

OSI Rankingsløp 16

Dato/sted: 30. oktober 2021 - Skar
Kart: Fagervann
Arr: OSI v/Lenny Enström, Christin Vangen og Øivind Due Trier
Antall: Totalt: 130 (GeoForm: 10, OSI: 2, DNV/ESSO: 6, Andre: 112)
Løpsrapport: Alder: 21-: 126, 17-20: 0, 13-16: 4, 0-12: 0
Startkont: kr. 50: 108 kr. 30: 22 kr. 0: 0
Betalt: kr. 50: 108 kr. 30: 16 kr. 0: 6
Leiebrikker: 7 stk

Resultater: [Lang\(27\)](#) | [Mellom\(64\)](#) | [Kort\(39\)](#) | [Grafisk](#)
Strekketider: [Lang\(27\)](#) | [Mellom\(64\)](#) | [Kort\(39\)](#)

Resultater Lang (6,0 km)

Plass	Navn	Klubb	Tid	Poeng
1	Pettersen, Øystein	Nydalens SK	0:52:15 + 00:00	151,86
2	Wettergreen, Morten	Fossum IF	0:54:28 + 02:13	150,88
3	Prydz, Espen Beer	Heming Orientering	0:54:42 + 02:27	150,77
4	Olausson, Mikael	Oslostudentenes IK	0:59:34 + 07:19	148,62
5	Schlaupitz, Holger	IL GeoForm	1:01:15 + 09:00	147,87
6	Henriksen, Jan Tore	Norges Bank BIL	1:01:51 + 09:36	147,61
7	Selvig, Sindre	Emblem	1:01:57 + 09:42	147,56
8	Bårtveit, Knut	Bø OL	1:03:11 + 10:56	147,02
9	Lesteberg, Ola	Kongsberg OL	1:03:57 + 11:42	146,68
10	Iwe, Harald	IL GeoForm	1:04:49 + 12:34	146,29
11	Aarseth, Lars-Ivar	Nydalens SK	1:05:00 + 12:45	146,21
12	Modalsli, Kjetil	Fossum IF	1:06:41 + 14:26	145,47
13	Berstad, Audun	Heming Orientering	1:07:23 + 15:08	145,16
14	Systad, Rolv Anders	Lyn Ski	1:09:16 + 17:01	144,32
15	Ring, Stefan	Statnett BIL	1:10:19 + 18:04	143,86
16	Heitmann, Ståle	Fossum IF	1:10:43 + 18:28	143,68
17	Stenshorne, Per Kristian	Nydalens SK	1:10:45 + 18:30	143,67
18	Saugestad, Frederik	Nydalens SK	1:11:00 + 18:45	143,55
19	Onsager, Knut	IL GeoForm	1:13:59 + 21:44	142,23
20	Utskarpen, Audrun	IL GeoForm	1:17:03 + 24:48	140,87
21	Haugland, Øyvind	Privat	1:17:19 + 25:04	140,76
22	McAdam, Martin Ekholt	Privat	1:21:06 + 28:51	139,08
23	Fløtre, Daniel	Eiker OL	1:22:52 + 30:37	138,30
24	Johansen, Frode	Equinor BIL	1:27:47 + 35:32	136,12
25	Fagerhaug, Are	IL GeoForm	1:35:55 + 43:40	132,52
26	Grandum, Øyvind	IL GeoForm	1:40:50 + 48:35	130,34
DSQ	Kristiansen, Roy	Roykri travel	1:03:25 (-1 poster)	96,67

Resultater Mellom (4,2 km)

Class	Navn	Klubb	Tid	Poeng
1	Östgren, Björn Mo	IL GeoForm	0:38:48 + 00:00	136,24
2	Aubert, Espen	Daimyo	0:39:55 + 01:07	135,77
3	Låg, Steinar	VBIL	0:40:07 + 01:19	135,69
4	Helland, Knut	Østmarka OK	0:44:50 + 06:02	133,71
5	Teigland, Rune	Østmarka OK	0:45:06 + 06:18	133,60
6	Due, Morten	Måren OK	0:45:22 + 06:34	133,49
7	Kongsnes, Vemund	Østmarka OK	0:45:24 + 06:36	133,47
8	Nasset Ramtvedt, Eirik	Oslostudentenes IK	0:45:37 + 06:49	133,38
9	Grandal, Bjørn Henning	IL Tyrving	0:46:14 + 07:26	133,12
10	Gunnes, Inge	Norconsult	0:46:21 + 07:33	133,07
11	Lian, Odd Arne	IL Koll	0:47:22 + 08:34	132,65
12	Lunøe, Espen	Nydalens SK	0:47:59 + 09:11	132,39
13	Berge, Rune	IL Tyrving	0:48:49 + 10:01	132,04
14	Arnesen, Lasse	Heming Orientering	0:48:53 + 10:05	132,01
15	Madsen, Klavs	Nydalens SK	0:49:52 + 11:04	131,60
16	Feiring, Hege	IL Tyrving	0:50:39 + 11:51	131,27
17	Eriksen, Simen Dalen	Asker SK	0:51:28 + 12:40	130,93
18	Astrup Arnesen, Signe	Heming Orientering	0:52:11 + 13:23	130,63
19	Granly, Martin	Siemens Energy	0:52:35 + 13:47	130,46
20	Mella, Stein	Nippon Gases	0:52:49 + 14:01	130,36
21	Løken, Knut-Anders	Fossum IF	0:52:50 + 14:02	130,36
22	Halden, Gunnar	Nydalens SK	0:53:41 + 14:53	130,00
23	Øhlckers, Milda	IL Tyrving	0:54:56 + 16:08	129,48
24	Takvam, Arnt Ove	Fossum IF	0:56:35 + 17:47	128,78
25	Christensen, Bjørn	Østmarka OK	0:56:39 + 17:51	128,76
26	Modalsli, Sigbjørn	Fossum IF	0:57:23 + 18:35	128,45
27	Grøstad, Thomas	Østmarka OK	0:57:51 + 19:03	128,25
28	Therkelsen, Pål	Privat	0:58:08 + 19:20	128,13
29	Selvig, Eivind	Nydalens SK	0:58:32 + 19:44	127,97
30	Bøe, Tormod	VBIL	0:58:49 + 20:01	127,85
31	Hadland, Per Ingar	Ganddal IL	0:58:52 + 20:04	127,83
32	Aarseth, Mari	Nydalens SK	0:59:15 + 20:27	127,67
33	Erøy, Karl Aasmund	OK Moss	0:59:19 + 20:31	127,64
34	Øhlckers, Sofia	IL Tyrving	0:59:24 + 20:36	127,60
35	Hjermstad, Lars	Fossum IF	1:00:22 + 21:34	127,20
36	Blom, Richard	FBI	1:01:54 + 23:06	126,56
37	Fixdal, Trude	Heming Orientering	1:02:57 + 24:09	126,12
38	Hanssen, Pål Woldstad	Eiker OL	1:03:34 + 24:46	125,86
39	Kongsberg, Morten	IL Tyrving	1:03:51 + 25:03	125,74
40	Øvergaard, Tormod	Vestre Akers SK	1:04:22 + 25:34	125,52
41	Kaarby, Per	Overtoppen	1:04:43 + 25:55	125,38

42	Bratsberg, Bo	Privat	1:05:01 + 26:13	125,25
43	Longva, Tore	VBIL	1:05:27 + 26:39	125,07
44	Selvig, Kristin Dale	Nydalens SK	1:05:46 + 26:58	124,94
45	Broadwell, Sharon	IL GeoForm	1:06:11 + 27:23	124,76
46	Falck, Heidi	IL Tyrving	1:07:20 + 28:32	124,28
47	Tho, Kjersti	Stabæk IF	1:07:33 + 28:45	124,19
48	Kongsnes, Arne	Oppsal Orientering	1:08:58 + 30:10	123,59
49	Herud, Tone Jahren	Fossum IF	1:10:13 + 31:25	123,07
50	Flenning, Øystein	Årvoll IL	1:10:23 + 31:35	123,00
51	Angell, Truls	Lillomarka OL	1:11:40 + 32:52	122,46
52	Skjelkvåle, Brit Lisa	IL GeoForm	1:12:02 + 33:14	122,31
53	Sandelien, Bjørn	Heming Orientering	1:12:07 + 33:19	122,27
54	Landstad, Magnus	Freidig	1:14:43 + 35:55	121,18
55	Hjelm, Morten	VBIL	1:16:01 + 37:13	120,64
56	Øhlckers, Per	IL Tyrving	1:16:31 + 37:43	120,43
57	Rikheim, Harald	Privat	1:17:55 + 39:07	119,84
58	Rådahl, Tom	IL Tyrving	1:19:55 + 41:07	119,00
59	Klaveness, Peter	Måren OK	1:20:52 + 42:04	118,61
60	Bondal, Tov Arne	Notodden OL	1:28:34 + 49:46	115,38
61	Fidje, Øyvind	Privat	1:39:22 +1:00:34	110,85
61	Fidje, Hildegunn	Privat	1:39:22 +1:00:34	110,85
DSQ	Kildahl, Øystein	Østmarka OK	0:47:41 (-1 poster)	95,45
DSQ	Sandberg, Per	Nydalens SK	0:07:13 (-5 poster)	77,27

Resultater Kort (2,4 km)

Plass	Navn	Klubb	Tid	Poeng
1	Berteig, Vidar	IL GeoForm	0:29:09 + 00:00	121,82
2	Rekve Lian, Håvard	IL Koll	0:34:48 + 05:39	120,24
3	Grand, Elena	Lillomarka OL	0:37:30 + 08:21	119,48
4	Carlsson, Bjørn Are	Privat	0:38:08 + 08:59	119,30
5	Mestad, Ivar	Røyken OL	0:38:41 + 09:32	119,15
6	Aulie, Harald	Heming Orientering	0:41:39 + 12:30	118,32
7	Fremming, Hans Henrik	Heming Orientering	0:42:17 + 13:08	118,14
8	Sigurdson, Roar	Ringnes BIL	0:42:30 + 13:21	118,08
9	Clasen, Claus Frimann	Lyberg & Partnere	0:44:04 + 14:55	117,64
10	Myhre, Stein	Bærums Skiklub	0:44:58 + 15:49	117,39
11	Lunøe Akselsen, Ulla	Nydalens SK	0:45:47 + 16:38	117,16
12	Sundelin Rørvik, Gisela	Heming Orientering	0:47:22 + 18:13	116,71
13	Laugesen, Jens	VBIL	0:50:38 + 21:29	115,80
14	Berstad, Ella	Heming Orientering	0:50:59 + 21:50	115,70
15	Nilstad, Randi	IL Tyrving	0:51:41 + 22:32	115,50
16	Egner, Bjørn	Heming Orientering	0:51:48 + 22:39	115,47
17	Berge, Berit	IL Tyrving	0:53:51 + 24:42	114,90
18	Solheim, Knut Tore	Nydalens SK	0:55:09 + 26:00	114,53

19	Berstad, Paula	Heming Orientering	0:55:12 + 26:03	114,52
20	Edvardsen, Tom	IL Koll	0:55:45 + 26:36	114,36
21	Fougner, Jon C.	Heming Orientering	0:58:04 + 28:55	113,71
22	Ommundsen, Tor A.	VBIL	1:03:23 + 34:14	112,22
23	Bakstad, Anne Regine	Friskis&Svettis	1:06:32 + 37:23	111,34
24	Estenstad, Ida	Emblem	1:06:34 + 37:25	111,33
25	Hanslien, Uno	Bilpost BIL	1:08:10 + 39:01	110,88
26	Madsen, Øystein	Haugerud IF	1:17:00 + 47:51	108,40
27	Vik, Eilen Arctander	IL Koll	1:24:16 + 55:07	106,36
28	Drage, Unni	Aker Solutions	1:27:49 + 58:40	105,37
29	Drage, Tor	Aker Solutions	1:32:09 +1:03:00	104,15
30	Sandelien, Sidsel	Heming Orientering	1:52:13 +1:23:04	100,00
DSQ	Fure, Petter	Oppsal Orientering	1:29:05 (-2 poster)	85,71
DSQ	Henriksen, Tor	Årvoll IL	1:33:41 (-2 poster)	85,71
DSQ	Brodin, Nils Jørgen	Byggmesterforbundet	0:01:56 (-4 poster)	71,43
DSQ	Lesteberg, Ann-Karin	Kongsberg OL	0:42:09 (-4 poster)	71,43
DSQ	Trondsen, Terje	Nittedal OL	1:01:11 (-4 poster)	71,43
DSQ	Stokset, Kathrine	Oppsal Orientering	1:06:17 (-4 poster)	71,43
DSQ	Haugen, Per	Lillomarka OL	0:34:15 (-6 poster)	57,14
DSQ	Byvald, Jenni	Privat	0:38:38 (-6 poster)	57,14
DSQ	Mortensen, Kristin	IL Koll	0:44:23 (-6 poster)	57,14

Strekktider Lang

Class	Navn	Klubb	Tid	Poeng
1	Pettersen, Øystein	Nydalens SK	0:52:15 + 00:00	151,86
	04:02-25 08:57-20 11:48-10 13:38-6 16:16-5 18:03-5		21:38-3 25:18-3 32:38-3	35:21-2 37:18-1 39:10-1 45:33-1 47:09-1 50:17-1 52:15-1
	04:02-25 04:55-4 02:51-1 01:50-1 02:38-3 01:47-4		03:35-2 03:40-1 07:20-3	02:43-2 01:57-1 01:52-1 06:23-2 01:36-3 03:08-5 01:58-5
	02:23@ 00:36# 00:00= 00:00= 00:12+ 00:05+		00:02+ 00:00= 00:04+	00:03+ 00:00= 00:00= 00:04+ 00:04+ 00:20# 00:16#
2	Wettergreen, Morten	Fossum IF	0:54:28 + 02:13	150,88
	02:27-16 07:23-6 10:43-4 12:42-3 15:41-4 17:28-4		21:52-4 25:55-4 33:53-4	36:45-3 39:08-3 41:11-3 48:23-3 49:58-3 52:46-2 54:28-2
	02:27-16 04:56-5 03:20-5 01:59-2 02:59-11 01:47-4		04:24-7 04:03-3 07:58-5	02:52-3 02:23-3 02:03-4 07:12-5 01:35-2 02:48-1 01:42-1
	00:48& 00:37# 00:29# 00:09+ 00:33# 00:05+		00:51# 00:23# 00:42+	00:12+ 00:26# 00:11+ 00:53# 00:03+ 00:00= 00:00=
3	Prydz, Espen Beer	Heming Orientering	0:54:42 + 02:27	150,77
	01:39-1 06:23-1 09:31-1 11:34-1 14:18-1 16:04-1		20:57-2 24:47-1 32:32-2	35:12-1 37:33-2 39:25-2 47:49-2 49:35-2 52:49-3 54:42-3
	01:39-1 04:44-3 03:08-2 02:03-3 02:44-5 01:46-2		04:53-9 03:50-2 07:45-4	02:40-1 02:21-2 01:52-1 08:24-13 01:46-7 03:14-6 01:53-3
	00:00= 00:25+ 00:17+ 00:13# 00:18# 00:04+		01:20& 00:10+ 00:29+	00:00= 00:24# 00:00= 02:05& 00:14# 00:26# 00:11#
4	Olausson, Mikael	Oslostudentenes IK	0:59:34 + 07:19	148,62
	02:03-7 07:12-5 10:58-5 14:56-10 17:29-10 19:11-8		22:57-6 30:49-11 38:05-8	41:01-6 43:29-5 45:52-5 53:02-4 54:44-4 57:44-4 59:34-4
	02:03-7 05:09-7 03:46-8 03:58-24 02:33-2 01:42-1		03:46-3 07:52-27 07:16-1	02:56-4 02:28-4 02:23-9 07:10-4 01:42-4 03:00-2 01:50-2
	00:24# 00:50# 00:55& 02:08@ 00:07+ 00:00=		00:13+ 04:12@ 00:00=	00:16# 00:31& 00:31& 00:51# 00:10# 00:12+ 00:08+
5	Schlaupitz, Holger	IL GeoForm	1:01:15 + 09:00	147,87
	02:33-19 06:52-3 10:10-2 12:14-2 15:02-2 16:48-2		20:47-1 25:04-2 32:21-1	40:28-4 43:09-4 45:21-4 53:50-5 55:35-5 59:06-5 61:15-5
	02:33-19 04:19-1 03:18-3 02:04-4 02:48-6 01:46-2		03:59-5 04:17-6 07:17-2	08:07-27 02:41-9 02:12-6 08:29-14 01:45-5 03:31-12 02:09-11
	00:54& 00:00= 00:27# 00:14# 00:22# 00:04+		00:26# 00:37# 00:01+	05:27@ 00:44& 00:20# 02:10& 00:13# 00:43& 00:27&

6	Henriksen, Jan Tore		Norges Bank BIL		1:01:51 + 09:36	147,61											
02:00-4	07:40-12	11:32-8	13:58-7	17:17-8	19:36-10	25:05-9	29:31-8	37:50-7	40:58-5	43:50-6	46:04-6	54:06-6	56:01-6	59:48-6	61:51-6		
02:00-3	05:40-14	03:52-10	02:26-7	03:19-16	02:19-16	05:29-16	04:26-7	08:19-8	03:08-5	02:52-12	02:14-7	08:02-10	01:55-10	03:47-17	02:03-9		
00:21#	01:21&	01:01&	00:36&	00:53&	00:37&	01:56&	00:46#	01:03#	00:28#	00:55&	00:22#	01:43&	00:23&	00:59&	00:21#		
7	Selvig, Sindre		Emblem		1:01:57 + 09:42	147,56											
02:12-10	06:47-2	11:41-9	14:42-9	17:08-7	18:57-7	22:30-5	26:45-5	35:37-5	41:21-8	44:01-8	48:27-10	55:09-7	56:54-7	60:01-7	61:57-7		
02:12-10	04:35-2	04:54-23	03:01-15	02:26-1	01:49-7	03:33-1	04:15-4	08:52-15	05:44-21	02:40-8	04:26-26	06:42-3	01:45-5	03:07-4	01:56-4		
00:33&	00:16+	02:03&	01:11&	00:00=	00:07+	00:00=	00:35#	01:36#	03:04@	00:43&	02:34@	00:23+	00:13#	00:19#	00:14#		
8	Bårtveit, Knut		Bø OL		1:03:11 + 10:56	147,02											
02:28-17	08:15-14	13:50-22	16:28-18	19:18-15	21:23-14	26:23-13	31:02-13	39:14-9	42:25-9	45:06-9	47:36-7	55:11-8	57:03-8	60:53-8	63:11-8		
02:28-17	05:47-15	05:35-25	02:38-11	02:50-8	02:05-10	05:00-11	04:39-10	08:12-6	03:11-6	02:41-9	02:30-15	07:35-6	01:52-8	03:50-18	02:18-14		
00:49&	01:28&	02:44&	00:48&	00:24#	00:23#	01:27&	00:59&	00:56#	00:31#	00:44&	00:38&	01:16#	00:20#	01:02&	00:36&		
9	Lesteborg, Ola		Kongsberg OL		1:03:57 + 11:42	146,68											
02:01-5	09:21-22	13:21-19	16:50-19	20:20-19	22:37-17	26:50-14	31:06-14	39:22-11	43:31-12	46:06-12	48:35-11	56:21-10	58:46-10	61:47-10	63:57-10		
02:01-5	07:20-25	04:00-13	03:29-21	03:30-19	02:17-14	04:13-6	04:16-5	08:16-7	04:09-12	02:35-6	02:29-13	07:46-8	02:25-23	03:01-3	02:10-12		
00:22#	03:01&	01:09&	01:39&	01:04&	00:35&	00:40#	00:36#	01:00#	01:29&	00:38&	00:37&	01:27#	00:53&	00:13+	00:28&		
10	Iwe, Harald		IL GeoForm		1:04:49 + 12:34	146,29											
02:04-8	07:32-9	11:28-7	14:59-11	18:38-12	21:05-13	26:13-12	30:53-12	39:26-12	42:41-11	45:27-10	47:59-8	56:51-11	58:49-11	62:13-11	64:49-11		
02:04-8	05:28-11	03:56-11	03:31-23	03:39-22	02:27-21	05:08-14	04:40-11	08:33-10	03:15-7	02:46-11	02:32-17	08:52-17	01:58-15	03:24-9	02:36-19		
00:25&	01:09&	01:05&	01:41&	01:13&	00:45&	01:35&	01:00&	01:17#	00:35#	00:49&	00:40&	02:33&	00:26&	00:36#	00:54&		
11	Aarseth, Lars-Ivar		Nydalens SK		1:05:00 + 12:45	146,21											
02:31-18	08:06-13	16:15-26	18:46-24	21:38-21	23:44-20	27:39-16	32:16-16	40:45-15	44:29-13	47:03-13	49:09-12	57:18-12	59:15-12	62:44-12	65:00-12		
02:31-18	05:35-12	08:09-27	02:31-8	02:52-10	02:06-12	03:55-4	04:37-9	08:29-9	03:44-10	02:34-5	02:06-5	08:09-12	01:57-14	03:29-10	02:16-13		
00:52&	01:16&	05:18@	00:41&	00:26#	00:24#	00:22#	00:57&	01:13#	01:04&	00:37&	00:14#	01:50&	00:25&	00:41#	00:34&		
12	Modalsli, Kjetil		Fossum IF		1:06:41 + 14:26	145,47											
02:04-9	07:25-7	12:29-12	15:06-12	18:08-11	20:25-11	25:48-10	30:38-9	39:57-14	44:29-14	47:24-14	49:58-13	57:43-13	59:38-13	64:06-13	66:41-13		
02:04-8	05:21-10	05:04-24	02:37-10	03:02-12	02:17-14	05:23-15	04:50-13	09:19-16	04:32-16	02:55-14	02:34-18	07:45-7	01:55-10	04:28-23	02:35-18		
00:25&	01:02#	02:13&	00:47&	00:36#	00:35&	01:50&	01:10&	02:03&	01:52&	00:58&	00:42&	01:26#	00:23&	01:40&	00:53&		
13	Berstad, Audun		Heming Orientering		1:07:23 + 15:08	145,16											
02:14-12	07:27-8	11:54-11	14:16-8	17:20-9	19:27-9	24:02-8	28:54-6	37:32-6	41:03-7	43:59-7	50:19-14	59:30-14	61:25-14	64:54-14	67:23-14		
02:14-12	05:13-8	04:27-19	02:22-6	03:04-13	02:07-13	04:35-8	04:52-14	08:38-11	03:31-9	02:56-15	06:20-27	09:11-22	01:55-10	03:29-10	02:29-16		
00:35&	00:54#	01:36&	00:32&	00:38&	00:25#	01:02&	01:12&	01:22#	00:51&	00:59&	04:28@	02:52&	00:23&	00:41#	00:47&		
14	Systad, Rolv Anders		Lyn Ski		1:09:16 + 17:01	144,32											
02:48-22	08:54-17	13:05-16	15:49-13	19:20-16	21:45-16	27:41-17	32:53-17	42:25-17	46:55-16	50:18-16	52:52-16	61:48-15	63:58-16	67:14-15	69:16-15		
02:48-22	06:06-17	04:11-18	02:44-13	03:31-20	02:25-19	05:56-21	05:12-16	09:32-17	04:30-14	03:23-22	02:34-18	08:56-20	02:10-20	03:16-8	02:02-8		
01:09&	01:47&	01:20&	00:54&	01:05&	00:43&	02:23&	01:32&	02:16&	01:50&	01:26&	00:42&	02:37&	00:38&	00:28#	00:20#		
15	Ring, Stefan		Statnett BIL		1:10:19 + 18:04	143,86											
02:02-6	07:38-10	11:25-6	13:31-5	16:19-6	18:15-6	23:13-7	29:01-7	39:31-13	46:18-15	49:21-15	52:32-15	61:51-16	63:57-15	67:34-16	70:19-16		
02:02-6	05:36-13	03:47-9	02:06-5	02:48-6	01:56-8	04:58-10	05:48-18	10:30-22	06:47-23	03:03-18	03:11-22	09:19-23	02:06-18	03:37-14	02:45-22		
00:23#	01:17&	00:56&	00:16#	00:22#	00:14#	01:25&	02:08&	03:14&	04:07@	01:06&	01:19&	03:00&	00:34&	00:49&	01:03&		
16	Heitmann, Ståle		Fossum IF		1:10:43 + 18:28	143,68											
02:00-3	08:50-16	12:53-14	18:42-23	21:33-20	23:38-19	28:43-20	34:34-20	43:19-18	47:05-17	50:29-17	52:58-17	62:07-17	64:14-17	68:21-17	70:43-17		
02:00-3	06:50-22	04:03-15	05:49-26	02:51-9	02:05-10	05:05-13	05:51-19	08:45-13	03:46-11	03:24-23	02:29-13	09:09-21	02:07-19	04:07-19	02:22-15		
00:21#	02:31&	01:12&	03:59@	00:25#	00:23#	01:32&	02:11&	01:29#	01:06&	01:27&	00:37&	02:50&	00:35&	01:19&	00:40&		
17	Stenshorne, Per Kristian		Nydalens SK		1:10:45 + 18:30	143,67											
02:20-14	07:40-11	13:16-18	15:50-14	18:57-13	21:01-12	27:59-18	34:25-19	43:59-20	48:30-18	51:54-19	54:15-19	62:19-18	64:22-18	68:46-19	70:45-18		
02:20-14	05:20-9	05:36-26	02:34-9	03:07-14	02:04-9	06:58-23	06:26-23	09:34-18	04:31-15	03:24-23	02:21-8	08:04-11	02:03-17	04:24-21	01:59-6		
00:41&	01:01#	02:45&	00:44&	00:41&	00:22#	03:25&	02:46&	02:18&	01:51&	01:27&	00:29&	01:45&	00:31&	01:36&	00:17#		

18	Saugestad, Frederik	Nydalens SK	1:11:00 + 18:45	143,55														
	02:51-23	08:57-19	13:05-17	16:02-16	19:09-14	21:29-15	27:07-15	32:08-15	41:46-16	48:47-19	51:39-18	54:02-18	62:44-19	64:40-19	68:26-18	71:00-19		
	02:51-23	06:06-17	04:08-17	02:57-14	03:07-14	02:20-17	05:38-18	05:01-15	09:38-19	07:01-25	02:52-12	02:23-9	08:42-16	01:56-13	03:46-16	02:34-17		
	01:12&	01:47&	01:17&	01:07&	00:41&	00:38&	02:05&	01:21&	02:22&	04:21@	00:55&	00:31&	02:23&	00:24&	00:58&	00:52&		
19	Onsager, Knut	IL GeoForm	1:13:59 + 21:44	142,23														
	02:26-15	08:57-18	13:00-15	16:25-17	19:58-18	23:02-18	28:05-19	33:52-18	43:42-19	50:52-20	53:52-20	56:38-20	65:10-20	67:28-20	71:13-20	73:59-20		
	02:26-15	06:31-20	04:03-15	03:25-20	03:33-21	03:04-25	05:03-12	05:47-17	09:50-21	07:10-26	03:00-17	02:46-20	08:32-15	02:18-22	03:45-15	02:46-23		
	00:47&	02:12&	01:12&	01:35&	01:07&	01:22&	01:30&	02:07&	02:34&	04:30@	01:03&	00:54&	02:13&	00:46&	00:57&	01:04&		
20	Utskarpen, Audrun	IL GeoForm	1:17:03 + 24:48	140,87														
	02:35-21	09:56-25	13:52-23	17:22-20	21:44-22	24:45-22	30:17-21	36:26-21	47:20-22	51:37-21	55:12-21	58:55-21	67:50-22	70:02-22	74:27-21	77:03-21		
	02:35-21	07:21-26	03:56-11	03:30-22	04:22-25	03:01-24	05:32-17	06:09-21	10:54-23	04:17-13	03:35-25	03:43-25	08:55-19	02:12-21	04:25-22	02:36-19		
	00:56&	03:02&	01:05&	01:40&	01:56&	01:19&	01:59&	02:29&	03:38&	01:37&	01:38&	01:51&	02:36&	00:40&	01:37&	00:54&		
21	Haugland, Øyvind	Privat	1:17:19 + 25:04	140,76														
	06:22-27	12:18-26	16:01-25	19:02-25	22:23-24	24:43-21	30:38-22	36:50-22	46:31-21	53:26-22	56:25-22	58:56-22	67:48-21	69:46-21	74:35-22	77:19-22		
	06:22-27	05:56-16	03:43-7	03:01-15	03:21-17	02:20-17	05:55-20	06:12-22	09:41-20	06:55-24	02:59-16	02:31-16	08:52-17	01:58-15	04:49-25	02:44-21		
	04:43@	01:37&	00:52&	01:11&	00:55&	00:38&	02:22&	02:32&	02:25&	04:15@	01:02&	00:39&	02:33&	00:26&	02:01&	01:02&		
22	McAdam, Martin Ekholt	Privat	1:21:06 + 28:51	139,08														
	01:56-2	06:59-4	10:17-3	12:59-4	15:39-3	17:26-3	44:38-27	49:06-26	57:55-25	63:10-25	65:47-25	67:41-25	74:00-24	75:32-24	79:06-23	81:06-23		
	01:56-2	05:03-6	03:18-3	02:42-12	02:40-4	01:47-4	27:12-26	04:28-8	08:49-14	05:15-20	02:37-7	01:54-3	06:19-1	01:32-1	03:34-13	02:00-7		
	00:17#	00:44#	00:27#	00:52&	00:14+	00:05+	23:39@	00:48#	01:33#	02:35&	00:40&	00:02+	00:00=	00:00=	00:46&	00:18#		
23	Fløtre, Daniel	Eiker OL	1:22:52 + 30:37	138,30														
	03:00-24	09:47-24	13:47-21	18:15-22	22:34-25	25:23-24	31:05-23	38:26-24	51:17-23	55:49-23	58:59-23	61:46-23	72:10-23	75:10-23	79:50-24	82:52-24		
	03:00-24	06:47-21	04:00-13	04:28-25	04:19-24	02:49-22	05:42-19	07:21-26	12:51-25	04:32-16	03:10-20	02:47-21	10:24-24	03:00-27	04:40-24	03:02-25		
	01:21&	02:28&	01:09&	02:38@	01:53&	01:07&	02:09&	03:41@	05:35&	01:52&	01:13&	00:55&	04:05&	01:28&	01:52&	01:20&		
24	Johansen, Frode	Equinor BIL	1:27:47 + 35:32	136,12														
	02:33-20	09:40-23	14:20-24	17:25-21	21:50-23	24:57-23	31:12-24	38:00-23	55:21-24	60:14-24	64:01-24	67:32-24	77:59-25	80:28-25	84:50-25	87:47-25		
	02:33-19	07:07-24	04:40-21	03:05-17	04:25-26	03:07-26	06:15-22	06:48-25	17:21-27	04:53-19	03:47-26	03:31-24	10:27-25	02:29-25	04:22-20	02:57-24		
	00:54&	02:48&	01:49&	01:15&	01:59&	01:25&	02:42&	03:08&	10:05@	02:13&	01:50&	01:39&	04:08&	00:57&	01:34&	01:15&		
25	Fagerhaug, Are	IL GeoForm	1:35:55 + 43:40	132,52														
	02:13-11	08:42-15	13:30-20	19:21-26	25:14-26	27:39-25	43:08-26	49:04-25	60:43-26	67:29-26	70:44-26	73:09-26	84:20-26	86:48-26	91:57-26	95:55-26		
	02:13-11	06:29-19	04:48-22	05:51-27	05:53-27	02:25-19	15:29-25	05:56-20	11:39-24	06:46-22	03:15-21	02:25-12	11:11-26	02:28-24	05:09-26	03:58-27		
	00:34&	02:10&	01:57&	04:01@	03:27@	00:43&	11:56@	02:16&	04:23&	04:06@	01:18&	00:33&	04:52&	00:56&	02:21&	02:16@		
26	Grandum, Øyvind	IL GeoForm	1:40:50 + 48:35	130,34														
	05:19-26	15:34-27	20:08-27	23:18-27	27:21-27	30:21-26	43:04-25	49:34-27	63:44-27	68:36-27	72:56-27	76:23-27	88:55-27	91:30-27	97:31-27	100:50-27		
	05:19-26	10:15-27	04:34-20	03:10-19	04:03-23	03:00-23	12:43-24	06:30-24	14:10-26	04:52-18	04:20-27	03:27-23	12:32-27	02:35-26	06:01-27	03:19-26		
	03:40@	05:56@	01:43&	01:20&	01:37&	01:18&	09:10@	02:50&	06:54&	02:12&	02:23@	01:35&	06:13&	01:03&	03:13@	01:37&		
DSQ	Kristiansen, Roy	Roykri travel	1:03:25 (-1 poster)	96,67														
	02:17-13	09:15-21	12:52-13	15:59-15	19:27-17		25:51-11	30:40-10	39:19-10	42:39-10	45:45-11	48:09-9	56:09-9	58:03-9	61:18-9	63:25-9		
	02:17-13	06:58-23	03:37-6	03:07-18	03:28-18			04:49-12	08:39-12	03:20-8	03:06-19	02:24-11	08:00-9	01:54-9	03:15-7	02:07-10		
	00:38&	02:39&	00:46&	01:17&	01:02&			01:09&	01:23#	00:40&	01:09&	00:32&	01:41&	00:22#	00:27#	00:25#		

Strekktider Mellom

Plass	Navn	Klubb	Tid	Poeng
1	Östgren, Björn Mo	IL GeoForm	0:38:48 + 00:00	136,24

02:04-3	06:20-1	09:52-1	12:02-1	14:55-1	16:49-1	23:07-2	25:01-1	31:54-1	33:42-1	36:49-1	38:48-2
02:04-2	04:16-1	03:32-2	02:10-1	02:53-2	01:54-2	06:18-28	01:54-1	06:53-1	01:48-3	03:07-2	01:59-5
00:08+	00:00=	00:03+	00:00=	00:19#	00:21#	02:05&	00:00=	00:00=	00:05+	00:23#	00:23#
2	Aubert, Espen			Daimyo			0:39:55 +	01:07	135,77		
02:06-6	07:37-4	12:41-8	15:14-8	18:34-8	20:31-5	24:44-4	26:42-3	33:45-3	35:35-3	38:19-3	39:55-3
02:06-5	05:31-6	05:04-28	02:33-6	03:20-10	01:57-4	04:13-1	01:58-2	07:03-2	01:50-4	02:44-1	01:36-1
00:10+	01:15&	01:35&	00:23#	00:46&	00:24&	00:00=	00:04+	00:10+	00:07+	00:00=	00:00=
3	Låg, Steinar			VBIL			0:40:07 +	01:19	135,69		
02:21-9	07:10-2	10:47-2	13:07-2	16:28-2	18:47-2	23:01-1	25:21-2	32:56-2	34:39-2	38:11-2	40:07-4
02:21-9	04:49-2	03:37-3	02:20-2	03:21-11	02:19-10	04:14-3	02:20-6	07:35-5	01:43-1	03:32-9	01:56-4
00:25#	00:33#	00:08+	00:10+	00:47&	00:46&	00:01+	00:26#	00:42#	00:00=	00:48&	00:20#
4	Helland, Knut			Østmarka OK			0:44:50 +	06:02	133,71		
02:22-10	08:31-10	13:15-11	15:43-10	18:45-9	20:56-8	26:01-7	28:24-6	37:00-5	38:59-4	42:21-4	44:50-5
02:22-10	06:09-16	04:44-20	02:28-5	03:02-3	02:11-7	05:05-10	02:23-8	08:36-13	01:59-9	03:22-5	02:29-21
00:26#	01:53&	01:15&	00:18#	00:28#	00:38&	00:52#	00:29&	01:43#	00:16#	00:38#	00:53&
5	Teigland, Rune			Østmarka OK			0:45:06 +	06:18	133,60		
02:34-14	08:28-9	12:11-5	14:54-6	18:23-5	20:43-6	25:54-6	28:23-5	37:14-6	39:23-6	42:52-5	45:06-6
02:34-14	05:54-9	03:43-5	02:43-8	03:29-14	02:20-11	05:11-12	02:29-10	08:51-16	02:09-14	03:29-7	02:14-8
00:38&	01:38&	00:14+	00:33&	00:55&	00:47&	00:58#	00:35&	01:58&	00:26&	00:45&	00:38&
6	Due, Morten			Måren OK			0:45:22 +	06:34	133,49		
02:41-20	08:47-15	12:46-10	15:10-7	18:28-6	20:50-7	26:28-9	28:50-7	37:16-7	39:20-5	43:01-6	45:22-7
02:41-20	06:06-12	03:59-8	02:24-3	03:18-8	02:22-13	05:38-18	02:22-7	08:26-11	02:04-11	03:41-14	02:21-12
00:45&	01:50&	00:30#	00:14#	00:44&	00:49&	01:25&	00:28#	01:33#	00:21#	00:57&	00:45&
7	Kongsnes, Vemund			Østmarka OK			0:45:24 +	06:36	133,47		
02:23-11	09:05-19	13:36-13	17:33-18	20:57-17	23:18-16	27:35-10	29:49-10	38:07-8	40:01-7	43:31-7	45:24-8
02:23-11	06:42-23	04:31-16	03:57-44	03:24-13	02:21-12	04:17-4	02:14-4	08:18-9	01:54-6	03:30-8	01:53-3
00:27#	02:26&	01:02&	01:47&	00:50&	00:48&	00:04+	00:20#	01:25#	00:11#	00:46&	00:17#
8	Nasset Ramtvedt, Eirik			Oslostudentenes IK			0:45:37 +	06:49	133,38		
02:18-8	07:19-3	10:48-3	13:33-3	16:41-3	19:07-3	25:21-5	27:52-4	38:30-10	40:28-9	43:46-8	45:37-9
02:18-8	05:01-3	03:29-1	02:45-10	03:08-6	02:26-15	06:14-27	02:31-13	10:38-35	01:58-8	03:18-3	01:51-2
00:22#	00:45#	00:00=	00:35&	00:34#	00:53&	02:01&	00:37&	03:45&	00:15#	00:34#	00:15#
9	Grandal, Bjørn Henning			IL Tyrving			0:46:14 +	07:26	133,12		
03:12-35	08:26-8	12:43-9	15:59-11	19:05-10	21:17-10	26:19-8	29:17-9	36:28-4	40:27-8	43:48-9	46:14-10
03:12-33	05:14-4	04:17-14	03:16-27	03:06-5	02:12-8	05:02-9	02:58-24	07:11-3	03:59-63	03:21-4	02:26-18
01:16&	00:58#	00:48#	01:06&	00:32#	00:39&	00:49#	01:04&	00:18+	02:16@	00:37#	00:50&
10	Gunnes, Inge			Norconsult			0:46:21 +	07:33	133,07		
01:56-1	07:55-7	15:15-25	17:40-19	20:14-14	22:08-11	27:53-11	30:22-11	38:47-11	40:38-10	44:12-10	46:21-11
01:56-1	05:59-10	07:20-49	02:25-4	02:34-1	01:54-2	05:45-20	02:29-10	08:25-10	01:51-5	03:34-11	02:09-6
00:00=	01:43&	03:51@	00:15#	00:00=	00:21#	01:32&	00:35&	01:32#	00:08+	00:50&	00:33&
11	Lian, Odd Arne			IL Koll			0:47:22 +	08:34	132,65		
02:06-5	07:49-6	11:49-4	14:36-4	18:34-7	21:07-9	28:04-12	30:57-12	38:52-12	41:02-11	45:01-11	47:22-12
02:06-5	05:43-8	04:00-9	02:47-11	03:58-23	02:33-17	06:57-34	02:53-22	07:55-6	02:10-15	03:59-19	02:21-12
00:10+	01:27&	00:31#	00:37&	01:24&	01:00&	02:44&	00:59&	01:02#	00:27&	01:15&	00:45&
12	Lunøe, Espen			Nydalens SK			0:47:59 +	09:11	132,39		
04:25-57			21:19-40	24:24-37	26:32-35	31:01-23	33:13-18	40:31-13	42:18-13	45:42-13	47:59-14
04:25-57				03:05-4	02:08-6	04:29-5	02:12-3	07:18-4	01:47-2	03:24-6	02:17-10
02:29@				00:31#	00:35&	00:16+	00:18#	00:25+	00:04+	00:40#	00:41&
13	Berge, Rune			IL Tyrving			0:48:49 +	10:01	132,04		

06:51-60	12:51-49	16:48-35	19:21-33	22:43-29	25:08-23	29:41-17	32:25-17	40:34-14	42:45-14	46:23-14	48:49-15
06:51-60	06:00-11	03:57-7	02:33-6	03:22-12	02:25-14	04:33-7	02:44-16	08:09-8	02:11-17	03:38-12	02:26-18
04:55@	01:44&	00:28#	00:23#	00:48&	00:52&	00:20+	00:50&	01:16#	00:28&	00:54&	00:50&
14	Arnesen, Lasse			Heming Orientering		0:48:53 +	10:05		132,01		
02:04-2	08:31-11	12:25-6	19:54-36	23:13-33	25:19-26	29:32-16	32:03-16	41:04-16	43:01-15	46:41-15	48:53-16
02:04-2	06:27-21	03:54-6	07:29-61	03:19-9	02:06-5	04:13-1	02:31-13	09:01-18	01:57-7	03:40-13	02:12-7
00:08+	02:11&	00:25#	05:19@	00:45&	00:33&	00:00=	00:37&	02:08&	00:14#	00:56&	00:36&
15	Madsen, Klavs			Nydalens SK		0:49:52 +	11:04		131,60		
02:37-18	08:59-18	13:30-12	16:26-12	20:13-13	23:00-15	28:29-14	31:55-14	40:49-15	43:35-17	47:19-16	49:52-17
02:37-18	06:22-19	04:31-16	02:56-16	03:47-21	02:47-28	05:29-15	03:26-41	08:54-17	02:46-46	03:44-15	02:33-24
00:41&	02:06&	01:02&	00:46&	01:13&	01:14&	01:16&	01:32&	02:01&	01:03&	01:00&	00:57&
16	Feiring, Hege			IL Tyrving		0:50:39 +	11:51		131,27		
02:44-22	08:51-16	13:36-14	16:38-14	20:24-15	22:57-14	30:40-20	33:16-19	41:22-18	43:41-18	48:22-17	50:39-18
02:44-21	06:07-13	04:45-21	03:02-20	03:46-18	02:33-17	07:43-42	02:36-15	08:06-7	02:19-21	04:41-33	02:17-10
00:48&	01:51&	01:16&	00:52&	01:12&	01:00&	03:30&	00:42&	01:13#	00:36&	01:57&	00:41&
17	Eriksen, Simen Dalen			Asker SK		0:51:28 +	12:40		130,93		
02:04-4	09:34-23	14:05-17	17:42-21	22:34-26	25:09-24	29:42-18	32:00-15	41:34-19	44:08-19	48:40-18	51:28-19
02:04-2	07:30-38	04:31-16	03:37-41	04:52-49	02:35-20	04:33-7	02:18-5	09:34-22	02:34-38	04:32-30	02:48-34
00:08+	03:14&	01:02&	01:27&	02:18&	01:02&	00:20+	00:24#	02:41&	00:51&	01:48&	01:12&
18	Astrup Arnesen, Signe			Heming Orientering		0:52:11 +	13:23		130,63		
02:48-24	09:36-24	14:47-22	17:42-20	21:28-19	24:10-20	32:23-28	35:09-28	43:51-22	46:01-21	49:47-19	52:11-20
02:48-24	06:48-26	05:11-33	02:55-15	03:46-18	02:42-25	08:13-48	02:46-19	08:42-15	02:10-15	03:46-18	02:24-14
00:52&	02:32&	01:42&	00:45&	01:12&	01:09&	04:00&	00:52&	01:49&	00:27&	01:02&	00:48&
19	Granly, Martin			Siemens Energy		0:52:35 +	13:47		130,46		
02:30-13	08:44-14	12:25-7	15:42-9	19:41-11	22:19-12	28:42-15	31:27-13	41:07-17	43:26-16	49:59-20	52:35-21
02:30-13	06:14-18	03:41-4	03:17-28	03:59-24	02:38-22	06:23-29	02:45-17	09:40-24	02:19-21	06:33-48	02:36-25
00:34&	01:58&	00:12+	01:07&	01:25&	01:05&	02:10&	00:51&	02:47&	00:36&	03:49@	01:00&
20	Mella, Stein			Nippon Gases		0:52:49 +	14:01		130,36		
03:11-32	10:21-32	15:22-27	18:39-29	23:09-32	26:14-32	31:27-25	34:33-25	43:58-23	46:09-23	50:24-21	52:49-22
03:11-32	07:10-33	05:01-27	03:17-28	04:30-40	03:05-40	05:13-13	03:06-29	09:25-19	02:11-17	04:15-23	02:25-16
01:15&	02:54&	01:32&	01:07&	01:56&	01:32&	01:00#	01:12&	02:32&	00:28&	01:31&	00:49&
21	Løken, Knut-Anders			Fossum IF		0:52:50 +	14:02		130,36		
02:36-17	10:01-27	14:13-18	17:23-16	21:49-21	23:22-18	31:40-27	34:09-23	43:44-21	45:44-20	50:34-22	52:50-23
02:36-17	07:25-37	04:12-13	03:10-23	04:26-38	01:33-1	08:18-49	02:29-10	09:35-23	02:00-10	04:50-39	02:16-9
00:40&	03:09&	00:43#	01:00&	01:52&	00:00=	04:05&	00:35&	02:42&	00:17#	02:06&	00:40&
22	Halden, Gunnar			Nydalens SK		0:53:41 +	14:53		130,00		
02:50-25	09:24-21	14:15-19	17:24-17	21:23-18	24:05-19	30:57-21	34:23-24	44:52-25	47:12-24	51:12-23	53:41-24
02:50-25	06:34-22	04:51-24	03:09-22	03:59-24	02:42-25	06:52-32	03:26-41	10:29-34	02:20-23	04:00-20	02:29-21
00:54&	02:18&	01:22&	00:59&	01:25&	01:09&	02:39&	01:32&	03:36&	00:37&	01:16&	00:53&
23	Øhlckers, Milda			IL Tyrving		0:54:56 +	16:08		129,48		
03:04-30	10:41-34	15:18-26	18:48-30	22:34-27	25:29-28	31:00-22	34:08-22	44:55-26	47:33-26	52:09-24	54:56-25
03:04-28	07:37-39	04:37-19	03:30-36	03:46-18	02:55-33	05:31-16	03:08-32	10:47-40	02:38-41	04:36-31	02:47-32
01:08&	03:21&	01:08&	01:20&	01:12&	01:22&	01:18&	01:14&	03:54&	00:55&	01:52&	01:11&
24	Takvam, Arnt Ove			Fossum IF		0:56:35 +	17:47		128,78		
02:40-19	08:52-17	20:04-49	23:44-49	27:57-47	30:31-45	35:36-36	38:04-35	47:47-32	49:51-31	53:59-26	56:35-26
02:40-19	06:12-17	11:12-61	03:40-42	04:13-32	02:34-19	05:05-10	02:28-9	09:43-25	02:04-11	04:08-22	02:36-25
00:44&	01:56&	07:43@	01:30&	01:39&	01:01&	00:52#	00:34&	02:50&	00:21#	01:24&	01:00&
25	Christensen, Bjørn			Østmarka OK		0:56:39 +	17:51		128,76		

03:00-26	10:09-28	15:15-24	18:39-28	23:04-31	26:18-33	34:01-33	37:31-33	47:25-31	49:53-32	53:58-25	56:39-27
03:00-26	07:09-31	05:06-29	03:24-34	04:25-36	03:14-49	07:43-42	03:30-44	09:54-26	02:28-32	04:05-21	02:41-29
01:04&	02:53&	01:37&	01:14&	01:51&	01:41@	03:30&	01:36&	03:01&	00:45&	01:21&	01:05&
26	Modalsli, Sigbjørn			Fossum IF		0:57:23 +	18:35		128,45		
02:47-23	09:37-25	14:44-21	18:05-23	22:19-24	25:18-25	31:17-24	34:49-27	46:33-29	49:27-29	54:13-27	57:23-28
02:47-23	06:50-27	05:07-30	03:21-30	04:14-33	02:59-37	05:59-24	03:32-45	11:44-43	02:54-52	04:46-37	03:10-48
00:51&	02:34&	01:38&	01:11&	01:40&	01:26&	01:46&	01:38&	04:51&	01:11&	02:02&	01:34&
27	Grøstad, Thomas			Østmarka OK		0:57:51 +	19:03		128,25		
03:03-27	09:26-22	15:22-28	18:22-24	23:00-30	25:39-31	31:30-26	34:33-26	44:41-24	47:15-25	54:45-28	57:51-29
03:03-27	06:23-20	05:56-40	03:00-17	04:38-44	02:39-23	05:51-22	03:03-25	10:08-31	02:34-38	07:30-57	03:06-47
01:07&	02:07&	02:27&	00:50&	02:04&	01:06&	01:38&	01:09&	03:15&	00:51&	04:46@	01:30&
28	Therkelsen, Pål			Privat		0:58:08 +	19:20		128,13		
03:35-43	09:43-26	13:46-15	16:29-13	20:11-12	22:47-13	28:25-13	33:30-20	43:33-20	46:02-22	55:09-29	58:08-30
03:35-43	06:08-14	04:03-11	02:43-8	03:42-16	02:36-21	05:38-18	05:05-60	10:03-29	02:29-34	09:07-62	02:59-44
01:39&	01:52&	00:34#	00:33&	01:08&	01:03&	01:25&	03:11@	03:10&	00:46&	06:23@	01:23&
29	Selvig, Eivind			Nydalens SK		0:58:32 +	19:44		127,97		
03:04-28	08:42-13	15:48-33	18:35-27	22:08-23	24:35-21	33:17-29	36:27-29	46:00-28	48:20-28	55:14-30	58:32-31
03:04-28	05:38-7	07:06-48	02:47-11	03:33-15	02:27-16	08:42-50	03:10-35	09:33-21	02:20-23	06:54-54	03:18-52
01:08&	01:22&	03:37@	00:37&	00:59&	00:54&	04:29@	01:16&	02:40&	00:37&	04:10@	01:42@
30	Bøe, Tormod			VBIL		0:58:49 +	20:01		127,85		
03:41-44	10:51-36	15:42-32	18:57-31	23:22-34	26:19-34	33:25-30	37:22-32	48:06-33	50:59-33	55:44-31	58:49-32
03:41-44	07:10-33	04:51-24	03:15-25	04:25-36	02:57-36	07:06-38	03:57-55	10:44-39	02:53-51	04:45-36	03:05-46
01:45&	02:54&	01:22&	01:05&	01:51&	01:24&	02:53&	02:03@	03:51&	01:10&	02:01&	01:29&
31	Hadland, Per Ingar			Ganddal IL		0:58:52 +	20:04		127,83		
03:18-37	11:52-43	15:53-34	19:49-35	23:50-35	26:41-36	33:48-32	36:40-31	47:23-30	49:50-30	56:24-34	58:52-33
03:18-37	08:34-47	04:01-10	03:56-43	04:01-26	02:51-31	07:07-39	02:52-21	10:43-38	02:27-29	06:34-50	02:28-20
01:22&	04:18@	00:32#	01:46&	01:27&	01:18&	02:54&	00:58&	03:50&	00:44&	03:50@	00:52&
32	Aarseth, Mari			Nydalens SK		0:59:15 +	20:27		127,67		
03:12-34	10:12-30	15:23-29	19:33-34	24:18-36	27:31-37	33:43-31	36:28-30	49:34-36	52:04-36	56:21-32	59:15-34
03:12-33	07:00-29	05:11-33	04:10-47	04:45-48	03:13-48	06:12-26	02:45-17	13:06-53	02:30-36	04:17-24	02:54-40
01:16&	02:44&	01:42&	02:00&	02:11&	01:40@	01:59&	00:51&	06:13&	00:47&	01:33&	01:18&
33	Erøy, Karl Aasmund			OK Moss		0:59:19 +	20:31		127,64		
02:27-12	08:35-12	13:53-16	16:54-15	20:37-16	23:18-17	39:12-47	42:19-46	50:59-38	53:04-38	56:48-35	59:19-35
02:27-12	06:08-14	05:18-35	03:01-19	03:43-17	02:41-24	15:54-62	03:07-31	08:40-14	02:05-13	03:44-15	02:31-23
00:31&	01:52&	01:49&	00:51&	01:09&	01:08&	11:41@	01:13&	01:47&	00:22#	01:00&	00:55&
34	Øhlckers, Sofia			IL Tyrving		0:59:24 +	20:36		127,60		
04:04-53	10:47-35	15:08-23	18:23-26	22:34-28	25:30-29	36:32-40	39:29-37	49:33-35	52:01-35	56:22-33	59:24-36
04:04-53	06:43-24	04:21-15	03:15-25	04:11-30	02:56-35	11:02-54	02:57-23	10:04-30	02:28-32	04:21-26	03:02-45
02:08@	02:27&	00:52#	01:05&	01:37&	01:23&	06:49@	01:03&	03:11&	00:45&	01:37&	01:26&
35	Hjermstad, Lars			Fossum IF		1:00:22 +	21:34		127,20		
03:12-33	11:24-40	15:29-30	18:22-25	22:26-25	25:20-27	37:28-41	40:40-40	51:03-39	53:24-39	57:42-36	60:22-37
03:12-33	08:12-44	04:05-12	02:53-14	04:04-27	02:54-32	12:08-57	03:12-36	10:23-33	02:21-25	04:18-25	02:40-28
01:16&	03:56&	00:36#	00:43&	01:30&	01:21&	07:55@	01:18&	03:30&	00:38&	01:34&	01:04&
36	Blom, Richard			FBI		1:01:54 +	23:06		126,56		
03:04-29	11:42-42	20:02-48	23:02-45	26:59-43	29:47-42	35:02-35	38:28-36	48:36-34	51:00-34	59:07-37	61:54-38
03:04-28	08:38-48	08:20-57	03:00-17	03:57-22	02:48-29	05:15-14	03:26-41	10:08-31	02:24-26	08:07-61	02:47-32
01:08&	04:22@	04:51@	00:50&	01:23&	01:15&	01:02#	01:32&	03:15&	00:41&	05:23@	01:11&
37	Fixdal, Trude			Heming Orientering		1:02:57 +	24:09		126,12		

06:06-59	15:00-55	19:46-44	22:36-44	27:15-44	29:57-43	36:07-38	39:41-38	50:20-37	52:44-37	60:09-38	62:57-39
06:06-59	08:54-51	04:46-23	02:50-13	04:39-45	02:42-25	06:10-25	03:34-47	10:39-37	02:24-26	07:25-56	02:48-34
04:10@	04:38@	01:17&	00:40&	02:05&	01:09&	01:57&	01:40&	03:46&	00:41&	04:41@	01:12&
38	Hanssen, Pål	Woldstad		Eiker OL		1:03:34 +	24:46		125,86		
04:33-58	13:00-50	20:36-51	23:58-50	28:35-51	31:42-51	39:45-48	42:54-47	53:32-43	56:24-45	60:45-39	63:34-40
04:33-58	08:27-45	07:36-52	03:22-31	04:37-42	03:07-42	08:03-45	03:09-34	10:38-35	02:52-50	04:21-26	02:49-37
02:37@	04:11&	04:07@	01:12&	02:03&	01:34@	03:50&	01:15&	03:45&	01:09&	01:37&	01:13&
39	Kongsberg, Morten			IL Tyrving		1:03:51 +	25:03		125,74		
02:35-16	10:12-29	18:06-40	21:10-39	26:03-40	30:18-44	41:55-51	44:58-50	54:55-48	57:09-47	60:53-40	63:51-41
02:35-16	07:37-39	07:54-55	03:04-21	04:53-50	04:15-62	11:37-55	03:03-25	09:57-27	02:14-19	03:44-15	02:58-42
00:39&	03:21&	04:25@	00:54&	02:19&	02:42@	07:24@	01:09&	03:04&	00:31&	01:00&	01:22&
40	Øvergaard, Tormod			Vestre Akers SK		1:04:22 +	25:34		125,52		
03:28-40	12:47-48	20:46-53	24:19-52	30:01-53	33:04-53	38:58-46	42:04-44	52:04-41	54:47-41	61:24-41	64:22-42
03:28-39	09:19-56	07:59-56	03:33-38	05:42-55	03:03-39	05:54-23	03:06-29	10:00-28	02:43-45	06:37-53	02:58-42
01:32&	05:03@	04:30@	01:23&	03:08@	01:30&	01:41&	01:12&	03:07&	01:00&	03:53@	01:22&
41	Kaarby, Per			Overtoppen		1:04:43 +	25:55		125,38		
03:16-36	10:19-31	19:55-46	24:24-53	28:31-50	31:26-48	38:28-45	41:15-41	52:51-42	55:32-42	61:31-42	64:43-43
03:16-36	07:03-30	09:36-59	04:29-50	04:07-28	02:55-33	07:02-37	02:47-20	11:36-42	02:41-43	05:59-44	03:12-50
01:20&	02:47&	06:07@	02:19@	01:33&	01:22&	02:49&	00:53&	04:43&	00:58&	03:15@	01:36@
42	Bratsberg, Bo			Privat		1:05:01 +	26:13		125,25		
04:00-51	11:09-37	18:05-39	21:41-41	28:17-49	31:31-50	38:25-43	41:39-42	53:34-44	56:03-43	62:36-43	65:01-44
04:00-51	07:09-31	06:56-47	03:36-40	06:36-60	03:14-49	06:54-33	03:14-37	11:55-45	02:29-34	06:33-48	02:25-16
02:04@	02:53&	03:27&	01:26&	04:02@	01:41@	02:41&	01:20&	05:02&	00:46&	03:49@	00:49&
43	Longva, Tore			VBIL		1:05:27 +	26:39		125,07		
02:34-15	09:17-20	14:39-20	17:49-22	21:58-22	25:38-30	37:58-42	43:04-48	55:01-49	57:51-49	62:39-44	65:27-45
02:34-14	06:43-24	05:22-36	03:10-23	04:09-29	03:40-59	12:20-58	05:06-61	11:57-46	02:50-48	04:48-38	02:48-34
00:38&	02:27&	01:53&	01:00&	01:35&	02:07@	08:07@	03:12@	05:04&	01:07&	02:04&	01:12&
44	Selvig, Kristin Dale			Nydalens SK		1:05:46 +	26:58		124,94		
02:44-21	11:22-38	17:40-37	22:06-42	26:17-41	29:25-41	42:52-52	45:57-52	54:24-47	57:38-48	62:56-46	65:46-46
02:44-21	08:38-48	06:18-42	04:26-49	04:11-30	03:08-43	13:27-59	03:05-27	08:27-12	03:14-55	05:18-41	02:50-39
00:48&	04:22@	02:49&	02:16@	01:37&	01:35@	09:14@	01:11&	01:34#	01:31&	02:34&	01:14&
45	Broadwell, Sharon			IL GeoForm		1:06:11 +	27:23		124,76		
04:03-52	11:22-39	18:08-42	22:07-43	28:17-48	31:29-49	38:26-44	41:47-43	53:47-46	56:14-44	62:49-45	66:11-47
04:03-52	07:19-36	06:46-46	03:59-45	06:10-57	03:12-47	06:57-34	03:21-40	12:00-47	02:27-29	06:35-51	03:22-53
02:07@	03:03&	03:17&	01:49&	03:36@	01:39@	02:44&	01:27&	05:07&	00:44&	03:51@	01:46@
46	Falck, Heidi			IL Tyrving		1:07:20 +	28:32		124,28		
03:33-42	11:27-41	17:42-38	21:04-38	25:47-39	28:53-39	34:25-34	37:33-34	51:40-40	53:56-40	64:31-48	67:20-48
03:33-42	07:54-41	06:15-41	03:22-31	04:43-47	03:06-41	05:32-17	03:08-32	14:07-58	02:16-20	10:35-63	02:49-37
01:37&	03:38&	02:46&	01:12&	02:09&	01:33@	01:19&	01:14&	07:14@	00:33&	07:51@	01:13&
47	Tho, Kjersti			Stabæk IF		1:07:33 +	28:45		124,19		
03:27-38	12:10-44	17:08-36	20:42-37	25:12-38	28:22-38	36:14-39	39:49-39	53:37-45	56:54-46	63:53-47	67:33-49
03:27-38	08:43-50	04:58-26	03:34-39	04:30-40	03:10-45	07:52-44	03:35-48	13:48-55	03:17-56	06:59-55	03:40-57
01:31&	04:27@	01:29&	01:24&	01:56&	01:37@	03:39&	01:41&	06:55@	01:34&	04:15@	02:04@
48	Kongsnes, Arne			Oppsal Orientering		1:08:58 +	30:10		123,59		
04:16-55	12:18-45	19:51-45	23:21-47	27:35-45	31:20-47	45:17-57	48:33-56	59:28-51	61:53-51	66:19-49	68:58-50
04:16-55	08:02-43	07:33-51	03:30-36	04:14-33	03:45-60	13:57-60	03:16-38	10:55-41	02:25-28	04:26-29	02:39-27
02:20@	03:46&	04:04@	01:20&	01:40&	02:12@	09:44@	01:22&	04:02&	00:42&	01:42&	01:03&
49	Herud, Tone Jahren			Fossum IF		1:10:13 +	31:25		123,07		

03:05-31	14:05-54	19:58-47	26:06-55	30:21-54	34:10-55	40:34-49	43:52-49	57:44-50	60:44-50	67:03-50	70:13-51
03:05-31	11:00-58	05:53-39	06:08-57	04:15-35	03:49-61	06:24-30	03:18-39	13:52-57	03:00-54	06:19-47	03:10-48
01:09&	06:44@	02:24&	03:58@	01:41&	02:16@	02:11&	01:24&	06:59@	01:17&	03:35@	01:34&
50	Flenning, Øystein			Årvoll IL				1:10:23 + 31:35	123,00		
03:28-39	13:45-53	22:18-55	26:18-56	31:11-56	34:28-56	43:47-55	47:43-55	60:04-52	62:44-52	67:37-51	70:23-52
03:28-39	10:17-57	08:33-58	04:00-46	04:53-50	03:17-52	09:19-51	03:56-53	12:21-49	02:40-42	04:53-40	02:46-31
01:32&	06:01@	05:04@	01:50&	02:19&	01:44@	05:06@	02:02@	05:28&	00:57&	02:09&	01:10&
51	Angell, Truls			Lillomarka OL				1:11:40 + 32:52	122,46		
03:42-45	10:32-33	15:39-31	19:02-32	26:22-42	29:12-40	35:59-37	42:12-45	60:42-54	63:14-54	67:56-52	71:40-53
03:42-45	06:50-27	05:07-30	03:23-33	07:20-61	02:50-30	06:47-31	06:13-62	18:30-62	02:32-37	04:42-34	03:44-58
01:46&	02:34&	01:38&	01:13&	04:46@	01:17&	02:34&	04:19@	11:37@	00:49&	01:58&	02:08@
52	Skjelkvåle, Brit Lisa			IL GeoForm				1:12:02 + 33:14	122,31		
08:08-61	15:22-57	22:44-56	27:15-57	35:23-61	38:23-60	45:22-58	48:55-58	61:54-56	64:41-56	69:18-54	72:02-54
08:08-61	07:14-35	07:22-50	04:31-51	08:08-62	03:00-38	06:59-36	03:33-46	12:59-52	02:47-47	04:37-32	02:44-30
06:12@	02:58&	03:53@	02:21@	05:34@	01:27&	02:46&	01:39&	06:06&	01:04&	01:53&	01:08&
53	Sandelién, Bjørn			Heming Orientering				1:12:07 + 33:19	122,27		
03:59-50	15:13-56	20:21-50	27:16-58	31:45-57	34:55-57	42:59-53	46:48-53	60:18-53	63:08-53	68:32-53	72:07-55
03:59-50	11:14-59	05:08-32	06:55-60	04:29-39	03:10-45	08:04-46	03:49-50	13:30-54	02:50-48	05:24-42	03:35-56
02:03@	06:58@	01:39&	04:45@	01:55&	01:37@	03:51&	01:55@	06:37&	01:07&	02:40&	01:59@
54	Landstad, Magnus			Freidig				1:14:43 + 35:55	121,18		
03:51-47	12:24-46	23:29-57	28:09-60	33:08-58	36:33-58	43:44-54	47:28-54	62:02-57	64:39-55	70:44-55	74:43-56
03:51-47	08:33-46	11:05-60	04:40-53	04:59-53	03:25-53	07:11-40	03:44-49	14:34-59	02:37-40	06:05-46	03:59-59
01:55&	04:17@	07:36@	02:30@	02:25&	01:52@	02:58&	01:50&	07:41@	00:54&	03:21@	02:23@
55	Hjelm, Morten			VBIL				1:16:01 + 37:13	120,64		
04:06-54	13:16-52	21:03-54	25:38-54	30:32-55	33:57-54	41:09-50	45:11-51	61:05-55	66:26-58	72:30-57	76:01-57
04:06-54	09:10-54	07:47-54	04:35-52	04:54-52	03:25-53	07:12-41	04:02-58	15:54-61	05:21-64	06:04-45	03:31-55
02:10@	04:54@	04:18@	02:25@	02:20&	01:52@	02:59&	02:08@	09:01@	03:38@	03:20@	01:55@
56	Øhlckers, Per			IL Tyrving				1:16:31 + 37:43	120,43		
09:12-63	17:07-59	23:48-58	28:05-59	33:28-59	36:43-59	44:47-56	48:38-57	62:27-58	65:53-57	72:29-56	76:31-58
09:12-63	07:55-42	06:41-45	04:17-48	05:23-54	03:15-51	08:04-46	03:51-51	13:49-56	03:26-58	06:36-52	04:02-60
07:16@	03:39&	03:12&	02:07&	02:49@	01:42@	03:51&	01:57@	06:56@	01:43@	03:52@	02:26@
57	Rikheim, Harald			Privat				1:17:55 + 39:07	119,84		
03:29-41	12:36-47	18:07-41	23:07-46	27:49-46	31:19-46	51:08-60	55:08-60	67:37-60	70:19-59	75:01-58	77:55-59
03:29-41	09:07-53	05:31-37	05:00-56	04:42-46	03:30-55	19:49-63	04:00-57	12:29-50	02:42-44	04:42-34	02:54-40
01:33&	04:51@	02:02&	02:50@	02:08&	01:57@	15:36@	02:06@	05:36&	00:59&	01:58&	01:18&
58	Rådahl, Tom			IL Tyrving				1:19:55 + 41:07	119,00		
03:49-46	13:04-51	18:51-43	23:33-48	35:06-60	38:42-61	50:42-59	54:38-59	67:33-59	71:05-60	76:30-59	79:55-60
03:49-46	09:15-55	05:47-38	04:42-54	11:33-63	03:36-58	12:00-56	03:56-53	12:55-51	03:32-60	05:25-43	03:25-54
01:53&	04:59@	02:18&	02:32@	08:59@	02:03@	07:47@	02:02@	06:02&	01:49@	02:41&	01:49@
59	Klaveness, Peter			Måren OK				1:20:52 + 42:04	118,61		
04:19-56	15:51-58	20:36-52	24:01-51	28:38-52	32:08-52	53:34-61	57:27-61	69:44-61	73:13-61	77:37-60	80:52-61
04:19-56	11:32-60	04:45-21	03:25-35	04:37-42	03:30-55	21:26-64	03:53-52	12:17-48	03:29-59	04:24-28	03:15-51
02:23@	07:16@	01:16&	01:15&	02:03&	01:57@	17:13@	01:59@	05:24&	01:46@	01:40&	01:39@
60	Bondal, Tov Arne			Notodden OL				1:28:34 + 49:46	115,38		
08:55-62	17:57-60	25:38-59	30:33-61	36:19-62	39:51-62	54:24-62	58:22-62	73:52-62	76:47-62	84:25-61	88:34-62
08:55-62	09:02-52	07:41-53	04:55-55	05:46-56	03:32-57	14:33-61	03:58-56	15:30-60	02:55-53	07:38-58	04:09-63
06:59@	04:46@	04:12@	02:45@	03:12@	01:59@	10:20@	02:04@	08:37@	01:12&	04:54@	02:33@
61	Fidje, Øyvind			Privat				1:39:22 +1:00:34	110,85		

03:52-49	19:48-62	26:28-61	32:45-63	39:00-64	43:43-64	54:30-64	61:38-64	83:19-64	87:13-64	95:14-63	99:22-64
03:52-48	15:56-61	06:40-43	06:17-58	06:15-58	04:43-63	10:47-52	07:08-63	21:41-63	03:54-61	08:01-59	04:08-61
01:56@	11:40@	03:11&	04:07@	03:41@	03:10@	06:34@	05:14@	14:48@	02:11@	05:17@	02:32@
61	Fidje, Hildegunn			Privat		1:39:22	+1:00:34		110,85		
03:52-48	19:48-61	26:28-60	32:45-62	39:00-63	43:43-63	54:30-63	61:38-63	83:19-63	87:13-63	95:14-62	99:22-63
03:52-48	15:56-61	06:40-43	06:17-58	06:15-58	04:43-63	10:47-52	07:08-63	21:41-63	03:54-61	08:01-59	04:08-61
01:56@	11:40@	03:11&	04:07@	03:41@	03:10@	06:34@	05:14@	14:48@	02:11@	05:17@	02:32@
DSQ	Kildahl, Øystein			Østmarka OK		0:47:41	(-1 poster)		95,45		
02:12-7	07:42-5		14:44-5	17:52-4	20:04-4	24:34-3	28:57-8	38:28-9	41:45-12	45:17-12	47:41-13
02:12-7	05:30-5			03:08-6	02:12-8	04:30-6	04:23-59	09:31-20	03:17-56	03:32-9	02:24-14
00:16#	01:14&			00:34#	00:39&	00:17+	02:29@	02:38&	01:34&	00:48&	00:48&
DSQ	Sandberg, Per			Nydalens SK		0:07:13	(-5 poster)		77,27		
			21:39-20	24:48-22	30:33-19	33:38-21	45:29-27	47:56-27			07:13-1
				03:09-44	05:45-20	03:05-27	11:51-44	02:27-29			
				01:36@	01:32&	01:11&	04:58&	00:44&			

Strekktider Kort

Class	Navn			Klubb			Tid		Poeng
1	Berteig, Vidar			IL GeoForm			0:29:09	+ 00:00	121,82
	02:20-1	08:21-1	12:25-1	17:50-1	20:12-1	22:28-1	26:51-1	29:09-2	
	02:20-1	06:01-1	04:04-1	05:25-1	02:22-2	02:16-1	04:23-4	02:18-1	
	00:00=	00:00=	00:00=	00:00=	00:18#	00:00=	00:39#	00:00=	
2	Rekve Lian, Håvard			IL Koll			0:34:48	+ 05:39	120,24
	02:46-2	09:02-2	14:05-2	21:50-3	25:08-3	28:01-3	32:23-2	34:48-4	
	02:46-2	06:16-2	05:03-5	07:45-5	03:18-16	02:53-8	04:22-3	02:25-2	
	00:26#	00:15+	00:59#	02:20&	01:14&	00:37&	00:38#	00:07+	
3	Grand, Elena			Lillomarka OL			0:37:30	+ 08:21	119,48
	03:35-13	12:20-9	17:38-6	25:40-6	28:12-6	30:30-6	34:50-4	37:30-5	
	03:35-13	08:45-11	05:18-6	08:02-6	02:32-5	02:18-2	04:20-2	02:40-3	
	01:15&	02:44&	01:14&	02:37&	00:28#	00:02+	00:36#	00:22#	
4	Carlsson, Bjørn Are			Privat			0:38:08	+ 08:59	119,30
	03:24-7	11:13-6	16:09-3	22:52-4	25:57-4	29:17-4	34:35-3	38:08-6	
	03:24-7	07:49-5	04:56-4	06:43-2	03:05-13	03:20-15	05:18-7	03:33-14	
	01:04&	01:48&	00:52#	01:18#	01:01&	01:04&	01:34&	01:15&	
5	Mestad, Ivar			Røyken OL			0:38:41	+ 09:32	119,15
	03:32-10	11:08-5	16:47-4	24:13-5	27:15-5	30:07-5	35:13-5	38:41-8	
	03:32-10	07:36-4	05:39-10	07:26-4	03:02-12	02:52-7	05:06-6	03:28-13	
	01:12&	01:35&	01:35&	02:01&	00:58&	00:36&	01:22&	01:10&	
6	Aulie, Harald			Heming Orientering			0:41:39	+ 12:30	118,32
	05:20-28	14:47-20	19:12-11	27:50-9	30:14-8	32:55-8	36:39-6	41:39-9	
	05:20-28	09:27-14	04:25-2	08:38-8	02:24-3	02:41-5	03:44-1	05:00-27	
	03:00@	03:26&	00:21+	03:13&	00:20#	00:25#	00:00=	02:42@	
7	Fremming, Hans Henrik			Heming Orientering			0:42:17	+ 13:08	118,14
	04:16-19	12:40-11	19:09-10	27:18-8	30:16-9	33:18-9	38:50-7	42:17-11	

09:47-34 07:27@	20:59-35 14:58@	13:20-32 09:16@	19:19-22 13:54@	08:21-32 06:17@			
DSQ Henriksen, Tor			Årvoll IL		1:33:41 (-2 poster)	85,71	
18:36-36	33:42-34	43:19-34		80:08-32	84:41-31	93:41-38	
18:36-36	15:06-29	09:37-28			04:33-27		
16:16@	09:05@	05:33@			02:17@		
DSQ Brodin, Nils Jørgen			Byggmesterforbundet		0:01:56 (-4 poster)	71,43	
	18:54-2	22:52-2	25:14-2		01:56-1		
		03:58-21	02:22-3				
		01:54&	00:06+				
DSQ Lesteberg, Ann-Karin			Kongsberg OL		0:42:09 (-4 poster)	71,43	
04:22-22	17:05-25	23:56-22			42:09-10		
04:22-21	12:43-28	06:51-18					
02:02&	06:42@	02:47&					
DSQ Trondsen, Terje			Nittedal OL		1:01:11 (-4 poster)	71,43	
04:31-25	23:05-30	38:49-31			61:11-27		
04:31-25	18:34-32	15:44-35					
02:11&	12:33@	11:40@					
DSQ Stokset, Kathrine			Oppsal Orientering		1:06:17 (-4 poster)	71,43	
03:10-4	12:21-10	25:58-25			66:17-29		
03:10-4	09:11-12	13:37-33					
00:50&	03:10&	09:33@					
DSQ Haugen, Per			Lillomarka OL		0:34:15 (-6 poster)	57,14	
04:22-21					34:15-3		
04:22-21							
02:02&							
DSQ Byvald, Jenni			Privat		0:38:38 (-6 poster)	57,14	
16:17-35					38:38-7		
16:17-35							
13:57@							
DSQ Mortensen, Kristin			IL Koll		0:44:23 (-6 poster)	57,14	
19:28-37					44:23-14		
19:28-37							
17:08@							