

Rankingløp 12

Dato/sted: 31. august 2022 - Grinda Korsvoll
Kart: Sognsvann øst
Arr: OSI v/Magne Vollen og Lenny Enström
Antall: Totalt: 143 (GeoForm: 18, OSI: 5, DNV/ESSO: 7, Andre: 113)
Løpsrapport: Alder: 21-: 142, 17-20: 0, 13-16: 1, 0-12: 0
Startkont: kr. 50: 112 kr. 30: 31 kr. 0: 0
Betalt: kr. 50: 112 kr. 30: 24 kr. 0: 7
Leiebrikker: 10 stk

Resultater: [Lang\(32\)](#) | [Mellom\(72\)](#) | [Kort\(39\)](#) | [Grafisk](#)
Strekketider: [Lang\(32\)](#) | [Mellom\(72\)](#) | [Kort\(39\)](#)

Resultater Lang (6,6 km)

Class	Navn	Klubb	Tid	Poeng
1	Bjørlo, Håkon Raadal	Halden SK	0:39:39 + 00:00	153,56
2	Melsom, Einar	Fossum IF	0:41:48 + 02:09	152,39
3	Vogelsang, Christian	Nydalens SK	0:45:05 + 05:26	150,62
4	Lindseth, Gard	Nydalens SK	0:51:38 + 11:59	147,08
5	Schlaupitz, Holger	IL GeoForm	0:52:58 + 13:19	146,35
6	Ferrand, Raphael	Bækkelagets SK	0:54:17 + 14:38	145,64
7	Aarseth, Lars-Ivar	Nydalens SK	0:57:06 + 17:27	144,12
8	Seierstad, Ivar	IL GeoForm	1:00:06 + 20:27	142,50
9	Grønneberg, Skage	Heming Orientering	1:01:24 + 21:45	141,79
10	Natvig, Peder	IL Koll	1:01:43 + 22:04	141,62
11	Olausson, Mikael	Oslostudentenes IK	1:01:59 + 22:20	141,48
12	Berstad, Audun	Heming Orientering	1:02:08 + 22:29	141,40
13	Bårtveit, Knut	Bø OL	1:04:02 + 24:23	140,37
14	Winsvold, Gløer	Sentrum OK	1:05:20 + 25:41	139,67
15	Systad, Rolv Anders	Lyn Ski	1:05:28 + 25:49	139,59
16	Kristensen, Ole Kristian	Bodø IF Orientering	1:05:34 + 25:55	139,54
17	Stenshorne, Per Christian	Nydalens SK	1:06:19 + 26:40	139,14
18	Risvoll, Ketil	Telenor BIL	1:07:42 + 28:03	138,39
19	Rustad, Gunnar	Nittedal OL	1:08:16 + 28:37	138,08
20	Egge, Guttorm	IL GeoForm	1:08:42 + 29:03	137,85
21	Heitmann, Ståle	Geoform IL	1:08:53 + 29:14	137,75
22	Gjølstad Rønnebak, Anders	Brandval/Kongsvinger OK	1:09:04 + 29:25	137,65
23	Iwe, Harald	IL GeoForm	1:10:55 + 31:16	136,65
24	Grinde, Bjørn	Oslostudentenes IK	1:11:25 + 31:46	136,38
25	Sauar, Erik	IL Koll	1:14:38 + 34:59	134,64
26	Thorstensen, Erik	IL GeoForm	1:14:57 + 35:18	134,47

27	Bremnes, John Bjørnar	IL GeoForm	1:16:43 + 37:04	133,51
28	Dybwad, Jacob	VBIL	1:19:57 + 40:18	131,76
29	Fagerhaug, Are	IL GeoForm	1:29:13 + 49:34	126,75
30	Mygland, Johan	IL GeoForm	1:29:22 + 49:43	126,67
31	Dahlsrud, Per Ole	Nydalens SK	1:33:29 + 53:50	124,44
32	Nummedal, Geir	IL GeoForm	1:37:52 + 58:13	122,07

Resultater Mellom (4,3 km)

Class	Navn	Klubb	Tid	Poeng
1	Hansen, Marie Helene	Oslostudentenes IK	0:02:55 + 00:00	150,67
2	Paulsrud, Erik	IL Koll	0:32:34 + 29:39	132,04
3	Gjein, Lars Erik	Fossum IF	0:33:16 + 30:21	131,60
4	Landmark Tandrevold, Eivind	Privat	0:34:13 + 31:18	131,00
5	Helland, Knut Edvard	Østmarka OK	0:36:18 + 33:23	129,69
6	Jonsson, Sören	Nydalens SK	0:36:52 + 33:57	129,34
7	Størmer, Siri	Nydalens SK	0:36:59 + 34:04	129,26
8	Dahle, Pål	Oppsal Orientering	0:37:12 + 34:17	129,13
9	Vollset, Tarjei	Heming Orientering	0:37:17 + 34:22	129,08
10	Ruth, Eivind	VBIL	0:39:36 + 36:41	127,62
11	Hegna, Trond	Asker Skiklubb	0:39:41 + 36:46	127,57
12	Therkelsen, Pål	Privat	0:40:32 + 37:37	127,03
13	Sundtjønn, Tore	Årvoll IL	0:41:14 + 38:19	126,59
14	Zeiner-Gundersen, Richard	Lierbygda OL	0:41:53 + 38:58	126,19
15	Sundtjønn, Tone Aamli	Lillomarka OL	0:42:01 + 39:06	126,10
16	Halden, Gunnar	Nydalens SK	0:42:14 + 39:19	125,97
17	Solheim, Paul	Privat	0:42:27 + 39:32	125,83
18	Nydal, Britt Ingunn	NTNUI	0:42:39 + 39:44	125,70
19	Ramtvedt, Eirik Næsset	Oslostudentenes IK	0:42:50 + 39:55	125,59
20	Njåstein, Marianne	IL Tyrving	0:42:58 + 40:03	125,50
21	Eriksen, Are	Oslostudentenes IK	0:43:28 + 40:33	125,19
22	Sundtjønn, Gunhild Aamli	Årvoll IL	0:43:35 + 40:40	125,12
23	Erøy, Karl Aasmund	OK Moss	0:43:58 + 41:03	124,88
24	Hov, Kjersti	Fossum IF	0:44:18 + 41:23	124,67
25	Kaarby, Per	Overtoppen	0:44:20 + 41:25	124,65
26	Sanchis, Arnaud	Heming Orientering	0:44:22 + 41:27	124,62
27	Gammelsæter, Linda	Nordre Follo Orientering	0:44:41 + 41:46	124,43
28	Johanson, Per	Privat	0:44:54 + 41:59	124,29
29	Lahlum, Jon	IL GeoForm	0:45:28 + 42:33	123,93
30	Løken, Knut-Anders	Fossum IF	0:45:29 + 42:34	123,92
31	Takvam, Arnt Ove	Fossum IF	0:47:06 + 44:11	122,91
32	Clasen, Claus Frimann	Lyberg & Partnere	0:47:24 + 44:29	122,72
33	Berg, Hallvard	Tyrving IL	0:47:26 + 44:31	122,70
34	Stiansen, Peer	Nydalens SK	0:47:27 + 44:32	122,69

35	Melkild, Dagrún	Heming Orientering	0:47:39 + 44:44	122,56
36	Ekeberg, Per Kristian	IL Tyrving	0:47:55 + 45:00	122,39
37	Borge, Karsten	Brandval/Kongsvinger OK	0:49:27 + 46:32	121,43
38	Fixdal, Trude	Heming Orientering	0:49:56 + 47:01	121,13
39	Skantzé, Kjersti	IL Tyrving	0:50:15 + 47:20	120,93
40	Bøe, Tormod	VBIL	0:50:20 + 47:25	120,88
41	Iversen, Egil Wickstrand	Heming Orientering	0:50:54 + 47:59	120,52
42	Gunnerød, Hege	Asker Skiklubb	0:51:05 + 48:10	120,40
43	Norderud, Anne Kristine	IL Tyrving	0:51:38 + 48:43	120,06
44	Hanssen, Pål Woldstad	Eiker OL	0:51:57 + 49:02	119,86
45	Jomaas, Helene Hoel	Fossum IF	0:53:05 + 50:10	119,15
46	Refsland, Ivar	IL Tyrving	0:53:40 + 50:45	118,78
47	Landmark, Bente	Fossum IF	0:53:49 + 50:54	118,69
48	Angell, Truls	Lillomarka OL	0:54:21 + 51:26	118,35
49	Karlsen, Stig Hultgreen	IL GeoForm	0:54:30 + 51:35	118,26
50	Danielsen, Berit	IL Tyrving	0:54:38 + 51:43	118,17
51	Sætre, Knut Bjarne	Bærum kommune	0:54:39 + 51:44	118,16
52	Hultgreen, Rune	IL GeoForm	0:55:07 + 52:12	117,87
53	Edin, Gea	Indre Østfold OK	0:57:06 + 54:11	116,62
54	Aarseth, Mari	Nydalens SK	0:57:53 + 54:58	116,13
55	Christensen, Lars	VBIL	0:58:03 + 55:08	116,03
56	Skantzé, Don	IL Tyrving	0:58:31 + 55:36	115,73
57	Horvath, Zoltan	VBIL	0:58:32 + 55:37	115,72
58	Bakke, Sara	Lillomarka OL	0:59:03 + 56:08	115,40
59	Skjelkvåle, Brit Lisa	IL GeoForm	0:59:06 + 56:11	115,37
60	Herud, Tone Jahren	Fossum IF	1:00:24 + 57:29	114,55
61	Ulltveit-Moe, Jo	IL Koll	1:00:40 + 57:45	114,38
62	Gylver, Øyvind	Asker Skiklubb	1:01:10 + 58:15	114,07
63	Stedje, Per	Østmarka OK	1:02:26 + 59:31	113,27
64	Engzelius, Margrete	Asker Skiklubb	1:05:42 +1:02:47	111,22
65	Longva, Tore	VBIL	1:07:12 +1:04:17	110,28
66	Grandum, Øyvind	IL GeoForm	1:07:16 +1:04:21	110,24
67	Edvardsen, Tom	IL Koll	1:16:15 +1:13:20	104,59
68	Vik, Eilen Arctander	IL Koll	1:16:27 +1:13:32	104,47
69	Norderud, Thor	IL Tyrving	1:37:45 +1:34:50	100,00
DSQ	Onsager, Knut	IL GeoForm	0:49:05 (-1 poster)	95,00
DSQ	Jomaas, Christian	Fossum IF	0:57:42 (-1 poster)	95,00
DSQ	Øvergaard, Tormod	Vestre Akers SK	1:20:52 (-5 poster)	75,00

Resultater Kort (2,3 km)

Plass	Navn	Klubb	Tid	Poeng
1	Løken, Aleidis	Heming Orientering	0:24:40 + 00:00	120,43
2	Bredesen, Didrik	Lillomarka OL	0:25:05 + 00:25	120,27

3	Berge, Ketil	Vestre Akers SK	0:26:04 + 01:24	119,88
4	Emilsson, Anders	Oppsal Orientering	0:26:19 + 01:39	119,79
5	Sønsterudbråten, Pernille	Lillomarka OL	0:26:42 + 02:02	119,64
6	Fosser, Per	Heming Orientering	0:30:51 + 06:11	118,03
7	Lea, Tor	Nydalens SK	0:31:28 + 06:48	117,79
8	Jevanord, Hans	Fossum IF	0:31:45 + 07:05	117,68
9	Sundelin Rørvik, Gisela	Heming Orientering	0:32:27 + 07:47	117,41
10	Tho, Kjersti	Stabæk IF	0:32:46 + 08:06	117,28
11	Bakstad, Anne-Regine	Heming Orientering	0:34:49 + 10:09	116,49
12	Ongstad, Per	Privat	0:35:25 + 10:45	116,25
13	Kletteli, Odd	Bækkelaget SK	0:36:26 + 11:46	115,86
14	Engebretsen, Christina	Friskis&Svettis	0:36:38 + 11:58	115,78
15	Ommundsen, Tor A.	VBIL	0:37:27 + 12:47	115,47
16	Fougner, Jon C.	Heming Orientering	0:38:39 + 13:59	115,00
17	Bugge, Helge	Privat	0:39:13 + 14:33	114,78
18	Paulsrud, Henrik	IL Koll	0:39:33 + 14:53	114,65
19	Berg, Kirsti Grundnes	IL Tyrving	0:40:07 + 15:27	114,43
20	Nordland, Janicke	Lyn Ski	0:41:06 + 16:26	114,05
21	Ursin, Nora	Bærum kommune	0:41:13 + 16:33	114,00
22	Gange, Finn	Privat	0:41:15 + 16:35	113,99
23	Nydal, Roar	Røyken OL	0:43:00 + 18:20	113,31
24	Hånes, Sturle	IL GeoForm	0:44:23 + 19:43	112,77
25	Jacobsen, Kjetil	Hamar OK	0:46:25 + 21:45	111,99
26	Westberg, Hans Kumar	IL Koll	0:46:37 + 21:57	111,91
27	Westberg, John Åsmund	IL Koll	0:46:50 + 22:10	111,82
28	Nydal, Anne Moian	Røyken OL	0:47:27 + 22:47	111,58
29	Grymyr, Aina	Haugerud IF	0:47:48 + 23:08	111,45
30	Kildal, Trond	Heming Orientering	0:50:52 + 26:12	110,26
31	Berg, Marius	Fossum IF	0:50:55 + 26:15	110,24
32	Solhjell, Kaare	Privat	0:53:55 + 29:15	109,08
33	Madsen, Øystein	Haugerud IF	0:59:47 + 35:07	106,80
34	Ruth, Jakob	Privat	1:01:51 + 37:11	106,00
35	Gunnerød, Bjørn	Asker Skiklubb	1:07:50 + 43:10	103,67
36	Scheie, Arne Chr	Østmarka OK	1:08:48 + 44:08	103,30
DSQ	Sønsterudbråten, Mathilde	Lillomarka OL	0:25:24 (-2 poster)	85,71
DSQ	Haugerud, Sigurd	IL GeoForm	2:25:30 (-4 poster)	71,43
DSQ	Thronsdalen, Terje	Nittedal OL	0:45:21 (-5 poster)	64,29

Strekktider Lang

Plass	Navn	Klubb	Tid	Poeng
1	Bjørlo, Håkon Raadal	Halden SK	0:39:39 + 00:00	153,56
	04:20-1 09:57-1 14:57-1 16:02-1 23:49-1 26:39-1 29:44-1 33:37-1 39:00-1			39:39-1
	04:20-1 05:37-3 05:00-1 01:05-1 07:47-1 02:50-2 03:05-2 03:53-1 05:23-1			00:39-1

00:00=	00:21+	00:00=	00:00=	00:00=	00:01+	00:04+	00:00=	00:00=	00:00=
2	Melsom, Einar			Fossum IF			0:41:48 +	02:09	152,39
05:44-3	11:00-3	16:12-3	17:30-3	25:24-2	28:13-2	31:14-2	35:11-2	41:09-2	41:48-2
05:44-3	05:16-1	05:12-2	01:18-2	07:54-2	02:49-1	03:01-1	03:57-2	05:58-2	00:39-1
01:24&	00:00=	00:12+	00:13#	00:07+	00:00=	00:00=	00:04+	00:35#	00:00=
3	Vogelsang, Christian			Nydalens SK			0:45:05 +	05:26	150,62
04:46-2	10:21-2	15:44-2	17:04-2	25:55-3	29:02-3	32:28-3	37:02-3	44:24-3	45:05-3
04:46-2	05:35-2	05:23-3	01:20-3	08:51-3	03:07-3	03:26-3	04:34-3	07:22-7	00:41-4
00:26#	00:19+	00:23+	00:15#	01:04#	00:18#	00:25#	00:41#	01:59&	00:02+
4	Lindseth, Gard			Nydalens SK			0:51:38 +	11:59	147,08
06:12-4	12:23-4	18:39-4	20:03-4	30:31-4	34:02-4	38:11-4	43:05-4	50:51-4	51:38-4
06:12-4	06:11-4	06:16-4	01:24-4	10:28-5	03:31-4	04:09-4	04:54-4	07:46-9	00:47-10
01:52&	00:55#	01:16&	00:19&	02:41&	00:42#	01:08&	01:01&	02:23&	00:08#
5	Schlaupitz, Holger			IL GeoForm			0:52:58 +	13:19	146,35
06:23-5	12:47-5	20:27-7	21:52-7	32:10-6	35:58-5	40:14-5	45:14-5	52:19-5	52:58-5
06:23-5	06:24-5	07:40-10	01:25-5	10:18-4	03:48-5	04:16-5	05:00-5	07:05-5	00:39-1
02:03&	01:08#	02:40&	00:20&	02:31&	00:59&	01:15&	01:07&	01:42&	00:00=
6	Ferrand, Raphael			Bækkelagets SK			0:54:17 +	14:38	145,64
06:34-7	13:13-6	19:50-6	21:17-6	32:02-5	36:14-6	41:01-6	46:33-6	53:33-6	54:17-6
06:34-7	06:39-6	06:37-6	01:27-6	10:45-6	04:12-8	04:47-10	05:32-6	07:00-4	00:44-6
02:14&	01:23&	01:37&	00:22&	02:58&	01:23&	01:46&	01:39&	01:37&	00:05#
7	Aarseth, Lars-Ivar			Nydalens SK			0:57:06 +	17:27	144,12
06:27-6	13:17-7	19:47-5	21:16-5	33:48-7	38:30-7	43:13-7	48:56-7	56:15-7	57:06-7
06:27-6	06:50-7	06:30-5	01:29-7	12:32-13	04:42-17	04:43-9	05:43-8	07:19-6	00:51-17
02:07&	01:34&	01:30&	00:24&	04:45&	01:53&	01:42&	01:50&	01:56&	00:12&
8	Seierstad, Ivar			IL GeoForm			1:00:06 +	20:27	142,50
07:04-11	14:37-10	23:25-13	25:06-12	36:00-8	40:29-8	45:38-8	51:39-8	59:22-8	60:06-8
07:04-11	07:33-9	08:48-24	01:41-11	10:54-7	04:29-12	05:09-14	06:01-11	07:43-8	00:44-6
02:44&	02:17&	03:48&	00:36&	03:07&	01:40&	02:08&	02:08&	02:20&	00:05#
9	Grønneberg, Skage			Heming Orientering			1:01:24 +	21:45	141,79
06:37-8	14:30-8	22:10-8	23:46-8	36:02-9	40:53-9	46:02-9	52:35-10	60:43-10	61:24-9
06:37-8	07:53-13	07:40-10	01:36-9	12:16-10	04:51-19	05:09-14	06:33-20	08:08-12	00:41-4
02:17&	02:37&	02:40&	00:31&	04:29&	02:02&	02:08&	02:40&	02:45&	00:02+
10	Natvig, Peder			IL Koll			1:01:43 +	22:04	141,62
07:35-17	15:26-13	23:02-10	24:47-10	36:38-11	41:11-11	46:14-10	52:10-9	60:42-9	61:43-10
07:35-17	07:51-11	07:36-9	01:45-15	11:51-9	04:33-15	05:03-13	05:56-9	08:32-19	01:01-28
03:15&	02:35&	02:36&	00:40&	04:04&	01:44&	02:02&	02:03&	03:09&	00:22&
11	Olausson, Mikael			Oslostudentenes IK			1:01:59 +	22:20	141,48
08:04-19	15:48-17	23:16-12	24:57-11	36:26-10	40:57-10	46:35-11	52:51-11	60:59-11	61:59-11
08:04-19	07:44-10	07:28-7	01:41-11	11:29-8	04:31-14	05:38-26	06:16-15	08:08-12	01:00-27
03:44&	02:28&	02:28&	00:36&	03:42&	01:42&	02:37&	02:23&	02:45&	00:21&
12	Berstad, Audun			Heming Orientering			1:02:08 +	22:29	141,40
07:21-15	14:35-9	22:10-9	23:53-9	37:33-12	42:03-12	46:52-12	52:52-12	61:18-12	62:08-12
07:21-15	07:14-8	07:35-8	01:43-14	13:40-22	04:30-13	04:49-11	06:00-10	08:26-16	00:50-16
03:01&	01:58&	02:35&	00:38&	05:53&	01:41&	01:48&	02:07&	03:03&	00:11&
13	Bårtveit, Knut			Bø OL			1:04:02 +	24:23	140,37
07:50-18	16:03-18	24:16-18	26:08-17	38:36-14	43:51-14	48:44-14	54:46-13	63:17-13	64:02-13

07:50-18	08:13-18	08:13-18	01:52-18	12:28-12	05:15-26	04:53-12	06:02-12	08:31-18	00:45-8
03:30&	02:57&	03:13&	00:47&	04:41&	02:26&	01:52&	02:09&	03:08&	00:06#
14	Winsvold, Gløer		Sentrum OK			1:05:20 +	25:41		139,67
07:20-14	15:34-15	24:05-16	26:03-16	39:15-15	44:08-15	49:23-15	55:57-16	64:22-14	65:20-14
07:20-14	08:14-19	08:31-22	01:58-20	13:12-17	04:53-20	05:15-18	06:34-22	08:25-15	00:58-23
03:00&	02:58&	03:31&	00:53&	05:25&	02:04&	02:14&	02:41&	03:02&	00:19&
15	Systad, Rolv Anders		Lyn Ski			1:05:28 +	25:49		139,59
09:15-24	17:15-22	25:11-20	27:15-19	40:41-18	45:14-17	50:27-17	56:47-17	64:39-15	65:28-15
09:15-24	08:00-15	07:56-15	02:04-23	13:26-19	04:33-15	05:13-17	06:20-17	07:52-10	00:49-13
04:55@	02:44&	02:56&	00:59&	05:39&	01:44&	02:12&	02:27&	02:29&	00:10&
16	Kristensen, Ole Kristian		Bodø IF Orientering			1:05:34 +	25:55		139,54
07:22-16	15:19-12	24:10-17	25:56-15	38:12-13	42:27-13	48:40-13	55:05-14	64:46-16	65:34-16
07:22-16	07:57-14	08:51-25	01:46-16	12:16-10	04:15-9	06:13-28	06:25-18	09:41-22	00:48-12
03:02&	02:41&	03:51&	00:41&	04:29&	01:26&	03:12@	02:32&	04:18&	00:09#
17	Stenshorne, Per Christian		Nydalens SK			1:06:19 +	26:40		139,14
06:54-10	15:32-14	23:45-15	25:14-13	40:11-16	45:10-16	49:46-16	55:23-15	65:32-17	66:19-17
06:54-10	08:38-23	08:13-18	01:29-7	14:57-25	04:59-23	04:36-8	05:37-7	10:09-26	00:47-10
02:34&	03:22&	03:13&	00:24&	07:10&	02:10&	01:35&	01:44&	04:46&	00:08#
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34	Ruth, Jakob		Privat			1:01:51 +	37:11		106,00
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35	Gunnerød, Bjørn		Asker Skiklubb			1:07:50 +	43:10		103,67
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36	Scheie, Arne Chr		Østmarka OK			1:08:48 +	44:08		103,30
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