

OSI/GeoForm Rankingløp 22-2022

<https://ilgeoform.no/rankinglop/res2022-11-19.html>

Dato/sted: 19. november 2022 - Tonsenhagen
Kart: Årvollåasen
Arr: IL GeoForm v/Holger Schlaupitz
Antall: Totalt: 91 (GeoForm: 13, OSI: 0, DNV/ESSO: 3, Andre: 75)
Løpsrapport: Alder: 21-: 91, 17-20: 0, 13-16: 0, 0-12: 0
Startkont: kr. 50: 75 kr. 30: 16 kr. 0: 0
Betalt: kr. 50: 75 kr. 30: 13 kr. 0: 3
Leiebrikker: 5 stk

Resultater: [Lang\(22\)](#) | [Mellom\(46\)](#) | [Kort\(23\)](#) | [Grafisk](#)
Strekktider: [Lang\(22\)](#) | [Mellom\(46\)](#) | [Kort\(23\)](#)

Resultater Lang (5.9 km)

Class	Navn	Klubb	Tid	Poeng
1	Vogelsang, Christian	Nydalens SK	0:52:04 + 00:00	151.29
2	Langmyren, Ole Kjell	Lillomarka OL	0:53:45 + 01:41	150.52
3	Eriksen, Jan Richard	Asker Skiklubb	0:55:16 + 03:12	149.83
4	Östgren, Björn Mo	IL GeoForm	0:56:19 + 04:15	149.35
5	Rygh, Karl Even	Heming Orientering	0:57:05 + 05:01	149.00
6	Henriksen, Jan Tore	Norges Bank BIL	1:00:13 + 08:09	147.58
7	Nikolaisen, Per-Ivar	Oppsal Orientering	1:03:51 + 11:47	145.92
8	Stenshorne, Per Christian	Nydalens SK	1:03:54 + 11:50	145.90
9	Iwe, Harald	IL GeoForm	1:08:59 + 16:55	143.58
10	Solheim, Paul	Privat	1:10:16 + 18:12	143.00
11	Saugestad, Fredrik	Nydalens SK	1:11:42 + 19:38	142.35
12	Thorstensen, Erik	IL GeoForm	1:14:16 + 22:12	141.18
13	Grinde, Bjørn	IL GeoForm	1:16:43 + 24:39	140.06
14	Sverdrup-Thygeson, Kjetil	Østmarka OK	1:19:10 + 27:06	138.95
15	Sandvik, Cathrine	Norges Bank BIL	1:22:30 + 30:26	137.43
16	Reusch, Christian	Heming Orientering	1:25:56 + 33:52	135.87
17	Ottersland, Per Kristian	Geoform IL	1:27:50 + 35:46	135.00
18	Nummedal, Geir	IL GeoForm	1:29:29 + 37:25	134.25
19	Aulie, Harald	Heming Orientering	1:34:28 + 42:24	131.98

20	Fixdal, Trude	Heming Orientering	1:34:40 + 42:36	131.89
21	Mygland, Johan	IL GeoForm	1:36:09 + 44:05	131.21
22	Christensen, Petter	Veritas	1:57:55 +1:05:51	121.30

Resultater Mellom (4.0 km)

Plass	Navn	Klubb	Tid	Poeng
1	Helland, Knut Edvard	Østmarka OK	0:45:29 + 00:00	135.61
2	Rodem, Øystein	Nydalens SK	0:46:02 + 00:33	135.41
3	Larsen, Fredrik	Indre Østfold OK	0:47:35 + 02:06	134.83
4	Berteig, Vidar	IL GeoForm	0:47:59 + 02:30	134.68
5	Takvam, Arnt Ove	Fossum IF	0:48:33 + 03:04	134.47
6	Sommerhein, Erlend	Fossum IF	0:49:17 + 03:48	134.20
7	Therkelsen, Pål	Privat	0:49:51 + 04:22	133.99
8	Jensen, Einar	Nydalens SK	0:50:10 + 04:41	133.87
9	Sundtjønn, Tore	Årvoll IL	0:50:43 + 05:14	133.67
10	Granly, Martin	Lillomarka OL	0:51:55 + 06:26	133.22
11	Lian, Odd Arne	IL Koll	0:52:12 + 06:43	133.12
12	Rodem, Maren Kaarby	Nydalens SK	0:52:38 + 07:09	132.96
13	Teigland, Rune	Østmarka OK	0:53:59 + 08:30	132.45
14	Sanderud, Audun	Lillomarka OL	0:56:51 + 11:22	131.39
15	Melkild, Dagrún	Heming Orientering	0:56:58 + 11:29	131.35
16	Hov, Kjersti	Fossum IF	0:57:08 + 11:39	131.28
17	Lian, Håvard Rekve	IL Koll	0:57:55 + 12:26	130.99
18	Lahlum, Jon	IL GeoForm	0:58:11 + 12:42	130.89
19	Johansen, Frode	Equinor BIL	0:58:13 + 12:44	130.88
20	Henriksen, Jon Gunnar	Rudsbygd IL	0:58:14 + 12:45	130.88
21	Feiring, Hege	IL Tyrving	0:58:46 + 13:17	130.68
22	Kongsnes, Vemund	Østmarka OK	0:59:43 + 14:14	130.32
23	Lund, Harald Østgaard	IL GeoForm	1:03:43 + 18:14	128.84
24	Norderud, Anne Kristine	IL Tyrving	1:04:11 + 18:42	128.67
25	Skjelkvåle, Brit Lisa	IL GeoForm	1:07:00 + 21:31	127.62
26	Sanderud, Alfred Holtan	Lillomarka OL	1:08:01 + 22:32	127.24
27	Skyttersæter, Runa	Heming Orientering	1:09:07 + 23:38	126.83
28	Iversen, Egil Wickstrand	Heming Orientering	1:09:21 + 23:52	126.75
29	Jevanord, Hans	Fossum IF	1:10:33 + 25:04	126.30
30	Rådahl, Tom	IL Tyrving	1:14:19 + 28:50	124.90

31	Christensen, Lars	VBIL	1:16:15 + 30:46	124.19
32	Juvik, Sigurd		1:27:48 + 42:19	119.90
33	Juvik, Jon Ivar	Lillomarka OL	1:27:56 + 42:27	119.85
34	Leonidova, Alisa	Privat	1:47:15 +1:01:46	112.67
35	Kildal, Trond	Privat	1:47:17 +1:01:48	112.66
36	Hanslien, Uno	Privat	2:04:16 +1:18:47	106.35
	Sundtjønn, Gunhild Aamli	Årvoll IL	FULLFØRT	100.00
	Sundtjønn, Tone Aamli	Lillomarka OL	FULLFØRT	100.00
	Tho, Kjersti	Stabæk IF	FULLFØRT	100.00
	Onsager, Knut	IL GeoForm	FULLFØRT	100.00
DSQ	Mestad, Aase	Lillomarka OL	0:00:42 (-1 poster)	94.44
DSQ	Røstadsand, Per Arne	Nydalens SK	1:15:03 (-1 poster)	94.44
DSQ	Norderud, Nanna	Tyrving IL	0:43:46 (-2 poster)	88.89
DSQ	Fismen, Britta	Fossum IF	0:01:14 (-5 poster)	72.22
DSQ	Jevanord, Anne Berit	Fossum IF	0:08:16 (-7 poster)	61.11
DSQ	Angell, Truls	Lillomarka OL	0:06:52 (-9 poster)	50.00

Resultater Kort (2.7 km)

Class	Navn	Klubb	Tid	Poeng
1	Åsmul, Eskil	Oppsal IF	0:35:20 + 00:00	121.53
2	Kaarby, Per	Overtoppen	0:40:05 + 04:45	120.39
3	Løken, Aleidis	Heming Orientering	0:40:56 + 05:36	120.18
4	Sundelin Rørvik, Gisela	Heming Orientering	0:44:03 + 08:43	119.44
5	Broadwell, Sharon	IL GeoForm	0:48:06 + 12:46	118.47
6	Arnesen, Marianne	Asker Skiklubb	0:49:06 + 13:46	118.23
7	Wergeland Byem, Brage	Lillomarka OL	0:52:54 + 17:34	117.31
8	Hjelm, Morten	VBIL	0:55:43 + 20:23	116.64
9	Norderud, Thor	IL Tyrving	0:55:44 + 20:24	116.63
10	Haugen, Per	Lillomarka OL	1:06:16 + 30:56	114.11
11	Drage, Unni	Haugerud IF	1:20:40 + 45:20	110.66
12	Bakstad, Anne-Regine	Heming Orientering	1:21:08 + 45:48	110.54
13	Madsen, Øystein	Haugerud IF	1:40:29 +1:05:09	105.90
	Hugdahl, Lise	Lillomarka OL	FULLFØRT	100.00
	Berg, Marius	Fossum IF	FULLFØRT	100.00
DSQ	Olsen, Charlotte	Nydalens SK	0:58:00 (-1 poster)	91.67
DSQ	Larsen, Astrid	Indre Østfold OK	1:09:18 (-2 poster)	83.33

DSQ	Carlsson, Bjørn Are	Privat	0:22:03	(-3 poster)	75.00
DSQ	Drage, Tor	Haugerud IF	0:47:03	(-3 poster)	75.00
DSQ	Lund, Anette	OK Gorm	0:45:38	(-4 poster)	66.67
DSQ	Henriksen, Kristin Søberg	Rudsbygd IL	0:00:36	(-5 poster)	58.33
DSQ	Ekern, Ellinor Thorsen	Hisøy OK	0:00:00	(-6 poster)	50.00
DSQ	Hustoft, Vilde Bårdsen	Stavanger Orienteringsklubb	0:00:00	(-6 poster)	50.00

Strekktider Lang

Plass	Navn	Klubb	Tid			Poeng
1	Vogelsang, Christian	Nydalens SK	0:52:04 + 00:00			151.29
	03:22-2 09:46-3 13:51-1 22:32-1	24:57-1 29:36-1 32:17-1	36:55-1	43:45-1	46:32-1	48:59-1
	51:12-1 52:04-1					
	03:22-2 06:24-3 04:05-1 08:41-1	02:25-1 04:39-1 02:41-1	04:38-7	06:50-2	02:47-3	02:27-4
	02:13-1 00:52-2					
	00:03+ 00:40# 00:00= 00:00=	00:00= 00:00= 00:00=	00:53#	00:36+	00:16#	00:21#
	00:00= 00:01+					
2	Langmyren, Ole Kjell	Lillomarka OL	0:53:45 + 01:41			150.52
	03:31-4 09:18-1 13:58-2 23:47-2	26:35-2 31:16-2 35:48-3	39:33-3	45:47-2	48:18-2	50:24-2
	52:47-2 53:45-2					
	03:31-4 05:47-2 04:40-2 09:49-3	02:48-3 04:41-2 04:32-12	03:45-1	06:14-1	02:31-1	02:06-1
	02:23-3 00:58-5					
	00:12+ 00:03+ 00:35# 01:08#	00:23# 00:02+ 01:51&	00:00=	00:00=	00:00=	00:00=
	00:10+ 00:07#					
3	Eriksen, Jan Richard	Asker Skiklubb	0:55:16 + 03:12			149.83
	03:52-7 09:36-2 14:18-3 23:50-3	26:59-3 32:02-3 35:01-2	39:06-2	46:34-3	49:40-3	52:00-3
	54:20-3 55:16-3					
	03:52-7 05:44-1 04:42-3 09:32-2	03:09-8 05:03-3 02:59-3	04:05-4	07:28-5	03:06-5	02:20-2
	02:20-2 00:56-3					
	00:33# 00:00= 00:37# 00:51+	00:44& 00:24+ 00:18#	00:20+	01:14#	00:35#	00:14#
	00:07+ 00:05+					
4	Östgren, Björn Mo	IL GeoForm	0:56:19 + 04:15			149.35
	03:26-3 09:52-4 15:25-5 25:30-5	28:20-5 33:44-5 36:32-4	40:34-4	47:32-4	50:37-4	53:02-4
	55:28-4 56:19-4					
	03:26-3 06:26-4 05:33-8 10:05-4	02:50-4 05:24-4 02:48-2	04:02-3	06:58-3	03:05-4	02:25-3
	02:26-4 00:51-1					

00:07+	00:42#	01:28&	01:24#	00:25#	00:45#	00:07+	00:17+	00:44#	00:34#	00:19#
00:13+	00:00=									
5	Rygh, Karl Even			Heming Orientering		0:57:05 + 05:01				149.00
03:19-1	10:06-5	14:48-4	25:06-4	27:49-4	33:36-4	36:45-5	40:35-5	47:42-5	50:53-5	53:21-5
55:55-5	57:05-5									
03:19-1	06:47-6	04:42-3	10:18-5	02:43-2	05:47-9	03:09-4	03:50-2	07:07-4	03:11-6	02:28-5
02:34-6	01:10-11									
00:00=	01:03#	00:37#	01:37#	00:18#	01:08#	00:28#	00:05+	00:53#	00:40&	00:22#
00:21#	00:19&									
6	Henriksen, Jan Tore			Norges Bank BIL		1:00:13 + 08:09				147.58
03:43-5	10:16-6	15:25-6	26:51-6	29:41-6	35:16-6	38:54-6	43:19-6	50:54-6	53:39-6	56:16-6
59:12-6	60:13-6									
03:43-5	06:33-5	05:09-5	11:26-11	02:50-4	05:35-5	03:38-8	04:25-6	07:35-6	02:45-2	02:37-8
02:56-11	01:01-8									
00:24#	00:49#	01:04&	02:45&	00:25#	00:56#	00:57&	00:40#	01:21#	00:14+	00:31#
00:43&	00:10#									
7	Nikolaisen, Per-Ivar			Oppsal Orientering		1:03:51 + 11:47				145.92
03:56-8	11:02-8	16:37-7	27:55-8	31:46-8	37:28-8	40:49-8	45:10-7	52:49-7	56:06-7	59:11-7
62:25-7	63:51-7									
03:56-8	07:06-7	05:35-9	11:18-9	03:51-15	05:42-7	03:21-5	04:21-5	07:39-7	03:17-7	03:05-11
03:14-14	01:26-19									
00:37#	01:22#	01:30&	02:37&	01:26&	01:03#	00:40#	00:36#	01:25#	00:46&	00:59&
01:01&	00:35&									
8	Stenshorne, Per Christian			Nydalens SK		1:03:54 + 11:50				145.90
03:43-6	10:58-7	16:38-8	27:25-7	30:27-7	36:09-7	40:06-7	45:15-8	54:12-8	57:49-8	60:17-8
62:56-8	63:54-8									
03:43-5	07:15-8	05:40-10	10:47-6	03:02-7	05:42-7	03:57-10	05:09-10	08:57-9	03:37-9	02:28-5
02:39-8	00:58-5									
00:24#	01:31&	01:35&	02:06#	00:37&	01:03#	01:16&	01:24&	02:43&	01:06&	00:22#
00:26#	00:07#									
9	Iwe, Harald			IL GeoForm		1:08:59 + 16:55				143.58
04:04-10	11:33-9	17:29-9	28:42-9	32:23-9	38:56-9	43:48-9	49:04-9	57:35-9	62:14-9	65:00-9
68:01-9	68:59-9									
04:04-10	07:29-9	05:56-11	11:13-8	03:41-14	06:33-11	04:52-15	05:16-11	08:31-8	04:39-17	02:46-10
03:01-13	00:58-5									
00:45#	01:45&	01:51&	02:32&	01:16&	01:54&	02:11&	01:31&	02:17&	02:08&	00:40&
00:48&	00:07#									
10	Solheim, Paul			Privat		1:10:16 + 18:12				143.00

01:07&	04:17&	01:25&	02:45&	01:35&	03:00&	01:07&	01:10&	11:35@	02:07&	01:37&
01:08&	00:23&									
16	Reusch, Christian			Heming Orientering		1:25:56 +	33:52		135.87	
09:26-21	17:37-19	22:53-18	37:41-17	41:17-16	50:50-18	56:48-18	62:30-18	73:40-16	79:44-17	82:18-16
85:00-16	85:56-16									
09:26-21	08:11-14	05:16-6	14:48-18	03:36-12	09:33-19	05:58-22	05:42-14	11:10-14	06:04-21	02:34-7
02:42-9	00:56-3									
06:07@	02:27&	01:11&	06:07&	01:11&	04:54@	03:17@	01:57&	04:56&	03:33@	00:28#
00:29#	00:05+									
17	Ottersland, Per Kristian			Geoform IL		1:27:50 +	35:46		135.00	
05:24-20	15:39-18	22:46-17	37:40-16	41:54-18	49:53-17	54:50-17	62:29-17	73:56-17	78:52-16	82:31-17
86:28-17	87:50-17									
05:24-20	10:15-19	07:07-15	14:54-19	04:14-19	07:59-18	04:57-18	07:39-21	11:27-17	04:56-20	03:39-15
03:57-19	01:22-16									
02:05&	04:31&	03:02&	06:13&	01:49&	03:20&	02:16&	03:54@	05:13&	02:25&	01:33&
01:44&	00:31&									
18	Nummedal, Geir			IL GeoForm		1:29:29 +	37:25		134.25	
04:17-12	12:19-13	21:50-16	38:47-18	41:43-17	47:22-16	50:54-15	61:51-16	78:11-18	81:59-18	85:15-18
88:12-18	89:29-18									
04:17-12	08:02-13	09:31-21	16:57-21	02:56-6	05:39-6	03:32-7	10:57-22	16:20-20	03:48-13	03:16-13
02:57-12	01:17-14									
00:58&	02:18&	05:26@	08:16&	00:31#	01:00#	00:51&	07:12@	10:06@	01:17&	01:10&
00:44&	00:26&									
19	Aulie, Harald			Heming Orientering		1:34:28 +	42:24		131.98	
04:57-18	18:48-20	26:32-20	39:53-20	44:35-19	55:23-19	60:18-19	67:00-19	80:22-19	85:09-19	89:09-19
93:09-19	94:28-19									
04:57-18	13:51-22	07:44-17	13:21-14	04:42-20	10:48-21	04:55-16	06:42-17	13:22-18	04:47-18	04:00-20
04:00-20	01:19-15									
01:38&	08:07@	03:39&	04:40&	02:17&	06:09@	02:14&	02:57&	07:08@	02:16&	01:54&
01:47&	00:28&									
20	Fixdal, Trude			Heming Orientering		1:34:40 +	42:36		131.89	
05:03-19	18:48-21	26:30-19	39:52-19	44:49-20	55:23-20	60:19-20	67:03-20	80:29-20	85:20-20	89:15-20
93:16-20	94:40-20									
05:03-19	13:45-21	07:42-16	13:22-15	04:57-21	10:34-20	04:56-17	06:44-18	13:26-19	04:51-19	03:55-18
04:01-21	01:24-18									
01:44&	08:01@	03:37&	04:41&	02:32@	05:55@	02:15&	02:59&	07:12@	02:20&	01:49&
01:48&	00:33&									
21	Mygland, Johan			IL GeoForm		1:36:09 +	44:05		131.21	

04:40-16	12:56-15	32:29-21	47:28-21	51:30-21	59:26-21	64:05-21	71:10-21	82:34-21	86:31-21	91:30-21
94:47-21	96:09-21									
04:40-16	08:16-15	19:33-22	14:59-20	04:02-17	07:56-17	04:39-13	07:05-19	11:24-16	03:57-15	04:59-22
03:17-16	01:22-16									
01:21&	02:32&	15:28@	06:18&	01:37&	03:17&	01:58&	03:20&	05:10&	01:26&	02:53@
01:04&	00:31&									
22	Christensen, Petter			Veritas			1:57:55	+1:05:51		121.30
12:36-22	26:12-22	35:33-22	54:13-22	60:35-22	72:09-22	77:26-22	84:37-22	101:18-22	107:24-22	112:18-22
116:24-22	117:55-22									
12:36-22	13:36-20	09:21-20	18:40-22	06:22-22	11:34-22	05:17-21	07:11-20	16:41-21	06:06-22	04:54-21
04:06-22	01:31-21									
09:17@	07:52@	05:16@	09:59@	03:57@	06:55@	02:36&	03:26&	10:27@	03:35@	02:48@
01:53&	00:40&									

Strekktider Mellom

Plass	Navn	Klubb				Tid	Poeng			
1	Helland, Knut Edvard	Østmarka OK				0:45:29 + 00:00	135.61			
	04:04-3	10:21-1	15:29-2	20:59-2	25:17-2	34:37-3	38:59-3	41:26-4	44:06-4	45:29-6
	04:04-3	06:17-1	05:08-2	05:30-2	04:18-2	09:20-12	04:22-18	02:27-2	02:40-2	01:23-21
	00:11+	00:00=	00:34#	00:18+	00:12+	01:57&	01:49&	00:24#	00:13+	33:03+
2	Rodem, Øystein	Nydalens SK				0:46:02 + 00:33	135.41			
	07:45-33	14:41-24	19:15-13	24:27-6	29:26-5	38:11-8	40:44-5	42:47-5	45:14-5	46:02-7
	07:45-33	06:56-3	04:34-1	05:12-1	04:59-9	08:45-9	02:33-1	02:03-1	02:27-1	00:48-3
	03:52&	00:39#	00:00=	00:00=	00:53#	01:22#	00:00=	00:00=	00:00=	32:28+
3	Larsen, Fredrik	Indre Østfold OK				0:47:35 + 02:06	134.83			
	04:14-7	11:19-2	17:04-3	22:55-3	27:46-3	37:32-6	40:43-4	43:22-6	46:07-6	47:35-8
	04:14-7	07:05-4	05:45-8	05:51-3	04:51-7	09:46-16	03:11-3	02:39-3	02:45-3	01:28-27
	00:21+	00:48#	01:11&	00:39#	00:45#	02:23&	00:38#	00:36&	00:18#	33:08+
4	Berteig, Vidar	IL GeoForm				0:47:59 + 02:30	134.68			
	04:11-5	13:29-18	19:09-12	25:06-8	29:55-7	37:40-7	41:11-7	43:52-7	46:48-7	47:59-9
	04:11-5	09:18-24	05:40-4	05:57-4	04:49-6	07:45-2	03:31-11	02:41-5	02:56-9	01:11-10
	00:18+	03:01&	01:06#	00:45#	00:43#	00:22+	00:58&	00:38&	00:29#	32:51+
5	Takvam, Arnt Ove	Fossum IF				0:48:33 + 03:04	134.47			
	04:13-6	11:29-4	17:55-6	24:33-7	29:26-6	37:29-5	40:55-6	44:22-9	47:17-8	48:33-10

04:13-6	07:16-5	06:26-13	06:38-9	04:53-8	08:03-5	03:26-8	03:27-17	02:55-8	01:16-13		
00:20+	00:59#	01:52&	01:26&	00:47#	00:40+	00:53&	01:24&	00:28#	32:56+		
6	Sommerhein, Erlend			Fossum IF			0:49:17 +	03:48		134.20	
03:53-1	12:33-10	18:17-8	24:21-4	28:46-4	36:09-4	41:25-8	44:09-8	47:55-9	49:17-11		
03:53-1	08:40-15	05:44-7	06:04-5	04:25-3	07:23-1	05:16-29	02:44-6	03:46-23	01:22-20		
00:00=	02:23&	01:10&	00:52#	00:19+	00:00=	02:43@	00:41&	01:19&	33:02+		
7	Therkelsen, Pål			Privat			0:49:51 +	04:22		133.99	
04:15-8	12:29-9	18:55-10	26:12-12	30:54-11	38:44-9	42:22-9	45:19-10	48:24-10	49:51-12		
04:15-8	08:14-13	06:26-13	07:17-15	04:42-5	07:50-3	03:38-12	02:57-11	03:05-12	01:27-26		
00:22+	01:57&	01:52&	02:05&	00:36#	00:27+	01:05&	00:54&	00:38&	33:07+		
8	Jensen, Einar			Nydalens SK			0:50:10 +	04:41		133.87	
04:41-16	12:05-7	19:02-11	26:33-13	31:11-12	39:53-12	43:10-10	46:19-12	49:05-11	50:10-13		
04:41-15	07:24-6	06:57-17	07:31-17	04:38-4	08:42-8	03:17-6	03:09-13	02:46-5	01:05-7		
00:48#	01:07#	02:23&	02:19&	00:32#	01:19#	00:44&	01:06&	00:19#	32:45+		
9	Sundtjønn, Tore			Årvoll IL			0:50:43 +	05:14		133.67	
04:21-10	11:59-6	18:01-7	25:14-10	30:47-10	39:28-11	43:14-11	46:06-11	49:26-12	50:43-14		
04:21-10	07:38-9	06:02-10	07:13-12	05:33-13	08:41-7	03:46-14	02:52-9	03:20-17	01:17-14		
00:28#	01:21#	01:28&	02:01&	01:27&	01:18#	01:13&	00:49&	00:53&	32:57+		
10	Granly, Martin			Lillomarka OL			0:51:55 +	06:26		133.22	
04:40-14	12:44-11	18:27-9	25:12-9	30:12-9	39:27-10	43:22-12	46:49-13	50:35-13	51:55-15		
04:40-14	08:04-11	05:43-6	06:45-10	05:00-10	09:15-11	03:55-15	03:27-17	03:46-23	01:20-17		
00:47#	01:47&	01:09&	01:33&	00:54#	01:52&	01:22&	01:24&	01:19&	33:00+		
11	Lian, Odd Arne			IL Koll			0:52:12 +	06:43		133.12	
04:39-13	12:08-8	17:50-5	25:47-11	32:19-13	41:08-13	44:51-14	47:40-15	50:43-14	52:12-16		
04:39-13	07:29-8	05:42-5	07:57-21	06:32-24	08:49-10	03:43-13	02:49-7	03:03-10	01:29-28		
00:46#	01:12#	01:08#	02:45&	02:26&	01:26#	01:10&	00:46&	00:36#	33:09+		
12	Rodem, Maren Kaarby			Nydalens SK			0:52:38 +	07:09		132.96	
04:35-12	11:25-3	20:52-20	28:07-19	33:09-15	41:37-14	44:44-13	47:34-14	51:42-15	52:38-17		
04:35-12	06:50-2	09:27-29	07:15-13	05:02-11	08:28-6	03:07-2	02:50-8	04:08-29	00:56-5		
00:42#	00:33+	04:53@	02:03&	00:56#	01:05#	00:34#	00:47&	01:41&	32:36+		
13	Teigland, Rune			Østmarka OK			0:53:59 +	08:30		132.45	
04:06-4	11:33-5	17:23-4	24:26-5	30:03-8	42:53-15	46:06-15	49:24-16	52:44-16	53:59-18		
04:06-4	07:27-7	05:50-9	07:03-11	05:37-14	12:50-27	03:13-5	03:18-14	03:20-17	01:15-12		
00:13+	01:10#	01:16&	01:51&	01:31&	05:27&	00:40&	01:15&	00:53&	32:55+		
14	Sanderud, Audun			Lillomarka OL			0:56:51 +	11:22		131.39	
04:50-20	12:59-12	20:08-17	27:23-14	32:40-14	44:10-17	49:18-19	52:13-18	55:32-18	56:51-19		
04:50-20	08:09-12	07:09-19	07:15-13	05:17-12	11:30-23	05:08-28	02:55-10	03:19-16	01:19-16		
00:57#	01:52&	02:35&	02:03&	01:11&	04:07&	02:35@	00:52&	00:52&	32:59+		

15	Melkild, Dagrún			Heming Orientering	0:56:58 + 11:29	131.35
	05:54-29 14:11-23 21:42-23 28:02-18	34:14-18 45:29-19 48:58-17 52:37-19 55:40-19 56:58-20				
	05:54-29 08:17-14 07:31-22 06:20-6	06:12-20 11:15-21 03:29-10 03:39-23 03:03-10 01:18-15				
	02:01& 02:00& 02:57& 01:08#	02:06& 03:52& 00:56& 01:36& 00:36# 32:58+				
16	Hov, Kjersti			Fossum IF	0:57:08 + 11:39	131.28
	05:31-27 13:24-14 19:27-14 28:17-20	34:18-19 44:02-16 48:08-16 51:33-17 55:30-17 57:08-21				
	05:31-27 07:53-10 06:03-11 08:50-29	06:01-16 09:44-15 04:06-17 03:25-16 03:57-26 01:38-31				
	01:38& 01:36& 01:29& 03:38&	01:55& 02:21& 01:33& 01:22& 01:30& 33:18+				
17	Lian, Håvard Rekve			IL Koll	0:57:55 + 12:26	130.99
	03:55-2 13:05-13 20:49-18 32:17-28	36:23-22 45:51-21 51:25-23 54:04-24 56:50-22 57:55-22				
	03:55-2 09:10-23 07:44-23 11:28-33	04:06-1 09:28-13 05:34-31 02:39-3 02:46-5 01:05-7				
	00:02+ 02:53& 03:10& 06:16@	00:00= 02:05& 03:01@ 00:36& 00:19# 32:45+				
18	Lahlum, Jon			IL GeoForm	0:58:11 + 12:42	130.89
	04:49-19 13:29-17 19:57-16 27:45-16	33:54-17 45:12-18 50:00-21 53:29-21 56:50-21 58:11-23				
	04:49-19 08:40-15 06:28-15 07:48-18	06:09-19 11:18-22 04:48-23 03:29-19 03:21-19 01:21-18				
	00:56# 02:23& 01:54& 02:36&	02:03& 03:55& 02:15& 01:26& 00:54& 33:01+				
19	Johansen, Frode			Equinor BIL	0:58:13 + 12:44	130.88
	04:45-18 13:45-21 20:49-19 29:09-21	35:10-20 45:42-20 50:12-22 53:45-22 57:06-23 58:13-24				
	04:45-18 09:00-20 07:04-18 08:20-23	06:01-16 10:32-18 04:30-21 03:33-21 03:21-19 01:07-9				
	00:52# 02:43& 02:30& 03:08&	01:55& 03:09& 01:57& 01:30& 00:54& 32:47+				
20	Henriksen, Jon Gunnar			Rudsbygd IL	0:58:14 + 12:45	130.88
	04:57-22 13:44-20 19:48-15 27:42-15	33:35-16 45:53-22 49:13-18 53:12-20 56:28-20 58:14-25				
	04:57-22 08:47-19 06:04-12 07:54-20	05:53-15 12:18-24 03:20-7 03:59-26 03:16-15 01:46-33				
	01:04& 02:30& 01:30& 02:42&	01:47& 04:55& 00:47& 01:56& 00:49& 33:26+				
21	Feiring, Hege			IL Tyrving	0:58:46 + 13:17	130.68
	04:29-11 15:52-29 21:26-22 27:55-17	36:03-21 46:10-23 49:38-20 53:47-23 57:17-24 58:46-26				
	04:29-11 11:23-30 05:34-3 06:29-8	08:08-33 10:07-17 03:28-9 04:09-27 03:30-21 01:29-28				
	00:36# 05:06& 01:00# 01:17#	04:02& 02:44& 00:55& 02:06@ 01:03& 33:09+				
22	Kongsnes, Vemund			Østmarka OK	0:59:43 + 14:14	130.32
	04:19-9 13:25-16 25:11-30 31:37-26	39:19-26 49:02-25 52:14-24 55:45-25 58:30-25 59:43-27				
	04:19-9 09:06-21 11:46-33 06:26-7	07:42-31 09:43-14 03:12-4 03:31-20 02:45-3 01:13-11				
	00:26# 02:49& 07:12@ 01:14#	03:36& 02:20& 00:39& 01:28& 00:18# 32:53+				
23	Lund, Harald Østgaard			IL GeoForm	1:03:43 + 18:14	128.84
	04:42-17 14:08-22 22:34-25 30:22-23	36:29-23 48:58-24 53:50-25 58:03-26 62:20-26 63:43-28				
	04:42-17 09:26-26 08:26-25 07:48-18	06:07-18 12:29-25 04:52-25 04:13-32 04:17-31 01:23-21				
	00:49# 03:09& 03:52& 02:36&	02:01& 05:06& 02:19& 02:10@ 01:50& 33:03+				
24	Norderud, Anne Kristine			IL Tyrving	1:04:11 + 18:42	128.67
	05:10-24 15:21-27 22:34-24 31:00-25	39:43-27 50:37-27 55:28-26 59:10-27 62:46-27 64:11-29				

05:10-24	10:11-28	07:13-21	08:26-24	08:43-35	10:54-19	04:51-24	03:42-24	03:36-22	01:25-24		
01:17&	03:54&	02:39&	03:14&	04:37@	03:31&	02:18&	01:39&	01:09&	33:05+		
25	Skjelkvåle, Brit Lisa			IL GeoForm			1:07:00 +	21:31		127.62	
05:23-26	15:50-28	22:43-26	30:59-24	37:28-25	50:37-26	56:13-27	61:36-28	65:34-28	67:00-30		
05:23-26	10:27-29	06:53-16	08:16-22	06:29-22	13:09-30	05:36-32	05:23-38	03:58-27	01:26-25		
01:30&	04:10&	02:19&	03:04&	02:23&	05:46&	03:03@	03:20@	01:31&	33:06+		
26	Sanderud, Alfred Holtan			Lillomarka OL			1:08:01 +	22:32		127.24	
04:51-21	13:35-19	21:19-21	29:56-22	36:31-24	55:48-32	60:17-32	63:51-31	67:02-29	68:01-31		
04:51-21	08:44-17	07:44-23	08:37-25	06:35-25	19:17-36	04:29-20	03:34-22	03:11-13	00:59-6		
00:58#	02:27&	03:10&	03:25&	02:29&	11:54@	01:56&	01:31&	00:44&	32:39+		
27	Skyttersæter, Runa			Heming Orientering			1:09:07 +	23:38		126.83	
05:46-28	15:06-26	23:42-28	33:23-29	39:52-28	53:30-30	58:59-29	63:08-30	67:13-30	69:07-32		
05:46-28	09:20-25	08:36-27	09:41-31	06:29-22	13:38-31	05:29-30	04:09-27	04:05-28	01:54-35		
01:53&	03:03&	04:02&	04:29&	02:23&	06:15&	02:56@	02:06@	01:38&	33:34+		
28	Iversen, Egil Wickstrand			Heming Orientering			1:09:21 +	23:52		126.75	
05:56-30	15:05-25	23:55-29	33:23-30	40:03-29	52:35-28	58:48-28	62:58-29	67:27-31	69:21-33		
05:56-30	09:09-22	08:50-28	09:28-30	06:40-27	12:32-26	06:13-35	04:10-29	04:29-33	01:54-35		
02:03&	02:52&	04:16&	04:16&	02:34&	05:09&	03:40@	02:07@	02:02&	33:34+		
29	Jevanord, Hans			Fossum IF			1:10:33 +	25:04		126.30	
04:59-23	17:47-30	26:18-31	34:56-31	41:40-30	54:46-31	59:51-30	64:37-33	68:51-32	70:33-34		
04:59-23	12:48-31	08:31-26	08:38-26	06:44-28	13:06-29	05:05-27	04:46-35	04:14-30	01:42-32		
01:06&	06:31@	03:57&	03:26&	02:38&	05:43&	02:32&	02:43@	01:47&	33:22+		
30	Rådahl, Tom			IL Tyrving			1:14:19 +	28:50		124.90	
10:27-38	20:22-31	30:07-32	38:48-32	45:24-32	59:22-33	64:24-33	68:52-34	72:43-33	74:19-35		
10:27-38	09:55-27	09:45-31	08:41-27	06:36-26	13:58-32	05:02-26	04:28-34	03:51-25	01:36-30		
06:34@	03:38&	05:11@	03:29&	02:30&	06:35&	02:29&	02:25@	01:24&	33:16+		
31	Christensen, Lars			VBIL			1:16:15 +	30:46		124.19	
05:13-25	23:04-34	30:16-33	40:48-33	48:31-33	61:32-34	66:05-34	69:56-35	74:22-34	76:15-37		
05:13-25	17:51-38	07:12-20	10:32-32	07:43-32	13:01-28	04:33-22	03:51-25	04:26-32	01:53-34		
01:20&	11:34@	02:38&	05:20@	03:37&	05:38&	02:00&	01:48&	01:59&	33:33+		
32	Juvik, Sigurd						1:27:48 +	42:19		119.90	
08:16-36	24:37-35	36:47-37	49:09-36	56:24-35	70:31-35	76:39-35	80:51-36	86:24-35	87:48-38		
08:16-36	16:21-35	12:10-35	12:22-36	07:15-29	14:07-33	06:08-34	04:12-31	05:33-35	01:24-23		
04:23@	10:04@	07:36@	07:10@	03:09&	06:44&	03:35@	02:09@	03:06@	33:04+		
33	Juvik, Jon Ivar			Lillomarka OL			1:27:56 +	42:27		119.85	
08:23-37	24:42-36	36:41-36	49:10-37	56:31-36	70:38-36	76:40-36	80:51-37	86:35-36	87:56-39		
08:23-37	16:19-34	11:59-34	12:29-37	07:21-30	14:07-33	06:02-33	04:11-30	05:44-38	01:21-18		
04:30@	10:02@	07:25@	07:17@	03:15&	06:44&	03:29@	02:08@	03:17@	33:01+		

34	Leonidova, Alisa		Privat	1:47:15 +1:01:46	112.67				
08:03-35	25:43-38	39:00-39	50:46-39	61:34-37	82:50-38	92:23-38	99:30-39	105:07-37	107:15-40
08:03-35	17:40-36	13:17-37	11:46-35	10:48-36	21:16-38	09:33-40	07:07-39	05:37-36	02:08-39
04:10@	11:23@	08:43@	06:34@	06:42@	13:53@	07:00@	05:04@	03:10@	33:48+
35	Kildal, Trond		Privat	1:47:17 +1:01:48	112.66				
07:51-34	25:38-37	38:53-38	50:37-38	61:35-38	82:45-37	92:16-37	99:30-38	105:10-38	107:17-41
07:51-34	17:47-37	13:15-36	11:44-34	10:58-37	21:10-37	09:31-39	07:14-40	05:40-37	02:07-38
03:58@	11:30@	08:41@	06:32@	06:52@	13:47@	06:58@	05:11@	03:13@	33:47+
36	Hanslien, Uno		Privat	2:04:16 +1:18:47	106.35				
06:47-31	20:45-33	31:23-34	46:31-34	87:55-39	103:48-40	111:08-40	116:18-41	122:19-39	124:16-42
06:47-31	13:58-33	10:38-32	15:08-39	41:24-39	15:53-35	07:20-38	05:10-36	06:01-39	01:57-37
02:54&	07:41@	06:04@	09:56@	37:18@	08:30@	04:47@	03:07@	03:34@	33:37+
	Sundtjønn, Gunhild Aamli		Årvoll IL	FULLFØRT	100.00				
	Sundtjønn, Tone Aamli		Lillomarka OL	FULLFØRT	100.00				
	Tho, Kjersti		Stabæk IF	FULLFØRT	100.00				
	Onsager, Knut		IL GeoForm	FULLFØRT	100.00				
DSQ	Mestad, Aase		Lillomarka OL	0:00:42 (-1 poster)	94.44				
07:25-32	20:44-32	35:23-35	48:03-35	56:17-34	93:17-39	100:32-39	105:48-40		00:42-1
07:25-32	13:19-32	14:39-38	12:40-38	08:14-34	37:00-39	07:15-37	05:16-37		
03:32&	07:02@	10:05@	07:28@	04:08@	29:37@	04:42@	03:13@		
DSQ	Røstadsand, Per Arne		Nydalens SK	1:15:03 (-1 poster)	94.44				
04:41-15	13:25-15	23:09-27	31:50-27	45:01-31	52:58-29	60:08-31	64:22-32		75:03-36
04:41-15	08:44-17	09:44-30	08:41-27	13:11-38	07:57-4	07:10-36	04:14-33		
00:48#	02:27&	05:10@	03:29&	09:05@	00:34+	04:37@	02:11@		
DSQ	Norderud, Nanna		Tyrving IL	0:43:46 (-2 poster)	88.89				
		07:23-1	14:52-1	21:05-1	32:19-2	36:41-2	40:00-3	42:51-3	43:46-5

		07:29-16 02:17&	06:13-21 02:07&	11:14-20 03:51&	04:22-18 01:49&	03:19-15 01:16&	02:51-7 00:24#	00:55-4 32:35+		
DSQ	Fismen, Britta			Fossum IF		0:01:14	(-5 poster)		72.22	
				22:38-1	26:43-1	29:42-2	32:54-2	01:14-2		
					04:05-16	02:59-12	03:12-14	31:40-1		
					01:32&	00:56&	00:45&	00:00=		
DSQ	Jevanord, Anne Berit			Fossum IF		0:08:16	(-7 poster)		61.11	
						15:17-1	20:32-1	08:16-4		
							05:15-34	12:16-2		
							02:48@	19:24+		
DSQ	Angell, Truls			Lillomarka OL		0:06:52	(-9 poster)		50.00	
								06:52-3		

Strekktider Kort

Class	Navn				Klubb				Tid	Poeng
1	Åsmul, Eskil				Oppsal IF				0:35:20 + 00:00	121.53
		04:56-1	11:07-1	16:26-1	27:12-3	31:01-2	34:01-2	35:20-3		
		04:56-1	06:11-3	05:19-2	10:46-1	03:49-1	03:00-1	01:19-2		
		00:00=	00:43#	00:09+	00:00=	00:00=	00:00=	00:07+		
2	Kaarby, Per				Overtoppen				0:40:05 + 04:45	120.39
		08:06-14	13:34-5	19:44-4	30:44-6	35:13-3	38:33-3	40:05-4		
		08:06-14	05:28-1	06:10-4	11:00-2	04:29-2	03:20-2	01:32-5		
		03:10&	00:00=	01:00#	00:14+	00:40#	00:20#	00:20&		
3	Løken, Aleidis				Heming Orientering				0:40:56 + 05:36	120.18
		05:30-2	11:41-2	17:04-2	29:31-5	36:03-4	39:32-4	40:56-5		
		05:30-2	06:11-3	05:23-3	12:27-3	06:32-10	03:29-4	01:24-3		
		00:34#	00:43#	00:13+	01:41#	02:43&	00:29#	00:12#		
4	Sundelin Rørvik, Gisela				Heming Orientering				0:44:03 + 08:43	119.44
		06:08-8	12:10-3	19:03-3	32:04-7	38:15-6	42:13-5	44:03-6		
		06:08-8	06:02-2	06:53-7	13:01-4	06:11-8	03:58-6	01:50-9		
		01:12#	00:34#	01:43&	02:15#	02:22&	00:58&	00:38&		
5	Broadwell, Sharon				IL GeoForm				0:48:06 + 12:46	118.47

06:03-6	14:02-6	20:13-5	36:16-8	42:10-7	46:40-7	48:06-9			
06:03-6	07:59-6	06:11-5	16:03-7	05:54-5	04:30-9	01:26-4			
01:07#	02:31&	01:01#	05:17&	02:05&	01:30&	00:14#			
6	Arnesen, Marianne			Asker Skiklubb			0:49:06 +	13:46	118.23
06:20-11	13:29-4	20:40-7	37:18-10	43:26-8	47:27-8	49:06-10			
06:20-11	07:09-5	07:11-9	16:38-8	06:08-7	04:01-7	01:39-8			
01:24&	01:41&	02:01&	05:52&	02:19&	01:01&	00:27&			
7	Wergeland Byem, Brage			Lillomarka OL			0:52:54 +	17:34	117.31
05:56-5	21:16-11	27:55-12	42:46-13	47:52-9	51:17-9	52:54-11			
05:56-5	15:20-11	06:39-6	14:51-5	05:06-4	03:25-3	01:37-6			
01:00#	09:52@	01:29&	04:05&	01:17&	00:25#	00:25&			
8	Hjelm, Morten			VBIL			0:55:43 +	20:23	116.64
06:11-10	16:42-9	24:06-10	42:34-12	49:08-10	53:46-10	55:43-12			
06:11-10	10:31-9	07:24-10	18:28-10	06:34-11	04:38-10	01:57-11			
01:15&	05:03&	02:14&	07:42&	02:45&	01:38&	00:45&			
9	Norderud, Thor			IL Tyrving			0:55:44 +	20:24	116.63
06:34-12	15:07-7	22:38-9	42:32-11	49:49-11	53:50-11	55:44-13			
06:34-12	08:33-7	07:31-11	19:54-11	07:17-12	04:01-7	01:54-10			
01:38&	03:05&	02:21&	09:08&	03:28&	01:01&	00:42&			
10	Haugen, Per			Lillomarka OL			1:06:16 +	30:56	114.11
06:41-13	22:54-12	31:52-13	52:26-14	58:46-13	64:00-13	66:16-15			
06:41-13	16:13-12	08:58-14	20:34-12	06:20-9	05:14-13	02:16-13			
01:45&	10:45@	03:48&	09:48&	02:31&	02:14&	01:04&			
11	Drage, Unni			Haugerud IF			1:20:40 +	45:20	110.66
08:26-15	25:04-13	36:03-14	59:41-15	69:54-15	77:05-14	80:40-17			
08:26-15	16:38-13	10:59-15	23:38-14	10:13-15	07:11-16	03:35-16			
03:30&	11:10@	05:49@	12:52@	06:24@	04:11@	02:23@			
12	Bakstad, Anne-Regine			Heming Orientering			1:21:08 +	45:48	110.54
06:07-7	42:29-14	50:25-15	67:55-16	73:52-16	79:10-15	81:08-18			
06:07-7	36:22-14	07:56-13	17:30-9	05:57-6	05:18-14	01:58-12			
01:11#	30:54@	02:46&	06:44&	02:08&	02:18&	00:46&			
13	Madsen, Øystein			Haugerud IF			1:40:29 +1:05:09		105.90
06:10-9	54:13-15	61:16-16	83:39-17	93:04-17	98:03-16	100:29-19			
06:10-9	48:03-15	07:03-8	22:23-13	09:25-13	04:59-11	02:26-14			
01:14&	42:35@	01:53&	11:37@	05:36@	01:59&	01:14@			
	Hugdahl, Lise			Lillomarka OL			FULLFØRT		100.00

Berg, Marius	Fossum IF	FULLFØRT	100.00
DSQ Olsen, Charlotte	Nydalens SK	0:58:00 (-1 poster)	91.67
05:40-3 15:19-8 20:29-6	51:48-12 56:48-12 58:00-14		
05:40-3 09:39-8 05:10-1	05:00-12 01:12-1		
00:44# 04:11& 00:00=	02:00& 00:00=		
DSQ Larsen, Astrid	Indre Østfold OK	1:09:18 (-2 poster)	83.33
05:55-4 17:34-10 25:29-11	63:12-14 69:18-16		
05:55-4 11:39-10 07:55-12			
00:59# 06:11@ 02:45&			
DSQ Carlsson, Bjørn Are	Privat	0:22:03 (-3 poster)	75.00
11:38-1	16:39-1 20:25-1 22:03-2		
	05:01-3 03:46-5 01:38-7		
	01:12& 00:46& 00:26&		
DSQ Drage, Tor	Haugerud IF	0:47:03 (-3 poster)	75.00
27:45-4	37:55-5 44:27-6 47:03-8		
	10:10-14 06:32-15 02:36-15		
	06:21@ 03:32@ 01:24@		
DSQ Lund, Anette	OK Gorm	0:45:38 (-4 poster)	66.67
21:02-8 36:16-9	45:38-7		
15:14-6			
04:28&			
DSQ Henriksen, Kristin Sjøberg	Rudsbygd IL	0:00:36 (-5 poster)	58.33
21:33-2	00:36-1		
DSQ Ekern, Ellinor Thorsen	Hisøy OK	0:00:00 (-6 poster)	50.00
DSQ Hustoft, Vilde Bårdsen	Stavanger Orienteringsklubb	0:00:00 (-6 poster)	50.00