

OSI/GeoForm Rankingløp 10

Dato/sted: 17. august 2022 - Sognsvann
Kart: Sognsvann vest
Arr: IL GeoForm v/Audrun Utskarpen og Guttorm Egge
Antall: Totalt: 159 (GeoForm: 20, OSI: 3, DNV/ESSO: 7, Andre: 129)
Løpsrapport: Alder: 21-: 153, 17-20: 0, 13-16: 6, 0-12: 0
Startkont: kr. 50: 123 kr. 30: 36 kr. 0: 0
Betalt: kr. 50: 123 kr. 30: 29 kr. 0: 7
Leiebrikker: 8 stk

Resultater: [Lang\(48\)](#) | [Mellom\(67\)](#) | [Kort\(44\)](#) | [Grafisk](#)
Strekktider: [Lang\(48\)](#) | [Mellom\(67\)](#) | [Kort\(44\)](#) |

Resultater Lang (5.7 km)

Plass	Navn	Klubb	Tid	Poeng
1	Drage, Håkon Jarvis	Tyrving IL	0:40:34 + 00:00	152.32
2	Melsom, Einar	Fossum IF	0:43:24 + 02:50	150.73
3	Jakobsen, Espen	IL Tyrving	0:44:06 + 03:32	150.34
4	Prydz, Espen Beer	Heming Orientering	0:47:29 + 06:55	148.45
5	Dale, Andreas	Bergens TF	0:48:01 + 07:27	148.15
6	Westergård, Morten	Tyrving IL	0:49:22 + 08:48	147.40
7	Langmyren, Ole Kjell	Lillomarka OL	0:49:25 + 08:51	147.37
8	Olausson, Mikael	Oslostudentenes IK	0:51:46 + 11:12	146.06
9	Rygh, Karl	IL Koll	0:54:23 + 13:49	144.59
10	Rygh, Finn Gjerull	Nydalens SK	0:54:25 + 13:51	144.57
11	Rygh, Karl Even	Heming Orientering	0:54:28 + 13:54	144.55
12	Östgren, Björn Mo	IL GeoForm	0:54:36 + 14:02	144.47
13	Heir, Marius Borge	Fossum IF	0:55:02 + 14:28	144.23
14	Landstad, Knut	Nydalens SK	0:55:33 + 14:59	143.94
15	Ferrand, Raphael	Bækkelagets SK	0:55:49 + 15:15	143.79
16	Fremming, Nils Petter	Heming Orientering	0:57:49 + 17:15	142.67
17	Sønsterudbråten, Stig	Lillomarka OL	0:58:18 + 17:44	142.40
18	Schlaupitz, Holger	IL GeoForm	0:58:22 + 17:48	142.37
19	Brenna, Ulf	Heming Orientering	0:59:01 + 18:27	142.00
20	Heir, Morten	Fossum IF	1:00:55 + 20:21	140.94
21	Eastwood, Steinar	Lillomarka OL	1:01:14 + 20:40	140.76
22	Gravir, Gjermund	VBIL	1:02:23 + 21:49	140.12
23	Rosenvold, Erik	Østmarka OK	1:02:40 + 22:06	139.96
24	Løvhaug, Karl Rikard	Oslostudentenes IK	1:02:45 + 22:11	139.92
25	Seierstad, Ivar	IL GeoForm	1:05:15 + 24:41	138.52
26	Heitmann, Ståle	Geoform IL	1:06:17 + 25:43	137.94
27	Rustad, Gunnar	Nittedal OL	1:07:21 + 26:47	137.34
28	Grotnes, Christian	IL Tyrving	1:08:02 + 27:28	136.96
29	Reusch, Christian	Heming Orientering	1:13:23 + 32:49	133.97
30	Kristensen, Ole Kristian	Bodø og Omegn IF Orientering	1:13:48 + 33:14	133.74
31	Kippernes, Frank Åge	IL GeoForm	1:14:04 + 33:30	133.59
32	Reusch, Fridtjof	Heming Orientering	1:16:38 + 36:04	132.15
33	Korvald, Christian	Oslo Universitetssykehus	BIL1:16:53 + 36:19	132.01
34	Eriksen, Are	Oslostudentenes IK	1:18:01 + 37:27	131.38
35	Helgaker, Jan Fredrik	VBIL	1:19:39 + 39:05	130.47
36	Iwe, Harald	IL GeoForm	1:19:44 + 39:10	130.42
37	Thorstensen, Erik	IL GeoForm	1:20:23 + 39:49	130.06
38	Fagerhaug, Are	IL GeoForm	1:21:29 + 40:55	129.44
39	Risvoll, Ketil	Telenor BIL	1:23:56 + 43:22	128.07

40	Carlsen, Henning Bratland	OK Moss	1:24:51 + 44:17	127.56
41	Mygland, Johan	IL GeoForm	1:25:36 + 45:02	127.14
42	Bremnes, John Bjørnar	IL GeoForm	1:30:27 + 49:53	124.43
43	Saugestad, Fredrik	Nydalens SK	1:35:21 + 54:47	121.69
44	Onstad, Lars	Kjelsås IL	1:37:02 + 56:28	120.75
45	Grandum, Øyvind	IL GeoForm	1:44:57 +1:04:23	116.32
46	Sandvik, Cathrine	Raumar Orientering	1:48:24 +1:07:50	114.39
DSQ	Bårtveit, Knut	Bø OL	1:15:06 (-1 poster)	97.37
DSQ	Hæstad, Nils	Fossum IF	0:05:09 (-18 poster)	52.63

Resultater Mellom (4.1 km)

Plass	Navn	Klubb	Tid	Poeng
1	Sommerhein, Erlend	Fossum IF	0:36:47 + 00:00	136.61
2	Eikanger, Tom Eirik	IL Gular	0:39:10 + 02:23	135.58
3	Lunøe, Espen	Nydalens SK	0:39:39 + 02:52	135.38
4	Helland, Knut Edvard	Østmarka OK	0:42:50 + 06:03	134.00
5	Gjein, Lars Erik	Fossum IF	0:44:10 + 07:23	133.43
6	Heir, Stig	Asker Skiklubb	0:44:33 + 07:46	133.26
7	Andresen, Arild	Fossum IF	0:46:00 + 09:13	132.63
8	Jevanord, Magnus Rørlien	Fossum IF	0:46:38 + 09:51	132.36
9	Sundtjønn, Tone Aamli	Lillomarka OL	0:47:59 + 11:12	131.78
10	Solheim, Paul	Privat	0:48:10 + 11:23	131.70
11	Vollset, Tarjei	Heming Orientering	0:48:22 + 11:35	131.61
12	Holten, Marie Rygh	Nydalens SK	0:48:36 + 11:49	131.51
13	Sundtjønn, Tore	Årvoll IL	0:49:51 + 13:04	130.97
14	Bråten, Ragnhild	IL Koll	0:50:08 + 13:21	130.85
15	Christensen, Bjørn	Østmarka OK	0:50:39 + 13:52	130.63
16	Hasaas, Olav	Fossum IF	0:51:09 + 14:22	130.41
17	Sauar, Brita	IL Koll	0:51:39 + 14:52	130.19
18	Therkelsen, Pål	Privat	0:52:28 + 15:41	129.84
19	Sauar, Erik	IL Koll	0:52:45 + 15:58	129.72
20	Nordstrøm, Anna	Kils OK	0:52:49 + 16:02	129.69
20	Njåstein, Marianne	IL Tyrving	0:52:49 + 16:02	129.69
22	Zeiner-Gundersen, Richard	Lierbygda OL	0:52:51 + 16:04	129.67
23	Jevanord, Hans	Fossum IF	0:52:53 + 16:06	129.66
24	Halden, Gunnar	Nydalens SK	0:53:07 + 16:20	129.56
25	Hinsch, Paul	Øystre Slidre IL	0:53:27 + 16:40	129.42
26	Løken, Knut-Anders	Fossum IF	0:55:19 + 18:32	128.61
27	Tallaksen, Thor Christian	IL GeoForm	0:55:22 + 18:35	128.59
28	Selvig, Kristin D	Nydalens SK	0:55:41 + 18:54	128.45
29	Onsager, Knut	IL GeoForm	0:56:23 + 19:36	128.15
30	Takvam, Arnt Ove	Fossum IF	0:56:33 + 19:46	128.08
31	Refsland, Ivar	IL Tyrving	0:56:44 + 19:57	128.00
32	Stiansen, Peer	Nydalens SK	0:57:11 + 20:24	127.80
33	Iversen, Egil Wickstrand	Heming Orientering	0:57:25 + 20:38	127.70
34	Hov, Kjersti	Fossum IF	0:57:31 + 20:44	127.66
35	Skantze, Kjersti	IL Tyrving	0:57:32 + 20:45	127.65
36	Tandrevold, Eirik	Fossum IF	0:57:49 + 21:02	127.53
37	Hultgreen, Rune	IL GeoForm	0:58:52 + 22:05	127.08
38	Johansen, Frode	Equinor BIL	0:58:59 + 22:12	127.03
39	Goa, Kristin	IL GeoForm	0:59:47 + 23:00	126.68
40	Røen, Dag Terje	Samnanger IL	1:03:25 + 26:38	125.11
41	Bratsberg, Bo	Privat	1:04:22 + 27:35	124.70
42	Sanchis, Charlotte	Heming Orientering	1:05:34 + 28:47	124.18
43	Hasaas, Ingrid	Fossum IF	1:05:59 + 29:12	124.00
44	Christiansen, Håvard	Privat	1:06:20 + 29:33	123.85

45	Hanssen, Pål Woldstad	Eiker OL	1:06:28 + 29:41	123.79
46	Berge, Ketil	Vestre Akers SK	1:07:36 + 30:49	123.30
47	Landmark, Bente	Fossum IF	1:07:49 + 31:02	123.21
48	Melkild, Dagrun	Heming Orientering	1:10:02 + 33:15	122.25
49	Skantze, Don	IL Tyrving	1:10:14 + 33:27	122.17
50	Modalsli, Sigbjørn	Fossum IF	1:11:41 + 34:54	121.54
51	Longva, Tore	VBIL	1:13:21 + 36:34	120.82
52	Jorde, Hans Kristian	AAJ	1:13:58 + 37:11	120.55
53	Malm, Susannah	Statnett	1:18:45 + 41:58	118.49
54	Sundelin Rørvik, Gisela	Heming Orientering	1:31:58 + 55:11	112.78
DSQ	Ruth, Eivind	VBIL	0:49:43 (-1 poster)	96.15
DSQ	Erøy, Karl Aasmund	OK Moss	0:52:50 (-1 poster)	96.15
DSQ	Danielsen, Anne	Nydalens SK	0:57:32 (-1 poster)	96.15
DSQ	Christensen, Lars	VBIL	1:11:11 (-1 poster)	96.15
DSQ	Herud, Tone Jahren	Fossum IF	1:11:15 (-1 poster)	96.15
DSQ	Amundsen, Håkon	DVASK	1:12:10 (-1 poster)	96.15
DSQ	Tho, Kjersti	Stabæk IF	1:47:02 (-1 poster)	96.15
DSQ	Brækken, Bård	TPWB-0	0:44:01 (-2 poster)	92.31
DSQ	Valberg, Frode	Heming Orientering	0:57:28 (-3 poster)	88.46
DSQ	Ulltveit-Moe, Jo	IL Koll	1:04:01 (-3 poster)	88.46
DSQ	Gravir, Ragnhild	Asker Skiklubb	1:38:15 (-3 poster)	88.46
DSQ	Johansson, Thomas	Heming Orientering	0:57:31 (-4 poster)	84.62
DSQ	Rikheim, Harald	Privat	1:13:28 (-6 poster)	76.92

Resultater Kort (2.4 km)

Plass	Navn	Klubb	Tid	Poeng
1	Norman, Niklas	IL GeoForm	0:24:01 + 00:00	121.84
2	Åsmul, Eskil	Oppsal IF	0:28:29 + 04:28	120.32
3	Sigurdson, Roar	Ringnes BIL	0:30:22 + 06:21	119.68
4	Kaarby, Per	Overtoppen	0:31:59 + 07:58	119.13
5	Løken, Aleidis	Heming Orientering	0:32:19 + 08:18	119.02
6	Teig, Alfred	Nydalens SK	0:34:23 + 10:22	118.32
7	Turter, Ellen Marie	Nydalens SK	0:34:34 + 10:33	118.26
8	Bjergaard, Anne Marit	Nydalens SK	0:36:57 + 12:56	117.45
9	Teig, Christine	Nydalens SK	0:39:17 + 15:16	116.65
10	Raaen, Trine Marit Justad	Lierbygda OL	0:40:06 + 16:05	116.38
11	Petersen, John Thomas	Nittedal OL	0:41:36 + 17:35	115.87
12	Vollset, Tora	Heming Orientering	0:42:51 + 18:50	115.44
13	Gisholt, Elise	Fossum IF	0:44:10 + 20:09	114.99
14	Reusch, Astrid	Heming Orientering	0:47:33 + 23:32	113.84
15	Haugen, Per	Lillomarka OL	0:48:15 + 24:14	113.61
16	Karlsen, Stig Hultgreen	IL GeoForm	0:49:05 + 25:04	113.32
17	Østengen, Knut Erik	OMEGA	0:50:14 + 26:13	112.93
18	Madsen, Øystein	Haugerud IF	0:50:32 + 26:31	112.83
19	Bugge, Petter	OUS BIL	0:53:16 + 29:15	111.90
20	Broadwell, Sharon	IL GeoForm	0:56:40 + 32:39	110.75
21	Ursin, Nora	Bærum kommune	0:58:02 + 34:01	110.28
21	Berg, Marius	Fossum IF	0:58:02 + 34:01	110.28
23	Hånes, Sturle	IL GeoForm	0:59:10 + 35:09	109.90
24	Egner, Bjørn	Heming Orientering	0:59:34 + 35:33	109.76
25	Gange, Finn	Privat	1:01:40 + 37:39	109.05
26	Vidnes, Pål	Øhil	1:03:46 + 39:45	108.34
27	Natås, Anders	Gassecur BIL	1:05:25 + 41:24	107.77
28	Fougner, Jon C.	Heming Orientering	1:06:33 + 42:32	107.39
29	Horvath, Zoltan	VBIL	1:06:35 + 42:34	107.38
30	Lunøe Akselsen, Ulla	Nydalens SK	1:14:19 + 50:18	104.75

31	Killingmo, Lene Anett	OK Øst	1:14:33 +	50:32	104.67
32	Scheie, Arne Chr	Østmarka OK	1:18:03 +	54:02	103.48
33	Grønseth, Hildegunn	Fossum IF	1:18:08 +	54:07	103.45
34	Fosser, Per	Heming Orientering	1:23:21 +	59:20	101.68
34	Kildahl, Trond	Heming Orientering	1:23:21 +	59:20	101.68
36	Natvig, Erik	Krill	1:29:25 +1:05:24		100.00
DSQ	Huseth, Egil	Kamp/Vestheim IF	0:52:15 (-1 poster)		95.45
DSQ	Ommundsen, Tor A.	VBIL	0:55:15 (-1 poster)		95.45
DSQ	Grymyr, Aina	Haugerud IF	1:25:06 (-4 poster)		81.82
DSQ	Fixdal, Eva	Heming Orientering	1:31:43 (-6 poster)		72.73
DSQ	Haugerud, Sigurd	IL GeoForm	1:23:28 (-7 poster)		68.18
DSQ	Thronsen, Terje	Nittedal OL	0:44:46 (-8 poster)		63.64
DSQ	Lea, Tor	Nydalens SK	0:03:57 (-10 poster)		54.55
DSQ	Jensen, Torunn Økern	Tyrving IL	0:53:36 (-10 poster)		54.55

Strekktider Lang

Plass	Navn	Klubb	Tid	Poeng
1	Drage, Håkon Jarvis	Tyrving IL	0:40:34 + 00:00	152.32
	01:20-1 03:03-1 06:00-1	07:23-1 14:16-2 16:30-2	21:12-1 22:27-1 24:11-1	26:04-1 27:20-1 29:13-1 30:34-1 31:45-1 32:55-1 34:16-1 36:58-1 38:35-1 39:33-1 40:34-2
	01:20-1 01:43-1 02:57-5	01:23-4 06:53-2 02:14-1	04:42-2 01:15-1 01:44-1	01:53-2 01:16-2 01:53-1 01:21-7 01:11-1 01:10-1 01:21-1 02:42-1 01:37-1 00:58-1 01:01-2
	00:00= 00:00= 00:15+	00:11# 00:27+ 00:00=	00:08+ 00:00= 00:00=	00:10+ 00:03+ 00:00= 00:19& 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:00= 00:06#
2	Melsom, Einar	Fossum IF	0:43:24 + 02:50	150.73
	01:38-5 03:25-2 06:07-2	07:24-2 13:50-1 16:24-1	23:36-5 24:55-5 26:45-3	28:28-3 29:41-3 31:35-3 32:37-2 33:52-2 35:07-2 36:34-2 39:30-2 41:27-2 42:29-2 43:24-3
	01:38-5 01:47-2 02:42-1	01:17-2 06:26-1 02:34-4	07:12-20 01:19-2 01:50-2	01:43-1 01:13-1 01:54-2 01:02-1 01:15-2 01:15-3 01:27-2 02:56-4 01:57-4 01:02-3 00:55-1
	00:18# 00:04+ 00:00=	00:05+ 00:00= 00:20#	02:38& 00:04+ 00:06+	00:00= 00:00= 00:01+ 00:00= 00:04+ 00:05+ 00:06+ 00:14+ 00:20# 00:04+ 00:00=
3	Jakobsen, Espen	IL Tyrving	0:44:06 + 03:32	150.34
	01:38-6 03:43-6 06:33-5	07:45-4 15:04-4 17:34-3	22:08-2 23:29-2 25:21-2	27:37-2 29:11-2 31:21-2 32:38-3 33:58-3 35:09-3 36:50-3 40:03-3 42:01-3 43:03-3 44:06-4
	01:38-5 02:05-6 02:50-4	01:12-1 07:19-4 02:30-3	04:34-1 01:21-3 01:52-3	02:16-9 01:34-8 02:10-3 01:17-4 01:20-4 01:11-2 01:41-5 03:13-5 01:58-5 01:02-3 01:03-4
	00:18# 00:22# 00:08+	00:00= 00:53# 00:16#	00:00= 00:06+ 00:08+	00:33& 00:21& 00:17# 00:15# 00:09# 00:01+ 00:20# 00:31# 00:21# 00:04+ 00:08#
4	Prydz, Espen Beer	Heming Orientering	0:47:29 + 06:55	148.45
	01:33-4 03:36-4 06:25-4	07:44-3 15:04-3 17:48-4	23:09-4 25:09-6 27:15-5	29:37-5 31:04-5 33:20-4 34:34-4 36:05-4 37:38-4 39:34-4 42:49-4 45:09-4 46:22-4 47:29-5
	01:33-4 02:03-5 02:49-3	01:19-3 07:20-5 02:44-7	05:21-6 02:00-25 02:06-4	02:22-12 01:27-5 02:16-7 01:14-2 01:31-9 01:33-13 01:56-14 03:15-6 02:20-16 01:13-10 01:07-8
	00:13# 00:20# 00:07+	00:07+ 00:54# 00:30#	00:47# 00:45& 00:22#	00:39& 00:14# 00:23# 00:12# 00:20& 00:23& 00:35& 00:33# 00:43& 00:15& 00:12#
5	Dale, Andreas	Bergens TF	0:48:01 + 07:27	148.15
	01:29-2 03:31-3 06:19-3	07:47-5 15:38-6 18:07-5	23:05-3 24:45-4 27:07-4	29:13-4 30:39-4 33:53-5 35:13-5 36:44-5 38:28-5 40:09-5 43:32-5 45:26-5 46:32-5 48:01-6
	01:29-2 02:02-4 02:48-2	01:28-6 07:51-6 02:29-2	04:58-4 01:40-8 02:22-12	02:06-4 01:26-3 03:14-33 01:20-6 01:31-9 01:44-22 01:41-5 03:23-11 01:54-3 01:06-5 01:29-25
	00:09# 00:19# 00:06+	00:16# 01:25# 00:15#	00:24+ 00:25& 00:38&	00:23# 00:13# 01:21& 00:18& 00:20& 00:34& 00:20# 00:41& 00:17# 00:08# 00:34&
6	Westergård, Morten	Tyrving IL	0:49:22 + 08:48	147.40
	01:40-8 03:40-5 06:48-6	08:13-6 15:27-5 18:18-6	26:37-7 28:08-8 30:22-7	32:33-7 34:01-7 36:25-7 37:39-7 38:58-7 40:23-7 42:12-7 45:07-7 47:06-7 48:18-7 49:22-7
	01:40-8 02:00-3 03:08-7	01:25-5 07:14-3 02:51-8	08:19-33 01:31-5 02:14-9	02:11-5 01:28-6 02:24-10 01:14-2 01:19-3 01:25-6 01:49-10 02:55-3 01:59-6 01:12-8 01:04-5
	00:20& 00:17# 00:26#	00:13# 00:48# 00:37&	03:45& 00:16# 00:30&	00:28& 00:15# 00:31& 00:12# 00:08# 00:15# 00:28& 00:13+ 00:22# 00:14# 00:09#
7	Langmyren, Ole Kjell	Lillomarka OL	0:49:25 + 08:51	147.37
	01:30-3 03:49-7 07:09-7	08:39-7 16:56-7 19:59-7	24:41-6 26:10-7 28:22-6	30:25-6 32:00-6 34:47-6 36:17-6 37:42-6 39:06-6 40:51-6 44:31-6 47:01-6 48:17-6 49:25-8
	01:30-3 02:19-11 03:20-10	01:30-7 08:17-8 03:03-11	04:42-2 01:29-4 02:12-7	02:03-3 01:35-10 02:47-22 01:30-12 01:25-5 01:24-5 01:45-8 03:40-15 02:30-21 01:16-12 01:08-9
	00:10# 00:36& 00:38#	00:18& 01:51& 00:49&	00:08+ 00:14# 00:28&	00:20# 00:22& 00:54& 00:28& 00:14# 00:14# 00:24& 00:58& 00:53& 00:18& 00:13#
8	Olausson, Mikael	Oslostudentenes IK	0:51:46 + 11:12	146.06
	03:37-44 05:54-40 08:57-25	10:56-23 19:39-17 22:15-14	27:16-8 29:28-12 31:42-8	34:09-10 35:44-8 38:27-8 39:55-8 41:33-8 43:14-8 45:18-9 48:04-8 49:41-8 50:40-8 51:46-9
	03:37-44 02:17-9 03:03-6	01:59-29 08:43-13 02:36-5	05:01-5 02:12-33 02:14-9	02:27-14 01:35-10 02:43-20 01:28-8 01:38-15 01:41-17 02:04-23 02:46-2 01:37-1 00:59-2 01:06-7
	02:17@ 00:34& 00:21#	00:47& 02:17& 00:22#	00:27+ 00:57& 00:30&	00:44& 00:22& 00:50& 00:26& 00:27& 00:31& 00:43& 00:04+ 00:00= 00:01+ 00:11#
9	Rygh, Karl	IL Koll	0:54:23 + 13:49	144.59
	01:43-10 03:55-8 07:54-12	09:36-11 18:06-8 21:07-8	27:32-9 29:17-10 31:55-12	34:09-9 35:54-9 38:35-10 40:21-10 41:59-9 43:32-10 45:24-10 49:07-9 51:59-12 53:07-10 54:23-10
	01:43-10 02:12-7 03:59-19	01:42-15 08:30-11 03:01-10	06:25-12 01:45-12 02:38-18	02:14-7 01:45-21 02:41-19 01:46-21 01:38-15 01:33-13 01:52-12 03:43-16 02:52-26 01:08-6 01:16-13
	00:23& 00:29& 01:17&	00:30& 02:04& 00:47&	01:51& 00:30& 00:54&	00:31& 00:32& 00:48& 00:44& 00:27& 00:23& 00:31& 01:01& 01:15& 00:10# 00:21&
10	Rygh, Finn Gjerull	Nydalens SK	0:54:25 + 13:51	144.57
	01:43-11 04:05-9 08:05-14	09:42-14 18:08-9 21:07-9	27:33-10 29:15-9 31:52-10	34:09-8 36:05-10 38:34-9 40:32-12 42:08-11 43:39-12 45:39-12 49:39-12 51:44-9 53:02-9 54:25-11
	01:43-10 02:22-13 04:00-22	01:37-11 08:26-10 02:59-9	06:26-13 01:42-10 02:37-16	02:17-11 01:56-27 02:29-13 01:58-31 01:36-14 01:31-10 02:00-18 04:00-22 02:05-8 01:18-16 01:23-18

00:23&	00:39&	01:18&	00:25&	02:00&	00:45&	01:52&	00:27&	00:53&	00:34&	00:43&	00:36&	00:56&	00:25&	00:21&	00:39&	01:18&	00:28&	00:20&	00:28&
11	Rygh, Karl Even	Heming Orientering							0:54:28 + 13:54	144.55									
01:42-9	04:52-27	08:35-20	10:10-16	18:49-13	22:10-12	27:45-12	29:36-13	31:53-11	34:28-11	36:14-11	38:41-11	40:12-9	42:00-10	43:31-9	45:29-11	49:29-10	51:49-10	53:08-11	54:28-12
01:42-9	03:10-42	03:43-14	01:35-10	08:39-12	03:21-16	05:35-7	01:51-15	02:17-11	02:35-17	01:46-23	02:27-12	01:31-14	01:48-23	01:31-10	01:58-17	04:00-22	02:20-16	01:19-18	01:20-14
00:22&	01:27&	01:01&	00:23&	02:13&	01:07&	01:01#	02:13&	00:33&	00:52&	00:33&	00:34&	00:29&	00:37&	00:21&	00:37&	01:18&	00:43&	00:21&	00:25&
12	Östgren, Björn Mo	IL GeoForm							0:54:36 + 14:02	144.47									
01:38-7	04:08-10	07:37-8	09:10-8	18:11-10	21:19-10	27:40-11	29:17-11	31:49-9	34:41-12	36:19-12	38:56-12	40:55-13	42:26-13	44:20-13	46:23-13	49:47-13	52:03-13	53:15-13	54:36-13
01:38-5	02:30-16	03:29-11	01:33-8	09:01-15	03:08-13	06:21-11	01:37-7	02:32-14	02:52-23	01:38-13	02:37-16	01:59-33	01:31-9	01:54-26	02:03-22	03:24-12	02:16-12	01:12-8	01:21-15
00:18#	00:47&	00:47&	00:21&	02:35&	00:54&	01:47&	00:22&	00:48&	01:09&	00:25&	00:44&	00:57&	00:20&	00:44&	00:42&	00:42&	00:39&	00:14#	00:26&
13	Heir, Marius Borge	Fossum IF							0:55:02 + 14:28	144.23									
01:46-15	04:35-22	08:34-19	10:18-19	18:42-12	21:20-11	29:01-13	30:52-14	33:05-13	35:21-13	36:59-13	39:10-13	40:29-11	42:10-12	43:33-11	45:05-8	49:33-11	51:57-11	53:13-12	55:02-14
01:46-13	02:49-31	03:59-19	01:44-17	08:24-9	02:38-6	07:41-27	01:51-15	02:13-8	02:16-9	01:38-13	02:11-4	01:19-5	01:41-18	01:23-4	01:32-3	04:28-32	02:24-19	01:16-12	01:49-37
00:32&	01:06&	01:17&	00:32&	01:58&	00:24#	03:07&	00:36&	00:29&	00:33&	00:25&	00:18#	00:17&	00:30&	00:13#	00:11#	01:46&	00:47&	00:18&	00:54&
14	Landstad, Knut	Nydalens SK							0:55:33 + 14:59	143.94									
02:01-26	04:22-15	08:00-13	09:39-13	18:32-11	22:11-13	31:22-19	32:57-18	35:03-16	37:16-15	38:42-15	40:55-15	42:39-15	44:04-14	45:31-14	47:10-14	50:26-14	52:29-14	53:39-14	55:33-15
02:01-25	02:21-12	03:38-13	01:39-12	08:53-14	03:39-19	09:11-35	01:35-6	02:06-4	02:13-6	01:26-3	02:13-5	01:44-20	01:25-5	01:27-7	01:39-4	03:16-7	02:03-7	01:10-7	01:54-41
00:41&	00:38&	00:56&	00:27&	02:27&	01:25&	04:37@	00:20&	00:22#	00:30&	00:13#	00:20#	00:42&	00:14#	00:17#	00:18#	00:34#	00:26&	00:12#	00:59@
15	Ferrand, Raphael	Bakkelagets SK							0:55:49 + 15:15	143.79									
01:52-18	04:10-11	07:40-9	09:20-9	19:36-16	22:43-15	29:50-15	31:46-16	35:03-15	37:36-17	39:14-16	41:38-16	43:10-16	44:36-16	46:04-15	47:45-15	51:13-15	53:25-15	54:44-15	55:49-16
01:52-18	02:18-10	03:30-12	01:40-13	10:16-24	03:07-12	07:07-19	01:56-20	03:17-32	02:33-15	01:38-13	02:24-10	01:32-15	01:26-7	01:28-8	01:41-5	03:28-13	02:12-10	01:19-18	01:05-6
00:32&	00:35&	00:48&	00:28&	03:50&	00:53&	02:33&	00:41&	00:33&	00:30&	00:25&	00:31&	00:30&	00:15#	00:18&	00:20#	00:46&	00:35&	00:21&	00:10#
16	Fremming, Nils Petter	Heming Orientering							0:57:49 + 17:15	142.67									
02:01-25	04:38-23	07:47-11	09:37-12	20:13-19	23:31-17	30:36-16	32:42-17	35:19-18	37:33-16	39:18-17	41:47-17	43:36-17	45:28-17	47:00-17	48:52-17	52:40-17	54:54-16	56:15-16	57:49-17
02:01-25	02:37-22	03:09-8	01:50-23	10:36-25	03:18-14	07:05-18	02:06-31	02:37-16	02:14-7	01:45-21	02:29-13	01:49-24	01:52-26	01:32-12	01:52-12	03:48-20	02:14-11	01:21-20	01:34-30
00:41&	00:35&	00:27#	00:38&	04:10&	01:04&	02:31&	00:51&	00:53&	00:31&	00:32&	00:36&	00:47&	00:41&	00:22&	00:31&	01:06&	00:37&	00:23&	00:39&
17	Sønsterudbråten, Stig	Lillomarka OL							0:58:18 + 17:44	142.40									
01:45-12	04:31-18	08:24-16	10:13-17	20:23-20	23:41-18	29:46-14	31:29-15	34:04-14	36:45-14	38:28-14	40:49-14	42:17-14	44:35-15	46:16-16	48:45-16	52:30-16	55:08-17	56:25-17	58:18-18
01:45-12	02:46-29	03:53-17	01:49-22	10:10-21	03:18-14	06:05-9	01:43-11	02:35-15	02:41-18	01:43-19	02:21-8	01:28-8	02:18-37	01:41-17	02:29-37	03:45-17	02:38-24	01:17-14	01:53-39
00:25&	01:03&	01:11&	00:37&	03:44&	01:04&	01:31&	00:28&	00:51&	00:58&	00:30&	00:28#	00:26&	01:07&	00:31&	01:08&	01:03&	01:01&	00:19&	00:58@
18	Schlaupitz, Holger	IL GeoForm							0:58:22 + 17:48	142.37									
02:06-29	04:22-14	07:41-10	09:21-10	18:51-14	24:26-20	30:56-17	33:22-20	36:01-19	38:59-19	40:33-18	42:46-18	44:14-18	46:03-18	47:46-18	50:13-18	53:29-18	55:46-18	56:59-18	58:22-19
02:06-29	02:16-8	03:19-9	01:40-13	09:30-18	05:35-41	06:30-15	02:26-38	02:39-19	02:58-27	01:34-8	02:13-5	01:28-8	01:49-24	01:43-21	02:27-36	03:16-7	02:17-14	01:13-10	01:23-18
00:46&	00:33&	00:37#	00:28&	03:04&	03:21@	01:56&	01:11&	00:55&	01:15&	00:21&	00:20#	00:26&	00:38&	00:33&	01:06&	00:34#	00:40&	00:15&	00:28&
19	Brenna, Ulf	Heming Orientering							0:59:01 + 18:27	142.00									
02:00-24	04:27-17	08:26-18	10:14-18	19:21-15	23:30-16	31:07-18	33:02-19	35:11-17	38:37-18	40:50-19	43:12-19	45:01-19	46:36-19	48:40-19	50:30-19	54:15-19	56:21-19	57:49-19	59:01-20
02:00-22	02:27-14	03:59-19	01:48-19	09:07-17	04:09-29	07:37-25	01:55-19	02:09-6	03:26-38	02:13-37	02:22-9	01:49-24	01:35-13	02:04-34	01:50-11	03:45-17	02:06-9	01:28-25	01:12-10
00:40&	00:44&	01:17&	00:36&	02:41&	01:55&	03:03&	00:40&	00:25#	01:43@	01:00&	00:29&	00:24&	00:54&	00:29&	01:03&	00:29&	00:29&	00:30&	00:17&
20	Heir, Morten	Fossum IF							1:00:55 + 20:21	140.94									
02:22-36	05:06-31	09:19-27	11:04-24	22:19-28	25:59-28	32:44-23	34:47-24	37:56-22	41:09-22	43:04-24	45:33-22	47:28-22	48:54-22	50:23-20	52:09-20	55:27-20	57:47-20	59:04-20	60:55-21
02:22-35	02:44-26	04:13-25	01:45-18	11:15-29	03:40-20	06:45-16	02:03-27	03:09-28	03:13-34	01:55-25	02:29-13	01:55-29	01:26-7	01:29-9	01:46-9	03:18-9	02:20-16	01:17-14	01:51-38
01:02&	01:01&	01:31&	00:33&	04:49&	01:26&	02:11&	00:48&	01:25&	01:30&	00:42&	00:36&	00:53&	00:15#	00:19&	00:25&	00:36#	00:43&	00:19&	00:56@
21	Eastwood, Steinar	Lillomarka OL							1:01:14 + 20:40	140.76									
02:07-30	05:08-32	09:08-26	11:41-29	19:55-18	25:08-26	32:45-24	34:57-25	38:26-24	41:26-24	43:03-23	45:52-24	47:20-21	48:53-21	50:34-21	52:46-21	56:05-21	58:23-21	59:45-21	61:14-22
02:07-30	03:01-38	04:00-22	02:33-40	08:14-7	05:13-37	07:37-25	02:12-33	03:29-37	03:00-29	01:37-12	02:49-23	01:28-8	01:33-12	01:41-17	02:12-28	03:19-10	02:18-15	01:22-21	01:29-25
00:47&	01:18&	01:18&	01:21@	01:48&	02:59@	03:03&	00:57&	01:45@	01:17&	00:24&	00:56&	00:26&	00:22&	00:31&	00:51&	00:37#	00:41&	00:24&	00:34&
22	Gravir, Gjermund	VBIL							1:02:23 + 21:49	140.12									
01:48-16	04:40-24	08:54-23	10:37-20	21:24-26	25:04-25	32:33-21	34:19-21	37:10-20	40:01-20	42:26-21	45:06-20	47:48-25	49:43-25	51:24-25	53:25-25	57:32-24	59:48-23	61:21-23	62:23-23
01:48-16	02:52-33	04:14-26	01:43-16	10:47-26	03:40-20	07:29-23	01:46-13	02:51-23	02:51-21	02:25-41	02:40-17	02:42-44	01:55-27	01:41-17	02:01-19	04:07-26	02:16-12	01:33-33	01:02-3
00:28&	01:09&	01:32&	00:31&	04:21&	01:26&	02:55&	00:31&	01:07&	01:08&	01:12&	00:47&	01:40@	00:44&	00:31&	00:40&	01:25&	00:39&	00:35&	00:07#
23	Rosenvold, Erik	Østmarka OK							1:02:40 + 22:06	139.96									
01:52-19	04:35-21	08:53-22	10:43-21	20:29-21	24:12-19	32:36-22	34:25-22	37:52-21	40:26-21	42:16-20	45:15-21	46:50-20	48:47-20	50:45-22	52:58-23	57:15-23	59:44-22	61:02-22	62:40-24
01:52-18	02:43-24	04:18-28	01:50-23	09:46-19	03:43-22	08:24-34	01:49-14	03:27-35	02:34-16	01:50-24	02:59-29	01:35-17	01:57-29	01:58-29	02:13-29	04:17-29	02:29-20	01:18-16	01:38-32
00:32&	01:00&	01:36&	00:38&	03:20&	01:29&	03:50&	00:34&	01:43&	00:51&	00:37&	01:06&	00:33&	00:46&	00:48&	00:52&	01:35&	00:52&	00:20&	00:43&
24	Løvhaug, Karl Rikard	Oslostudentenes IK							1:02:45 + 22:11	139.92									
01:46-14	04:19-13	10:29-34	12:17-31	21:18-25	24:42-21	34:52-26	36:43-27	39:10-26	41:35-25	43:14-25	46:12-25	47:42-24	49:20-24	51:20-24	53:16-24	57:33-25	60:06-24	61:32-24	62:45-25
01:46-13	02:33-18	06:10-41	01:48-19	09:0															

00:37&	00:44&	01:50&	00:36&	03:47&	01:46&	02:50&	00:57&	02:07@	01:14&	00:18#	00:50&	00:56&	00:30&	00:26&	00:44&	00:50&	02:27@	01:35@	01:16@
26	Heitmann, Ståle			Geoform IL			1:06:17 + 25:43		137.94										
01:46-13	04:17-12	08:07-15	10:07-15	20:58-23	24:46-22	34:01-25	36:07-26	38:50-25	41:56-26	44:36-26	47:41-26	49:33-26	51:35-26	53:35-26	55:54-26	60:27-26	63:07-26	64:38-26	66:17-27
01:46-13	02:31-17	03:50-15	02:00-31	10:51-27	03:48-24	09:15-36	02:06-31	02:43-20	03:06-31	02:40-46	03:05-31	01:52-26	02:02-32	02:00-31	02:19-33	04:33-33	02:40-25	01:31-28	01:39-33
00:26&	00:48&	01:08&	00:48&	04:25&	01:34&	04:41@	00:51&	00:59&	01:23&	01:27@	01:12&	00:50&	00:51&	00:50&	00:58&	01:51&	01:03&	00:33&	00:44&
27	Rustad, Gunnar			Nittedal OL			1:07:21 + 26:47		137.34										
03:14-42	06:11-43	11:05-37	13:34-36	24:33-30	28:35-30	34:53-27	36:57-28	40:13-27	44:46-28	46:48-28	49:38-28	51:32-28	53:19-27	55:07-27	57:24-27	61:42-27	64:40-27	66:08-27	67:21-28
03:14-42	02:57-36	04:54-34	02:29-39	10:59-28	04:02-26	06:18-10	02:04-29	03:16-31	04:33-44	02:02-29	02:50-24	01:54-27	01:47-22	01:48-24	02:17-31	04:18-31	02:58-29	01:28-25	01:13-11
01:54@	01:14&	02:12&	01:17@	04:33&	01:48&	01:44&	00:49&	01:32&	02:50@	00:49&	00:57&	00:52&	00:36&	00:38&	00:56&	01:36&	01:21&	00:30&	00:18&
28	Grotnes, Christian			IL Tyrving			1:08:02 + 27:28		136.96										
01:59-21	04:34-20	08:24-17	11:18-25	21:16-24	24:54-23	36:34-29	38:25-30	41:39-29	44:48-29	46:59-29	49:53-29	51:57-29	53:47-28	55:34-28	58:05-28	62:11-28	65:12-28	66:38-28	68:02-29
01:59-21	02:35-20	03:50-15	02:54-44	09:58-20	03:38-18	11:40-44	01:51-15	03:14-29	03:09-33	02:11-34	02:54-27	02:04-36	01:50-25	01:47-23	02:31-39	04:06-25	03:01-34	01:26-23	01:24-22
00:35&	00:52&	01:08&	01:42@	03:32&	01:24&	07:06@	00:36&	01:30&	01:26&	00:58&	01:01&	01:02@	00:39&	00:37&	01:10&	01:24&	01:24&	00:28&	00:29&
29	Reusch, Christian			Heming Orientering			1:13:23 + 32:49		133.97										
02:43-40	05:29-37	09:45-29	11:39-28	26:29-34	31:50-33	38:18-31	40:49-32	44:04-31	48:35-31	50:47-31	53:37-30	55:25-30	57:09-29	58:45-29	60:56-29	65:07-29	68:23-29	71:13-29	73:23-30
02:43-40	02:46-29	04:16-27	01:54-27	14:50-40	05:21-38	06:28-14	02:31-39	03:15-30	04:31-43	02:12-35	02:50-24	01:48-23	01:44-20	01:36-15	02:11-27	04:11-28	03:16-37	02:50-47	02:10-44
01:23@	01:03&	01:34&	00:42&	08:24&	03:07@	01:54&	01:16@	01:31&	02:48@	00:59&	00:57&	00:46&	00:33&	00:26&	00:50&	01:29&	01:39@	01:52@	01:15@
30	Kristensen, Ole Kristian			Bodø og Omegn IF Orientering			1:13:48 + 33:14		133.74										
02:15-33	04:52-28	09:27-28	11:22-26	24:17-29	28:24-29	40:28-33	42:26-34	46:05-32	48:58-32	51:32-32	55:33-32	57:11-32	59:53-32	61:53-31	64:11-32	68:11-30	70:46-30	72:17-30	73:48-31
02:15-32	02:37-22	04:35-32	01:55-28	12:55-34	04:07-28	12:04-45	01:58-24	03:39-38	02:53-25	02:34-45	04:01-41	01:38-18	02:42-44	02:00-31	02:18-32	04:00-22	02:35-23	01:31-28	01:31-28
00:59&	00:54&	01:20&	00:43&	06:29@	01:53&	07:30@	00:43&	01:59@	01:52@	01:21@	00:52&	03:39@	01:23@	01:31@	00:50&	00:57&	01:18&	00:58&	00:36&
31	Kippernes, Frank Åge			IL GeoForm			1:14:04 + 33:30		133.59										
02:00-23	04:54-29	09:56-31	12:40-34	25:38-31	30:16-31	37:59-30	40:35-31	43:19-30	46:44-30	48:49-30	54:21-31	56:46-31	59:20-30	61:16-30	63:26-30	68:12-31	71:11-31	72:41-31	74:04-32
02:00-22	02:44-34	05:02-35	02:44-42	12:58-35	04:38-34	07:43-28	02:36-41	02:44-21	03:25-37	02:05-30	05:32-46	02:25-42	02:34-42	01:56-28	02:10-26	04:46-39	02:59-31	01:30-27	01:23-18
00:40&	01:11&	01:20&	01:32@	06:32&	02:24@	03:09&	01:21@	01:00&	01:42&	00:52&	03:39@	01:23@	01:23@	00:46&	00:49&	02:04&	01:22&	00:32&	00:28&
32	Reusch, Fridtjof			Heming Orientering			1:16:38 + 36:04		132.15										
04:10-45	07:00-45	10:53-36	12:52-35	25:39-32	30:16-32	40:23-32	42:20-33	47:09-33	50:11-33	52:24-33	56:20-34	58:14-35	60:09-33	62:41-34	65:03-34	70:01-33	73:00-33	74:51-33	76:38-34
04:10-45	02:50-32	03:53-17	01:59-29	12:47-33	04:37-33	10:07-41	01:57-23	04:49-44	03:02-30	02:13-37	03:56-40	01:54-27	01:55-27	02:32-41	02:22-35	04:58-40	02:59-31	01:51-38	01:47-36
02:50@	01:07&	01:11&	00:47&	06:21&	02:23@	05:33@	00:42&	03:05@	01:19&	01:00&	02:03@	00:52&	00:44&	01:22@	01:01&	02:16&	01:22&	00:53&	00:52&
33	Korvald, Christian			Oslo Universitetssykehus BIL			1:16:53 + 36:19		132.01										
01:49-17	04:33-19	17:22-44	19:14-43	32:36-41	37:08-40	43:09-37	45:14-38	48:07-36	50:59-35	53:08-35	56:07-33	58:04-33	59:50-31	64:04-35	66:36-35	70:23-34	73:46-34	75:23-34	76:53-35
01:49-17	02:44-26	12:49-46	01:52-26	13:22-37	04:32-32	06:01-8	02:05-30	02:53-25	02:52-23	02:09-31	02:59-29	01:57-30	01:46-21	04:14-46	02:32-40	03:47-19	03:23-38	01:37-36	01:30-27
00:29&	01:01&	10:07@	00:40&	06:56@	02:18@	01:27&	00:50&	01:09&	02:52@	00:56&	01:06&	00:55&	00:35&	03:04@	01:11&	01:05&	01:46@	00:39&	00:35&
34	Eriksen, Are			Oslostudentenes IK			1:18:01 + 37:27		131.38										
02:23-38	05:41-39	11:20-38	13:47-40	27:19-37	31:58-34	42:30-36	44:33-35	47:57-35	51:18-36	53:27-36	56:34-35	58:40-36	61:50-35	64:04-36	67:18-36	71:57-36	74:56-35	76:30-35	78:01-36
02:23-38	01:18-44	05:39-38	02:27-38	13:32-38	04:39-35	10:32-43	02:03-27	03:24-34	03:21-36	02:09-31	03:07-32	02:06-37	03:10-45	02:14-37	03:14-45	04:39-34	02:59-31	01:34-34	01:31-28
01:03&	01:35&	02:57@	01:15@	07:06@	02:25@	05:58@	00:48&	01:40&	01:38&	00:56&	01:14&	01:04@	01:59@	01:04&	01:57&	01:53@	01:52&	00:36&	00:36&
35	Helgaker, Jan Fredrik			VBIL			1:19:39 + 39:05		130.47										
04:48-46	07:32-46	18:39-46	20:57-45	33:31-43	38:40-41	46:16-40	48:12-40	51:02-39	54:38-39	56:35-39	60:49-39	62:36-39	64:35-38	66:30-38	68:34-37	73:48-37	76:46-37	78:17-37	79:39-37
04:48-46	02:44-26	11:07-45	02:18-36	12:34-31	05:09-36	07:36-24	01:56-20	02:50-22	03:36-39	01:57-28	04:14-45	01:47-22	01:59-31	01:55-27	02:04-23	05:14-42	02:58-29	01:31-28	01:22-16
03:28@	01:01&	08:25@	01:06&	06:08&	02:55@	03:06&	00:41&	01:06&	01:53@	00:44&	02:21@	00:45&	00:48&	00:45&	00:43&	02:32&	01:21&	00:33&	00:27&
36	Iwe, Harald			IL GeoForm			1:19:44 + 39:10		130.42										
02:18-34	04:52-26	14:05-43	15:55-42	27:15-36	35:01-37	41:55-35	44:49-36	47:40-34	50:53-34	52:37-34	56:41-36	58:14-34	60:22-34	62:13-32	64:09-31	70:50-35	76:19-36	77:51-36	79:44-38
02:18-34	02:34-19	09:13-43	01:50-23	11:20-30	07:46-46	06:54-17	02:54-42	02:51-23	03:13-34	01:44-20	04:04-43	01:33-16	02:08-35	01:51-25	01:56-14	06:41-47	05:29-46	01:32-32	01:53-39
00:58&	00:51&	06:31@	00:38&	04:54&	05:32@	02:20&	01:39@	01:07&	01:30&	00:31&	02:11@	00:31&	00:57&	00:41&	00:35&	03:59@	03:52@	00:34&	00:58@
37	Thorstensen, Erik			IL GeoForm			1:20:23 + 39:49		130.06										
02:26-39	05:56-41	11:49-40	02:26-39	03:30-47	05:53-39	31:27-39	36:52-39	44:48-38	46:49-39	50:16-38	53:15-38	55:34-38	59:05-38	62:02-38	64:21-37	67:14-39	69:15-39	73:54-38	77:08-38
02:26-39	03:30-47	05:53-39	01:06&	01:47@	03:11@	03:11@	05:25-40	07:56-30	02:01-26	03:27-35	02:59-28	02:19-40	03:31-35	02:57-47	02:19-38	02:53-44	02:01-19	04:39-34	03:14-36
01:06&	01:47@	03:11@	03:11@	03:22&	00:46&	01:43&	01:16&	01:06&	01:38&	01:55@	01:08&	01:43@	00:40&	01:57&	01:37@	00:38&	00:44&		
38	Fagerhaug, Are			IL GeoForm			1:21:29 + 40:55		129.44										
02:11-31	05:23-35	10:26-33	12:32-33	26:21-33	33:12-36	41:26-34	45:07-37	48:57-37	52:04-37	54:33-37	58:39-37	61:25-37	63:36-36	66:12-37	68:52-38	73:56-39	77:55-39	79:54-39	81:29-40
02:11-31	03:12-43	05:03-36	02:06-33	13:49-39	06:51-45	08:14-32	03:41-46	03:50-39	03:07-32	02:29-43	04:06-44	02:46-45	02:11-36	02:36-42	02:40-43	05:04-41	03:59-42	01:59-44	01:35-31
00:51&	01:29&	02:21&	00:54&	07:23@	04:37@	03:40&	02:26@	02:06@	01:24&	01:16@	02:13@	01:44@	01:00&	01:26@	01:19&	02:22&	02:22@	01:01@	00:40&
39	Risvoll, Ketil			Telenor BIL			1:23:56 + 43:22		128.07										
05:42-47	08:17-47	17:37-45	19:40-44	32:26-40	39:16-43	47:17-42	49:35-42	52:36-40	56:25-40	58:05-40	63:53-41	65:36-41	67:38-39	69:54-40	73:18-41	77:11-40	80:17-40	81:48-40	83:56-41
05:42-47	02:35-20																		

00:55&	01:25&	01:45&	01:25@	20:11@	02:03&	04:43@	00:25&	01:35&	01:01&	00:42&	01:54@	00:58&	00:47&	01:03&	00:53&	02:00&	01:19&	00:25&	00:27&	
41 Mygland, Johan	IL GeoForm			1:25:36 + 45:02		127.14														
02:04-28	05:08-33	10:30-35	13:36-38	30:53-38	36:46-38	46:09-39	49:07-41	53:04-41	57:21-41	59:49-41	63:33-40	65:33-40	68:09-40	70:19-41	72:49-40	78:36-41	82:19-42	84:12-42	85:36-43	
02:04-28	03:04-39	05:22-37	03:06-45	17:17-42	05:53-42	09:23-39	02:58-43	03:57-43	04:17-42	02:28-42	03:44-38	02:00-34	02:36-43	02:10-35	02:30-38	05:47-44	03:43-39	01:53-40	01:24-22	
00:44&	01:21&	02:40&	01:54@	10:51@	03:39@	04:49@	01:43@	02:13@	02:34@	01:15@	01:51&	00:58&	01:25@	01:00&	01:09&	03:05@	02:06@	00:55&	00:29&	
42 Bremnes, John Bjørnar	IL GeoForm			1:30:27 + 49:53		124.43														
03:21-43	06:46-44	11:26-39	13:36-37	26:45-35	32:08-35	46:52-41	50:12-43	57:43-43	62:18-43	64:49-43	67:41-43	70:15-43	72:22-42	74:44-43	77:17-43	83:23-43	87:10-43	89:04-43	90:27-44	
03:21-43	03:25-46	04:40-33	02:10-34	13:09-36	05:23-39	14:44-47	03:20-45	07:31-46	04:35-45	02:31-44	02:52-26	02:34-43	02:07-34	02:22-39	02:33-41	06:06-46	03:47-40	01:54-41	01:23-18	
02:01@	01:42&	02:40&	00:58&	01:42&	03:09@	10:10@	02:05@	05:47@	02:52@	01:18@	00:59&	01:32@	00:56&	01:12@	01:12&	03:24@	02:10@	00:56&	00:28&	
43 Saugestad, Fredrik	Nydalens SK			1:35:21 + 54:47		121.69														
02:22-35	05:31-38	10:00-32	12:12-30	48:18-47	52:02-46	59:18-46	61:50-47	65:41-46	68:32-45	70:44-45	74:24-45	76:45-45	79:12-44	81:10-45	83:29-45	88:13-45	92:15-45	93:57-44	95:21-45	
02:22-35	03:09-41	04:29-30	02:12-35	36:06-46	03:44-23	07:16-21	02:32-40	03:51-41	02:51-21	02:12-35	03:40-37	02:21-40	02:27-41	01:58-29	02:19-33	04:44-37	04:02-43	01:42-37	01:24-22	
01:02&	01:26&	01:47&	01:00&	29:40@	01:30&	02:42&	01:17@	02:07@	01:08&	00:59&	01:47&	01:19@	01:16@	00:48&	00:58&	02:02&	02:25@	00:44&	00:29&	
44 Onstad, Lars	Kjelsås IL			1:37:02 + 56:28		120.75														
02:00-22	04:54-30	12:05-41	13:39-39	38:34-44	42:45-44	50:34-43	52:58-44	57:48-44	62:46-44	64:56-44	68:21-44	70:39-44	73:05-43	75:30-44	78:05-44	84:01-44	92:07-44	94:26-45	97:02-46	
02:00-22	02:54-34	07:11-42	01:34-9	24:55-44	04:11-30	07:49-29	02:24-37	04:50-45	04:58-46	02:10-33	03:25-34	02:18-39	02:26-40	02:25-40	02:35-42	05:56-45	08:06-47	02:19-45	02:36-46	
00:40&	01:11&	07:12@	00:22&	18:29@	01:57&	03:15&	01:09&	03:06@	03:15@	00:57&	01:32&	01:16@	01:15@	01:15@	01:14&	03:14@	06:29@	01:21@	01:41@	
45 Grandum, Øyvind	IL GeoForm			1:44:57 +1:04:23		116.32														
02:47-41	06:10-42	12:06-42	15:19-41	32:48-42	39:06-42	52:42-45	56:31-46	64:56-45	68:58-46	72:16-46	76:19-46	79:15-46	83:13-45	86:48-46	90:29-46	96:12-46	100:22-46	102:16-46	104:57-47	
02:47-41	03:23-45	05:56-40	03:13-46	17:29-43	06:18-43	13:36-46	03:49-47	08:25-47	04:02-41	03:18-47	04:03-42	02:56-46	03:58-46	03:35-45	03:41-47	05:43-43	04:10-45	01:54-41	02:41-47	
01:27@	01:40&	03:14@	02:01@	11:03@	04:04@	09:02@	02:34@	06:41@	02:19@	02:05@	02:10@	01:54@	02:47@	02:25@	02:20@	03:01@	02:33@	00:56&	01:46@	
46 Sandvik, Cathrine	Raumar Orientering			1:48:24 +1:07:50		114.39														
02:22-37	05:21-34	28:03-47	30:25-46	45:17-46	57:31-47	66:49-47	69:53-48	73:43-47	79:47-47	82:04-47	85:37-47	87:59-47	90:19-46	93:06-47	95:51-47	100:36-47	104:30-47	106:28-47	108:24-48	
02:22-35	02:59-37	22:42-47	02:22-37	14:52-41	12:14-47	09:18-38	03:04-44	03:50-39	06:04-47	02:17-39	03:33-36	02:22-41	02:20-39	02:47-43	02:45-44	04:45-38	03:54-41	01:58-43	01:56-42	
01:02&	01:16&	20:00@	01:10&	08:26@	10:00@	04:44@	01:49@	03:06@	04:21@	01:04&	01:40&	01:20@	01:09&	01:37@	01:24@	02:03&	02:17@	01:00@	01:01@	
DSQ Bårtveit, Knut	BØ OL			1:15:06 (-1 poster)		97.37														
02:02-27	04:45-25	08:50-21	11:37-27	21:48-27	25:50-27	35:45-28	37:41-29	40:48-28	43:37-27	45:16-27	47:56-27	50:11-27		62:28-33	64:30-33	68:39-32	71:35-32	73:27-32	75:06-33	
02:02-27	02:43-24	04:05-24	02:47-43	10:11-22	04:02-26	09:55-40	01:56-20	03:07-27	02:49-20	01:39-16	02:40-17	02:15-38		02:02-21	04:09-27	02:56-27	01:52-39	01:39-33		
00:42&	01:00&	01:23&	01:35@	03:45&	01:48&	05:21@	00:41&	01:23&	01:06&	00:26&	00:47&	01:13@		00:41&	01:27&	01:19&	00:54&	00:44&		
DSQ Hæstad, Nils	Fossum IF			0:05:09 (-18 poster)		52.63														
																				05:09-1
																				24:00-3

Strekktider Mellom

Plass	Navn	Klubb	Tid	Poeng										
1	Sommerhein, Erlend	Fossum IF	0:36:47 + 00:00	136.61										
	02:01-10	05:50-3	14:26-1	19:32-1	21:10-1	23:25-1	25:38-1	27:06-1	29:42-1	31:11-1	32:40-1	34:17-1	35:57-1	36:47-1
	02:01-10	03:49-5	08:36-1	05:06-2	01:38-1	02:15-2	02:13-2	01:28-1	02:36-6	01:29-3	01:29-2	01:37-6	01:40-2	00:50-1
	00:18#	00:30#	00:00=	44:49+	00:00=	00:01+	00:13#	00:00=	00:12+	00:07+	00:03+	00:13#	00:11#	00:00=
2	Eikanger, Tom Eirik	IL Gular	0:39:10 + 02:23	135.58										
	01:56-7	05:33-2	14:31-2	20:53-3	22:45-3	24:59-3	26:59-3	28:43-3	31:09-3	32:31-2	34:53-3	36:17-2	38:02-2	39:10-2
	01:56-7	03:37-2	08:58-2	06:22-8	01:52-4	02:14-1	02:00-1	01:44-5	02:26-2	01:22-1	02:22-35	01:24-1	01:45-3	01:08-7
	00:13#	00:18+	00:22+	46:05+	00:14#	00:00=	00:00=	00:16#	00:02+	00:00=	00:56&	00:00=	00:16#	00:18&
3	Lunøe, Espen	Nydalens SK	0:39:39 + 02:52	135.38										
	01:43-1	05:02-1	14:43-3	19:49-2	21:38-2	24:09-2	26:30-2	28:38-2	31:02-2	32:44-3	34:22-2	36:39-3	38:29-3	39:39-3
	01:43-1	03:19-1	09:41-3	05:06-2	01:49-2	02:31-3	02:21-3	02:08-21	02:24-1	01:42-7	01:38-3	02:17-29	01:50-5	01:10-9
	00:00=	00:00=	01:05#	44:49+	00:11#	00:17#	00:21#	00:40&	00:00=	00:20#	00:12#	00:53&	00:21#	00:20&
4	Helland, Knut Edvard	Østmarka OK	0:42:50 + 06:03	134.00										
	02:42-39	06:33-12	16:27-7	21:55-4	25:05-5	27:45-5	30:09-4	31:57-4	34:43-4	36:14-4	37:53-4	39:44-4	41:49-4	42:50-4
	02:42-39	03:51-7	09:54-4	05:28-4	03:10-48	02:40-4	02:24-5	01:48-7	02:46-10	01:31-4	01:39-4	01:51-10	02:05-8	01:01-2
	00:59&	00:32#	01:18#	45:11+	01:32&	00:26#	00:24#	00:20#	00:09#	00:13#	00:27&	00:36&	00:11#	
5	Gjein, Lars Erik	Fossum IF	0:44:10 + 07:23	133.43										
	01:48-2	05:52-4	16:14-5	22:11-5	24:37-4	27:30-4	31:05-5	33:01-5	35:39-6	37:25-6	39:17-6	40:49-6	42:38-5	44:10-6
	01:48-2	04:04-9	10:22-7	05:57-6	02:26-27	02:53-7	03:35-37	01:56-12	02:38-8	01:46-10	01:52-7	01:32-3	01:49-4	01:32-37
	00:05+	00:45#	01:46#	45:40+	00:48&	00:39&	01:35&	00:28&	00:14+	00:24&	00:26&	00:08+	00:20#	00:42&

6	Heir, Stig			Asker Skiklubb		0:44:33 + 07:46	133.26							
	02:17-22	06:01-6	16:00-4	23:44-8	26:05-8	29:03-8	31:48-7	33:38-7	36:07-7	37:50-7	39:42-7	41:15-7	43:27-6	44:33-7
	02:17-20	03:44-4	09:59-5	07:44-20	02:21-21	02:58-10	02:45-8	01:50-8	02:29-4	01:43-9	01:52-7	01:33-5	02:12-12	01:06-6
	00:34&	00:25#	01:23#	47:27+	00:43&	00:44&	00:45&	00:22&	00:05+	00:21&	00:26&	00:09#	00:43&	00:16&
7	Andresen, Arild			Fossum IF		0:46:00 + 09:13	132.63							
														46:00-8
8	Jevanord, Magnus Rørlien			Fossum IF		0:46:38 + 09:51	132.36							
	01:48-3	06:00-5	16:19-6	23:06-6	25:23-7	28:20-6	31:27-6	33:04-6	35:30-5	37:22-5	39:04-5	40:36-5	45:03-7	46:38-9
	01:48-2	04:12-12	10:19-6	06:47-11	02:17-16	02:57-9	03:07-11	01:37-2	02:26-2	01:52-14	01:42-5	01:32-3	04:27-58	01:35-40
	00:05+	00:53&	01:43#	46:30+	00:39&	00:43&	01:07&	00:09#	00:02+	00:30&	00:16#	00:08+	02:58@	00:45&
9	Sundtjønn, Tone Aamli			Lillomarka OL		0:47:59 + 11:12	131.78							
	02:00-9	06:15-8	18:08-11	24:53-12	27:29-12	30:19-9	33:33-10	35:29-9	38:19-9	41:07-11	43:08-10	44:56-8	46:55-9	47:59-10
	02:00-8	04:15-14	11:53-19	06:45-10	02:36-33	02:50-6	03:14-22	01:56-12	02:50-11	02:48-58	02:01-17	01:48-8	01:59-6	01:04-4
	00:17#	00:56&	03:17&	46:28+	00:58&	00:36&	01:14&	00:28&	00:26#	01:26@	00:35&	00:24&	00:30&	00:14&
10	Solheim, Paul			Privat		0:48:10 + 11:23	131.70							
	01:53-6	06:12-7	17:27-8	24:23-9	26:34-9	30:47-12	33:59-12	35:52-11	38:31-10	40:38-9	43:09-11	45:00-9	47:09-10	48:10-11
	01:53-6	04:19-16	11:15-13	06:56-15	02:11-13	04:13-47	03:12-20	01:53-11	02:39-9	02:07-20	02:31-43	01:51-10	02:09-9	01:01-2
	00:10+	01:00&	02:39&	46:39+	00:33&	01:59&	01:12&	00:25&	00:15#	00:45&	01:05&	00:27&	00:40&	00:11#
11	Vollset, Tarjei			Heming Orientering		0:48:22 + 11:35	131.61							
	03:28-56	07:09-29	20:11-29	29:42-36	31:34-32	34:17-27	36:39-23	38:16-21	40:51-17	42:17-15	43:43-13	45:10-11	46:39-8	48:22-12
	03:28-56	03:41-3	13:02-35	09:31-44	01:52-4	02:43-5	02:22-4	01:37-2	02:35-5	01:26-2	01:26-1	01:27-2	01:29-1	01:43-47
	01:45@	00:22#	04:26&	49:14+	00:14#	00:29#	00:22#	00:09#	00:11+	00:04+	00:00=	00:03+	00:00=	00:53@
12	Holten, Marie Rygh			Nydalens SK		0:48:36 + 11:49	131.51							
	02:59-49	07:27-35	18:42-18	25:29-14	27:37-13	30:37-11	34:11-13	36:20-13	39:10-11	40:59-10	43:05-9	45:00-10	47:25-11	48:36-13
	02:59-49	04:28-23	11:15-13	06:47-11	02:08-11	03:00-12	03:34-36	02:09-23	02:50-11	01:49-12	02:06-23	01:55-13	02:25-23	01:11-10
	01:16&	01:09&	02:39&	46:30+	00:30&	00:46&	01:34&	00:41&	00:26#	00:27&	00:40&	00:31&	00:56&	00:21&
13	Sundtjønn, Tore			Årvøll IL		0:49:51 + 13:04	130.97							
	02:12-11	06:37-15	18:50-19	25:29-15	27:55-14	31:25-14	34:29-14	36:34-14	39:40-14	41:58-14	44:01-15	46:02-13	48:37-14	49:51-15
	02:12-11	04:25-21	12:13-24	06:39-9	02:26-27	03:30-29	03:04-10	02:05-19	03:06-24	02:18-31	02:03-20	02:01-18	02:35-29	01:14-15
	00:29&	01:06&	03:37&	46:22+	00:48&	01:16&	01:04&	00:37&	00:42&	00:56&	00:37&	00:37&	01:06&	00:24&
14	Bråten, Ragnhild			IL Koll		0:50:08 + 13:21	130.85							
	02:39-37	06:29-11	17:53-10	23:32-7	25:22-6	28:59-7	32:46-8	34:28-8	37:05-8	39:06-8	40:52-8	46:34-15	48:57-16	50:08-16
	02:39-37	03:50-6	11:24-15	05:39-5	01:50-3	03:37-33	03:47-42	01:42-4	02:37-7	02:01-18	01:46-6	05:42-57	02:23-21	01:11-10
	00:56&	00:31#	02:48&	45:22+	00:12#	01:23&	01:47&	00:14#	00:13+	00:39&	00:20#	04:18@	00:54&	00:21&
15	Christensen, Bjørn			Østmarka OK		0:50:39 + 13:52	130.63							
	02:22-28	06:45-17	17:28-9	24:26-10	27:06-10	30:30-10	33:44-11	36:06-12	39:12-12	41:22-12	43:37-12	46:17-14	48:29-13	50:39-17
	02:22-28	04:23-19	10:43-9	06:58-16	02:40-37	03:24-24	03:14-22	02:22-30	03:06-24	02:10-24	02:15-27	02:40-46	02:12-12	02:10-56
	00:39&	01:04&	02:07#	46:41+	01:02&	01:10&	01:14&	00:54&	00:42&	00:48&	00:49&	01:16&	00:43&	01:20@
16	Hasaas, Olav			Fossum IF		0:51:09 + 14:22	130.41							
	03:22-55	08:34-55	18:57-20	26:44-18	29:33-19	32:31-16	35:40-15	37:37-16	40:27-15	42:47-16	44:48-16	47:11-16	49:28-17	51:09-18
	03:22-55	05:12-47	10:23-8	07:47-22	02:49-43	02:58-10	03:09-13	01:57-14	02:50-11	02:20-33	02:01-17	02:23-35	02:17-17	01:41-45
	01:39&	01:53&	01:47#	47:30+	01:11&	00:44&	01:09&	00:29&	00:26#	00:58&	00:35&	00:59&	00:48&	00:51@
17	Sauar, Brita			IL Koll		0:51:39 + 14:52	130.19							
	02:45-43	06:59-23	19:01-22	27:31-26	29:54-24	33:07-23	36:30-22	38:31-22	41:35-21	43:16-20	45:10-18	47:11-17	50:22-18	51:39-19
	02:45-43	04:14-13	12:02-20	08:30-32	02:23-22	03:13-14	03:23-28	02:01-16	03:04-23	01:41-6	01:54-10	02:01-18	03:11-49	01:17-19
	01:02&	00:55&	03:26&	48:13+	00:45&	00:59&	01:23&	00:33&	00:40&	00:19#	00:28&	00:37&	01:42@	00:27&
18	Therkelsen, Pål			Privat		0:52:28 + 15:41	129.84							
	02:57-48	07:08-27	18:20-13	26:46-19	30:38-27	33:52-24	37:10-25	39:13-25	42:14-24	44:37-25	46:30-23	48:25-21	51:08-21	52:28-20
	02:57-48	04:11-11	11:12-12	08:26-29	03:52-60	03:14-16	03:18-26	02:03-17	03:01-21	02:23-39	01:53-9	01:55-13	02:43-37	01:20-24
	01:14&	00:52&	02:36&	48:09+	02:14@	01:00&	01:18&	00:35&	00:37&	01:01&	00:27&	00:31&	01:14&	00:30&
19	Sauar, Erik			IL Koll		0:52:45 + 15:58	129.72							
	03:12-54	07:08-26	19:38-27	28:44-29	30:45-28	33:58-25	37:30-26	39:21-26	42:15-25	43:49-22	45:44-21	47:54-19	50:41-19	52:45-21
	03:12-54	03:56-8	12:30-29	09:06-39	02:01-6	03:13-14	03:32-35	01:51-9	02:54-17	01:34-5	01:55-11	02:10-25	02:47-38	02:04-54
	01:29&	00:37#	03:54&	48:49+	00:23#	00:59&	01:32&	00:23&	00:30#	00:12#	00:29&	00:46&	01:18&	01:14@
20	Nordstrøm, Anna			Kils OK		0:52:49 + 16:02	129.69							
	02:35-35	07:07-25	19:59-28	27:28-25	29:47-22	33:06-22	36:16-20	38:43-24	42:18-26	44:42-26	46:54-26	48:59-25	51:37-24	52:49-22
	02:35-34	04:32-26	12:52-33	07:29-17	02:19-18	03:19-20	03:10-16	02:27-36	03:35-43	02:24-41	02:12-26	02:05-22	02:38-31	01:12-13
	00:52&	01:13&	04:16&	47:12+	00:41&	01:05&	01:10&	00:59&	01:11&	01:02&	00:46&	00:41&	01:09&	00:22&

20	Njåstein, Marianne	IL Tyrving	0:52:49 + 16:02	129.69									
02:15-17	06:37-14	18:27-15	26:55-20	29:42-20	33:04-21	36:56-24	39:22-27	43:00-27	44:42-27	46:38-25	48:37-24	50:53-20	52:49-23
02:15-17	04:22-18	11:50-18	08:28-30	02:47-40	03:22-23	03:52-43	02:26-35	03:38-44	01:42-7	01:56-12	01:59-15	02:16-16	01:56-52
00:32&	01:03&	03:14&	48:11+	01:09&	01:08&	01:52&	00:58&	01:14&	00:20#	00:30&	00:35&	00:47&	01:06@
22	Zeiner-Gundersen, Richard	Lierbygda OL	0:52:51 + 16:04	129.67									
02:31-32	06:54-21	19:04-23	25:53-16	28:12-15	31:30-15	35:54-17	38:02-17	40:58-18	42:57-17	44:56-17	48:36-23	51:40-25	52:51-25
02:31-32	04:23-19	12:10-23	06:49-13	02:19-18	03:18-19	04:24-48	02:08-21	02:56-18	01:59-17	01:59-14	03:40-54	03:04-45	01:11-10
00:48&	01:04&	03:34&	46:32+	00:41&	01:04&	02:24@	00:40&	00:32#	00:37&	00:33&	02:16@	01:35@	00:21&
23	Jevanord, Hans	Fossum IF	0:52:53 + 16:06	129.66									
02:26-30	07:40-41	18:23-14	24:43-11	27:17-11	30:47-13	33:21-9	35:43-10	39:13-13	41:52-13	43:59-14	45:39-12	47:48-12	52:53-26
02:26-30	05:14-48	10:43-9	06:20-7	02:34-32	03:30-29	02:34-6	02:22-30	03:30-39	02:39-53	02:07-24	01:40-7	02:09-9	05:05-61
00:43&	01:55&	02:07#	46:03+	00:56&	01:16&	00:34&	00:54&	01:06&	01:17&	00:41&	00:16#	00:40&	04:15@
24	Halden, Gunnar	Nydalens SK	0:53:07 + 16:20	129.56									
02:14-16	07:17-31	19:22-26	27:08-21	29:44-21	32:59-20	36:25-21	38:37-23	41:59-23	44:33-24	47:21-27	49:38-26	51:50-27	53:07-27
02:14-15	05:03-40	12:05-22	07:46-21	02:36-33	03:15-17	03:26-32	02:12-25	03:22-33	02:34-49	02:48-54	02:17-29	02:12-12	01:17-19
00:31&	01:44&	03:29&	47:29+	00:58&	01:01&	01:26&	00:44&	00:58&	01:12&	01:22&	00:53&	00:43&	00:27&
25	Hinsch, Paul	Øystre Slidre IL	0:53:27 + 16:40	129.42									
02:12-13	08:16-47	19:08-24	27:23-23	29:54-23	32:47-19	36:01-18	38:10-19	41:02-19	43:09-19	45:25-19	47:53-18	51:43-26	53:27-28
02:12-11	06:04-60	10:52-11	08:15-27	02:31-30	02:53-7	03:14-22	02:09-23	02:52-16	02:07-20	02:16-29	02:28-39	03:50-57	01:44-48
00:29&	02:45&	02:16&	47:58+	00:53&	00:39&	01:14&	00:41&	00:28#	00:45&	00:50&	01:04&	02:21@	00:54@
26	Løken, Knut-Anders	Fossum IF	0:55:19 + 18:32	128.61									
02:24-29	06:49-19	19:13-25	27:55-27	30:19-26	35:13-31	38:58-30	40:45-30	44:11-29	46:38-28	49:02-30	51:39-29	53:49-29	55:19-29
02:24-29	04:25-21	12:24-28	08:42-34	02:24-24	04:54-58	03:45-40	01:47-6	03:26-36	02:27-45	02:24-39	02:37-44	02:10-11	01:30-35
00:41&	01:06&	03:48&	48:25+	00:46&	02:40@	01:45&	00:19#	01:02&	01:05&	00:58&	01:13&	00:41&	00:40&
27	Tallaksen, Thor Christian	IL GeoForm	0:55:22 + 18:35	128.59									
02:00-8	08:34-54	20:57-36	28:38-28	31:15-29	34:55-30	38:20-28	40:27-28	43:23-28	47:01-30	48:58-29	51:23-27	53:47-28	55:22-30
02:00-8	06:34-63	12:23-27	07:41-19	02:37-35	03:40-37	03:25-30	02:07-20	02:56-18	03:38-63	01:57-13	02:25-36	02:24-22	01:35-40
00:17#	03:15&	03:47&	47:24+	00:59&	01:26&	01:25&	00:39&	00:32#	02:16@	00:31&	01:01&	00:55&	00:45&
28	Selvig, Kristin D	Nydalens SK	0:55:41 + 18:54	128.45									
02:15-18	07:36-39	20:32-30	29:23-34	31:34-33	34:54-28	38:54-29	41:47-33	45:29-33	47:42-32	50:04-33	51:54-30	54:09-30	55:41-31
02:15-17	05:21-51	12:56-34	08:51-36	02:11-13	03:20-22	04:00-45	02:53-54	03:42-45	02:13-26	02:22-35	01:50-9	02:15-15	01:32-37
00:32&	02:02&	04:20&	48:34+	00:33&	01:06&	02:00@	01:25&	01:18&	00:51&	00:56&	00:26&	00:46&	00:42&
29	Onsager, Knut	IL GeoForm	0:56:23 + 19:36	128.15									
02:44-42	07:14-30	20:51-33	31:12-40	34:15-40	37:41-37	40:35-35	42:38-36	45:28-32	48:00-34	50:03-32	52:23-32	54:27-31	56:23-32
02:44-41	04:30-25	13:37-39	10:21-49	03:03-45	03:26-27	02:54-9	02:03-17	02:50-11	02:32-46	02:03-20	02:20-33	02:04-7	01:56-52
01:01&	01:11&	05:01&	50:04+	01:25&	01:12&	00:54&	00:35&	00:26#	01:10&	00:37&	00:56&	00:35&	01:06@
30	Takvam, Arnt Ove	Fossum IF	0:56:33 + 19:46	128.08									
02:17-21	08:32-53	20:54-35	30:02-38	32:20-36	35:36-33	39:13-32	41:41-32	45:38-34	47:54-33	50:35-35	52:36-33	55:17-33	56:33-33
02:17-20	06:15-61	12:22-26	09:08-40	02:18-17	03:16-18	03:37-38	02:28-37	03:57-52	02:16-28	02:41-51	02:01-18	02:41-34	01:16-17
00:34&	02:56&	03:46&	48:51+	00:40&	01:02&	01:37&	01:00&	01:33&	00:54&	01:15&	00:37&	01:12&	00:26&
31	Refsland, Ivar	IL Tyrving	0:56:44 + 19:57	128.00									
02:35-36	07:26-34	20:53-34	29:03-30	31:26-31	35:42-34	38:59-31	41:40-31	45:00-31	47:03-31	49:28-31	52:20-31	55:19-34	56:44-34
02:35-34	04:51-35	13:27-37	08:10-26	02:23-22	04:16-49	03:17-25	02:41-47	03:20-32	02:03-19	02:25-41	02:52-50	02:59-42	01:25-29
00:52&	01:32&	04:51&	47:53+	00:45&	02:02&	01:17&	01:13&	00:56&	00:41&	00:59&	01:28@	01:30@	00:35&
32	Stiansen, Peer	Nydalens SK	0:57:11 + 20:24	127.80									
02:12-12	07:35-38	21:08-38	29:11-32	31:18-30	34:54-29	38:05-27	40:45-29	44:28-30	46:39-29	48:48-28	51:27-28	54:33-32	57:11-35
02:12-11	05:23-52	13:33-38	08:03-25	02:07-8	03:36-32	03:11-18	02:40-46	03:43-47	02:11-25	02:09-25	02:39-45	03:06-47	02:38-59
00:29&	02:04&	04:57&	47:46+	00:29&	01:22&	01:11&	01:12&	01:19&	00:49&	00:43&	01:15&	01:37@	01:48@
33	Iversen, Egil Wickstrand	Heming Orientering	0:57:25 + 20:38	127.70									
02:17-20	07:03-24	18:38-17	26:12-17	29:16-17	32:41-18	35:50-16	38:15-20	41:41-22	44:14-23	46:30-22	48:22-20	51:15-22	57:25-36
02:17-20	04:46-31	11:35-17	07:34-18	03:04-46	03:25-26	03:09-13	02:25-34	03:26-36	02:33-48	02:16-29	01:52-12	02:53-40	06:10-62
00:34&	01:27&	02:59&	47:17+	01:26&	01:11&	01:09&	00:57&	01:02&	01:11&	00:50&	00:28&	01:24&	05:20@
34	Hov, Kjersti	Fossum IF	0:57:31 + 20:44	127.66									
02:19-23	07:08-28	21:26-42	30:01-37	32:44-37	36:19-36	39:42-34	42:15-35	45:48-36	48:24-36	50:47-36	52:53-35	56:04-36	57:31-39
02:19-23	04:49-32	14:18-45	08:35-33	02:43-39	03:35-31	03:23-28	02:33-42	03:33-42	02:36-51	02:23-37	02:06-23	03:11-49	01:27-30
00:36&	01:30&	05:42&	48:18+	01:05&	01:21&	01:23&	01:05&	01:09&	01:14&	00:57&	00:42&	01:42@	00:37&
35	Skantze, Kjersti	IL Tyrving	0:57:32 + 20:45	127.65									
02:40-38	07:46-43	22:24-46	32:03-43	34:27-42	37:51-38	40:59-36	43:23-38	47:10-39	49:32-40	51:51-39	53:50-40	56:24-40	57:32-40
02:40-38	05:06-45	14:38-47	09:39-45	02:24-24	03:24-24	03:08-12	02:24-33	03:47-50	02:22-37	02:19-33	01:59-15	02:34-28	01:08-7
00:57&	01:47&	06:02&	49:22+	00:46&	01:10&	01:08&	00:56&	01:23&	01:00&	00:53&	00:35&	01:05&	00:18&

36	Tandrevold, Eirik	Fossum IF	0:57:49 + 21:02	127.53									
02:13-14	06:45-18	18:19-12	27:22-22	29:29-18	39:09-42	41:53-39	44:07-41	46:58-38	49:30-39	51:53-40	53:56-41	56:26-41	57:49-42
02:13-14	04:32-26	11:34-16	09:03-38	02:07-8	09:40-65	02:44-7	02:14-26	02:51-15	02:32-46	02:23-37	02:03-21	02:30-24	01:23-27
00:30&	01:13&	02:58&	48:46+	00:29&	07:26@	00:44&	00:46&	00:27#	01:10&	00:57&	00:39&	01:01&	00:33&
37	Hultgreen, Rune	IL GeoForm	0:58:52 + 22:05	127.08									
03:03-52	08:35-56	21:20-41	29:14-33	32:09-35	35:59-35	39:24-33	42:05-34	46:17-37	48:43-37	51:18-38	53:48-39	56:21-39	58:52-43
03:03-51	05:32-54	12:45-31	07:54-24	02:55-44	03:50-38	03:25-30	02:41-47	04:12-58	02:26-44	02:35-47	02:30-40	02:33-26	02:31-57
01:20&	02:13&	04:09&	47:37+	01:17&	01:36&	01:25&	01:13&	01:48&	01:04&	01:09&	01:06&	01:04&	01:41@
38	Johansen, Frode	Equinor BIL	0:58:59 + 22:12	127.03									
02:20-25	07:24-33	21:18-40	29:08-31	32:58-39	37:59-40	41:12-37	43:47-40	47:14-41	50:04-41	52:40-41	54:51-42	57:32-42	58:59-44
02:20-24	05:04-42	13:54-40	07:50-23	03:50-59	05:01-59	03:13-21	02:35-44	03:27-38	02:50-59	02:36-48	02:11-26	02:41-34	01:27-30
00:37&	01:45&	05:18&	47:33+	02:12@	02:47@	01:13&	01:07&	01:03&	01:28@	01:10&	00:47&	01:12&	00:37&
39	Goa, Kristin	IL GeoForm	0:59:47 + 23:00	126.68									
02:14-15	07:22-32	21:41-44	30:33-39	32:45-38	38:26-41	41:37-38	43:28-39	47:13-40	49:03-38	51:02-37	53:38-36	58:34-43	59:47-45
02:14-15	05:08-46	14:19-46	08:52-37	02:12-15	05:41-61	03:11-18	01:51-9	03:45-48	01:50-13	01:59-14	02:36-43	04:56-59	01:13-14
00:31&	01:49&	05:43&	48:35+	00:34&	03:27@	01:11&	00:23&	01:21&	00:28&	00:33&	01:12&	03:27@	00:23&
40	Røen, Dag Terje	Sammanger IL	1:03:25 + 26:38	125.11									
01:52-4	06:53-20	22:43-49	32:02-42	35:41-43	39:40-43	43:11-40	47:50-43	51:02-43	53:23-43	55:22-42	59:06-44	61:45-44	63:25-46
01:52-4	05:01-38	15:50-52	09:19-42	03:39-57	03:59-45	03:31-34	04:39-61	03:12-29	02:21-36	01:59-14	03:44-55	02:39-33	01:40-43
00:09+	01:42&	07:14&	49:02+	02:01@	01:45&	01:31&	03:11@	00:48&	00:59&	00:33&	02:20@	01:10&	00:50@
41	Bratsberg, Bo	Privat	1:04:22 + 27:35	124.70									
03:05-53	07:39-40	21:39-43	32:39-44	36:01-44	39:40-44	46:31-44	50:08-49	53:22-47	55:47-47	57:52-45	60:11-45	63:03-46	64:22-48
03:05-53	04:34-30	14:00-41	11:00-51	03:22-54	03:39-36	06:51-59	03:37-59	03:14-30	02:25-43	02:05-22	02:19-32	02:52-39	01:19-23
01:22&	01:15&	05:24&	50:43+	01:44@	01:25&	04:51@	02:09@	00:50&	01:03&	00:39&	00:55&	01:23&	00:29&
42	Sanchis, Charlotte	Heming Orientering	1:05:34 + 28:47	124.18									
03:31-57	08:36-57	22:38-48	37:29-55	40:41-56	44:38-54	47:47-47	50:17-50	54:17-51	56:15-50	58:32-47	60:59-47	64:02-47	65:34-49
03:31-57	05:05-44	14:02-42	14:51-61	03:12-49	03:57-43	03:09-13	02:30-39	04:00-53	01:58-16	02:17-31	02:27-37	03:03-44	01:32-37
01:48@	01:46&	05:26&	54:34+	01:34&	01:43&	01:09&	01:02&	01:36&	00:36&	00:51&	01:03&	01:34@	00:42&
43	Hasaas, Ingrid	Fossum IF	1:05:59 + 29:12	124.00									
02:44-41	08:25-50	26:38-59	39:59-57	42:03-57	45:15-55	48:25-51	51:04-53	54:49-52	57:11-52	59:49-51	62:03-49	64:41-49	65:59-50
02:44-41	05:41-57	18:13-58	13:21-59	02:04-7	03:12-13	03:10-16	02:39-45	03:45-48	02:22-37	02:38-49	02:14-28	02:38-31	01:18-22
01:01&	02:22&	09:37@	53:04+	00:26&	00:58&	01:10&	01:11&	01:21&	01:00&	01:12&	00:50&	01:09&	00:28&
44	Christiansen, Håvard	Privat	1:06:20 + 29:33	123.85									
02:49-45	08:29-52	20:59-37	33:13-45	36:49-46	44:23-52	48:09-50	50:30-52	53:54-49	56:08-48	58:42-48	60:55-46	64:16-48	66:20-51
02:49-45	05:40-56	12:30-29	12:14-54	03:36-56	07:34-64	03:46-41	02:21-29	03:24-34	02:14-27	02:34-45	02:13-27	03:21-52	02:04-54
01:06&	02:21&	03:54&	51:57+	01:58@	05:20@	01:46&	00:53&	01:00&	00:52&	01:08&	00:49&	01:52@	01:14@
45	Hanssen, Pål Woldstad	Eiker OL	1:06:28 + 29:41	123.79									
02:35-34	08:52-58	26:36-58	34:51-49	38:00-48	41:58-47	45:58-43	48:50-45	52:51-45	55:37-46	59:06-50	61:39-48	64:48-50	66:28-52
02:35-34	06:17-62	17:44-57	08:15-27	03:09-47	03:58-44	04:00-45	02:52-53	04:01-55	02:46-55	03:29-62	02:33-41	03:09-48	01:40-43
00:52&	02:58&	09:08@	47:58+	01:31&	01:44&	02:00@	01:24&	01:37&	01:24@	02:03@	01:09&	01:40@	00:50@
46	Berge, Ketil	Vestre Akers SK	1:07:36 + 30:49	123.30									
02:50-46	08:26-51	27:49-61	37:50-56	40:31-55	45:38-57	50:24-53	53:06-58	56:30-55	58:37-53	61:06-54	63:33-51	66:14-51	67:36-53
02:50-46	05:36-55	19:23-61	10:01-47	02:41-38	05:07-60	04:46-54	02:42-50	03:24-34	02:07-20	02:29-42	02:27-37	02:41-34	01:22-25
01:07&	02:17&	10:47@	49:44+	01:03&	02:53@	02:46@	01:14&	01:00&	00:45&	01:03&	01:03&	01:12&	00:32&
47	Landmark, Bente	Fossum IF	1:07:49 + 31:02	123.21									
02:42-40	07:32-36	22:22-45	37:18-54	42:25-58	46:44-58	50:39-54	52:59-57	56:15-54	58:39-54	60:41-53	63:48-52	66:20-52	67:49-54
02:42-39	04:50-33	14:50-49	14:56-62	05:07-64	04:19-50	03:55-44	02:20-27	03:16-31	02:24-41	02:02-19	03:07-51	02:32-25	01:29-32
00:59&	01:31&	06:14&	54:39+	03:29@	02:05&	01:55&	00:52&	00:52&	01:02&	00:36&	01:43@	01:03&	00:39&
48	Melkild, Dagrun	Heming Orientering	1:10:02 + 33:15	122.25									
03:03-51	08:04-46	20:50-32	31:55-41	34:19-41	37:56-39	48:02-48	50:25-51	53:56-50	56:42-51	60:21-52	66:10-55	68:47-54	70:02-55
03:03-51	05:01-38	12:46-32	11:05-52	02:24-24	03:37-33	10:06-61	02:23-32	03:31-40	02:46-55	03:39-63	05:49-58	02:37-30	01:15-16
01:20&	01:42&	04:10&	50:48+	00:46&	01:23&	08:06@	00:55&	01:07&	01:24@	02:13@	04:25@	01:08&	00:25&
49	Skantzte, Don	IL Tyrving	1:10:14 + 33:27	122.17									
04:25-59	10:21-62	25:24-54	34:40-48	38:01-49	42:21-49	46:49-46	49:33-46	53:36-48	56:10-49	58:53-49	65:44-54	68:39-53	70:14-56
04:25-59	05:56-58	15:03-51	09:16-41	03:21-53	04:20-51	04:28-49	02:44-51	04:03-57	02:34-49	02:43-52	06:51-59	02:55-41	01:35-40
02:42@	02:37&	06:27&	48:59+	01:43@	02:06&	02:28@	01:16&	01:39&	01:12&	01:17&	05:27@	01:26&	00:45&
50	Modalsli, Sigbjørn	Fossum IF	1:11:41 + 34:54	121.54									
05:39-64	11:38-63	25:55-55	36:15-53	39:35-54	44:25-53	48:40-52	51:35-54	56:13-53	59:10-55	62:01-55	65:10-53	68:48-55	71:41-59
05:39-64	05:59-59	14:17-44	10:20-48	03:20-52	04:50-56	04:15-47	02:55-55	04:38-61	02:57-60	02:51-55	03:09-52	03:38-55	02:53-60
03:56@	02:40&	05:41&	50:03+	01:42@	02:36@	02:15@	01:27&	02:14&	01:35@	01:25&	01:45@	02:09@	02:03@

DSQ	Johansson, Thomas	Heming Orientering	0:57:31 (-4 poster)	84.62			
02:20-26	06:36-13	23:19-50	35:37-51	38:08-50	42:18-48		53:45-37
02:20-24	04:16-15	16:43-55	12:18-56	02:31-30	04:10-46		56:02-35
00:37&	00:57&	08:07&	52:01+	00:53&	01:56&		02:17-17
							01:29-32
							00:48&
							00:39&
DSQ	Rikheim, Harald	Privat	1:13:28 (-6 poster)	76.92			
07:57-65	15:04-65	34:54-64	48:33-61	52:54-62	57:09-62	65:51-60	
07:57-65	07:07-64	19:50-63	13:39-60	04:21-61	04:15-48	08:42-60	
06:14@	03:48@	11:14@	53:22+	02:43@	02:01&	06:42@	
							73:28-62

Strekktider Kort

Plass	Navn	Klubb	Tid	Poeng							
1	Norman, Niklas	IL GeoForm	0:24:01 + 00:00	121.84							
01:24-1	03:10-1	06:54-1	08:58-1	10:41-1	12:13-2	14:43-1	17:33-1	20:20-1	21:30-1	23:01-1	24:01-2
01:24-1	01:46-1	03:44-1	02:04-2	01:43-1	01:32-1	02:30-1	02:50-6	02:47-2	01:10-1	01:31-1	01:00-1
00:00=	00:00=	00:00=	00:02+	00:00=	00:00=	00:00=	00:48&	00:04+	00:00=	00:00=	00:00=
2	Åsmul, Eskil	Oppsal IF	0:28:29 + 04:28	120.32							
01:38-3	03:52-3	08:46-3	11:04-3	13:05-2	15:18-4	18:26-3	20:49-3	24:11-2	25:32-2	27:09-2	28:29-3
01:38-3	02:14-2	04:54-3	02:18-7	02:01-3	02:13-5	03:08-4	02:23-4	03:22-5	01:21-3	01:37-2	01:20-2
00:14#	00:28&	01:10&	00:16#	00:18#	00:41&	00:38&	00:21#	00:39#	00:11#	00:06+	00:20&
3	Sigurdson, Roar	Ringnes BIL	0:30:22 + 06:21	119.68							
01:35-2	03:52-2	08:46-2	10:48-2	13:12-3	15:04-3	18:22-2	20:26-2	24:54-3	26:43-3	28:33-4	30:22-4
01:35-2	02:17-3	04:54-3	02:02-1	02:24-8	01:52-2	03:18-7	02:04-2	04:28-12	01:49-8	01:50-6	01:49-4
00:11#	00:31&	01:10&	00:00=	00:41&	00:20#	00:48&	00:02+	01:45&	00:39&	00:19#	00:49&
4	Kaarby, Per	Overtoppen	0:31:59 + 07:58	119.13							
02:37-17	05:33-6	10:33-6	12:46-5	14:42-4	16:41-5	19:26-4	23:34-6	26:47-6	28:46-6	30:28-6	31:59-5
02:37-17	02:56-5	05:00-6	02:13-5	01:56-2	01:59-3	02:45-2	04:08-19	03:13-3	01:59-12	01:42-4	01:31-3
01:13&	01:10&	01:16&	00:11+	00:13#	00:27&	00:15#	02:06@	00:30#	00:49&	00:11#	00:31&
5	Løken, Aleidis	Heming Orientering	0:32:19 + 08:18	119.02							
01:57-6	04:35-4	10:25-5	12:47-6	15:17-7	17:27-6	20:47-6	23:08-5	26:41-5	28:34-5	30:25-5	32:19-6
01:57-6	02:38-4	05:50-10	02:22-9	02:30-11	02:10-4	03:20-8	02:21-3	03:33-6	01:53-9	01:51-7	01:54-5
00:33&	00:52&	02:06&	00:20#	00:47&	00:38&	00:50&	00:19#	00:50&	00:43&	00:20#	00:54&
6	Teig, Alfred	Nydalens SK	0:34:23 + 10:22	118.32							
02:16-10	05:37-7	10:17-4	12:23-4	14:47-5	17:30-7	20:31-5	22:33-4	25:16-4	26:49-4	28:26-3	34:23-7
02:16-10	03:21-7	04:40-2	02:06-3	02:24-8	02:43-10	03:01-3	02:02-1	02:43-1	01:33-5	01:37-2	05:57-37
00:52&	01:35&	00:56&	00:04+	00:41&	01:11&	00:31#	00:00=	00:00=	00:23&	00:06+	04:57@
7	Turter, Ellen Marie	Nydalens SK	0:34:34 + 10:33	118.26							
01:54-4	05:50-8	10:45-7	13:04-7	15:13-6	17:59-8	21:07-7	25:01-7	29:01-7	30:23-7	32:12-7	34:34-8
01:54-4	03:56-16	04:55-5	02:19-8	02:09-6	02:46-11	03:08-4	03:54-14	04:00-10	01:22-4	01:49-5	02:22-12
00:30&	02:10@	01:11&	00:17#	00:26&	01:14&	00:38&	01:52&	01:17&	00:12#	00:18#	01:22@
8	Bjerggaard, Anne Marit	Nydalens SK	0:36:57 + 12:56	117.45							
01:56-5	05:30-5	10:57-8	13:47-8	16:24-9	18:56-9	22:23-8	26:08-8	30:15-8	32:08-8	34:09-8	36:57-9
01:56-5	03:34-9	05:27-8	02:50-15	02:37-12	02:32-7	03:27-9	03:45-11	04:07-11	01:53-9	02:01-11	02:48-19
00:32&	01:48@	01:43&	00:48&	00:54&	01:00&	00:57&	01:43&	01:24&	00:43&	00:30&	01:48@
9	Teig, Christine	Nydalens SK	0:39:17 + 15:16	116.65							
03:12-23	07:20-18	13:28-11	15:50-11	17:52-11	21:39-10	25:09-9	29:00-9	32:57-9	34:53-9	36:58-9	39:17-10
03:12-23	04:08-18	06:08-11	02:22-9	02:02-4	03:47-20	03:30-12	03:51-13	03:57-8	01:56-11	02:05-14	02:19-11
01:48@	02:22@	02:24&	00:20#	00:19#	02:15@	01:00&	01:49&	01:14&	00:46&	00:34&	01:19@
10	Raaen, Trine Marit Justad	Lierbygda OL	0:40:06 + 16:05	116.38							
02:14-9	06:05-11	14:00-16	16:38-13	19:20-14	22:13-13	26:03-10	29:00-10	32:58-10	35:05-10	37:08-10	40:06-11
02:14-9	03:51-13	07:55-21	02:38-12	02:42-13	02:53-12	03:50-15	02:57-7	03:58-9	02:07-14	02:03-13	02:58-21
00:50&	02:05@	04:11@	00:36&	00:59&	01:21&	01:20&	00:55&	01:15&	00:57&	00:32&	01:58@
11	Petersen, John Thomas	Nittedal OL	0:41:36 + 17:35	115.87							
02:10-8	06:01-10	11:07-9	13:58-9	16:23-8	23:28-15	26:55-12	30:26-13	34:15-11	37:34-12	39:33-12	41:36-12
02:10-8	03:51-13	05:06-7	02:51-16	02:25-10	07:05-35	03:27-9	03:31-8	03:49-7	03:19-29	01:59-10	02:03-7
00:46&	02:05@	01:22&	00:49&	00:42&	05:33@	00:57&	01:29&	01:06&	02:09@	00:28&	01:03@
12	Vollset, Tora	Heming Orientering	0:42:51 + 18:50	115.44							

02:26-14	05:54-9	12:20-10	14:37-10	16:42-10	22:02-12	26:13-11	30:00-11	36:42-13	38:15-13	40:16-13	42:51-13
02:26-14	03:28-8	06:26-12	02:17-6	02:05-5	05:20-26	04:11-17	03:47-12	06:42-28	01:33-5	02:01-11	02:35-17
01:02&	01:42&	02:42&	00:15#	00:22#	03:48@	01:41&	01:45&	03:59@	00:23&	00:30&	01:35@
13	Gisholt, Elise			Fossum IF			0:44:10 + 20:09		114.99		
03:04-22	06:57-15	13:36-13	16:01-12	18:12-12	24:06-16	27:33-15	30:17-12	35:23-12	37:07-11	39:05-11	44:10-14
03:04-22	03:53-15	06:39-13	02:25-11	02:11-7	05:54-30	03:27-9	02:44-5	05:06-16	01:44-7	01:58-9	05:05-34
01:40@	02:07@	02:55&	00:23#	00:28&	04:22@	00:57&	00:42&	02:23&	00:34&	00:27&	04:05@
14	Reusch, Astrid			Heming Orientering			0:47:33 + 23:32		113.84		
02:23-13	06:34-13	13:48-14	17:17-14	20:48-15	23:17-14	27:32-14	32:29-15	38:09-14	42:23-14	44:53-15	47:33-16
02:23-13	04:11-19	07:14-15	03:29-23	03:31-22	02:29-6	04:15-18	04:57-26	05:40-22	04:14-34	02:30-24	02:40-18
00:59&	02:25@	03:30&	01:27&	01:48@	00:57&	01:45&	02:55@	02:57@	03:04@	00:59&	01:40@
15	Haugen, Per			Lillomarka OL			0:48:15 + 24:14		113.61		
02:45-20	06:33-12	13:59-15	17:22-15	22:12-16	25:20-18	30:37-17	34:43-16	41:16-16	43:42-16	46:06-16	48:15-17
02:45-20	03:48-11	07:26-18	03:23-20	04:50-31	03:08-13	05:17-29	04:06-16	06:33-27	02:26-21	02:24-20	02:09-9
01:21&	02:02@	03:42&	01:21&	03:07@	01:36@	02:47@	02:04@	03:50@	01:16@	00:53&	01:09@
16	Karlsen, Stig Hultgreen			IL GeoForm			0:49:05 + 25:04		113.32		
04:59-32	08:34-21	16:40-21	19:29-16	22:20-17	24:52-17	28:36-16	35:44-17	39:04-15	42:24-15	44:35-14	49:05-18
04:59-32	03:35-10	08:06-22	02:49-14	02:51-14	02:32-7	03:44-14	07:08-33	03:20-4	03:20-30	02:11-16	04:30-32
03:35@	01:49@	04:22@	00:47&	01:08&	01:00&	01:14&	05:06@	00:37#	02:10@	00:40&	03:30@
17	Østengen, Knut Erik			OMEGA			0:50:14 + 26:13		112.93		
03:02-21	11:41-30	17:25-22	20:36-20	24:13-19	26:55-19	32:04-18	38:15-19	43:28-18	45:36-18	47:46-17	50:14-19
03:02-21	08:39-38	05:44-9	03:11-18	03:37-23	02:42-9	05:09-24	06:11-31	05:13-18	02:08-15	02:10-15	02:28-14
01:38@	06:53@	02:00&	01:09&	01:54@	01:10&	02:39@	04:09@	02:30&	00:58&	00:39&	01:28@
18	Madsen, Øystein			Haugerud IF			0:50:32 + 26:31		112.83		
05:38-33	08:48-22	16:15-18	19:38-18	24:27-20	27:37-20	32:54-19	37:00-18	43:32-19	45:58-19	48:23-18	50:32-20
05:38-33	03:10-6	07:27-19	03:23-20	04:49-30	03:10-14	05:17-29	04:06-16	06:32-26	02:26-21	02:25-21	02:09-9
04:14@	01:24&	03:43&	01:21&	03:06@	01:38@	02:47@	02:04@	03:49@	01:16@	00:54&	01:09@
19	Bugge, Petter			OUS BIL			0:53:16 + 29:15		111.90		
08:23-38	12:11-33	19:41-27	23:20-24	26:34-24	30:02-22	35:03-21	39:37-21	45:06-20	47:54-20	50:22-20	53:16-22
08:23-38	03:48-11	07:30-20	03:39-25	03:14-20	03:28-16	05:01-22	04:34-24	05:29-21	02:48-25	02:28-23	02:54-20
06:59@	02:02@	03:46@	01:37&	01:31&	01:56@	02:31@	02:32@	02:46@	01:38@	00:57&	01:54@
20	Broadwell, Sharon			IL GeoForm			0:56:40 + 32:39		110.75		
02:33-16	09:31-27	18:07-24	21:18-22	24:36-21	30:20-24	36:37-22	41:57-23	46:59-22	49:56-22	52:19-22	56:40-25
02:33-16	06:58-33	08:36-24	03:11-18	03:18-21	05:44-29	06:17-32	05:20-29	05:02-15	02:57-28	02:23-19	04:21-31
01:09&	05:12@	04:52@	01:09&	01:35&	04:12@	03:47@	03:18@	02:19&	01:47@	00:52&	03:21@
21	Ursin, Nora			Bærum kommune			0:58:02 + 34:01		110.28		
03:50-29	08:55-23	24:47-31	26:56-27	30:07-27	33:52-27	38:53-24	44:04-25	49:31-25	52:07-25	54:34-24	58:02-27
03:50-29	05:05-26	15:52-36	02:09-4	03:11-19	03:45-19	05:01-22	05:11-28	05:27-20	02:36-24	02:27-22	03:28-26
02:26@	03:19@	12:08@	00:07+	01:28&	02:13@	02:31@	03:09@	02:44@	01:26@	00:56&	02:28@
21	Berg, Marius			Fossum IF			0:58:02 + 34:01		110.28		
06:51-34	11:50-31	19:07-25	22:44-23	25:52-22	31:01-25	34:39-20	38:49-20	47:52-23	50:04-23	52:21-23	58:02-26
06:51-34	04:59-25	07:17-16	03:37-24	03:08-18	05:09-24	03:38-13	04:10-20	09:03-34	02:12-17	02:17-17	05:41-36
05:27@	03:13@	03:33&	01:35&	01:25&	03:37@	01:08&	02:08@	06:20@	01:02&	00:46&	04:41@
23	Hånes, Sturle			IL GeoForm			0:59:10 + 35:09		109.90		
03:17-24	07:48-20	16:39-20	21:18-21	26:28-23	30:19-23	37:23-23	41:50-22	49:23-24	51:45-24	55:12-25	59:10-28
03:17-24	04:31-21	08:51-25	04:39-30	05:10-33	03:51-21	07:04-33	04:27-22	07:33-32	02:22-19	03:27-32	03:58-30
01:53@	02:45@	05:07@	02:37@	03:27@	02:19@	04:34@	02:25@	04:50@	01:12@	01:56@	02:58@
24	Egner, Bjørn			Heming Orientering			0:59:34 + 35:33		109.76		
02:38-18	07:13-17	20:42-28	24:06-25	29:28-26	38:28-29	43:22-27	47:29-27	52:37-26	54:51-26	57:11-26	59:34-29
02:38-18	04:35-22	13:29-31	03:24-22	05:22-34	09:00-36	04:54-20	04:07-18	05:08-17	02:14-18	02:20-18	02:23-13
01:14&	02:49@	09:45@	01:22&	03:39@	07:28@	02:24&	02:05@	02:25&	01:04&	00:49&	01:23@
25	Gange, Finn			Privat			1:01:40 + 37:39		109.05		
03:21-25	07:26-19	25:12-32	27:50-28	30:54-28	36:14-28	41:14-25	49:49-30	54:46-28	56:57-27	59:33-27	61:40-30
03:21-25	04:05-17	17:46-37	02:38-12	03:04-17	05:20-26	05:00-21	08:35-34	04:57-14	02:11-16	02:36-25	02:07-8
01:57@	02:19@	14:02@	00:36&	01:21&	03:48@	02:30@	06:33@	02:14&	01:01&	01:05&	01:07@
26	Vidnes, Pål			Øhil			1:03:46 + 39:45		108.34		
04:02-30	09:10-24	18:04-23	37:02-35	39:55-35	43:38-33	48:48-31	52:43-33	58:41-31	59:55-30	61:51-28	63:46-31
04:02-30	05:08-27	08:54-26	18:58-37	02:53-15	03:43-18	05:10-25	03:55-15	05:58-23	01:14-2	01:56-8	01:55-6
02:38@	03:22@	05:10@	16:56@	01:10&	02:11@	02:40@	01:53&	03:15@	00:04+	00:25&	00:55&
27	Natås, Anders			Gassecur	BIL		1:05:25 + 41:24		107.77		

14:56-41	20:17-40	29:12-36	33:08-34	36:47-31	40:55-31	47:01-29	52:08-31	57:24-30	60:19-31	62:55-29	65:25-32
14:56-41	05:21-29	08:55-27	03:56-27	03:39-26	04:08-22	06:06-31	05:07-27	05:16-19	02:55-27	02:36-25	02:30-15
13:32@	03:35@	05:11@	01:54&	01:56@	02:36@	03:36@	03:05@	02:33&	01:45@	01:05&	01:30@
28	Fougner, Jon C.	Heming Orientering				1:06:33 +	42:32		107.39		
03:41-27	09:36-28	19:11-26	24:09-26	29:00-25	33:14-26	41:51-26	46:34-26	53:25-27	58:21-28	63:00-30	66:33-33
03:41-27	05:55-31	09:35-28	04:58-31	04:51-32	04:14-23	08:37-36	04:43-25	06:51-30	04:56-37	04:39-37	03:33-27
02:17@	04:09@	05:51@	02:56@	03:08@	02:42@	06:07@	02:41@	04:08@	03:46@	03:08@	02:33@
29	Horvath, Zoltan	VBIL				1:06:35 +	42:34		107.38		
02:42-19	09:47-29	21:48-29	27:51-29	32:06-29	38:54-30	44:05-28	48:33-29	55:23-29	59:50-29	63:12-31	66:35-34
02:42-19	07:05-36	12:01-29	06:03-34	04:15-28	06:48-34	05:11-27	04:28-23	06:50-29	04:27-36	03:22-31	03:23-24
01:18&	05:19@	08:17@	04:01@	02:32@	05:16@	02:41@	02:26@	04:07@	03:17@	01:51@	02:23@
30	Lunøe Akselsen, Ulla	Nydalens SK				1:14:19 +	50:18		104.75		
02:08-7	09:10-25	16:34-19	19:29-17	39:10-25	45:27-35	48:42-30	52:17-32	59:47-32	63:26-32	66:03-32	74:19-35
02:08-7	07:02-34	07:24-17	02:55-17	19:54-37	06:04-31	03:15-6	03:35-10	07:30-31	03:39-32	02:37-27	08:16-38
00:44&	05:16@	03:40&	00:53&	18:11@	04:32@	00:45&	01:33&	04:47@	02:29@	01:06&	07:16@
31	Killingmo, Lene Anett	OK Øst				1:14:33 +	50:32		104.67		
08:25-39	13:33-37	35:36-38	44:09-37	47:02-37	52:32-38	56:39-36	60:12-35	66:37-34	69:12-33	72:01-33	74:33-36
08:25-39	05:08-27	22:03-39	08:33-36	02:53-15	05:30-28	04:07-16	03:33-9	06:25-25	02:35-23	02:49-29	02:32-16
07:01@	03:22@	18:19@	06:31@	01:10&	03:58@	01:37&	01:31&	03:42@	01:25@	01:18&	01:32@
32	Scheie, Arne Chr	Østmarka OK				1:18:03 +	54:02		103.48		
07:34-35	12:10-32	16:42-34	29:42-32	33:56-30	49:41-37	54:28-35	61:23-37	67:41-36	70:06-34	74:47-35	78:03-37
07:34-35	04:36-23	13:32-32	04:00-28	04:14-27	15:45-37	04:47-19	06:55-32	06:18-24	02:25-20	04:41-38	03:16-23
06:10@	02:50@	09:48@	01:58&	02:31@	14:13@	02:17&	04:53@	03:35@	01:15@	03:10@	02:16@
33	Grønseth, Hildegunn	Fossum IF				1:18:08 +	54:07		103.45		
08:01-37	15:04-38	35:01-37	38:48-36	42:26-36	47:45-36	53:00-34	59:02-34	67:35-35	70:55-35	75:07-36	78:08-38
08:01-37	07:03-35	19:57-38	03:47-26	03:38-25	05:19-25	05:15-28	06:02-30	08:33-33	03:20-30	04:12-35	03:01-22
06:37@	05:17@	16:13@	01:45&	01:55@	03:47@	02:45@	04:00@	05:50@	02:10@	02:41@	02:01@
34	Fosser, Per	Heming Orientering				1:23:21 +	59:20		101.68		
										83:21-40	
34	Kildahl, Trond	Heming Orientering				1:23:21 +	59:20		101.68		
04:49-31	12:59-34	27:22-35	32:42-33	37:01-32	43:23-32	50:45-32	60:33-36	70:13-37	73:52-36	78:12-37	83:21-39
04:49-31	08:10-37	14:23-33	05:20-33	04:19-29	06:22-32	07:22-34	09:48-36	09:40-35	03:39-32	04:20-36	05:09-35
03:25@	06:24@	10:39@	03:18@	02:36@	04:50@	04:52@	07:46@	06:57@	02:29@	02:49@	04:09@
36	Natvig, Erik	Krill				1:29:25 +1:05:24			100.00		
03:43-28	13:17-36	25:26-33	29:31-31	38:07-33	44:42-34	52:50-33	61:33-38	78:03-38	82:20-38	86:01-39	89:25-43
03:43-28	09:34-40	12:09-30	04:05-29	08:36-36	06:35-33	08:08-35	08:43-35	16:30-38	04:17-35	03:41-33	03:24-25
02:19@	07:48@	08:25@	02:03@	06:53@	05:03@	05:38@	06:41@	13:47@	03:07@	02:10@	02:24@
DSQ	Huseth, Egil	Kamp/Vestheim IF				0:52:15 (-1 poster)			95.45		
02:28-15	06:47-14	13:36-12		18:28-13	21:51-11	27:01-13	31:22-14	42:31-17	45:24-17	48:28-19	52:15-21
02:28-15	04:19-20	06:49-14			03:23-15	05:10-25	04:21-21	11:09-36	02:53-26	03:04-30	03:47-29
01:04&	02:33@	03:05&			01:51@	02:40@	02:19@	08:26@	01:43@	01:33@	02:47@
DSQ	Ommundsen, Tor A.	VBIL				0:55:15 (-1 poster)			95.45		
02:20-12	07:03-16	15:35-17	20:35-19	24:12-18	27:48-21		42:04-24	46:54-21	48:53-21	51:38-21	55:15-24
02:20-12	04:43-24	08:32-23	05:00-32	03:37-23	03:36-17			04:50-13	01:59-12	02:45-28	03:37-28
00:56&	02:57@	04:48@	02:58@	01:54@	02:04@			02:07&	00:49&	01:14&	02:37@
DSQ	Grymyr, Aina	Haugerud IF				1:25:06 (-4 poster)			81.82		
03:26-26	09:26-26	24:33-30				48:25-28	62:57-33	76:08-37	80:05-38	85:06-42	
03:26-26	06:00-32	15:07-34					14:32-37	13:11-38	03:57-34	05:01-33	
02:02@	04:14@	11:23@						11:49@	12:01@	02:26@	04:01@
DSQ	Fixdal, Eva	Heming Orientering				1:31:43 (-6 poster)			72.73		
15:25-42	29:30-41	45:02-39	52:57-38	60:48-38							91:43-44
15:25-42	14:05-41	15:32-35	07:55-35	07:51-35							
14:01@	12:19@	11:48@	05:53@	06:08@							
DSQ	Haugerud, Sigurd	IL GeoForm				1:23:28 (-7 poster)			68.18		
08:37-40	17:19-39			56:16-39					74:04-34	83:28-41	
08:37-40	08:42-39									09:24-39	
07:13@	06:56@									08:24@	
DSQ	Throndsen, Terje	Nittedal OL				0:44:46 (-8 poster)			63.64		

07:34-36	13:13-35	28:07-30		44:46-15
07:34-35	05:39-30			
06:10@	03:53@			
DSQ	Lea, Tor	Nydalens SK	0:03:57 (-10 poster) 54.55	03:57-1
02:19-11				
02:19-11				
00:55&				
DSQ	Jensen, Torunn Økern	Tyrving IL	0:53:36 (-10 poster) 54.55	53:36-23
		02:27-1		