

# IL GeoForms Skuddårsløp 2020

Dato/sted: 29. februar 2020 - Ingierstrand  
Kart: Hvitebjørn  
Arr: IL GeoForm v/Harald Iwe, Jon Lahlum  
Antall: Totalt: 199 (GeoForm: 9, OSI: 3, DNV/ESSO: 1, Andre: 186)  
Løpsrapport: Alder: 21-: 199, 17-20: 0, 13-16: 0, 0-12: 0  
Startkont: kr. 50: 186 kr. 30: 13 kr. 0: 0  
Betalt: kr. 50: 186 kr. 30: 12 kr. 0: 1  
Leiebrikker: 7 stk

Resultater: [Lang\(55\)](#) | [Mellom\(106\)](#) | [Kort\(38\)](#) | [Grafisk](#)  
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## Resultater Lang (6,9 km)

Plass	Navn	Klubb	Tid	Poeng
1	Nordbrøden, Mats	Halden SK	0:50:24 + 00:00	152,97
2	Jacobsen, Kristoffer	IL Tyrving	0:56:25 + 06:01	150,34
3	Glomsrud, Bjørn Erik	Indre Østfold OK	0:57:18 + 06:54	149,95
4	Sundby, Jørn	Larvik OK	1:00:34 + 10:10	148,53
5	Dale, Andreas	Bergens TF	1:01:17 + 10:53	148,21
6	Scheele, Rune	Nydalens SK	1:01:20 + 10:56	148,19
7	Østgren, Bjørn Mo	Geoform	1:02:33 + 12:09	147,66
8	Olausson, Mikael	OSI	1:02:39 + 12:15	147,61
9	Nipen, Thomas	Bækkelaget	1:04:31 + 14:07	146,80
10	Hæstad Bjørnstad, Victoria	Fossum IF	1:06:07 + 15:43	146,10
11	Schlaupitz, Holger	IL GeoForm	1:06:51 + 16:27	145,78
12	Østermann, Kristian	Heming Orientering	1:06:55 + 16:31	145,75
13	Sommerfeldt, Erling	Asker skiklubb	1:06:56 + 16:32	145,74
14	Brenås, Dag	OL Varteig	1:07:01 + 16:37	145,71
15	Bedin, Thomas	Indre Østfold OK	1:07:09 + 16:45	145,65
16	Lindseth, Gard	Nydalens SK	1:07:18 + 16:54	145,58
17	Rygh, Karl Even	Heming Orientering	1:07:56 + 17:32	145,31
18	Hjermstad, Ragnhild	Fossum IF	1:09:05 + 18:41	144,80
19	Niklasson, Bengt	Nydalens SK	1:09:12 + 18:48	144,75
20	Strisland, Sindre Vier	Fossum IF	1:10:19 + 19:55	144,26
21	Borg, Christian Fredrik	IL Koll	1:10:27 + 20:03	144,21
22	Aarseth, Lars-Ivar	Nydalens SK	1:13:23 + 22:59	142,92
23	Bergan, Tom	Fet OL	1:13:47 + 23:23	142,75
24	Langaas, Sindre	Nydalens SK	1:15:29 + 25:05	142,01
25	Wigaard, Espen	Oppsal Orientering	1:15:39 + 25:15	141,93
26	Birkelund, Mikael	Asker OK	1:15:44 + 25:20	141,90
27	Låg, Steinar	Veritas	1:16:02 + 25:38	141,76
28	Ottesen, Sture	Indre Østfold OK	1:17:17 + 26:53	141,22
29	Nesland, Kristoffer	Tyrving	1:18:29 + 28:05	140,69
30	Bærtveit, Knut	Bø OL	1:19:02 + 28:38	140,45
31	Nygård, Svein	Norges Bank BIL	1:19:03 + 28:39	140,45
32	Fjellstad, Jo Inge	Ås-NMBU Orientering	1:19:29 + 29:05	140,26
33	Romøren, Philip Lehmann	Fossum IF	1:22:04 + 31:40	139,13
34	Felland Sætnan, Birk	Fossum IF	1:22:15 + 31:51	139,05
35	Størmer, Emil	Fossum IF	1:23:43 + 33:19	138,41
36	Leiren, Lars	Nordre Follo Orientering	1:26:06 + 35:42	137,36
37	Hovi, Harald	Skien OK	1:26:16 + 35:52	137,29
38	Tronbøl, Heidi	Fet OL	1:26:56 + 36:32	137,00
39	Lium, Tobias	Koll IL	1:28:09 + 37:45	136,47
40	Heitmann, Ståle	Fossum IF	1:29:04 + 38:40	136,07
41	Christensen, Bjørn	Østmarka OK	1:29:15 + 38:51	135,99
42	Vister, Hanne Maria	Klubbløs	1:31:42 + 41:18	134,92
43	Kallesen, Tina	Oppsal Orientering	1:32:30 + 42:06	134,57
44	Sætnan, Knut Jostein	Fossum IF	1:32:44 + 42:20	134,46
45	Eriksen, Are	OSI	1:34:09 + 43:45	133,85
46	Utskarpen, Audrun	IL GeoForm	1:41:39 + 51:15	130,57
47	Elvekrok, Vidar	Eiker OL	1:44:33 + 54:09	129,30
48	Wartwig, Anna	årla	1:47:45 + 57:21	127,90
49	Aullie, Harald	IL Koll	2:03:20 +1:12:56	121,09
50	Fixdal, Trude	IL Koll	2:03:51 +1:13:27	120,86
51	Nilsen Berg, Børge	Fossum IF	2:13:06 +1:22:42	116,82
DSQ	Størmer, Leif	Fossum IF	1:01:41 (-1 poster)	96,88
DSQ	Grinde, Bjørn	IL GeoForm	1:24:01 (-1 poster)	96,88
DSQ	Birkelund, Martin	Asker skiklubb	1:18:22 (-5 poster)	84,38
DSQ	Hæstad Bjørnstad, Oscar	Fossum IF	1:11:49 (-10 poster)	68,75

## Resultater Mellom (3,9 km)

Plass	Navn	Klubb	Tid	Poeng
1	Flatebakken, Åshild	Tyrving	0:00:37 + 00:00	152,17
2	Blomseth, Stein	Vålerenga	0:39:41 + 39:04	131,22
3	Østermann, Øystein	Heming Orientering	0:40:21 + 39:44	130,86
4	Fismen, Morten	Fossum IF	0:41:04 + 40:27	130,48
5	Helland, Knut	Østmarka OK	0:41:27 + 40:50	130,27
6	Teigland, Rune	Østmarka OK	0:42:59 + 42:22	129,45
7	Berteig, Vidar	IL GeoForm	0:43:37 + 43:00	129,11
8	Kildahl, Øystein	Østmarka OK	0:43:54 + 43:17	128,96
9	Gjein, Lars Erik	Fossum IF	0:44:08 + 43:31	128,83
10	Lian, Odd Arne	Koll IL	0:44:41 + 44:04	128,54
11	Mathisen, Terje	Open iT	0:45:13 + 44:36	128,25
12	Scheele, Marie	Nydalens SK	0:45:36 + 44:59	128,05
13	Tangen, Morten	OK Moss	0:45:52 + 45:15	127,90
14	Jendal, Håkon	Fossum IF	0:46:17 + 45:40	127,68
15	Iversen, Egil Wickstrand	Heming Orientering	0:46:18 + 45:41	127,67
16	Hæstad, Nils	Fossum IF	0:46:27 + 45:50	127,59
17	Hetland, Trond	Nordre Follo Orientering	0:46:42 + 46:05	127,46
18	Hasaas, Olav	Fossum IF	0:47:14 + 46:37	127,17
19	Haantes Årbu, Henrik Julian	OL Varteig	0:47:20 + 46:43	127,12
20	Klaveness, Peter	Måren OK	0:48:17 + 47:40	126,61
21	Fismen, Britta	Fossum IF	0:48:30 + 47:53	126,49
22	Hjermstad, Lars	Fossum IF	0:48:40 + 48:03	126,40
23	Mølnvik, Ivar	Fossum IF	0:49:50 + 49:13	125,78
24	Hjermstad, Marianne	Fossum IF	0:49:51 + 49:14	125,77
25	Granly, Martin	Siemens Oslo	0:50:01 + 49:24	125,68
26	Fjær, Hallvard	Lillomarka OL	0:50:29 + 49:52	125,43

27	Lahlum, Tor	Nordre Follo Orientering	0:50:30 + 49:53	125,42
28	Stubberud, Helge	Nydalens SK	0:50:39 + 50:02	125,34
29	Zeiner-Gundersen, Richard	Aker Brygge Orientering	0:51:07 + 50:30	125,09
30	Hanssen, Even	Eiker OL	0:51:39 + 51:02	124,80
30	Stubberud, Elias	Nydalens SK	0:51:39 + 51:02	124,80
32	Hallan, Toril	Lillomarka OL	0:52:17 + 51:40	124,46
33	Kongsberg, Morten	Tyrving	0:52:21 + 51:44	124,43
34	Feiring, Hege	IL Tyrving	0:52:45 + 52:08	124,21
35	Angell, Truls	Lillomarka OL	0:53:29 + 52:52	123,82
36	Skjønhaug, Torgeir	Fet OL	0:53:42 + 53:05	123,70
37	Astrup Arnesen, Signe	Heming Orientering	0:53:56 + 53:19	123,58
38	Hagemann, Line	Bækkelaget	0:54:04 + 53:27	123,51
39	Kalleson, Mari	Oppsal Orientering	0:54:27 + 53:50	123,30
40	Jørgensen, Eirik	Tyrving	0:54:43 + 54:06	123,16
41	Martinsen, Ove	Hauketo IF	0:55:11 + 54:34	122,91
42	Børli, Håkon	Fossum IF	0:55:12 + 54:35	122,90
43	Revhaug, Helge	Ringerike OL	0:55:38 + 55:01	122,67
44	Hole, Torstein	Nydalens SK	0:55:56 + 55:19	122,51
45	Øhlckers, Per	Tyrving	0:56:46 + 56:09	122,06
46	Jendal, Helene Bjørkvold	Fossum IF	0:56:52 + 56:15	122,00
47	Jørgensen, Mina	IL Tyrving	0:57:17 + 56:40	121,78
48	Mygland, Johan	TPWB-0	0:57:19 + 56:42	121,76
49	Kaarby, Per	Over toppen	0:57:36 + 56:59	121,61
50	Endresen, Lars Petter	Måren OK	0:57:47 + 57:10	121,51
51	G. Karlsen, Knut	Omega AS	0:58:05 + 57:28	121,35
52	Fagerhaug, Are	Privat	0:58:17 + 57:40	121,24
53	Brurberg, May Bente	Ås-NMBU Orientering	0:58:18 + 57:41	121,24
54	Billingsø, Leif	Eidskog	0:58:33 + 57:56	121,10
55	Sauar, Brita	Koll IL	0:58:58 + 58:21	120,88
56	Justad Raen, Trine Marit	Aker Brygge Orientering	0:59:46 + 59:09	120,45
57	Fredriksen, Jon	Hauketo IF	0:59:49 + 59:12	120,42
58	Øhlckers, Milda	IL Tyrving	0:59:59 + 59:22	120,33
59	Kalleson, Elin	Oppsal Orientering	1:00:05 + 59:28	120,28
60	Færden, Jon	Nordre Follo Orientering	1:00:12 + 59:35	120,22
61	B Hovi, Grete S	Skien OK	1:00:19 + 59:42	120,15
62	Bøhlerengen, Boye	Oppsal Orientering	1:00:30 + 59:53	120,06
63	Åsten, Pamela	Nydalens SK	1:01:15 +1:00:38	119,65
64	Åm, Martin	Klubbløs	1:01:59 +1:01:22	119,26
65	Aarseth, Mari	Nydalens SK	1:02:24 +1:01:47	119,04
66	Stenstadvoll, Kjell	Tyrving	1:03:07 +1:02:30	118,65
67	Nilsen, Ola	Oppsal Orientering	1:03:47 +1:03:10	118,30
68	Gylver, Øyvind	Asker SK	1:03:49 +1:03:12	118,28
69	Berg, Kristin N.	Fossum IF	1:04:54 +1:04:17	117,70
70	Fosshem, Emil Ruud	Asker skiklubb	1:05:10 +1:04:33	117,55
71	Grandum, Øyvind	IL GeoForm	1:05:13 +1:04:36	117,53
72	Hanssen, Pål W.	BDO BIL	1:05:21 +1:04:44	117,46
73	Ytternes, John	Kolbotn og Skimt OL	1:07:54 +1:07:17	116,09
74	Stordal, Hans	OL Tønsberg og omegn	1:08:10 +1:07:33	115,94
75	Ulltveit-Moe, Jo	Koll IL	1:08:47 +1:08:10	115,61
76	Broadwell, Sharon	IL GeoForm	1:09:12 +1:08:35	115,39
77	Ytternes, Celine	Nordre Follo Orientering	1:09:30 +1:08:53	115,23
78	Gjerding, Roy	OK Moss	1:10:02 +1:09:25	114,94
79	Fosser, Per	Heming Orientering	1:11:50 +1:11:13	113,98
80	Engzeliuss, Margrete	Asker SK	1:13:26 +1:12:49	113,12
81	Hvenekilde, Tale	Oppsal Orientering	1:15:08 +1:14:31	112,21
82	Vågsnes, Marit	Kolbotn og Skimt OL	1:15:23 +1:14:46	112,07
83	Scheele, Helene	Nydalens SK	1:15:41 +1:15:04	111,91
84	Nordli Scheele, Else Kari	Nydalens SK	1:16:02 +1:15:25	111,73
85	Bjordal, Roar	Oppsal Orientering	1:17:12 +1:16:35	111,10
86	Nipen, Olav	Tyrving	1:19:55 +1:19:18	109,64
87	Ottersland, Per Kristian	Nydalens SK	1:20:29 +1:19:52	109,34
88	Rådahl, Tom	IL Tyrving	1:22:28 +1:21:51	108,28
89	Sandellien, Bjørn	Heming Orientering	1:33:20 +1:32:43	102,45
90	Rygh, Karl	Koll IL	1:33:28 +1:32:51	102,38
91	Rygh Holten, Alma	Nydalens SK	1:33:44 +1:33:07	102,23
92	Rygh, Josefine	Nydalens SK	1:34:12 +1:33:35	101,98
93	Rygh, Anna	Heming Orientering	1:34:16 +1:33:39	101,95
94	Rygh, Mari	Koll IL	1:34:23 +1:33:46	101,89
95	Hvenekilde, Audun	Oppsal Orientering	1:52:59 +1:52:22	100,00
96	Ryeng, Grethe Lill	Sturla	1:58:00 +1:57:23	100,00
DSQ	Grandal, Bjørn Henning	IL Tyrving	0:52:59 (-1 poster)	95,83
DSQ	Fremming, Hans-Henrik	Meteorologen	1:03:56 (-1 poster)	95,83
DSQ	Nilsen, Odd Harald	OL Tønsberg og omegn	1:17:12 (-1 poster)	95,83
DSQ	Birkelund, Nina	Asker	1:18:45 (-1 poster)	95,83
DSQ	Tho, Kjersti	Stabæk IF	1:26:55 (-1 poster)	95,83
DSQ	Eijsink, Vincent	ÅS UMB Orientering	1:31:52 (-1 poster)	95,83
DSQ	Andersen, Jakob	Oppsal Orientering	1:12:21 (-2 poster)	91,67
DSQ	Arnesen, Lasse	Heming Orientering	0:43:44 (-3 poster)	87,50
DSQ	Eastwood, Steinar	Lillomarka OL	0:58:22 (-8 poster)	66,67
DSQ	Annersand, Lisa	OK Tyr	1:12:23 (-8 poster)	66,67

## Resultater Kort (2,7 km)

Plass	Navn	Klubb	Tid	Poeng
1	Grandal, Siri	Tyrving	0:39:52 + 00:00	120,48
2	Grandal, Else	Tyrving	0:40:30 + 00:38	120,33
3	Karlisen, Stig Hultgreen	Geoform	0:41:07 + 01:15	120,18
4	Mølnvik, Magnhild T.	Fossum IF	0:43:48 + 03:56	119,54
5	Hugdall, Lise	Lillomarka OL	0:44:03 + 04:11	119,48
6	Hultgreen, Rune	IL GeoForm	0:44:22 + 04:30	119,40
7	Mestad, Ivar	Røyken OL	0:45:10 + 05:18	119,21
8	Øhlckers, Sofia	Tyrving	0:46:02 + 06:10	119,00
9	Kletteli, Odd	Bsk	0:48:52 + 09:00	118,33
10	Skyttersæter, Runa	Heming Orientering	0:49:42 + 09:50	118,13
11	Haugen, Per	Lillomarka OL	0:53:40 + 13:48	117,18
12	Bøhlerengen, Synne	Oppsal Orientering	0:54:22 + 14:30	117,01
13	Aarseth, Iver	Nydalens SK	0:55:59 + 16:07	116,63
14	Alsos, Kristin	Bækkelaget	0:56:11 + 16:19	116,58
15	Madsen, Øystein	Haugerud IF	0:56:25 + 16:33	116,52
16	Tesdal, Tove	Indre Østfold OK	0:58:22 + 18:30	116,06
17	Egner, Bjørn	Heming Orientering	0:59:47 + 19:55	115,72
18	Lome-Hagman, Ingrid	Kolbotn og Skimt OL	1:01:18 + 21:26	115,36
19	Ribe, Anne Katrine	Lillomarka OL	1:03:06 + 23:14	114,93
20	Hvenekilde, Synne	Oppsal Orientering	1:10:19 + 30:27	113,20
21	Rompøren, Kristine	Fossum IF	1:11:53 + 32:01	112,83
22	Drage, Tor	Aker Solutions	1:12:22 + 32:30	112,71

23	Drage, Unni	Aker Solutions	1:12:35 + 32:43	112,66
24	Mehl, Siri	Klubbøls	1:12:40 + 32:48	112,64
25	Klaveness, Magnus Friedhelm	Måren OK	1:13:55 + 34:03	112,34
26	Buhler, Benjamin	Måren OK	1:14:10 + 34:18	112,29
27	Føllesdal, Dagfinn	OSI	1:23:26 + 43:34	110,07
28	Bjordal, Inger Lise	Oppsal Orientering	1:28:51 + 48:59	108,78
29	Fredriksen, Alvin Eide	Kamp/Vestheim IF	2:04:30 +1:24:38	100,26
29	Eide-Fredriksen, Aksel	Kamp/Vestheim IF	2:04:30 +1:24:38	100,26
DSQ	Gulheim, Bjørn Sverre	Nordre Follo Orientering	0:49:53 (-1 poster)	94,44
DSQ	Grymyr, Aina	Haugerud IL	1:48:10 (-1 poster)	94,44
DSQ	Fredh, Linda	Moss	1:04:51 (-3 poster)	83,33
DSQ	Kirkhus, Lavrans	Nydalens SK	1:19:50 (-3 poster)	83,33
DSQ	Kirkhus, Solvår	Nydalens SK	1:21:32 (-3 poster)	83,33
DSQ	Hvenekilde, Sissel	Oppsal Orientering	1:23:23 (-7 poster)	61,11
DSQ	Flamigo, Andreas	Gassecrete	1:28:51 (-8 poster)	55,56
	Madsen, Øystein	Haugerud IL	DEL TATT	50,00

## Strekktider Lang

Plass	Navn	Klubb	Tid	Poeng
<b>1</b>	<b>Nordbrøden, Mats</b>	<b>Halden SK</b>	<b>0:50:24 + 00:00</b>	<b>152,97</b>
	01:45-1 05:27-1 09:41-1	12:09-1 21:00-1 24:56-1	28:23-1 33:36-1 37:28-1	40:31-1
	01:45-1 03:42-1 04:14-1	02:28-4 08:51-1 03:56-4	03:27-2 05:13-12 03:52-1	03:03-1
	00:00= 00:00= 00:00=	00:11+ 00:00= 00:14+	00:02+ 00:50# 00:00=	00:00=
				41:34-1 43:57-1 45:19-1 46:22-1 48:19-1 50:05-1 50:24-1
				01:03-1 02:23-1 01:22-1 01:03-1 01:57-2 01:46-2 00:19-4
				00:00= 00:00= 00:00= 00:00= 00:02+ 00:03+ 00:02#
<b>2</b>	<b>Jacobsen, Kristoffer</b>	<b>IL Tyrving</b>	<b>0:56:25 + 06:01</b>	<b>150,34</b>
	02:46-18 08:10-19 12:44-8	15:01-3 25:22-2 29:10-2	32:35-2 36:58-2 41:00-2	44:22-2
	02:46-18 05:24-25 04:34-2	02:17-1 10:21-4 03:48-2	03:25-1 04:23-1 04:02-2	03:22-4
	01:01& 01:42& 00:20+	00:00= 01:30# 00:06+	00:00= 00:00= 00:10+	00:19#
				01:09-6 02:28-5 02:57-35 01:24-11 01:55-1 01:52-6 00:18-2
				00:06+ 00:05+ 01:35@ 00:21& 00:00= 00:09+ 00:01+
<b>3</b>	<b>Glomrud, Bjørn Erik</b>	<b>Indre Østfold OK</b>	<b>0:57:18 + 06:54</b>	<b>149,95</b>
	02:37-16 06:59-7 12:15-3	29:28-3	33:18-3 42:39-3	46:30-3
	02:37-16 04:22-6 05:16-8		03:50-5	03:51-12
	00:52& 00:40# 01:02#		00:25#	00:48& 00:01+
				47:34-3 50:14-3 51:55-3 53:11-3 55:13-3 56:59-3 57:18-3
				01:04-2 02:40-7 01:41-3 01:16-4 02:02-5 01:46-2 00:19-4
				00:01+ 00:17# 00:19# 00:13# 00:07+ 00:03+ 00:02#
<b>4</b>	<b>Sundby, Jørn</b>	<b>Larvik OK</b>	<b>1:00:34 + 10:10</b>	<b>148,53</b>
	02:02-5 05:58-2 10:58-2	15:44-6 25:52-3 29:53-4	34:26-5 41:26-7 45:49-7	49:03-6
	02:02-5 03:56-2 05:00-4	04:46-48 10:08-2 04:01-5	04:33-16 07:00-34 04:23-6	03:14-3
	00:17# 00:14+ 00:46#	02:29@ 01:17# 00:19+	01:00& 02:37& 00:31#	00:11+
				50:14-6 52:55-5 54:42-5 56:15-4 58:19-4 60:11-4 60:34-4
				01:11-8 02:41-8 01:47-5 01:33-20 02:04-6 01:52-6 00:23-18
				00:08# 00:18# 00:25& 00:30& 00:09+ 00:09+ 00:06&
<b>5</b>	<b>Dale, Andreas</b>	<b>Bergens TF</b>	<b>1:01:17 + 10:53</b>	<b>148,21</b>
	02:06-6 07:10-9 12:35-5	15:02-4 25:54-4 30:10-6	34:46-6 40:35-4 45:29-6	49:43-7
	02:06-6 05:04-20 05:25-9	02:27-3 10:52-7 04:16-6	04:36-18 05:49-20 04:54-11	04:14-19
	00:21# 01:22& 01:11&	02:01# 00:34#	01:11& 01:26& 01:02&	01:11&
				51:33-8 53:56-7 55:47-7 57:03-7 59:14-7 61:00-6 61:17-5
				01:50-36 02:23-1 01:51-9 01:16-4 02:11-10 01:46-2 00:17-1
				00:00= 00:00= 00:29& 00:13# 00:16# 00:03+ 00:00=
<b>6</b>	<b>Scheele, Rune</b>	<b>Nydalens SK</b>	<b>1:01:20 + 10:56</b>	<b>148,19</b>
	02:00-3 07:28-12 13:19-10	15:57-8 26:20-5 30:02-5	33:38-4 38:18-3 42:59-4	46:35-4
	02:00-3 05:28-26 05:51-15	02:38-10 10:23-5 03:42-1	03:36-3 04:40-3 04:41-8	03:36-7
	00:15# 01:46& 01:37&	00:21# 01:32# 00:00=	00:11+ 00:17+ 00:49#	00:33#
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<b>36 Leiren, Lars</b>																
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<b>38 Tronbøl, Heidi</b>																
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<b>51 Nilsen Berg, Børge Fossung IF 2:13:06 +1:22:42 116,82</b>																	
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2	Blomseth, Stein	Vålerenga	0:39:41 + 39:04	131,22								
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00:32#	00:45#	00:12+	00:09+	00:00=	00:42#	00:02+	00:00=	00:52&	00:13#	00:34#	00:09+	107:09+
3	Østermann, Øystein	Heming Orientering	0:40:21 + 39:44	130,86								
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03:34-45	04:38-2	06:19-10	02:50-2	04:16-4	04:39-6	01:36-10	03:10-4	02:09-6	02:13-48	02:17-1	02:17-1	00:23-6
01:18&	00:06+	00:42#	00:05+	00:17+	00:53#	00:10#	00:02+	00:27&	00:52&	00:00=	00:00=	107:07+
4	Fisinen, Morten	Fossung IF	0:41:04 + 40:27	130,48								
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00:04+	00:17+	00:01+	04:17@	00:06+	00:00=	00:01+	00:17+	00:00=	00:04+	00:17#	00:08+	107:10+
5	Helland, Knut	Østmarka OK	0:41:27 + 40:50	130,27								
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02:28-4	05:06-6	05:45-3	03:15-7	04:01-2	05:24-23	01:30-6	03:08-1	02:55-40	02:05-44	02:45-7	02:38-12	00:27-29
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6	Teigland, Rune	Østmarka OK	0:42:59 + 42:22	129,45								
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02:34-7	05:30-15	06:18-9	03:08-6	04:27-9	04:58-12	01:46-23	03:30-15	02:16-10	02:12-47	03:01-19	02:53-23	00:26-24
00:18#	00:58#	00:41#	00:23#	00:28#	01:12&	00:20#	00:22#	00:34&	00:51&	00:44&	00:36&	107:10+
7	Berteig, Vidar	IL GeoForm	0:43:37 + 43:00	129,11								
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02:42-9	05:29-14	07:00-16	03:25-15	04:59-32	05:03-14	01:38-11	03:27-12	02:40-31	01:34-9	02:51-11	02:24-3	00:25-15
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8	Kildahl, Øystein	Østmarka OK	0:43:54 + 43:17	128,96								
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03:00-25	05:30-15	06:37-11	03:54-33	04:39-16	04:59-13	01:41-16	03:23-9	02:22-14	01:50-26	02:37-5	02:56-28	00:26-24
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9	Gjein, Lars Erik	Fossung IF	0:44:08 + 43:31	128,83								
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10	Lian, Odd Arne	Koll IL	0:44:41 + 44:04	128,54								
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00:26#	00:00=	02:45&	00:18#	00:30#	01:30&	00:42&	00:12+	02:07@	00:12#	00:16#	00:12+	107:09+
11	Mathisen, Terje	Open iT	0:45:13 + 44:36	128,25								
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12	Scheele, Marie	Nydalens SK	0:45:36 + 44:59	128,05								
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13	Tangen, Morten	OK Moss	0:45:52 + 45:15	127,90								
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03:44-54	05:11-7	07:27-27	04:11-41	04:26-8	06:15-45	01:38-11	03:15-5	02:22-14	01:33-6	02:57-16	02:28-7	00:25-15
01:28&	00:39#	01:50&	01:26&	00:27#	02:29&	00:12#	00:07+	00:40&	00:12#	00:40&	00:11+	107:09+
14	Jendal, Håkon	Fossung IF	0:46:17 + 45:40	127,68								
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15	Iversen, Egil Wickstrand	Heming Orientering	0:46:18 + 45:41	127,67								
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02:57-22	06:19-43	07:20-22	03:22-12	04:54-25	04:47-8	01:41-16	03:50-33	02:09-6	01:56-35	03:16-29	03:20-53	00:27-29
00:41&	01:47&	01:43&	00:37#	00:55#	01:01&	00:15#	00:42#	00:27&	00:35&	00:59&	01:03&	107:11+
16	Hæstad, Nils	Fossung IF	0:46:27 + 45:50	127,59								
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02:53-17	05:46-24	07:21-23	03:28-17	04:24-6	04:30-4	01:41-16	03:09-3	04:58-89	01:36-12	03:07-24	03:00-34	00:34-65
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17	Hetland, Trond	Nordre Follo Orientering	0:46:42 + 46:05	127,46								
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<b>22</b>	<b>Hjermstad, Lars</b>			<b>Fossum IF</b>			<b>0:48:40 +</b>	<b>48:03</b>	<b>126,40</b>			
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03:33-43	05:43-21	06:43-12	03:23-14	04:41-18	04:51-10	01:45-20	04:10-47	04:55-88	02:29-61	03:04-22	02:59-32	00:24-9
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<b>23</b>	<b>Mølnvik, Ivar</b>			<b>Fossum IF</b>			<b>0:49:50 +</b>	<b>49:13</b>	<b>125,78</b>			
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03:29-39	04:48-4	08:23-39	03:22-12	04:32-14	05:27-27	01:34-8	03:34-18	05:11-93	03:29-80	02:51-11	02:41-14	00:29-42
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5	Hugdøl, Lise	Lillomarka OL	0:44:03 + 04:11	119,48
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6	Hultgreen, Rune	IL GeoForm	0:44:22 + 04:30	119,40
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8	Øhlcckers, Sofia	Tyrving	0:46:02 + 06:10	119,00
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9	Kletteli, Odd	Bsk	0:48:52 + 09:00	118,33
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11	Haugen, Per	Lillomarka OL	0:53:40 + 13:48	117,18
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16	Tesdal, Tove	Indre Østfold OK	0:58:22 + 18:30	116,06
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<b>24</b>	<b>Mehl, Siri</b>			<b>Klubbbløs</b>		<b>1:12:40 +</b>	<b>32:48</b>		<b>112,64</b>
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10:51-33	16:35-28				13:54-32	11:33-34	10:39-33	01:29-33	
07:19@	10:39@				10:44@	08:00@	07:52@	01:13@	
<b>DSQ</b>	<b>Hvenekilde, Sissel</b>			<b>Oppsal Orientering</b>		<b>1:23:23 (-7 poster)</b>			<b>61,11</b>
41:24-35			63:47-30						83:23-32
<b>DSQ</b>	<b>Flamigo, Andreas</b>			<b>Gassecuré</b>		<b>0:38:51 (-8 poster)</b>			<b>55,56</b>
06:45-18									38:51-1
06:45-18									
03:13&									
	<b>Madsen, Øystein</b>			<b>Haugerud IL</b>		<b>DELTATT</b>			<b>50,00</b>