:12&
27	Gjessing, Ola	Peter Krohn	Heming Orientering	1:37:58 +1:37:58	117,63									
01:26-15	05:19-27	08:50-28	28:41-23	35:13-20	42:56-20	52:06-22	68:07-24	76:09-25	83:18-24	91:05-25	92:30-25	95:03-26	97:19-26	97:58-26
01:26-14	03:53-28	03:31-28	19:51-20	06:32-18	07:43-27	09:10-25	16:01-28	08:02-25	07:09-25	07:47-27	01:25-22	02:33-27	02:16-25	00:39-17
00:31&	02:13@	01:53@	08:01&	03:14&	04:15@	04:10&	09:47@	05:08@	02:53&	05:47@	00:44@	01:36@	00:57&	00:15&
28	Thorstensen, Erik	GeoForm	1:57:20 +1:57:20	106,29										
01:31-19	04:52-25	07:55-25	35:20-28	50:26-28	57:05-28	75:34-28	88:27-28	96:36-28	103:43-28	109:20-27	112:38-27	114:11-27	116:33-27	117:20-27
01:31-19	03:21-24	03:03-24	27:25-28	15:06-26	06:39-21	18:29-28	12:53-23	08:09-26	07:07-24	05:37-26	03:18-26	01:33-21	02:22-26	00:47-25
00:36&	01:41@	01:25&	15:35@	11:48@	03:11&	13:29@	06:39@	05:15@	02:51&	03:37@	02:37@	00:36&	01:03&	00:23&

Strekktider Mellom

Plass	Navn	Klubb	Tid	Poeng												
1	Kristensen, Gjørnran	Heming Orientering	0:40:09 + 00:00	135,55												
01:11-1	04:19-7	06:02-3	07:05-1	12:33-5	14:38-2	16:47-2	20:41-2	22:33-2	27:16-2	32:21-1	33:40-1	35:36-2	36:45-2	38:03-1	39:38-1	40:09-1
01:11-1	03:08-17	01:43-2	01:03-1	05:28-8	02:05-1	02:09-3	03:54-2	01:52-6	04:43-6	05:05-3	01:19-3	01:56-10	01:09-6	01:18-3	01:35-3	00:31-3
00:00=	00:54&	00:01+	00:00=	01:34&	00:00=	00:03+	00:09+	00:28&	00:15+	00:27+	00:07+	00:39&	00:20&	00:09#	00:02+	00:04#
2	Solheim, Paul	Whylot IL	0:40:17 + 00:08	135,49												
01:26-5	03:59-3	05:58-1	07:15-2	12:02-1	14:26-1	16:33-1	20:18-1	22:06-1	27:13-1	32:37-2	33:55-2	35:34-1	36:37-1	38:08-2	39:44-2	40:17-2
01:26-5	02:33-2	01:59-3	01:17-6	04:47-2	02:24-10	02:07-2	03:45-1	01:48-2	05:07-8	05:24-4	01:18-2	01:39-2	01:03-4	01:31-10	01:36-4	00:33-5
00:15#	00:19#	00:17#	00:14#	00:53#	00:19#	00:01+	00:00=	00:24&	00:39#	00:46#	00:06+	00:22&	00:14&	00:22&	00:03+	00:06#
3	Takle, Atgeir	Nydalens SK	0:41:26 + 01:17	135,01												
01:18-4	03:32-1	06:15-5	07:36-4	12:29-4	14:50-4	16:56-3	22:10-5	24:01-5	28:30-5	33:20-3	34:32-3	36:15-3	37:16-3	39:14-3	40:53-3	41:26-3
01:18-4	02:14-1	02:43-23	01:21-7	04:53-3	02:21-7	02:06-1	05:14-19	01:51-5	04:29-2	04:50-2	01:12-1	01:43-4	01:01-3	01:58-29	01:39-5	00:33-5
00:07+	00:00=	01:01&	00:18&	00:59&	00:16#	00:00=	01:29&	00:27&	00:01+	00:12+	00:00=	00:26&	00:12#	00:49&	00:06+	00:06#
4	Iversen, Egil	Heming Orientering	0:42:30 + 02:21	134,56												
01:37-11	04:15-6	06:17-6	07:32-3	12:28-3	14:48-3	17:21-4	21:18-3	23:26-3	28:30-4	33:57-4	35:25-4	37:23-5	38:34-4	39:58-4	41:52-4	42:30-4
01:37-11	02:38-5	02:02-4	01:15-3	04:56-4	02:20-4	02:33-5	03:57-3	02:08-12	05:04-7	05:27-5	01:28-6	01:58-11	01:11-7	01:24-7	01:54-9	00:38-11
00:26&	00:24#	00:20#	00:12#	01:02&	00:15#	00:27#	00:12+	00:44&	00:36#	00:49#	00:16#	00:41&	00:22&	00:15#	00:21#	00:11&
5	Teigland, Rune	Østmarka OK	0:42:53 + 02:44	134,39												
01:47-19	04:21-8	06:32-8	07:48-6	13:11-8	15:30-7	17:43-5	21:59-4	23:56-4	28:24-3	34:03-5	35:37-5	37:21-4	38:37-5	40:14-5	42:12-5	42:53-5
01:47-19	02:34-4	02:11-11	01:16-4	05:23-6	02:19-3	02:13-4	04:16-6	01:57-8	04:28-1	05:39-6	01:34-13	01:44-5	01:16-9	01:37-16	01:58-14	00:41-17
00:36&	00:20#	00:29&	00:13#	01:29&	00:14#	00:07+	00:31#	00:33&	00:00=	01:01#	00:22&	00:27&	00:27&	00:28&	00:25&	00:14&
6	Norman, Niklas	IL GeoForm	0:43:09 + 03:00	134,28												
01:15-2	05:02-17	06:44-11	08:20-13	12:14-2	14:59-5	17:44-6	23:43-7	25:07-6	31:36-8	36:14-6	37:41-6	38:58-6	39:47-6	41:08-6	42:42-6	43:09-6
01:15-2	03:47-27	01:42-1	01:36-22	03:54-1	02:45-17	02:45-9	05:59-26	01:24-1	06:29-15	04:38-1	01:27-4	01:17-1	00:49-1	01:21-4	01:34-2	00:27-1
00:04+	01:33&	00:00=	00:33&	00:00=	00:40&	00:39&	02:14&	00:00=	02:01&	00:00=	00:15#	00:00=	00:00=	00:12#	00:01+	00:00=
7	Nesland, Kristoffer	Tyrving	0:45:08 + 04:59	133,44												
01:29-6	04:13-5	06:31-7	08:01-8	14:55-12	17:15-12	19:50-9	23:47-8	25:41-7	30:17-6	37:46-9	39:16-9	40:57-8	41:50-8	42:59-7	44:32-7	45:08-7
01:29-6	02:44-9	02:18-14	01:30-15	06:54-19	02:20-4	02:35-6	03:57-3	01:54-7	04:36-3	07:29-21	01:30-8	01:41-3	00:53-2	01:09-1	01:33-1	00:36-10
00:18&	00:30#	00:36&	00:27&	03:00&	00:15#	00:29#	00:12+	00:30&	00:08+	02:51&	00:18&	00:24&	00:04+	00:00=	00:00=	00:09&
8	Ekeberg, Per Kristian	IL Tyrving	0:45:51 + 05:42	133,14												
01:45-17	04:24-9	06:39-9	08:02-9	13:05-6	15:28-6	18:11-7	22:35-6	26:29-8	31:06-7	36:45-7	38:28-7	40:21-7	41:39-7	43:20-8	45:11-8	45:51-8
01:45-17	02:39-6	02:15-13	01:23-8	05:03-5	02:23-9	02:43-8	04:24-7	03:54-30	04:37-4	05:39-6	01:43-18	01:53-7	01:18-10	01:41-21	01:51-8	00:40-15
00:34&	00:25#	00:33&	00:20&	01:09&	00:18#	00:37&	00:39#	02:30@	00:09+	01:01#	00:31&	00:36&	00:29&	00:32&	00:18#	00:13&
9	Takvam, Arnt Ove	Fearnspport	0:46:41 + 06:32	132,79												
01:42-13	04:55-16	07:05-15	08:21-14	13:48-9	16:10-9	19:13-8	24:54-9	26:58-10	31:36-9	37:39-8	39:11-8	41:05-9	42:28-9	44:01-9	46:08-9	46:41-9
01:42-13	03:13-19	02:10-9	01:16-4	05:27-7	02:22-8	03:03-14	05:41-25	02:04-10	04:38-5	06:03-10	01:32-9	01:54-8	01:23-17	01:33-13	02:07-18	00:33-5
00:31&	00:59&	00:28&	00:13#	01:33&	00:17#	00:57&	01:56&	00:40&	00:10+	01:25&	00:20&	00:37&	00:34&	00:24&	00:34&	00:06#
10	Tronbøl, Heidi	Fet OL	0:48:22 + 08:13	132,08												
01:46-18	04:41-13	08:08-21	09:33-20	15:58-18	18:41-17	21:38-17	26:28-16	28:42-13	33:50-10	39:30-10	41:02-10	43:01-10	44:30-10	45:52-10	47:48-10	48:22-10
01:46-18	02:55-12	03:27-30	01:25-12	06:25-13	02:43-15	02:57-13	04:50-15	02:14-14	05:08-9	05:40-8	01:32-9	01:59-12	01:29-23	01:22-6	01:56-12	00:34-8
00:35&	00:41&	01:45@	00:22&	02:31&	00:38&	00:51&	01:05&	00:50&	00:40#	01:02#	00:20&	00:42&	00:40&	00:13#	00:23#	00:07&
11	Halden, Monica Tørnqvist	Nydalens SK	0:49:37 + 09:28	131,55												

02:03-27	05:35-25	08:20-24	10:16-25	18:28-27	25:01-28	29:29-29	34:19-29	38:14-29	45:00-26	52:21-26	54:02-26	56:20-26	57:49-26	59:23-26	61:32-26	62:15-26
02:03-27	03:32-25	02:45-24	01:56-32	08:12-28	06:33-32	04:28-28	04:50-15	03:55-31	06:46-19	07:21-20	01:41-17	02:18-18	01:29-23	01:34-14	02:09-22	00:43-19
00:52&	01:18&	01:03&	00:53&	04:18@	04:28@	02:22@	01:05&	02:31@	02:18&	02:43&	00:29&	01:01&	00:40&	00:25&	00:36&	00:16&
27	Christensen, Lars		DNV				1:03:37 + 23:28		125,64							
01:55-25	06:12-28	08:35-26	10:19-26	22:41-32	25:31-30	28:17-27	34:16-28	36:51-27	44:08-25	52:22-27	54:29-27	57:06-27	58:29-27	60:20-27	62:51-27	63:37-27
01:55-25	04:17-29	02:23-17	01:44-29	12:22-33	02:50-18	02:46-10	05:59-26	02:35-19	07:17-25	08:14-25	02:07-31	02:37-23	01:23-17	01:51-27	02:31-30	00:46-22
00:44&	02:03&	00:41&	00:41&	08:28@	00:45&	00:40&	02:14&	01:11&	02:49&	03:36&	00:55&	01:20@	00:34&	00:42&	00:58&	00:19&
28	Jahren Herud , Tone		Fossum IF				1:05:15 + 25:06		124,95							
01:51-22	10:17-33	12:48-33	14:18-32	21:47-30	25:35-31	29:39-30	35:18-30	38:55-30	44:20-27	54:11-29	56:01-28	58:57-28	60:26-28	62:15-28	64:24-28	65:15-28
01:51-21	08:26-33	02:31-20	01:30-15	07:29-22	03:48-27	04:04-26	05:39-24	03:37-28	06:25-14	08:51-30	01:50-23	02:56-29	01:29-23	01:49-24	02:09-22	00:51-29
00:40&	06:12@	00:49&	00:27&	03:35&	01:43&	01:58&	01:54&	02:13@	01:57&	04:13&	00:38&	01:39@	00:40&	00:40&	00:36&	00:24&
29	Nipen, Olav		Tyrving				1:06:30 + 26:21		124,42							
01:54-24	05:18-23	08:13-22	10:03-24	17:19-22	20:54-23	27:09-26	33:52-27	37:18-28	45:21-28	54:10-28	56:14-29	59:21-29	61:17-29	63:17-29	65:45-29	66:30-29
01:54-24	03:24-22	02:55-26	01:50-30	07:16-21	03:35-26	06:15-32	06:43-31	03:26-27	08:03-28	08:49-29	02:04-30	03:07-30	01:56-32	02:00-30	02:28-28	00:45-21
00:43&	01:10&	01:13&	00:47&	03:22&	01:30&	04:09@	02:58&	02:02@	03:35&	04:11&	00:52&	01:50@	01:07@	00:51&	00:55&	00:18&
30	Angell, Truls		Lillomarka OL				1:08:13 + 28:04		123,70							
02:07-29	05:04-18	08:14-23	09:50-22	16:30-20	19:53-19	22:44-18	27:26-18	30:01-17	47:49-30	58:14-31	59:42-30	62:34-31	63:57-30	65:27-30	67:31-30	68:13-30
02:07-29	02:57-14	03:10-28	01:36-22	06:40-15	03:23-25	02:51-12	04:42-11	02:35-19	17:48-33	10:25-33	01:28-6	02:52-28	01:23-17	01:30-9	02:04-17	00:42-18
00:56&	00:43&	01:28&	00:33&	02:46&	01:18&	00:45&	00:57&	01:11&	13:20@	05:47@	00:16#	01:35@	00:34&	00:21&	00:31&	00:15&
31	Broadwell, Sharon		IL GeoForm				1:09:54 + 29:45		122,99							
01:52-23	05:08-19	08:04-20	09:44-21	17:28-23	24:06-27	31:07-32	37:27-31	40:36-31	58:12-30	59:56-31	62:26-30	64:48-31	67:08-31	69:15-31	69:54-31	
01:52-23	03:16-21	02:56-27	01:40-26	07:44-26	06:38-33	07:01-33	06:20-30	03:09-25	10:06-31	07:30-22	01:44-19	02:30-21	02:22-33	02:20-32	02:07-18	00:39-13
00:41&	01:02&	01:14&	00:37&	03:50&	04:33@	04:55@	02:35&	01:45@	05:38@	02:52&	00:32&	01:13&	01:33@	01:11@	00:34&	00:12&
32	Bjørgum, Hallvard		DNV				1:11:22 + 31:13		122,37							
02:04-28	06:45-30	10:43-31	12:36-30	21:02-29	27:27-32	31:04-31	38:10-32	41:06-32	50:24-31	59:05-32	61:01-32	64:29-32	66:23-32	68:13-32	70:32-32	71:22-32
02:04-28	04:41-30	03:58-32	01:53-31	08:26-29	06:25-31	03:37-22	07:06-32	02:56-23	09:18-30	08:41-28	01:56-25	03:28-32	01:54-31	01:50-25	02:19-27	00:50-28
00:53&	02:27@	02:16@	00:50&	04:32@	04:20@	01:31&	03:21&	01:32@	04:50@	04:03&	00:44&	02:11@	01:05@	00:41&	00:46&	00:23&
33	Reusch, Marianne		Heming Orientering				1:22:26 + 42:17		117,70							
02:25-32	07:06-31	10:40-30	14:23-33	25:23-33	29:42-33	35:14-33	43:57-33	47:50-33	56:51-33	66:48-33	70:53-33	74:55-33	76:40-33	78:42-33	81:32-33	82:26-33
02:25-32	04:41-30	03:34-31	03:43-33	11:00-32	04:19-28	05:32-31	08:43-33	03:53-29	09:01-29	09:57-31	04:05-33	04:02-33	01:45-29	02:02-31	02:50-33	00:54-30
01:14@	02:27@	01:52@	02:40@	07:06@	02:14@	03:26@	04:58@	02:29@	04:33@	05:19@	02:53@	02:45@	00:56@	00:53&	01:17&	00:27@

Strekktider Kort

Plass	Navn	Klubb	Tid	Poeng												
1	,		+ 00:00	130,00												
2	Berteig, Vidar	IL GeoForm	0:34:47 + 34:47	118,29												
01:36-4	04:03-3	05:28-3	11:05-1	14:28-1	18:33-1	20:34-1	26:56-1	30:00-1	31:10-1	32:32-1	34:09-1	34:47-1				
01:36-4	02:27-2	01:25-4	05:37-1	03:23-4	04:05-1	02:01-1	06:22-1	03:04-2	01:10-1	01:22-2	01:37-2	00:38-6				
00:30&	00:13+	00:09#	00:00=	00:19#	00:00=	00:00=	00:00=	00:16+	00:00=	00:02+	00:05+	00:09&				
3	Granly, Martin	Siemens Oslo	0:37:29 + 37:29	117,38												
01:35-3	04:02-2	05:18-2	12:55-6	16:10-4	20:17-3	22:21-3	28:50-2	32:04-2	33:22-2	34:56-2	36:53-2	37:29-2				
01:35-3	02:27-2	01:16-1	07:37-11	03:15-2	04:07-2	02:04-3	06:29-2	03:14-4	01:18-6	01:34-6	01:57-5	00:36-3				
00:29&	00:13+	00:00=	02:00&	00:11+	00:02+	00:03+	00:07+	00:26#	00:08#	00:14#	00:25&	00:07#				
4	Aulie, Harald	IL Koll	0:37:55 + 37:55	117,24												
01:32-2	03:46-1	05:05-1	11:14-2	15:45-3	20:33-4	22:41-4	30:17-4	33:05-4	34:19-4	35:54-4	37:26-3	37:55-3				
01:32-2	02:14-1	01:19-2	06:09-4	04:31-15	04:48-6	02:08-4	07:36-6	02:48-1	01:14-3	01:35-7	01:32-1	00:29-1				
00:26&	00:00=	00:03+	00:32+	01:27&	00:43#	00:07+	01:14#	00:00=	00:04+	00:15#	00:00=	00:00=				
5	Ohrvik, Sven	Konnerud IF	0:38:22 + 38:22	117,09												
01:44-6	04:23-8	05:59-6	11:42-4	14:46-2	19:33-2	22:14-2	29:40-3	32:53-3	34:10-3	35:41-3	37:50-4	38:22-4				
01:44-6	02:39-7	01:36-8	05:43-2	03:04-1	04:47-5	02:41-12	07:26-4	03:13-3	01:17-4	01:31-4	02:09-8	00:32-2				
00:38&	00:25#	00:20&	00:06+	00:00=	00:42#	00:40&	01:04#	00:25#	00:07#	00:11#	00:37&	00:03#				
6	Løken, Knut Anders	Fossum IF	0:41:45 + 41:45	115,95												
01:06-1	04:16-5	06:38-10	14:31-12	17:46-9	22:43-7	24:44-6	32:29-5	36:01-5	37:36-5	39:03-5	41:06-5	41:45-5				

01:06-1	03:10-15	02:22-25	07:53-13	03:15-2	04:57-7	02:01-1	07:45-8	03:32-7	01:35-16	01:27-3	02:03-6	00:39-10
00:00=	00:56&	01:06&	02:16&	00:11+	00:52#	00:00=	01:23#	00:44&	00:25&	00:07+	00:31&	00:10&
7	Petersen, John Thomas		Nittedal OL			0:42:37 +	42:37		115,66			
02:08-18	05:16-14	06:52-12	13:01-7	16:56-6	22:25-6	25:40-7	33:22-6	36:40-6	38:01-6	39:41-6	41:48-6	42:37-6
02:08-17	03:08-13	01:36-8	06:09-4	03:55-7	05:29-10	03:15-18	07:42-7	03:18-6	01:21-9	01:40-11	02:07-7	00:49-22
01:02&	00:54&	00:20&	00:32+	00:51&	01:24&	01:14&	01:20#	00:30#	00:11#	00:20&	00:35&	00:20&
8	Fagerhaug, Are					0:43:26 +	43:26		115,38			
01:38-5	04:05-4	05:33-4	11:41-3	17:07-7	24:42-11	27:08-9	34:21-7	37:56-7	39:14-7	40:46-7	42:42-7	43:26-7
01:38-5	02:27-2	01:28-5	06:08-3	05:26-20	07:35-23	02:26-7	07:13-3	03:35-8	01:18-6	01:32-5	01:56-3	00:44-17
00:32&	00:13+	00:12#	00:31+	02:22&	03:30&	00:25#	00:51#	00:47&	00:08#	00:12#	00:24&	00:15&
9	Fismen, Britta		Fossum IF			0:45:22 +	45:22		114,73			
01:46-8	04:21-7	05:42-5	11:59-5	17:21-8	22:00-5	24:13-5	36:57-12	40:14-11	41:27-10	42:47-9	44:43-8	45:22-8
01:46-8	02:35-6	01:21-3	06:17-6	05:22-19	04:39-3	02:13-5	12:44-24	03:17-5	01:13-2	01:20-1	01:56-3	00:39-10
00:40&	00:21#	00:05+	00:40#	02:18&	00:34#	00:12+	06:22@	00:29#	00:03+	00:00=	00:24&	00:10&
10	Solberg, Veslemøy		Konnerud IF			0:45:43 +	45:43		114,61			
02:00-13	04:54-11	06:57-14	14:25-11	18:19-10	23:46-9	26:20-8	35:00-8	38:53-8	40:28-8	42:20-8	45:00-9	45:43-9
02:00-13	02:54-9	02:03-20	07:28-10	03:54-6	05:27-9	02:34-10	08:40-12	03:53-10	01:35-16	01:52-18	02:40-21	00:43-16
00:54&	00:40&	00:47&	01:51&	00:50&	01:22&	00:33&	02:18&	01:05&	00:25&	00:32&	01:08&	00:14&
11	Løken, Aleidis		Heming Orientering			0:46:41 +	46:41		114,29			
01:45-7	04:17-6	06:32-9	17:27-18	21:24-16	26:05-15	28:36-13	36:57-11	40:40-12	42:05-12	43:46-12	45:57-10	46:41-10
01:45-7	02:32-5	02:15-22	10:55-26	03:57-9	04:41-4	02:31-9	08:21-11	03:43-9	01:25-11	01:41-12	02:11-9	00:44-17
00:39&	00:18#	00:59&	05:18&	00:53&	00:36#	00:30#	01:59&	00:55&	00:15#	00:21&	00:39&	00:15&
12	Kierulf, Reidar		RKP			0:46:47 +	46:47		114,25			
01:50-10	05:22-16	07:43-20	15:04-14	19:29-14	25:00-13	27:45-12	35:40-10	40:14-10	41:45-11	43:46-11	46:09-11	46:47-11
01:50-10	03:32-21	02:21-24	07:21-9	04:25-13	05:31-11	02:45-13	07:55-9	04:34-15	01:31-14	02:01-20	02:23-13	00:38-6
00:44&	01:18&	01:05&	01:44&	01:21&	01:26&	00:44&	01:33#	01:46&	00:21&	00:41&	00:51&	00:09&
13	Fosser, Per		Heming Orientering			0:47:15 +	47:15		114,10			
02:17-21	05:43-19	07:34-19	14:47-13	19:02-12	24:58-12	27:34-11	35:05-9	39:19-9	41:12-9	43:17-10	46:16-12	47:15-12
02:17-21	03:26-18	01:51-15	07:13-8	04:15-11	05:56-13	02:36-11	07:31-5	04:14-13	01:53-24	02:05-23	02:59-28	00:59-27
01:11@	01:12&	00:35&	01:36&	01:11&	01:51&	00:35&	01:09#	01:26&	00:43&	00:45&	01:27&	00:30@
14	Stenstadvoll, Kjell		Tyrving			0:48:41 +	48:41		113,61			
01:54-11	04:56-12	06:30-8	13:10-8	16:55-5	23:39-8	29:00-14	37:09-13	42:07-13	43:32-13	45:34-13	47:47-13	48:41-13
01:54-11	03:02-10	01:34-6	06:40-7	03:45-5	06:44-17	05:21-32	08:09-10	04:58-18	01:25-11	02:02-21	02:13-10	00:54-24
00:48&	00:48&	00:18#	01:03#	00:41#	02:39&	03:20@	01:47&	02:10&	00:15#	00:42&	00:41&	00:25&
15	Raaen, Trine		Lierbygda			0:49:11 +	49:11		113,45			
01:49-9	04:53-10	06:40-11	14:21-10	18:28-11	24:34-10	27:22-10	38:16-14	42:40-14	44:36-14	46:12-14	48:33-14	49:11-14
01:49-9	03:04-11	01:47-11	07:41-12	04:07-10	06:06-14	02:48-14	10:54-18	04:24-14	01:56-25	01:36-9	02:21-12	00:38-6
00:43&	00:50&	00:31&	02:04&	01:03&	02:01&	00:47&	04:32&	01:36&	00:46&	00:16#	00:49&	00:09&
16	Edvardsen, Tom		Koll IL			0:50:21 +	50:21		113,05			
01:59-12	04:48-9	06:23-7	14:16-9	19:18-13	27:12-16	29:28-15	39:14-16	43:22-15	45:02-15	47:26-15	49:44-15	50:21-15
01:59-12	02:49-8	01:35-7	07:53-13	05:02-16	07:54-26	02:16-6	09:46-16	04:08-12	01:40-19	02:24-30	02:18-11	00:37-5
00:53&	00:35&	00:19&	02:16&	01:58&	03:49&	00:15#	03:24&	01:20&	00:30&	01:04&	00:46&	00:08&
17	Eide-Fredriksen, Odd		Kamp/Vestheim IF			0:51:12 +	51:12		112,77			
02:08-19	05:17-15	07:04-15	15:57-16	20:22-15	26:00-14	29:32-16	39:12-15	43:48-16	45:36-16	47:46-16	50:20-16	51:12-16
02:08-17	03:09-14	01:47-11	08:53-16	04:25-13	05:38-12	03:32-20	09:40-14	04:36-16	01:48-22	02:10-25	02:34-16	00:52-23
01:02&	00:55&	00:31&	03:16&	01:21&	01:33&	01:31&	03:18&	01:48&	00:38&	00:50&	01:02&	00:23&
18	Tho, Kjersti		Stabæk IF			0:52:05 +	52:05		112,47			
02:01-15	05:05-13	06:53-13	19:02-24	22:57-19	28:17-17	30:44-17	40:34-17	45:14-17	46:50-17	48:39-17	51:17-17	52:05-17
02:01-14	03:04-11	01:48-13	12:09-27	03:55-7	05:20-8	02:27-8	09:50-17	04:40-17	01:36-18	01:49-17	02:38-18	00:48-21
00:55&	00:50&	00:32&	06:32@	00:51&	01:15&	00:26#	03:28&	01:52&	00:26&	00:29&	01:06&	00:19&
19	Gange, Finn		Privat			0:54:20 +	54:20		111,71			
02:03-16	05:56-21	07:51-22	15:53-15	22:02-17	28:58-18	32:53-19	44:10-19	48:11-18	49:40-18	51:15-18	53:38-18	54:20-18
02:03-16	03:53-22	01:55-17	08:02-15	06:09-25	06:56-18	03:55-22	11:17-19	04:01-11	01:29-13	01:35-7	02:23-13	00:42-14
00:57&	01:39&	00:39&	02:25&	03:05@	02:51&	01:54&	04:55&	01:13&	00:19&	00:15#	00:51&	00:13&
20	Edvardsen, Marte		Koll			0:57:10 +	57:10		110,76			
02:28-25	05:58-22	07:46-21	17:53-19	23:23-20	30:48-20	34:47-21	44:04-18	50:22-19	51:54-19	53:39-19	56:25-19	57:10-19
02:28-25	03:30-20	01:48-13	10:07-20	05:30-23	07:25-21	03:59-23	09:17-13	06:18-28	01:32-15	01:45-15	02:46-23	00:45-19
01:22@	01:16&	00:32&	04:30&	02:26&	03:20&	01:58&	02:55&	03:30@	00:22&	00:25&	01:14&	00:16&
21	Fougner, Jon C.		Heming Orientering			0:59:21 +	59:21		110,02			
02:51-32	07:14-30	09:39-30	18:51-22	24:47-22	31:50-22	35:06-22	46:27-21	51:44-21	53:26-20	55:38-20	58:25-20	59:21-20

02:51-32	04:23-29	02:25-27	09:12-18	05:56-24	07:03-20	03:16-19	11:21-20	05:17-20	01:42-20	02:12-26	02:47-25	00:56-25
01:45@	02:09&	01:09&	03:35&	02:52&	02:58&	01:15&	04:59&	02:29&	00:32&	00:52&	01:15&	00:27&
22	Madsen, Øystein		Haugerud If				1:00:11	+1:00:11	109,74			
02:20-23	05:49-20	07:28-18	16:36-17	24:22-21	30:56-21	33:45-20	47:27-22	53:05-22	54:54-21	56:36-21	59:31-21	60:11-21
02:20-23	03:29-19	01:39-10	09:08-17	07:46-27	06:34-15	02:49-15	13:42-26	05:38-24	01:49-23	01:42-13	02:55-27	00:40-12
01:14@	01:15&	00:23&	03:31&	04:42@	02:29&	00:48&	07:20@	02:50@	00:39&	00:22&	01:23&	00:11&
23	Bugge, Merete		Stami				1:02:11	+1:02:11	109,07			
02:01-14	05:25-18	07:16-16	18:09-20	26:32-27	33:28-26	36:38-24	46:23-20	51:39-20	56:56-23	58:59-23	61:25-22	62:11-22
02:01-14	03:24-17	01:51-15	10:53-25	08:23-28	06:56-18	03:10-16	09:45-15	05:16-19	05:17-36	02:03-22	02:26-15	00:46-20
00:55&	01:10&	00:35&	05:16&	05:19@	02:51&	01:09&	03:23&	02:28&	04:07@	00:43&	00:54&	00:17&
24	Ommundsen, Tor A		Veritas				1:03:19	+1:03:19	108,69			
02:25-24	06:23-23	08:18-23	18:14-21	22:34-18	29:14-19	32:52-18	47:34-23	53:44-23	56:26-22	58:59-22	62:16-23	63:19-23
02:25-24	03:58-23	01:55-17	09:56-19	04:20-12	06:40-16	03:38-21	14:42-28	06:10-27	02:42-32	02:33-32	03:17-31	01:03-28
01:19@	01:44&	00:39&	04:19&	01:16&	02:35&	01:37&	08:20@	03:22@	01:32@	01:13&	01:45@	00:34@
25	Killingmo, Lene Anett		OK Øst				1:03:22	+1:03:22	108,67			
02:08-17	05:23-17	07:23-17	21:48-28	27:06-28	35:20-28	39:42-28	51:21-26	56:58-26	58:18-26	60:05-26	62:41-24	63:22-24
02:08-17	03:15-16	02:00-19	14:25-32	05:18-18	08:14-30	04:22-27	11:39-21	05:37-23	01:20-8	01:47-16	02:36-17	00:41-13
01:02&	01:01&	00:44&	08:48@	02:14&	04:09@	02:21@	05:17&	02:49@	00:10#	00:27&	01:04&	00:12&
26	Vik, Eileen Arctander		Koll				1:03:40	+1:03:40	108,57			
02:18-22	06:39-25	08:59-25	19:38-25	25:04-23	33:15-25	37:28-25	49:45-25	55:29-25	57:50-25	59:56-24	62:44-25	63:40-25
02:18-22	04:21-28	02:20-23	10:39-24	05:26-20	08:11-29	04:13-24	12:17-22	05:44-25	02:21-29	02:06-24	02:48-26	00:56-25
01:12@	02:07&	01:04&	05:02&	02:22&	04:06@	02:12@	05:55&	02:56@	01:11@	00:46&	01:16&	00:27&
27	Hånes, Sturle		IL GeoForm				1:04:37	+1:04:37	108,25			
02:59-33	07:24-31	09:47-31	20:13-27	25:28-25	33:02-24	36:14-23	49:20-24	55:17-24	57:40-24	60:00-25	63:21-26	64:37-26
02:59-33	04:25-30	02:23-26	10:26-22	05:15-17	07:34-22	03:12-17	13:06-25	05:57-26	02:23-30	02:20-28	03:21-32	01:16-35
01:53@	02:11&	01:07&	04:49&	02:11&	03:29&	01:11&	06:44@	03:09@	01:13@	01:00&	01:49@	00:47@
28	Pedersen, Atle		Fossum IF				1:06:21	+1:06:21	107,67			
02:13-20	06:27-24	08:33-24	19:00-23	25:13-24	32:55-23	37:48-26	52:43-27	58:13-27	60:17-27	62:54-27	65:39-27	66:21-27
02:13-20	04:14-26	02:06-21	10:27-23	06:13-26	07:42-24	04:53-31	14:55-30	05:30-22	02:04-28	02:37-33	02:45-22	00:42-14
01:07@	02:00&	00:50&	04:50&	03:09@	03:37&	02:52@	08:33@	02:42&	00:54&	01:17&	01:13&	00:13&
29	Trondsen, Terje		Nittedal OL				1:08:08	+1:08:08	107,07			
02:59-34	07:03-28	09:35-28	20:00-26	25:29-26	33:32-27	37:54-27	53:43-28	59:09-28	61:05-28	63:58-28	67:01-28	68:08-28
02:59-33	04:04-24	02:32-28	10:25-21	05:29-22	08:03-28	04:22-27	15:49-31	05:26-21	01:56-25	02:53-35	03:03-29	01:07-32
01:53@	01:50&	01:16@	04:48&	02:25&	03:58&	02:21@	09:27@	02:38&	00:46&	01:33@	01:31&	00:38@
30	Kristensen, Hennie		Heming Orientering				1:12:57	+1:12:57	105,45			
02:44-31	06:53-26	09:26-26	22:06-29	33:05-30	40:58-30	45:15-29	59:47-29	66:35-29	67:58-29	69:35-29	72:21-30	72:57-29
02:44-31	04:09-25	02:33-29	12:40-28	10:59-32	07:53-25	04:17-25	14:32-27	06:48-31	01:23-10	01:37-10	02:46-23	00:36-3
01:38@	01:55&	01:17@	07:03@	07:55@	03:48&	02:16@	08:10@	04:00@	00:13#	00:17#	01:14&	00:07#
31	Reusch, Astrid		Heming Orientering				1:12:58	+1:12:58	105,44			
02:42-28	06:59-27	09:32-27	22:12-30	32:56-29	40:55-29	45:20-30	60:05-30	66:41-30	67:58-30	69:42-30	72:20-29	72:58-30
02:42-28	04:17-27	02:33-29	12:40-28	10:44-31	07:59-27	04:25-29	14:45-29	06:36-30	01:17-4	01:44-14	02:38-18	00:38-6
01:36@	02:03&	01:17@	07:03@	07:40@	03:54&	02:24@	08:23@	03:48@	00:07#	00:24&	01:06&	00:09&
32	Sellevoid, Gerd Sylvi		Kamp Vestheim				1:22:18	+1:22:18	102,30			
02:43-29	07:08-29	10:36-34	23:38-32	36:11-32	50:10-32	54:29-31	66:50-31	73:18-31	75:21-31	78:09-31	81:14-31	82:18-31
02:43-29	04:25-30	03:28-34	13:02-30	12:33-35	13:59-34	04:19-26	12:21-23	06:28-29	02:03-27	02:48-34	03:05-30	01:04-29
01:37@	02:11&	02:12@	07:25@	09:29@	09:54@	02:18@	05:59&	03:40@	00:53&	01:28@	01:33@	00:35@
33	Grymyr, Aina		Haugerud If				1:31:04	+1:31:04	99,35			
02:40-27	07:30-32	10:20-33	23:33-31	33:36-31	45:04-31	55:29-32	74:38-32	82:05-32	83:52-32	86:12-32	89:58-32	91:04-32
02:40-27	04:50-32	02:50-32	13:13-31	10:03-30	11:28-32	10:25-35	19:09-34	07:27-32	01:47-21	02:20-28	03:46-34	01:06-31
01:34@	02:36@	01:34@	07:36@	06:59@	07:23@	08:24@	12:47@	04:39@	00:37&	01:00&	02:14@	00:37@
34	Føllesdal, Dagfinn		Oslostudentenes IK				1:37:03	+1:37:03	97,33			
02:43-30	07:42-33	10:16-32	37:57-34	46:45-35	56:12-33	61:04-33	78:20-33	88:49-33	91:18-33	93:14-33	95:53-33	97:03-33
02:43-29	04:59-33	02:34-31	27:41-34	08:48-29	09:27-31	04:52-30	17:16-32	10:29-35	02:29-31	01:56-19	02:39-20	01:10-33
01:37@	02:45@	01:18@	22:04@	05:44@	05:22@	02:51@	10:54@	07:41@	01:19@	00:36&	01:07&	00:41@
35	Hangeraas, Knut Kristen		IL GeoForm				1:49:43	+1:49:43	93,07			
03:10-35	12:52-35	15:44-36	30:50-33	42:14-33	61:49-35	72:10-34	90:58-35	99:43-35	102:58-35	105:15-35	108:39-35	109:43-35
03:10-35	09:42-35	02:52-33	15:06-33	11:24-34	19:35-36	10:21-34	18:48-33	08:45-34	03:15-33	02:17-27	03:24-33	01:04-29
02:04@	07:28@	01:36@	09:29@	08:20@	15:30@	08:20@	12:26@	05:57@	02:05@	00:57&	01:52@	00:35@
36	Haugerud, Sigurd		IL GeoForm				2:20:51	+2:20:51	82,59			
04:50-36	10:05-34	13:34-35	54:59-35	66:13-36	82:08-36	89:28-35	114:19-36	127:55-36	131:47-36	134:52-36	139:13-36	140:51-36

04:50-36 05:15-34 03:29-35 41:25-35 11:14-33 15:55-35 07:20-33 24:51-35 13:36-36 03:52-35 03:05-36 04:21-36 01:38-36
03:44@ 03:01@ 02:13@ 35:48@ 08:10@ 11:50@ 05:19@ 18:29@ 10:48@ 02:42@ 01:45@ 02:49@ 01:09@
DSQ Moorfeld, Steffi 1:43:39 (-3 poster) 87,50
02:32-26 09:37-29 45:37-34 58:51-34 83:27-34 92:08-34 95:56-34 98:28-34 102:24-34 103:39-34
02:32-26 13:14-33 08:41-33 03:48-34 02:32-31 03:56-35 01:15-34
01:26@ 09:09@ 05:53@ 02:38@ 01:12& 02:24@ 00:46@