

# Rankingløp

Dato/sted: 30. november 2019 - Badedammen Grorud  
Kart: Slattumsrøa  
Arr: IL GeoForm v/Jan Tore Henriksen og Harald Iwe  
Antall: Totalt: 58 (GeoForm: 8, OSI: 0, DNV/ESSO: 4, Andre: 46)  
Løpsrapport: Alder: 21-: 58, 17-20: 0, 13-16: 0, 0-12: 0  
Startkont: kr. 50: 46 kr. 30: 12 kr. 0: 0  
Betalt: kr. 50: 46 kr. 30: 8 kr. 0: 4  
Leiebrikker: 1 stk

Resultater: [Lang\(18\)](#)| [Mellom\(26\)](#)| [Kort\(14\)](#)| [Grafisk](#)  
Strekktider: [Lang\(18\)](#)| [Mellom\(26\)](#)| [Kort\(14\)](#)|

## Resultater Lang (6,0 km)

Plass	Navn	Klubb	Tid	Poeng
1	Halden, Halvor Tørnqvist	Nydalens SK	1:05:18 + 00:00	151,92
2	Nipen, Thomas	Bækkelaget	1:06:00 + 00:42	151,67
3	Nipen, Jørgen Mathias	Bækkelaget	1:08:01 + 02:43	150,96
4	Benjaminsen, Vidar	Lillomarka OL	1:14:52 + 09:34	148,54
5	Bårtveit, Knut	Bø OL	1:19:30 + 14:12	146,90
6	Helland, Knut	Østmarka OK	1:21:04 + 15:46	146,35
7	Fløystad, Jostein Bø	Privat	1:22:48 + 17:30	145,74
8	Onsager, Knut	IL GeoForm	1:27:36 + 22:18	144,04
9	Østgaard Lund, Harald m Alf	IL GeoForm	1:27:47 + 22:29	143,98
10	Helgaker, Jan Fredrik	DNV	1:28:37 + 23:19	143,68
11	Zeiner-Gundersen, Richard	Aker Brygge Orientering	1:30:00 + 24:42	143,19
12	Harstad, Håvard	Kolbotn og Skimt OL	1:31:19 + 26:01	142,73
13	Hovi, Harald	Skien OK	1:31:57 + 26:39	142,50
14	Utskarpen, Audrun	IL GeoForm	1:39:25 + 34:07	139,86
15	Hultgreen Karlsen, Stig	Geoform	1:41:51 + 36:33	139,00
16	Osen, Per	Equinor BIL	1:45:16 + 39:58	137,80
DSQ	Lium, Asgeir	Fet OL	1:22:03 (-2 poster)	93,33
DSQ	Kippernes, Frank Åge	FFI Bil	1:33:07 (-9 poster)	70,00

## Resultater Mellom (3,9 km)

Plass	Navn	Klubb	Tid	Poeng
1	Berteig, Vidar	IL GeoForm	0:45:15 + 00:00	137,62
2	B Hovi, Grete S	Skien OK	0:54:34 + 09:19	134,56
3	Bøe, Tormod	DNV	0:54:45 + 09:30	134,50
4	Lium, Tobias	Koll IL	0:55:06 + 09:51	134,38
5	Teigland, Rune	Østmarka OK	0:56:26 + 11:11	133,94
6	Øvergaard, Tormod	Vestre Akers SK	0:56:37 + 11:22	133,88
7	Sauar, Brita	Koll IL	0:59:34 + 14:19	132,91
8	Hanslien, Uno	Bilpost BIL	1:00:50 + 15:35	132,50
9	Halden, Monica Tørnqvist	Nydalens SK	1:03:54 + 18:39	131,49
10	Angell, Truls	Lillomarka OL	1:05:46 + 20:31	130,87
11	Fagerhaug, Are	Privat	1:06:49 + 21:34	130,53
12	Christensen, Lars	DNV	1:08:50 + 23:35	129,87
13	Justad Raaen, Trine Marit	Aker Brygge Orientering	1:09:06 + 23:51	129,78
14	Rikheim, Harald	Rådtassene	1:09:25 + 24:10	129,67

15	Revhaug, Helge	Ringerike OL	1:11:01 + 25:46	129,15
16	Hultgreen, Rune	IL GeoForm	1:14:01 + 28:46	128,16
17	Hanssen, Pål W.	BDO BIL	1:14:57 + 29:42	127,85
18	Bjørgum, Hallvard	DNV	1:15:52 + 30:37	127,55
19	Lahlum, Jon	IL GeoForm	1:16:28 + 31:13	127,36
20	Nipen, Olav	Tyrving	1:17:21 + 32:06	127,07
21	Gjessing, Ola Peter Krohn	Heming Orientering	1:20:56 + 35:41	125,89
22	Dybvik, Jens G.	Stokke IL	1:26:34 + 41:19	124,03
22	Gjein, Lars Erik	Fossum IF	1:26:34 + 41:19	124,03
24	Petersen, Dorthe Kühl	Lillomarka OL	1:31:39 + 46:24	122,36
25	Vold, Emilie Pedersen	Lillomarka OL	1:31:45 + 46:30	122,33
26	Broadwell, Sharon	IL GeoForm	1:36:54 + 51:39	120,64

## Resultater Kort (2,4 km)

Plass	Navn	Klubb	Tid	Poeng
1	Tronbøl, Heidi	Fet OL	0:32:42 + 00:00	122,59
2	Hobøl, Sigurd	Oppsal Orientering	0:39:22 + 06:40	121,08
3	Petersen, John Thomas	Nittedal OL	0:45:14 + 12:32	119,76
4	Eide-Fredriksen, Odd	Kamp/Vestheim IF	0:50:35 + 17:53	118,54
5	Sundelin, Gisela	Privat	0:52:54 + 20:12	118,02
6	Fougner, Jon C.	Heming Orientering	0:58:21 + 25:39	116,79
7	Madsen, Øystein	Haugerud IF	1:03:19 + 30:37	115,66
8	Egner, Bjørn	Heming Orientering	1:05:36 + 32:54	115,14
9	Bugge, Merete	STAMI	1:09:17 + 36:35	114,31
10	Vågsnes, Marit	Kolbotn og Skimt OL	1:29:26 + 56:44	109,75
DSQ	Killingmo, Lene Anett	OK Øst	1:06:46 (-3 poster)	78,57
DSQ	Grymyr, Aina	Haugerud IL	1:19:39 (-3 poster)	78,57
DSQ	Trondsen, Terje	Nittedal OL	0:59:55 (-5 poster)	64,29
DSQ	Ouyang, Ping	Østmarka OK	1:23:04 (-5 poster)	64,29

## Strekketider Lang

Plass	Navn	Klubb	Tid	Poeng
<b>1</b>	<b>Halden, Halvor Tørnqvist</b>	<b>Nydalens SK</b>	<b>1:05:18 + 00:00</b>	<b>151,92</b>
	01:27-1 04:29-1 07:00-1 08:40-1 14:13-1 29:20-3 32:40-3 33:39-3 36:07-3		42:34-1 53:59-3 56:33-3 58:37-2 60:16-2 63:10-1 65:18-1	
	01:27-1 03:02-1 02:31-1 01:40-1 05:33-1 15:07-18 03:20-1 00:59-1 02:28-1		06:27-1 11:25-5 02:34-2 02:04-1 01:39-1 02:54-1 02:08-1	
	00:00= 00:00= 00:00= 00:00= 00:00= 07:41@ 00:00= 00:00= 00:00=		00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00=	
<b>2</b>	<b>Nipen, Thomas</b>	<b>Bækkelaget</b>	<b>1:06:00 + 00:42</b>	<b>151,67</b>
	01:29-2 05:40-2 08:39-2 10:44-2 17:04-2 24:30-1 28:58-1 30:15-1 33:49-1		52:14-1 54:46-1 57:31-1 59:20-1 63:37-2 66:00-2	
	01:29-2 04:11-4 02:59-2 02:05-2 06:20-3 07:26-1 04:28-2 01:17-4 03:34-2		02:32-1 02:45-5 01:49-2 04:17-13 02:23-3	
	00:02+ 01:09& 00:28# 00:25& 00:47# 00:00= 01:08& 00:18& 01:06&		00:00= 00:41& 00:10# 01:23& 00:15#	
<b>3</b>	<b>Nipen, Jørgen Mathias</b>	<b>Bækkelaget</b>	<b>1:08:01 + 02:43</b>	<b>150,96</b>
	01:55-4 06:15-4 09:52-4 12:17-4 18:34-4 26:12-2 30:40-2 31:55-2 35:32-2		53:48-2 56:31-2 59:16-3 61:05-3 65:23-3 68:01-3	
	01:55-4 04:20-6 03:37-6 02:25-4 06:17-2 07:38-2 04:28-2 01:15-3 03:37-3		02:43-3 02:45-5 01:49-2 04:18-14 02:38-9	
	00:28& 01:31& 01:06& 00:45& 00:44# 00:12+ 01:08& 00:16& 01:09&		00:11+ 00:41& 00:10# 01:24& 00:30#	
<b>4</b>	<b>Benjaminen, Vidar</b>	<b>Lillomarka OL</b>	<b>1:14:52 + 09:34</b>	<b>148,54</b>
	01:59-5 06:32-7 10:32-7 13:54-7 21:48-5 31:10-4 37:02-4 38:46-4 42:34-4		52:52-2 61:41-4 64:54-4 67:25-4 69:26-4 72:32-4 74:52-4	
	01:59-5 04:33-8 04:00-10 03:22-10 07:54-6 09:22-3 05:52-7 01:44-8 03:48-5		10:18-2 08:49-1 03:13-5 02:31-3 02:01-6 03:06-2 02:20-2	
	00:32& 01:31& 01:29& 01:42@ 02:21& 01:56& 02:32& 00:45& 01:20&		00:00= 00:41& 00:27# 00:22# 00:12+ 00:12+	
<b>5</b>	<b>Bårtveit, Knut</b>	<b>BØ OL</b>	<b>1:19:30 + 14:12</b>	<b>146,90</b>
	02:05-7 05:59-3 09:20-3 11:31-3 18:29-3 31:45-5 41:39-12 42:50-12		65:12-5 68:31-5 71:42-5 73:31-5 77:01-5 79:30-5	
	02:05-7 03:54-2 03:21-4 02:11-3 06:58-4 13:16-17 09:54-17 01:11-2		03:19-8 03:11-8 01:49-2 03:30-6 02:29-5	
	00:38& 00:52& 00:50& 00:31& 01:25& 05:50& 06:34@ 00:12#		00:47& 01:07& 00:10# 00:36# 00:21#	

<b>6</b>	<b>Helland, Knut</b>		<b>Østmarka OK</b>		<b>1:21:04 + 15:46</b>	<b>146,35</b>											
	02:46-15	06:51-8	10:20-6	15:01-10	23:38-10	33:27-10	39:30-9	41:18-9	45:57-9	59:05-4	67:57-6	71:04-6	73:38-6	75:34-6	78:41-6	81:04-6	
	02:46-15	04:05-3	03:29-5	04:41-15	08:37-10	09:49-10	06:03-9	01:48-11	04:39-9	13:08-4	08:52-2	03:07-4	02:34-4	01:56-5	03:07-3	02:23-3	
	01:19&	01:03&	00:58&	03:01@	03:04&	02:23&	02:43&	00:49&	02:11&	06:41@	00:03+	00:35#	00:30#	00:17#	00:13+	00:15#	
<b>7</b>	<b>Fløystad, Jostein Bø</b>		<b>Privat</b>		<b>1:22:48 + 17:30</b>	<b>145,74</b>											
	01:53-3	06:27-6	12:03-12	14:54-9	22:16-7	32:04-7	37:17-5	39:57-6	43:42-5	58:36-3	68:09-8	71:22-8	73:49-7	75:56-7	80:16-8	82:48-8	
	01:53-3	04:34-9	05:36-17	02:51-7	07:22-5	09:48-9	05:13-4	02:40-16	03:45-4	14:54-5	09:33-3	03:13-5	02:27-2	02:07-7	04:20-15	02:32-6	
	00:26&	01:32&	03:05@	01:11&	01:49&	02:22&	01:53&	01:41@	01:17&	08:27@	00:44+	00:41&	00:23#	00:28&	01:26&	00:24#	
<b>8</b>	<b>Onsager, Knut</b>		<b>IL GeoForm</b>		<b>1:27:36 + 22:18</b>	<b>144,04</b>											
	02:17-11	06:54-9	10:47-8	13:28-6	22:16-8	31:52-6	37:22-6	39:03-5	44:02-6		69:29-11	74:26-11	78:01-9	80:32-10	84:24-10	87:36-9	
	02:17-11	04:37-10	03:53-8	02:41-5	08:48-11	09:36-6	05:30-5	01:41-7	04:59-11			04:57-15	03:35-11	02:31-12	03:52-9	03:12-13	
	00:50&	01:35&	01:22&	01:01&	03:15&	02:10&	02:10&	00:42&	02:31@			02:25&	01:31&	00:52&	00:58&	01:04&	
<b>9</b>	<b>Østgaard Lund, Harald m Alf</b>		<b>IL GeoForm</b>		<b>1:27:47 + 22:29</b>	<b>143,98</b>											
	02:00-6	07:46-15	11:00-9	18:04-17	26:00-14	35:32-13	41:03-11	42:49-11	46:46-11		69:23-10	74:23-10	78:06-10	80:31-9	83:38-9	87:47-10	
	02:00-6	05:46-17	03:14-3	07:04-18	07:56-7	09:32-5	05:31-6	01:46-10	03:57-7			05:00-17	03:43-13	02:25-10	03:07-3	04:09-16	
	00:33&	02:44&	00:43&	05:24@	02:23&	02:06&	02:11&	00:47&	01:29&			02:28&	01:39&	00:46&	00:13+	02:01&	
<b>10</b>	<b>Helgaker, Jan Fredrik</b>		<b>DNV</b>		<b>1:28:37 + 23:19</b>	<b>143,68</b>											
	02:05-8	06:18-5	10:17-5	13:16-5	22:09-6	32:08-8	38:14-7	39:59-7	45:22-8		68:50-9	73:04-9	76:31-8	81:54-11	85:49-11	88:37-11	
	02:05-7	04:13-5	03:59-9	02:59-8	08:53-12	09:59-11	06:06-10	01:45-9	05:23-16			04:14-13	03:27-10	05:23-16	03:55-11	02:48-11	
	00:38&	01:11&	01:28&	01:19&	03:20&	02:33&	02:46&	00:46&	02:55@			01:42&	01:23&	03:44@	01:01&	00:40&	
<b>11</b>	<b>Zeiner-Gundersen, Richard</b>		<b>Aker Brygge Orientering</b>		<b>1:30:00 + 24:42</b>	<b>143,19</b>											
	02:11-10	07:08-10	11:35-11	15:08-11	25:42-13	35:27-12	41:58-13	44:48-14	50:05-13		73:48-12	78:46-14	81:32-11	83:56-12	87:27-12	90:00-12	
	02:11-10	04:57-12	04:27-12	03:33-12	10:34-18	09:45-8	06:31-12	02:50-17	05:17-13			04:58-16	02:46-7	02:24-9	03:31-7	02:33-7	
	00:44&	01:55&	01:56&	01:53@	05:01&	02:19&	03:11&	01:51@	02:49@			02:26&	00:42&	00:45&	00:37#	00:25#	
<b>12</b>	<b>Harstad, Håvard</b>		<b>Kolbotn og Skimt OL</b>		<b>1:31:19 + 26:01</b>	<b>142,73</b>											
	02:47-16	08:15-17	12:54-17	17:04-14	26:54-15	38:21-15	44:54-15	47:10-15	52:29-14	64:25-6	75:06-14	78:30-13	81:55-12	84:21-13	88:13-13	91:19-13	
	02:47-16	05:28-16	04:39-14	04:10-14	09:50-14	11:27-14	06:33-13	02:16-15	05:19-14	11:56-3	10:41-4	03:24-9	03:25-9	02:26-11	03:52-9	03:06-12	
	01:20&	02:26&	02:08&	02:30@	04:17&	04:01&	03:13&	01:17@	02:51@	05:29&	01:52#	00:52&	01:21&	00:47&	00:58&	00:58&	
<b>13</b>	<b>Hovi, Harald</b>		<b>Skien OK</b>		<b>1:31:57 + 26:39</b>	<b>142,50</b>											
	02:55-18	07:21-11	11:23-10	14:10-8	22:43-9	32:11-9	38:53-8	40:28-8	44:45-7	61:08-5	74:39-13	78:18-12	82:05-13	84:24-14	88:19-14	91:57-14	
	02:55-18	04:26-7	04:02-11	02:47-6	08:33-9	09:28-4	06:42-15	01:35-5	04:17-8	16:23-8	13:31-7	03:39-10	03:47-14	02:19-8	03:55-11	03:38-15	
	01:28@	01:24&	01:31&	01:07&	03:00&	02:02&	03:22@	00:36&	01:49&	09:56@	04:42&	01:07&	01:43&	00:40&	01:01&	01:30&	
<b>14</b>	<b>Utskarpen, Audrun</b>		<b>IL GeoForm</b>		<b>1:39:25 + 34:07</b>	<b>139,86</b>											
	02:28-12	07:31-12	12:11-13	15:13-12	25:38-12	36:25-14	42:22-14	44:22-13	49:04-12		80:41-15	84:40-15	88:38-14	91:29-15	95:55-15	99:25-16	
	02:28-12	05:03-13	04:40-15	03:02-9	10:25-17	10:47-12	05:57-8	02:00-13	04:42-10			03:59-12	03:58-16	02:51-13	04:26-16	03:30-14	
	01:01&	02:01&	02:09&	01:22&	04:52&	03:21&	02:37&	01:01@	02:14&			01:27&	01:54&	01:12&	01:32&	01:22&	
<b>15</b>	<b>Hultgreen Karlsen, Stig</b>		<b>Geoform</b>		<b>1:41:51 + 36:33</b>	<b>139,00</b>											
	02:43-14	07:52-16	12:23-14	19:23-18	29:32-18	40:26-18	46:33-16	48:26-16	53:48-15	69:58-7	83:58-17	87:37-17	91:16-15	95:37-17	99:13-16	101:51-17	
	02:43-14	05:09-14	04:31-13	07:00-17	10:09-15	10:54-13	06:07-11	01:53-12	05:22-15	16:10-7	14:00-8	03:39-10	03:39-12	04:21-15	03:36-8	02:38-9	
	01:16&	02:07&	02:00&	05:20@	04:36&	03:28&	02:47&	00:54&	02:54@	09:43@	05:11&	01:07&	01:35&	02:42@	00:42#	00:30#	
<b>16</b>	<b>Osen, Per</b>		<b>Equinor BIL</b>		<b>1:45:16 + 39:58</b>	<b>137,80</b>											
	02:30-13	07:39-13	13:23-18	17:13-15	27:35-17	39:53-17	47:03-17	49:15-17	54:19-16	70:23-8	83:07-16	87:33-16	91:25-16	94:18-16	99:40-17	105:16-18	
	02:30-13	05:09-14	05:44-18	03:50-13	10:22-16	12:18-16	07:10-16	02:12-14	05:04-12	16:04-6	12:44-6	04:26-14	03:52-15	02:53-14	05:22-17	05:36-17	
	01:03&	02:07&	03:13@	02:10@	04:49&	04:52&	03:50@	01:13@	02:36@	09:37@	03:55&	01:54&	01:48&	01:14&	02:28&	03:28@	
<b>DSQ</b>	<b>Lium, Asgeir</b>		<b>Fet OL</b>		<b>1:22:03 (-2 poster)</b>	<b>93,33</b>											
	02:10-9	08:59-18	12:51-16	16:15-13	24:36-11	34:14-11	40:47-10	42:25-10	46:19-10		68:00-7	71:18-7		76:13-8	79:28-7	82:03-7	
	02:10-9	06:49-18	03:52-7	03:24-11	08:21-8	09:38-7	06:33-13	01:38-6	03:54-6			03:18-7			03:15-5	02:35-8	
	00:43&	03:47@	01:21&	01:44@	02:48&	02:12&	03:13&	00:39&	01:26&			00:46&			00:21#	00:27#	
<b>DSQ</b>	<b>Kippernes, Frank Åge</b>		<b>FFI Bil</b>		<b>1:33:07 (-9 poster)</b>	<b>70,00</b>											
	02:54-17	07:43-14	12:25-15	17:13-16	27:01-16	39:13-16											93:07-15
	02:54-17	04:49-11	04:42-16	04:48-16	09:48-13	12:12-15											
	01:27@	01:47&	02:11&	03:08@	04:15&	04:46&											

## Strekktider Mellom

Plass	Navn	Klubb	Tid	Poeng
1	Berteig, Vidar	IL GeoForm	0:45:15 + 00:00	137,62

02:05-2	07:27-3	11:12-1	13:44-1	21:29-1	30:36-1	33:59-1	37:03-1	39:32-1	42:42-1	45:15-1
02:05-2	05:22-4	03:45-1	02:32-1	07:45-1	09:07-1	03:23-1	03:04-1	02:29-3	03:10-1	02:33-3
00:05+	00:59#	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:03+	00:00=	00:04+
<b>2</b>	<b>B Hovi, Grete S</b>			<b>Skien OK</b>			<b>0:54:34 +</b>	<b>09:19</b>	<b>134,56</b>	
02:49-12	08:27-6	12:57-6	16:10-5	26:27-6	37:09-4	41:06-3	44:30-3	47:26-2	51:40-2	54:34-2
02:49-12	05:38-6	04:30-5	03:13-7	10:17-10	10:42-4	03:57-3	03:24-6	02:56-5	04:14-4	02:54-6
00:49&	01:15&	00:45#	00:41&	02:32&	01:35#	00:34#	00:20#	00:30#	01:04&	00:25#
<b>3</b>	<b>Bøe, Tormod</b>			<b>DNV</b>			<b>0:54:45 +</b>	<b>09:30</b>	<b>134,50</b>	
02:28-6	07:31-4	11:57-4	14:50-4	23:37-2	34:45-2	40:48-2	43:53-2	47:34-4	51:49-3	54:45-3
02:28-6	05:03-3	04:26-4	02:53-3	08:47-2	11:08-5	06:03-18	03:05-2	03:41-17	04:15-5	02:56-7
00:28#	00:40#	00:41#	00:21#	01:02#	02:01#	02:40&	00:01+	01:15&	01:05&	00:27#
<b>4</b>	<b>Lium, Tobias</b>			<b>Koll IL</b>			<b>0:55:06 +</b>	<b>09:51</b>	<b>134,38</b>	
02:00-1	10:00-12	13:54-9	18:12-9	27:56-9	37:42-5	41:52-4	45:04-4	47:30-3	52:37-4	55:06-4
02:00-1	08:00-15	03:54-2	04:18-14	09:44-6	09:46-2	04:10-6	03:12-3	02:26-1	05:07-12	02:29-1
00:00=	03:37&	00:09+	01:46&	01:59&	00:39+	00:47#	00:08+	00:00=	01:57&	00:00=
<b>5</b>	<b>Teigland, Rune</b>			<b>Østmarka OK</b>			<b>0:56:26 +</b>	<b>11:11</b>	<b>133,94</b>	
02:19-5	07:42-5	12:31-5	16:41-7	26:52-7	38:01-6	42:06-5	45:23-5	48:18-5	53:20-5	56:26-5
02:19-5	05:23-5	04:49-9	04:10-13	10:11-8	11:09-6	04:05-5	03:17-4	02:55-4	05:02-10	03:06-11
00:19#	01:00#	01:04&	01:38&	02:26&	02:02#	00:42#	00:13+	00:29#	01:52&	00:37#
<b>6</b>	<b>Øvergaard, Tormod</b>			<b>Vestre Akers SK</b>			<b>0:56:37 +</b>	<b>11:22</b>	<b>133,88</b>	
02:42-8	08:58-8	13:31-7	16:28-6	25:50-5	36:30-3	43:43-6	47:14-6	49:42-6	53:44-6	56:37-6
02:42-8	06:16-10	04:33-6	02:57-4	09:22-3	10:40-3	07:13-19	03:31-7	02:28-2	04:02-3	02:53-5
00:42&	01:53&	00:48#	00:25#	01:37#	01:33#	03:50@	00:27#	00:02+	00:52&	00:24#
<b>7</b>	<b>Sauar, Brita</b>			<b>Koll IL</b>			<b>0:59:34 +</b>	<b>14:19</b>	<b>132,91</b>	
02:35-7	06:58-2	11:14-2	14:13-2	23:47-3	42:33-9	47:11-8	50:52-8		57:04-7	59:34-7
02:35-7	04:23-1	04:16-3	02:59-5	09:34-4	18:46-22	04:38-9	03:41-9			02:30-2
00:35&	00:00=	00:31#	00:27#	01:49#	09:39@	01:15&	00:37#			00:01+
<b>8</b>	<b>Hanslien, Uno</b>			<b>Bilpost BIL</b>			<b>1:00:50 +</b>	<b>15:35</b>	<b>132,50</b>	
03:00-13	10:09-14	15:00-13	18:39-11	29:47-10	41:40-8	45:57-7	50:01-7	53:19-7	57:53-8	60:50-8
03:00-13	07:09-13	04:51-10	03:39-9	11:08-14	11:53-7	04:17-7	04:04-17	03:18-11	04:34-6	02:57-8
01:00&	02:46&	01:06&	01:07&	03:23&	02:46&	00:54&	01:00&	00:52&	01:24&	00:28#
<b>9</b>	<b>Halden, Monica Tørnqvist</b>			<b>Nydalens SK</b>			<b>1:03:54 +</b>	<b>18:39</b>	<b>131,49</b>	
05:21-25	13:58-22	19:07-21	21:57-18	32:10-14	44:09-11	47:46-9	52:14-9	55:57-9	60:57-9	63:54-9
05:21-25	08:37-18	05:09-13	02:50-2	10:13-9	11:59-8	03:37-2	04:28-23	03:43-19	05:00-9	02:57-8
03:21@	04:14&	01:24&	00:18#	02:28&	02:52&	00:14+	01:24&	01:17&	01:50&	00:28#
<b>10</b>	<b>Angell, Truls</b>			<b>Lillomarka OL</b>			<b>1:05:46 +</b>	<b>20:31</b>	<b>130,87</b>	
02:12-4	09:41-11	14:46-12	18:14-10	27:50-8	40:00-7	49:01-10	52:18-10	55:33-8	62:43-10	65:46-10
02:12-3	07:29-14	05:05-12	03:28-8	09:36-5	12:10-9	09:01-24	03:17-4	03:15-10	07:10-19	03:03-10
00:12#	03:06&	01:20&	00:56&	01:51#	03:03&	05:38@	00:13+	00:49&	04:00@	00:34#
<b>11</b>	<b>Fagerhaug, Are</b>			<b>Privat</b>			<b>1:06:49 +</b>	<b>21:34</b>	<b>130,53</b>	
02:12-3	06:44-1	11:17-3	14:17-3	24:13-4	42:53-10	51:47-12	55:43-12	60:07-12	64:00-12	66:49-11
02:12-3	04:32-2	04:33-6	03:00-6	09:56-7	18:40-21	08:54-23	03:56-15	04:24-22	03:53-2	02:49-4
00:12#	00:09+	00:48#	00:28#	02:11&	09:33@	05:31@	00:52&	01:58&	00:43#	00:20#
<b>12</b>	<b>Christensen, Lars</b>			<b>DNV</b>			<b>1:08:50 +</b>	<b>23:35</b>	<b>129,87</b>	
02:47-10	11:38-18	16:33-16	20:33-13	31:19-11	44:21-12	50:15-11	54:41-11	57:42-10	63:36-11	68:50-12
02:47-10	08:51-20	04:55-11	04:00-11	10:46-12	13:02-11	05:54-17	04:26-22	03:01-7	05:54-14	05:14-24
00:47&	04:28@	01:10&	01:28&	03:01&	03:55&	02:31&	01:22&	00:35#	02:44&	02:45@
<b>13</b>	<b>Justad Raen, Trine Marit</b>			<b>Aker Brygge Orientering</b>			<b>1:09:06 +</b>	<b>23:51</b>	<b>129,78</b>	
03:02-18	08:59-9	14:26-11	21:50-17	32:58-16	46:49-13	52:39-13	56:45-14	60:29-13	65:47-13	69:06-13
03:02-17	05:57-8	05:27-15	07:24-23	11:08-14	13:51-13	05:50-16	04:06-19	03:44-20	05:18-13	03:19-16
01:02&	01:34&	01:42&	04:52@	03:23&	04:44&	02:27&	01:02&	01:18&	02:08&	00:50&
<b>14</b>	<b>Rikheim, Harald</b>			<b>Rådtassene</b>			<b>1:09:25 +</b>	<b>24:10</b>	<b>129,67</b>	
02:45-9	08:37-7	14:20-10	19:47-12	31:32-12	48:19-14	52:55-14	56:40-13	59:40-11	66:14-14	69:25-14
02:45-9	05:52-7	05:43-21	05:27-18	11:45-17	16:47-19	04:36-8	03:45-10	03:00-6	06:34-16	03:11-13
00:45&	01:29&	01:58&	02:55@	04:00&	07:40&	01:13&	00:41#	00:34#	03:24@	00:42&
<b>15</b>	<b>Revhaug, Helge</b>			<b>Ringerike OL</b>			<b>1:11:01 +</b>	<b>25:46</b>	<b>129,15</b>	
03:19-21	10:04-13	15:37-14	24:09-20	35:37-18	49:07-15	54:35-15	58:40-15	62:42-14	67:48-15	71:01-15
03:19-20	06:45-11	05:33-16	08:32-25	11:28-16	13:30-12	05:28-14	04:05-18	04:02-21	05:06-11	03:13-14
01:19&	02:22&	01:48&	06:00@	03:43&	04:23&	02:05&	01:01&	01:36&	01:56&	00:44&
<b>16</b>	<b>Hultgreen, Rune</b>			<b>IL GeoForm</b>			<b>1:14:01 +</b>	<b>28:46</b>	<b>128,16</b>	

03:20-22	10:19-15	16:00-15	20:35-14	32:26-15	51:02-16	55:46-16	59:31-16	62:43-15	70:26-17	74:01-16
03:20-22	06:59-12	05:41-19	04:35-16	11:51-18	18:36-20	04:44-11	03:45-10	03:12-8	07:43-22	03:35-20
01:20&	02:36&	01:56&	02:03&	04:06&	09:29@	01:21&	00:41#	00:46&	04:33@	01:06&
<b>17</b>	<b>Hanssen, Pål W.</b>			<b>BDO BIL</b>			<b>1:14:57 + 29:42</b>		<b>127,85</b>	
03:01-15	11:44-19	16:56-18	21:04-15	33:07-17	53:06-20	57:57-19	61:50-17	65:10-16	71:47-19	74:57-17
03:01-15	08:43-19	05:12-14	04:08-12	12:33-21	19:29-23	04:51-12	03:53-14	03:20-13	06:37-17	03:10-12
01:01&	04:20&	01:27&	01:36&	04:48&	10:22@	01:28&	00:49&	00:54&	03:27@	00:41&
<b>18</b>	<b>Bjørgum, Hallvard</b>			<b>DNV</b>			<b>1:15:52 + 30:37</b>		<b>127,55</b>	
03:01-16	17:21-25	23:02-25	27:23-23	38:20-21	51:15-17	56:54-17			70:04-16	75:52-18
03:01-15	14:20-26	05:41-19	04:21-15	10:57-13	12:55-10	05:39-15				05:48-25
01:01&	09:57@	01:56&	01:49&	03:12&	03:48&	02:16&				03:19@
<b>19</b>	<b>Lahlum, Jon</b>			<b>IL GeoForm</b>			<b>1:16:28 + 31:13</b>		<b>127,36</b>	
03:05-19	11:08-17	16:42-17	22:56-19	37:08-20	51:52-18	57:09-18	62:04-18	65:29-17	71:40-18	76:28-19
03:05-19	08:03-17	05:34-17	06:14-19	14:12-22	14:44-14	05:17-13	04:55-24	03:25-14	06:11-15	04:48-23
01:05&	03:40&	01:49&	03:42@	06:27&	05:37&	01:54&	01:51&	00:59&	03:01&	02:19&
<b>20</b>	<b>Nipen, Olav</b>			<b>Tyrving</b>			<b>1:17:21 + 32:06</b>		<b>127,07</b>	
03:00-14	11:02-16	16:58-19	21:44-16	35:57-19	52:30-19	60:32-20	65:32-19	69:10-18	73:44-20	77:21-20
03:00-13	08:02-16	05:56-22	04:46-17	14:13-23	16:33-18	08:02-22	05:00-25	03:38-16	04:34-6	03:37-21
01:00&	03:39&	02:11&	02:14&	06:28&	07:26&	04:39@	01:56&	01:12&	01:24&	01:08&
<b>21</b>	<b>Gjessing, Ola Peter Krohn</b>			<b>Heming Orientering</b>			<b>1:20:56 + 35:41</b>		<b>125,89</b>	
09:03-26	19:09-26	24:44-26	33:41-26	44:24-26	59:09-23	63:09-21	66:47-20	70:28-19	77:17-21	80:56-21
09:03-26	10:06-23	05:35-18	08:57-26	10:43-11	14:45-15	04:00-4	03:38-8	03:41-17	06:49-18	03:39-22
07:03@	05:43@	01:50&	06:25@	02:58&	05:38&	00:37#	00:34#	01:15&	03:39@	01:10&
<b>22</b>	<b>Dybvik, Jens G.</b>			<b>Stokke IL</b>			<b>1:26:34 + 41:19</b>		<b>124,03</b>	
03:32-23	14:16-23	22:02-23	28:23-24	40:52-22	55:47-21	65:31-23	69:31-21	74:49-20	83:04-22	86:34-22
03:32-23	10:44-24	07:46-26	06:21-20	12:29-19	14:55-16	09:44-26	04:00-16	05:18-24	08:15-23	03:30-19
01:32&	06:21@	04:01@	03:49@	04:44&	05:48&	06:21@	00:56&	02:52@	05:05@	01:01&
<b>22</b>	<b>Gjein, Lars Erik</b>			<b>Fossum IF</b>			<b>1:26:34 + 41:19</b>		<b>124,03</b>	
03:38-24	14:25-24	22:04-24	28:26-25	40:57-23	55:53-22	65:25-22	69:40-22	74:53-21	83:09-23	86:34-23
03:38-24	10:47-25	07:39-25	06:22-21	12:31-20	14:56-17	09:32-25	04:15-21	05:13-23	08:16-24	03:25-17
01:38&	06:24@	03:54@	03:50@	04:46&	05:49&	06:09@	01:11&	02:47@	05:06@	00:56&
<b>24</b>	<b>Petersen, Dorte Kuhl</b>			<b>Lillomarka OL</b>			<b>1:31:39 + 46:24</b>		<b>122,36</b>	
03:02-17	12:55-21	19:03-20	26:33-22	43:54-24	66:22-25	73:51-25	77:41-24	80:55-23	88:24-25	91:39-24
03:02-17	09:53-22	06:08-23	07:30-24	17:21-25	22:28-25	07:29-20	03:50-13	03:14-9	07:29-21	03:15-15
01:02&	05:30@	02:23&	04:58@	09:36@	13:21@	04:06@	00:46&	00:48&	04:19@	00:46&
<b>25</b>	<b>Vold, Emilie Pedersen</b>			<b>Lillomarka OL</b>			<b>1:31:45 + 46:30</b>		<b>122,33</b>	
03:19-20	12:51-20	19:03-22	26:27-21	44:00-25	66:16-24	73:50-24	77:35-23	80:54-22	88:19-24	91:45-25
03:19-20	09:32-21	06:17-24	07:19-22	17:33-26	22:16-24	07:34-21	03:45-10	03:19-12	07:25-20	03:26-18
01:19&	05:09@	02:32&	04:47@	09:48@	13:09@	04:11@	00:41#	00:53&	04:15@	00:57&
<b>26</b>	<b>Broadwell, Sharon</b>			<b>IL GeoForm</b>			<b>1:36:54 + 51:39</b>		<b>120,64</b>	
02:48-11	09:02-10	13:46-8	17:29-8	31:48-13	73:40-26	78:21-26	82:34-25	86:09-24	90:59-26	96:54-26
02:48-11	06:14-9	04:44-8	03:43-10	14:19-24	41:52-26	04:41-10	04:13-20	03:35-15	04:50-8	05:55-26
00:48&	01:51&	00:59&	01:11&	06:34&	32:45@	01:18&	01:09&	01:09&	01:40&	03:26@

## Strekktider Kort

Plass	Navn	Klubb	Tid	Poeng					
<b>1</b>	<b>Tronbøl, Heidi</b>	<b>Fet OL</b>	<b>0:32:42 + 00:00</b>	<b>122,59</b>					
	02:31-1	07:24-1	12:07-1	19:02-1	24:38-1	27:04-1	30:12-1	32:42-1	
	02:31-1	04:53-1	04:43-1	06:55-1	05:36-10	02:26-1	03:08-1	02:30-1	
	00:00=	00:00=	00:00=	00:00=	02:19&	00:00=	00:00=	00:00=	
<b>2</b>	<b>Hobøl, Sigurd</b>	<b>Oppsal Orientering</b>	<b>0:39:22 + 06:40</b>	<b>121,08</b>					
	03:40-6	09:21-2	18:29-3	26:49-2	30:06-2	36:38-2	39:22-2		
	03:40-6	05:41-2	09:08-4	08:20-3	03:17-1	03:00-2	03:32-2	02:44-2	
	01:09&	00:48#	04:25&	01:25#	00:00=	00:34#	00:24#	00:14+	
<b>3</b>	<b>Petersen, John Thomas</b>	<b>Nittedal OL</b>	<b>0:45:14 + 12:32</b>	<b>119,76</b>					
	03:12-3	09:24-3	21:14-4	29:33-4	34:02-3	37:25-3	41:47-3	45:14-3	

