

# Rankingløp

Dato/sted: 13. november 2021 - Steinbruvann - Grorud  
Kart: Slattumsrøa  
Arr: IL GeoForm v/Johan Mygland og Erik Thorstensen  
Antall: Totalt: 119 (GeoForm: 13, OSI: 3, DNV/ESSO: 1, Andre: 102)  
Løpsrapport: Alder: 21-: 116, 17-20: 0, 13-16: 3, 0-12: 0  
Startkont: kr. 50: 99 kr. 30: 20 kr. 0: 0  
Betalt: kr. 50: 99 kr. 30: 19 kr. 0: 1  
Leiebrikker: 12 stk

Resultater: [Lang\(27\)](#) | [Mellom\(60\)](#) | [Kort\(32\)](#) | [Grafisk](#)  
Strekketider: [Lang\(27\)](#) | [Mellom\(60\)](#) | [Kort\(32\)](#) |

## Resultater Lang (6.1 km)

Plass	Navn	Klubb	Tid	Poeng
1	Vogelsang, Christian	Nydalens SK	0:51:21 + 00:00	153.14
2	Nesland, Kristoffer	Tyrving IL	0:57:38 + 06:17	150.46
3	Seierstad, Ivar	IL GeoForm	1:00:41 + 09:20	149.17
4	Olausson, Mikael	OSI	1:00:54 + 09:33	149.07
5	Schlaupitz, Holger	IL GeoForm	1:03:03 + 11:42	148.16
6	Kristensen, Ole Kristian	Bodø og Omegn IF Orientering	1:03:56 + 12:35	147.78
7	Bårtveit, Knut	Bø OL	1:05:21 + 14:00	147.18
8	Lium, Tobias Tronbøl	IL Koll	1:09:07 + 17:46	145.58
9	Heitmann, Ståle	Fossum IF	1:10:39 + 19:18	144.92
10	Stenshorne, Per Christian	Nydalens SK	1:19:19 + 27:58	141.23
11	Saugestad, Fredrik	Nydalens SK	1:19:29 + 28:08	141.16
12	Tronbøl, Heidi	Fet OL	1:21:03 + 29:42	140.49
13	Jørgensen, Eirik	Tyrving IL	1:21:09 + 29:48	140.45
14	Onstad, Lars	Kjelsås IL	1:22:11 + 30:50	140.01
15	Systad, Rolv Anders	Lyn Ski	1:22:43 + 31:22	139.79
16	Grinde, Bjørn	IL GeoForm	1:23:53 + 32:32	139.29
17	Sauar, Erik	IL Koll	1:25:29 + 34:08	138.61
18	Sauar, Brita	IL Koll	1:25:33 + 34:12	138.58
19	Onsager, Knut	IL GeoForm	1:30:06 + 38:45	136.64
20	Fixdal, Trude	IL Koll	1:32:18 + 40:57	135.71
21	Osen, Per	Equinor BIL	1:35:44 + 44:23	134.24
22	Farkas, Lorant	Østmarka OK	1:40:50 + 49:29	132.07
23	Hjemseter, Geir Ove	Østmarka OK	2:02:05 +1:10:44	123.03
24	Kristoffersen, Simen	Pharmaq BIL	2:19:45 +1:28:24	115.50
25	Dahl, Anne	Nydalens SK	2:31:02 +1:39:41	110.70
DSQ	McAdam, Martin Ekholm	Privat	1:05:31 (-1 poster)	96.43
DSQ	Hauerslev, Marie	OSI	1:09:55 (-2 poster)	92.86

## Resultater Mellom (4.3 km)

Plass	Navn	Klubb	Tid	Poeng
1	Östgren, Björn Mo	IL GeoForm	0:46:08 + 00:00	136.34
2	Helland, Knut Edvard	Østmarka OK	0:49:02 + 02:54	135.33
3	Carlsen, Henning Bratland	OK Moss	0:50:12 + 04:04	134.92
4	Lian, Odd Arne	IL Koll	0:50:47 + 04:39	134.72
5	Jonsson, Sören	Nydalens SK	0:53:42 + 07:34	133.69
6	Jensen, Einar	Nydalens SK	0:54:08 + 08:00	133.54
7	Berge, Rune	Tyrving IL	0:54:26 + 08:18	133.44
8	Berg, Hallvard	Tyrving IL	0:54:40 + 08:32	133.36
9	Zeiner-Gundersen, Richard	Lierbygda OL	0:54:51 + 08:43	133.29
10	EGGE, Guttorm	IL GeoForm	0:56:04 + 09:56	132.86
11	Solsrud, Jon	Nydalens SK	0:57:34 + 11:26	132.34
12	Teigland, Rune	Østmarka OK	0:57:36 + 11:28	132.33
13	Lefdahl, Per Morten	Metier OEC	0:57:49 + 11:41	132.25
14	Christensen, Bjørn	Østmarka OK	0:58:05 + 11:57	132.16
15	Bratland Tjernshaugen, Johanne	NTNUI	0:58:30 + 12:22	132.01
16	Stubberud, Helge	Nydalens SK	0:59:05 + 12:57	131.81
17	Jensen, Birgit Økern	Konnerud IL	0:59:18 + 13:10	131.73
18	Halden, Gunnar	Nydalens SK	1:00:13 + 14:05	131.41
19	Refsland, Ivar	IL Tyrving	1:00:14 + 14:06	131.41
20	Hov, Kjersti	Fossum IF	1:00:28 + 14:20	131.32
21	Christiansen, Håvard	Privat	1:00:37 + 14:29	131.27
22	Madsen, Klavs	Nydalens SK	1:00:54 + 14:46	131.17
23	Øhlckers, Milda	Tyrving IL	1:02:41 + 16:33	130.55
24	Johansen, Frode	Equinor BIL	1:03:19 + 17:11	130.33
25	Lahlum, Tor	Nordre Follo Orientering	1:04:30 + 18:22	129.91
26	Øhlckers, Sofia	Tyrving IL	1:04:40 + 18:32	129.85
27	Gjein, Lars Erik	Fossum IF	1:05:26 + 19:18	129.58
28	Therkelsen, Pål	Privat	1:07:04 + 20:56	129.01
29	Sverdrup-Thygeson, Kjetil	NGI	1:08:10 + 22:02	128.63
30	Lye, Helge	IL Tyrving	1:08:46 + 22:38	128.42
31	Gjelstad, Vidar	Oppsal Orientering	1:09:25 + 23:17	128.19
31	Hultgreen, Rune	IL GeoForm	1:09:25 + 23:17	128.19
33	Kongsberg, Morten	IL Tyrving	1:09:43 + 23:35	128.08
34	Brurberg, May Bente	Ås-NMBU Orientering	1:12:06 + 25:58	127.25
35	Skyttersater, Runa	Heming Orientering	1:12:28 + 26:20	127.12
36	Petersen, John Thomas	Nittedal OL	1:14:08 + 28:00	126.54
37	Skrondal, Inge Sandstad	Fet OL	1:14:22 + 28:14	126.46
38	Øhlckers, Per	Tyrving IL	1:15:49 + 29:41	125.95
39	Wenhaug, Anders	Privat	1:16:19 + 30:11	125.77
40	Rikheim, Harald	Privat	1:16:49 + 30:41	125.60
41	Sigurdson, Roar	Ringnes BIL	1:20:06 + 33:58	124.45

42	Gunnerød, Hege	Asker Skiklubb	1:20:26 + 34:18	124.33
43	Erøy, Karl Aasmund	OK Moss	1:20:31 + 34:23	124.30
44	Revhaug, Helge	Ringerike OL	1:21:41 + 35:33	123.89
45	Eijsink, Vincent	Ås-NMBU Orientering	1:22:00 + 35:52	123.78
46	Hjelm, Morten	VBIL	1:26:37 + 40:29	122.17
47	Grøstad, Thomas	Østmarka OK	1:29:06 + 42:58	121.30
48	Edvardsen, Tom	IL Koll	1:29:55 + 43:47	121.01
49	Klaveness, Peter	Måren OK	1:31:32 + 45:24	120.44
50	Åm, Martin	IL GeoForm	1:41:46 + 55:38	116.86
51	Aarekol, Kai Halvorsen	Siemens	2:01:50 +1:15:42	109.83
52	Karlsen, Christine	Privat	2:19:07 +1:32:59	103.78
53	Vinnogg, Anders	TPWB-0	2:27:09 +1:41:01	100.97
54	Brækken, Bård	TPWB-0	2:27:18 +1:41:10	100.91
DSQ	Killingmo, Lene Anett	OK Øst	2:05:17 (-2 poster)	90.91
DSQ	Karlsen, Jan Roger	Privat	2:53:48 (-2 poster)	90.91
DSQ	Aas, Wenche	NILU BIL	1:44:23 (-3 poster)	86.36
DSQ	Stubberud, Elias	Nydalens SK	0:39:48 (-8 poster)	63.64
DSQ	Skjærpe, Magnus Svenøy Vollen, Magne	NTNUI Oslostudentenes IK	0:32:31 (-9 poster) DELTATT	59.09 50.00

## Resultater Kort (2.6 km)

Plass	Navn	Klubb	Tid	Poeng
1	Berteig, Vidar	IL GeoForm	0:28:34 + 00:00	121.24
2	Lahlum, Jon	IL GeoForm	0:32:29 + 03:55	120.04
3	Rekve Lian, Håvard	Koll IL	0:33:44 + 05:10	119.66
4	Sandberg, Per	Nydalens SK	0:33:50 + 05:16	119.63
5	Aulie, Harald	IL Koll	0:34:28 + 05:54	119.43
6	Sandberg, Synnøve Lyssand	Nydalens SK	0:34:39 + 06:05	119.38
7	Løken, Knut-Anders	Fossum IF	0:34:42 + 06:08	119.36
8	Carlsson, Bjørn Are	Privat	0:35:12 + 06:38	119.21
9	Kaarby, Per	Overtoppen	0:35:25 + 06:51	119.14
10	Flemming, Øystein	Årvoll IL	0:37:30 + 08:56	118.50
11	Løken, Aleidis	Heming Orientering	0:39:00 + 10:26	118.04
12	Aulie, Johannes	Heming	0:42:33 + 13:59	116.95
13	Broadwell, Sharon	IL GeoForm	0:44:14 + 15:40	116.44
14	Bjerggaard, Anne Marit	Nydalens SK	0:44:29 + 15:55	116.36
15	Arnesen, Marianne	Asker SK	0:44:42 + 16:08	116.30
16	Berge, Berit	IL Tyrving	0:44:53 + 16:19	116.24
17	Nermoen, Ingrid	Østmarka OK	0:47:03 + 18:29	115.57
18	Karlsen, Stig Hultgreen	IL GeoForm	0:48:44 + 20:10	115.06
19	Egner, Bjørn	Heming Orientering	0:50:38 + 22:04	114.48
20	Myhre, Stein	Bærums Skiklub	0:50:57 + 22:23	114.38
21	Stokset, Kathrine	Oppsal Orientering	0:52:20 + 23:46	113.96
22	Hanslien, Uno	Privat	0:55:53 + 27:19	112.87
23	Parnemo, Christine	IL GeoForm	0:56:14 + 27:40	112.76
24	Vik, Eilen Arctander	IL Koll	1:08:14 + 39:40	109.08
25	Spjelkavik, Aud I	Tyrving IL	1:09:22 + 40:48	108.73
26	Drage, Unni	Aker Solutions	1:09:50 + 41:16	108.59
27	Drage, Tor	Aker Solutions	1:18:50 + 50:16	105.83
28	Mygland, Marie	Fossum	1:19:16 + 50:42	105.70
29	Mygland, Lise	Fossum	1:19:17 + 50:43	105.69
30	Mygland, Torgeir	Fossum	1:19:29 + 50:55	105.63
31	Henriksen, Tor	Årvoll IL	1:21:36 + 53:02	104.98
DSQ	Gunnerød, Bjørn	Asker Skiklubb	1:15:33 (-2 poster)	87.50

## Strekktider Lang

Plass	Navn	Klubb	Tid	Poeng										
1	<b>Vogelsang, Christian</b>	<b>Nydalens SK</b>	<b>0:51:21 + 00:00</b>	<b>153.14</b>										
02:45-1	07:15-1	08:20-1	11:21-1	13:19-1	21:56-1	26:23-1	28:11-1	30:28-1	34:18-1	41:56-1	46:03-1	48:48-1	50:50-1	51:21-1
02:45-1	04:30-1	01:05-1	03:01-2	01:58-1	08:37-3	04:27-1	01:48-1	02:17-1	03:50-1	07:38-3	04:07-1	02:45-1	02:02-1	00:31-2
00:00=	00:00=	00:00=	00:08+	00:00=	00:17+	00:00=	00:00=	00:00=	00:00=	00:27+	00:00=	00:00=	00:00=	00:04#
2	<b>Nesland, Kristoffer</b>	<b>Tyrving IL</b>	<b>0:57:38 + 06:17</b>	<b>150.46</b>										
02:45-2	07:57-2	09:16-2	12:33-2	14:53-2	24:04-2	29:15-2	31:32-2	34:20-2	38:42-2	45:53-2	51:10-2	54:18-2	57:11-2	57:38-2
02:45-1	05:12-3	01:19-3	03:17-4	02:20-2	09:11-7	05:11-3	02:17-5	02:48-5	04:22-4	07:11-1	05:17-2	03:08-5	02:53-10	00:27-1
00:00=	00:42#	00:14#	00:24#	00:22#	00:51#	00:44#	00:29#	00:31#	00:32#	00:00=	01:10#	00:23#	00:51#	00:00=
3	<b>Seierstad, Ivar</b>	<b>IL GeoForm</b>	<b>1:00:41 + 09:20</b>	<b>149.17</b>										
02:56-5	08:08-4	10:10-5	13:33-4	16:15-5	24:46-4	29:36-3	31:59-3	35:09-3	39:26-3	47:25-3	54:22-3	57:24-3	60:03-3	60:41-3
02:56-5	05:12-3	02:02-18	03:23-6	02:42-5	08:31-2	04:50-2	02:23-8	03:10-9	04:17-3	07:59-4	06:57-10	03:02-3	02:39-7	00:38-9
00:11+	00:42#	00:57#	00:30#	00:44#	00:11+	00:23+	00:35#	00:53#	00:27#	00:48#	02:50#	00:17#	00:37#	00:11#
4	<b>Olausson, Mikael</b>	<b>OSI</b>	<b>1:00:54 + 09:33</b>	<b>149.07</b>										
02:55-4	08:07-3	09:24-3	12:46-3	15:53-3	24:38-3	30:21-4	33:42-4	36:10-4	41:11-4	48:40-4	54:27-4	58:08-4	60:22-4	60:54-4
02:55-4	05:12-3	01:17-2	03:22-5	03:07-12	08:45-5	05:43-8	03:21-20	02:28-2	05:01-8	07:29-2	05:47-5	03:41-8	02:14-2	00:32-3
00:10+	00:42#	00:12#	00:29#	01:09#	00:25+	01:16#	01:33#	00:11+	01:11#	00:18+	01:40#	00:56#	00:12+	00:05#
5	<b>Schlaupitz, Holger</b>	<b>IL GeoForm</b>	<b>1:03:03 + 11:42</b>	<b>148.16</b>										
03:06-7	08:33-7	13:22-22	16:15-13	18:57-11	27:17-8	32:35-8	34:48-8	37:24-7	42:24-6	50:27-6	56:16-6	60:00-5	62:26-5	63:03-5
03:06-7	05:27-7	04:49-26	02:53-1	02:42-5	08:20-1	05:18-4	02:13-4	02:36-3	05:00-7	08:03-5	05:49-6	03:44-9	02:26-3	00:37-6
00:21#	00:57#	03:44@	00:00=	00:44#	00:00=	00:51#	00:25#	00:19#	01:10#	00:52#	01:42#	00:59#	00:24#	00:10#
6	<b>Kristensen, Ole Kristian</b>	<b>Bodø og Omegn IF Orientering</b>	<b>1:03:56 + 12:35</b>	<b>147.78</b>										
03:08-9	08:34-8	10:05-4	14:25-7	17:14-7	25:55-6	31:29-6	33:51-5	36:51-5	41:19-5	49:59-5	55:37-5	60:48-6	63:20-6	63:56-6
03:08-9	05:26-6	01:31-5	04:20-17	02:49-8	08:41-4	05:34-5	02:22-7	03:00-8	04:28-5	08:40-6	05:38-4	05:11-23	02:32-4	00:36-4
00:23#	00:56#	00:26#	01:27#	00:51#	00:21+	01:07#	00:34#	00:43#	00:38#	01:29#	01:31#	02:26#	00:30#	00:09#
7	<b>Bårtveit, Knut</b>	<b>Bø OL</b>	<b>1:05:21 + 14:00</b>	<b>147.18</b>										
03:07-8	08:45-9	10:22-7	13:47-6	16:33-6	25:19-5	31:16-5	33:54-6	37:52-8	44:13-8	52:55-7	58:55-7	62:02-7	64:44-7	65:21-7
03:07-8	05:38-9	01:37-8	03:25-8	02:46-7	08:46-6	05:57-9	02:38-9	03:58-20	06:21-11	08:42-7	06:00-7	03:07-4	02:42-8	00:37-6
00:22#	01:08#	00:32#	00:32#	00:48#	00:26+	01:30#	00:50#	01:41#	02:31#	01:31#	01:53#	00:22#	00:40#	00:10#
8	<b>Lium, Tobias Trønblø</b>	<b>IL Koll</b>	<b>1:09:07 + 17:46</b>	<b>145.58</b>										
03:04-6	08:08-5	10:19-6	13:42-5	16:04-4	25:56-7	31:58-7	34:08-7	37:05-6	44:02-7	55:02-9	62:23-9	65:53-10	68:31-8	69:07-9
03:04-6	05:04-2	02:11-19	03:23-6	02:22-3	09:52-10	06:02-10	02:10-3	02:57-6	06:57-17	11:00-13	07:21-13	03:30-7	02:38-6	00:36-4
00:19#	00:34#	01:06@	00:30#	00:24#	01:32#	01:35#	00:22#	00:40#	03:07#	03:49#	03:14#	00:45#	00:36#	00:09#



01:25-4	03:29-6	09:34-3	03:51-18	03:22-2	06:28-7	06:41-5	02:46-2	02:03-25	07:35-9	02:44-2	00:49-18
00:07+	00:33#	00:31+	00:51&	00:23#	00:49#	00:19+	00:09+	00:36&	01:36&	00:11+	00:10&
<b>5</b>	<b>Jonsson, Sören</b>		<b>Nydalens SK</b>				<b>0:53:42 +</b>	<b>07:34</b>	<b>133.69</b>		
01:51-27	05:14-7	16:15-14	19:28-9	23:19-8	29:26-5	36:32-6	41:16-7	42:54-8	49:55-5	52:52-5	53:42-7
01:51-25	03:23-5	11:01-18	03:13-4	03:51-8	06:07-3	07:06-8	04:44-34	01:38-4	07:01-5	02:57-3	00:50-19
00:33&	00:27#	01:58#	00:13+	00:52&	00:28+	00:44#	02:07&	00:11#	01:02#	00:24#	00:11&
<b>6</b>	<b>Jensen, Einar</b>		<b>Nydalens SK</b>				<b>0:54:08 +</b>	<b>08:00</b>	<b>133.54</b>		
01:36-13	05:22-9	16:21-15	19:44-11	23:19-9	30:05-8	37:42-7	40:54-6	42:28-5	50:19-6	53:20-6	54:08-8
01:36-12	03:46-10	10:59-17	03:23-7	03:35-3	06:46-9	07:37-12	03:12-6	01:34-3	07:51-16	03:01-7	00:48-17
00:18#	00:50&	01:56#	00:23#	00:36#	01:07#	01:15#	00:35#	00:07+	01:52&	00:28#	00:09#
<b>7</b>	<b>Berge, Rune</b>		<b>Tyrving IL</b>				<b>0:54:26 +</b>	<b>08:18</b>	<b>133.44</b>		
01:33-9	06:01-22	15:53-9	19:34-10	23:23-10	30:13-9	38:02-10	41:20-8	42:51-7	50:26-7	53:29-7	54:26-9
01:33-9	04:28-28	09:52-7	03:41-15	03:49-5	06:50-11	07:49-14	03:18-9	01:31-2	07:35-9	03:03-9	00:57-29
00:15#	01:32&	00:49+	00:41#	00:50&	01:11#	01:27#	00:41&	00:04+	01:36&	00:30#	00:18&
<b>8</b>	<b>Berg, Hallvard</b>		<b>Tyrving IL</b>				<b>0:54:40 +</b>	<b>08:32</b>	<b>133.36</b>		
01:36-12	06:09-26	15:47-7	18:51-6	23:26-11	29:38-6	36:08-5	40:53-5	42:36-6	50:48-8	53:48-8	54:40-10
01:36-12	04:33-31	09:38-4	03:04-2	04:35-28	06:12-4	06:30-4	04:45-35	01:43-12	08:12-21	03:00-6	00:52-24
00:18#	01:37&	00:35+	00:04+	01:36&	00:33+	00:08+	02:08&	00:16#	02:13&	00:27#	00:13&
<b>9</b>	<b>Zeiner-Gundersen, Richard</b>		<b>Lierbygda OL</b>				<b>0:54:51 +</b>	<b>08:43</b>	<b>133.29</b>		
01:37-14	05:59-19	16:43-17	20:22-14	24:13-13	30:54-10	38:28-12	41:37-10	43:22-9	51:07-10	54:06-9	54:51-11
01:37-14	04:22-25	10:44-14	03:39-13	03:51-8	06:41-8	07:34-11	03:09-5	01:45-14	07:45-13	02:59-5	00:45-10
00:19#	01:26&	01:41#	00:39#	00:52&	01:02#	01:12#	00:32#	00:18#	01:46&	00:26#	00:06#
<b>10</b>	<b> Egge, Guttorm</b>		<b>IL GeoForm</b>				<b>0:56:04 +</b>	<b>09:56</b>	<b>132.86</b>		
01:41-18	05:35-10	15:53-8	19:24-8	23:18-7	31:00-11	38:00-9	41:27-9	44:03-10	50:58-9	54:34-10	56:04-12
01:41-18	03:54-11	10:18-10	03:31-10	03:54-10	07:42-20	07:00-6	03:27-14	02:36-38	06:55-3	03:36-25	01:30-50
00:23&	00:58&	01:15#	00:31#	00:55&	02:03&	00:38+	00:50&	01:09&	00:56#	01:03&	00:51@
<b>11</b>	<b>Solsrud, Jon</b>		<b>Nydalens SK</b>				<b>0:57:34 +</b>	<b>11:26</b>	<b>132.34</b>		
01:40-17	05:02-6	16:57-18	20:28-16	24:27-15	31:24-14	37:46-8	44:42-15	46:36-15	53:36-12	56:49-11	57:34-13
01:40-17	03:22-4	11:55-25	03:31-10	03:59-14	06:57-12	06:22-1	06:56-48	01:54-21	07:00-4	03:13-16	00:45-10
00:22&	00:26#	02:52&	00:31#	01:00&	01:18#	00:00=	04:19@	00:27&	01:01#	00:40&	00:06#
<b>12</b>	<b>Teigland, Rune</b>		<b>Østmarka OK</b>				<b>0:57:36 +</b>	<b>11:28</b>	<b>132.33</b>		
01:20-2	05:22-8	14:52-5	18:22-5	22:40-5	30:03-7	38:11-11	43:41-14	45:22-14	53:32-11	56:52-12	57:36-14
01:20-2	04:02-15	09:30-2	03:30-9	04:18-19	07:23-15	08:08-20	05:30-41	01:41-11	08:10-20	03:20-18	00:44-7
00:02+	01:06&	00:27+	00:30#	01:19&	01:44&	01:46&	02:53@	00:14#	02:11&	00:47&	00:05#
<b>13</b>	<b>Lefdahl, Per Morten</b>		<b>Metrier OEC</b>				<b>0:57:49 +</b>	<b>11:41</b>	<b>132.25</b>		
01:47-24	06:00-20	16:15-13	19:51-12	25:12-16	31:24-13	38:51-13	42:11-11	44:34-11	53:57-14	57:06-13	57:49-15
01:47-24	04:13-21	10:15-9	03:36-12	05:21-39	06:12-4	07:27-9	03:20-10	02:23-36	09:23-33	03:09-13	00:43-5
00:29&	01:17&	01:12#	00:36#	02:22&	00:33+	01:05#	00:43&	00:56&	03:24&	00:36#	00:04#
<b>14</b>	<b>Christensen, Bjørn</b>		<b>Østmarka OK</b>				<b>0:58:05 +</b>	<b>11:57</b>	<b>132.16</b>		
01:39-16	05:44-15	16:11-10	20:28-15	24:14-14	32:07-16	40:05-15	43:36-13	45:16-13	53:46-13	57:23-14	58:05-16
01:39-15	04:05-18	10:27-11	04:17-29	03:56-12	07:43-21	07:58-17	03:31-15	01:40-8	08:30-24	03:37-27	00:42-3
00:21&	01:09&	01:24#	01:17&	00:57&	02:04&	01:36&	00:54&	00:13#	02:31&	01:04&	00:03+
<b>15</b>	<b>Bratland Tjernshaugen, JohannNTNUI</b>						<b>0:58:30 +</b>	<b>12:22</b>	<b>132.01</b>		
01:43-19	05:46-16	20:15-36	23:30-30	27:24-27	33:47-18	41:26-16	44:47-16	47:14-16	54:40-15	57:37-15	58:30-17
01:43-19	04:03-16	14:29-39	03:15-5	03:54-10	06:23-6	07:39-13	03:21-12	02:27-37	07:26-8	02:57-3	00:53-26
00:25&	01:07&	05:26&	00:15+	00:55&	00:44#	01:17#	00:44&	01:00&	01:27#	00:24#	00:14&
<b>16</b>	<b>Stubberud, Helge</b>		<b>Nydalens SK</b>				<b>0:59:05 +</b>	<b>12:57</b>	<b>131.81</b>		
01:33-10	06:02-23	17:19-19	22:06-20	26:02-18	33:50-19	42:07-17	45:43-17	47:22-17	54:44-16	58:20-16	59:05-18
01:33-9	04:29-29	11:17-19	04:47-41	03:56-12	07:48-22	08:17-22	03:36-17	01:39-7	07:22-6	03:36-25	00:45-10
00:15#	01:33&	02:14#	01:47&	00:57&	02:09&	01:55&	00:59&	00:12#	01:23#	01:03&	00:06#
<b>17</b>	<b>Jensen, Birgit Økern</b>		<b>Konnerud IL</b>				<b>0:59:18 +</b>	<b>13:10</b>	<b>131.73</b>		
01:58-32	05:43-13	16:11-11	20:07-13	23:55-12	31:35-15	39:28-14	43:22-12	45:05-12	55:23-17	58:25-17	59:18-19
01:58-32	03:45-9	10:28-12	03:56-21	03:48-4	07:40-19	07:53-16	03:54-22	01:43-12	10:18-39	03:02-8	00:53-26
00:40&	00:49&	01:25#	00:56&	00:49&	02:01&	01:31#	01:17&	00:16#	04:19&	00:29#	00:14&
<b>18</b>	<b>Halden, Gunnar</b>		<b>Nydalens SK</b>				<b>1:00:13 +</b>	<b>14:05</b>	<b>131.41</b>		
01:34-11	05:37-11	18:43-28	22:25-23	28:11-29	35:10-25	42:40-20	45:56-18	47:49-18	55:32-18	59:21-18	60:13-20
01:34-11	04:03-16	13:06-33	03:42-16	05:46-44	06:59-13	07:30-10	03:16-8	01:53-20	07:43-12	03:49-32	00:52-24
00:16#	01:07&	04:03&	00:42#	02:47&	01:20#	01:08#	00:39#	00:26&	01:44&	01:16&	00:13&
<b>19</b>	<b>Refsland, Ivar</b>		<b>IL Tyrving</b>				<b>1:00:14 +</b>	<b>14:06</b>	<b>131.41</b>		
01:51-26	06:50-34	19:08-31	23:05-28	27:18-25	34:46-22	43:13-22	46:44-23	48:22-21	56:08-19	59:31-19	60:14-21
01:51-25	04:59-37	12:18-30	03:57-22	04:13-16	07:28-16	08:27-26	03:31-15	01:38-4	07:46-15	03:23-19	00:43-5
00:33&	02:03&	03:15&	00:57&	01:14&	01:49&	02:05&	00:54&	00:11#	01:47&	00:50&	00:04#
<b>20</b>	<b>Hov, Kjersti</b>		<b>Fossum IF</b>				<b>1:00:28 +</b>	<b>14:20</b>	<b>131.32</b>		
02:08-36	06:06-25	18:19-22	22:35-25	27:19-26	34:54-23	43:30-23	46:42-22	48:22-20	56:14-20	59:37-20	60:28-22
02:08-36	03:58-12	12:13-29	04:16-28	04:44-30	07:35-17	08:36-29	03:12-6	01:40-8	07:52-17	03:23-19	00:51-20
00:50&	01:02&	03:10&	01:16&	01:45&	01:56&	02:14&	00:35#	00:13#	01:53&	00:50&	00:12&
<b>21</b>	<b>Christiansen, Håvard</b>		<b>Privat</b>				<b>1:00:37 +</b>	<b>14:29</b>	<b>131.27</b>		
01:46-23	06:02-24	16:12-12	21:51-18	26:17-19	34:44-21	42:47-21	46:07-20	48:26-22	56:30-22	59:57-21	60:37-23
01:46-22	04:16-22	10:10-8	05:39-51	04:26-23	08:27-31	08:03-19	03:20-10	02:19-35	08:04-18	03:27-21	00:40-2
00:28&	01:20&	01:07#	02:39&	01:27&	02:48&	01:41&	00:43&	00:52&	02:05&	00:54&	00:01+
<b>22</b>	<b>Madsen, Klavs</b>		<b>Nydalens SK</b>				<b>1:00:54 +</b>	<b>14:46</b>	<b>131.17</b>		
01:26-6	06:00-21	18:19-21	22:01-19	26:21-20	33:58-20	42:26-19	46:30-21	48:08-19	56:23-21	60:03-22	60:54-24
01:26-5	04:34-32	12:19-31	03:42-16	04:20-20	07:37-18	08:28-27	04:04-25	01:38-4	08:15-22	03:40-29	00:51-20
00:08#	01:38&	03:16&	00:42#	01:21&	01:58&	02:06&	01:27&	00:11#	02:16&	01:07&	00:12&
<b>23</b>	<b>Øhlckers, Milda</b>		<b>Tyrving IL</b>				<b>1:02:41 +</b>	<b>16:33</b>	<b>130.55</b>		
01:44-20	05:44-14	20:12-35	24:23-35	28:40-30	36:45-29	44:46-28	48:53-26	50:51-25	58:32-24	61:50-23	62:41-25
01:44-20	04:00-13	14:28-38	04:11-24	04:17-17	08:05-25	08:01-18	04:07-26	01:58-22	07:41-11	03:18-17	00:51-20
00:26&	01:04&	05:25&	01:11&	01:18&	02:26&	01:39&	01:30&	00:31&	01:42&	00:45&	00:12&
<b>24</b>	<b>Johansen, Frode</b>		<b>Equinor BIL</b>				<b>1:03:19 +</b>	<b>17:11</b>	<b>130.33</b>		
01:46-22	05:47-17	16:31-16	21:06-17	25:28-17	33:16-17	42:16-18	45:59-19	48:37-23	57:58-23	62:13-24	63:19-26
01:46-22	04:01-14	10:44-14	04:35-34	04:22-21	07:48-22	09:00-32	03:43-18	02:38-39	09:21-31	04:15-42	01:06-41
00:28&	01:05&	01:41#	01:35&	01:23&	02:09&	02:38&	01:06&	01:11&	03:22&	01:42&	00:27&
<b>25</b>	<b>Lahlum, Tor</b>		<b>Nordre Follo Orientering</b>				<b>1:04:30 +</b>	<b>18:22</b>	<b>129.91</b>		
01:51-25	06:50-35	18:38-26	22:33-24	27:17-24	35:13-26	44:06-25	47:51-24	49:40-24	59:47-25	63:32-25	64:30-27
01:51-25	04:59-37	11:48-22	03:55-20	04:44-30	07:56-24	08:53-31	03:45-19	01:49-16	10:07-37	03:45-30	00:58-30
00:33&	02:03&	02:45&	00:55&	01:45&	02:17&	02:31&	01:08&	00:22&	04:08&	01:12&	00:19&
<b>26</b>	<b>Øhlckers, Sofia</b>		<b>Tyrving IL</b>				<b>1:04:40 +</b>	<b>18:32</b>	<b>129.85</b>		



53	Vinnogg, Anders	TPWB-0	2:27:09 +1:41:01	100.97							
04:10-55	13:07-55	40:22-53	45:07-53	61:48-55	79:41-53	91:40-54	101:53-53	109:05-54	141:14-52	145:54-52	147:09-57
04:10-55	08:57-55	27:15-51	04:45-40	16:41-54	17:53-52	11:59-47	10:13-53	07:12-53	32:09-52	04:40-44	01:15-46
02:52@	06:01@	18:12@	01:45&	13:42@	12:14@	05:37&	07:36@	05:45@	26:10@	02:07&	00:36&
54	Brækken, Bård	TPWB-0	2:27:18 +1:41:10	100.91							
04:29-56	13:04-54	40:25-54	45:06-52	61:52-56	79:45-54	91:36-53	101:40-52	109:04-53	141:34-53	145:57-53	147:18-58
04:29-56	08:35-54	27:21-52	04:41-36	16:46-55	17:53-52	11:51-46	10:04-52	07:24-54	32:30-53	04:23-43	01:21-48
03:11@	05:39@	18:18@	01:41&	13:47@	12:14@	05:29&	07:27@	05:57@	26:31@	01:50&	00:42@
DSQ	Killingmo, Lene Anett	OK Øst	2:05:17 (-2 poster)	90.91							
02:33-46	10:24-52	40:49-55	49:39-55	57:11-53	72:30-51	86:06-51	94:04-50	107:45-52			125:17-55
02:33-46	07:51-53	30:25-55	08:50-54	07:32-49	15:19-49	13:36-53	07:58-51	13:41-55			
01:15&	04:55@	21:22@	05:50@	04:33@	09:40@	07:14@	05:21@	12:14@			
DSQ	Karlsen, Jan Roger	Privat	2:53:48 (-2 poster)	90.91							
04:45-57	46:47-58	81:34-56	86:37-56	109:36-57	129:10-56	144:48-56	151:46-55	156:41-56			173:48-59
04:45-57	42:02-58	34:47-56	05:03-43	22:59-56	19:34-55	15:38-55	06:58-49	04:55-52			
03:27@	39:06@	25:44@	02:03&	20:00@	13:55@	09:16@	04:21@	03:28@			
DSQ	Aas, Wenche	NILU BIL	1:44:23 (-3 poster)	86.36							
02:20-43	12:40-53	38:05-51	43:21-51	48:59-52	60:08-50	73:34-50		92:24-50			104:23-53
02:20-43	10:20-56	25:25-50	05:16-46	05:38-43	11:09-46	13:26-52					
01:02&	07:24@	16:22@	02:16&	02:39&	05:30&	07:04@					
DSQ	Stubberud, Elias	Nydalens SK	0:39:48 (-8 poster)	63.64							
01:52-28	06:40-30	26:23-47									39:48-2
01:52-28	04:48-34	19:43-48									
00:34&	01:52&	10:40@									
DSQ	Skjærpe, Magnus Svenøy	NTNUI	0:32:31 (-9 poster)	59.09							
03:09-51	06:17-27										32:31-1
03:09-51	03:08-2										
01:51@	00:12+										
	Vollen, Magne	Oslostudentenes IK	DEL TATT	50.00							

## Strekktider Kort

Plass	Navn	Klubb	Tid	Poeng					
1	Berteig, Vidar	IL GeoForm	0:28:34 + 00:00	121.24					
	02:40-2	07:01-1	08:47-2	12:43-1	15:59-1	20:47-1	24:44-2	27:49-2	28:34-1
	02:40-2	04:21-1	01:46-3	03:56-1	03:16-1	04:48-2	03:57-4	03:05-1	00:45-2
	00:04+	00:00=	00:43&	00:00=	00:00=	00:08+	00:09+	00:00=	00:10&
2	Lahlum, Jon	IL GeoForm	0:32:29 + 03:55	120.04					
	08:41-7	10:42-6	15:13-4	18:33-2	23:34-2	28:00-3	31:37-3	32:29-2	
		02:01-5	04:31-4	03:20-2	05:01-3	04:26-5	03:37-5	00:52-8	
		00:58&	00:35#	00:04+	00:21+	00:38#	00:32#	00:17&	
3	Rekve Lian, Håvard	Koll IL	0:33:44 + 05:10	119.66					
	02:51-3	08:21-3	10:44-7	15:15-5	19:16-3	25:04-5	28:52-4	32:53-4	33:44-3
	02:51-3	05:30-7	02:23-14	04:31-4	04:01-7	05:48-8	03:48-1	04:01-9	00:51-5
	00:15+	01:09&	01:20@	00:35#	00:45#	01:08#	00:00=	00:56&	00:16&
4	Sandberg, Per	Nydalens SK	0:33:50 + 05:16	119.63					
	03:39-8	08:50-9	10:51-8	16:02-10	19:48-6	24:28-3	29:07-5	32:59-5	33:50-4
	03:39-8	05:11-4	02:01-5	05:11-8	03:46-4	04:40-1	04:39-6	03:52-8	00:51-5
	01:03&	00:50#	00:58&	01:15&	00:30#	00:00=	00:51#	00:47&	00:16&
5	Aulie, Harald	IL Koll	0:34:28 + 05:54	119.43					
	03:22-7	09:37-10	11:36-10	15:52-9	19:29-5	25:14-6	30:23-8	33:33-6	34:28-5
	03:22-7	06:15-13	01:59-4	04:16-2	03:37-3	05:45-7	05:09-9	03:10-3	00:55-9
	00:46&	01:54&	00:56&	00:20+	00:21#	01:05#	01:21&	00:05+	00:20&
6	Sandberg, Synnøve Lyssand	Nydalens SK	0:34:39 + 06:05	119.38					
	02:58-4	08:26-5	10:40-5	16:14-11	20:03-7	25:29-7	30:08-6	33:48-7	34:39-6
	02:58-4	05:28-6	02:14-10	05:34-13	03:49-5	05:26-5	04:39-6	03:40-6	00:51-5
	00:22#	01:07&	01:11@	01:38&	00:33#	00:46#	00:51#	00:35#	00:16&
7	Løken, Knut-Anders	Fossum IF	0:34:42 + 06:08	119.36					
	02:36-1	07:22-2	08:25-1	14:08-3	20:47-8	26:46-8	30:38-9	34:07-8	34:42-7
	02:36-1	04:46-3	01:03-1	05:43-15	06:39-20	05:59-11	03:52-3	03:29-4	00:35-1
	00:00=	00:25+	00:00=	01:47&	03:23@	01:19&	00:04+	00:24#	00:00=
8	Carlsson, Bjørn Are	Privat	0:35:12 + 06:38	119.21					
	03:09-5	08:22-4	10:39-4	15:31-6	19:21-4	24:54-4	30:14-7	34:22-9	35:12-8
	03:09-5	05:13-5	02:17-12	04:52-7	03:50-6	05:33-6	05:20-10	04:08-10	00:50-3
	00:33#	00:52#	01:14@	00:56#	00:34#	00:53#	01:32&	01:03&	00:15&
9	Kaarby, Per	Overtoppen	0:35:25 + 06:51	119.14					
	03:53-9	08:33-6	10:14-3	15:32-7	22:40-12	27:41-10	31:30-10	34:35-10	35:25-9
	03:53-9	04:40-2	01:41-2	05:18-9	07:08-21	05:01-3	03:49-2	03:05-1	00:50-3
	01:17&	00:19+	00:38&	01:22&	03:52@	00:21+	00:01+	00:00=	00:15&
10	Flemming, Øystein	Årvoll IL	0:37:30 + 08:56	118.50					
	03:11-6	08:45-8	10:52-9	15:35-8	21:07-10	27:00-9	32:47-11	36:35-11	37:30-10
	03:11-6	05:34-9	02:07-8	04:43-6	05:32-16	05:53-9	05:47-12	03:48-7	00:55-9
	00:35#	01:13&	01:04@	00:47#	02:16&	01:13&	01:59&	00:43#	00:20&
11	Løken, Aleidis	Heming Orientering	0:39:00 + 10:26	118.04					
							10:48-1	14:59-1	39:00-11
								04:11-12	24:01-28
								01:06&	23:26@
12	Aulie, Johannes	Heming	0:42:33 + 13:59	116.95					
	04:11-11	09:41-11	12:50-12	18:39-13	24:10-13	30:05-12	36:12-13	40:57-13	42:33-12
	04:11-11	05:30-7	03:09-21	05:49-17	05:31-15	05:55-10	06:07-15	04:45-17	01:36-21
	01:35&	01:09&	02:06@	01:53&	02:15&	01:15&	02:19&	01:40&	01:01@
13	Broadwell, Sharon	IL GeoForm	0:44:14 + 15:40	116.44					
	04:07-10	10:10-12	12:16-11	16:45-12	20:52-9	28:31-11	34:19-12	38:34-12	44:14-13
	04:07-10	06:03-10	02:06-7	04:29-3	04:07-8	07:39-17	05:48-13	04:15-13	05:40-27
	01:31&	01:42&	01:03@	00:33#	00:51&	02:59&	02:00&	01:10&	05:05@
14	Bjerggaard, Anne Marit	Nydalens SK	0:44:29 + 15:55	116.36					
									44:29-14
15	Arnesen, Marianne	Asker SK	0:44:42 + 16:08	116.30					
	04:54-15	11:04-14	13:19-13	20:01-15	24:58-14	31:45-13	38:18-14	43:32-14	44:42-15

04:54-15	06:10-11	02:15-11	06:42-21	04:57-12	06:47-14	06:33-18	05:14-20	01:10-15		
02:18&	01:49&	01:12@	02:46&	01:41&	02:07&	02:45&	02:09&	00:35@		
<b>16</b>	<b>Berge, Berit</b>		<b>IL Tyrving</b>			<b>0:44:53 +</b>	<b>16:19</b>		<b>116.24</b>	
05:35-16	11:45-15	14:10-14	19:58-14	27:31-18	33:57-16	39:32-15	43:47-15	44:53-16		
05:35-16	06:10-11	02:25-15	05:48-16	07:33-23	06:26-13	05:35-11	04:15-13	01:06-13		
02:59@	01:49&	01:22@	01:52&	04:17@	01:46&	01:47&	01:10&	00:31&		
<b>17</b>	<b>Nermoen, Ingrid</b>		<b>Østmarka OK</b>			<b>0:47:03 +</b>	<b>18:29</b>		<b>115.57</b>	
06:28-18	13:53-17	16:42-17	22:13-18	27:07-17	34:18-17	40:12-16	45:41-16	47:03-17		
06:28-18	07:25-16	02:49-18	05:31-11	04:54-11	07:11-15	05:54-14	05:29-21	01:22-18		
03:52@	03:04&	01:46@	01:35&	01:38&	02:31&	02:06&	02:24&	00:47@		
<b>18</b>	<b>Karlsen, Stig Hultgreen</b>		<b>IL GeoForm</b>			<b>0:48:44 +</b>	<b>20:10</b>		<b>115.06</b>	
11:55-26	19:18-23	21:29-19	27:01-20	31:14-20	38:41-19	43:33-18	47:43-17	48:44-18		
11:55-26	07:23-15	02:11-9	05:32-12	04:13-9	07:27-16	04:52-8	04:10-11	01:01-11		
09:19@	03:02&	01:08@	01:36&	00:57&	02:47&	01:04&	01:05&	00:26&		
<b>19</b>	<b>Egner, Bjørn</b>		<b>Heming Orientering</b>			<b>0:50:38 +</b>	<b>22:04</b>		<b>114.48</b>	
04:14-12	12:36-16	15:11-16	21:41-17	26:57-16	35:19-18	44:13-19	49:26-18	50:38-19		
04:14-12	08:22-17	02:35-16	06:30-20	05:16-13	08:22-18	08:54-24	05:13-19	01:12-16		
01:38&	04:01&	01:32@	02:34&	02:00&	03:42&	05:06@	02:08&	00:37@		
<b>20</b>	<b>Myhre, Stein</b>		<b>Bærum Skiklub</b>			<b>0:50:57 +</b>	<b>22:23</b>		<b>114.38</b>	
04:36-13	11:04-13	14:53-15	20:17-16	26:42-15	33:05-14	45:29-20	49:53-19	50:57-20		
04:36-13	06:28-14	03:49-23	05:24-10	06:25-19	06:23-12	12:24-29	04:24-15	01:04-12		
02:00&	02:07&	02:46@	01:28&	03:09&	01:43&	08:36@	01:19&	00:29&		
<b>21</b>	<b>Stokset, Kathrine</b>		<b>Oppsal Orientering</b>			<b>0:52:20 +</b>	<b>23:46</b>		<b>113.96</b>	
04:38-14	15:34-18	17:51-18	23:28-19	28:11-19	38:57-20	46:43-21	51:11-20	52:20-21		
04:38-14	10:56-22	02:17-12	05:37-14	04:43-10	10:46-24	07:46-21	04:28-16	01:09-14		
02:02&	06:35@	01:14@	01:41&	01:27&	06:06@	03:58@	01:23&	00:34&		
<b>22</b>	<b>Hanslien, Uno</b>		<b>Privat</b>			<b>0:55:53 +</b>	<b>27:19</b>		<b>112.87</b>	
08:15-23	19:10-22	22:00-22	29:11-22	34:37-22	43:14-22	49:42-23	54:36-21	55:53-22		
08:15-23	10:55-21	02:50-19	07:11-22	05:26-14	08:37-19	06:28-17	04:54-18	01:17-17		
05:39@	06:34@	01:47@	03:15&	02:10&	03:57&	02:40&	01:49&	00:42@		
<b>23</b>	<b>Parnemo, Christine</b>		<b>IL GeoForm</b>			<b>0:56:14 +</b>	<b>27:40</b>		<b>112.76</b>	
07:21-21	18:53-21	21:48-21	28:09-21	33:45-21	42:46-21	49:04-22	54:39-22	56:14-23		
07:21-21	11:32-23	02:55-20	06:21-19	05:36-17	09:01-20	06:18-16	05:35-22	01:35-20		
04:45@	07:11@	01:52@	02:25&	02:20&	04:21&	02:30&	02:30&	01:00@		
<b>24</b>	<b>Vik, Eilen Arctander</b>		<b>IL Koll</b>			<b>1:08:14 +</b>	<b>39:40</b>		<b>109.08</b>	
06:31-19	18:29-20	27:21-25	33:23-25	39:42-23	50:11-23	57:40-24		68:14-24		
06:31-19	11:58-24	08:52-29	06:02-18	06:19-18	10:29-22	07:29-20				
03:55@	07:37@	07:49@	02:06&	03:03&	05:49@	03:41&				
<b>25</b>	<b>Spjelkavik, Aud I</b>		<b>Tyrving IL</b>			<b>1:09:22 +</b>	<b>40:48</b>		<b>108.73</b>	
06:11-17	21:46-24	25:19-23	34:51-26	42:23-25	52:55-24	61:24-25	67:44-23	69:22-25		
06:11-17	15:35-26	03:33-22	09:32-29	07:32-22	10:32-23	08:29-22	06:20-23	01:38-22		
03:35@	11:14@	02:30@	05:36@	04:16@	05:52@	04:41@	03:15@	01:03@		
<b>26</b>	<b>Drage, Unni</b>		<b>Aker Solutions</b>			<b>1:09:50 +</b>	<b>41:16</b>		<b>108.59</b>	
13:34-27	23:30-25	25:58-24	33:14-24	44:34-26	54:45-25	61:39-26	68:20-24	69:50-26		
13:34-27	09:36-18	02:48-17	07:16-23	11:20-30	10:11-21	06:54-19	06:41-24	01:30-19		
10:58@	05:15@	01:45@	03:20&	08:04@	05:31@	03:06&	03:36@	00:55@		
<b>27</b>	<b>Drage, Tor</b>		<b>Aker Solutions</b>			<b>1:18:50 +</b>	<b>50:16</b>		<b>105.83</b>	
17:11-28	27:29-28	31:18-27	40:48-30	48:42-27	60:09-27	69:05-27	76:56-25	78:50-28		
17:11-28	10:18-19	03:49-23	09:30-28	07:54-24	11:27-27	08:56-25	07:51-27	01:54-26		
14:35@	05:57@	02:46@	05:34@	04:38@	06:47@	05:08@	04:46@	01:19@		
<b>28</b>	<b>Mygland, Marie</b>		<b>Fossum</b>			<b>1:19:16 +</b>	<b>50:42</b>		<b>105.70</b>	
			13:04-2	22:34-11	33:39-15	42:36-17		79:16-29		
				09:30-26	11:05-25	08:57-26				
				06:14@	06:25@	05:09@				
<b>29</b>	<b>Mygland, Lise</b>		<b>Fossum</b>			<b>1:19:17 +</b>	<b>50:43</b>		<b>105.69</b>	
08:22-24	27:33-29	32:24-29	40:37-29	49:49-29	61:16-29	70:01-28	77:36-26	79:17-30		
08:22-24	19:11-27	04:51-26	08:13-24	09:12-25	11:27-27	08:45-23	07:35-26	01:41-24		
05:46@	14:50@	03:48@	04:17@	05:56@	06:47@	04:57@	04:30@	01:06@		
<b>30</b>	<b>Mygland, Torgeir</b>		<b>Fossum</b>			<b>1:19:29 +</b>	<b>50:55</b>		<b>105.63</b>	
08:07-22	27:20-27	32:14-28	40:28-28	50:00-30	61:05-28	70:21-29	77:37-27	79:29-31		
08:07-22	19:13-28	04:54-27	08:14-25	09:32-27	11:05-25	09:16-27	07:16-25	01:52-25		
05:31@	14:52@	03:51@	04:18@	06:16@	06:25@	05:28@	04:11@	01:17@		
<b>31</b>	<b>Henriksen, Tor</b>		<b>Årvoll IL</b>			<b>1:21:36 +</b>	<b>53:02</b>		<b>104.98</b>	
11:25-25	24:17-26	30:20-26	39:05-27	49:09-28	61:32-30	70:49-30	79:56-28	81:36-32		
11:25-25	12:52-25	06:03-28	08:45-26	10:04-29	12:23-29	09:17-28	09:07-28	01:40-23		
08:49@	08:31@	05:00@	04:49@	06:48@	07:43@	05:29@	06:02@	01:05@		
<b>DSQ</b>	<b>Gunnerød, Bjørn</b>		<b>Asker Skiklubb</b>			<b>1:15:33 (-2 poster)</b>		<b>87.50</b>		
07:13-20	17:44-19	21:38-20	30:27-23	40:12-24	59:33-26			75:33-27		
07:13-20	10:31-20	03:54-25	08:49-27	09:45-28	19:21-30					
04:37@	06:10@	02:51@	04:53@	06:29@	14:41@					