

Rankingløp 17

Dato/sted: 6. november 2021 - Sognsvann
Kart: Sognsvann
Arr: IL GeoForm v/Audrun Utskarpen og Guttorm Egge
Antall: Totalt: 121 (GeoForm: 12, OSI: 2, DNV/ESS0: 4, Andre: 103)
Løpsrapport: Alder: 21-: 119, 17-20: 1, 13-16: 1, 0-12: 0
Startkont: kr. 50: 102 kr. 30: 19 kr. 0: 0
Betalt: kr. 50: 102 kr. 30: 15 kr. 0: 4
Leiebrikker: 4 stk

Resultater: [Lang\(32\)](#) | [Mellom\(54\)](#) | [Kort\(35\)](#) | [Grafisk](#)
Strekketider: [Lang\(32\)](#) | [Mellom\(54\)](#) | [Kort\(35\)](#)

Resultater Lang (5.9 km)

Plass	Navn	Klubb	Tid	Poeng
1	Schive, Christian	Nydalens SK	0:45:33 + 00:00	151.87
2	Prydz, Espen Beer	Heming Orientering	0:48:37 + 03:04	150.31
3	Sundby, Jørn	Larvik OK	0:49:54 + 04:21	149.66
4	Dale, Andreas	Bergens TF	0:50:03 + 04:30	149.59
5	Rygh, Karl Even	Heming Orientering	0:52:04 + 06:31	148.56
6	Nesland, Kristoffer	Tyrving IL	0:56:03 + 10:30	146.54
7	Schlaupitz, Holger	IL GeoForm	0:56:55 + 11:22	146.10
8	Nipen, Jørgen Mathias	Bækkelaget SK	0:57:12 + 11:39	145.96
9	Bakken, Jon Iver	Nydalens SK	1:00:00 + 14:27	144.53
10	Bårtveit, Knut	Bø OL	1:00:17 + 14:44	144.39
11	Seierstad, Ivar	IL GeoForm	1:01:06 + 15:33	143.98
12	McAdam, Martin Ekholt	Privat	1:01:16 + 15:43	143.89
13	Bjerknes, Audun	Måren OK	1:01:25 + 15:52	143.82
14	Aarseth, Lars-Ivar	Nydalens SK	1:01:33 + 16:00	143.75
15	Kristiansen, Roy	Roykri Travel	1:02:20 + 16:47	143.35
16	Lesteberg, Ola	Kongsberg OL	1:03:41 + 18:08	142.66
17	Gammelsæter, Bjørnar	Nordre Follo Orientering	1:04:29 + 18:56	142.26
18	Iwe, Harald	IL GeoForm	1:04:54 + 19:21	142.05
19	Onstad, Lars	Kjelsås IL	1:05:47 + 20:14	141.60
20	Onstad, William	Kjelsås IL	1:05:53 + 20:20	141.55
21	Blomseth, Stein	Lillomarka OL	1:06:17 + 20:44	141.34
22	Haugland, Øyvind	Lillomarka OL	1:07:23 + 21:50	140.79
23	Stenshorne, Per Christian	Nydalens SK	1:08:55 + 23:22	140.01
24	Vister, Hanne Maria		1:12:01 + 26:28	138.43
25	Heitmann, Ståle	Fossum IF	1:14:08 + 28:35	137.36
26	Farkas, Lorant	Østmarka OK	1:14:51 + 29:18	136.99
27	Onsager, Knut	IL GeoForm	1:15:52 + 30:19	136.48

28	Madsen, Klavs	Nydalens SK	1:16:06 + 30:33	136.36
29	Saugestad, Frederik	Nydalens SK	1:16:24 + 30:51	136.21
30	Gammelsæter, Linda	Nordre Follo Orientering	1:17:06 + 31:33	135.85
31	Fixdal, Trude	IL Koll	1:20:44 + 35:11	134.01
32	Thorstensen, Einar	Kamp/Vestheim IF	1:28:10 + 42:37	130.23

Resultater Mellom (4.2 km)

Class	Navn	Klubb	Tid	Poeng
1	Östgren, Björn Mo	IL GeoForm	0:40:21 + 00:00	136.69
2	Langaas, Sindre	Nydalens SK	0:42:33 + 02:12	135.83
3	Helland, Knut Edvard	Østmarka OK	0:45:06 + 04:45	134.83
4	Solsrud, Jon	Nydalens SK	0:47:18 + 06:57	133.97
5	Reklev, Andreas	Reklev IL	0:48:04 + 07:43	133.67
5	Solheim, Paul	Privat	0:48:04 + 07:43	133.67
7	Sundtjønn, Tore	Årvoll IL	0:48:13 + 07:52	133.61
8	Holten, Marie Rygh	Nydalens SK	0:48:57 + 08:36	133.32
9	Feiring, Hege	IL Tyrving	0:49:32 + 09:11	133.10
10	Therkelsen, Pål	Privat	0:49:34 + 09:13	133.08
11	Njåstein, Marianne	IL Tyrving	0:52:24 + 12:03	131.97
12	Jensen, Einar	Nydalens SK	0:52:45 + 12:24	131.84
13	Hasaas, Olav	Fossum IF	0:52:51 + 12:30	131.80
14	Sundtjønn, Gunnhild	Sparebank1	0:53:19 + 12:58	131.61
15	Goa, Kristin	IL GeoForm	0:54:32 + 14:11	131.14
16	Erøy, Karl Aasmund	OK Moss	0:54:59 + 14:38	130.96
16	Blom, Richard	FBI	0:54:59 + 14:38	130.96
18	Refsland, Ivar	IL Tyrving	0:56:10 + 15:49	130.50
19	Granly, Martin	Siemens	0:56:54 + 16:33	130.21
20	Sundtjønn, Tone	Lillomarka OL	0:57:01 + 16:40	130.16
21	Hov, Kjersti	Fossum IF	0:58:25 + 18:04	129.62
22	Christiansen, Håvard	Privat	0:58:39 + 18:18	129.52
23	Danielsen, Anne	Nydalens SK	0:59:23 + 19:02	129.24
24	Løken, Aleidis	Heming Orientering	0:59:35 + 19:14	129.16
25	Ulltveit-Moe, Jo	IL Koll	0:59:49 + 19:28	129.07
26	Rikheim, Harald	Privat	1:00:04 + 19:43	128.97
27	Sigurdson, Roar	Ringnes BIL	1:00:49 + 20:28	128.68
28	Johansen, Frode	Equinor BIL	1:01:01 + 20:40	128.60
29	Bøe, Tormod	VBIL	1:01:27 + 21:06	128.43
30	Vollen, Magne	Oslostudentenes IK	1:01:51 + 21:30	128.27
31	Hultgreen, Rune	IL GeoForm	1:03:46 + 23:25	127.52
32	Bratsberg, Bo	Privat	1:04:01 + 23:40	127.42
33	Pettersen, Alf	IL Tyrving	1:04:08 + 23:47	127.38
34	Broadwell, Sharon	IL GeoForm	1:05:59 + 25:38	126.65
35	Skronnal, Inge Sandstad	Fet OL	1:06:06 + 25:45	126.61
36	Lahlum, Tor	Nordre Follo Orientering	1:06:56 + 26:35	126.28

37	Lye, Helge	IL Tyrving	1:07:35 + 27:14	126.03
38	Gunnerød, Hege	IL GeoForm	1:08:06 + 27:45	125.82
39	Christensen, Lars	VBIL	1:09:14 + 28:53	125.38
40	Nordli, Anne-Grethe	Privat	1:10:12 + 29:51	125.00
40	Gisholt, Einar	Fossum IF	1:10:12 + 29:51	125.00
40	Bruland, Håvard	Privat	1:10:12 + 29:51	125.00
43	Angell, Truls	Lillomarka OL	1:11:11 + 30:50	124.62
44	Skjelkvåle, Brit Lisa	IL GeoForm	1:11:42 + 31:21	124.41
45	Rådahl, Tom	IL Tyrving	1:12:10 + 31:49	124.23
46	Skyttersæter, Runa	Heming Orientering	1:12:12 + 31:51	124.22
47	Tho, Kjersti	Stabæk IF	1:21:53 + 41:32	120.42
48	Myhr, Bjørn	Privat	1:28:14 + 47:53	117.94
49	Edwardsen, Tom	IL Koll	1:29:55 + 49:34	117.28
50	Dybvad, Jakob	VBIL	1:37:31 + 57:10	114.30
DSQ	Schive, Christopher	OK Moss	0:56:22 (-1 poster)	94.44
DSQ	Aulie, Harald	IL Koll	0:58:22 (-1 poster)	94.44
DSQ	Berge, Rune	Tyrving IL	1:14:44 (-1 poster)	94.44
DSQ	Feiring, Trond	Hamar OK	2:01:09 (-3 poster)	83.33

Resultater Kort (2.4 km)

Class	Navn	Klubb	Tid	Poeng
1	Berteig, Vidar	IL GeoForm	0:31:27 + 00:00	120.76
2	Kaarby, Per	Overtoppen	0:33:43 + 02:16	120.09
3	Kongsberg, Morten	IL Tyrving	0:33:50 + 02:23	120.06
4	Løken, Knut-Anders	Fossum IF	0:34:24 + 02:57	119.89
5	Carlsson, Bjørn Are	Fossum IF	0:36:43 + 05:16	119.21
6	Iversen, Egil Wickstrand	Heming Orientering	0:36:47 + 05:20	119.19
7	Sandberg, Synnøve Lyssand	Nydalens SK	0:42:24 + 10:57	117.54
8	Myhre, Stein	Bærums Skiklub	0:42:43 + 11:16	117.44
9	Berge, Berit	IL Tyrving	0:44:26 + 12:59	116.94
10	Heen, Tuva	Privat	0:44:38 + 13:11	116.88
11	Nilstad, Randi	IL Tyrving	0:44:55 + 13:28	116.80
12	Sundelin Rørvik, Gisela	Heming Orientering	0:45:23 + 13:56	116.66
13	Stenstadvoll, Kjell	IL Tyrving	0:45:30 + 14:03	116.63
14	Sletner, Kristin	IL GeoForm	0:46:14 + 14:47	116.41
15	Ursin, Nora	Bærum kommune	0:50:49 + 19:22	115.06
16	Onstad, Julie	Kjelsås IL	0:51:53 + 20:26	114.75
17	Bakstad, Anne-Regine	Heming Orientering	0:52:27 + 21:00	114.58
18	Kletteli, Odd	Bsk	0:52:56 + 21:29	114.44
19	Solheim, Knut Tore	Nydalens SK	0:54:52 + 23:25	113.87
20	Vangen, Christin	Oslostudentenes IK	0:57:19 + 25:52	113.15
21	Aarflot, Kristine	Privat	0:58:12 + 26:45	112.89
22	Vik, Eilen Arctander	IL Koll	0:58:37 + 27:10	112.77
23	Haugen, Per	Lillomarka OL	1:01:36 + 30:09	111.89

24	Flemming, Øystein	Årvoll IL	1:02:04 + 30:37	111.76
25	Hanslien, Uno	Privat	1:02:30 + 31:03	111.63
26	Ommundsen, Tor A.	VBIL	1:03:24 + 31:57	111.37
27	Nordland, Janicke	Lyn Ski	1:05:57 + 34:30	110.62
28	Fougner, Jon C.	Heming Orientering	1:07:05 + 35:38	110.28
29	Tandberg, Ingvild	Privat	1:07:43 + 36:16	110.10
30	Henriksen, Tor	Årvoll IL	1:16:32 + 45:05	107.51
31	Spjelkavik, Aud I	Tyrving IL	1:20:27 + 49:00	106.35
32	Gunnerød, Bjørn	Asker Skiklubb	1:35:26 +1:03:59	101.95
33	Fremming, Ørnulf	Meteorologen	2:29:39 +1:58:12	100.00
DSQ	Sandberg, Per	Nydalens SK	0:00:00 (-5 poster)	58.33
DSQ	Ouyang, Ping	Østmarka OK	1:10:54 (-6 poster)	50.00

Strekktider Lang

Class	Navn	Klubb	Tid	Poeng
1	Schive, Christian	Nydalens SK	0:45:33 + 00:00	151.87
	03:37-2 05:56-1 10:51-1 12:49-1 14:46-1 16:13-1 18:55-1 20:54-1 23:01-1 24:52-1 26:27-1 31:25-1 33:20-1 35:16-1 44:47-1 45:33-1			
	03:37-2 02:19-1 04:55-3 01:58-1 01:57-1 01:27-4 02:42-1 01:59-1 02:07-4 01:51-1 01:35-1 04:58-2 01:55-7 01:56-1 09:31-1 00:46-3			
	00:08+ 00:00= 00:17+ 00:00= 00:00= 00:06+ 00:00= 00:00= 00:06+ 00:00= 00:00= 00:02+ 00:12# 00:00= 00:00= 00:04+			
2	Prydz, Espen Beer	Heming Orientering	0:48:37 + 03:04	150.31
	04:15-4 06:52-3 11:47-4 13:57-3 16:11-3 17:32-3 20:37-3 22:44-3 24:45-2 26:50-2 28:32-2 33:28-2 35:20-2 37:30-2 47:55-2 48:37-2			
	04:15-4 02:37-3 04:55-3 02:10-4 02:14-3 01:21-1 03:05-3 02:07-3 02:01-1 02:05-2 01:42-2 04:56-1 01:52-6 02:10-2 10:25-4 00:42-1			
	00:46# 00:18# 00:17+ 00:12# 00:17# 00:00= 00:23# 00:08+ 00:00= 00:14# 00:07+ 00:00= 00:09+ 00:14# 00:54+ 00:00=			
3	Sundby, Jørn	Larvik OK	0:49:54 + 04:21	149.66
	04:06-3 07:10-6 12:06-6 14:11-5 16:29-5 17:59-5 21:29-5 23:38-5 25:43-5 28:13-4 30:01-5 35:08-4 36:51-4 39:11-4 49:11-3 49:54-3			
	04:06-3 03:04-11 04:56-5 02:05-2 02:18-5 01:30-5 03:30-11 02:09-4 02:05-3 02:30-7 01:48-4 05:07-3 01:43-1 02:20-5 10:00-2 00:43-2			
	00:37# 00:45& 00:18+ 00:07+ 00:21# 00:09# 00:48& 00:10+ 00:04+ 00:39& 00:13# 00:11+ 00:00= 00:24# 00:29+ 00:01+			
4	Dale, Andreas	Bergens TF	0:50:03 + 04:30	149.59
	03:29-1 06:09-2 10:54-2 13:17-2 16:03-2 17:29-2 20:31-2 22:43-2 25:36-4 27:44-3 29:34-3 34:45-3 36:32-3 38:52-3 49:14-4 50:03-4			
	03:29-1 02:40-4 04:45-2 02:23-6 02:46-13 01:26-3 03:02-2 02:12-5 02:53-17 02:08-4 01:50-5 05:11-4 01:47-4 02:20-5 10:22-3 00:49-5			
	00:00= 00:21# 00:07+ 00:25# 00:49& 00:05+ 00:20# 00:13# 00:52& 00:17# 00:15# 00:15+ 00:04+ 00:24# 00:51+ 00:07#			
5	Rygh, Karl Even	Heming Orientering	0:52:04 + 06:31	148.56
	04:20-5 07:04-5 11:42-3 14:03-4 16:11-4 17:42-4 20:56-4 23:12-4 25:27-3 28:14-5 29:59-4 35:54-5 37:38-5 40:07-5 51:12-5 52:04-5			
	04:20-5 02:44-5 04:38-1 02:21-5 02:08-2 01:31-6 03:14-6 02:16-7 02:15-6 02:47-15 01:45-3 05:55-7 01:44-2 02:29-12 11:05-6 00:52-8			
	00:51# 00:25# 00:00= 00:23# 00:11+ 00:10# 00:32# 00:17# 00:14# 00:56& 00:10# 00:59# 00:01+ 00:33& 01:34# 00:10#			
6	Nesland, Kristoffer	Tyrving IL	0:56:03 + 10:30	146.54
	04:44-12 07:41-8 13:12-9 15:39-7 18:31-8 20:15-7 23:41-7 26:07-6 28:36-6 31:14-6 33:11-6 38:49-6 40:34-6 42:52-6 55:07-6 56:03-6			
	04:44-12 02:57-6 05:31-12 02:27-7 02:52-15 01:44-11 03:26-9 02:26-9 02:29-7 02:38-9 01:57-6 05:38-5 01:45-3 02:18-3 12:15-10 00:56-15			
	01:15& 00:38& 00:53# 00:29# 00:55& 00:23& 00:44& 00:27# 00:28# 00:47& 00:22# 00:42# 00:02+ 00:22# 02:44& 00:14&			
7	Schlaupitz, Holger	IL GeoForm	0:56:55 + 11:22	146.10
	04:32-8 08:52-16 14:02-14 16:09-11 18:25-7 21:13-9 24:19-8 26:25-7 28:39-7 31:26-8 33:36-7 39:29-7 42:22-8 44:52-8 56:06-7 56:55-7			
	04:32-8 04:20-25 05:10-8 02:07-3 02:16-4 02:48-30 03:06-4 02:06-2 02:14-5 02:47-15 02:10-10 05:53-6 02:53-24 02:30-13 11:14-7 00:49-5			
	01:03& 02:01& 00:32# 00:09+ 00:19# 01:27@ 00:24# 00:07+ 00:13# 00:56& 00:35& 00:57# 01:10& 00:34& 01:43# 00:07#			
8	Nipen, Jørgen Mathias	Bækkelagets SK	0:57:12 + 11:39	145.96

04:35-9	07:02-4	12:04-5	15:14-6	17:34-6	19:08-6	23:36-6	26:27-8	28:59-8	31:14-7	33:37-8	39:44-8	41:35-7	43:54-7	56:21-8	57:12-8
04:35-9	02:27-2	05:02-6	03:10-24	02:20-6	01:34-7	04:28-26	02:51-20	02:32-9	02:15-5	02:23-20	06:07-10	01:51-5	02:19-4	12:27-11	00:51-7
01:06&	00:08+	00:24+	01:12&	00:23#	00:13#	01:46&	00:52&	00:31&	00:24#	00:48&	01:11#	00:08+	00:23#	02:56&	00:09#
9	Bakken, Jon Iver			Nydalens SK		1:00:00 +	14:27		144.53						
															60:00-9
10	Bårtveit, Knut			Bø OL		1:00:17 +	14:44		144.39						
04:39-10	07:45-10	13:09-8	16:00-9	19:19-9	20:58-8	24:29-9	27:05-9	30:03-9	32:37-10	34:49-9	40:57-9	43:45-9	46:47-9	59:23-9	60:17-10
04:39-10	03:06-13	05:24-10	02:51-17	03:19-19	01:39-8	03:31-12	02:36-12	02:58-21	02:34-8	02:12-11	06:08-11	02:48-21	03:02-24	12:36-15	00:54-11
01:10&	00:47&	00:46#	00:53&	01:22&	00:18#	00:49&	00:37&	00:57&	00:43&	00:37&	01:12#	01:05&	01:06&	03:05&	00:12&
11	Seierstad, Ivar			IL GeoForm		1:01:06 +	15:33		143.98						
05:38-24	08:52-17	15:02-18	17:48-17	20:55-15	24:07-20	27:22-16	29:42-15	32:45-15	35:44-18	37:48-15	43:43-13	45:39-12	48:03-12	60:12-10	61:06-11
05:38-23	03:14-16	06:10-21	02:46-14	03:07-17	03:12-31	03:15-7	02:20-8	03:03-24	02:59-19	02:04-7	05:55-7	01:56-8	02:24-8	12:09-8	00:54-11
02:09&	00:55&	01:32&	00:48&	01:10&	01:51@	00:33#	00:21#	01:02&	01:08&	00:29&	00:59#	00:13#	00:28#	02:38&	00:12&
12	McAdam, Martin Ekholt			Privat		1:01:16 +	15:43		143.89						
04:23-6	08:53-18	13:57-11	16:35-13	21:33-19	22:57-15	26:08-13	28:20-10	30:23-10	32:30-9	35:29-10	43:30-12	47:12-17	49:33-15	60:29-11	61:16-12
04:23-6	04:30-27	05:04-7	02:38-12	04:58-29	01:24-2	03:11-5	02:12-5	02:03-2	02:07-3	02:59-28	08:01-28	03:42-30	02:21-7	10:56-5	00:47-4
00:54&	02:11&	00:26+	00:40&	03:01@	00:03+	00:29#	00:13#	00:02+	00:16#	01:24&	03:05&	01:59@	00:25#	01:25#	00:05#
13	Bjerknes, Audun			Måren OK		1:01:25 +	15:52		143.82						
05:05-13	08:17-11	14:01-12	16:49-14	20:46-14	22:28-14	25:49-11	28:28-11	31:45-12	34:36-12	36:41-11	43:06-10	45:25-10	47:55-11	60:32-12	61:25-13
05:05-13	03:12-15	05:44-16	02:48-16	03:57-25	01:42-9	03:21-8	02:39-14	03:17-28	02:51-18	02:05-8	06:25-13	02:19-16	02:30-13	12:37-16	00:53-9
01:36&	00:53&	01:06#	00:50&	02:00@	00:21&	00:39#	00:40&	01:16&	01:00&	00:30&	01:29&	00:36&	00:34&	03:06&	00:11&
14	Aarseth, Lars-Ivar			Nydalens SK		1:01:33 +	16:00		143.75						
05:36-22	08:40-14	14:29-16	17:20-16	19:48-11	22:25-13	26:19-14	29:04-13	31:46-13	34:34-11	37:17-13	44:03-14	45:59-13	48:25-13	60:39-13	61:33-14
05:36-22	03:04-11	05:49-17	02:51-17	02:28-9	02:37-29	03:54-15	02:45-15	02:42-11	02:48-17	02:43-24	06:46-18	01:56-8	02:26-10	12:14-9	00:54-11
02:07&	00:45&	01:11&	00:53&	00:31&	01:16&	01:12&	00:46&	00:41&	00:57&	01:08&	01:50&	00:13#	00:30&	02:43&	00:12&
15	Kristiansen, Roy			Roykri Travel		1:02:20 +	16:47		143.35						
04:29-7	07:39-7	12:59-7	15:53-8	22:22-23	24:42-23	28:09-20	30:55-19	33:28-19	36:13-19	38:25-17	44:28-15	46:32-14	48:58-14	61:25-14	62:20-15
04:29-7	03:10-14	05:20-9	02:54-19	06:29-30	02:20-24	03:27-10	02:46-17	02:33-10	02:45-14	02:12-11	06:03-9	02:04-13	02:26-10	12:27-11	00:55-14
01:00&	00:51&	00:42#	00:56&	04:32@	00:59&	00:45&	00:47&	00:32&	00:54&	00:37&	01:07#	00:21#	00:30&	02:56&	00:13&
16	Lestebeg, Ola			Kongsberg OL		1:03:41 +	18:08		142.66						
05:22-17	09:28-24	15:20-20	17:56-18	20:21-12	22:23-12	26:22-15	29:07-14	32:03-14	35:03-14	38:09-16	44:49-16	47:19-19	50:12-19	62:45-15	63:41-16
05:22-17	04:06-23	05:52-19	02:36-10	02:25-7	02:02-16	03:59-18	02:45-15	02:56-19	03:00-20	03:06-29	06:40-17	02:30-18	02:53-20	12:33-14	00:56-15
01:53&	01:47&	01:14&	00:38&	00:28#	00:41&	01:17&	00:46&	00:55&	01:09&	01:31&	01:44&	00:47&	00:57&	03:02&	00:14&
17	Gammelsæter, Bjørnar			Nordre Follo Orientering		1:04:29 +	18:56		142.26						
05:27-19	08:26-12	14:01-13	16:33-12	19:20-10	21:19-10	25:11-10	31:21-22	33:51-20	36:30-20	38:47-20	45:07-18	47:17-18	50:00-17	63:12-16	64:29-17
05:27-19	02:59-7	05:35-13	02:32-9	02:47-14	01:59-13	03:52-14	06:10-31	02:30-8	02:39-10	02:17-15	06:20-12	02:10-15	02:43-18	13:12-19	01:17-29
01:58&	00:40&	00:57#	00:34&	00:50&	00:38&	01:10&	04:11@	00:29#	00:48&	00:42&	01:24&	00:27&	00:47&	03:41&	00:35&
18	Iwe, Harald			IL GeoForm		1:04:54 +	19:21		142.05						
05:08-14	08:35-13	14:18-15	16:55-15	21:22-18	23:23-16	27:32-18	30:07-16	32:56-17	35:20-15	37:33-14	45:23-20	47:54-20	50:50-20	63:48-17	64:54-18
05:08-14	03:27-19	05:43-15	02:37-11	04:27-27	02:01-15	04:09-23	02:35-11	02:49-16	02:24-6	02:13-14	07:50-26	02:31-20	02:56-22	12:58-18	01:06-23
01:39&	01:08&	01:05#	00:39&	02:30@	00:40&	01:27&	00:36&	00:48&	00:33&	00:38&	02:54&	00:48&	01:00&	03:27&	00:24&
19	Onstad, Lars			Kjelsås IL		1:05:47 +	20:14		141.60						
06:20-29	09:21-21	15:29-21	18:23-19	20:57-16	23:26-17	27:22-17	30:08-17	32:55-16	35:39-16	38:37-19	45:05-17	47:07-15	49:55-16	64:46-18	65:47-19
06:20-29	03:01-9	06:08-20	02:54-19	02:34-11	02:29-25	03:56-17	02:46-17	02:47-13	02:44-13	02:58-27	06:28-14	02:02-11	02:48-19	14:51-22	01:01-20
02:51&	00:42&	01:30&	00:56&	00:37&	01:08&	01:14&	00:47&	00:46&	00:53&	01:23&	01:32&	00:19#	00:52&	05:20&	00:19&
20	Onstad, William			Kjelsås IL		1:05:53 +	20:20		141.55						

05:32-20	08:48-15	16:28-24	21:57-26	29:30-30	31:38-30	36:17-31	39:26-31	42:39-31	45:48-31	49:25-31	58:27-31	66:23-31	69:39-31	87:03-31	88:10-32
05:32-20	03:16-17	07:40-30	05:29-31	07:33-31	02:08-20	04:39-30	03:09-27	03:13-27	03:09-22	03:37-31	09:02-30	07:56-31	03:16-29	17:24-29	01:07-25
02:03&	00:57&	03:02&	03:31@	05:36@	00:47&	01:57&	01:10&	01:12&	01:18&	02:02@	04:06&	06:13@	01:20&	07:53&	00:25&

Strekktider Mellom

Plass	Navn	Klubb	Tid	Poeng						
1	Östgren, Björn Mo	IL GeoForm	0:40:21 + 00:00	136.69						
	04:25-1	07:23-1	13:52-2	16:08-1	17:39-1	23:23-1	25:42-1	27:59-1	39:31-1	40:21-1
	04:25-1	02:58-1	06:29-12	02:16-1	01:31-1	05:44-1	02:19-9	02:17-1	11:32-1	00:50-2
	00:00=	00:00=	01:09#	00:00=	00:00=	00:00=	00:22#	00:00=	00:00=	00:03+
2	Langaas, Sindre	Nydalens SK	0:42:33 + 02:12	135.83						
	04:43-2	07:55-2	13:15-1	16:13-2	18:13-2	24:47-2	26:44-2	29:11-2	41:46-2	42:33-2
	04:43-2	03:12-3	05:20-1	02:58-8	02:00-6	06:34-3	01:57-1	02:27-2	12:35-3	00:47-1
	00:18+	00:14+	00:00=	00:42&	00:29&	00:50#	00:00=	00:10+	01:03+	00:00=
3	Helland, Knut Edvard	Østmarka OK	0:45:06 + 04:45	134.83						
	05:16-7	08:18-3	14:48-3	19:05-10	20:53-8	27:14-4	29:17-3	31:50-3	44:04-3	45:06-3
	05:16-7	03:02-2	06:30-13	04:17-39	01:48-2	06:21-2	02:03-3	02:33-4	12:14-2	01:02-20
	00:51#	00:04+	01:10#	02:01&	00:17#	00:37#	00:06+	00:16#	00:42+	00:15&
4	Solsrud, Jon	Nydalens SK	0:47:18 + 06:57	133.97						
	05:06-6	09:10-9	15:33-9	18:10-4	20:00-3	26:49-3	29:53-4	32:28-4	46:20-4	47:18-4
	05:06-6	04:04-23	06:23-8	02:37-2	01:50-3	06:49-4	03:04-25	02:35-7	13:52-8	00:58-9
	00:41#	01:06&	01:03#	00:21#	00:19#	01:05#	01:07&	00:18#	02:20#	00:11#
5	Reklev, Andreas	Reklev IL	0:48:04 + 07:43	133.67						
	04:55-4	08:44-4	15:00-4	18:11-5	20:22-4	27:49-5	29:58-5	32:32-5	47:09-5	48:04-5
	04:55-4	03:49-15	06:16-5	03:11-13	02:11-10	07:27-11	02:09-4	02:34-5	14:37-10	00:55-5
	00:30#	00:51&	00:56#	00:55&	00:40&	01:43&	00:12#	00:17#	03:05&	00:08#
5	Solheim, Paul	Privat	0:48:04 + 07:43	133.67						
	04:55-5	08:44-5	15:00-5	18:11-6	20:22-5	27:49-6	29:58-6	32:32-6	47:09-6	48:04-6
	04:55-4	03:49-15	06:16-5	03:11-13	02:11-10	07:27-11	02:09-4	02:34-5	14:37-10	00:55-5
	00:30#	00:51&	00:56#	00:55&	00:40&	01:43&	00:12#	00:17#	03:05&	00:08#
7	Sundtjønn, Tore	Årvoll IL	0:48:13 + 07:52	133.61						
	05:42-10	09:05-7	15:28-8	18:45-9	21:04-9	28:07-9	30:22-7	33:27-7	47:12-7	48:13-7
	05:42-10	03:23-6	06:23-8	03:17-16	02:19-17	07:03-6	02:15-7	03:05-18	13:45-6	01:01-18
	01:17&	00:25#	01:03#	01:01&	00:48&	01:19#	00:18#	00:48&	02:13#	00:14&
8	Holten, Marie Rygh	Nydalens SK	0:48:57 + 08:36	133.32						
	05:53-14	09:08-8	15:06-6	18:04-3	20:28-6	28:06-8	31:34-10	34:27-10	48:02-8	48:57-8
	05:53-14	03:15-5	05:58-2	02:58-8	02:24-20	07:38-16	03:28-36	02:53-11	13:35-5	00:55-5
	01:28&	00:17+	00:38#	00:42&	00:53&	01:54&	01:31&	00:36&	02:03#	00:08#
9	Feiring, Hege	IL Tyrving	0:49:32 + 09:11	133.10						
	05:17-8	08:46-6	16:26-11	19:28-12	21:19-10	28:17-10	31:33-9	34:22-9	48:32-9	49:32-9
	05:17-8	03:29-7	07:40-28	03:02-10	01:51-4	06:58-5	03:16-32	02:49-9	14:10-9	01:00-16
	00:52#	00:31#	02:20&	00:46&	00:20#	01:14#	01:19&	00:32#	02:38#	00:13&
10	Therkelsen, Pål	Privat	0:49:34 + 09:13	133.08						
	05:46-13	09:23-11	15:45-10	18:39-8	21:25-11	29:00-11	31:38-11	34:42-11	48:32-10	49:34-10

05:46-13	03:37-9	06:22-7	02:54-5	02:46-35	07:35-15	02:38-15	03:04-16	13:50-7	01:02-20
01:21&	00:39#	01:02#	00:38&	01:15&	01:51&	00:41&	00:47&	02:18#	00:15&
11	Njåstein, Marianne		IL Tyrving			0:52:24 +	12:03		131.97
06:41-28	10:27-17	16:55-14	20:02-14	22:48-15	29:56-13	33:41-15	36:40-15	51:25-11	52:24-11
06:41-28	03:46-12	06:28-10	03:07-11	02:46-35	07:08-9	03:45-39	02:59-14	14:45-13	00:59-12
02:16&	00:48&	01:08#	00:51&	01:15&	01:24#	01:48&	00:42&	03:13&	00:12&
12	Jensen, Einar		Nydalens SK			0:52:45 +	12:24		131.84
06:19-22	10:20-16	17:19-15	20:40-16	22:51-17	29:56-12	33:09-13	36:31-14	51:34-12	52:45-12
06:19-22	04:01-22	06:59-23	03:21-19	02:11-10	07:05-8	03:13-29	03:22-25	15:03-14	01:11-31
01:54&	01:03&	01:39&	01:05&	00:40&	01:21#	01:16&	01:05&	03:31&	00:24&
13	Hasaas, Olav		Fossum IF			0:52:51 +	12:30		131.80
06:26-25	10:15-15	17:47-16	20:44-17	22:40-14	31:30-17	34:09-16	37:00-16	51:42-13	52:51-13
06:26-25	03:49-15	07:32-27	02:57-7	01:56-5	08:50-25	02:39-16	02:51-10	14:42-12	01:09-26
02:01&	00:51&	02:12&	00:41&	00:25&	03:06&	00:42&	00:34#	03:10&	00:22&
14	Sundtjønn, Gunnhild		Sparebank1			0:53:19 +	12:58		131.61
08:08-40	12:05-32	18:33-18	21:54-19	24:18-19	31:21-16	33:37-14	36:21-13	52:19-14	53:19-14
08:08-40	03:57-21	06:28-10	03:21-19	02:24-20	07:03-6	02:16-8	02:44-8	15:58-19	01:00-16
03:43&	00:59&	01:08#	01:05&	00:53&	01:19#	00:19#	00:27#	04:26&	00:13&
15	Goa, Kristin		IL GeoForm			0:54:32 +	14:11		131.14
06:06-18	09:45-13	16:34-12	19:26-11	21:35-12	30:15-14	32:44-12	35:15-12	53:30-15	54:32-15
06:06-18	03:39-10	06:49-17	02:52-3	02:09-9	08:40-23	02:29-11	02:31-3	18:15-33	01:02-20
01:41&	00:41#	01:29&	00:36&	00:38&	02:56&	00:32&	00:14#	06:43&	00:15&
16	Erøy, Karl Aasmund		OK Moss			0:54:59 +	14:38		130.96
08:38-42	12:59-39	19:04-26	22:37-23	24:56-21	32:06-19	35:17-21	38:42-20	53:49-17	54:59-17
08:38-42	04:21-26	06:05-4	03:33-26	02:19-17	07:10-10	03:11-28	03:25-29	15:07-16	01:10-28
04:13&	01:23&	00:45#	01:17&	00:48&	01:26&	01:14&	01:08&	03:35&	00:23&
16	Blom, Richard		FBI			0:54:59 +	14:38		130.96
07:05-33	10:47-19	18:00-17	21:16-18	23:45-18	32:23-20	35:04-20	38:28-19	53:44-16	54:59-16
07:05-33	03:42-11	07:13-24	03:16-15	02:29-25	08:38-22	02:41-17	03:24-27	15:16-17	01:15-35
02:40&	00:44#	01:53&	01:00&	00:58&	02:54&	00:44&	01:07&	03:44&	00:28&
18	Refsland, Ivar		IL Tyrving			0:56:10 +	15:49		130.50
06:10-19	10:49-21	19:02-25	22:19-21	24:34-20	32:28-21	34:40-18	37:47-17	54:58-18	56:10-18
06:10-19	04:39-32	08:13-34	03:17-16	02:15-14	07:54-18	02:12-6	03:07-19	17:11-27	01:12-32
01:45&	01:41&	02:53&	01:01&	00:44&	02:10&	00:15#	00:50&	05:39&	00:25&
19	Granly, Martin		Siemens			0:56:54 +	16:33		130.21
10:40-50	14:11-45	21:41-39	24:48-34	27:13-32	35:03-25	37:35-24	40:39-25	55:42-20	56:54-20
10:40-50	03:31-8	07:30-26	03:07-11	02:25-22	07:50-17	02:32-13	03:04-16	15:03-14	01:12-32
06:15@	00:33#	02:10&	00:51&	00:54&	02:06&	00:35&	00:47&	03:31&	00:25&
20	Sundtjønn, Tone		Lillomarka OL			0:57:01 +	16:40		130.16
05:43-12	13:26-41	22:17-41	25:36-41	27:43-36	35:15-29	37:13-23	40:11-22	56:02-21	57:01-21
05:43-11	07:43-47	08:51-38	03:19-18	02:07-8	07:32-14	01:58-2	02:58-13	15:51-18	00:59-12
01:18&	04:45@	03:31&	01:03&	00:36&	01:48&	00:01+	00:41&	04:19&	00:12&
21	Hov, Kjersti		Fossum IF			0:58:25 +	18:04		129.62
09:38-47	13:26-40	21:27-37	24:50-35	27:07-31	35:18-30	38:04-28	41:07-26	57:18-23	58:25-23
09:38-47	03:48-14	08:01-32	03:23-21	02:17-16	08:11-19	02:46-19	03:03-15	16:11-21	01:07-24
05:13@	00:50&	02:41&	01:07&	00:46&	02:27&	00:49&	00:46&	04:39&	00:20&
22	Christiansen, Håvard		Privat			0:58:39 +	18:18		129.52
06:23-24	10:12-14	16:43-13	20:14-15	22:48-16	31:03-15	34:22-17	40:32-24	57:44-24	58:39-24

06:23-24	03:49-15	06:31-14	03:31-24	02:34-26	08:15-21	03:19-34	06:10-51	17:12-28	00:55-5
01:58&	00:51&	01:11#	01:15&	01:03&	02:31&	01:22&	03:53@	05:40&	00:08#
23	Danielsen, Anne		Nydalens SK			0:59:23 +	19:02		129.24
06:17-21	11:29-25	18:48-21	22:19-20	25:02-23	34:44-23	37:04-22	40:17-23	58:24-25	59:23-25
06:17-21	05:12-38	07:19-25	03:31-24	02:43-32	09:42-37	02:20-10	03:13-22	18:07-31	00:59-12
01:52&	02:14&	01:59&	01:15&	01:12&	03:58&	00:23#	00:56&	06:35&	00:12&
24	Løken, Aleidis		Heming Orientering			0:59:35 +	19:14		129.16
									59:35-26
25	Ulltveit-Moe, Jo		IL Koll			0:59:49 +	19:28		129.07
04:49-3	12:54-38	21:07-34	25:14-39	27:27-34	38:18-37	43:02-39	46:14-38	58:56-27	59:49-27
04:49-3	08:05-49	08:13-34	04:07-37	02:13-13	10:51-46	04:44-46	03:12-20	12:42-4	00:53-3
00:24+	05:07@	02:53&	01:51&	00:42&	05:07&	02:47@	00:55&	01:10#	00:06#
26	Rikheim, Harald		Privat			1:00:04 +	19:43		128.97
07:25-36	11:48-27	18:44-20	23:20-27	26:07-27	35:02-24	37:54-26	41:51-30	58:52-26	60:04-28
07:25-36	04:23-27	06:56-22	04:36-47	02:47-37	08:55-27	02:52-23	03:57-39	17:01-23	01:12-32
03:00&	01:25&	01:36&	02:20@	01:16&	03:11&	00:55&	01:40&	05:29&	00:25&
27	Sigurdson, Roar		Ringnes BIL			1:00:49 +	20:28		128.68
09:03-45	14:03-44	20:44-32	24:40-33	27:21-33	36:04-34	40:17-33	43:40-34	59:39-28	60:49-29
09:03-45	05:00-37	06:41-15	03:56-34	02:41-29	08:43-24	04:13-44	03:23-26	15:59-20	01:10-28
04:38@	02:02&	01:21&	01:40&	01:10&	02:59&	02:16@	01:06&	04:27&	00:23&
28	Johansen, Frode		Equinor BIL			1:01:01 +	20:40		128.60
08:33-41	12:22-35	19:05-27	22:39-24	25:00-22	35:07-26	37:59-27	41:27-28	59:40-29	61:01-30
08:33-41	03:49-15	06:43-16	03:34-27	02:21-19	10:07-40	02:52-23	03:28-31	18:13-32	01:21-39
04:08&	00:51&	01:23&	01:18&	00:50&	04:23&	00:55&	01:11&	06:41&	00:34&
29	Bøe, Tormod		VBIL			1:01:27 +	21:06		128.43
06:52-29	11:07-22	19:24-29	23:22-28	26:11-28	35:30-31	38:48-30	42:57-31	60:33-31	61:27-31
06:52-29	04:15-24	08:17-36	03:58-35	02:49-38	09:19-31	03:18-33	04:09-44	17:36-29	00:54-4
02:27&	01:17&	02:57&	01:42&	01:18&	03:35&	01:21&	01:52&	06:04&	00:07#
30	Vollen, Magne		Oslostudentenes IK			1:01:51 +	21:30		128.27
06:34-27	12:51-37	19:40-31	24:11-32	26:37-29	35:38-32	39:25-31	43:13-32	60:20-30	61:51-32
06:34-27	06:17-43	06:49-17	04:31-43	02:26-23	09:01-28	03:47-40	03:48-37	17:07-24	01:31-45
02:09&	03:19@	01:29&	02:15&	00:55&	03:17&	01:50&	01:31&	05:35&	00:44&
31	Hultgreen, Rune		IL GeoForm			1:03:46 +	23:25		127.52
06:52-30	11:35-26	19:22-28	22:52-25	25:49-25	35:11-27	37:47-25	41:14-27	62:38-32	63:46-33
06:52-29	04:43-33	07:47-30	03:30-23	02:57-41	09:22-33	02:36-14	03:27-30	21:24-45	01:08-25
02:27&	01:45&	02:27&	01:14&	01:26&	03:38&	00:39&	01:10&	09:52&	00:21&
32	Bratsberg, Bo		Privat			1:04:01 +	23:40		127.42
06:22-23	11:16-23	22:27-42	27:21-43	30:01-43	39:03-38	41:46-36	45:53-37	63:03-34	64:01-34
06:22-23	04:54-36	11:11-50	04:54-49	02:40-28	09:02-29	02:43-18	04:07-43	17:10-26	00:58-9
01:57&	01:56&	05:51@	02:38@	01:09&	03:18&	00:46&	01:50&	05:38&	00:11#
33	Pettersen, Alf		IL Tyrving			1:04:08 +	23:47		127.38
06:31-26	10:47-20	18:40-19	22:31-22	25:16-24	35:12-28	39:35-32	43:37-33	62:59-33	64:08-35
06:31-26	04:16-25	07:53-31	03:51-31	02:45-33	09:56-39	04:23-45	04:02-41	19:22-38	01:09-26
02:06&	01:18&	02:33&	01:35&	01:14&	04:12&	02:26@	01:45&	07:50&	00:22&
34	Broadwell, Sharon		IL GeoForm			1:05:59 +	25:38		126.65
08:01-39	12:36-36	23:28-43	28:21-47	31:06-47	40:11-45	42:57-38	46:50-39	64:36-35	65:59-36

08:01-39	04:35-29	10:52-48	04:53-48	02:45-33	09:05-30	02:46-19	03:53-38	17:46-30	01:23-40
03:36&	01:37&	05:32@	02:37@	01:14&	03:21&	00:49&	01:36&	06:14&	00:36&
35	Skrondal, Inge Sandstad	Fet OL				1:06:06 +	25:45		126.61
07:04-32	11:55-28	21:35-38	25:44-42	28:39-38	38:03-36	41:24-35	45:27-36	65:08-36	66:06-37
07:04-32	04:51-35	09:40-44	04:09-38	02:55-40	09:24-34	03:21-35	04:03-42	19:41-39	00:58-9
02:39&	01:53&	04:20&	01:53&	01:24&	03:40&	01:24&	01:46&	08:09&	00:11#
36	Lahlum, Tor	Nordre Follo Orientering				1:06:56 +	26:35		126.28
07:05-34	15:29-47	23:38-45	27:36-44	30:18-44	39:47-43	42:55-37	47:06-40	65:32-37	66:56-38
07:05-33	08:24-50	08:09-33	03:58-35	02:42-31	09:29-36	03:08-26	04:11-46	18:26-34	01:24-41
02:40&	05:26@	02:49&	01:42&	01:11&	03:45&	01:11&	01:54&	06:54&	00:37&
37	Lye, Helge	IL Tyrving				1:07:35 +	27:14		126.03
06:53-31	11:28-24	20:58-33	25:16-40	28:35-37	39:54-44	43:38-40	47:19-41	66:18-38	67:35-39
06:53-31	04:35-29	09:30-43	04:18-40	03:19-46	11:19-47	03:44-38	03:41-33	18:59-35	01:17-36
02:28&	01:37&	04:10&	02:02&	01:48@	05:35&	01:47&	01:24&	07:27&	00:30&
38	Gunnerød, Hege	IL GeoForm				1:08:06 +	27:45		125.82
08:59-44	12:12-33	22:11-40	25:03-37	27:04-30	35:54-33	38:43-29	41:40-29	66:35-39	68:06-40
08:59-44	03:13-4	09:59-45	02:52-3	02:01-7	08:50-25	02:49-22	02:57-12	24:55-47	01:31-45
04:34@	00:15+	04:39&	00:36&	00:30&	03:06&	00:52&	00:40&	13:23@	00:44&
39	Christensen, Lars	VBIL				1:09:14 +	28:53		125.38
09:17-46	13:54-43	24:33-46	28:10-46	30:51-46	41:24-46	44:12-44	47:46-42	67:56-40	69:14-41
09:17-46	04:37-31	10:39-46	03:37-29	02:41-29	10:33-44	02:48-21	03:34-32	20:10-40	01:18-38
04:52@	01:39&	05:19&	01:21&	01:10&	04:49&	00:51&	01:17&	08:38&	00:31&
40	Nordli, Anne-Grethe	Privat				1:10:12 +	29:51		125.00
05:54-16	12:05-30	18:55-24	23:30-31	28:57-42	39:04-40	44:07-41	47:50-43	68:14-43	70:12-43
05:54-15	06:11-40	06:50-19	04:35-44	05:27-49	10:07-40	05:03-48	03:43-34	20:24-42	01:58-48
01:29&	03:13@	01:30&	02:19@	03:56@	04:23&	03:06@	01:26&	08:52&	01:11@
40	Gisholt, Einar	Fossum IF				1:10:12 +	29:51		125.00
05:54-15	12:05-31	18:55-22	23:30-30	28:57-40	39:04-39	44:07-42	47:50-44	68:14-42	70:12-42
05:54-15	06:11-40	06:50-19	04:35-44	05:27-49	10:07-40	05:03-48	03:43-34	20:24-42	01:58-48
01:29&	03:13@	01:30&	02:19@	03:56@	04:23&	03:06@	01:26&	08:52&	01:11@
40	Bruiland, Håvard	Privat				1:10:12 +	29:51		125.00
05:54-17	12:05-29	18:55-23	23:30-29	28:57-41	39:04-41	44:07-43	47:50-45	68:14-41	70:12-44
05:54-15	06:11-40	06:50-19	04:35-44	05:27-49	10:07-40	05:03-48	03:43-34	20:24-42	01:58-48
01:29&	03:13@	01:30&	02:19@	03:56@	04:23&	03:06@	01:26&	08:52&	01:11@
43	Angell, Truls	Lillomarka OL				1:11:11 +	30:50		124.62
07:09-35	13:41-42	21:25-36	24:59-36	27:37-35	37:21-35	40:36-34	43:54-35	69:54-44	71:11-45
07:09-35	06:32-45	07:44-29	03:34-27	02:38-27	09:44-38	03:15-31	03:18-23	26:00-48	01:17-36
02:44&	03:34@	02:24&	01:18&	01:07&	04:00&	01:18&	01:01&	14:28@	00:30&
44	Skjelkvåle, Brit Lisa	IL GeoForm				1:11:42 +	31:21		124.41
07:27-37	12:16-34	21:20-35	25:13-38	28:54-39	39:40-42	48:22-47	51:42-47	70:43-45	71:42-46
07:27-37	04:49-34	09:04-40	03:53-33	03:41-47	10:46-45	08:42-51	03:20-24	19:01-36	00:59-12
03:02&	01:51&	03:44&	01:37&	02:10@	05:02&	06:45@	01:03&	07:29&	00:12&
45	Rådahl, Tom	IL Tyrving				1:12:10 +	31:49		124.23
07:45-38	14:11-46	23:32-44	27:52-45	30:20-45	42:06-47	46:00-45	50:29-46	70:46-46	72:10-47
07:45-38	06:26-44	09:21-41	04:20-41	02:28-24	11:46-49	03:54-41	04:29-47	20:17-41	01:24-41
03:20&	03:28@	04:01&	02:04&	00:57&	06:02@	01:57@	02:12&	08:45&	00:37&
46	Skyttersæter, Runa	Heming Orientering				1:12:12 +	31:51		124.22
08:57-43	18:54-49	28:20-48	32:12-48	35:09-48	44:33-48	48:10-46	52:07-48	71:11-47	72:12-48

00:07+	00:20#	00:21+	00:50#	00:00=	01:49#	00:04+			
3	Kongsberg, Morten			IL Tyrving		0:33:50 +	02:23	120.06	
04:33-4	06:38-4	10:56-4	18:15-4	20:38-4	32:41-2	33:50-3			
04:33-4	02:05-5	04:18-3	07:19-4	02:23-4	12:03-2	01:09-5			
00:09+	00:31&	00:40#	01:05#	00:25#	00:36+	00:12#			
4	Løken, Knut-Anders			Fossum IF		0:34:24 +	02:57	119.89	
04:24-1	05:58-1	09:36-1	17:46-3	20:02-3	33:16-4	34:24-4			
04:24-1	01:34-1	03:38-1	08:10-6	02:16-3	13:14-4	01:08-4			
00:00=	00:00=	00:00=	01:56&	00:18#	01:47#	00:11#			
5	Carlsson, Bjørn Are			Fossum IF		0:36:43 +	05:16	119.21	
05:09-7	07:23-5	12:15-5	19:08-5	21:33-5	35:32-5	36:43-5			
05:09-7	02:14-8	04:52-7	06:53-2	02:25-5	13:59-6	01:11-7			
00:45#	00:40&	01:14&	00:39#	00:27#	02:32#	00:14#			
6	Iversen, Egil Wickstrand			Heming Orientering		0:36:47 +	05:20	119.19	
06:12-12	08:04-8	12:28-6	20:18-6	23:08-6	35:37-6	36:47-6			
06:12-12	01:52-3	04:24-6	07:50-5	02:50-10	12:29-3	01:10-6			
01:48&	00:18#	00:46#	01:36&	00:52&	01:02+	00:13#			
7	Sandberg, Synnøve Lyssand			Nydalens SK		0:42:24 +	10:57	117.54	
06:31-15	08:41-11	13:02-7		24:25-7	41:00-7	42:24-7			
06:31-15	02:10-7	04:21-5			16:35-10	01:24-9			
02:07&	00:36&	00:43#			05:08&	00:27&			
8	Myhre, Stein			Bærums Skiklub		0:42:43 +	11:16	117.44	
06:30-14	08:58-14	14:22-13	23:42-9	26:19-10	41:07-8	42:43-8			
06:30-14	02:28-11	05:24-12	09:20-8	02:37-6	14:48-7	01:36-16			
02:06&	00:54&	01:46&	03:06&	00:39&	03:21&	00:39&			
9	Berge, Berit			IL Tyrving		0:44:26 +	12:59	116.94	
05:26-9	08:12-9	13:37-10	22:51-7	26:12-9	43:01-10	44:26-9			
05:26-9	02:46-16	05:25-13	09:14-7	03:21-14	16:49-11	01:25-10			
01:02#	01:12&	01:47&	03:00&	01:23&	05:22&	00:28&			
10	Heen, Tuva			Privat		0:44:38 +	13:11	116.88	
05:35-10	07:49-6	13:08-8	22:57-8	25:43-8	42:53-9	44:38-10			
05:35-10	02:14-8	05:19-11	09:49-9	02:46-9	17:10-12	01:45-18			
01:11&	00:40&	01:41&	03:35&	00:48&	05:43&	00:48&			
11	Nilstad, Randi			IL Tyrving		0:44:55 +	13:28	116.80	
06:21-13	09:02-15	14:07-12	24:43-12	27:50-13	43:21-11	44:55-11			
06:21-13	02:41-15	05:05-8	10:36-13	03:07-12	15:31-9	01:34-15			
01:57&	01:07&	01:27&	04:22&	01:09&	04:04&	00:37&			
12	Sundelin Rørvik, Gisela			Heming Orientering		0:45:23 +	13:56	116.66	
06:39-19	08:44-12	13:49-11	24:02-11	26:46-12	44:11-13	45:23-12			
06:39-19	02:05-5	05:05-8	10:13-11	02:44-7	17:25-15	01:12-8			
02:15&	00:31&	01:27&	03:59&	00:46&	05:58&	00:15&			
13	Stenstadvoll, Kjell			IL Tyrving		0:45:30 +	14:03	116.63	
05:25-8	07:54-7	13:11-9	24:01-10	26:45-11	44:02-12	45:30-13			
05:25-8	02:29-12	05:17-10	10:50-14	02:44-7	17:17-14	01:28-11			
01:01#	00:55&	01:39&	04:36&	00:46&	05:50&	00:31&			
14	Sletner, Kristin			IL GeoForm		0:46:14 +	14:47	116.41	
						46:14-14			

15	Ursin, Nora		Bærum kommune	0:50:49 + 19:22	115.06
	05:58-11 08:50-13 15:43-15 25:52-13 28:47-14 48:39-14 50:49-15				
	05:58-11 02:52-19 06:53-20 10:09-10 02:55-11 19:52-18 02:10-26				
	01:34& 01:18& 03:15& 03:55& 00:57& 08:25& 01:13@				
16	Onstad, Julie		Kjelsås IL	0:51:53 + 20:26	114.75
	05:06-6 08:32-10 15:35-14 32:11-22 36:07-22 50:56-16 51:53-16				
	05:06-6 03:26-24 07:03-22 16:36-26 03:56-22 14:49-8 00:57-1				
	00:42# 01:52@ 03:25& 10:22@ 01:58@ 03:22& 00:00=				
17	Bakstad, Anne-Regine		Heming Orientering	0:52:27 + 21:00	114.58
	09:11-27 11:47-24 18:32-23 28:58-16 33:39-18 50:55-15 52:27-17				
	09:11-27 02:36-14 06:45-19 10:26-12 04:41-27 17:16-13 01:32-14				
	04:47@ 01:02& 03:07& 04:12& 02:43@ 05:49& 00:35&				
18	Kletteli, Odd		Bsk	0:52:56 + 21:29	114.44
	07:27-23 09:57-19 16:15-17 27:07-14 31:29-15 51:07-17 52:56-18				
	07:27-23 02:30-13 06:18-16 10:52-15 04:22-25 19:38-17 01:49-20				
	03:03& 00:56& 02:40& 04:38& 02:24@ 08:11& 00:52&				
19	Solheim, Knut Tore		Nydalens SK	0:54:52 + 23:25	113.87
	06:32-17 09:19-16 16:03-16 28:39-15 32:11-16 52:46-18 54:52-19				
	06:32-16 02:47-17 06:44-18 12:36-16 03:32-16 20:35-19 02:06-25				
	02:08& 01:13& 03:06& 06:22@ 01:34& 09:08& 01:09@				
20	Vangen, Christin		Oslostudentenes IK	0:57:19 + 25:52	113.15
	07:05-22 10:11-21 16:26-19 29:48-17 37:48-23 55:24-19 57:19-20				
	07:05-22 03:06-21 06:15-15 13:22-18 08:00-30 17:36-16 01:55-22				
	02:41& 01:32& 02:37& 07:08@ 06:02@ 06:09& 00:58@				
21	Aarflot, Kristine		Privat	0:58:12 + 26:45	112.89
	06:56-20 10:05-20 16:19-18 30:22-18 33:32-17 56:18-20 58:12-21				
	06:56-20 03:09-22 06:14-14 14:03-23 03:10-13 22:46-24 01:54-21				
	02:32& 01:35@ 02:36& 07:49@ 01:12& 11:19& 00:57@				
22	Vik, Eilen Arctander		IL Koll	0:58:37 + 27:10	112.77
	08:30-25 12:30-26 19:02-24 32:01-21 35:53-21 56:52-21 58:37-22				
	08:30-25 04:00-27 06:32-17 12:59-17 03:52-20 20:59-21 01:45-18				
	04:06& 02:26@ 02:54& 06:45@ 01:54& 09:32& 00:48&				
23	Haugen, Per		Lillomarka OL	1:01:36 + 30:09	111.89
	08:41-26 12:30-25 20:37-25 34:21-23 38:39-24 59:52-23 61:36-23				
	08:41-26 03:49-26 08:07-26 13:44-20 04:18-24 21:13-22 01:44-17				
	04:17& 02:15@ 04:29@ 07:30@ 02:20@ 09:46& 00:47&				
24	Flemming, Øystein		Årvoll IL	1:02:04 + 30:37	111.76
	06:35-18 09:23-17 17:05-20 30:59-20 34:46-20 59:41-22 62:04-24				
	06:35-18 02:48-18 07:42-24 13:54-22 03:47-18 24:55-27 02:23-28				
	02:11& 01:14& 04:04@ 07:40@ 01:49& 13:28@ 01:26@				
25	Hanslien, Uno		Privat	1:02:30 + 31:03	111.63
	07:00-21 10:14-22 17:16-22 35:31-24 39:25-25 61:00-24 62:30-25				
	07:00-21 03:14-23 07:02-21 18:15-29 03:54-21 21:35-23 01:30-12				
	02:36& 01:40@ 03:24& 12:01@ 01:56& 10:08& 00:33&				
26	Ommundsen, Tor A.		VBIL	1:03:24 + 31:57	111.37
	06:32-16 10:45-23 22:15-28 37:27-27 40:52-28 61:27-25 63:24-26				
	06:32-16 04:13-28 11:30-31 15:12-24 03:25-15 20:35-19 01:57-23				

02:08&	02:39@	07:52@	08:58@	01:27&	09:08&	01:00@			
27	Nordland, Janicke			Lyn Ski			1:05:57 +	34:30	110.62
09:37-29	12:40-27	20:46-26	36:42-26	40:30-27	64:00-26	65:57-27			
09:37-29	03:03-20	08:06-25	15:56-25	03:48-19	23:30-25	01:57-23			
05:13@	01:29&	04:28@	09:42@	01:50&	12:03@	01:00@			
28	Fougner, Jon C.			Heming Orientering			1:07:05 +	35:38	110.28
09:22-28	13:10-28	21:55-27	35:48-25	40:01-26	64:30-27	67:05-28			
09:22-28	03:48-25	08:45-28	13:53-21	04:13-23	24:29-26	02:35-29			
04:58@	02:14@	05:07@	07:39@	02:15@	13:02@	01:38@			
29	Tandberg, Ingvild			Privat			1:07:43 +	36:16	110.10
07:36-24	09:56-18	17:13-21	30:52-19	34:28-19	66:12-28	67:43-29			
07:36-24	02:20-10	07:17-23	13:39-19	03:36-17	31:44-30	01:31-13			
03:12&	00:46&	03:39@	07:25@	01:38&	20:17@	00:34&			
30	Henriksen, Tor			Årvoll IL			1:16:32 +	45:05	107.51
09:54-30	14:18-29	23:58-29	41:45-28	47:39-30	74:11-29	76:32-31			
09:54-30	04:24-29	09:40-30	17:47-28	05:54-29	26:32-28	02:21-27			
05:30@	02:50@	06:02@	11:33@	03:56@	15:05@	01:24@			
31	Spjelkavik, Aud I			Tyrving IL			1:20:27 +	49:00	106.35
10:26-31	14:54-30	24:21-30	41:53-29	46:31-29	77:35-30	80:27-32			
10:26-31	04:28-30	09:27-29	17:32-27	04:38-26	31:04-29	02:52-30			
06:02@	02:54@	05:49@	11:18@	02:40@	19:37@	01:55@			
32	Gunnerød, Bjørn			Asker Skiklubb			1:35:26 +1:03:59		101.95
15:31-33	26:35-32	34:47-31	53:45-30	59:22-31	92:07-31	95:26-33			
15:31-33	11:04-32	08:12-27	18:58-30	05:37-28	32:45-31	03:19-31			
11:07@	09:30@	04:34@	12:44@	03:39@	21:18@	02:22@			
33	Fremming, Ørnulf			Meteorologen			2:29:39 +1:58:12		100.00
14:24-32	23:30-31	44:19-32	83:53-31	93:36-32	143:53-32	149:39-34			
14:24-32	09:06-31	20:49-32	39:34-31	09:43-31	50:17-32	05:46-32			
10:00@	07:32@	17:11@	33:20@	07:45@	38:50@	04:49@			
DSQ	Sandberg, Per			Nydalens SK			0:00:00 (-5 poster)		58.33
04:31-3									
04:31-2									
00:07+									
DSQ	Ouyang, Ping			Østmarka OK			1:10:54 (-6 poster)		50.00
							70:54-30		