

Rankingløp

Dato/sted: 3. august 2022 - Sandermosen
Kart: Barlindåsen
Arr: OSI v/Øivind Due Trier og Marie Helene Hansen
Antall: Totalt: 116 (GeoForm: 10, OSI: 3, DNV/ESS0: 2, Andre: 101)
Løpsrapport: Alder: 21-: 111, 17-20: 0, 13-16: 4, 0-12: 1
Startkont: kr. 50: 96 kr. 30: 20 kr. 0: 0
Betalt: kr. 50: 96 kr. 30: 18 kr. 0: 2
Leiebrikker: 3 stk

Resultater: [Lang\(48\)](#) | [Mellom\(52\)](#) | [Kort\(16\)](#) | [Grafisk](#)
Strekketider: [Lang\(48\)](#) | [Mellom\(52\)](#) | [Kort\(16\)](#)

Resultater Lang (5,5 km)

Plass	Navn	Klubb	Tid	Poeng
1	Kubina, Filip	Nydalens SK	0:36:46 + 00:00	152,00
2	Johnsen, Vegard Blomseth	Nydalens SK	0:39:34 + 02:48	150,25
3	Kortner, Trond	Østmarka OK	0:40:47 + 04:01	149,48
4	Østermann, Kristian	Heming Orientering	0:41:02 + 04:16	149,33
5	Lindseth, Gard	Nydalens SK	0:41:39 + 04:53	148,94
6	Engdahl, Bo	Brekke og Strand	0:42:01 + 05:15	148,71
7	Langmyren, Ole Kjell	Lillomarka OL	0:42:12 + 05:26	148,60
8	Sommerhein, Erlend	Fossum IF	0:42:35 + 05:49	148,36
9	Byggland, Asbjørn	Høydalsmo IL	0:42:58 + 06:12	148,12
10	Schlaupitz, Holger	IL GeoForm	0:43:05 + 06:19	148,05
11	Mella, Thor	Oppsal Orientering	0:47:03 + 10:17	145,56
12	Lund, Halvor	Freidig	0:47:08 + 10:22	145,51
13	Lunøe, Espen	Nydalens SK	0:47:28 + 10:42	145,30
14	McAdam, Martin Ekholt	Privat	0:48:01 + 11:15	144,96
15	Fløystad, Jostein Bø	Oppsal IF	0:48:16 + 11:30	144,80
16	Fremming, Nils Petter	Heming Orientering	0:48:44 + 11:58	144,51
17	Eastwood, Steinar	Lillomarka OL	0:49:12 + 12:26	144,22
18	Kongsnes, Vemund	Østmarka OK	0:50:53 + 14:07	143,17
19	Lund, Trond	IL Tyrving	0:50:57 + 14:11	143,12
20	Systad, Rolv Anders	Lyn Ski	0:52:06 + 15:20	142,40
21	Edge, Guttorm	IL GeoForm	0:52:09 + 15:23	142,37
22	Hauge, Mats	Privat	0:52:39 + 15:53	142,06
23	Kildahl, Øystein	Østmarka OK	0:52:54 + 16:08	141,90
24	Landstad, Knut	Nydalens SK	0:53:01 + 16:15	141,83
25	Rustad, Gunnar	Nittedal OL	0:53:17 + 16:31	141,66
26	Kristensen, Ole Kristian	Bodø og Omegn IF Orientering	0:53:21 + 16:35	141,62
26	Ballangrud, Lars	Oppsal Orientering	0:53:21 + 16:35	141,62
28	Reusch, Christian	Heming Orientering	0:53:25 + 16:39	141,58
29	Narum, Marte	Nydalens SK	0:54:04 + 17:18	141,17
30	Iwe, Harald	IL GeoForm	0:55:45 + 18:59	140,12

31	Saugestad, Fredrik	Nydalens SK	0:56:16 + 19:30	139,80
32	Sauar, Erik	IL Koll	0:56:32 + 19:46	139,63
33	Sauar, Brita	IL Koll	0:56:35 + 19:49	139,60
34	Plaian, Anton	AE consult	0:58:06 + 21:20	138,65
35	Grinde, Bjørn	Oslostudentenes IK	0:58:18 + 21:32	138,53
36	Eriksen, Are	Oslostudentenes IK	0:58:41 + 21:55	138,29
37	Thorstensen, Erik	IL GeoForm	0:59:17 + 22:31	137,91
38	Helgaker, Jan Fredrik	Fossum IF	1:00:20 + 23:34	137,25
39	Reusch, Henrik	Heming Orientering	1:00:32 + 23:46	137,13
40	Zeiner-Gundersen, Richard	Lierbygda OL	1:02:30 + 25:44	135,90
41	Lahlum, Jon	IL GeoForm	1:04:23 + 27:37	134,72
42	Osen, Per	Equinor BIL	1:11:01 + 34:15	130,57
43	Lahlum, Tor	Nordre Follo Orientering	1:11:13 + 34:27	130,45
44	Fagerhaug, Are	IL GeoForm	1:16:09 + 39:23	127,36
45	Kristoffersen, Simen	Pharmaq	1:18:42 + 41:56	125,76
DSQ	Nummedal, Geir	IL GeoForm	1:12:18 (-1 poster)	96,88
DSQ	Halden, Halvor Tørnqvist	Nydalens SK	0:30:29 (-7 poster)	78,13
DSQ	Grandum, Øyvind	IL GeoForm	0:00:56 (-15 poster)	53,13

Resultater Mellom (4,4 km)

Plass	Navn	Klubb	Tid	Poeng
1	Aubert, Espen	Daimyo	0:36:36 + 00:00	135,77
2	Helland, Knut Edvard	Østmarka OK	0:37:08 + 00:32	135,53
3	Ramtvedt, Eirik Næsset	Oslostudentenes IK	0:37:43 + 01:07	135,26
4	Lian, Odd Arne	IL Koll	0:38:43 + 02:07	134,80
5	Teigland, Rune	Østmarka OK	0:41:16 + 04:40	133,64
6	Berge, Rune	IL Tyrving	0:42:29 + 05:53	133,08
7	Granly, Martin	Lillomarka OL	0:43:10 + 06:34	132,77
8	Solheim, Paul	Privat	0:44:52 + 08:16	131,99
9	Jensen, Torunn Økern	Tyrving IL	0:45:06 + 08:30	131,89
10	Sikkeland, Solveig	Tyrving IL	0:45:23 + 08:47	131,76
11	Holten, Marie Rygh	Nydalens SK	0:45:49 + 09:13	131,56
12	Jendal, Håkon	Fossum IF	0:46:14 + 09:38	131,37
12	Jacobsen, Svein S	IL Tyrving	0:46:14 + 09:38	131,37
14	Jensen, Birgit Økern	Konnerud IL	0:46:21 + 09:45	131,31
15	Ekeberg, Per Kristian	IL Tyrving	0:46:31 + 09:55	131,24
16	Erøy, Karl Aasmund	OK Moss	0:46:56 + 10:20	131,05
17	Hov, Kjersti	Fossum IF	0:47:37 + 11:01	130,74
18	Rygh, Josefine	Nydalens SK	0:47:55 + 11:19	130,60
19	Reusch, Astrid	Heming Orientering	0:48:36 + 12:00	130,29
20	Jensen, Einar	Nydalens SK	0:49:23 + 12:47	129,93
21	Kaarby, Per	Overtoppen	0:49:30 + 12:54	129,87
22	Henriksen, Jon Gunnar	Rudsbygd IL	0:49:52 + 13:16	129,71
22	Rygh Holten, Alma	Nydalens SK	0:49:52 + 13:16	129,71
24	Takvam, Arnt Ove	Fossum IF	0:50:25 + 13:49	129,46
25	Sandberg, Per	Nydalens SK	0:50:34 + 13:58	129,39
26	Iversen, Egil Wickstrand	Heming Orientering	0:50:42 + 14:06	129,33

27	Erichsen, Andreas	Nydalens SK	0:50:52 + 14:16	129,25
28	Hinsch, Paul	Kustein	0:53:34 + 16:58	128,02
28	Bøe, Tormod	VBIL	0:53:34 + 16:58	128,02
30	Løken, Aleidis	Heming Orientering	0:53:43 + 17:07	127,95
30	Plaian, Julia Petra	Klubbløs	0:53:43 + 17:07	127,95
32	Solberg, Veslemøy	Konnerud IL	0:53:44 + 17:08	127,94
33	Ulltveit-Moe, Jo	IL Koll	0:53:51 + 17:15	127,89
34	Ohrvik, Sven	Konnerud IL	0:54:51 + 18:15	127,43
35	Danielsen, Berit	IL Tyrving	0:55:04 + 18:28	127,33
36	Elvekrok, Vidar	Eiker OL	0:56:27 + 19:51	126,70
37	Hanssen, Pål Woldstad	Eiker OL	0:56:33 + 19:57	126,65
38	Hultgreen, Rune	IL GeoForm	0:57:33 + 20:57	126,20
39	Barlindhaug, Rolf	NIBR	0:57:59 + 21:23	126,00
40	Angell, Truls	Lillomarka OL	0:58:39 + 22:03	125,69
41	Martinsen, Ove	Hauketo IF	0:58:56 + 22:20	125,56
42	Øvergaard, Tormod	Vestre Akers SK	0:59:23 + 22:47	125,36
43	Røkke, Kjell Gorm	IL Tyrving	1:03:16 + 26:40	123,58
44	Skantze, Kjersti	IL Tyrving	1:03:53 + 27:17	123,30
45	Malm, Susannah	Statnett	1:04:04 + 27:28	123,22
46	Skantze, Don	IL Tyrving	1:04:19 + 27:43	123,10
47	Tho, Kjersti	Stabæk IF	1:05:41 + 29:05	122,48
48	Grønseth, Hildegunn	Fossum IF	1:33:29 + 56:53	109,77
49	Horvath, Zoltan	VBIL	1:38:03 +1:01:27	107,68
	Johansen, Frode	Equinor BIL	FULLFØRT	100,00
DSQ	Gunnerød, Hege	Asker Skiklubb	0:52:30 (-1 poster)	94,44
DSQ	Sætre, Knut Bjarne	Bærum kommune	0:33:41 (-4 poster)	77,78

Resultater Kort (2,2 km)

Plass	Navn	Klubb	Tid	Poeng
1	Berteig, Vidar	IL GeoForm	0:21:47 + 00:00	121,35
2	Åsmul, Eskil	Oppsal IF	0:22:06 + 00:19	121,22
3	Sandberg, Synnøve Lyssand	Nydalens SK	0:24:57 + 03:10	120,09
4	Ongstad, Per	Privat	0:27:29 + 05:42	119,08
5	Berge, Berit	IL Tyrving	0:29:32 + 07:45	118,27
6	Sundelin Rørvik, Gisela	Heming Orientering	0:30:52 + 09:05	117,74
7	Killingmo, Lene Anett	OK Øst	0:31:05 + 09:18	117,65
8	Fremming, Hans Henrik	MI	0:32:08 + 10:21	117,23
9	Arnesen, Marianne	Asker Skiklubb	0:35:52 + 14:05	115,75
10	Egner, Bjørn	Heming Orientering	0:39:03 + 17:16	114,49
11	Scheie, Arne Chr	Østmarka OK	0:42:34 + 20:47	113,09
12	Thronsen, Terje	Nittedal OL	0:43:15 + 21:28	112,82
13	Fougner, Jon C.	Heming Orientering	0:43:26 + 21:39	112,74
14	Løvhaug Standal, Olav	IL Koll	0:55:28 + 33:41	107,96
15	Bjøve, Vibeke	Nordre Follo Orientering	0:57:49 + 36:02	107,03
16	Gunnerød, Bjørn	Asker Skiklubb	1:09:47 + 48:00	102,28

Strekktider Lang

Plass	Navn	Klubb	Tid						Poeng				
1	Kubina, Filip	Nydalens SK	0:36:46 + 00:00						152,00				
	01:12-2 05:10-4 07:50-3 08:32-3 09:41-3 10:54-2		11:26-2	13:48-2	16:23-2	20:31-1	25:47-1	27:34-1	30:15-1	33:16-1	34:26-1	36:10-1	36:46-3
	01:12-2 03:58-5 02:40-4 00:42-3 01:09-2 01:13-2		00:32-2	02:22-2	02:35-1	04:08-1	05:16-2	01:47-2	02:41-3	03:01-3	01:10-3	01:44-1	00:36-2
	00:04+ 01:00& 00:35&	00:03+ 00:08# 00:08#	00:01+	00:08+	00:00=	00:00=	00:04+	00:03+	00:06+	00:07+	00:05+	00:00=	00:04#
2	Johnsen, Vegard Blomseth	Nydalens SK	0:39:34 + 02:48						150,25				
	01:26-6 05:20-5 07:57-5 08:43-5 10:00-4 11:31-5		12:03-4	14:31-3	18:04-4	22:18-2	28:12-2	30:10-2	32:45-2	35:41-2	36:47-2	38:57-2	39:34-4
	01:26-6 03:54-4 02:37-3 00:46-6 01:17-8 01:31-8		00:32-2	02:28-3	03:33-16	04:14-2	05:54-5	01:58-5	02:35-1	02:56-2	01:06-2	02:10-11	00:37-4
	00:18& 00:56& 00:32&	00:07# 00:16& 00:26&	00:01+	00:14#	00:58&	00:06+	00:42#	00:14#	00:00=	00:02+	00:01+	00:26&	00:05#
3	Kortner, Trond	Østmarka OK	0:40:47 + 04:01						149,48				
	01:40-16 06:00-11 08:47-8 10:00-10 11:16-9 12:39-9		13:17-9	16:00-9	18:53-7	23:40-5	29:26-5	31:10-4	34:20-4	37:21-4	38:26-3	40:10-3	40:47-5
	01:40-16 04:22-10 02:47-5 01:13-36 01:16-7 01:23-3		00:38-11	02:43-8	02:53-2	04:47-5	05:46-3	01:44-1	03:10-15	03:01-3	01:05-1	01:44-1	00:37-4
	00:32& 01:20& 00:42&	00:34& 00:15# 00:18&	00:07#	00:29#	00:18#	00:39#	00:34#	00:00=	00:35#	00:07+	00:00=	00:00=	00:05#
4	Østermann, Kristian	Heming Orientering	0:41:02 + 04:16						149,33				
	01:28-7 05:04-2 07:39-2 08:28-2 09:37-2 11:13-3		11:53-3	14:48-5	17:41-3	22:55-3	29:01-3	30:59-3	34:03-3	37:14-3	38:41-4	40:30-4	41:02-6
	01:28-7 03:36-2 02:35-2 00:49-10 01:09-2 01:36-11		00:40-13	02:55-14	02:53-2	05:14-11	06:06-6	01:58-5	03:04-11	03:11-7	01:27-16	01:49-4	00:32-1
	00:20& 00:38# 00:30#	00:10& 00:08# 00:31&	00:09&	00:41&	00:18#	01:06&	00:54#	00:14#	00:29#	00:17+	00:22&	00:05+	00:00=
5	Lindseth, Gard	Nydalens SK	0:41:39 + 04:53						148,94				
	01:20-3 05:05-3 07:53-4 08:43-4 10:06-5 11:30-4		12:04-5	14:41-4	18:20-5	23:14-4	29:07-4	31:26-5	34:26-5	37:40-5	39:03-5	41:00-5	41:39-7
	01:20-3 03:45-3 02:48-7 00:50-11 01:23-12 01:24-4		00:34-4	02:37-4	03:39-19	04:54-8	05:53-4	02:19-16	03:00-10	03:14-8	01:23-11	01:57-7	00:39-9
	00:12# 00:47& 00:43&	00:11& 00:22& 00:19&	00:03+	00:23#	01:04&	00:46#	00:41#	00:35&	00:25#	00:20#	00:18&	00:13#	00:07#
6	Engdahl, Bo	Brekke og Strand	0:42:01 + 05:15						148,71				
	01:56-31 06:19-13 09:22-12 10:25-12 11:46-11 13:16-11		13:53-10	16:30-10	20:44-13	25:31-11	30:43-9	32:42-9	35:22-7	38:16-6	39:28-6	41:22-6	42:01-8
	01:56-31 04:23-11 03:03-9 01:03-27 01:21-11 01:30-6		00:37-7	02:37-4	04:14-35	04:47-5	05:12-1	01:59-7	02:40-2	02:54-1	01:12-4	01:54-5	00:39-9
	00:48& 01:25& 00:58&	00:24& 00:20& 00:25&	00:06#	00:23#	01:39&	00:39#	00:00=	00:15#	00:05+	00:00=	00:07#	00:10+	00:07#
7	Langmyren, Ole Kjell	Lillomarka OL	0:42:12 + 05:26						148,60				
	01:21-4 05:24-6 08:11-6 08:54-6 10:07-6 11:39-6		12:16-6	15:04-6	18:59-9	24:16-7	30:23-7	32:12-7	35:11-6	38:34-7	39:47-7	41:35-7	42:12-9
	01:21-4 04:03-7 02:47-5 00:43-4 01:13-6 01:32-10		00:37-7	02:48-12	03:55-27	05:17-13	06:07-7	01:49-3	02:59-8	03:23-15	01:13-5	01:48-3	00:37-4
	00:13# 01:05& 00:42&	00:04# 00:12# 00:27&	00:06#	00:34&	01:20&	01:09&	00:55#	00:05+	00:24#	00:29#	00:08#	00:04+	00:05#
8	Sommerhein, Erlend	Fossum IF	0:42:35 + 05:49						148,36				
	01:36-13 05:36-7 08:41-7 09:29-7 10:40-7 12:10-7		12:55-7	15:40-7	18:45-6	24:01-6	30:11-6	32:12-6	35:33-8	38:40-8	40:00-8	41:56-8	42:35-10
	01:36-13 04:00-6 03:05-11 00:48-8 01:11-5 01:30-6		00:45-26	02:45-9	03:05-7	05:16-12	06:10-8	02:01-8	03:21-17	03:07-5	01:20-9	01:56-6	00:39-9
	00:28& 01:02& 01:00&	00:09# 00:10# 00:25&	00:14&	00:31#	00:30#	01:08&	00:58#	00:17#	00:46&	00:13+	00:15#	00:12#	00:07#
9	Byggland, Asbjørn	Høydalsmo IL	0:42:58 + 06:12						148,12				
	01:24-5 05:48-9 09:07-10 09:50-8 11:09-8 12:33-8		13:10-8	15:51-8	18:58-8	24:17-8	30:27-8	32:30-8	35:36-9	38:46-9	40:09-9	42:14-9	42:58-11
	01:24-5 04:24-12 03:19-15 00:43-4 01:19-10 01:24-4		00:37-7	02:41-7	03:07-8	05:19-14	06:10-8	02:03-10	03:06-12	03:10-6	01:23-11	02:05-10	00:44-18
	00:16# 01:26& 01:14&	00:04# 00:18& 00:19&	00:06#	00:27#	00:32#	01:11&	00:58#	00:19#	00:31#	00:16+	00:18&	00:21#	00:12&
10	Schlaupitz, Holger	IL GeoForm	0:43:05 + 06:19						148,05				
	01:48-23 06:47-20 09:44-15 10:30-14 11:58-14 13:37-14		14:13-13	16:58-11	19:59-10	24:21-9	30:45-10	32:56-10	35:42-10	38:59-10	40:13-10	42:28-10	43:05-12
	01:48-23 04:59-20 02:57-8 00:46-6 01:28-15 01:39-13		00:36-5	02:45-9	03:01-4	04:22-3	06:24-11	02:11-13	02:46-5	03:17-10	01:14-6	02:15-14	00:37-4
	00:40& 02:01& 00:52&	00:07# 00:27& 00:34&	00:05#	00:31#	00:26#	00:14+	01:12#	00:27&	00:11+	00:23#	00:09#	00:31&	00:05#
11	Mella, Thor	Oppsal Orientering	0:47:03 + 10:17						145,56				
	01:35-12 06:29-15 09:33-13 10:25-13 11:48-12 13:36-13		14:19-14	17:32-15	21:09-15	27:18-15	34:00-15	36:10-15	39:33-15	42:53-12	44:14-12	46:17-11	47:03-13
	01:35-12 04:54-17 03:04-10 00:52-14 01:23-12 01:48-18		00:43-17	03:13-23	03:37-18	06:09-25	06:42-14	02:10-11	03:23-19	03:20-12	01:21-10	02:03-8	00:46-22
	00:27& 01:56& 00:59&	00:13& 00:22& 00:43&	00:12&	00:59&	01:02&	02:01&	01:30&	00:26&	00:48&	00:26#	00:16#	00:19#	00:14&
12	Lund, Halvor	Freidig	0:47:08 + 10:22						145,51				
	01:40-18 06:38-17 10:07-17 10:59-16 12:17-16 13:48-16		14:31-15	17:28-14	20:39-12	26:50-13	33:56-14	35:51-14	39:22-14	42:59-13	44:27-13	46:31-12	47:08-14
	01:40-16 04:58-19 03:29-17 00:52-14 01:18-9 01:31-8		00:43-17	02:57-15	03:11-10	06:11-28	07:06-20	01:55-4	03:31-21	03:37-20	01:28-20	02:04-9	00:37-4

01:46-21	05:29-29	03:52-23	01:02-25	01:43-29	02:51-45	00:48-33	03:22-30	04:07-34	06:05-22	07:23-27	02:34-29	03:48-28	04:03-30	01:34-25	02:10-11	00:40-13	
00:38&	02:31&	01:47&	00:23&	00:42&	01:46@	00:17&	01:08&	01:32&	01:57&	02:11&	00:50&	01:13&	01:09&	00:29&	00:26&	00:08&	
26	Kristensen, Ole Kristian		Bodø og Omegn IF Orientering				0:53:21 +	16:35	141,62								
01:53-28	07:06-23	11:07-22	11:59-21	13:36-21	15:51-20	16:28-20	20:01-20	23:43-21	29:59-22	37:31-22	40:08-23	43:48-23	47:43-23	49:22-24	52:40-28	53:21-28	
01:53-28	05:13-23	04:01-26	00:52-14	01:37-24	02:15-37	00:37-7	03:33-34	03:42-21	06:16-31	07:32-29	02:37-32	03:40-23	03:55-26	01:39-29	03:18-40	00:41-15	
00:45&	02:15&	01:56&	00:13&	00:36&	01:10@	00:06#	01:19&	01:07&	02:08&	02:20&	00:53&	01:05&	01:01&	00:34&	01:34&	00:09&	
26	Ballangrud, Lars		Oppsal Orientering				0:53:21 +	16:35	141,62								
02:26-39	07:38-30	11:39-27	12:43-27	14:29-27	16:32-26	17:21-26	20:42-26	24:16-26	30:34-25	37:52-26	40:45-26	44:19-26	48:16-26	49:58-27	52:36-25	53:21-29	
02:26-39	05:12-22	04:01-26	01:04-29	01:46-31	02:03-28	00:49-37	03:21-29	03:34-17	06:18-32	07:18-25	02:53-38	03:34-22	03:57-27	01:42-32	02:38-28	00:45-20	
01:18@	02:14&	01:56&	00:25&	00:45&	00:58&	00:18&	01:07&	00:59&	02:10&	02:06&	01:09&	00:59&	01:03&	00:37&	00:54&	00:13&	
28	Reusch, Christian		Heming Orientering				0:53:25 +	16:39	141,58								
01:43-20	08:04-37	15:48-43	16:50-41	18:31-41	20:36-40	21:18-39	23:55-38	28:13-39	33:25-34	40:31-33	42:32-32	45:27-29	48:57-29	50:23-28	52:38-27	53:25-30	
01:43-19	06:21-40	07:44-44	01:02-25	01:41-28	02:05-32	00:42-15	02:37-4	04:18-36	05:12-10	07:06-20	02:01-8	02:55-6	03:30-17	01:26-14	02:15-14	00:47-26	
00:35&	03:23@	05:39@	00:23&	00:40&	01:00&	00:11&	00:23#	01:43&	01:04&	01:54&	00:17#	00:20#	00:36#	00:21&	00:31&	00:15&	
29	Narum, Marte		Nydalens SK				0:54:04 +	17:18	141,17								
02:35-40	07:57-35	11:36-26	12:36-26	14:15-24	16:04-23	16:53-23	20:19-24	24:10-25	30:19-24	37:45-25	40:05-22	43:58-24	48:07-25	49:47-26	53:07-29	54:04-31	
02:35-40	05:22-27	03:39-19	01:00-21	01:39-25	01:49-19	00:49-37	03:26-32	03:51-24	06:09-25	07:26-28	02:20-18	03:53-29	04:09-32	01:40-31	03:20-42	00:57-37	
01:27@	02:24&	01:34&	00:21&	00:38&	00:44&	00:18&	01:12&	01:16&	02:01&	02:14&	00:36&	01:18&	01:15&	00:35&	01:36&	00:25&	
30	Iwe, Harald		IL GeoForm				0:55:45 +	18:59	140,12								
01:46-22	07:13-25	13:09-34	15:21-37	16:53-35	18:32-34	19:15-34	22:14-31	25:44-30	32:29-30	40:18-32	42:54-33	46:51-33	50:40-32	52:15-30	54:59-30	55:45-32	
01:46-21	05:27-28	05:56-39	02:12-45	01:32-21	01:39-13	00:43-17	02:59-17	03:30-14	06:45-35	07:49-33	02:36-31	03:57-34	03:49-24	01:35-26	02:44-31	00:46-22	
00:38&	02:29&	03:51@	01:33@	00:31&	00:34&	00:12&	00:45&	00:55&	02:37&	02:37&	00:52&	01:22&	00:55&	00:30&	01:00&	00:14&	
31	Saugestad, Fredrik		Nydalens SK				0:56:16 +	19:30	139,80								
01:53-29	07:14-26	12:56-33	14:00-32	15:48-32	17:38-30	18:25-30	21:54-30	25:50-31	32:01-28	39:48-30	42:14-29	46:48-32	50:47-33	52:46-31	55:29-33	56:16-33	
01:53-28	05:21-26	05:42-37	01:04-29	01:48-33	01:50-21	00:47-30	03:29-33	03:56-29	06:11-28	07:47-31	02:26-23	04:34-41	03:59-28	01:59-40	02:43-30	00:47-26	
00:45&	02:23&	03:37@	00:25&	00:47&	00:45&	00:16&	01:15&	01:21&	02:03&	02:35&	00:42&	01:59&	01:05&	00:54&	00:59&	00:15&	
32	Suar, Erik		IL Koll				0:56:32 +	19:46	139,63								
03:09-45	10:02-44	14:11-38	15:12-35	17:02-36	19:06-36	19:51-37	23:06-35	27:01-33	32:42-31	39:48-31	42:22-30	46:17-30	50:28-30	52:50-33	55:17-31	56:32-34	
03:09-45	06:53-42	04:09-30	01:01-23	01:50-35	02:04-30	00:45-26	03:15-24	03:55-27	05:41-17	07:06-20	02:34-29	03:55-31	04:11-33	02:22-44	02:27-19	01:15-44	
02:01@	03:55@	02:04&	00:22&	00:49&	00:59&	00:14&	01:01&	01:20&	01:33&	01:54&	00:50&	01:20&	01:17&	01:17@	00:43&	00:43@	
33	Suar, Brita		IL Koll				0:56:35 +	19:49	139,60								
03:13-46	10:07-46	14:10-37	15:15-36	17:07-37	19:08-37	19:50-36	23:12-36	26:59-32	32:48-33	39:46-29	42:26-31	46:21-31	50:37-31	52:49-32	55:24-32	56:35-35	
03:13-46	06:54-43	04:03-28	01:05-34	01:52-38	02:01-26	00:42-15	03:22-30	03:47-23	05:49-18	06:58-19	02:40-35	03:55-31	04:16-34	02:12-43	02:35-27	01:11-43	
02:05@	03:56@	01:58&	00:26&	00:51&	00:56&	00:11&	01:08&	01:12&	01:41&	01:46&	00:56&	01:20&	01:22&	01:07@	00:51&	00:39@	
34	Plaian, Anton		AE consult				0:58:06 +	21:20	138,65								
01:49-24	07:24-28	12:37-29	13:41-29	15:21-29	17:47-31	18:41-31	22:29-32	27:03-34	34:07-36	42:51-37	45:39-37	49:22-36	52:57-35	54:30-35	57:17-34	58:06-36	
01:49-24	05:35-31	05:13-34	01:04-29	01:40-26	02:26-40	00:54-42	03:48-39	04:34-39	07:04-38	08:44-42	02:48-37	03:43-24	03:35-18	01:33-24	02:47-33	00:49-31	
00:41&	02:37&	03:08@	00:25&	00:39&	01:21@	00:23&	01:34&	01:59&	02:56&	03:32&	01:04&	01:08&	00:41#	00:28&	01:03&	00:17&	
35	Grinde, Bjørn		Oslostudentenes IK				0:58:18 +	21:32	138,53								
01:54-30	07:45-31	11:32-25	12:30-25	14:19-25	16:39-27	17:30-27	21:18-29	25:11-29	32:46-32	41:29-34	44:01-34	48:15-34	52:43-34	54:22-34	57:30-35	58:18-37	
01:54-30	05:51-35	03:47-22	00:58-19	01:49-34	02:20-38	00:51-40	03:48-39	03:53-26	07:35-42	08:43-41	02:32-27	04:14-38	04:28-37	01:39-29	03:08-37	00:48-30	
00:46&	02:53&	01:42&	00:19&	00:48&	01:15@	00:20&	01:34&	01:18&	03:27&	03:31&	00:48&	01:39&	01:34&	00:34&	01:24&	00:16&	
36	Eriksen, Are		Oslostudentenes IK				0:58:41 +	21:55	138,29								
02:02-34	08:04-38	12:43-30	13:47-30	15:41-30	18:01-32	18:54-32	23:02-34	27:05-35	33:59-35	42:24-35	45:03-35	49:13-35	53:29-36	55:13-36	57:54-36	58:41-38	
02:02-33	06:02-38	04:39-32	01:04-29	01:54-41	02:20-38	00:53-41	04:08-43	04:03-32	06:54-37	08:25-39	02:39-34	04:10-37	04:16-34	01:44-33	02:41-29	00:47-26	
00:54&	03:04@	02:34@	00:25&	00:53&	01:15@	00:22&	01:54&	01:28&	02:46&	03:13&	00:55&	01:35&	01:22&	00:39&	00:57&	00:15&	
37	Thorstensen, Erik		IL GeoForm				0:59:17 +	22:31	137,91								
02:03-35	07:54-34	13:52-36	17:57-44	19:33-43	22:31-43	23:19-43	26:54-43	30:52-42	37:18-40	44:57-40	47:26-40	51:22-39	54:38-38	56:23-38	58:41-37	59:17-39	
02:03-35	05:51-35	05:58-40	04:05-47	01:36-23	02:58-47	00:48-33	03:35-35	03:58-30	06:26-33	07:39-30	02:29-24	03:56-33	03:16-9	01:45-34	02:18-17	00:36-2	
00:55&	02:53&	03:53@	03:26@	00:35&	01:53@	00:17&	01:21&	01:23&	02:18&	02:27&	00:45&	01:21&	00:22#	00:40&	00:34&	00:04#	
38	Helgaker, Jan Fredrik		Fossum IF				1:00:20 +	23:34	137,25								

02:07-36	07:58-36	12:52-31	13:56-31	15:54-33	18:08-33	19:05-33	22:50-33	27:49-38	34:21-37	42:40-36	45:35-36	50:14-37	55:21-39	56:58-39	59:31-39	60:20-40
02:07-36	05:51-35	04:54-33	01:04-29	01:58-43	02:14-36	00:57-45	03:45-36	04:59-44	06:32-34	08:19-37	02:55-39	04:39-43	05:07-41	01:37-27	02:33-25	00:49-31
00:59&	02:53&	02:49@	00:25&	00:57&	01:09@	00:26&	01:31&	02:24&	02:24&	03:07&	01:11&	02:04&	02:13&	00:32&	00:49&	00:17&
39	Reusch, Henrik				Heming Orientering		1:00:32 + 23:46		137,13							
03:36-47	08:53-41	15:38-42	16:29-40	18:22-40	20:27-38	21:08-38	24:26-39	29:25-40	35:27-39	43:38-38	46:44-38	50:27-38	54:21-37	56:10-37	59:26-38	60:32-41
03:36-47	05:17-24	06:45-42	00:51-12	01:53-39	02:05-32	00:41-14	03:18-26	04:59-44	06:02-21	08:11-35	03:06-41	03:43-24	03:54-25	01:49-36	03:16-39	01:06-41
02:28@	02:19&	04:40@	00:12&	00:52&	01:00&	00:10&	01:04&	02:24&	01:54&	02:59&	01:22&	01:08&	01:00&	00:44&	01:32&	00:34@
40	Zeiner-Gundersen, Richard				Lierbygd OL		1:02:30 + 25:44		135,90							
01:51-27	07:26-29	13:48-35	14:48-34	16:38-34	18:42-35	19:29-35	23:14-37	27:42-37	35:21-38	43:53-39	47:19-39	51:56-40	56:40-40	58:36-40	61:36-40	62:30-42
01:51-27	05:35-31	06:22-41	01:00-21	01:50-35	02:04-30	00:47-30	03:45-36	04:28-38	07:39-43	08:32-40	03:26-44	04:37-42	04:44-39	01:56-39	03:00-35	00:54-36
00:43&	02:37&	04:17@	00:21&	00:49&	00:59&	00:16&	01:31&	01:53&	03:31&	03:20&	01:42&	02:02&	01:50&	00:51&	01:16&	00:22&
41	Lahlum, Jon				IL GeoForm		1:04:23 + 27:37		134,72							
02:49-42	10:04-45	14:36-41	15:51-39	18:01-39	20:40-41	21:37-42	25:55-41	30:19-41	37:48-41	46:35-41	49:40-41	53:57-41	58:30-41	60:21-41	63:30-41	64:23-43
02:49-42	07:15-47	04:32-31	01:15-37	02:10-44	02:39-42	00:57-45	04:18-44	04:24-37	07:29-41	08:47-43	03:05-40	04:17-39	04:33-38	01:51-38	03:09-38	00:53-35
01:41@	04:17@	02:27@	00:36&	01:09@	01:34@	00:26&	02:04&	01:49&	03:21&	03:35&	01:21&	01:42&	01:39&	00:46&	01:25&	00:21&
42	Osen, Per				Equinor BIL		1:11:01 + 34:15		130,57							
02:02-33	09:05-42	14:33-40	15:49-38	17:43-38	20:29-39	21:35-41	26:27-42	32:18-43	40:45-43	50:48-43	54:15-43	59:30-43	64:36-43	66:42-44	70:01-42	71:01-44
02:02-33	07:03-46	05:28-36	01:16-38	01:54-41	02:46-44	01:06-47	04:52-47	05:51-47	08:27-46	10:03-45	03:27-45	05:15-46	05:06-40	02:06-41	03:19-41	01:00-38
00:54&	04:05@	03:23@	00:37&	00:53&	01:41@	00:35@	02:38@	03:16@	04:19@	04:51&	01:43&	02:40@	02:12&	01:01&	01:35&	00:28&
43	Lahlum, Tor				Nordre Follo Orientering		1:11:13 + 34:27		130,45							
03:56-48	10:52-47	16:08-44	17:33-43	19:53-44	22:37-44	23:32-44	27:51-44	32:34-44	40:33-42	49:56-42	53:14-42	58:18-42	64:19-42	66:29-43	70:09-43	71:13-45
03:56-48	06:56-44	05:16-35	01:25-42	02:20-45	02:44-43	00:55-44	04:19-45	04:43-41	07:59-44	09:23-44	03:18-42	05:04-45	06:01-43	02:10-42	03:40-45	01:04-40
02:48@	03:58@	03:11@	00:46@	01:19@	01:39@	00:24&	02:05&	02:08&	03:51&	04:11&	01:34&	02:29&	03:07@	01:05@	01:56@	00:32@
44	Fagerhaug, Are				IL GeoForm		1:16:09 + 39:23		127,36							
02:22-38	08:48-40	21:18-46	22:34-46	24:25-46	26:30-46	27:14-46	31:02-46	35:59-46	43:20-45	51:40-44	56:43-44	61:15-44	69:59-44	71:48-45	75:17-45	76:09-47
02:22-38	06:26-41	12:30-46	01:16-38	01:51-37	02:05-32	00:44-22	03:48-39	04:57-42	07:21-40	08:20-38	05:03-46	04:32-40	08:44-45	01:49-36	03:29-44	00:52-34
01:14@	03:28@	10:25@	00:37&	00:50&	01:00&	00:13&	01:34&	02:22&	03:13&	03:08&	03:19@	01:57&	05:50@	00:44&	01:45@	00:20&
45	Kristoffersen, Simen				Pharmaq		1:18:42 + 41:56		125,76							
02:59-44	09:59-43	17:09-45	18:43-45	21:09-45	23:44-45	24:38-45	28:57-45	34:00-45	42:12-44	54:23-45	57:41-46	62:41-46	71:20-45	73:44-46	77:06-46	78:42-48
02:59-44	07:00-45	07:10-43	01:34-43	02:26-46	02:35-41	00:54-42	04:19-45	05:03-46	08:12-45	12:11-46	03:18-42	05:00-44	08:39-44	02:24-45	03:22-43	01:36-46
01:51@	04:02@	05:05@	00:55@	01:25@	01:30@	00:23&	02:05&	02:28&	04:04&	06:59@	01:34&	02:25&	05:45@	01:19@	01:38&	01:04@
DSQ	Nummedal, Geir				IL GeoForm		1:12:18 (-1 poster)		96,88							
02:40-41	08:25-39	25:39-47	27:20-47	29:13-47	31:05-47	31:52-47	35:53-47	39:59-47	46:47-46	55:02-46	57:35-45	61:33-45		65:36-42	71:35-44	72:18-46
02:40-41	05:45-34	17:14-47	01:41-44	01:53-39	01:52-23	00:47-30	04:01-42	04:06-33	06:48-36	08:15-36	02:33-28	03:58-36			05:59-46	00:43-17
01:32@	02:47&	15:09@	01:02@	00:52&	00:47&	00:16&	01:47&	01:31&	02:40&	03:03&	00:49&	01:23&			04:15@	00:11&
DSQ	Halden, Halvor Tørnqvist				Nydalens SK		0:30:29 (-7 poster)		78,13							
01:08-1	04:06-1	06:11-1	06:50-1	07:51-1	08:56-1	09:27-1	11:41-1	14:48-1								30:29-2
01:08-1	02:58-1	02:05-1	00:39-1	01:01-1	01:05-1	00:31-1	02:14-1	03:07-8								
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:32#								
DSQ	Grandum, Øyvind				IL GeoForm		0:00:56 (-15 poster)		53,13							
02:10-37																00:56-1
02:10-37																
01:02&																

Strekktider Mellom

Plass	Navn	Klubb	Tid	Poeng
1	Aubert, Espen	Daimyo	0:36:36 + 00:00	135,77

01:39-3	06:58-5	10:59-1	14:01-1	19:32-2	25:54-2	29:51-2	33:39-2	35:41-2	36:36-2
01:39-3	05:19-7	04:01-1	03:02-1	05:31-1	06:22-1	03:57-3	03:48-5	02:02-1	00:55-26
00:12#	00:52#	00:00=	00:00=	00:00=	00:00=	00:25#	00:32#	00:00=	00:17&
2	Helland, Knut Edvard			Østmarka OK		0:37:08 +	00:32		135,53
01:57-8	06:43-3	11:07-2	14:31-2	20:22-3	27:12-3	30:44-3	34:00-3	36:24-3	37:08-3
01:57-8	04:46-3	04:24-2	03:24-2	05:51-3	06:50-3	03:32-1	03:16-1	02:24-7	00:44-8
00:30&	00:19+	00:23+	00:22#	00:20+	00:28+	00:00=	00:00=	00:22#	00:06#
3	Ramtvedt, Eirik Nasset			Oslostudentenes IK		0:37:43 +	01:07		135,26
01:32-2	05:59-1	11:25-4	15:02-4	20:40-4	27:26-4	31:25-4	35:01-4	37:05-4	37:43-4
01:32-2	04:27-1	05:26-13	03:37-5	05:38-2	06:46-2	03:59-4	03:36-2	02:04-2	00:38-1
00:05+	00:00=	01:25&	00:35#	00:07+	00:24+	00:27#	00:20#	00:02+	00:00=
4	Lian, Odd Arne			IL Koll		0:38:43 +	02:07		134,80
01:27-1	06:09-2	11:22-3	14:49-3	20:56-5	28:07-5	31:58-5	35:45-5	38:01-5	38:43-5
01:27-1	04:42-2	05:13-9	03:27-3	06:07-6	07:11-5	03:51-2	03:47-4	02:16-3	00:42-3
00:00=	00:15+	01:12&	00:25#	00:36#	00:49#	00:19+	00:31#	00:14#	00:04#
5	Teigland, Rune			Østmarka OK		0:41:16 +	04:40		133,64
01:39-4	06:49-4	11:26-5	16:11-6	22:30-7	29:40-6	34:02-6	37:59-6	40:22-6	41:16-6
01:39-3	05:10-5	04:37-3	04:45-33	06:19-8	07:10-4	04:22-6	03:57-8	02:23-5	00:54-18
00:12#	00:43#	00:36#	01:43&	00:48#	00:48#	00:50#	00:41#	00:21#	00:16&
6	Berge, Rune			IL Tyrving		0:42:29 +	05:53		133,08
01:43-5	06:59-6	12:14-6	16:05-5	21:58-6	30:41-7	35:10-7	38:48-7	41:43-7	42:29-7
01:43-5	05:16-6	05:15-10	03:51-7	05:53-4	08:43-18	04:29-8	03:38-3	02:55-19	00:46-9
00:16#	00:49#	01:14&	00:49&	00:22+	02:21&	00:57&	00:22#	00:53&	00:08#
7	Granly, Martin			Lillomarka OL		0:43:10 +	06:34		132,77
01:57-9	07:29-9	12:47-7	16:44-8	22:48-8	31:20-9	35:36-8	39:35-8	42:02-8	43:10-8
01:57-8	05:32-8	05:18-11	03:57-9	06:04-5	08:32-15	04:16-5	03:59-9	02:27-9	01:08-38
00:30&	01:05#	01:17&	00:55&	00:33+	02:10&	00:44#	00:43#	00:25#	00:30&
8	Solheim, Paul			Privat		0:44:52 +	08:16		131,99
02:17-26	07:26-7	13:06-11	17:01-9	23:45-10	32:30-11	37:12-10	41:36-10	43:59-9	44:52-9
02:17-26	05:09-4	05:40-19	03:55-8	06:44-14	08:45-19	04:42-12	04:24-16	02:23-5	00:53-15
00:50&	00:42#	01:39&	00:53&	01:13#	02:23&	01:10&	01:08&	00:21#	00:15&
9	Jensen, Torunn Økern			Tyrving IL		0:45:06 +	08:30		131,89
02:00-10	07:42-10	12:49-8	17:03-10	23:12-9	31:03-8	36:44-9	41:04-9	44:12-10	45:06-10
02:00-10	05:42-10	05:07-7	04:14-18	06:09-7	07:51-8	05:41-31	04:20-15	03:08-33	00:54-18
00:33&	01:15&	01:06&	01:12&	00:38#	01:29#	02:09&	01:04&	01:06&	00:16&
10	Sikkeland, Solveig			Tyrving IL		0:45:23 +	08:47		131,76
02:29-34	08:13-16	14:18-17	18:28-17	25:41-18	33:09-13	38:01-12	42:03-11	44:40-11	45:23-11
02:29-33	05:44-11	06:05-25	04:10-14	07:13-22	07:28-7	04:52-17	04:02-10	02:37-11	00:43-7
01:02&	01:17&	02:04&	01:08&	01:42&	01:06#	01:20&	00:46#	00:35&	00:05#
11	Holten, Marie Rygh			Nydalens SK		0:45:49 +	09:13		131,56
02:04-16	08:00-12	12:59-9	16:40-7	25:03-13	33:40-16	38:11-15	42:17-12	44:56-12	45:49-12
02:04-16	05:56-15	04:59-5	03:41-6	08:23-40	08:37-17	04:31-9	04:06-11	02:39-13	00:53-15
00:37&	01:29&	00:58#	00:39#	02:52&	02:15&	00:59&	00:50&	00:37&	00:15&
12	Jendal, Håkon			Fossum IF		0:46:14 +	09:38		131,37
02:07-18	08:17-17	13:27-12	18:01-14	24:26-11	32:49-12	37:46-11	42:18-13	45:22-15	46:14-14
02:07-18	06:10-22	05:10-8	04:34-27	06:25-10	08:23-12	04:57-18	04:32-18	03:04-27	00:52-12
00:40&	01:43&	01:09&	01:32&	00:54#	02:01&	01:25&	01:16&	01:02&	00:14&
12	Jacobsen, Svein S			IL Tyrving		0:46:14 +	09:38		131,37
02:30-36	08:36-22	14:21-18	18:48-22	25:55-19	33:56-18	38:27-16	42:19-14	45:22-14	46:14-13
02:30-35	06:06-19	05:45-20	04:27-22	07:07-19	08:01-9	04:31-9	03:52-6	03:03-24	00:52-12
01:03&	01:39&	01:44&	01:25&	01:36&	01:39&	00:59&	00:36#	01:01&	00:14&

14	Jensen, Birgit Økern		Konnerud IL	0:46:21 + 09:45	131,31				
02:59-44	09:32-33	15:03-26	18:31-18	25:11-16	32:26-10	38:45-17	42:40-17	45:24-16	46:21-15
02:59-44	06:33-30	05:31-15	03:28-4	06:40-13	07:15-6	06:19-43	03:55-7	02:44-15	00:57-28
01:32@	02:06&	01:30&	00:26#	01:09#	00:53#	02:47&	00:39#	00:42&	00:19&
15	Ekeberg, Per Kristian		IL Tyrving	0:46:31 + 09:55	131,24				
02:03-14	08:08-14	13:43-13	17:49-12	25:10-15	33:32-15	38:08-13	42:24-15	45:26-17	46:31-16
02:03-13	06:05-18	05:35-16	04:06-13	07:21-26	08:22-11	04:36-11	04:16-13	03:02-23	01:05-37
00:36&	01:38&	01:34&	01:04&	01:50&	02:00&	01:04&	01:00&	01:00&	00:27&
16	Erøy, Karl Aasmund		OK Moss	0:46:56 + 10:20	131,05				
01:50-7	07:28-8	13:05-10	17:35-11	24:51-12	33:24-14	38:10-14	42:36-16	45:21-13	46:56-17
01:50-7	05:38-9	05:37-17	04:30-23	07:16-25	08:33-16	04:46-14	04:26-17	02:45-16	01:35-50
00:23&	01:11&	01:36&	01:28&	01:45&	02:11&	01:14&	01:10&	00:43&	00:57@
17	Hov, Kjersti		Fossum IF	0:47:37 + 11:01	130,74				
02:10-20	08:26-20	13:52-14	18:10-16	25:11-17	34:19-19	39:16-18	43:56-18	46:43-18	47:37-18
02:10-20	06:16-25	05:26-13	04:18-21	07:01-16	09:08-25	04:57-18	04:40-20	02:47-17	00:54-18
00:43&	01:49&	01:25&	01:16&	01:30&	02:46&	01:25&	01:24&	00:45&	00:16&
18	Rygh, Josefine		Nydalens SK	0:47:55 + 11:19	130,60				
02:26-31	08:10-15	15:25-29	20:43-32	27:04-29	35:34-23	40:01-20	44:54-19	47:13-19	47:55-19
02:26-31	05:44-11	07:15-39	05:18-42	06:21-9	08:30-13	04:27-7	04:53-27	02:19-4	00:42-3
00:59&	01:17&	03:14&	02:16&	00:50#	02:08&	00:55&	01:37&	00:17#	00:04#
19	Reusch, Astrid		Heming Orientering	0:48:36 + 12:00	130,29				
02:00-11	08:04-13	14:39-23	19:36-25	26:12-21	35:42-25	41:06-27	45:17-22	47:54-20	48:36-20
02:00-10	06:04-17	06:35-33	04:57-37	06:36-12	09:30-29	05:24-25	04:11-12	02:37-11	00:42-3
00:33&	01:37&	02:34&	01:55&	01:05#	03:08&	01:52&	00:55&	00:35&	00:04#
20	Jensen, Einar		Nydalens SK	0:49:23 + 12:47	129,93				
02:11-21	08:27-21	14:28-19	19:13-23	26:19-22	35:48-28	40:46-26	45:28-24	48:29-22	49:23-21
02:11-21	06:16-25	06:01-23	04:45-33	07:06-18	09:29-28	04:58-20	04:42-22	03:01-22	00:54-18
00:44&	01:49&	02:00&	01:43&	01:35&	03:07&	01:26&	01:26&	00:59&	00:16&
21	Kaarby, Per		Overtoppen	0:49:30 + 12:54	129,87				
02:08-19	08:17-18	14:06-16	18:09-15	26:39-27	35:25-21	40:09-21	45:05-21	48:39-23	49:30-22
02:08-19	06:09-21	05:49-21	04:03-12	08:30-43	08:46-20	04:44-13	04:56-29	03:34-42	00:51-11
00:41&	01:42&	01:48&	01:01&	02:59&	02:24&	01:12&	01:40&	01:32&	00:13&
22	Henriksen, Jon Gunnar		Rudsbygd IL	0:49:52 + 13:16	129,71				
02:26-32	09:03-27	13:54-15	17:54-13	25:06-14	33:53-17	40:21-23	45:03-20	48:23-21	49:52-23
02:26-31	06:37-32	04:51-4	04:00-10	07:12-21	08:47-21	06:28-45	04:42-22	03:20-39	01:29-49
00:59&	02:10&	00:50#	00:58&	01:41&	02:25&	02:56&	01:26&	01:18&	00:51@
22	Rygh Holten, Alma		Nydalens SK	0:49:52 + 13:16	129,71				
03:38-48	09:26-32	16:12-33	20:43-33	27:48-33	36:47-30	42:25-29	46:44-28	49:10-24	49:52-24
03:38-48	05:48-14	06:46-34	04:31-25	07:05-17	08:59-23	05:38-28	04:19-14	02:26-8	00:42-3
02:11@	01:21&	02:45&	01:29&	01:34&	02:37&	02:06&	01:03&	00:24#	00:04#
24	Takvam, Arnt Ove		Fossum IF	0:50:25 + 13:49	129,46				
02:01-12	07:45-11	14:46-24	19:21-24	26:35-26	35:38-24	40:39-25	46:07-25	49:11-25	50:25-25
02:01-12	05:44-11	07:01-37	04:35-28	07:14-23	09:03-24	05:01-21	05:28-41	03:04-27	01:14-42
00:34&	01:17&	03:00&	01:33&	01:43&	02:41&	01:29&	02:12&	01:02&	00:36&
25	Sandberg, Per		Nydalens SK	0:50:34 + 13:58	129,39				
01:49-6	09:34-34	14:35-21	18:48-21	25:58-20	34:54-20	39:57-19	46:33-27	49:32-26	50:34-26
01:49-6	07:45-40	05:01-6	04:13-17	07:10-20	08:56-22	05:03-22	06:36-47	02:59-20	01:02-33
00:22&	03:18&	01:00#	01:11&	01:39&	02:34&	01:31&	03:20@	00:57&	00:24&
26	Iversen, Egil Wickstrand		Heming Orientering	0:50:42 + 14:06	129,33				
02:55-42	09:06-29	14:30-20	18:46-20	26:29-23	35:44-26	40:35-24	45:21-23	49:45-27	50:42-27
02:55-42	06:11-23	05:24-12	04:16-19	07:43-32	09:15-26	04:51-15	04:46-24	04:24-47	00:57-28

01:28@	01:44&	01:23&	01:14&	02:12&	02:53&	01:19&	01:30&	02:22@	00:19&
27 Erichsen, Andreas				Nydalens SK				0:50:52 + 14:16	129,25
02:03-15	08:36-23	15:49-32	20:06-29	26:57-28	35:28-22	40:19-22	46:26-26	49:58-28	50:52-28
02:03-13	06:33-30	07:13-38	04:17-20	06:51-15	08:31-14	04:51-15	06:07-45	03:32-41	00:54-18
00:36&	02:06&	03:12&	01:15&	01:20#	02:09&	01:19&	02:51&	01:30&	00:16&
28 Hinsch, Paul				Kustein				0:53:34 + 16:58	128,02
04:23-49	10:20-42	16:35-37	21:05-35	29:14-36	37:23-31	42:41-30	49:00-29	52:17-30	53:34-30
04:23-49	05:57-16	06:15-26	04:30-23	08:09-38	08:09-10	05:18-24	06:19-46	03:17-37	01:17-46
02:56@	01:30&	02:14&	01:28&	02:38&	01:47&	01:46&	03:03&	01:15&	00:39@
28 Bøe, Tormod				VBIL				0:53:34 + 16:58	128,02
02:45-40	08:56-26	15:19-28	20:25-30	27:40-31	37:52-33	43:47-31	49:08-30	52:31-33	53:34-31
02:45-40	06:11-23	06:23-29	05:06-40	07:15-24	10:12-35	05:55-35	05:21-38	03:23-40	01:03-35
01:18&	01:44&	02:22&	02:04&	01:44&	03:50&	02:23&	02:05&	01:21&	00:25&
30 Løken, Aleidis				Heming Orientering				0:53:43 + 17:07	127,95
02:43-39	10:26-43	16:18-34	20:29-31	28:00-34	38:50-36	44:27-35	49:25-32	52:30-32	53:43-33
02:43-39	07:43-39	05:52-22	04:11-15	07:31-28	10:50-42	05:37-27	04:58-30	03:05-32	01:13-41
01:16&	03:16&	01:51&	01:09&	02:00&	04:28&	02:05&	01:42&	01:03&	00:35&
30 Plaian, Julia Petra				Klubbbløs				0:53:43 + 17:07	127,95
02:23-30	08:42-24	15:01-25	19:57-27	27:47-32	38:35-35	44:18-33	49:20-31	52:28-31	53:43-32
02:23-30	06:19-28	06:19-28	04:56-36	07:50-33	10:48-41	05:43-32	05:02-32	03:08-33	01:15-44
00:56&	01:52&	02:18&	01:54&	02:19&	04:26&	02:11&	01:46&	01:06&	00:37&
32 Solberg, Veslemøy				Konnerud IL				0:53:44 + 17:08	127,94
02:31-37	09:47-36	16:19-35	20:56-34	28:21-35	38:22-34	44:23-34	49:33-33	52:36-34	53:44-34
02:31-37	07:16-35	06:32-32	04:37-29	07:25-27	10:01-31	06:01-39	05:10-35	03:03-24	01:08-38
01:04&	02:49&	02:31&	01:35&	01:54&	03:39&	02:29&	01:54&	01:01&	00:30&
33 Ulltveit-Moe, Jo				IL Koll				0:53:51 + 17:15	127,89
02:15-24	10:12-40	15:49-31	20:00-28	26:32-25	36:42-29	44:14-32	50:02-34	53:10-35	53:51-35
02:15-23	07:57-43	05:37-17	04:11-15	06:32-11	10:10-33	07:32-47	05:48-43	03:08-33	00:41-2
00:48&	03:30&	01:36&	01:09&	01:01#	03:48&	04:00@	02:32&	01:06&	00:03+
34 Ohrvik, Sven				Konnerud IL				0:54:51 + 18:15	127,43
02:48-41	09:05-28	15:06-27	19:39-26	27:20-30	37:39-32	46:50-39	51:29-36	54:04-36	54:51-36
02:48-41	06:17-27	06:01-23	04:33-26	07:41-31	10:19-38	09:11-49	04:39-19	02:35-10	00:47-10
01:21&	01:50&	02:00&	01:31&	02:10&	03:57&	05:39@	01:23&	00:33&	00:09#
35 Danielsen, Berit				IL Tyrving				0:55:04 + 18:28	127,33
02:16-25	09:15-31	15:42-30	21:09-36	30:28-41	40:34-38	46:31-37	51:21-35	54:10-37	55:04-37
02:16-25	06:59-33	06:27-30	05:27-45	09:19-46	10:06-32	05:57-36	04:50-25	02:49-18	00:54-18
00:49&	02:32&	02:26&	02:25&	03:48&	03:44&	02:25&	01:34&	00:47&	00:16&
36 Elvekrok, Vidar				Eiker OL				0:56:27 + 19:51	126,70
02:19-28	09:43-35	17:07-40	22:26-40	30:49-42	41:02-41	47:07-40	52:21-39	55:25-38	56:27-38
02:19-28	07:24-36	07:24-40	05:19-43	08:23-40	10:13-36	06:05-40	05:14-37	03:04-27	01:02-33
00:52&	02:57&	03:23&	02:17&	02:52&	03:51&	02:33&	01:58&	01:02&	00:24&
37 Hanssen, Pål Woldstad				Eiker OL				0:56:33 + 19:57	126,65
02:06-17	09:54-37	16:53-39	21:35-39	29:47-38	40:23-37	46:34-38	51:36-37	55:40-39	56:33-39
02:06-17	07:48-42	06:59-36	04:42-32	08:12-39	10:36-40	06:11-42	05:02-32	04:04-46	00:53-15
00:39&	03:21&	02:58&	01:40&	02:41&	04:14&	02:39&	01:46&	02:02@	00:15&
38 Hultgreen, Rune				IL GeoForm				0:57:33 + 20:57	126,20
02:29-33	10:41-44	17:35-42	22:28-41	30:21-40	40:36-39	46:14-36	52:03-38	56:35-40	57:33-40
02:29-33	08:12-45	06:54-35	04:53-35	07:53-37	10:15-37	05:38-28	05:49-44	04:32-48	00:58-30
01:02&	03:45&	02:53&	01:51&	02:22&	03:53&	02:06&	02:33&	02:30@	00:20&
39 Barlindhaug, Rolf				NIBR				0:57:59 + 21:23	126,00
02:21-29	10:02-39	17:33-41	22:33-42	30:08-39	41:00-40	48:20-41	53:45-40	56:44-41	57:59-41

02:21-29	07:41-38	07:31-41	05:00-39	07:35-29	10:52-43	07:20-46	05:25-40	02:59-20	01:15-44
00:54&	03:14&	03:30&	01:58&	02:04&	04:30&	03:48@	02:09&	00:57&	00:37&
40	Angell, Truls			Lillomarka OL			0:58:39 +	22:03	125,69
02:03-13	09:11-30	16:52-38	21:31-38	29:22-37	44:09-43	49:42-43	54:36-42	57:40-42	58:39-42
02:03-13	07:08-34	07:41-42	04:39-30	07:51-35	14:47-49	05:33-26	04:54-28	03:04-27	00:59-31
00:36&	02:41&	03:40&	01:37&	02:20&	08:25@	02:01&	01:38&	01:02&	00:21&
41	Martinsen, Ove			Hauketo IF			0:58:56 +	22:20	125,56
02:18-27	09:55-38	16:22-36	21:31-37	30:52-43	43:07-42	48:57-42	54:18-41	57:52-43	58:56-43
02:18-27	07:37-37	06:27-30	05:09-41	09:21-47	12:15-48	05:50-34	05:21-38	03:34-42	01:04-36
00:51&	03:10&	02:26&	02:07&	03:50&	05:53&	02:18&	02:05&	01:32&	00:26&
42	Øvergaard, Tormod			Vestre Akers SK			0:59:23 +	22:47	125,36
03:26-46	12:29-45	20:50-44	25:48-44	34:13-45	44:45-44	49:56-44	55:06-43	58:09-44	59:23-44
03:26-46	09:03-46	08:21-43	04:58-38	08:25-42	10:32-39	05:11-23	05:10-35	03:03-24	01:14-42
01:59@	04:36@	04:20@	01:56&	02:54&	04:10&	01:39&	01:54&	01:01&	00:36&
43	Røkke, Kjell Gorm			IL Tyrving			1:03:16 +	26:40	123,58
02:57-43		19:29-43	24:52-43	33:54-44	45:24-45	51:23-45	58:01-44	61:59-45	63:16-45
02:57-43			05:23-44	09:02-45	11:30-46	05:59-38	06:38-48	03:58-45	01:17-46
01:30@			02:21&	03:31&	05:08&	02:27&	03:22@	01:56&	00:39@
44	Skantze, Kjersti			IL Tyrving			1:03:53 +	27:17	123,30
02:30-35	10:17-41	20:55-45	28:42-47	36:20-46	46:31-46	55:41-48	60:22-47	63:01-46	63:53-46
02:30-35	07:47-41	10:38-46	07:47-49	07:38-30	10:11-34	09:10-48	04:41-21	02:39-13	00:52-12
01:03&	03:20&	06:37@	04:45@	02:07&	03:49&	05:38@	01:25&	00:37&	00:14&
45	Malm, Susannah			Statnett			1:04:04 +	27:28	123,22
02:15-23	08:44-25	23:30-48	28:11-45	37:07-47	48:51-47	54:59-46	60:00-45	63:09-47	64:04-47
02:15-23	06:29-29	14:46-48	04:41-31	08:56-44	11:44-47	06:08-41	05:01-31	03:09-36	00:55-26
00:48&	02:02&	10:45@	01:39&	03:25&	05:22&	02:36&	01:45&	01:07&	00:17&
46	Skantze, Don			IL Tyrving			1:04:19 +	27:43	123,10
04:26-50	12:36-46	21:32-46	28:21-46	38:23-49	49:25-48	55:22-47	60:14-46	63:18-48	64:19-48
04:26-50	08:10-44	08:56-44	06:49-46	10:02-49	11:02-44	05:57-36	04:52-26	03:04-27	01:01-32
02:59@	03:43&	04:55@	03:47@	04:31&	04:40&	02:25&	01:36&	01:02&	00:23&
47	Tho, Kjersti			Stabæk IF			1:05:41 +	29:05	122,48
02:40-38	13:11-48	22:36-47	30:22-48	38:12-48	49:29-49	55:52-49	61:30-48	64:47-49	65:41-49
02:40-38	10:31-48	09:25-45	07:46-48	07:50-33	11:17-45	06:23-44	05:38-42	03:17-37	00:54-18
01:13&	06:04@	05:24@	04:44@	02:19&	04:55&	02:51&	02:22&	01:15&	00:16&
48	Grønseth, Hildegunn			Fossum IF			1:33:29 +	56:53	109,77
03:30-47	17:21-49	30:46-50	38:26-49	51:21-50	67:18-50	76:36-50	86:20-49	92:05-50	93:29-50
03:30-47	13:51-49	13:25-47	07:40-47	12:55-50	15:57-50	09:18-50	09:44-49	05:45-50	01:24-48
02:03@	09:24@	09:24@	04:38@	07:24@	09:35@	05:46@	06:28@	03:43@	00:46@
49	Horvath, Zoltan			VBIL			1:38:03 +1:01:27		107,68
03:15-45	12:58-47	28:35-49	42:37-50	52:15-51	69:47-51	81:32-51	92:10-50	96:54-51	98:03-51
03:15-45	09:43-47	15:37-49	14:02-50	09:38-48	17:32-51	11:45-51	10:38-50	04:44-49	01:09-40
01:48@	05:16@	11:36@	11:00@	04:07&	11:10@	08:13@	07:22@	02:42@	00:31&
	Johansen, Frode			Equinor BIL			FULLFØRT		100,00
DSQ	Gunnerød, Hege			Asker Skiklubb			0:52:30 (-1 poster)		94,44
02:13-22	08:21-19	14:37-22	18:38-19	26:30-24	35:48-27	41:34-28		51:36-29	52:30-29
02:13-22	06:08-20	06:16-27	04:01-11	07:52-36	09:18-27	05:46-33			00:54-18
00:46&	01:41&	02:15&	00:59&	02:21&	02:56&	02:14&			00:16&
DSQ	Sætre, Knut Bjarne			Bærum kommune			0:33:41 (-4 poster)		77,78

07:49-1 17:27-1 23:07-1 28:09-1 32:06-1 33:41-1
 09:38-30 05:40-30 05:02-32 03:57-44 01:35-50
 03:16& 02:08& 01:46& 01:55& 00:57@

Strekktider Kort

Plass	Navn	Klubb	Tid	Poeng
1	Berteig, Vidar	IL GeoForm	0:21:47 + 00:00	121,35
	01:56-2 08:05-2 13:41-1 18:02-1 20:54-1 21:47-1			
	01:56-2 06:09-2 05:36-1 04:21-1 02:52-3 00:53-3			
	00:07+ 00:13+ 00:00= 00:00= 00:27# 00:02+			
2	Åsmul, Eskil	Oppsal IF	0:22:06 + 00:19	121,22
	01:49-1 07:45-1 18:48-2 21:13-2 22:06-2			
	01:49-1 05:56-1 02:25-1 00:53-3			
	00:00= 00:00= 00:00= 00:02+			
3	Sandberg, Synnøve Lyssand	Nydalens SK	0:24:57 + 03:10	120,09
	02:06-3 09:52-4 16:18-2 21:02-3 23:53-3 24:57-3			
	02:06-3 07:46-8 06:26-2 04:44-2 02:51-2 01:04-6			
	00:17# 01:50& 00:50# 00:23+ 00:26# 00:13&			
4	Ongstad, Per	Privat	0:27:29 + 05:42	119,08
	02:27-4 08:53-3 16:37-3 22:50-4 26:23-4 27:29-4			
	02:27-4 06:26-3 07:44-3 06:13-7 03:33-6 01:06-8			
	00:38& 00:30+ 02:08& 01:52& 01:08& 00:15&			
5	Berge, Berit	IL Tyrving	0:29:32 + 07:45	118,27
	02:56-6 10:31-6 18:47-5 24:50-6 28:28-5 29:32-5			
	02:56-6 07:35-4 08:16-5 06:03-5 03:38-7 01:04-6			
	01:07& 01:39& 02:40& 01:42& 01:13& 00:13&			
6	Sundelin Rørvik, Gisela	Heming Orientering	0:30:52 + 09:05	117,74
	02:42-5 10:17-5 18:28-4 24:20-5 30:01-7 30:52-6			
	02:42-5 07:35-4 08:11-4 05:52-4 05:41-11 00:51-1			
	00:53& 01:39& 02:35& 01:31& 03:16@ 00:00=			
7	Killingmo, Lene Anett	OK Øst	0:31:05 + 09:18	117,65
	03:06-7 10:48-8 19:49-7 26:52-8 30:13-8 31:05-7			
	03:06-7 07:42-7 09:01-7 07:03-8 03:21-4 00:52-2			
	01:17& 01:46& 03:25& 02:42& 00:56& 00:01+			
8	Fremming, Hans Henrik	MI	0:32:08 + 10:21	117,23
	03:06-8 10:41-7 19:07-6 25:18-7 29:54-6 32:08-8			
	03:06-7 07:35-4 08:26-6 06:11-6 04:36-9 02:14-13			
	01:17& 01:39& 02:50& 01:50& 02:11& 01:23@			
9	Arnesen, Marianne	Asker Skiklubb	0:35:52 + 14:05	115,75
	07:31-15 16:36-12 25:49-10 31:20-9 34:52-9 35:52-9			
	07:31-15 09:05-9 09:13-8 05:31-3 03:32-5 01:00-5			
	05:42@ 03:09& 03:37& 01:10& 01:07& 00:09#			
10	Egner, Bjørn	Heming Orientering	0:39:03 + 17:16	114,49
	05:41-13 14:54-9 24:35-8 31:45-10 37:16-10 39:03-10			
	05:41-13 09:13-10 09:41-9 07:10-9 05:31-10 01:47-11			
	03:52@ 03:17& 04:05& 02:49& 03:06@ 00:56@			
11	Scheie, Arne Chr	Østmarka OK	0:42:34 + 20:47	113,09

04:37-12	14:58-10	25:32-9	34:34-11	41:03-11	42:34-11			
04:37-12	10:21-11	10:34-11	09:02-12	06:29-13	01:31-10			
02:48@	04:25&	04:58&	04:41@	04:04@	00:40&			
12	Thronsen, Terje		Nittedal OL	0:43:15 +	21:28			112,82
06:33-14	17:30-13	28:30-12	37:45-13	42:06-13	43:15-12			
06:33-14	10:57-13	11:00-12	09:15-13	04:21-8	01:09-9			
04:44@	05:01&	05:24&	04:54@	01:56&	00:18&			
13	Fougner, Jon C.		Heming Orientering	0:43:26 +	21:39			112,74
04:27-10	15:08-11	27:39-11	35:40-12	41:39-12	43:26-13			
04:27-10	10:41-12	12:31-13	08:01-10	05:59-12	01:47-11			
02:38@	04:45&	06:55@	03:40&	03:34@	00:56@			
14	Løvhaug Standal, Olav		IL Koll	0:55:28 +	33:41			107,96
04:32-11	25:56-16	35:52-14	44:01-14	51:50-14	55:28-14			
04:32-11	21:24-16	09:56-10	08:09-11	07:49-14	03:38-16			
02:43@	15:28@	04:20&	03:48&	05:24@	02:47@			
15	Bjøve, Vibeke		Nordre Follo Orientering	0:57:49 +	36:02			107,03
03:56-9	17:34-14	33:39-13	46:50-15	55:33-15	57:49-15			
03:56-9	13:38-14	16:05-14	13:11-14	08:43-15	02:16-14			
02:07@	07:42@	10:29@	08:50@	06:18@	01:25@			
16	Gunnerød, Bjørn		Asker Skiklubb	1:09:47 +	48:00			102,28
09:20-16	23:02-15	39:36-15	54:07-16	66:12-16	69:47-16			
09:20-16	13:42-15	16:34-15	14:31-15	12:05-16	03:35-15			
07:31@	07:46@	10:58@	10:10@	09:40@	02:44@			