

Strekktider Grankvisten 23. oktober 2021

Klasse: Åpen N

215	216	217	218	200	90		
	Tor Simonsen					OK Øst	35:47
7:24 (4)	13:22 (3)	18:54 (2)	23:23 (2)	29:59 (2)	35:59 (2)		
7:24 (4)	5:58 (2)	5:32 (6)	4:29 (3)	6:36 (4)	6:00 (6)		
+2:00	+1:14	+0:42	+1:18	+1:56	+1:59		
	Liv Simonsen					OK Øst	38:36
7:55 (6)	14:48 (6)	19:53 (4)	25:18 (4)	32:43 (4)	38:48 (5)		
7:55 (6)	6:53 (6)	5:05 (3)	5:25 (6)	7:25 (6)	6:05 (8)		
+2:31	+2:09	+0:15	+2:14	+2:45	+2:04		
	Jonas Debald					Østmarka OK	39:01
5:24 (1)	19:52 (8)	25:01 (7)	28:44 (7)	35:04 (6)	39:05 (6)		
5:24 (1)	14:28 (10)	5:09 (4)	3:43 (2)	6:20 (2)	4:01 (1)		
0:00	+9:44	+0:19	+0:32	+1:40	0:00		
	Thorine Marie Setså					Østmarka OK	33:38
6:57 (3)	13:20 (2)	18:10 (1)	22:54 (1)	29:18 (1)	33:38 (1)		
6:57 (3)	6:23 (4)	4:50 (1)	4:44 (4)	6:24 (3)	4:20 (2)		
+1:33	+1:39	0:00	+1:33	+1:44	+0:19		
	Linus Svensvik					Østmarka OK	43:35
8:59 (8)	16:13 (7)	22:31 (6)	28:07 (6)	37:28 (7)	43:59 (7)		
8:59 (8)	7:14 (7)	6:18 (7)	5:36 (7)	9:21 (8)	6:31 (10)		
+3:35	+2:30	+1:28	+2:25	+4:41	+2:30		
	Ingrid Ruud Tednes					Østmarka OK	37:12
8:13 (7)	14:32 (5)	20:03 (5)	25:23 (5)	32:48 (5)	37:26 (4)		
8:13 (7)	6:19 (3)	5:31 (5)	5:20 (5)	7:25 (6)	4:38 (3)		
+2:49	+1:35	+0:41	+2:09	+2:45	+0:37		
	Stian Lillegård					Lillomarka OL	47:02
6:03 (2)	10:47 (1)	33:33 (10)	36:44 (8)	41:24 (8)	47:01 (8)		
6:03 (2)	4:44 (1)	22:46 (10)	3:11 (1)	4:40 (1)	5:37 (5)		
+0:39	0:00	+17:56	0:00	0:00	+1:36		
	Ole Holt					Østmarka OK	1:03:36
9:26 (9)	21:01 (10)	28:54 (9)	37:01 (9)	50:55 (9)	56:56 (9)		
9:26 (9)	11:35 (9)	7:53 (9)	8:07 (9)	13:54 (9)	6:01 (7)		
+4:02	+6:51	+3:03	+4:56	+9:14	+2:00		
	Ragnhild Brevik					Østmarka OK	36:52
7:30 (5)	14:14 (4)	19:13 (3)	24:54 (3)	31:59 (3)	36:52 (3)		
7:30 (5)	6:44 (5)	4:59 (2)	5:41 (8)	7:05 (5)	4:53 (4)		
+2:06	+2:00	+0:09	+2:30	+2:25	+0:52		
	Emil Purnell					Østmarka OK	57:31
9:42 (10)	20:59 (9)	28:41 (8)	37:05 (10)	51:04 (10)	57:31 (10)		
9:42 (10)	11:17 (8)	7:42 (8)	8:24 (10)	13:59 (10)	6:27 (9)		
+4:18	+6:33	+2:52	+5:13	+9:19	+2:26		
	Even Vogt Kortner					Østmarka OK	45:30
	Line Debald					Østmarka OK	39:21

Klasse: D 11-12

215	216	217	218	200	90		
	Iben Svensvik					Østmarka OK	36:07
4:59 (1)	21:35 (2)	24:51 (1)	28:24 (1)	32:23 (1)	36:08 (1)		
4:59 (1)	16:36 (2)	3:16 (1)	3:33 (2)	3:59 (1)	3:45 (1)		
0:00	+11:58	0:00	+0:22	0:00	0:00		
	Linnea Green					Østmarka OK	45:35
5:33 (2)	10:11 (1)	33:37 (2)	36:48 (2)	41:22 (2)	45:35 (2)		
5:33 (2)	4:38 (1)	23:26 (2)	3:11 (1)	4:34 (2)	4:13 (2)		
+0:34	0:00	+20:10	0:00	+0:35	+0:28		

Klasse: H 11-12

215	216	217	218	200	90		
	Magnus Sveum Trøhaugen					Østmarka OK	41:08

6:48 (1)	14:15 (1)	20:40 (1)	26:19 (1)	35:47 (1)	41:08 (1)
6:48 (1)	7:27 (1)	6:25 (1)	5:39 (1)	9:28 (1)	5:21 (1)
0:00	0:00	0:00	0:00	0:00	0:00

Klasse: Åpen-C

213	214	216	200	90		
1	Leonie Svensvik				Østmarka OK	1:43:44
20:39 (1)	1:02:09 (3)	1:28:14 (3)	1:40:58 (3)	1:43:44 (2)		
20:39 (1)	41:30 (3)	26:05 (1)	12:44 (1)	2:46 (1)		
0:00	+10:41	0:00	0:00	0:00		
1	Solveig Ruud Tednes				Østmarka OK	1:43:44
22:51 (3)	53:40 (1)	1:23:59 (2)	1:40:54 (2)	1:43:44 (2)		
22:51 (3)	30:49 (1)	30:19 (3)	16:55 (3)	2:50 (2)		
+2:12	0:00	+4:14	+4:11	+0:04		
3	Amund Kortner				Østmarka OK	1:43:53
22:45 (2)	53:44 (2)	1:23:51 (1)	1:40:38 (1)	1:43:42 (1)		
22:45 (2)	30:59 (2)	30:07 (2)	16:47 (2)	3:04 (3)		
+2:06	+0:10	+4:02	+4:03	+0:18		
4	Ping Ouyang				Østmarka OK	4:33:16
35:45 (4)	2:16:01 (4)	3:53:56 (4)	4:22:56 (4)	4:33:16 (4)		
35:45 (4)	1:40:16 (4)	1:37:55 (4)	29:00 (4)	10:20 (4)		
+15:06	+1:09:27	+1:11:50	+16:16	+7:34		

Klasse: D 13-16

209	210	211	212	200	90	
1	Martine Arntzen Haug					Østmarka OK
19:27 (1)	29:37 (1)	38:19 (1)	50:48 (1)	1:06:39 (1)	1:09:35 (1)	
19:27 (1)	10:10 (1)	8:42 (1)	12:29 (1)	15:51 (2)	2:56 (1)	
0:00	0:00	0:00	0:00	+2:41	0:00	
2	Ellen Margrete Stubban Hygen					Østmarka OK
22:35 (2)	36:12 (2)	47:29 (2)	1:00:56 (2)	1:14:06 (2)	1:18:01 (2)	
22:35 (2)	13:37 (2)	11:17 (2)	13:27 (2)	13:10 (1)	3:55 (2)	
+3:08	+3:27	+2:35	+0:58	0:00	+0:59	

Klasse: H 13-16

209	210	211	212	200	90	
1	Andreas Sandernes					Østmarka OK
17:07 (1)	29:57 (1)	38:02 (1)	50:48 (1)	1:06:32 (1)	1:09:17 (1)	
17:07 (1)	12:50 (1)	8:05 (1)	12:46 (1)	15:44 (1)	2:45 (1)	
0:00	0:00	0:00	0:00	0:00	0:00	

Klasse: Damer A Kort

209	210	211	212	200	90	
1	Heidi Vogt					Østmarka OK
19:07 (1)	29:28 (1)	38:29 (1)	49:50 (1)	1:02:17 (1)	1:05:43 (1)	
19:07 (1)	10:21 (1)	9:01 (1)	11:21 (1)	12:27 (2)	3:26 (2)	
0:00	0:00	0:00	0:00	+0:49	+0:04	
2	Julie Berntzen					Fet OL
22:38 (2)	38:32 (2)	49:34 (2)	1:06:15 (3)	1:17:53 (2)	1:21:29 (2)	
22:38 (2)	15:54 (2)	11:02 (3)	16:41 (3)	11:38 (1)	3:36 (3)	
+3:31	+5:33	+2:01	+5:20	0:00	+0:14	
3	Hilde Jarstadmarken					Østmarka OK
23:30 (3)	39:29 (3)	50:13 (3)	1:04:07 (2)	1:21:04 (3)	1:24:26 (3)	
23:30 (3)	15:59 (3)	10:44 (2)	13:54 (2)	16:57 (4)	3:22 (1)	
+4:23	+5:38	+1:43	+2:33	+5:19	0:00	
4	Ingrid Nerموen					Østmarka OK
28:01 (4)	52:23 (4)	1:07:07 (4)	1:24:23 (4)	1:41:32 (4)	1:45:28 (4)	
28:01 (4)	24:22 (4)	14:44 (4)	17:16 (4)	17:09 (5)	3:56 (4)	
+8:54	+14:01	+5:43	+5:55	+5:31	+0:34	
5	Katrine Holen					Østmarka OK
57:35 (5)	1:24:03 (5)	1:40:34 (5)	2:02:40 (5)	2:17:37 (5)	2:22:44 (5)	
57:35 (5)	26:28 (7)	16:31 (5)	22:06 (5)	14:57 (3)	5:07 (6)	
+38:28	+16:07	+7:30	+10:45	+3:19	+1:45	
6	Kristin Stubban Hygen					Østmarka OK
59:07 (7)	1:24:28 (7)	1:45:17 (7)	2:30:00 (6)	2:51:12 (6)	2:56:16 (6)	
59:07 (7)	25:21 (5)	20:49 (6)	44:43 (6)	21:12 (7)	5:04 (5)	

28:08 (10) 43:22 (10) 55:29 (10) 1:12:44 (10) 1:27:46 (10) 1:32:12 (10)
 28:08 (10) 15:14 (7) 12:07 (9) 17:15 (9) 15:02 (10) 4:26 (11)
 +8:56 +5:12 +4:17 +7:36 +8:28 +2:03

11 Kai Halvorsen Aarekol Siemens 1:44:42
 30:18 (11) 50:02 (11) 1:07:16 (11) 1:24:43 (11) 1:40:30 (11) 1:44:42 (11)
 30:18 (11) 19:44 (11) 17:14 (11) 17:27 (10) 15:47 (11) 4:12 (10)
 +11:06 +9:42 +9:24 +7:48 +9:13 +1:49

Klasse: Herrer A Mellom

206	207	208	209	210	211	212	200	90	
1	Tom Bergan					Fet OL			1:50:16
33:01 (1)	41:40 (1)	50:26 (1)	1:11:31 (1)	1:20:34 (1)	1:28:30 (1)	1:38:37 (1)	1:48:05 (1)	1:51:15 (1)	
33:01 (1)	8:39 (1)	8:46 (1)	21:05 (1)	9:03 (1)	7:56 (1)	10:07 (1)	9:28 (2)	3:10 (2)	
0:00	0:00	0:00	0:00	0:00	0:00	0:00	+0:37	+0:09	
2	Henry Michael Ødegård					OK Øst			1:53:30
								161:36:40	
								0:00	
								0:00	
3	Håvar Brevik					Østmarka OK			2:13:13
35:06 (3)	44:58 (2)	1:00:50 (2)	1:24:57 (2)	1:37:18 (2)	1:50:11 (2)	2:02:26 (2)	2:11:17 (2)	2:14:18 (2)	
35:06 (3)	9:52 (2)	15:52 (5)	24:07 (2)	12:21 (2)	12:53 (5)	12:15 (2)	8:51 (1)	3:01 (1)	
+2:05	+1:13	+7:06	+3:02	+3:18	+4:57	+2:08	0:00	0:00	
4	Bjørn Christensen					Østmarka OK			2:41:59
51:15 (6)	1:05:00 (4)	1:18:10 (4)	1:47:41 (4)	2:03:44 (3)	2:13:25 (3)	2:27:52 (3)	2:38:57 (3)	2:43:01 (3)	
51:15 (6)	13:45 (4)	13:10 (4)	29:31 (4)	16:03 (3)	9:41 (2)	14:27 (4)	11:05 (5)	4:04 (6)	
+18:14	+5:06	+4:24	+8:26	+7:00	+1:45	+4:20	+2:14	+1:03	
5	Lorant Farkas					Østmarka OK			2:44:25
44:07 (4)	54:59 (3)	1:05:45 (3)	1:32:42 (3)	2:06:57 (4)	2:16:54 (4)	2:30:41 (4)	2:41:27 (4)	2:45:16 (4)	
44:07 (4)	10:52 (3)	10:46 (2)	26:57 (3)	34:15 (6)	9:57 (3)	13:47 (3)	10:46 (4)	3:49 (5)	
+11:06	+2:13	+2:00	+5:52	+25:12	+2:01	+3:40	+1:55	+0:48	
6	Hans Olav Hygen					Østmarka OK			2:54:13
50:01 (5)	1:08:24 (5)	1:21:32 (5)	1:54:38 (5)	2:10:56 (5)	2:22:08 (5)	2:38:31 (5)	2:51:55 (5)	2:55:22 (5)	
50:01 (5)	18:23 (5)	13:08 (3)	33:06 (5)	16:18 (4)	11:12 (4)	16:23 (5)	13:24 (6)	3:27 (3)	
+17:00	+9:44	+4:22	+12:01	+7:15	+3:16	+6:16	+4:33	+0:26	
7	Jakob Gilljam					Østmarka OK			3:28:40
52:16 (7)	1:18:59 (6)	1:43:32 (6)	2:19:38 (6)	2:41:50 (6)	2:55:57 (6)	3:15:08 (6)	3:25:47 (6)	3:29:33 (6)	
52:16 (7)	26:43 (6)	24:33 (6)	36:06 (6)	22:12 (5)	14:07 (6)	19:11 (6)	10:39 (3)	3:46 (4)	
+19:15	+18:04	+15:47	+15:01	+13:09	+6:11	+9:04	+1:48	+0:45	

Klasse: Herrer A Lang

201	202	203	204	205	206	207	208	209	210	211	212	200	90
1	Knut E. Helland					Østmarka OK							
15:39 (1)	34:14 (1)	48:32 (1)	53:21 (1)	1:11:40 (1)	1:35:38 (1)	1:45:08 (1)	1:54:16 (1)	2:15:57 (1)	2:26:05 (1)	2:36:57 (1)	2:48:28 (1)	2:58:20 (1)	3:01:47 (1)
15:39 (1)	18:35 (1)	14:18 (1)	4:49 (1)	18:19 (1)	23:58 (2)	9:30 (1)	9:08 (1)	21:41 (1)	10:08 (1)	10:52 (2)	11:31 (1)	9:52 (1)	3:27 (2)
0:00	0:00	0:00	0:00	0:00	+1:17	0:00	0:00	0:00	0:00	+0:40	0:00	0:00	+0:02
2	Magnus Woxholt-Jensen					Nydalen SK							
21:47 (2)	45:36 (2)	1:17:23 (2)	1:22:42 (2)	1:42:15 (2)	2:04:56 (2)	2:17:48 (2)	2:28:53 (2)	2:59:14 (2)	3:13:32 (2)	3:23:44 (2)	3:39:00 (2)	3:56:21 (2)	3:59:46 (2)
21:47 (2)	23:49 (2)	31:47 (2)	5:19 (2)	19:33 (2)	22:41 (1)	12:52 (2)	11:05 (2)	30:21 (2)	14:18 (2)	10:12 (1)	15:16 (2)	17:21 (2)	3:25 (1)
+6:08	+5:14	+17:29	+0:30	+1:14	0:00	+3:22	+1:57	+8:40	+4:10	0:00	+3:45	+7:29	0:00

Arrangør: Østmarka OK

Antall deltagere: 53