

Rankingløp 21-2021

Dato/sted: 4. desember 2021 - Ingierstrand
Kart: Hvitebjørn 2021
Arr: IL GeoForm v/Harald Iwe
Antall: Totalt: 65 (GeoForm: 8, OSI: 1, DNV/ESSO: 1, Andre: 55)
Løpsrapport: Alder: 21-: 65, 17-20: 0, 13-16: 0, 0-12: 0
Startkont: kr. 50: 55 kr. 30: 10 kr. 0: 0
Betalt: kr. 50: 55 kr. 30: 9 kr. 0: 1
Leiebrikker: 0 stk

Resultater: [Lang\(23\)](#) | [Mellom\(26\)](#) | [Kort\(16\)](#) | [Grafisk](#)
Strekketider: [Lang\(23\)](#) | [Mellom\(26\)](#) | [Kort\(16\)](#)

Resultater Lang (6.1 km)

Plass	Navn	Klubb	Tid	Poeng
1	Lundanes, Ivar	Tyrving IL	0:44:20 + 00:00	152.73
2	Néda, Tamás	Tyrving IL	0:45:32 + 01:12	152.13
3	Sundby, Jørn	Larvik OK	0:48:22 + 04:02	150.71
4	Glomsrud, Bjørn Erik	Indre Østfold OK	0:52:15 + 07:55	148.76
5	Nygård, Svein	Lillomarka OL	0:58:24 + 14:04	145.67
6	Mella, Thor	Oppsal Orientering	0:59:19 + 14:59	145.21
7	Eriksen, Jan Richard	Asker Skiklubb	0:59:49 + 15:29	144.96
8	Schlaupitz, Holger	IL GeoForm	1:00:19 + 15:59	144.71
9	Dybdahl, Arne	Lillomarka OL	1:02:39 + 18:19	143.53
10	Benjaminen, Vidar	Lillomarka OL	1:02:44 + 18:24	143.49
11	Nipen, Jørgen Mathias	Bækkelagets SK	1:02:45 + 18:25	143.48
12	Ottesen, Sture	Indre Østfold OK	1:04:43 + 20:23	142.50
13	Lium, Asgeir	Fet OL	1:06:39 + 22:19	141.53
14	Prydz, Espen Beer	Heming Orientering	1:10:41 + 26:21	139.50
15	Saugestad, Fredrik	Nydalens SK	1:14:42 + 30:22	137.48
16	Thømt, Øyvind	Indre Østfold OK	1:19:52 + 35:32	134.89
17	Kippernes, Frank Åge	IL GeoForm	1:20:20 + 36:00	134.65
18	Utskarpen, Audrun	IL GeoForm	1:22:21 + 38:01	133.64
19	Fixdal, Trude	Heming Orientering	1:25:37 + 41:17	132.00
19	Aulie, Harald	Heming Orientering	1:25:37 + 41:17	132.00
21	Fagerhaug, Are	IL GeoForm	1:25:57 + 41:37	131.83
22	Farkas, Lorant	Østmarka OK	1:38:41 + 54:21	125.44
23	Gjessing, Ola Peter Krohn	Heming Orientering	1:47:01 +1:02:41	121.25

Resultater Mellom (3.9 km)

Plass	Navn	Klubb	Tid	Poeng
1	Aebi, Marion	Tyrving IL	0:40:51 + 00:00	136.40
2	Grønneberg, Skage	Heming Orientering	0:41:48 + 00:57	136.02
3	Helland, Knut Edvard	Østmarka OK	0:45:14 + 04:23	134.67
4	Berteig, Vidar	IL GeoForm	0:45:43 + 04:52	134.48
5	Kildahl, Øystein	Østmarka OK	0:48:24 + 07:33	133.42
6	Fjær, Hallvard	Lillomarka OL	0:49:14 + 08:23	133.09
7	Teigland, Rune	Østmarka OK	0:49:17 + 08:26	133.08
8	Fossheim, Arne	Asker SK	0:52:06 + 11:15	131.97
9	Feiring, Hege	Tyrving IL	0:53:27 + 12:36	131.43
10	Hobøl, Sigurd	Oppsal Orientering	0:54:56 + 14:05	130.85
11	Granly, Martin	Lillomarka OL	0:56:15 + 15:24	130.33
12	Eriksen, Are	Oslostudentenes IK	1:00:57 + 20:06	128.48

13	Næss, Petter	Oppsal Orientering	1:01:24 + 20:33	128.30
14	Sauar, Brita	IL Koll	1:03:12 + 22:21	127.59
15	Fossheim, Emil Ruud	Asker SK	1:03:23 + 22:32	127.52
16	Øvergaard, Tormod	Vestre Akers SK	1:03:32 + 22:41	127.46
17	Nyhaug, Mathias	Asker SK	1:03:42 + 22:51	127.39
18	Nyhaug, Arild	Asker SK	1:04:03 + 23:12	127.26
19	Lahlum, Tor	Nordre Follo Orientering	1:07:16 + 26:25	125.99
20	Rådahl, Tom	Tyrving IL	1:08:59 + 28:08	125.31
21	Hultgreen, Rune	IL GeoForm	1:13:26 + 32:35	123.56
22	Bøe, Tormod	VBIL	1:14:28 + 33:37	123.15
23	Lahlum, Jon	IL GeoForm	1:15:07 + 34:16	122.89
24	Angell, Truls	Lillomarka OL	1:17:32 + 36:41	121.94
25	Hanssen, Pål Woldstad	Eiker OL	1:25:40 + 44:49	118.73
26	,		1:31:57 + 51:06	116.26

Resultater Kort (2.4 km)

Plass	Navn	Klubb	Tid	Poeng
1	Clasen, Claus Frimann	Lyberg & Partnere	0:43:10 + 00:00	120.85
2	,		0:47:00 + 03:50	120.04
3	Myhre, Stein	Bærums Skiklub	0:47:04 + 03:54	120.03
4	Flemming, Øystein	Årvoll IL	0:48:11 + 05:01	119.79
5	Kletteli, Odd	Bsk	0:50:31 + 07:21	119.29
6	Fanavoll, Jon	Kamp/Vestheim IF	0:52:59 + 09:49	118.77
7	Egner, Bjørn	Heming Orientering	0:53:23 + 10:13	118.69
8	Sørum, Anne	Indre Østfold OK	0:53:46 + 10:36	118.61
9	Huseth, Egil	Kamp/Vestheim IF	1:02:22 + 19:12	116.78
10	Haugen, Per	Lillomarka OL	1:05:55 + 22:45	116.03
11	Grand, Elena	Lillomarka OL	1:08:53 + 25:43	115.40
12	Grymyr, Aina	Haugerud IF	1:16:13 + 33:03	113.85
13	Solheim, Knut Tore	Nydalens SK	1:18:39 + 35:29	113.33
14	Madsen, Øystein	Haugerud IF	1:22:17 + 39:07	112.56
15	Fougner, Jon C.	Heming Orientering	1:36:44 + 53:34	109.50
DSQ	Karlsen, Stig Hultgreen	IL GeoForm	0:58:11 (-4 poster)	80.00

Strekktider Lang

Plass	Navn	Klubb	Tid	Poeng																	
1	Lundanes, Ivar	Tyrving IL	0:44:20 + 00:00	152.73																	
00:57-1	05:02-1	10:04-1	10:04-1	10:04-1	12:41-1	13:58-1	15:01-1	16:14-1	18:52-1	21:19-1	24:05-1	27:52-1	30:22-1	33:14-1	34:50-1	37:37-1	39:34-1	42:26-1	43:21-1	44:20-1	
00:57-1	04:05-2	05:02-1		02:37-2	01:17-1	01:03-1	01:13-3	02:38-3	02:27-2	02:46-1	03:47-1	02:30-1	02:52-2	01:36-2	02:47-1	01:57-2	02:52-4	00:55-1	00:59-3		
00:00=	00:03+	00:00=		00:16#	00:00=	00:00=	00:10#	00:05+	00:12+	00:00=	00:00=	00:00=	00:04+	00:08+	00:00=	00:15#	00:30#	00:00=	00:02+		
2	Néda, Tamás	Tyrving IL	0:45:32 + 01:12	152.13																	
01:10-6	05:12-2	10:28-2	10:28-2	10:28-2	12:49-2	14:29-2	16:02-2	17:05-2	20:11-3	22:26-2	25:24-2	29:28-2	32:11-2	34:59-2	36:27-2	39:26-2	41:08-2	43:30-2	44:34-2	45:32-2	
01:10-6	04:02-1	05:16-2		02:21-1	01:40-8	01:33-7	01:03-1	03:06-6	02:15-1	02:58-3	04:04-3	02:43-3	02:48-1	01:28-1	02:59-2	01:42-1	02:22-1	01:04-5	00:58-2		
00:13#	00:00=	00:14+		00:00=	00:23&	00:30&	00:00=	00:33#	00:00=	00:12+	00:17+	00:13+	00:00=	00:00=	00:12+	00:00=	00:00=	00:09#	00:01+		
3	Sundby, Jørn	Larvik OK	0:48:22 + 04:02	150.71																	
01:06-3	05:18-3	10:44-3	10:44-3	10:44-3	13:24-3	14:49-3	16:09-3	17:27-3	20:04-2	22:35-3	25:36-3	29:55-3	32:36-3	35:57-3	37:40-3	41:06-3	43:20-3	46:06-3	47:18-3	48:22-3	
01:06-3	04:12-4	05:26-3		02:40-4	01:25-2	01:20-4	01:18-4	02:37-2	02:31-3	03:01-4	04:19-4	02:41-2	03:21-3	01:43-3	03:26-4	02:14-3	02:46-3	01:12-8	01:04-4		
00:09#	00:10+	00:24+		00:19#	00:08#	00:17&	00:15#	00:04+	00:16#	00:15+	00:32#	00:11+	00:33#	00:15#	00:39#	00:32&	00:24#	00:17&	00:07#		
4	Glomsrud, Bjørn Erik	Indre Østfold OK	0:52:15 + 07:55	148.76																	
02:10-19	06:20-7	12:26-4		12:26-4	15:03-4	16:41-4	18:05-4	19:33-4	22:15-4	24:51-4	27:40-4	31:43-4	34:26-4	39:51-4	41:38-4	45:03-4	47:49-4	50:21-4	51:18-4	52:15-4	
02:10-19	04:10-3	06:06-5	12:26-8	12:26-8	12:26-1	02:37-2	01:38-5	01:24-5	01:28-10	02:42-4	02:36-4	02:49-2	04:03-2	02:43-3	05:25-17	01:47-4	03:25-3	02:46-8	02:32-2	00:57-2	00:57-1
01:13@	00:08+	01:04#	10:31+	10:31+	00:00=	00:16#	00:21&	00:21&	00:25&	00:09+	00:21#	00:03+	00:16+	00:13+	02:37&	00:19#	00:38#	01:04&	00:10+	00:02+	00:00=
5	Nygård, Svein	Lillomarka OL	0:58:24 + 14:04	145.67																	
01:28-10	06:27-8	12:32-7	12:32-6	12:32-7	15:38-6	17:31-6	19:09-6	20:35-6	24:18-7	27:06-6	30:41-5	35:52-5	39:35-5	43:20-5	45:27-5	49:29-5	52:41-5	55:54-5	57:06-5	58:24-5	
01:28-10	04:59-7	06:05-4		03:06-7	01:53-13	01:38-10	01:26-8	03:43-13	02:48-5	03:35-7	05:11-9	03:43-7	03:45-6	02:07-8	04:02-9	03:12-11	03:13-6	01:12-8	01:18-13		

01:39-15	08:24-22	09:42-21		07:56-23	02:12-21	02:20-16	01:46-16	03:53-16	03:20-9	04:11-15	06:48-17	07:32-23	05:07-16	02:40-17	06:17-18	04:07-19	04:34-19	01:37-18	01:52-21	
00:42&	04:22@	04:40&		05:35@	00:55&	01:17@	00:43&	01:20&	01:05&	01:25&	03:01&	05:02@	02:19&	01:12&	03:30@	02:25@	02:12&	00:42&	00:55&	
22	Farkas, Lorant			Østmarka OK			1:38:41 + 54:21	125.44												
01:34-12	09:55-20	17:32-16		17:32-16	22:21-16	26:00-18	28:39-18	30:28-18	34:24-18	39:27-18	43:31-18	51:45-18	55:53-17	62:46-19	71:19-22	78:06-22	84:41-22	95:00-22	96:53-22	98:41-22
01:34-12	08:21-21	07:37-14	17:32-2	17:32-7	04:49-19	03:39-23	02:39-19	01:49-17	03:56-17	05:03-22	04:04-13	08:14-21	04:08-13	06:53-23	08:33-23	06:47-20	06:35-22	10:19-23	01:53-20	01:48-20
00:37&	04:19@	02:35&	05:25+	05:06&	02:28@	02:22@	01:36@	00:46&	01:23&	02:48@	01:18&	04:27@	01:38&	04:05@	07:05@	04:00@	04:53@	07:57@	00:58@	00:51&
23	Gjessing, Ola Peter Krohn			Heming Orientering			1:47:01 +1:02:41	121.25												
02:18-20	10:14-22	22:57-22		22:57-22	28:49-22	32:08-22	34:58-22	37:03-22	41:58-23	47:58-23	53:40-23	63:41-23	69:17-23	75:32-23	79:12-23	91:11-23	96:16-23	102:04-23	104:50-23	107:01-23
02:18-20	07:56-20	12:43-22	22:57-1	22:57-8	05:52-22	03:19-22	02:50-20	02:05-22	04:55-23	06:00-23	05:42-22	10:01-22	05:36-20	06:15-21	03:40-22	11:59-23	05:05-21	05:48-22	02:46-23	02:11-23
01:21@	03:54&	07:41@	00:00=	10:31&	03:31@	02:02@	01:47@	01:02&	02:22&	03:45@	02:56@	06:14@	03:06@	03:27@	02:12@	09:12@	03:23@	03:26@	01:51@	01:14@

Strekktider Mellom

Plas	Navn	Klubb	Tid	Poeng											
1	Aebi, Marion	Tyrving IL	0:40:51 + 00:00	136.40											
01:27-6	04:20-2	06:06-2	07:42-2	09:03-2	11:55-2	14:29-2	17:36-2	23:04-2	25:56-1	28:07-1	32:23-2	34:57-1	38:17-1	39:33-1	40:51-1
01:27-6	02:53-1	01:46-3	01:36-1	01:21-1	02:52-1	02:34-1	03:07-2	05:28-4	02:52-1	02:11-5	04:16-3	02:34-1	03:20-4	01:16-4	01:18-8
00:26&	00:00=	00:12#	00:00=	00:00=	00:00=	00:00=	00:04+	00:18+	00:00=	00:22#	00:50#	00:00=	00:36#	00:11#	00:17&
2	Grønneberg, Skage	Heming Orientering	0:41:48 + 00:57	136.02											
01:01-1	03:58-1	05:32-1	07:14-1	08:36-1	11:32-1	14:23-1	17:26-1	22:38-1	26:38-2	28:27-2	31:53-1	36:58-2	39:42-2	40:47-2	41:48-2
01:01-1	02:57-2	01:34-1	01:42-4	01:22-2	02:56-2	02:51-2	03:03-1	05:12-2	04:00-10	01:49-1	03:26-1	05:05-15	02:44-1	01:05-1	01:01-1
00:00=	00:04+	00:00=	00:06+	00:01+	00:04+	00:17#	00:00=	00:02+	01:08&	00:00=	00:00=	02:31&	00:00=	00:00=	00:00=
3	Helland, Knut Edvard	Østmarka OK	0:45:14 + 04:23	134.67											
01:26-5	04:45-3	07:13-7	09:13-8	10:38-7	13:44-4	17:22-6	21:15-6	26:38-5	29:36-4	31:38-4	35:42-3	38:51-3	42:15-3	44:03-3	45:14-3
01:26-5	03:19-3	02:28-20	02:00-8	01:25-3	03:06-3	03:38-13	03:53-6	05:23-3	02:58-2	02:02-2	04:04-2	03:09-4	03:24-6	01:48-18	01:11-5
00:25&	00:26#	00:54&	00:24&	00:04+	00:14+	01:04&	00:50&	00:13+	00:06+	00:13#	00:38#	00:35#	00:40#	00:43&	00:10#
4	Berteig, Vidar	IL GeoForm	0:45:43 + 04:52	134.48											
01:31-9	04:54-5	06:51-4	08:40-3	10:08-3	13:37-3	16:33-3	20:19-3	25:51-4	29:30-3	31:36-3	36:07-4	39:16-4	42:35-4	44:19-4	45:43-4
01:31-9	03:23-4	01:57-6	01:49-5	01:28-4	03:29-6	02:56-3	03:46-4	05:32-6	03:39-6	02:06-3	04:31-4	03:09-4	03:19-3	01:44-14	01:24-10
00:30&	00:30#	00:23#	00:13#	00:07+	00:37#	00:22#	00:43#	00:22+	00:47&	00:17#	01:05&	00:35#	00:35#	00:39&	00:23&
5	Kildahl, Øystein	Østmarka OK	0:48:24 + 07:33	133.42											
01:20-2	05:18-9	07:01-6	08:50-6	10:19-5	13:47-5	16:58-5	20:45-5	26:50-6	30:33-6	32:48-6	38:41-6	41:53-5	45:19-5	46:45-5	48:24-5
01:20-2	03:58-12	01:43-2	01:49-5	01:29-5	03:28-5	03:11-5	03:47-5	06:05-7	03:43-8	02:15-7	05:53-12	03:12-6	03:26-7	01:26-6	01:39-13
00:19&	01:05&	00:09+	00:13#	00:08+	00:36#	00:37#	00:44#	00:55#	00:51&	00:26#	02:27&	00:38#	00:42&	00:21&	00:38&
6	Fjær, Hallvard	Lillomarka OL	0:49:14 + 08:23	133.09											
01:29-8	04:57-7	07:15-8	09:31-10	11:09-9	14:57-8	18:34-8	22:52-8	29:12-8	32:37-8	34:59-8	39:54-8	42:33-6	46:09-6	47:47-6	49:14-6
01:29-8	03:28-5	02:18-17	02:16-11	01:38-8	03:48-11	03:37-12	04:18-13	06:20-9	03:25-4	02:22-9	04:55-7	02:39-2	03:36-10	01:38-12	01:27-12
00:28&	00:35#	00:44&	00:40&	00:17#	00:56&	01:03&	01:15&	01:10#	00:33#	00:33&	01:29&	00:05+	00:52&	00:33&	00:26&
7	Teigland, Rune	Østmarka OK	0:49:17 + 08:26	133.08											
01:21-3	04:52-4	06:39-3	08:41-4	10:29-6	14:04-7	17:24-7	21:25-7	28:39-7	32:00-7	34:12-7	39:41-7	42:48-7	46:30-7	48:04-7	49:17-7
01:21-3	03:31-7	01:47-4	02:02-9	01:48-13	03:35-8	03:20-8	04:01-8	07:14-15	03:21-3	02:12-6	05:29-11	03:07-3	03:42-11	01:34-9	01:13-6
00:20&	00:38#	00:13#	00:26&	00:27&	00:43&	00:46&	00:58&	00:04&	00:29#	00:23#	02:03&	00:33#	00:58&	00:29&	00:12#
8	Fossheim, Arne	Asker SK	0:52:06 + 11:15	131.97											
02:00-18	05:38-11	07:36-10	09:30-9	11:13-10	15:18-9	19:57-11	24:16-10	30:46-10	35:01-9	37:20-9	42:13-9	45:25-8	48:56-8	50:42-8	52:06-8
02:00-18	03:38-10	01:58-7	01:54-7	01:43-9	04:05-13	04:39-19	04:19-14	06:30-10	04:15-12	02:19-8	04:53-6	03:12-6	03:31-9	01:46-16	01:24-10
00:59&	00:45&	00:24&	00:18#	00:22&	01:13&	02:05&	01:16&	01:20&	01:23&	00:30&	01:27&	00:38#	00:47&	00:41&	00:23&
9	Feiring, Hege	Tyrving IL	0:53:27 + 12:36	131.43											
01:22-4	04:56-6	07:00-5	08:41-5	10:16-4	13:48-6	16:46-4	20:27-4	25:37-3	30:24-5	32:31-5	38:35-5	46:54-9	50:14-9	51:45-9	53:27-9
01:22-4	03:34-8	02:04-11	01:41-3	01:35-7	03:32-7	02:58-4	03:41-3	05:10-1	04:47-20	02:07-4	06:04-13	08:19-24	03:20-4	01:31-7	01:42-15
00:21&	00:41#	00:30&	00:05+	00:14#	00:40#	00:24#	00:38#	00:00=	01:55&	00:18#	02:38&	05:4@	00:36#	00:26&	00:41&
10	Hobøl, Sigurd	Oppsal Orientering	0:54:56 + 14:05	130.85											
01:44-13	05:13-8	07:20-9	08:59-7	11:09-8	19:01-20	22:21-17	26:28-15	31:57-12	37:10-12	39:45-12	45:05-11	48:24-11	52:28-10	53:40-10	54:56-10
01:44-13	03:29-6	02:07-12	01:39-2	03:20-6	07:52-26	03:20-8	04:07-9	05:29-5	05:13-22	02:35-12	05:20-8	04:19-8	04:04-13	01:12-2	01:16-7
00:43&	00:36#	00:33&	00:03+	00:49&	05:00@	00:46&	01:04&	00:19+	02:21&	00:46&	01:54&	00:45&	01:20&	00:07#	00:15#
11	Granly, Martin	Lillomarka OL	0:56:15 + 15:24	130.33											
01:53-15	05:29-10	07:40-11	10:25-12	12:11-11	15:56-10	20:45-12	25:20-12	31:39-11	35:16-10	38:03-10	44:34-10	48:16-10	52:44-11	54:34-11	56:15-11
01:53-15	03:36-9	02:11-15	02:45-21	01:46-11	03:45-9	04:49-21	04:35-17	06:19-8	03:37-5	02:47-16	06:31-16	03:42-9	04:28-18	01:50-20	01:41-14
00:52&	00:43#	00:37&	01:09&	00:25&	00:53&	02:15&	01:32&	01:09#	00:45&	00:58&	03:05&	01:08&	01:44&	00:45&	00:40&
12	Eriksen, Are	Oslostudentenes IK	1:00:57 + 20:06	128.48											
01:37-10	05:52-13	08:06-13	10:36-13	12:34-13	16:58-14	20:46-13	26:07-14	32:56-14	37:20-14	40:27-13	47:25-13	51:57-12	57:05-12	59:09-12	60:57-12

Plass	Navn	Klubb	Tid	Poeng
1	Clasen, Claus Frimann	Lyberg & Partnere	0:43:10 + 00:00	120.85
	01:52-2 07:11-1 09:32-1 12:20-2 14:18-1 21:01-1 30:09-1 33:57-1 39:00-1 41:04-1 43:10-1			
	01:52-2 05:19-4 02:21-1 02:48-2 01:58-1 06:43-12 09:08-2 03:48-1 05:03-1 02:04-1 02:06-1			
	00:05+ 00:36# 00:20= 00:05+ 00:00= 02:00& 00:04+ 00:00= 00:00= 00:00= 00:00=			
2	,		0:47:00 + 03:50	120.04
	02:08-3 07:19-2 11:11-5 14:44-5 17:14-4 23:30-7 33:01-6 37:00-4 42:22-3 44:52-2 47:00-2			
	02:08-3 05:11-3 03:52-13 03:33-5 02:30-5 06:16-10 09:31-4 03:59-3 05:22-3 02:30-3 02:08-3			
	00:21# 00:28+ 01:31& 00:50& 00:32& 01:33& 00:27+ 00:11+ 00:19+ 00:26# 00:02+			
3	Myhre, Stein	Bærums Skiklub	0:47:04 + 03:54	120.03
	02:44-7 07:41-4 11:06-4 13:49-3 17:18-5 23:11-5 32:15-4 36:17-2 41:54-2 44:55-3 47:04-3			
	02:44-7 04:57-2 03:25-9 02:43-1 03:29-14 05:53-7 09:04-1 04:02-4 05:37-4 03:01-8 02:09-4			
	00:57& 00:14+ 01:04& 00:00= 01:31& 01:10# 00:00= 00:14+ 00:34# 00:57& 00:03+			
4	Flemming, Øystein	Årvoll IL	0:48:11 + 05:01	119.79
	01:47-1 07:22-3 09:57-2 13:10-2 15:36-2 22:21-3 32:29-5 36:27-3 43:07-4 45:57-4 48:11-4			
	01:47-1 05:35-7 02:35-3 03:13-4 02:26-4 06:45-13 10:08-6 03:58-2 06:40-9 02:50-6 02:14-7			
	00:00= 00:52# 00:14+ 00:30# 00:28# 02:02& 01:04# 00:10+ 01:37& 00:46& 00:08+			
5	Kletteli, Odd	Bsk	0:50:31 + 07:21	119.29
	02:33-4 08:55-9 11:44-6 14:43-4 16:47-3 21:30-2 31:42-2 40:32-5 45:50-5 48:25-5 50:31-5			
	02:33-4 06:22-9 02:49-4 02:59-3 02:04-3 04:43-1 10:12-7 08:50-10 05:18-2 02:35-4 02:06-1			
	00:46& 01:39& 00:28# 00:16+ 00:06+ 00:00= 01:08# 05:02@ 00:15+ 00:31& 00:00=			
6	Fanavoll, Jon	Kamp/Vestheim IF	0:52:59 + 09:49	118.77
	02:45-8 08:17-6 11:47-7 15:43-7 18:19-7 23:11-6 33:05-7 42:24-7 48:12-7 50:49-7 52:59-6			
	02:45-8 05:32-5 03:30-11 03:56-7 02:36-7 04:52-2 09:54-5 09:19-11 05:48-6 02:37-5 02:10-5			
	00:58& 00:49# 01:09& 01:13& 00:38& 00:09+ 00:50+ 05:31@ 00:45# 00:33& 00:04+			
7	Egner, Bjørn	Heming Orientering	0:53:23 + 10:13	118.69
	03:04-12 08:37-8 11:56-8 16:48-8 19:18-8 25:09-8 36:21-8 41:22-6 47:58-6 50:48-6 53:23-7			
	03:04-12 05:33-6 03:19-6 04:52-9 02:30-5 05:51-6 11:12-8 05:01-5 06:36-8 02:50-6 02:35-9			
	01:17& 00:50# 00:58& 02:09& 00:32& 01:08# 02:08# 01:13& 01:33& 00:46& 00:29#			
8	Sørum, Anne	Indre Østfold OK	0:53:46 + 10:36	118.61
	03:10-13 07:53-5 10:25-3 15:27-6 17:30-6 22:35-4 31:55-3 43:42-8 49:24-8 51:33-8 53:46-8			
	03:10-13 04:43-1 02:32-2 05:02-10 02:03-2 05:05-3 09:20-3 11:47-13 05:42-5 02:09-2 02:13-6			
	01:23& 00:00= 00:11+ 02:19& 00:05+ 00:22+ 00:16+ 07:59@ 00:39# 00:05+ 00:07+			
9	Huseth, Egil	Kamp/Vestheim IF	1:02:22 + 19:12	116.78
	02:57-10 12:41-10 16:00-10 19:48-10 22:24-10 28:38-10 40:54-10 46:34-10 54:35-10 59:22-9 62:22-10			
	02:57-10 09:44-11 03:19-6 03:48-6 02:36-7 06:14-9 12:16-10 05:40-6 08:01-13 04:47-13 03:00-11			
	01:10& 05:01@ 00:58& 01:05& 00:38& 01:31& 03:12& 01:52& 02:58& 02:43@ 00:54&			
10	Haugen, Per	Lillomarka OL	1:05:55 + 22:45	116.03
	02:36-5 08:35-7 12:48-9 17:02-9 20:02-9 26:32-9 38:59-9 46:32-9 53:31-9 62:47-10 65:55-11			
	02:36-5 05:59-8 04:13-14 04:14-8 03:00-12 06:30-11 12:27-11 07:33-7 06:59-10 09:16-14 03:08-12			
	00:49& 01:16& 01:52& 01:31& 01:02& 01:47& 03:23& 03:45& 01:56& 07:12@ 01:02&			
11	Grand, Elena	Lillomarka OL	1:08:53 + 25:43	115.40
				68:53-12
12	Grymyr, Aina	Haugerud IF	1:16:13 + 33:03	113.85
	02:55-9 17:01-13 20:21-13 25:23-12 28:03-11 41:28-12 55:36-12 63:30-12 70:05-11 73:36-11 76:13-13			
	02:55-9 14:06-13 03:20-8 05:02-10 02:40-9 13:25-15 14:08-13 07:54-8 06:35-7 03:31-10 02:37-10			
	01:08& 09:23@ 00:59& 02:19& 00:42& 08:42@ 05:04& 04:06@ 01:32& 01:27& 00:31#			
13	Solheim, Knut Tore	Nydalens SK	1:18:39 + 35:29	113.33
	04:11-15 23:42-15 27:07-14 33:52-14 37:04-14 43:07-13 54:53-11 63:10-11 71:06-12 75:07-12 78:39-14			
	04:11-15 19:31-14 03:25-9 06:45-14 03:12-13 06:03-8 11:46-9 08:17-9 07:56-12 04:01-11 03:32-13			
	02:24@ 14:48@ 01:04& 04:02@ 01:14& 01:20& 02:42& 04:29@ 02:53& 01:57& 01:26&			
14	Madsen, Øystein	Haugerud IF	1:22:17 + 39:07	112.56
	02:41-6 23:30-14 27:21-15 34:57-15 37:56-15 43:41-14 56:18-13 69:39-13 76:44-13 79:55-13 82:17-15			
	02:41-6 20:49-15 03:51-12 07:36-15 02:59-11 05:45-5 12:37-12 13:21-14 07:05-11 03:11-9 02:22-8			
	00:54& 16:06@ 01:30& 04:53@ 01:01& 01:02# 03:33& 09:33@ 02:02& 01:07& 00:16#			
15	Fougner, Jon C.	Heming Orientering	1:36:44 + 53:34	109.50
	03:50-14 13:22-11 18:19-11 23:37-11 33:40-13 44:13-15 62:00-14 72:36-14 85:12-14 89:32-14 96:44-16			
	03:50-14 09:32-10 04:57-15 05:18-12 10:03-15 10:33-14 17:47-14 10:36-12 12:36-14 04:20-12 07:12-14			
	02:03@ 04:49@ 02:36@ 02:35& 08:05@ 05:50@ 08:43& 06:48@ 07:33@ 02:16@ 05:06@			
DSQ	Karlsen, Stig Hultgreen	IL GeoForm	0:58:11 (-4 poster)	80.00
	03:01-11 15:59-12 18:57-12 25:35-13 28:18-12 33:40-11			58:11-9

03:01-11 12:58-12 02:58-5 06:38-13 02:43-10 05:22-4
01:14& 08:15@ 00:37& 03:55@ 00:45& 00:39#