

Rankingløp nr 16

Dato/sted: 24. oktober 2020 - Slettfjell (fra Katisa) - Østmarka
 Kart: Slettfjell
 Arr: IL GeoForm v/Stig Hultgreen Karlsen og Rune Hultgreen
 Antall: Totalt: 172 (GeoForm: 16, OSI: 2, DNV/ESSO: 7, Andre: 147)
 Løpsrapport: Alder: 21-: 160, 17-20: 2, 13-16: 6, 0-12: 4
 Startkont: kr. 50: 137 kr. 30: 35 kr. 0: 0
 Betalt: kr. 50: 137 kr. 30: 28 kr. 0: 7
 Leiebrikker: 0 stk

Resultater: [Lang\(66\)](#) | [Mellom\(73\)](#) | [Kort\(33\)](#) | [Grafisk](#)
 Strekketider: [Lang\(66\)](#) | [Mellom\(73\)](#) | [Kort\(33\)](#)

Resultater Lang (5.7 km)

Plass	Navn	Klubb	Tid	Poeng
1	Berge, Jarl Magnus	IL Koll	0:44:08 + 00:00	151.44
2	Vogelsang, Christian	Nydalens SK	0:45:16 + 01:08	150.84
3	Vågsnes, Sigve	Oppsal Orientering	0:46:57 + 02:49	149.94
4	Nipen, Thomas	Nydalens SK	0:47:36 + 03:28	149.59
5	Svergjå, John Kasper	Nydalens SK	0:50:15 + 06:07	148.18
6	Persson, Erik	Oppsal Orientering	0:51:42 + 07:34	147.41
7	Schlaupitz, Holger	IL GeoForm	0:53:09 + 09:01	146.63
8	Bochud, Florian	Asker SK	0:54:13 + 10:05	146.06
9	Lund, Trond	IL Tyrving	0:56:00 + 11:52	145.11
10	Bårtveit, Knut	Bø OL	0:56:12 + 12:04	145.00
11	Lyng-Olsen, Niels Peter	WCOC	0:56:37 + 12:29	144.78
12	Hæstad, Nils	Fossum IF	0:57:02 + 12:54	144.56
13	Oram, Louise	Nydalens SK	0:57:07 + 12:59	144.52
14	Aarseth, Lars-Ivar	Nydalens SK	0:57:14 + 13:06	144.45
15	Østgren, Bjørn Mo	IL GeoForm	0:57:54 + 13:46	144.10
16	Henriksen, Jan Tore	Norges Bank BIL	0:58:25 + 14:17	143.82
17	Nipen, Mathias	Bækkelaget SK	0:58:50 + 14:42	143.60
18	Mella, Thor	Oppsal Orientering	0:59:16 + 15:08	143.37
19	Lium, Asgeir	Fet OL	1:00:21 + 16:13	142.79
20	Fløystad, Jostein Bø	Privat	1:01:10 + 17:02	142.35
21	Heir, Morten	Fossum IF	1:01:46 + 17:38	142.03
22	Kjølsest, Tore	Nydalens SK	1:02:52 + 18:44	141.45
23	Låg, Steinar	VBIL	1:05:45 + 21:37	139.91
24	Kristensen, Ole Kristian	Bodø og Omegn IF Orientering	1:05:50 + 21:42	139.86
25	Lium, Tobias Tronbøl	IL Koll	1:06:15 + 22:07	139.64
26	Systad, Rolv Anders	Lyn Ski	1:06:31 + 22:23	139.50
26	Rommetvedt, Kevin	Raumar Orientering	1:06:31 + 22:23	139.50
28	Solhjem, Bjørn	Hægland og Svanberg	1:07:29 + 23:21	138.98
29	Egge, Guttorm	IL GeoForm	1:08:19 + 24:11	138.54
30	Heitmann, Ståle	Fossum IF	1:08:33 + 24:25	138.41
31	Johnson, Alexander Urnes	Årvoll IL	1:08:57 + 24:49	138.20
32	Grinde, Bjørn	IL GeoForm	1:09:13 + 25:05	138.06
33	Takle, Atgeir	Asker SK	1:09:31 + 25:23	137.90
34	Kongsgård, Sondre	Nydalens SK	1:11:47 + 27:39	136.69
35	Bøhlerengen, Boye Dirro	Oppsal Orientering	1:12:32 + 28:24	136.29
36	Kildahl, Øystein	Østmarka OK	1:12:44 + 28:36	136.18
37	Mygland, Johan	IL GeoForm	1:13:15 + 29:07	135.90
38	Madsen, Klavs	Nydalens SK	1:13:45 + 29:37	135.64
39	Fismen, Brita	Fossum IF	1:14:27 + 30:19	135.26
40	Lars, Ballangerud	Oppsal IF	1:14:54 + 30:46	135.02
41	Eriksen, Are	Oslostudentenes IK	1:15:06 + 30:58	134.92
42	Lund, Harald Østgaard	IL GeoForm	1:16:49 + 32:41	134.00
43	Jevanord, Hans	Fossum IF	1:16:59 + 32:51	133.91
44	Farkas, Lorant	Østmarka OK	1:17:42 + 33:34	133.53
45	Utskarpen, Audrun	IL GeoForm	1:19:31 + 35:23	132.56
46	Danielsen, Anne	Nydalens SK	1:19:45 + 35:37	132.43
47	Kippernes, Frank Åge	FFI BIL	1:20:36 + 36:28	131.98
48	Sverdrup-Thygeson, Kjetil	NGI	1:20:49 + 36:41	131.87
49	Iwe, Harald	IL GeoForm	1:21:22 + 37:14	131.57
50	Skjelkvåle, Brit Lisa	IL GeoForm	1:21:23 + 37:15	131.56
51	Christensen, Bjørn	Østmarka OK	1:21:51 + 37:43	131.31
52	Stiansen, Peer	Nydalens SK	1:22:37 + 38:29	130.90
53	Risvoll, Ketil	Telenor BIL	1:23:37 + 39:29	130.37
54	Pedersen, Atle	Fossum IF	1:25:27 + 41:19	129.39
55	Osen, Per	Vestre Akers SK	1:26:57 + 42:49	128.59
56	Stenshorne, Per Christian	Nydalens SK	1:28:05 + 43:57	127.99
57	Wang, Dag	Lillomarka OL	1:28:33 + 44:25	127.74
58	Dahlsrud, Per Ole	Nydalens SK	1:31:47 + 47:39	126.01
59	Møretrø, Trond	Nordre Follo Orientering	1:33:51 + 49:43	124.91
60	Fagerhaug, Are	IL GeoForm	1:39:12 + 55:04	122.05
61	Nummedal, Geir	IL GeoForm	1:42:13 + 58:05	120.44
62	Onsager, Knut	IL GeoForm	1:43:46 + 59:38	119.62
63	Bruvik, Anders	Måren OK	1:46:31 + 1:02:23	118.15
64	Ytternes, John	Nordre Follo Orientering	1:55:00 + 1:10:52	113.62
65	Hobæk, Thor	Gassecurie BIL	2:03:41 + 1:19:33	108.99
	Jørgensen, Eirik	Tyrving IL	DELTATT	50.00

Resultater Mellom (4.4 km)

Plass	Navn	Klubb	Tid	Poeng
1	Sommerhein, Erlend	Fossum IF	0:41:20 + 00:00	136.60
2	Sommerhein, Pål	Fossum IF	0:45:33 + 04:13	134.98
3	Lian, Odd Arne	IL Koll	0:46:08 + 04:48	134.76
4	Kongsberg, Markus Knapp	Tyrving IL	0:47:01 + 05:41	134.42
5	Strandhagen, Torgeir	Røyken OL	0:47:27 + 06:07	134.25
6	Benjaminen, Vidar	Lillomarka OL	0:47:31 + 06:11	134.22
7	Mathisen, Terje	Open iT	0:50:47 + 09:27	132.97
8	Helland, Knut Edvard	Østmarka OK	0:51:03 + 09:43	132.86
9	Herland, Claes-Tommy	Indre Østfold OK	0:52:09 + 10:49	132.44
10	Teigland, Rune	Østmarka OK	0:52:18 + 10:58	132.38
11	Limi, Jørn	Oppsal Orientering	0:52:20 + 11:00	132.37
12	Granly, Martin	Lillomarka OL	0:53:30 + 12:10	131.92
13	Berge, Rune	Tyrving IL	0:55:59 + 14:39	130.97
14	Zeiner-Gundersen, Richard	Lierbygda OL	0:57:01 + 15:41	130.57
15	Gjein, Lars Erik	Fossum IF	0:57:16 + 15:56	130.47
16	Næss, Petter	Oppsal Orientering	0:57:17 + 15:57	130.47
17	Hasaas, Olav	Fossum IF	0:57:19 + 15:59	130.45
18	Hobøl, Vigdis	Oppsal Orientering	0:57:31 + 16:11	130.38
19	Krogh, Arnhild	Oppsal Orientering	0:57:37 + 16:17	130.34
20	Jacobsen, Svein S	Tyrving IL	0:58:04 + 16:44	130.17
21	Kongsberg, Morten	Tyrving IL	0:58:16 + 16:56	130.09
22	Melsom, Terje	Fossum IF	0:59:40 + 18:20	129.55
23	Takvam, Arnt Ove	Fossum IF	0:59:45 + 18:25	129.52
24	Kalleson, Elin	Oppsal Orientering	0:59:53 + 18:33	129.47
25	Vollen, Magne	Oslostudentenes IK	1:00:21 + 19:01	129.29
26	Martinsen, Ove	Hauketo IF	1:00:41 + 19:21	129.16
27	Mella, Stein	Nippon Gases	1:02:36 + 21:16	128.42
28	Erichsen, Andreas	Nydalens SK	1:02:57 + 21:37	128.29
29	Fredriksen, Jon	Hauketo IF	1:03:00 + 21:40	128.27
30	Nilsen, Ola	Oppsal Orientering	1:03:28 + 22:08	128.09
31	Johansen, Frode	Equinor BIL	1:04:45 + 23:25	127.59
32	Mattsson, Johan	Lillomarka OL	1:05:03 + 23:43	127.48
33	Raaen, Trine Marit Justad	Lierbygda OL	1:05:05 + 23:45	127.47
34	Eijsink, Vincent	Ås-NMBU Orientering	1:05:36 + 24:16	127.27
35	Lahlum, Tor	Nordre Follo Orientering	1:05:42 + 24:22	127.23
36	Hanssen, Pål Woldstad	Eiker OL	1:05:57 + 24:37	127.13
37	Brurberg, May Bente	Ås-NMBU Orientering	1:06:23 + 25:03	126.97
38	Saugestad, Fredrik	Nydalens SK	1:08:03 + 26:43	126.33
39	Grandum, Øyvind	IL GeoForm	1:09:36 + 28:16	125.73
40	Berge, Ketil	Vestre Akers SK	1:09:57 + 28:37	125.59
41	Skantze, Kjersti	IL Tyrving	1:10:32 + 29:12	125.37
42	Mella, Sigurd Hobøl	Oppsal Orientering	1:10:46 + 29:26	125.28
43	Dybwad, Jacob	VBIL	1:10:55 + 29:35	125.22
44	Løken, Knut Anders	Fossum IF	1:11:16 + 29:56	125.09
45	Hultgreen, Wenche	IL Tyrving	1:11:43 + 30:23	124.91
46	Danielsen, Berit	IL Tyrving	1:12:05 + 30:45	124.77
47	Rikheim, Harald	Privat	1:13:01 + 31:41	124.41
48	Vogt, Amund Kortner	Østmarka OK	1:14:51 + 33:31	123.71
49	Vogt, Heidi	Østmarka OK	1:15:02 + 33:42	123.64
50	Kalleson, Mari	Oppsal Orientering	1:15:49 + 34:29	123.34
51	Christensen, Petter	VBIL	1:17:21 + 36:01	122.75
52	Clasen, Claus Frimann	Lyberg & Partnere	1:17:22 + 36:02	122.74
53	Angell, Truls	Lillomarka OL	1:17:43 + 36:23	122.61
54	Horvath, Zoltan	VBIL	1:18:14 + 36:54	122.41
55	Defrasne, Christophe	Privat	1:19:10 + 37:50	122.05
56	Ødegaard, Morten	Lillomarka OL	1:21:17 + 39:57	121.23
57	Gjerding, Roy	OK Moss	1:25:26 + 44:06	119.64
58	Jorde, Hans Kristian	AAJ	1:25:59 + 44:39	119.43
59	Smith-Meyer, Henrik	VBIL	1:27:38 + 46:18	118.79
60	Arne, Kongsnes	IL Snøhetta	1:30:55 + 49:35	117.53
61	Bjordal, Roar	Oppsal Orientering	1:33:42 + 52:22	116.46
62	Ytternes, Celine	Nordre Follo Orientering	1:38:20 + 57:00	114.68
63	Toverud, Anna Lina	Nordre Follo Orientering	1:42:20 +1:01:00	113.14
64	Nydal, Roar	Røyken OL	1:44:29 +1:03:09	112.31
65	Tho, Kjersti	Stabæk IF	2:02:35 +1:21:15	105.35
DSQ	Berg, Hallvard	IL Tyrving	0:51:31 (-1 poster)	95.45
DSQ	Sigurdson, Roar	Ringnes BIL	1:08:36 (-1 poster)	95.45
DSQ	Rørlien, Anne Berit	Fossum IF	1:45:08 (-1 poster)	95.45
DSQ	Skantze, Don	IL Tyrving	1:32:30 (-2 poster)	90.91
DSQ	Strand, Tove	Måren OK	0:53:07 (-3 poster)	86.36
DSQ	Kalleson, Tina	Oppsal Orientering	1:06:31 (-5 poster)	77.27
	Feiring, Hege	IL Tyrving	DELTATT	50.00
	Flemming, Øystein	Årvoll IL	DELTATT	50.00

Resultater Kort (3.1 km)

Plass	Navn	Klubb	Tid	Poeng
1	Berteig, Vidar	IL GeoForm	0:36:01 + 00:00	121.79
2	Petersen, John Thomas	Nittedal OL	0:43:55 + 07:54	119.99
3	Sikkeland, Solveig	IL Tyrving	0:44:32 + 08:31	119.85
4	Klaveness, Peter	Måren OK	0:46:46 + 10:45	119.34
5	Stenstadvold, Kjell	IL Tyrving	0:48:03 + 12:02	119.04
6	Holten, Alma Rygh	Nydalens SK	0:48:11 + 12:10	119.01

7	Holtén, Marie Rygh	Nydalens SK	0:48:23 + 12:22	118.97
8	Grand, Elena	Lillomarka OL	0:48:31 + 12:30	118.94
9	Paltiel, Liv	Folkehelseinstituttet	0:51:42 + 15:41	118.21
10	Ursin, Nora	Bærum kommune	0:51:51 + 15:50	118.18
11	Solheim, Knut Tore	Nydalens SK	0:54:02 + 18:01	117.68
12	Wang, Hege	Lillomarka OL	0:56:21 + 20:20	117.15
13	Gunnerød, Hege	IL GeoForm	0:58:07 + 22:06	116.75
14	Valsgård, Sindre	Indre Østfold OK	0:58:36 + 22:35	116.64
15	Bugge, Merete	Privat	0:58:42 + 22:41	116.62
16	Ommundsen, Tor	VBIL	0:59:31 + 23:30	116.43
17	Bjørgum, Halvard	VBIL	1:00:22 + 24:21	116.24
18	Aaby Møretø, Sigrid	Nordre Follo Orientering	1:02:26 + 26:25	115.76
19	Fougner, Jon C.	Heming Orientering	1:05:14 + 29:13	115.13
20	Madsen, Øystein	Haugerud IF	1:06:48 + 30:47	114.77
21	Hanslien, Uno	Bilpost BIL	1:07:16 + 31:15	114.66
22	Ribe, Anne Katrine	Lillomarka OL	1:07:50 + 31:49	114.53
23	Natås, Anders	Gassecur BIL	1:15:30 + 39:29	112.78
24	Gunnerød, Bjørn	Asker Skiklubb	1:16:34 + 40:33	112.54
25	Bryhn Bergstrøm, Max	Tyrving IL	1:18:07 + 42:06	112.19
26	Bergstrøm, Hasse	IL Tyrving	1:18:14 + 42:13	112.16
27	Jacobsen, Magnus	OK Moss	1:19:05 + 43:04	111.97
28	Bryhn Bergstrøm, Simen	Tyrving IL	1:19:11 + 43:10	111.94
29	Thronsdén, Terje	Nittedal OL	1:20:19 + 44:18	111.69
30	Solhjell, Kaare	Privat	1:20:39 + 44:38	111.61
31	Nydal, Anne Moian	Røyken OL	1:23:51 + 47:50	110.88
32	Jenseth, Stina	Privat	1:28:34 + 52:33	109.81
DSQ	Hangeraas, Knut Kristen	IL GeoForm	2:06:05 (-1 poster)	93.75

Strekktider Lang

Plass	Navn	Klubb	Tid	Poeng
1	Berge, Jarl Magnus	IL Koll	0:44:08 + 00:00	151.44
	02:53-1 07:39-1 10:51-1	14:58-1 16:39-1 21:37-1	23:38-1 25:56-1 27:45-1	31:13-1 34:03-1 36:51-1 42:22-1 44:08-1
	02:53-1 04:46-2 03:12-1	04:07-1 01:41-3 04:58-3	02:01-2 02:18-4 01:49-2	03:28-1 02:50-1 02:48-3 05:31-1 01:46-2
	00:00= 00:01+ 00:00=	00:00= 00:04+ 00:06+	00:06+ 00:21# 00:04+	00:00= 00:12+ 00:00= 00:02+
2	Vogelsang, Christian	Nydalens SK	0:45:16 + 01:08	150.84
	02:56-3 08:20-6 11:39-4	15:54-4 17:31-3 22:37-3	24:32-2 26:29-2 28:22-2	31:53-2 34:55-2 37:31-2 43:32-2 45:16-2
	02:56-3 05:24-10 03:19-2	04:15-2 01:37-1 05:06-4	01:55-1 01:57-1 01:53-4	03:31-3 03:02-2 02:36-1 06:01-2 01:44-1
	00:03+ 00:39# 00:07+	00:08+ 00:00= 00:14+	00:00= 00:00= 00:08+	00:03+ 00:12+ 00:00= 00:30+ 00:00=
3	Vågsnes, Sigve	Oppsal Orientering	0:46:57 + 02:49	149.94
	02:58-4 07:54-3 11:14-3	15:43-2 17:26-2 22:23-2	24:35-3 26:42-3 28:41-3	32:27-3 35:49-3 38:34-3 45:02-3 46:57-3
	02:58-4 04:56-3 03:20-3	04:29-3 01:43-4 04:57-2	02:12-4 02:07-2 01:59-8	03:46-6 03:22-7 02:45-2 06:28-4 01:55-5
	00:05+ 00:11+ 00:08+	00:22+ 00:06+ 00:05+	00:17# 00:10+ 00:14#	00:18+ 00:32# 00:09+ 00:57# 00:11#
4	Nipen, Thomas	Nydalens SK	0:47:36 + 03:28	149.59
	02:54-2 07:39-2 11:06-2	15:52-3 17:35-4 22:56-4	25:21-5 27:38-4 29:23-4	32:51-4 36:02-4 39:05-4 45:46-4 47:36-4
	02:54-2 04:45-1 03:27-4	04:46-5 01:43-4 05:21-5	02:25-6 02:17-3 01:45-1	03:28-1 03:11-4 03:03-6 06:41-6 01:50-4
	00:01+ 00:00= 00:15+	00:39# 00:06+ 00:29+	00:30# 00:20# 00:00=	00:00= 00:21# 00:27# 01:10# 00:06+
5	Svergja, John Kasper	Nydalens SK	0:50:15 + 06:07	148.18
	03:11-7 08:24-7 12:01-5	16:42-5 18:19-5 23:11-5	25:19-4 28:07-5 30:05-5	33:42-5 39:02-5 42:05-6 48:27-5 50:15-5
	03:11-7 05:13-5 03:37-5	04:41-4 01:37-1 04:52-1	02:08-3 02:48-16 01:58-6	03:37-4 05:20-39 03:03-6 06:22-3 01:48-3
	00:18# 00:28+ 00:25#	00:34# 00:00= 00:00=	00:13# 00:51# 00:13#	00:09+ 02:30# 00:27# 00:51# 00:04+
6	Persson, Erik	Oppsal Orientering	0:51:42 + 07:34	147.41
	03:11-8 08:24-8 12:09-7	17:48-7 19:43-8 25:37-7	27:52-6 30:15-6 32:12-6	35:56-6 39:04-6 42:01-5 49:46-6 51:42-6
	03:11-7 05:13-5 03:45-7	05:39-17 01:55-13 05:54-9	02:15-5 02:23-5 01:57-5	03:44-5 03:08-3 02:57-4 07:45-15 01:56-7
	00:18# 00:28+ 00:33#	01:32# 00:18# 01:02#	00:20# 00:26# 00:12#	00:16+ 00:18# 00:21# 02:14# 00:12#
7	Schlaupitz, Holger	IL GeoForm	0:53:09 + 09:01	146.63
	03:11-9 08:13-4 12:21-8	17:50-8 19:37-7 25:58-8	29:21-9 31:50-9 33:53-8	37:42-8 40:58-7 44:17-7 50:51-7 53:09-7
	03:11-7 05:02-4 04:08-9	05:29-12 01:47-6 06:21-16	03:23-38 02:29-8 02:03-10	03:49-7 03:16-5 03:19-13 06:34-5 02:18-25
	00:18# 00:17+ 00:56#	01:22# 00:10# 01:29#	01:28# 00:32# 00:18#	00:21# 00:26# 00:43# 01:03# 00:34#
8	Bochud, Florian	Asker SK	0:54:13 + 10:05	146.06
	03:06-6 08:19-5 12:03-6	17:44-6 19:37-6 25:28-6	28:31-7 31:01-7 32:50-7	37:02-7 41:56-9 45:00-8 52:07-8 54:13-8
	03:06-6 05:13-5 03:44-6	05:41-19 01:53-9 05:51-7	03:03-22 02:30-10 01:49-2	04:12-9 04:54-28 03:04-8 07:07-10 02:06-16
	00:13+ 00:28+ 00:32#	01:34# 00:16# 00:59#	01:08# 00:33# 00:04+	00:44# 02:04# 00:28# 01:36# 00:22#
9	Lund, Trond	IL Tyrving	0:56:00 + 11:52	145.11
	03:03-5 08:33-11 12:52-10	18:20-9 20:43-11 26:57-12	29:46-12 32:13-11 34:27-12	38:57-10 43:57-14 47:05-13 53:56-9 56:00-9
	03:03-5 05:30-11 04:19-16	05:28-11 02:23-41 06:14-15	02:49-13 02:27-7 02:14-19	04:30-14 05:00-29 03:08-9 06:51-7 02:04-12
	00:10+ 00:45# 01:07#	01:21# 00:46# 01:22#	00:54# 00:30# 00:29#	01:02# 02:10# 00:32# 01:20# 00:20#
10	Bærtveit, Knut	Bø OL	0:56:12 + 12:04	145.00
	04:38-50 10:36-31 14:51-21	20:17-18 22:17-17 28:30-17	31:03-16 33:34-14 35:46-14	40:03-13 44:05-16 47:04-12 54:11-11 56:12-10
	04:38-50 05:58-19 04:15-14	05:26-10 02:00-17 06:13-14	02:33-8 02:31-11 02:12-16	04:17-11 04:02-16 02:59-5 07:07-10 02:01-9
	01:45# 01:13# 01:03#	01:19# 00:23# 01:21#	00:38# 00:34# 00:27#	00:49# 01:12# 00:23# 01:36# 00:17#
11	Lyng-Olsen, Niels Peter	WCOC	0:56:37 + 12:29	144.78
	03:37-21 09:09-13 13:18-13	18:40-11 20:43-12 28:20-16	30:51-15 33:50-16 35:59-16	40:22-16 43:41-11 47:01-11 54:00-10 56:37-11
	03:37-21 05:32-12 04:09-10	05:22-8 02:03-21 07:37-27	02:31-7 02:59-22 02:09-13	04:23-13 03:19-6 03:20-14 06:59-9 02:37-43
	00:44# 00:47# 00:57#	01:15# 00:26# 02:45#	00:36# 01:02# 00:24#	00:55# 00:29# 00:44# 01:28# 00:53#
12	Hæstad, Nils	Fossum IF	0:57:02 + 12:54	144.56
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13	Oram, Louise	Nydalens SK	0:57:07 + 12:59	144.52
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14	Aarseth, Lars-Ivar	Nydalens SK	0:57:14 + 13:06	144.45
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15	Östgren, Björn Mo	IL GeoForm	0:57:54 + 13:46			144.10										
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16	Henriksen, Jan Tore	Norges Bank BIL	0:58:25 + 14:17			143.82										
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17	Nipen, Mathias	Bakkelagets SK	0:58:50 + 14:42			143.60										
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18	Mella, Thor	Oppsal Orientering	0:59:16 + 15:08			143.37										
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19	Lium, Asgeir	Fet OL	1:00:21 + 16:13			142.79										
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20	Fløystad, Jostein Bø	Privat	1:01:10 + 17:02			142.35										
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21	Heir, Morten	Fossum IF	1:01:46 + 17:38			142.03										
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22	Kjølsest, Tore	Nydalens SK	1:02:52 + 18:44			141.45										
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23	Låg, Steinar	VBIL	1:05:45 + 21:37			139.91										
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24	Kristensen, Ole Kristian	Bodø og Omegn IF Orientering1	0:55:00 + 21:42			139.86										
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25	Lium, Tobias	IL Koll	1:06:15 + 22:07			139.64										
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26	Systad, Rolv Anders	Lyn Ski	1:06:31 + 22:23			139.50										
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26	Rommetvedt, Kevin	Raumar Orientering	1:06:31 + 22:23			139.50										
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28	Solhjem, Bjørn	Høgland og Svanberg	1:07:29 + 23:21			138.98										
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29	Edge, Guttorm	IL GeoForm	1:08:19 + 24:11			138.54										
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30	Heitmann, Ståle	Fossum IF	1:08:33 + 24:25			138.41										
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31	Johnson, Alexander Urnes	Årvoll IL	1:08:57 + 24:49			138.20										
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32	Grinde, Bjørn	IL GeoForm	1:09:13 + 25:05			138.06										
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33	Takle, Atgeir	Asker SK	1:09:31 + 25:23			137.90										
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34	Kongsgård, Sondre	Nydalens SK	1:11:47 + 27:39			136.69										
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35	Bøhlerengen, Boye Dirro	Oppsal Orientering	1:12:32 + 28:24			136.29										
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36	Kildahl, Øystein	Østmarka OK	1:12:44 + 28:36			136.18										
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37	Mygland, Johan	IL GeoForm	1:13:15 + 29:07			135.90										
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38 Madsen, Klavs			Nydalens SK				1:13:45 +	29:37	135.64				
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39 Fismen, Brita			Fossum IF				1:14:27 +	30:19	135.26				
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40 Lars, Ballangerud			Oppsal IF				1:14:54 +	30:46	135.02				
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41 Eriksen, Are			Oslostudentenes IK				1:15:06 +	30:58	134.92				
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42 Lund, Harald Østgaard			IL GeoForm				1:16:49 +	32:41	134.00				
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43 Jevanord, Hans			Fossum IF				1:16:59 +	32:51	133.91				
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04:37-48	07:45-47	05:34-41	08:57-56	02:22-38	09:34-52	03:31-42	04:20-60	02:39-38	05:49-45	05:11-36	04:29-43	09:35-37	02:36-42
01:44&	03:00&	02:22&	04:50@	00:45&	04:42&	01:36&	02:23@	00:54&	02:21&	02:21&	01:53&	04:04&	00:52&
44 Farkas, Lorant			Østmarka OK				1:17:42 +	33:34	133.53				
03:46-25	10:51-34	16:10-31	22:33-30	24:49-31	34:41-36	37:54-34	40:58-32	43:37-33	51:26-37	56:58-37	61:32-37	75:14-44	77:42-44
03:46-24	07:05-36	05:19-33	06:23-33	02:16-34	09:52-54	03:13-31	03:04-26	02:39-38	07:49-59	05:32-43	04:34-46	13:42-60	02:28-35
00:53&	02:20&	02:07&	02:16&	00:39&	05:02@	01:18&	01:07&	00:54&	04:21@	02:42&	01:58&	08:11@	00:44&
45 Utskarpen, Audrun			IL GeoForm				1:19:31 +	35:23	132.56				
05:03-57	12:47-53	18:39-51	26:07-46	29:16-48	39:10-52	42:43-49	46:22-47	49:00-47	54:46-47	60:30-47	65:30-47	76:32-45	79:31-45
05:03-57	07:44-46	05:52-46	07:28-45	03:09-63	09:54-55	03:33-43	03:39-44	02:38-37	05:46-43	05:44-46	05:00-58	11:02-47	02:59-54
02:10&	02:59&	02:40&	03:21&	01:32&	05:02@	01:38&	01:42&	00:53&	02:18&	02:54@	02:24&	05:31@	01:15&
46 Danielsen, Anne			Nydalens SK				1:19:45 +	35:37	132.43				
04:43-53	11:32-38	17:33-39	27:04-51	29:19-49	37:28-48	41:20-44	45:07-44	47:53-43	53:43-45	60:44-48	65:06-45	77:04-46	79:45-46
04:43-53	06:49-33	06:01-48	09:31-61	02:15-32	08:09-38	03:52-48	03:47-46	02:46-43	05:50-47	07:01-56	04:22-39	11:58-55	02:41-45
01:50&	02:04&	02:49&	05:24@	00:38&	03:17&	01:57@	01:50&	01:01&	02:22&	04:11@	01:46&	06:27@	00:57&
47 Kippernes, Frank Åge			FFI BIL				1:20:36 +	36:28	131.98				
03:46-24	11:56-42	17:02-36	23:07-33	25:38-36	34:20-35	45:17-54	48:21-51	53:09-55	58:37-54	63:46-53	69:30-53	78:27-49	80:36-47
03:46-24	08:10-50	05:06-29	06:05-25	02:31-45	08:42-45	10:57-61	03:04-26	04:48-61	05:28-37	05:09-33	05:44-62	08:57-29	02:09-20
00:53&	03:25&	01:54&	01:58&	00:54&	03:50&	09:02@	01:07&	03:03@	02:00&	02:19&	03:08@	03:26&	00:25#
48 Sverdrup-Thygeson, Kjetil			NGI				1:20:49 +	36:41	131.87				
04:41-52	12:44-52	19:13-53	28:46-57	31:22-57	40:12-54	43:47-51	49:03-55	52:11-52	57:49-52	62:40-51	67:04-50	77:50-47	80:49-48
04:41-52	08:03-48	06:29-51	09:33-62	02:36-51	08:50-46	03:35-44	05:16-62	03:08-52	05:38-40	04:51-27	04:24-40	10:46-46	02:59-54
01:48&	03:18&	03:17@	05:26@	00:59&	03:58&	01:40&	03:19@	01:23&	02:10&	02:01&	01:48&	05:15&	01:15&
49 Iwe, Harald			IL GeoForm				1:21:22 +	37:14	131.57				
04:40-51	12:48-54	17:56-42	24:05-38	26:36-38	35:59-40	42:37-48	48:27-52	52:28-53	57:22-51	62:45-52	67:21-51	78:38-51	81:22-49
04:40-51	08:08-49	05:08-30	06:09-29	02:31-45	09:23-51	06:38-60	05:50-63	04:01-60	04:54-25	05:23-40	04:36-48	11:17-50	02:44-47
01:47&	03:23&	01:56&	02:02&	00:54&	04:31&	04:43@	03:53@	02:16@	01:26&	02:33&	02:00&	05:46@	01:00&
50 Skjelkvåle, Brit Lisa			IL GeoForm				1:21:23 +	37:15	131.56				
05:26-61	13:45-56	19:51-56	27:42-53	30:26-54	38:34-50	44:18-52	48:18-50	51:18-50	56:58-50	62:39-50	67:26-52	78:37-50	81:23-50
05:26-61	08:19-54	06:06-49	07:51-48	02:44-56	08:08-36	05:44-58	04:00-52	03:00-50	05:40-42	05:41-45	04:47-52	11:11-49	02:46-49
02:33&	03:34&	02:54&	03:44&	01:07&	03:16&	03:49@	02:03@	01:15&	02:12&	02:51@	02:11&	05:40@	01:02&
51 Christensen, Bjørn			Østmarka OK				1:21:51 +	37:43	131.31				
04:28-44	11:49-40	18:29-49	25:38-45	28:28-45	36:54-43	40:23-39	45:01-43	47:59-45	53:37-44	59:30-44	66:51-49	78:21-48	81:51-51
04:28-43	07:21-37	06:40-54	07:09-43	02:50-60	08:26-41	03:29-41	04:38-61	02:58-49	05:38-40	05:53-48	07:21-63	11:30-51	03:30-59
01:35&	02:36&	03:28@	03:02&	01:13&	03:34&	01:34&	02:41@	01:13&	02:10&	03:03@	04:45@	05:59@	01:46@
52 Stiansen, Peer			Nydalens SK				1:22:37 +	38:29	130.90				
05:04-58	12:43-50	18:33-50	26:22-47	29:03-46	37:44-49	42:54-50	46:58-49	49:54-49	55:47-49	61:17-49	65:59-48	79:54-52	82:37-52
05:04-58	07:39-44	05:50-44	07:49-47	02:41-53	08:41-44	05:10-57	04:04-55	02:56-48	05:53-49	05:30-42	04:42-51	13:55-61	02:43-46
02:11&	02:54&	02:38&	03:42&	01:04&	03:49&	03:15@	02:07@	01:11&	02:25&	02:40&	02:06&	08:24@	00:59&
53 Risvoll, Ketil			Telenor BIL				1:23:37 +	39:29	130.37				
04:26-41	15:18-61	25:34-62	32:05-62	34:11-62	42:45-57	45:45-56	48:34-53	59:01-59	63:53-57	68:10-55	71:30-55	80:29-53	83:37-53
04:26-41	10:52-63	10:16-63	06:31-35	02:06-22	08:34-42	03:00-20	02:49-18	10:27-63	04:52-23	04:17-22	03:20-14	08:59-30	03:08-57
01:33&	06:07@	07:04@	02:24&	00:29&	03:42&	01:05&	00:52&	08:42@	01:24&	01:27&	00:44&	03:28&	01:24&
54 Pedersen, Atle			Fossum IF				1:25:27 +	41:19	129.39				
07:43-62	18:10-62	25:14-61	31:33-61	33:45-61	42:03-55	45:44-55	49:18-56	52:35-54	60:20-55	69:32-57	73:11-56	82:50-54	85:27-54
07:43-62	10:27-62	07:04-57	06:19-32	02:12-30	08:18-39	03:41-45	03:34-43	03:17-54	07:45-58	09:12-62	03:39-28	09:39-38	02:37-43
04:50@	05:42@	03:52@	02:12&	00:35&	03:26&	01:46&	01:37&	01:32&	04:17@	06:22@	01:03&	04:08&	00:53&
55 Osen, Per			Vestre Akers SK				1:26:57 +	42:49	128.59				
04:21-40	12:39-49	18:15-48	27:32-52	30:22-53	39:58-53	44:24-53	48:39-54	52:00-51	58:08-53	65:23-54	71:00-54	82:52-55	86:57-55
04:21-40	08:18-53	05:36-43	09:17-58	02:50-60	09:36-53	04:26-51	04:15-59	03:21-56	06:08-53	07:15-59	05:37-61	11:52-54	04:05-61
01:28&	03:33&	02:24&	05:10@	01:13&	04:44&	02:31@	02:18@	01:36&	02:40&	04:25@	03:01@	06:21@	02:21@
56 Stenshorne, Per Christian			Nydalens SK				1:28:05 +	43:57	127.99				
													88:05-56
57 Wang, Dag			Lillomarka OL		</								

60	Fagerhaug, Are	IL GeoForm	1:39:12 + 55:04	122.05									
05:04-60	15:11-60	22:03-60	30:21-60	33:02-60	42:05-56	53:16-60	57:19-60	61:12-60	74:31-61	80:49-60	86:19-60	96:20-59	99:12-60
05:04-58	10:07-61	06:52-56	08:18-51	02:41-53	09:03-48	11:11-62	04:03-54	03:53-59	13:19-61	06:18-53	05:30-60	10:01-40	02:52-51
02:11&	05:22@	03:40@	04:11@	01:04&	04:11&	09:16@	02:06@	02:08@	09:51@	03:28@	02:54@	04:30&	01:08&
61	Nummedal, Geir	IL GeoForm	1:42:13 + 58:05	120.44									
04:59-56	14:22-58	20:54-58	28:02-55	30:57-56	55:10-62	58:26-62	62:33-62	65:53-61	75:19-62	83:06-61	87:37-61	98:01-60	102:13-61
04:59-56	09:23-59	06:32-52	07:08-41	02:55-62	24:13-63	03:16-33	04:07-56	03:20-55	09:26-60	07:47-61	04:31-45	10:24-43	04:12-62
02:06&	04:38&	03:20@	03:01&	01:18&	19:21@	01:21&	02:10@	01:35&	05:58@	04:57@	01:55&	04:53&	02:28@
62	Onsager, Knut	IL GeoForm	1:43:46 + 59:38	119.62									
04:11-37	11:41-39	17:06-37	24:45-40	27:29-43	35:37-39	41:24-45	44:32-42	47:04-42	53:06-43	60:16-45	65:08-46	100:44-61	103:46-62
04:11-37	07:30-39	05:25-35	07:39-46	02:44-56	08:08-36	05:47-59	03:08-29	02:32-33	06:02-51	07:10-58	04:52-55	35:36-63	03:02-56
01:18&	02:45&	02:13&	03:32&	01:07&	03:16&	03:52@	01:11&	00:47&	02:34&	04:20@	02:16&	30:05@	01:18&
63	Bruvik, Anders	Måren OK	1:46:31 +1:02:23	118.15									
14:14-63	23:05-63	30:18-63	43:08-63	45:39-63	55:48-63	59:45-63	63:40-63	66:28-62	72:52-59	85:51-62	90:45-62	103:04-62	106:31-63
14:14-63	08:51-57	07:13-60	12:50-63	02:31-45	10:09-57	03:57-49	03:55-50	02:48-44	06:24-57	12:59-63	04:54-56	12:19-56	03:27-58
11:21@	04:06&	04:01@	08:43@	00:54&	05:17@	02:02@	01:58@	01:03&	02:56&	10:09@	02:18&	06:48@	01:43&
64	Ytternes, John	Nordre Follo Orientering	1:55:00 +1:10:52	113.62									
													115:00-64
65	Hobæk, Thor	Gassecurer BIL	2:03:41 +1:19:33	108.99									
04:30-45	13:22-55	19:18-54	28:16-56	30:38-55	44:42-59	58:00-61	61:53-61	72:13-63	91:12-63	98:13-63	102:27-63	119:38-63	123:41-65
04:30-45	08:52-58	05:56-47	08:58-57	02:22-38	14:04-60	13:18-63	03:53-49	10:20-62	18:59-62	07:01-56	04:14-38	17:11-62	04:03-60
01:37&	04:07&	02:44&	04:51@	00:45&	09:12@	11:23@	01:56&	08:35@	15:31@	04:11@	01:38&	11:40@	02:19@
Jørgensen, Eirik	Tyrving IL	DELTA	50.00										

Strekketider Mellom

Plass	Navn	Klubb	Tid	Poeng								
1	Sommerhein, Erlend	Fossum IF	0:41:20 + 00:00	136.60								
	04:23-1	07:48-1	11:50-1	15:31-1	20:10-1	22:09-1	24:50-1	28:38-1	32:14-1	35:06-1	39:07-1	41:20-1
	04:23-1	03:25-1	04:02-2	03:41-2	04:39-1	01:59-2	02:41-1	03:48-1	03:36-2	02:52-5	04:01-2	02:13-4
	00:00=	00:00=	00:01+	00:05+	00:00=	00:20#	00:00=	00:00=	00:15+	00:08+	00:28#	00:19#
2	Sommerhein, Pål	Fossum IF	0:45:33 + 04:13	134.98								
	04:38-2	08:18-2	12:41-2	18:30-6	23:48-4	25:47-5	29:03-4	33:05-3	36:26-2	39:15-2	43:24-2	45:33-2
	04:38-2	03:40-4	04:23-6	05:49-33	05:18-2	01:59-2	03:16-6	04:02-3	03:21-1	02:49-3	04:09-3	02:09-3
	00:15+	00:15+	00:22+	02:13&	00:39#	00:20#	00:35#	00:14+	00:00=	00:05+	00:36#	00:15#
3	Lian, Odd Arne	IL Koll	0:46:08 + 04:48	134.76								
	04:44-3	08:31-3	12:55-3	16:31-2	24:40-6	26:47-7	29:50-7	34:15-6	37:57-6	40:41-6	44:14-3	46:08-3
	04:44-3	03:47-8	04:24-7	03:36-1	08:09-36	02:07-8	03:03-4	04:25-7	03:42-3	02:44-1	03:33-1	01:54-1
	00:21+	00:22#	00:23+	00:00=	03:30&	00:28&	00:22#	00:37#	00:21#	00:00=	00:00=	00:00=
4	Kongsberg, Markus Knapp	Tyrving IL	0:47:01 + 05:41	134.42								
	04:59-4	08:36-4	13:21-5	17:27-3	23:18-2	25:25-3	28:22-3	32:39-2	37:08-3	39:54-3	45:00-4	47:01-4
	04:59-4	03:37-2	04:45-9	04:06-4	05:51-4	02:07-8	02:57-3	04:17-6	04:29-13	02:46-2	05:06-16	02:01-2
	00:36#	00:12+	00:44#	00:30#	01:12&	00:28&	00:16+	00:29#	01:08&	00:02+	01:33&	00:07+
5	Strandhagen, Torgeir	Røyken OL	0:47:27 + 06:07	134.25								
	05:28-7	09:11-5	13:31-6	17:31-4	23:38-3	25:40-4	29:04-5	33:05-4	37:14-4	40:30-4	45:05-5	47:27-5
	05:28-7	03:43-6	04:20-4	04:00-3	06:07-7	02:02-4	03:24-8	04:01-2	04:09-6	03:16-11	04:35-5	02:22-6
	01:05#	00:18+	00:19+	00:24#	01:28&	00:23#	00:43&	00:13+	00:48#	00:32#	01:02&	00:28#
6	Benjaminsen, Vidar	Lillomarka OL	0:47:31 + 06:11	134.22								
	05:35-10	09:13-6	13:14-4	18:19-5	24:37-5	26:43-6	29:39-6	33:50-5	37:41-5	40:32-5	45:10-6	47:31-6
	05:35-10	03:38-3	04:01-1	05:05-17	06:18-9	02:06-5	02:56-2	04:11-5	03:51-4	02:51-4	04:38-6	02:21-5
	01:12&	00:13+	00:00=	01:29&	01:39&	00:27&	00:15+	00:23#	00:30#	00:07+	01:05&	00:27#
7	Mathisen, Terje	Open iT	0:50:47 + 09:27	132.97								
												50:47-7
8	Helland, Knut Edvard	Østmarka OK	0:51:03 + 09:43	132.86								
	05:48-13	09:45-11	15:26-15	19:55-12	25:51-10	28:06-11	31:57-10	36:07-8	40:32-8	43:38-8	48:20-8	51:03-8
	05:48-13	03:57-11	05:41-24	04:29-8	05:56-5	02:15-12	03:51-18	04:10-4	04:25-10	03:06-6	04:42-7	02:43-22
	01:25&	00:32#	01:40&	00:53#	01:17&	00:36&	01:10&	00:22+	01:04&	00:22#	01:09&	00:49&
9	Herland, Claes-Tommy	Indre Østfold OK	0:52:09 + 10:49	132.44								
	05:20-5	09:39-9	14:47-9	19:29-10	25:37-9	27:52-9	31:26-8	37:08-11	41:21-10	44:32-10	49:39-11	52:09-10
	05:20-5	04:19-19	05:08-12	04:42-12	06:08-8	02:15-12	03:34-12	05:42-30	04:13-7	03:11-8	05:07-17	02:30-11
	00:57#	00:54&	01:07&	01:06&	01:29&	00:36&	00:53&	01:54&	00:52&	00:27#	01:34&	00:36&
10	Teigland, Rune	Østmarka OK	0:52:18 + 10:58	132.38								
	05:35-11	10:11-14	14:27-8	18:58-8	25:19-8	28:00-10	31:37-9	36:17-9	40:57-9	44:33-11	49:37-10	52:18-11
	05:35-10	04:36-28	04:16-3	04:31-9	06:21-10	02:41-37	03:37-13	04:40-10	04:40-19	03:36-23	05:04-15	02:41-18
	01:12&	01:11&	00:15+	00:55&	01:42&	01:02&	00:56&	00:52#	01:19&	00:52&	01:31&	00:47&
11	Limi, Jørn	Oppsal Orientering	0:52:20 + 11:00	132.37								
	05:36-12	09:18-7	15:02-11	19:18-9	25:08-7	27:15-8	32:15-12	37:01-10	41:50-11	45:06-12	49:52-12	52:20-12
	05:36-12	03:42-5	05:44-27	04:16-5	05:50-3	02:07-8	05:00-45	04:46-12	04:49-21	03:16-11	04:46-9	02:28-9
	01:13&	00:17+	01:43&	00:40#	01:11&	00:28&	02:19&	00:58&	01:28&	00:32#	01:13&	00:34&
12	Granly, Martin	Lillomarka OL	0:53:30 + 12:10	131.92								
	05:57-16	10:16-16	14:51-10	20:32-14	27:09-12	29:42-13	33:09-13	38:17-13	42:43-12	45:57-13	51:00-13	53:30-14
	05:57-15	04:19-19	04:35-8	05:41-30	06:37-14	02:33-29	03:27-9	05:08-17	04:26-11	03:14-9	05:03-14	02:30-11
	01:34&	00:54&	00:34#	02:05&	01:58&	00:54&	00:46&	01:20&	01:05&	00:30#	01:30&	00:36&
13	Berge, Rune	Tyrving IL	0:55:59 + 14:39	130.97								
	05:33-8	09:45-10	15:22-14	23:10-24	31:09-27	33:24-26	36:33-22	41:14-19	45:20-15	48:34-15	53:27-14	55:59-15
	05:33-8	04:12-16	05:37-21	07:48-61	07:59-30	02:15-12	03:09-5	04:41-11	04:06-5	03:14-9	04:53-11	02:32-15
	01:10&	00:47#	01:36&	04:12@	03:20#	00:36&	00:28#	00:53#	00:45#	00:30#	01:20&	00:38&
14	Zeiner-Gundersen, Richard	Lierbygda OL	0:57:01 + 15:41	130.57								
	06:22-27	10:11-15	17:37-25	22:00-20	30:03-21	32:30-22	35:58-19	41:05-17	45:32-17	48:51-16	54:12-16	57:01-16
	06:22-26	03:49-9	07:26-54	04:23-6	08:03-34	02:27-23	03:28-10	05:07-16	04:27-12	03:19-14	05:21-21	02:49-26

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15	Gjein, Lars Erik	Fossum IF				0:57:16 + 15:56		130.47			
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16	Næss, Petter	Oppsal Orientering				0:57:17 + 15:57		130.47			
07:54-46	11:57-32	18:01-32	22:28-21	29:52-19	32:10-20	36:35-23	41:54-22	46:17-20	49:43-21	54:35-17	57:17-18
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03:31&	00:38#	02:03&	00:51#	02:45&	00:39&	01:44&	01:31&	01:02&	00:42&	01:19&	00:48&
17	Hasaas, Olav	Fossum IF				0:57:19 + 15:59		130.45			
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01:48&	00:43#	01:10&	01:18&	03:37&	01:01&	01:26&	01:31&	01:15&	00:48&	02:11&	00:47&
18	Hobøl, Vigdis	Oppsal Orientering				0:57:31 + 16:11		130.38			
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07:03-37	04:50-33	04:49-10	04:39-10	07:10-17	03:04-55	03:50-16	05:43-31	04:44-20	03:46-24	05:26-24	02:27-7
02:40&	01:25&	00:48#	01:03&	02:31&	01:25&	01:09&	01:55&	01:23&	01:02&	01:53&	00:33&
19	Krogh, Arnhild	Oppsal Orientering				0:57:37 + 16:17		130.34			
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01:36&	01:23&	01:14&	01:03&	02:31&	00:52&	01:47&	02:03&	01:16&	01:21&	01:52&	00:55&
20	Jacobsen, Svein S	Tyrving IL				0:58:04 + 16:44		130.17			
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05:54-14	04:11-15	05:16-17	06:22-45	08:43-49	02:22-19	03:37-13	04:53-13	04:38-17	03:29-19	05:38-27	03:01-34
01:31&	00:46#	01:15&	02:46&	04:04&	00:43&	00:56&	01:05&	01:17&	00:45&	02:05&	01:07&
21	Kongsberg, Morten	Tyrving IL				0:58:16 + 16:56		130.09			
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07:25-41	05:00-35	06:04-33	04:56-16	06:29-13	02:24-22	03:32-11	06:35-49	05:21-35	03:19-14	04:42-7	02:29-10
03:02&	01:35&	02:03&	01:20&	01:50&	00:45&	00:51&	02:47&	02:00&	00:35#	01:09&	00:35&
22	Melso, Terje	Fossum IF				0:59:40 + 18:20		129.55			
07:27-42	12:08-33	17:45-27	23:55-31	30:17-23	32:51-24	36:51-25	41:59-23	48:56-26	52:14-26	57:08-24	59:40-24
07:27-42	04:41-30	05:37-21	06:10-43	06:22-11	02:34-30	04:00-21	05:08-17	06:57-53	03:18-13	04:54-12	02:32-15
03:04&	01:16&	01:36&	02:34&	01:43&	00:55&	01:19&	01:20&	03:36@	00:34#	01:21&	00:38&
23	Takvam, Arnt Ove	Fossum IF				0:59:45 + 18:25		129.52			
06:10-21	10:23-19	17:43-26	23:24-26	31:07-26	33:29-28	36:47-24	41:19-21	46:24-21	51:01-22	57:10-25	59:45-25
06:10-21	04:13-17	07:20-52	05:41-30	07:43-25	02:22-19	03:18-7	04:32-9	05:05-26	04:37-47	06:09-39	02:35-17
01:47&	00:48#	03:19&	02:05&	03:04&	00:43&	00:37#	00:44#	01:44&	01:53&	02:36&	00:41&
24	Kalleson, Elin	Oppsal Orientering				0:59:53 + 18:33		129.47			
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06:00-18	04:17-18	05:26-18	06:54-52	06:41-15	02:29-26	04:43-35	05:43-31	05:04-25	03:55-29	05:16-20	03:25-46
01:37&	00:52&	01:25&	03:18&	02:02&	00:50&	02:02&	01:55&	01:43&	01:11&	01:43&	01:31&
25	Vollen, Magne	Oslostudentenes IK				1:00:21 + 19:01		129.29			
06:11-22	10:50-25	17:27-23	22:48-23	30:10-22	32:51-25	36:58-26	42:16-25	47:37-23	51:44-25	57:28-26	60:21-27
06:11-22	04:39-29	06:37-41	05:21-22	07:22-21	02:41-37	04:07-23	05:18-19	05:21-35	04:07-33	05:44-29	02:53-31
01:48&	01:14&	02:36&	01:45&	02:43&	01:02&	01:26&	01:30&	02:00&	01:23&	02:11&	00:59&
26	Martinsen, Ove	Hauketø IF				1:00:41 + 19:21		129.16			
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01:34&	02:58&	01:14&	03:08&	04:27&	00:27&	01:14&	01:16&	00:55&	00:48&	02:01&	00:55&
27	Mella, Stein	Nippon Gases				1:02:36 + 21:16		128.42			
07:00-36	12:43-38	18:14-33	24:13-34	32:02-31	34:58-32	40:13-34	45:35-32	50:36-31	54:27-33	59:42-29	62:36-29
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02:37&	02:18&	01:30&	02:23&	03:10&	01:17&	02:34&	01:34&	01:40&	01:07&	01:42&	01:00&
28	Erichsen, Andreas	Nydalens SK				1:02:57 + 21:37		128.29			
08:03-49	13:18-42	18:56-38	26:43-43	33:39-36	36:01-37	40:15-35	46:02-34	50:41-32	54:03-30	59:51-31	62:57-30
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03:40&	01:50&	01:37&	04:11@	02:17&	00:43&	01:33&	01:59&	01:18&	00:38#	02:15&	01:12&
29	Fredriksen, Jon	Hauketø IF				1:03:00 + 21:40		128.27			
06:12-24	10:44-22	15:48-18	20:59-16	30:30-25	33:28-27	38:39-29	44:00-28	49:20-27	53:09-28	59:05-28	63:00-31
06:12-24	04:32-26	05:04-11	05:11-20	09:31-58	02:58-52	05:11-46	05:21-23	05:20-34	03:49-25	05:56-36	03:55-59
01:49&	01:07&	01:03&	01:35&	04:52@	01:19&	02:30&	01:33&	01:59&	01:05&	02:23&	02:01@
30	Nilsen, Ola	Oppsal Orientering				1:03:28 + 22:08		128.09			
06:07-20	10:29-21	16:12-20	21:19-17	29:09-17	31:38-18	37:07-27	43:34-27	49:44-28	53:45-29	59:50-30	63:28-32
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01:44&	00:57&	01:42&	01:31&	03:11&	00:50&	02:48@	02:39&	02:49&	01:17&	02:32&	01:44&
31	Johansen, Frode	Equinor BIL				1:04:45 + 23:25		127.59			
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02:34&	01:04&	02:25&	02:08&	04:46@	01:03&	01:41&	01:43&	02:50&	02:09&	01:48&	00:50&
32	Mattsson, Johan	Lillomarka OL				1:05:03 + 23:43		127.48			
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33	Raen, Trine Marit Justad	Lierbygda OL				1:05:05 + 23:45		127.47			
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34	Eijsink, Vincent	Ås-NMBU Orientering				1:05:36 + 24:16		127.27			
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38 Saugestad, Fredrik	Nydalens SK	1:08:03 + 26:43	126.33								
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39 Grandum, Øyvind	IL GeoForm	1:09:36 + 28:16	125.73								
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40 Berge, Ketil	Vestre Akers SK	1:09:57 + 28:37	125.59								
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41 Skantze, Kjersti	IL Tyrving	1:10:32 + 29:12	125.37								
06:29-30	11:47-30	18:53-37	26:11-39	34:37-42	37:40-44	42:23-43	47:50-38	55:29-43	60:12-43	66:59-43	70:32-45
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42 Mella, Sigurd Hobøl	Oppsal Orientering	1:10:46 + 29:26	125.28								
06:50-33	17:48-66	24:42-62	35:20-63	43:20-62	45:40-61	50:25-57	54:55-54	59:54-51	63:03-46	68:16-47	70:46-46
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02:27&	07:33@	02:53&	07:02@	03:21&	00:41&	02:04&	00:42#	01:38&	00:25#	01:40&	02:36&
43 Dybwad, Jacob	VBIL	1:10:55 + 29:35	125.22								
07:57-48	13:07-41	20:42-43	26:37-42	33:56-37	36:32-38	44:42-47	51:08-48	57:58-45	62:22-44	68:14-46	70:55-47
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03:34&	01:45&	03:34&	02:19&	02:40&	00:57&	05:29@	02:38&	03:29@	01:40&	02:19&	00:47&
44 Løken, Knut Anders	Fossum IF	1:11:16 + 29:56	125.09								
06:23-28	11:12-27	18:38-35	25:44-38	34:56-43	36:35-40	41:52-40	48:27-41	54:45-39	59:48-41	68:07-45	71:16-48
06:23-28	04:49-32	07:26-54	07:06-54	09:12-55	01:39-1	05:17-50	06:35-49	06:18-50	05:03-57	08:19-61	03:09-38
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45 Hultgreen, Wenche	IL Tyrving	1:11:43 + 30:23	124.91								
06:51-34	12:51-39	22:35-52	27:44-47	35:13-47	37:40-45	42:34-44	48:22-40	54:08-38	58:15-38	67:23-44	71:43-49
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46 Danielsen, Berit	IL Tyrving	1:12:05 + 30:45	124.77								
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02:52&	03:16&	02:03&	09:08@	03:20&	01:09&	01:32&	01:52&	02:14&	01:28&	02:16&	01:11&
47 Rikheim, Harald	Privat	1:13:01 + 31:41	124.41								
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48 Vogt, Amund Kortner	Østmarka OK	1:14:51 + 33:31	123.71								
08:04-50	17:35-63	24:24-59	30:25-53	39:14-49	42:17-52	47:13-50	54:07-50	59:40-49	63:56-48	71:09-50	74:51-52
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49 Vogt, Heidi	Østmarka OK	1:15:02 + 33:42	123.64								
08:14-53	17:39-64	24:25-60	30:29-54	39:16-50	42:22-53	47:13-49	54:10-51	59:45-50	63:59-49	71:14-51	75:02-53
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03:51&	06:00@	02:45&	02:28&	04:08&	01:27&	02:10&	03:09&	02:14&	01:30&	03:42@	01:54@
50 Kalleon, Mari	Oppsal Orientering	1:15:49 + 34:29	123.34								
08:34-55	15:32-58	23:05-57	31:24-58	39:54-54	42:31-54	47:49-52	54:49-53	60:32-52	65:16-51	72:53-53	75:49-54
08:34-55	06:58-60	07:33-58	08:19-63	08:30-43	02:37-35	05:18-51	07:00-58	05:43-40	04:44-52	07:37-56	02:56-33
04:11&	03:33@	03:32&	04:43@	03:51&	00:58&	02:37&	03:12&	02:22&	02:00&	04:04@	01:02&
51 Christensen, Petter	VBIL	1:17:21 + 36:01	122.75								
08:18-54	14:49-50	22:26-51	29:38-52	39:34-53	42:42-55	48:43-54	56:41-56	62:46-54	67:25-52	74:07-54	77:21-55
08:18-54	06:31-55	07:37-60	07:12-55	09:56-62	03:08-59	06:01-59	07:58-62	06:05-45	04:39-49	06:42-46	03:14-41
03:55&	03:06&	03:36&	03:36@	05:17@	01:29&	03:20@	04:10@	02:44&	01:55&	03:09&	01:20&
52 Clasen, Claus Frimann	Lyberg & Partnere	1:17:22 + 36:02	122.74								
10:00-64	15:44-59	21:46-48	30:30-55	40:09-55	42:51-56	50:29-58	57:16-58	62:29-53	68:04-53	74:51-55	77:22-56
10:00-64	05:44-49	06:02-32	08:44-65	09:39-61	02:42-39	07:38-65	06:47-55	05:13-31	05:35-61	06:47-48	02:31-14
05:37@	02:19&	02:01&	05:08@	05:00@	01:03&	04:57@	02:59&	01:52&	02:51@	03:14&	00:37&
53 Angell, Truls	Lillomarka OL	1:17:43 + 36:23	122.61								
06:22-26	16:16-60	22:49-55	30:51-56	39:17-51	42:02-51	48:17-53	54:16-52	59:27-48	63:59-50	72:07-52	77:43-57
06:22-26	09:54-68	06:33-39	08:02-62	08:26-41	02:45-42	06:15-61	05:59-41	05:11-29	04:32-44	08:08-60	05:36-68
01:59&	06:29@	02:32&	04:26@	03:47&	01:06&	03:34@	02:11&	01:50&	01:48&	04:35@	03:42@
54 Horvath, Zoltan	VBIL	1:18:14 + 36:54	122.41								
09:49-63	15:18-57	22:57-56	29:38-51	40:48-58	43:55-59	49:42-55	57:05-57	64:02-55	68:32-54	75:02-56	78:14-58
09:49-63	05:29-45	07:39-61	06:41-50	11:10-65	03:07-58	05:47-57	07:23-61	06:57-53	04:30-43	06:30-42	03:12-39
05:26@	02:04&	03:38&	03:05&	06:31@	01:28&	03:06@	03:35&	03:36@	01:46&	02:57&	01:18&
55 Defrasne, Christophe	Privat	1:19:10 + 37:50	122.05								
08:06-51	14:59-52	26:44-64	32:43-60	42:16-59	44:34-60	49:46-56	56:22-55	64:56-57	69:28-55	76:07-57	79:10-59
08:06-51	06:53-59	11:45-66	05:59-36	09:33-60	02:18-15	05:12-47	06:36-52	08:34-59	04:32-44	06:39-44	03:03-35
03:43&	03:28@	07:44@	02:23&	04:54@	00:39&	02:31&	02:48&	05:13@	01:48&	03:06&	01:09&
56 Ødegaard, Morten	Lillomarka OL	1:21:17 + 39:57	121.23								
25:34-70	29:18-69	36:12-68	41:37-66	47:39-64	49:45-65	54:15-61	60:16-60	65:29-58	72:23-57	78:50-58	81:17-60
25:34-70	03:44-7	06:54-46	05:25-24	06:02-6	02:06-5	04:30-32	06:01-42	05:13-31	06:54-63	06:27-41	02:27-7
21:11@	00:19+	02:53&	01:49&	01:23&	00:27&	01:49&	02:13&	01:52&	04:10@	02:54&	00:33&
57 Gjerding, Roy	OK Moss	1:25:26 + 44:06	119.64								
08:42-56	15:06-55	22:37-53	28:56-48	42:29-60	45:49-62	51:15-59	59:32-59	66:50-59	71:30-56	81:07-60	85:26-61
08:42-56	06:24-54	07:31-57	06:19-44	13:33-68	03:20-65	05:26-53	08:17-63	07:18-56	04:40-50	09:37-65	04:19-64
04:19&	02:59&	03:30&	02:43&	08:54@	01:41@	02:45@	04:29@	03:57@	01:56&	06:04@	02:25@
58 Jorde, Hans Kristian	AAJ	1:25:59 + 44:39	119.43								
06:42-32	14:28-49	20:44-44	26:44-44	35:00-44	37:36-43	41:36-38	48:53-44	64:29-56	73:54-58	81:02-59	85:59-62
06:42-32	07:46-64	06:16-36	06:00-39	08:16-38	02:36-31	04:00-21	07:17-60	15:36-64	09:25-64	07:08-52	04:57-66
02:19&	04:21@	02:15&	02:24&	03:37&	00:57&	01:19&	03:29&	12:15@	06:41@	03:35@	03

02:13&	00:45#	15:23@	04:05@	07:02@	01:38&	03:45@	01:30&	05:24@	01:27&	03:51@	00:51&
60	Arne, Kongsnes		IL Snøhetta		1:30:55 + 49:35				117.53		
09:40-62	15:05-54	22:23-50	29:01-50	37:37-48	40:55-49	63:59-68	70:12-65	76:51-62	81:25-61	87:07-62	90:55-64
09:40-62	05:20-43	07:18-51	06:38-49	08:36-44	03:18-64	23:04-69	06:13-43	06:39-51	04:34-46	05:42-28	03:48-55
05:17@	02:00&	03:17&	03:02&	03:57&	01:39@	20:23@	02:25&	03:18&	01:50&	02:09&	01:54@
61	Bjordal, Roar		Oppsal Orientering		1:33:42 + 52:22				116.46		
08:46-57	16:19-61	24:39-61	31:36-59	43:08-61	46:52-63	53:34-60	68:27-64	75:51-61	81:14-60	89:57-64	93:42-66
08:46-57	07:33-62	08:20-63	06:57-53	11:32-66	03:44-67	06:42-64	14:53-67	07:24-57	05:23-59	08:43-63	03:45-52
04:23@	04:08@	04:19@	03:21&	06:53@	02:05@	04:01@	11:05@	04:03@	02:39&	05:10@	01:51&
62	Ytternes, Celine		Nordre Follo Orientering		1:38:20 + 57:00				114.68		
10:20-65	24:55-68	31:31-66	43:46-68	54:26-68	57:40-68	63:49-67	70:56-66	81:55-63	86:47-62	94:32-65	98:20-67
10:20-65	14:35-70	06:36-40	12:15-67	10:40-64	03:14-61	06:09-60	07:07-59	10:59-62	04:52-54	07:45-57	03:48-55
05:57@	11:10@	02:35&	08:39@	06:01@	01:35&	03:28@	03:19&	07:38@	02:08&	04:12@	01:54@
63	Toverud, Anna Lina		Nordre Follo Orientering		1:42:20 +1:01:00				113.14		
23:26-69	30:14-70	49:34-69	55:40-69	64:18-69	67:03-70	71:56-69		85:52-65	91:15-65	98:07-66	102:20-68
23:26-69	06:48-58	19:20-68	06:06-42	08:38-46	02:45-42	04:53-40			05:23-59	06:52-51	04:13-63
19:03@	03:23&	15:19@	02:30&	03:59&	01:06&	02:12&			02:39&	03:19&	02:19@
64	Nydal, Roar		Røyken OL		1:44:29 +1:03:09				112.31		
14:03-68	22:48-67	35:57-67	43:18-67	51:17-66	54:11-67	62:15-65	71:58-67	83:38-64	88:54-63	100:43-68	104:29-69
14:03-68	08:45-65	13:09-67	07:21-58	07:59-30	02:54-49	08:04-66	09:43-66	11:40-63	05:16-58	11:49-66	03:46-53
09:40@	05:20@	09:08@	03:45@	03:20&	01:15&	05:23@	05:55@	08:19@	02:32&	08:16@	01:52&
65	Tho, Kjersti		Stabæk IF		2:02:35 +1:21:15				105.35		
12:02-67	17:44-65	25:29-63	32:43-61	54:25-67	58:14-69	63:36-66	87:40-68	104:05-66	110:43-66	118:34-69	122:35-71
12:02-67	05:42-47	07:45-62	07:14-56	21:42-69	03:49-68	05:22-52	24:04-68	16:25-65	06:38-62	07:51-58	04:01-61
07:39@	02:17&	03:44&	03:38@	17:03@	02:10@	02:41@	20:16@	13:04@	03:54@	04:18@	02:07@
DSQ	Berg, Hallvard		IL Tyrving		0:51:31 (-1 poster)				95.45		
05:21-6	09:52-12	15:03-12	19:46-11	26:09-11	28:21-12	32:11-11	37:34-12		44:15-9	48:42-9	51:31-9
05:21-6	04:31-25	05:11-13	04:43-13	06:23-12	02:12-11	03:50-16	05:23-25		04:27-4	02:49-26	
00:58#	01:06&	01:10&	01:07&	01:44&	00:33&	01:09&	01:35&		00:54&	00:55&	
DSQ	Sigurdson, Roar		Ringnes BIL		1:08:36 (-1 poster)				95.45		
09:12-61	14:23-48	21:30-47	27:05-46	34:26-41	36:45-41	42:16-41	48:50-43	57:44-44		65:14-40	68:36-42
09:12-61	05:11-38	07:07-50	05:35-26	07:21-20	02:19-17	05:31-56	06:34-48	08:54-61			03:22-45
04:49@	01:46&	03:06&	01:59&	02:42&	00:40&	02:50@	02:46&	05:33@			01:28&
DSQ	Rørlien, Anne Berit		Fossum IF		1:45:08 (-1 poster)				95.45		
07:35-43	15:16-56	22:43-54	31:03-57	40:21-56	43:36-58	57:03-63	65:40-63		91:02-64	99:06-67	105:08-70
07:35-43	07:41-63	07:27-56	08:20-64	09:18-56	03:15-62	13:27-68	08:37-64		08:04-59	06:02-69	
03:12&	04:16@	03:26&	04:44@	04:39@	01:36&	10:46@	04:49@		04:31@	04:08@	
DSQ	Skantzze, Don		IL Tyrving		1:32:30 (-2 poster)				90.91		
10:45-66	17:19-62	23:12-58	36:19-64	45:15-63	49:19-64	55:34-62	64:39-62		88:43-63	92:30-65	
10:45-66	06:34-56	05:53-29	13:07-69	08:56-53	04:04-69	06:15-61	09:05-65			03:47-54	
06:22@	03:09&	01:52&	09:31@	04:17&	02:25@	03:34@	05:17@			01:53&	
DSQ	Strand, Tove		Måren OK		0:53:07 (-3 poster)				86.36		
08:56-59	15:00-53			22:19-2	27:49-2	34:28-7	39:39-7	43:08-7	48:09-7	53:07-13	
08:56-59	06:04-51				05:30-55	06:39-54	05:11-29	03:29-19	05:01-13	04:58-67	
04:33@	02:39&				02:49@	02:51&	01:50&	00:45&	01:28&	03:04@	
DSQ	Kalleson, Tina		Oppsal Orientering		1:06:31 (-5 poster)				77.27		
06:01-19	10:26-20	16:52-22	23:15-25	31:55-30	34:39-30					66:31-40	
06:01-19	04:25-22	06:26-37	06:23-46	08:40-47	02:44-41						
01:38&	01:00&	02:25&	02:47&	04:01&	01:05&						
	Feiring, Hege		IL Tyrving		DELTATT				50.00		
	Flemming, Øystein		Årvoll IL		DELTATT				50.00		

Strekktider Kort

Plass	Navn	Klubb	Tid	Poeng					
1	Berteig, Vidar	IL GeoForm	0:36:01 + 00:00	121.79					
	04:07-1	07:46-1	11:52-1	15:10-1	20:12-1	24:30-1	27:18-1	33:32-1	36:01-1
	04:07-1	03:39-2	04:06-1	03:18-1	05:02-2	04:18-1	02:48-1	06:14-1	02:29-1
	00:00=	00:21#	00:00=	00:00=	00:02+	00:00=	00:00=	00:00=	00:00=
2	Petersen, John Thomas	Nittedal OL	0:43:55 + 07:54	119.99					
			43:55-2						
3	Sikkeland, Solveig	IL Tyrving	0:44:32 + 08:31	119.85					
			44:32-3						
4	Klaveness, Peter	Måren OK	0:46:46 + 10:45	119.34					
	05:46-10	09:31-5	15:09-3	19:13-2	25:42-2	30:45-2	34:05-2	43:01-2	46:46-4
	05:46-9	03:45-3	05:38-4	04:04-2	06:29-6	05:03-2	03:20-3	08:56-13	03:45-10
	01:39&	00:27#	01:32&	00:46#	01:29&	00:45#	00:32#	02:42&	01:16&
5	Stenstadvoild, Kjell	IL Tyrving	0:48:03 + 12:02	119.04					
	04:59-2	09:08-3	18:01-8	22:26-8	28:36-6	34:06-5	37:21-3	44:48-3	48:03-5
	04:59-2	04:09-6	08:53-17	04:25-9	06:10-5	05:30-5	03:15-2	07:27-6	03:15-3
	00:52#	00:51&	04:47@	01:07&	01:10#	01:12&	00:27#	01:13#	00:46&
6	Holten, Alma Rygh	Nydalens SK	0:48:11 + 12:10	119.01					
	06:13-13	10:11-6	18:27-9	22:36-9	28:37-7	34:00-4	37:54-6	44:53-4	48:11-6
	06:13-13	03:58-5	08:16-12	04:09-4	06:01-3	05:23-3	03:54-9	06:59-3	03:18-4
	02:06&	00:40#	04:10@	00:51&	01:01#	01:05&	01:06&	00:45#	00:49&
7	Holten, Marie Rygh	Nydalens SK	0:48:23 + 12:22	118.97					
	06:24-14	10:20-7	18:36-10	22:42-10	28:45-8	34:08-6	38:03-7	45:02-6	48:23-7

30	Solhjell, Kaare			Privat			1:20:39 + 44:38	111.61
11:23-27	18:18-28	26:09-21	36:20-25	45:56-24	55:08-23	63:39-28	75:16-27	80:39-30
11:23-27	06:55-25	07:51-9	10:11-29	09:36-26	09:12-23	08:31-28	11:37-25	05:23-22
07:16@	03:37@	03:45&	06:53@	04:36&	04:54@	05:43@	05:23&	02:54@
31	Nydal, Anne Moian			Røyken OL			1:23:51 + 47:50	110.88
07:40-20	14:06-21	23:08-17	29:44-19	42:01-22	51:02-22	61:39-25	76:39-28	83:51-31
07:40-20	06:26-24	09:02-18	06:36-27	12:17-29	09:01-21	10:37-29	15:00-29	07:12-28
03:33&	03:08&	04:56@	03:18@	07:17@	04:43@	07:49@	08:46@	04:43@
32	Jenseth, Stina			Privat			1:28:34 + 52:33	109.81
14:24-30	27:48-30	38:52-29	44:50-29	55:40-29	69:48-29	74:48-29	84:26-29	88:34-32
14:24-30	13:24-30	11:04-23	05:58-26	10:50-27	14:08-28	05:00-15	09:38-17	04:08-13
10:17@	10:06@	06:58@	02:40&	05:50@	09:50@	02:12&	03:24&	01:39&
DSQ	Hangeraa, Knut Kristen			IL GeoForm			2:06:05 (-1 poster)	93.75
12:16-28	23:10-29		45:59-30	62:54-30	77:12-30	92:26-30	118:28-30	126:05-33
12:16-28	10:54-29			16:55-30	14:18-29	15:14-30	26:02-30	07:37-30
08:09@	07:36@			11:55@	10:00@	12:26@	19:48@	05:08@