

Rankingløp 24

Dato/sted: 3. desember 2022 - Rustadsaga
Kart: Skullerudåsen
Arr: IL GeoForm v/Stig Hultgreen Karlsen
Antall: Totalt: 100 (GeoForm: 9, OSI: 0, DNV/ESSO: 5, Andre: 86)
Løpsrapport: Alder: 21-: 100, 17-20: 0, 13-16: 0, 0-12: 0
Startkont: kr. 50: 86 kr. 30: 14 kr. 0: 0
Betalt: kr. 50: 86 kr. 30: 9 kr. 0: 5
Leiebrikker: 0 stk

Resultater: [Lang\(35\)](#) | [Mellom\(41\)](#) | [Kort\(24\)](#) | [Grafisk](#)
Strekketider: [Lang\(35\)](#) | [Mellom\(41\)](#) | [Kort\(24\)](#) |

Resultater Lang (6.0 km)

Plass	Navn	Klubb	Tid	Poeng
1	Deisz, Sindre Østgulen	Nydalens SK	0:49:01 + 00:00	151.33
2	Westergård, Vegard Jarvis	Oppsal Orientering	0:50:25 + 01:24	150.66
3	Vogelsang, Christian	Nydalens SK	0:50:39 + 01:38	150.55
4	Friestad, Gaute	Nydalens SK	0:51:37 + 02:36	150.08
5	Persson, Erik	Oppsal Orientering	0:57:12 + 08:11	147.38
6	Schlaupitz, Holger	IL GeoForm	0:57:20 + 08:19	147.32
7	Fiskum, Gustav	Tyrving	0:57:55 + 08:54	147.04
8	Nygård, Svein	Norges Bank BIL	1:01:04 + 12:03	145.52
9	Østgren, Björn Mo	IL GeoForm	1:02:21 + 13:20	144.90
10	Kalleson, Tina	Oppsal Orientering	1:04:30 + 15:29	143.86
11	Hovi, Sjur	Skien OK	1:04:37 + 15:36	143.80
12	Prydz, Espen Beer	Heming Orientering	1:06:15 + 17:14	143.01
13	Grønneberg, Skage	Heming Orientering	1:08:14 + 19:13	142.06
14	Hole, Torstein	Nydalens SK	1:09:49 + 20:48	141.29
15	Kristensen, Ole Kristian	Bodø og Omegn IF OL	1:11:43 + 22:42	140.37
16	Hobøl, Sigurd	Oppsal Orientering	1:13:43 + 24:42	139.41
17	Ballangrud, Lars	Oppsal Orientering	1:13:51 + 24:50	139.34
18	Eastwood, Steinar	Lillomarka OL	1:13:59 + 24:58	139.28
19	Aarseth, Lars Ivar	Nydalens SK	1:14:32 + 25:31	139.01
20	Carlsen, Henning Bratland	OK Moss	1:17:30 + 28:29	137.58
21	Hovi, Harald	Skien OK	1:19:51 + 30:50	136.45
22	Egge, Guttorm	IL GeoForm	1:20:27 + 31:26	136.16
23	Iwe, Harald	IL GeoForm	1:20:45 + 31:44	136.01
24	Farkas, Lorant	Østmarka OK	1:22:08 + 33:07	135.35
25	Sandvik, Cathrine	Norges Bank BIL	1:22:32 + 33:31	135.15
26	Saugestad, Fredrik	Nydalens SK	1:22:39 + 33:38	135.10
27	Møretrø, Trond	Nordre Follo Orientering	1:30:21 + 41:20	131.38
28	Sverdrup-Thygeson, Kjetil	Østmarka OK	1:30:40 + 41:39	131.23
29	Grinde, Bjørn	IL GeoForm	1:31:38 + 42:37	130.76
30	Utskarpen, Audrun	IL GeoForm	1:34:37 + 45:36	129.32
31	Christensen, Petter	Veritas	2:15:56 +1:26:55	109.37
DSQ	Hobøl, Vigdis	Oppsal Orientering	1:14:51 (-1 poster)	97.50
DSQ	Sauar, Brita Opheim	Statoil Oslo BIL	1:31:21 (-8 poster)	80.00
DSQ	Bæk, Sindre	Oppsal Orientering	0:01:40 (-13 poster)	67.50
DSQ	Svensen, Vidar	Privat	0:18:38 (-19 poster)	52.50

Resultater Mellom (4.0 km)

Plass	Navn	Klubb	Tid	Poeng
1	Eriksen, Jan Richard	Asker Skiklubb	0:37:28 + 00:00	137.88
2	Henriksen, Jan Tore	Norges Bank BIL	0:42:04 + 04:36	136.09
3	Helland, Knut Edvard	Østmarka OK	0:45:15 + 07:47	134.85
4	Lian, Odd Arne	IL Koll	0:49:18 + 11:50	133.27
5	Hallan, Bjørn	Fossum IF	0:50:11 + 12:43	132.92
6	Jendal, Håkon	Fossum IF	0:52:19 + 14:51	132.09
7	Teigland, Rune	Østmarka OK	0:52:20 + 14:52	132.08
8	Tandrevold, Eirik	Fossum IF	0:53:18 + 15:50	131.70
9	Granly, Martin	Lillomarka OL	0:53:32 + 16:04	131.61
10	Holten, Marie Rygh	Nydalens SK	0:54:24 + 16:56	131.28
11	Danielsen, Anne	Nydalens SK	0:55:59 + 18:31	130.66
12	Feiring, Hege	IL Tyrving	0:56:06 + 18:38	130.61
13	Espedal, Kjetil	Nydalens SK	0:56:10 + 18:42	130.59
14	Hovi, Grete Synnøve B	Skien OK	0:56:21 + 18:53	130.51
15	Takvam, Arnt Ove	Fossum IF	0:56:39 + 19:11	130.40
16	Therkelsen, Pål	Privat	0:57:18 + 19:50	130.14
17	Stiansen, Peer	Nydalens SK	0:57:45 + 20:17	129.97
18	Christensen, Bjørn	Østmarka OK	0:58:32 + 21:04	129.66
19	Johansen, Frode	Equinor BIL	0:58:52 + 21:24	129.53
20	Lahlum, Jon	IL GeoForm	0:59:03 + 21:35	129.46
21	Lahlum, Tor	Nordre Follo Orientering	0:59:26 + 21:58	129.31
22	Holm, Ingrid Bjørshol	Oppsal Orientering	1:00:08 + 22:40	129.04
23	Kalleson, Elin	Oppsal IF	1:02:38 + 25:10	128.06
24	Halden, Gunnar	Nydalens SK	1:04:39 + 27:11	127.28
25	Aarseth, Mari	Nydalens SK	1:04:57 + 27:29	127.16
26	Trøan, Geir	Norde Follo Orientering	1:09:22 + 31:54	125.44
27	Berge, Ketil	Vestre Akers SK	1:10:54 + 33:26	124.84
28	Bøe, Tormod	VBIL	1:12:25 + 34:57	124.25
29	Sandeli, Bjørn	Heming Orientering	1:16:37 + 39:09	122.61
30	Flydal, Roar	Oppsal IF	1:17:34 + 40:06	122.24
31	Rådahl, Tom	IL Tyrving	1:22:44 + 45:16	120.22
32	Hjelm, Morten	VBIL	1:24:55 + 47:27	119.37
33	Angell, Truls	Lillomarka OL	1:25:54 + 48:26	118.99
34	Christensen, Lars	VBIL	1:27:23 + 49:55	118.41
35	Tho, Kjersti	Stabæk IF	1:28:46 + 51:18	117.87
DSQ	Landmark, Bente	Fossum IF	1:12:28 (-1 poster)	96.43
DSQ	Brurberg, May Bente	Ås-NMBU Orientering	0:49:15 (-3 poster)	89.29
DSQ	Kildahl, Øystein	Østmarka OK	1:08:58 (-4 poster)	85.71
DSQ	Stalheim, Marlen	Skien OK	1:31:29 (-8 poster)	71.43
DSQ	Berge, Rune	IL Tyrving	0:36:04 (-10 poster)	64.29
	Smith-Meyer, Henrik	VBIL	DELTATT	50.00

Resultater Kort (2.0 km)

Plass	Navn	Klubb	Tid	Poeng
1	Berteig, Vidar	IL GeoForm	0:33:08 + 00:00	122.16
2	Åsmul, Eskil	Oppsal IF	0:35:45 + 02:37	121.54
3	Mariussen, Lina Undrum	Oppsal IF	0:44:15 + 11:07	119.53
4	Carlsson, Bjørn Are	Privat	0:45:44 + 12:36	119.18
5	Berge, Berit	IL Tyrving	0:52:28 + 19:20	117.59
6	Gulheim, Bjørn Sverre	Nordre Follo Orientering	0:55:22 + 22:14	116.90
7	Solheim, Knut Tore	Nydalens SK	0:58:23 + 25:15	116.19
8	Engzelius, Margrete	Asker Skiklubb	1:02:48 + 29:40	115.14
9	Gylver, Øyvind	Asker Skiklubb	1:05:48 + 32:40	114.43
10	Ursin, Nora	Bærum kommune	1:08:37 + 35:29	113.77
11	Fougner, Jon C.	Heming Orientering	1:08:57 + 35:49	113.69
12	Bjordal, Roar	Oppsal Orientering	1:10:31 + 37:23	113.32
13	Sundelin Rørvik, Gisela	Heming Orientering	1:18:49 + 45:41	111.35
14	Broadwell, Sharon	IL GeoForm	1:24:03 + 50:55	110.11

15	Drage, Unni	Haugerud IF	1:32:24 + 59:16	108.14
16	Myhr, Bjørn	Vegvesenet	1:38:26 +1:05:18	106.71
17	Leonidova, Alisa	Privat	1:39:35 +1:06:27	106.44
18	Hanslien, Uno	Privat	1:44:03 +1:10:55	105.38
19	Drage, Tor	Haugerud IF	1:45:03 +1:11:55	105.15
20	Sandelién, Sidsel	Heming Orientering	1:46:45 +1:13:37	104.74
DSQ	Hammer, Inger Lena	Vestre Akers SK	1:29:06 (-4 poster)	77.78
DSQ	Madsen, Øystein	Haugerud IF	1:32:51 (-6 poster)	66.67
DSQ	Haugen, Per	Lillomarka OL	0:21:14 (-8 poster)	55.56
DSQ	Hugdahl, Lise	Lillomarka OL	0:04:13 (-9 poster)	50.00

Strekktider Lang

Plas	Navn	Klubb	Tid	Poeng
1	Deisz, Sindre Østgulen	Nydalens SK	0:49:01 + 00:00	151.33
	01:27-4 03:53-4 07:17-1 08:52-1	11:07-1 13:30-1	15:47-1 19:04-2 20:36-2	25:53-3 28:20-3 30:21-3 32:58-2 34:28-2 36:37-2 39:06-2 41:38-1 42:33-1 45:52-1 47:52-1 49:01-3
	01:27-4 02:26-3 03:24-1 01:35-2	02:15-1 02:23-1	02:17-16 03:17-26 01:32-3	05:17-1 02:27-2 02:01-1 02:37-1 01:30-2 02:09-1 02:29-10 02:32-2 00:55-1 03:19-1 02:00-4 01:09-1
	00:11# 00:05+ 00:00=	00:01+ 00:00=	00:38& 01:15& 00:04+	00:02+ 00:00= 00:00= 00:00= 00:04+ 00:00= 00:32& 00:07+ 00:00= 00:00= 00:12# 00:00=
2	Westergård, Vegard Jarvis	Oppsal Orientering	0:50:25 + 01:24	150.66
	01:18-2 04:50-8 08:21-4 10:10-4	12:45-4 15:26-3	17:12-4 19:14-3 20:54-3	26:23-4 28:48-4 30:59-4 33:56-4 35:22-4 37:43-4 39:55-4 42:43-3 43:42-3 47:14-2 49:12-2 50:25-4
	01:18-2 03:32-16 03:31-3	01:49-5 02:35-2 02:41-4	01:46-4 02:02-1 01:40-5	05:29-2 02:25-1 02:11-4 02:57-3 01:26-1 02:21-5 02:12-3 02:48-4 00:59-2 03:32-2 01:58-3 01:13-3
	00:02+ 01:11& 00:07+	00:15# 00:20# 00:18#	00:07+ 00:00= 00:12#	00:12+ 00:00= 00:10+ 00:20# 00:00= 00:12+ 00:15# 00:23# 00:04+ 00:13+ 00:10+ 00:04+
3	Vogelsang, Christian	Nydalens SK	0:50:39 + 01:38	150.55
	01:16-1 03:53-3 07:19-2	08:58-2 11:34-2 14:06-2	15:53-2 18:01-1 19:29-1	25:10-2 28:14-2 30:21-2 33:20-3 35:04-3 37:16-3 39:20-3 42:08-2 43:09-2 47:25-3 49:21-3 50:39-5
	01:16-1 02:37-5 03:26-2	01:39-3 02:36-3 02:32-3	01:47-5 02:08-3 01:28-1	05:41-3 03:04-7 02:07-2 02:59-4 01:44-5 02:12-2 02:04-2 02:48-4 01:01-5 04:16-7 01:56-2 01:18-5
	00:00= 00:16# 00:02+	00:05+ 00:21# 00:09+	00:08+ 00:06+ 00:00=	00:24+ 00:39& 00:06+ 00:22# 00:18# 00:03+ 00:07+ 00:23# 00:06# 00:57& 00:08+ 00:09#
4	Friestad, Gaute	Nydalens SK	0:51:37 + 02:36	150.08
	01:31-7 05:23-17 09:11-7	10:45-5 13:34-5 16:00-5	17:50-5 20:03-5 21:37-5	27:36-5 30:10-5 32:18-5 35:10-5 36:42-5 38:59-5 41:13-5 43:38-4 44:37-4 48:32-4 50:20-4 51:37-6
	01:31-7 03:52-20 03:48-4	01:34-1 02:49-7 02:26-2	01:50-7 02:13-6 01:34-4	05:59-5 02:34-3 02:08-3 02:52-2 01:32-3 02:17-3 02:14-4 02:25-1 00:59-2 03:55-3 01:48-1 01:17-4
	00:15# 01:31& 00:24#	00:00= 00:34& 00:03+	00:11# 00:11+ 00:06+	00:42# 00:09+ 00:07+ 00:15+ 00:06+ 00:08+ 00:17# 00:00= 00:04+ 00:36# 00:00= 00:08#
5	Persson, Erik	Oppsal Orientering	0:57:12 + 08:11	147.38
	01:27-5 03:48-1 09:17-8	12:37-16 15:13-14 17:56-10	19:36-8 21:48-8 23:19-8	29:21-9 32:31-7 34:57-7 38:02-7 39:46-7 42:09-7 44:42-6 48:18-5 49:38-5 53:44-6 55:53-6 57:12-7
	01:27-4 02:21-1 05:29-21	03:20-23 02:36-3 02:43-5	01:40-2 02:12-5 01:31-2	06:02-6 03:10-8 02:26-9 03:05-5 01:44-5 02:23-6 02:33-12 03:36-10 01:20-14 04:06-5 02:09-6 01:19-6
	00:11# 00:00= 02:05&	01:46@ 00:21# 00:20#	00:01+ 00:10+ 00:03+	00:45# 00:45& 00:25# 00:28# 00:18# 00:14# 00:36& 01:11& 00:25& 00:47# 00:21# 00:10#
6	Schlaupitz, Holger	IL GeoForm	0:57:20 + 08:19	147.32
	01:38-9 05:04-12 09:03-6	11:05-7 13:56-7 16:40-6	18:58-6 21:20-6 23:00-6	29:15-8 32:56-9 35:21-8 38:32-8 40:33-8 42:52-8 44:49-7 48:37-6 49:43-6 53:39-5 55:50-5 57:20-8
	01:38-9 03:26-14 03:59-5	02:02-9 02:51-8 02:44-6	02:18-17 02:22-8 01:40-5	06:15-7 03:41-15 02:25-8 03:11-6 02:01-11 02:19-4 01:57-1 03:48-12 01:06-6 03:56-4 02:11-7 01:30-13
	00:22& 01:05& 00:35#	00:28& 00:36& 00:21#	00:39& 00:20# 00:12#	00:58# 01:16& 00:24# 00:34# 00:35& 00:10+ 00:00= 01:23& 00:11# 00:37# 00:23# 00:21&
7	Fiskum, Gustav	Tyrving	0:57:55 + 08:54	147.04
	01:26-3 03:54-5 09:54-15	11:47-11 14:34-9 17:45-8	19:25-7 21:35-7 23:17-7	29:04-7 31:49-6 34:01-6 37:24-6 38:57-6 41:32-6 46:17-8 48:57-7 49:56-7 54:37-7 56:43-7 57:55-9
	01:26-3 02:28-4 06:00-27	01:53-6 02:47-6 03:11-12	01:40-2 02:10-4 01:42-8	05:47-4 02:45-4 02:12-5 03:23-11 01:33-4 02:35-7 04:45-33 02:40-3 00:59-2 04:41-11 02:06-5 01:12-2
	00:10# 00:07+ 02:36&	00:19# 00:32# 00:48&	00:01+ 00:08+ 00:14#	00:30+ 00:20# 00:11+ 00:46& 00:07+ 00:26# 02:48@ 00:15# 00:04+ 01:22& 00:18# 00:03+
8	Nygård, Svein	Norges Bank BIL	1:01:04 + 12:03	145.52
	01:57-20 04:48-7 09:43-13	11:50-12 15:00-10 18:11-11	20:19-12 22:50-12 24:39-11	31:21-10 34:23-10 37:01-10 40:43-10 43:16-10 45:59-10 48:19-9 51:40-8 52:51-8 57:24-8 59:43-8 61:04-10
	01:57-20 02:51-6 04:55-17	02:07-10 03:10-12 03:11-12	02:08-13 02:31-10 01:49-10	06:42-8 03:02-5 02:38-12 03:42-14 02:33-19 02:43-10 02:20-6 03:21-7 01:11-8 04:33-10 02:19-9 01:21-7
	00:41& 00:30# 01:31&	00:33& 00:55& 00:48&	00:29& 00:21# 00:21#	01:25& 00:37& 00:37& 01:05& 01:07& 00:34& 00:23# 00:56& 00:16& 01:14& 00:31& 00:12#
9	Østgren, Bjørn Mo	IL GeoForm	1:02:21 + 13:20	144.90
	01:37-8 04:28-6 08:54-5	10:49-6 13:35-6 17:55-9	19:44-9 22:17-10 24:43-12	32:53-13 36:10-13 38:31-13 41:50-12 44:24-12 47:01-12 49:28-12 52:47-9 54:01-9 58:12-9 60:54-9 62:21-11
	01:37-8 02:51-6 04:26-9	01:55-7 02:46-5 04:20-26	01:49-6 02:33-11 02:26-23	08:10-19 03:17-10 02:21-6 03:19-9 02:34-20 02:37-8 02:27-8 03:19-6 01:14-10 04:11-6 02:42-16 01:27-11
	00:21& 00:30# 01:02&	00:21# 00:31# 00:31#	00:10# 00:31& 00:58&	02:53& 00:52& 00:20# 00:42& 01:08& 00:28# 00:30& 00:54& 00:19& 00:52& 00:54& 00:18&
10	Kalleson, Tina	Oppsal Orientering	1:04:30 + 15:29	143.86
	01:46-12 05:13-16 10:01-18	12:09-14 15:13-13 19:00-15	21:44-15 24:26-15 26:14-15	33:14-15 37:15-15 39:56-15 43:18-15 45:17-14 47:59-14 50:48-13 54:26-12 55:39-11 60:33-11 63:04-11 64:30-12
	01:46-12 03:27-15 04:48-16	02:08-11 03:04-11 03:47-19	02:44-26 02:42-13 01:48-9	07:00-9 04:01-19 02:41-14 03:22-10 01:59-10 02:42-9 02:49-18 03:38-11 01:13-9 04:54-14 02:31-13 01:26-10
	00:30& 01:06& 01:24&	00:34& 00:49& 01:24&	01:05& 00:40& 00:20#	01:43& 01:36& 00:40& 00:45& 00:33& 00:33& 00:52& 01:13& 00:18& 01:35& 00:43& 00:17#
11	Hovi, Sjur	Skien OK	1:04:37 + 15:36	143.80
	01:43-10 04:51-10 09:18-10	11:17-8 14:13-8 17:19-7	19:55-10 22:16-9 24:13-9	31:48-11 35:35-11 38:14-11 41:32-11 43:37-11 46:20-11 48:53-11 54:20-11 55:41-12 60:30-10 62:52-10 64:37-13
	01:43-10 03:08-11 04:27-10	01:59-8 02:56-10 03:06-9	02:36-23 02:21-7 01:57-15	07:35-12 03:47-16 02:39-13 03:18-7 02:05-12 02:43-10 02:33-12 05:27-22 01:21-16 04:49-13 02:22-10 01:45-26
	00:27& 00:47& 01:03&	00:25& 00:41& 00:43&	00:57& 00:19# 00:29&	02:18& 01:22& 00:38& 00:41& 00:39& 00:34& 00:36& 03:02@ 00:26& 01:30& 00:34& 00:36&
12	Prydz, Espen Beer	Heming Orientering	1:06:15 + 17:14	143.01
	01:28-6 03:51-2 08:06-3	09:48-3 12:40-3 15:30-4	17:09-3 19:16-4 20:56-4	28:23-6 32:36-8 35:27-9 40:01-9 41:59-9 45:14-9 48:30-10 53:17-10 54:45-10 61:28-12 64:47-12 66:15-14

	01:28-6	02:23-2	04:15-8	01:42-4	02:52-9	02:50-7	01:39-1	02:07-2	01:40-5	07:27-10	04:13-23	02:51-17	04:34-28	01:58-8	03:15-18	03:16-24	04:47-19	01:28-20	06:43-28	03:19-25	01:28-12
	00:12#	00:02+	00:51&	00:08+	00:37&	00:27#	00:00=	00:05+	00:12#	02:10&	01:48&	00:50&	01:57&	00:32&	01:06&	01:19&	02:22&	00:33&	03:24@	01:31&	00:19&
13	Grønneberg, Skage			Heming Orientering			1:08:14 + 19:13		142.06												
	01:50-15	05:42-19	09:54-16	14:25-20	17:46-19	20:48-18	22:38-17	25:54-17	27:48-17	35:38-18	38:59-17	41:36-17	45:16-17	47:34-16	51:12-15	53:40-15	57:31-13	58:40-13	64:17-13	66:51-13	68:14-15
	01:50-14	03:52-20	04:12-6	04:31-30	03:21-16	03:02-8	01:50-7	03:16-24	01:54-13	07:50-15	03:21-11	02:37-11	03:40-13	02:18-16	03:38-25	02:28-9	03:51-13	01:09-7	05:37-23	02:34-14	01:23-8
	00:34&	01:31&	00:48#	02:57@	01:06&	00:39&	00:11#	01:14&	00:26&	02:33&	00:56&	00:36&	01:03&	00:52&	01:29&	00:31&	01:26&	00:14&	02:18&	00:46&	00:14#
14	Hole, Torstein			Nydalens SK			1:09:49 + 20:48		141.29												
	01:56-19	05:11-15	09:57-17	12:21-15	15:45-16	19:39-16	22:00-16	24:57-16	27:11-16	35:12-17	39:16-18	42:14-18	46:34-18	49:31-17	52:23-16	54:46-16	60:13-14	61:41-14	65:58-14	68:16-14	69:49-16
	01:56-19	03:15-12	04:46-14	02:24-14	03:24-19	03:54-22	02:21-18	02:57-18	02:14-19	08:01-17	04:04-20	02:58-19	04:20-20	02:57-25	02:52-12	02:23-7	05:27-22	01:28-20	04:17-8	02:18-8	01:33-14
	00:40&	00:54&	01:22&	00:50&	01:09&	01:31&	00:42&	00:55&	00:46&	02:44&	01:39&	00:57&	01:43&	01:31@	00:43&	00:26#	03:02@	00:33&	00:58&	00:30&	00:24&
15	Kristensen, Ole Kristian			Bodø og Omegn IF OL			1:11:43 + 22:42		140.37												
	01:44-11	04:50-9	09:21-11	11:55-13	15:16-15	18:51-14	21:01-14	23:43-14	25:35-13	33:09-14	36:34-14	39:18-14	43:16-14	46:13-15	54:50-19	57:09-19	60:33-15	61:48-15	66:31-15	70:08-15	71:43-17
	01:44-11	03:06-10	04:31-11	02:34-19	03:21-16	03:35-14	02:10-14	02:42-13	01:52-12	07:34-11	03:25-12	02:44-16	03:58-17	02:57-25	08:37-33	02:19-5	03:24-8	01:15-11	04:43-12	03:37-29	01:35-15
	00:28&	00:45&	01:07&	01:00&	01:06&	01:12&	00:31&	00:40&	00:24&	02:17&	01:00&	00:43&	01:21&	01:31@	06:28@	00:22#	00:59&	00:20&	01:24&	01:49@	00:26&
16	Hobøl, Sigurd			Oppsal Orientering			1:13:43 + 24:42		139.41												
	01:52-16	05:09-14	09:53-14	16:08-24	20:34-24	24:25-25	26:30-25	31:41-26	34:01-26	41:54-26	45:05-24	47:57-24	51:35-23	53:44-22	56:44-22	59:40-22	63:13-18	64:42-18	69:57-18	72:20-17	73:43-18
	01:52-16	03:17-13	04:44-12	06:15-31	04:26-27	03:51-21	02:05-11	05:11-32	02:20-20	07:53-16	03:11-9	02:52-18	03:38-12	02:09-14	03:00-14	02:56-20	03:33-9	01:29-23	05:15-18	02:23-12	01:23-8
	00:36&	00:56&	01:20&	04:41@	02:11&	01:28&	00:26&	03:09@	00:52&	02:36&	00:46&	00:51&	01:01&	00:43&	00:51&	00:59&	01:08&	00:34&	01:56&	00:35&	00:14#
17	Ballangrud, Lars			Oppsal Orientering			1:13:51 + 24:50		139.34												
	03:38-31	07:12-27	12:27-25	15:23-22	18:41-21	21:48-21	24:20-21	27:05-21	29:01-20	37:09-21	41:15-20	44:14-20	48:41-20	52:17-20	55:46-20	58:21-20	62:40-16	64:13-16	69:15-16	72:13-16	73:51-19
	03:38-31	01:34-17	05:15-19	02:56-21	03:18-14	03:07-10	02:32-21	02:45-15	01:56-14	08:08-18	04:06-21	02:59-21	04:27-25	03:36-29	03:29-23	02:35-15	04:19-15	01:33-24	05:02-15	02:58-22	01:38-19
	02:22@	01:13&	01:51&	01:22&	01:03&	00:44&	00:53&	00:43&	00:28&	02:51&	01:41&	00:58&	01:50&	02:10@	03:29-23	01:20&	00:38&	01:54&	01:43&	01:10&	00:29&
18	Eastwood, Steinar			Lillomarka OL			1:13:59 + 24:58		139.28												
	01:48-13	04:51-11	09:37-12	11:46-10	15:03-11	18:51-13	20:53-13	23:33-13	25:57-14	34:14-16	37:17-16	39:58-16	43:54-16	49:54-18	53:07-17	56:10-17	62:59-17	64:17-17	69:31-17	72:24-18	73:59-20
	01:48-13	03:03-9	04:46-14	02:09-12	03:17-13	03:48-20	02:02-9	02:40-12	02:24-21	08:17-20	03:03-6	02:41-14	03:56-15	06:00-32	03:13-17	03:03-22	06:49-27	01:18-13	05:14-17	02:53-20	01:35-15
	00:32&	00:42&	01:22&	00:35&	01:02&	01:25&	00:23#	00:38&	00:56&	03:00&	00:38&	00:40&	01:19&	04:34@	01:04&	01:06&	04:24@	00:23&	01:55&	01:05&	00:26&
19	Aarseth, Lars Ivar			Nydalens SK			1:14:32 + 25:31		139.01												
	02:03-25	05:05-13	09:17-9	11:45-9	15:04-12	18:13-12	20:16-11	22:42-11	24:33-10	32:22-12	35:55-12	38:18-12	42:34-13	44:32-13	47:55-13	51:05-14	63:40-20	65:01-20	70:29-20	72:51-19	74:32-21
	02:03-23	03:02-8	04:12-6	02:28-17	03:19-15	03:09-11	02:03-10	02:26-9	01:51-11	07:49-14	03:33-14	02:23-7	04:16-18	01:58-8	03:23-21	03:10-23	12:35-32	01:21-16	05:28-22	02:22-10	01:41-20
	00:47&	00:41&	00:48#	00:54&	01:04&	00:46&	00:24#	00:24#	00:23&	02:32&	01:08&	00:22#	01:39&	00:32&	01:14&	01:13&	10:10@	00:26&	02:09&	00:34&	00:32&
20	Carlsen, Henning Bratland			OK Moss			1:17:30 + 28:29		137.58												
	01:54-17	05:48-20	10:53-20	13:22-17	16:53-17	20:33-17	22:54-18	25:56-18	28:20-18	36:52-20	44:21-23	47:19-23	51:49-24	53:45-23	57:01-23	60:25-23	65:37-21	67:14-21	72:35-21	75:43-21	77:30-23
	01:54-17	03:54-22	05:05-18	02:29-18	03:31-21	03:40-17	02:21-18	03:02-20	02:24-21	08:32-22	07:29-33	02:58-19	04:30-26	01:56-7	03:16-19	03:24-26	05:12-20	01:37-26	05:21-19	03:08-23	01:47-27
	00:38&	01:33&	01:41&	00:55&	01:16&	01:17&	00:42&	01:00&	00:56&	03:15&	05:04@	00:57&	01:53&	00:30&	01:07&	01:27&	02:47@	00:42&	02:02&	01:20&	00:38&
21	Hovi, Harald			Skien OK			1:19:51 + 30:50		136.45												
	02:06-26	06:48-25	13:34-27	15:58-23	19:27-23	23:38-24	26:06-23	29:02-23	31:30-23	40:58-24	45:15-25	48:43-25	53:07-25	55:43-24	59:16-24	63:02-25	67:35-22	69:03-22	74:41-22	77:57-22	79:51-24
	02:06-26	04:42-28	06:46-30	02:24-14	03:29-20	04:11-25	02:28-20	02:56-17	02:28-25	09:28-27	04:17-25	03:28-30	04:24-23	02:36-21	03:33-24	03:46-30	04:33-18	01:28-20	05:38-24	03:16-24	01:54-30
	00:50&	02:21@	03:22&	00:50&	01:14&	01:48&	00:49&	00:54&	01:00&	04:11&	01:52&	01:27&	01:47&	01:10&	01:24&	01:49&	02:08&	00:33&	02:19&	01:28&	00:45&
22	Egge, Guttorm			IL GeoForm			1:20:27 + 31:26		136.16												
	02:03-23	06:08-23	11:38-21	13:59-18	17:22-18	21:01-19	23:16-19	26:23-19	28:49-19	36:37-19	40:24-19	43:46-19	48:07-19	50:24-19	54:18-18	57:00-18	68:26-23	69:50-23	76:05-25	78:45-23	80:27-25
	02:03-23	04:05-25	05:30-22	02:21-13	03:23-18	03:39-16	02:15-15	03:07-22	02:26-23	07:48-13	03:47-16	03:22-27	04:21-21	02:17-15	03:54-27	02:42-16	11:26-31	01:24-18	06:15-27	02:40-15	01:42-22
	00:47&	01:44&	02:06&	00:47&	01:08&	01:16&	00:36&	01:05&	00:58&	02:31&	01:22&	01:21&	01:44&	00:51&	01:45&	00:45&	09:01@	00:29&	02:56&	00:52&	00:33&
23	Iwe, Harald			IL GeoForm			1:20:45 + 31:44		136.01												
	01:58-21	07:33-28	12:17-23	16:32-26	20:45-25	24:54-26	27:51-26	30:40-25	32:45-25	41:03-25	46:07-26	49:10-26	53:45-26	60:23-28	63:39-28	66:21-27	70:22-26	71:37-26	76:02-24	78:56-24	80:45-26
	01:58-21	05:35-30	04:44-12	04:15-28	04:13-26	04:09-24	02:57-28	02:49-16	02:05-16	08:18-21	05:04-29	03:03-23	04:35-29	06:38-33	03:16-19	02:42-16	04:01-14	01:15-11	04:25-9	02:54-21	01:49-28
	00:42&	03:14@	01:20&	02:41@	01:58&	01:46&	01:18&	00:47&	00:37&	03:01&	02:39@	01:02&	01:58&	05:12@	03:07&	00:45&	01:36&	00:20&	01:06&	01:06&	00:40&
24	Farkas, Lorant			Østmarka OK			1:22:08 + 33:07		135.35												
	01:50-14	05:29-18	10:49-19	15:13-21	18:53-22	23:20-23	26:19-24	29:58-24	32:07-27	42:00-27	46:56-27	49:55-27	53:52-27	56:31-26	59:57-26	63:23-26	68:42-24	70:28-24	75:33-23	80:24-25	82:08-27
	01:50-14	03:39-18	05:20-20	04:34-29	03:40-22	04:27-27	02:59-29	03:39-29	02:09-17	09:53-30	04:56-28	02:59-21	03:57-16	02:39-22	03:26-22	03:26-27	05:19-21	01:46-30	05:05-16	04:51-31	01:44-23
	00:34&	01:18&	01:56&	02:50@	01:25&	02:04&	01:20&	01:37&	00:41&	04:36&	02:31@	00:58&	01:20&	01:13&	01:17&	01:29&	02:54@	00:51&	01:46&	03:03@	00:35&
25	Sandvik, Cathrine			Norges Bank BIL			1:22:32 + 33:31		135.15												
	01:58-22	05:57-22	11:48-22	14:15-19	18:18-20	21:53-22	24:55-22	28:32-22	30:43-22	39:43-23	43:41-22	47:05-22	51:26-22	56:04-25	59:51-25	62:23-24	69:16-25	70:56-25	76:41-26	80:51-26	82:32-28
	01:58-21	03:59-23	05:51-25	02:27-16	04:03-24	03:35-14	03:02-30	03:37-28	02:11-18	09:00-25	03:58-18	03:24-28	04:21-21	04:38-31	03:47-26	02:32-11	06:53-28	01:40-28	05:45-26	04:10-30	01:41-20
	00:42&	01:38&	02:27&	00:53&	01:48&	01:12&	01:23&	01:35&	00:43&	03:43&	01:33&	01:23&	01:44&	03:12@	01:38&	00:35&	04:28@	00:45&	02:26&	02:22@	00:32&
26	Saugestad, Fredrik			Nydalens SK			1:22:39 + 33:38		135.10												
	01:55-18	06:11-24	13:56-28	17:41-28	21:53-27	26:48-29	29:21-27	32:22-27	35:02-27	44:49-28	49:01-28	52:16-28	56:40-28	59:32-27	62:40-27	66:2					

03:48-33	08:08-30	14:34-30	18:17-31	22:18-29	27:34-30	30:15-29	33:38-29	38:00-31	47:38-32	51:52-31	55:18-30	60:24-31	63:40-31	67:38-30	71:06-30	76:50-29	78:26-29	85:24-28	88:46-28	90:40-31	
03:48-33	04:20-27	06:26-28	03:43-26	04:01-23	05:16-31	02:41-25	03:23-27	04:22-33	09:38-28	04:14-24	03:26-29	05:06-31	03:16-28	03:58-28	03:28-28	05:44-25	01:36-25	06:58-29	03:22-26	01:54-30	
02:32@	01:59&	03:02&	02:09@	01:46&	02:53@	01:02&	01:21&	02:54@	04:21&	01:49&	01:25&	02:29&	01:50@	01:49&	01:31&	03:19@	00:41&	03:39@	01:34&	00:45&	
29	Grinde, Bjørn			IL GeoForm		1:31:38 +	42:37	130.76													
02:23-29	09:16-32	15:05-32	17:42-29	22:08-28	26:05-28	29:44-28	32:47-28	35:28-28	45:51-29	51:13-29	54:23-29	58:42-29	61:06-29	66:15-29	69:31-29	75:38-28	77:15-28	86:12-30	89:47-31	91:38-33	
02:23-29	06:53-32	05:49-23	02:37-20	04:26-27	03:57-23	03:39-31	03:03-21	02:41-28	10:23-31	05:22-30	03:10-24	04:19-19	02:24-17	05:09-31	03:16-24	06:07-26	01:37-26	08:57-31	03:35-28	01:51-29	
01:07&	04:32@	02:25&	01:03&	02:11&	01:34&	02:00@	01:01&	01:13&	05:06&	02:57@	01:09&	01:42&	00:58&	03:00@	01:19&	03:42@	00:42&	05:38@	01:47&	00:42&	
30	Utskarpen, Audrun			IL GeoForm		1:34:37 +	45:36	129.32													
02:10-27	07:03-26	12:53-26	16:17-25	20:58-26	25:34-27	30:27-30	34:11-31	36:53-29	47:18-31	53:38-32	57:52-32	63:16-32	66:14-32	70:13-32	74:10-32	79:42-31	81:59-31	89:01-31	92:28-32	94:37-34	
02:10-27	04:53-29	05:50-24	03:24-25	04:41-29	04:36-28	04:53-33	03:44-30	02:42-29	10:25-32	06:20-31	04:14-32	05:24-32	02:58-27	03:59-29	03:57-32	05:32-24	02:17-31	07:02-30	03:27-27	02:09-32	
00:54&	02:32@	02:26&	01:50@	02:26@	02:13&	03:14@	01:42&	01:14&	05:08&	03:55@	02:13@	02:47@	01:32@	01:50&	02:00@	03:07@	01:22@	03:43@	01:39&	01:00&	
31	Christensen, Petter			Veritas		2:15:56 +1:26:55		109.37													
03:33-30	10:29-33	20:49-33	27:57-33	35:03-32	40:54-33	44:38-33	49:14-33	53:09-33	65:04-34	72:05-33	77:49-33	84:38-33	88:21-33	92:42-33	96:26-33	106:09-32	109:05-32	118:28-32	132:44-33	135:56-35	
03:33-30	06:56-33	10:20-33	07:08-33	07:06-32	05:51-32	03:44-32	04:36-31	03:55-32	11:55-33	07:01-32	05:44-33	06:49-33	03:43-30	04:21-30	03:44-29	09:43-30	02:56-32	09:23-32	14:16-32	03:12-33	
02:17@	04:35@	06:56@	05:34@	04:51@	03:28@	02:05@	02:34@	02:27@	06:38@	04:36@	03:43@	04:12@	02:17@	02:12@	01:47&	07:18@	02:01@	06:04@	12:28@	02:03@	
DSQ	Hobøl, Vigdis			Oppsal Orientering		1:14:51 (-1 poster)		97.50													
03:45-32	07:46-29	14:52-31	18:14-30		21:31-20	23:38-20	26:45-20	29:15-21	37:54-22	42:25-21	45:37-21	50:33-21	53:01-21	56:10-21	59:08-21	63:37-19	64:57-19	70:21-19	73:07-20	74:51-22	
03:45-32	04:01-24	07:06-31	03:22-24			02:07-12	03:07-22	02:30-26	08:39-23	04:31-26	03:12-25	04:56-30	02:28-18	03:09-16	02:58-21	04:29-16	01:20-14	05:24-21	02:46-18	01:44-23	
02:29@	01:40&	03:42@	01:48@			00:28&	01:05&	01:02&	03:22&	02:06&	01:11&	02:19&	01:02&	01:00&	01:01&	02:04&	00:25&	02:05&	00:58&	00:35&	
DSQ	Sauar, Brita Opheim			Statoil Oslo BIL		1:31:21 (-8 poster)		80.00													
02:03-24	08:33-31	14:27-29	17:24-27	23:08-30	27:59-31	30:54-31	37:00-32	40:04-32	48:49-33					78:02-34					89:37-30	91:21-32	
02:03-23	06:30-31	05:54-26	02:57-22	05:44-31	04:51-29	02:55-27	06:06-33	03:04-30	08:45-24											01:44-23	
00:47&	04:09@	02:30&	01:23&	03:29@	02:28@	01:16&	04:04@	01:36@	03:28&											00:35&	
DSQ	Bæk, Sindre			Oppsal Orientering		0:01:40 (-13 poster)		67.50													
						12:52-1	16:17-1	18:52-1	22:10-1	24:15-1	27:08-1	29:42-1								01:40-1	
							03:25-12	02:35-10	03:18-7	02:05-12	02:53-13	02:34-14									
							01:00&	00:34&	00:41&	00:39&	00:44&	00:37&									
DSQ	Svensen, Vidar		Privat			0:18:38 (-19 poster)		52.50													
08:02-34																					18:38-2
08:02-34																					
06:46@																					

Strekktider Mellom

Plass	Navn	Klubb	Tid	Poeng										
1	Eriksen, Jan Richard	Asker Skiklubb	0:37:28 + 00:00	137.88										
01:36-1	04:19-1	06:31-1	10:04-2	12:23-2	14:03-2	16:08-2	19:02-1	22:55-1	25:16-1	28:53-1	29:55-1	33:59-1	36:11-1	37:28-2
01:36-1	02:43-1	02:12-1	03:33-1	02:19-1	01:40-1	02:05-2	02:54-1	03:53-1	02:21-2	03:37-2	01:02-1	04:04-1	02:12-1	01:17-1
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:02+	00:00=	00:00=	00:02+	00:13+	00:00=	00:00=	00:00=	00:00=
2	Henriksen, Jan Tore	Norges Bank BIL	0:42:04 + 04:36	136.09										
01:46-2	04:49-2	07:33-2	11:59-3	14:49-3	16:48-3	18:51-3	22:21-3	26:15-3	29:06-3	32:30-2	33:50-2	38:13-2	40:29-2	42:04-3
01:46-2	03:03-2	02:44-6	04:26-4	02:50-2	01:59-2	02:03-1	03:30-4	03:54-2	02:51-6	03:24-1	01:20-3	04:23-2	02:16-2	01:35-3
00:10#	00:20#	00:32#	00:53#	00:31#	00:19#	00:00=	00:36#	00:01+	00:32#	00:00=	00:18&	00:19+	00:04+	00:18#
3	Helland, Knut Edvard	Østmarka OK	0:45:15 + 07:47	134.85										
01:59-7	05:28-3	08:07-4	12:35-4	15:27-4	17:44-4	20:03-4	23:34-4	28:15-4	30:55-4	34:32-4	36:01-3	40:54-3	43:42-3	45:15-4
01:59-7	03:29-6	02:39-4	04:28-5	02:52-3	02:17-8	02:19-3	03:31-5	04:41-5	02:40-3	03:37-2	01:29-8	04:53-3	02:48-6	01:33-2
00:23#	00:46&	00:27#	00:55&	00:33#	00:37&	00:16#	00:37#	00:48#	00:21#	00:13+	00:27&	00:49#	00:36&	00:16#
4	Lian, Odd Arne	IL Koll	0:49:18 + 11:50	133.27										
01:52-3	05:31-4	08:04-3	12:42-5	15:36-5	17:58-5	22:04-8	25:24-6	29:59-6	33:39-6	37:55-5	39:35-6	44:57-5	47:38-5	49:18-6
01:52-3	03:39-10	02:33-2	04:38-8	02:54-4	02:22-11	04:06-29	03:20-2	04:35-3	03:40-18	04:16-6	01:40-14	05:22-6	02:41-5	01:40-6
00:16#	00:56&	00:21#	01:05&	00:35&	00:42&	02:03@	00:26#	00:42#	01:21&	00:52&	00:38&	01:18&	00:29#	00:23&
5	Hallan, Bjørn	Fossum IF	0:50:11 + 12:43	132.92										
02:13-12	06:04-9	08:54-7	13:11-6	16:16-6	18:40-6	21:03-5	24:59-5	29:50-5	33:19-5	38:08-6	39:34-5	45:35-6	48:33-6	50:11-7
02:13-12	03:51-11	02:50-7	04:17-3	03:05-7	02:24-12	02:23-4	03:56-9	04:51-8	03:29-17	04:49-12	01:26-5	06:01-12	02:58-8	01:38-5
00:37&	01:08&	00:38&	00:44#	00:46&	00:44&	00:20#	01:02&	00:58#	01:10&	01:25&	00:24&	01:57&	00:46&	00:21&
6	Jendal, Håkon	Fossum IF	0:52:19 + 14:51	132.09										
02:00-8	06:11-11	09:12-10	14:29-14	17:26-12	19:32-9	25:16-16	28:53-14	33:33-12	36:18-11	40:14-8	41:45-8	47:39-8	50:42-8	52:19-8
02:00-8	04:11-17	03:01-11	05:17-22	02:57-5	02:06-3	05:44-32	03:37-6	04:40-4	02:45-4	03:56-5	01:31-9	05:54-11	03:03-11	01:37-4
00:24&	01:28&	00:49&	01:44&	00:38&	00:26&	03:41@	00:43#	00:47#	00:26#	00:32#	00:29&	01:50&	00:51&	00:20&
7	Teigland, Rune	Østmarka OK	0:52:20 + 14:52	132.08										

01:53-4	08:27-29	11:07-22	15:50-22	18:48-16	20:57-15	23:41-13	27:06-11	31:52-11	34:41-7	39:29-7	41:09-7	47:37-7	50:38-7	52:20-9
01:53-4	06:34-31	02:40-5	04:43-11	02:58-6	02:09-4	02:44-10	03:25-3	04:46-6	02:49-5	04:48-11	01:40-14	06:28-19	03:01-10	01:42-9
00:17#	03:51@	00:28#	01:10&	00:39&	00:29&	00:41&	00:31#	00:53#	00:30#	01:24&	00:38&	02:24&	00:49&	00:25&
8	Tandrevold, Eirik		Fossum IF				0:53:18 +	15:50	131.70					
02:19-16	05:50-6	08:58-9	14:00-11	17:10-8	19:27-7	21:56-6	25:45-7	31:11-7	35:05-9	40:19-10	42:15-10	48:16-9	51:11-9	53:18-10
02:19-15	03:31-7	03:08-15	05:02-17	03:10-9	02:17-8	02:29-6	03:49-8	05:26-18	03:54-24	05:14-16	01:56-24	06:01-12	02:55-7	02:07-24
00:43&	00:48&	00:56&	01:29&	00:51&	00:37&	00:26#	00:55&	01:33&	01:35&	01:50&	00:54&	01:57&	00:43&	00:50&
9	Granly, Martin		Lillomarka OL				0:53:32 +	16:04	131.61					
02:37-25	06:09-10	09:27-12	14:12-13	17:23-11	19:39-11	22:22-10	26:34-10	31:20-8	35:49-10	40:14-9	41:51-9	48:23-10	51:38-10	53:32-11
02:37-25	03:32-8	03:18-20	04:45-13	03:11-10	02:16-7	02:43-9	04:12-12	04:46-6	04:29-29	04:25-7	01:37-12	06:32-23	03:15-12	01:54-16
01:01&	00:49&	01:06&	01:12&	00:52&	00:36&	00:40&	01:18&	00:53#	02:10&	01:01&	00:35&	02:28&	01:03&	00:37&
10	Holten, Marie Rygh		Nydalens SK				0:54:24 +	16:56	131.28					
02:30-22	05:52-7	08:50-5	13:59-10	17:12-9	19:43-12	22:33-11	26:12-9	31:34-9	36:44-12	41:41-12	43:06-12	49:24-11	52:41-11	54:24-12
02:30-22	03:22-4	02:58-10	05:09-19	03:13-11	02:31-16	02:50-11	03:39-7	05:22-15	05:10-33	04:57-13	01:25-4	06:18-18	03:17-13	01:43-10
00:54&	00:39#	00:46&	01:36&	00:54&	00:51&	00:47&	00:45&	01:29&	02:51@	01:33&	00:23&	02:14&	01:05&	00:26&
11	Danielsen, Anne		Nydalens SK				0:55:59 +	18:31	130.66					
02:08-10	07:00-19	10:19-17	15:37-20	18:52-17	21:18-17	24:30-15	28:51-13	34:36-15	37:41-14	42:24-13	44:08-13	49:50-12	53:48-12	55:59-13
02:08-10	04:52-23	03:19-21	05:12-23	03:15-13	02:26-15	03:12-17	04:21-15	05:45-21	03:05-9	04:43-10	01:44-17	05:42-7	03:58-29	02:11-25
00:32&	02:09&	01:07&	01:45&	00:56&	00:46&	01:09&	01:27&	01:52&	00:46&	01:19&	00:42&	01:38&	01:46&	00:54&
12	Feiring, Hege		IL Tyrving				0:56:06 +	18:38	130.61					
02:13-13	05:40-5	08:56-8	13:37-8	16:50-7	19:32-10	21:56-7	25:56-8	31:37-10	34:52-8	41:27-11	42:53-11	50:04-13	54:09-13	56:06-14
02:13-12	03:27-5	03:16-19	04:41-10	03:13-11	02:42-20	02:24-5	04:00-10	05:41-20	03:15-12	06:35-29	01:26-5	07:11-27	04:05-33	01:57-17
00:37&	00:44&	01:04&	01:08&	00:54&	01:02&	00:21#	01:06&	01:48&	00:56&	03:11&	00:24&	03:07&	01:53&	00:40&
13	Espedal, Kjetil		Nydalens SK				0:56:10 +	18:42	130.59					
02:13-14	06:13-12	09:26-11	13:23-7	17:19-10	19:29-8	22:10-9	29:00-15	34:05-14	37:48-15	45:29-23	46:37-18	51:56-16	54:18-14	56:10-15
02:13-12	04:00-14	03:13-17	03:57-2	03:56-27	02:10-5	02:41-8	06:50-33	05:05-10	03:43-22	07:41-34	01:08-2	05:19-5	02:22-3	01:52-14
00:37&	01:17&	01:01&	00:24#	01:37&	00:30&	00:38&	03:56@	01:12&	01:24&	04:17@	00:06+	01:15&	00:10+	00:35&
14	Hovi, Grete Synnøve B		Skien OK				0:56:21 +	18:53	130.51					
02:32-23	06:54-18	10:25-18	15:02-16	18:30-15	21:05-16	24:08-14	28:27-12	33:55-13	37:35-13	43:06-14	44:59-14	50:49-14	54:31-15	56:21-16
02:32-23	04:22-20	03:31-23	04:37-7	03:28-17	02:35-18	03:03-13	04:19-14	05:28-19	03:40-18	05:31-20	01:53-22	05:50-9	03:42-24	01:50-12
00:56&	01:39&	01:19&	01:04&	01:09&	00:55&	01:00&	01:25&	01:35&	01:21&	02:07&	00:51&	01:46&	01:30&	00:33&
15	Takvam, Arnt Ove		Fossum IF				0:56:39 +	19:11	130.40					
04:31-37	08:06-26	11:34-25	16:49-25	20:16-23	22:33-22	25:41-19	30:31-20	36:24-20	39:19-19	43:57-15	45:30-15	51:31-15	54:58-16	56:39-17
04:31-36	03:35-9	03:28-22	05:15-21	03:27-16	02:17-8	03:08-15	04:50-23	05:53-24	02:55-8	04:38-9	01:33-10	06:01-12	03:27-18	01:41-7
02:55@	00:52&	01:16&	01:42&	01:08&	00:37&	01:05&	01:56&	02:00&	00:36&	01:14&	00:31&	01:57&	01:15&	00:24&
16	Therkelsen, Pål		Privat				0:57:18 +	19:50	130.14					
04:31-36	07:42-22	10:37-20	15:17-17	18:23-14	20:47-14	28:29-27	32:36-26	37:50-24	40:43-24	45:13-19	46:41-19	52:33-18	55:32-17	57:18-18
04:31-36	03:11-3	02:55-8	04:40-9	03:06-8	02:24-12	07:42-37	04:07-11	05:14-11	02:53-7	04:30-8	01:28-7	05:52-10	02:59-9	01:46-11
02:55@	00:28#	00:43&	01:07&	00:47&	00:44&	05:39@	01:13&	01:21&	00:34#	01:06&	00:26&	01:48&	00:47&	00:29&
17	Stiansen, Peer		Nydalens SK				0:57:45 +	20:17	129.97					
02:28-19	06:32-15	10:05-16	15:29-19	19:05-18	21:49-18	25:35-18	30:00-18	34:59-16	38:16-16	44:04-17	45:55-16	52:24-17	55:46-18	57:45-19
02:28-19	04:04-16	03:33-24	05:24-25	03:36-20	02:44-22	03:46-26	04:25-17	04:59-9	03:17-13	05:48-24	01:51-21	06:29-20	03:22-16	01:59-20
00:52&	01:21&	01:21&	01:51&	01:17&	01:04&	01:43&	01:31&	01:06&	00:58&	02:24&	00:49&	02:25&	01:10&	00:42&
18	Christensen, Bjørn		Østmarka OK				0:58:32 +	21:04	129.66					
02:26-17	06:19-13	09:29-13	14:12-12	17:49-13	20:47-13	23:27-12	29:11-16	36:33-21	40:15-21	45:13-20	46:52-20	53:02-19	56:21-19	58:32-20
02:26-17	03:53-12	03:10-16	04:43-11	03:37-21	02:58-29	02:40-7	05:44-30	07:22-33	03:42-20	04:58-14	01:39-13	06:10-16	03:19-14	02:11-25
00:50&	01:10&	00:58&	01:10&	01:18&	01:18&	00:37&	02:50&	03:29&	01:23&	01:34&	00:37&	02:06&	01:07&	00:54&
19	Johansen, Frode		Equinor BIL				0:58:52 +	21:24	129.53					
02:06-9	06:20-14	09:33-14	14:55-15	19:25-19	22:03-19	25:55-22	30:16-19	35:37-18	39:01-17	44:15-18	46:02-17	53:06-20	56:46-20	58:52-21
02:06-9	04:14-18	03:13-17	05:22-24	04:30-34	02:38-19	03:52-27	04:21-15	05:21-14	03:24-15	05:14-16	01:47-18	07:04-25	03:40-22	02:06-23
00:30&	01:31&	01:01&	01:49&	02:11&	00:58&	01:49&	01:27&	01:28&	01:05&	01:50&	00:45&	03:00&	01:28&	00:49&
20	Lahlum, Jon		IL GeoForm				0:59:03 +	21:35	129.46					
02:19-15	06:42-16	10:36-19	15:47-21	19:29-20	22:12-20	25:18-17	29:54-17	35:17-17	39:18-18	45:18-22	47:06-21	53:37-21	57:10-21	59:03-22
02:19-15	04:23-21	03:54-26	05:11-20	03:42-23	02:43-21	03:06-14	04:36-20	05:23-16	04:01-27	06:00-26	01:48-19	06:31-21	03:33-19	01:53-15
00:43&	01:40&	01:42&	01:38&	01:23&	01:03&	01:03&	01:42&	01:30&	01:42&	02:36&	00:46&	02:27&	01:21&	00:36&
21	Lahlum, Tor		Nordre Follo Orientering				0:59:26 +	21:58	129.31					
02:29-21	06:50-17	09:54-15	15:23-18	19:34-21	22:20-21	25:53-21	30:52-22	36:09-19	40:03-20	45:14-21	47:13-22	54:14-22	57:36-22	59:26-23
02:29-20	04:21-19	03:04-14	05:29-26	04:11-31	02:46-25	03:33-24	04:59-24	05:17-13	03:54-24	05:11-15	01:59-25	07:01-24	03:22-16	01:50-12
00:53&	01:38&	00:52&	01:56&	01:52&	01:06&	01:30&	02:05&	01:24&	01:57&	01:47&	00:57&	02:57&	01:10&	00:33&
22	Holm, Ingrid Bjørshol		Oppsal Orientering				1:00:08 +	22:40	129.04					
01:54-6	08:44-30	11:21-23	16:08-23	20:31-24	22:43-23	25:53-20	31:31-23	38:01-25	40:20-23	43:59-16	51:10-24	56:03-24	58:27-23	60:08-24
01:54-5	06:50-35	02:37-3	04:47-15	04:23-32	02:12-6	03:10-16	05:38-29	06:30-27	02:19-1	03:39-4	07:11-35	04:53-3	02:24-4	01:41-7
00:18#	04:07@	00:25#	01:14&	02:04&	00:32&	01:07&	02:44&	02:37&	00:00=	00:15+	06:09@	00:49#	00:12+	00:24&

23	Kalleson, Elin		Oppsal IF		1:02:38 + 25:10	128.06												
	02:08-11	08:26-28	12:32-30	17:37-27	21:05-25	24:18-26	27:19-24	31:31-24	38:06-26	41:20-25	48:36-26	51:16-25	57:21-25	60:41-25	62:38-25			
	02:08-10	06:18-29	04:06-31	05:05-18	03:28-17	03:13-32	03:01-12	04:12-12	06:35-29	03:14-11	07:16-32	02:40-33	06:05-15	03:20-15	01:57-17			
	00:32&	03:35@	01:54&	01:32&	01:09&	01:33&	00:58&	01:18&	02:42&	00:55&	03:52@	01:38@	02:01&	01:08&	00:40&			
24	Halden, Gunnar		Nydalens SK		1:04:39 + 27:11	127.28												
	04:09-35	08:02-25	11:05-21	16:36-24	20:01-22	22:49-24	26:11-23	30:50-21	36:53-22	40:16-22	46:10-24		55:57-23	59:39-24	64:39-26			
	04:09-35	03:53-12	03:03-13	05:31-27	03:25-15	02:48-27	03:22-19	04:39-22	06:03-25	03:23-14	05:54-25			03:42-24	05:00-36			
	02:33@	01:10&	00:51&	01:58&	01:06&	01:08&	01:19&	01:45&	01:20&	01:04&	02:30&			01:30&	03:43@			
25	Aarseth, Mari		Nydalens SK		1:04:57 + 27:29	127.16												
	02:34-24	07:34-21	11:27-24	17:43-28	21:40-26	24:05-25	27:28-25	32:00-25	37:14-23	41:49-26	47:32-25	49:27-23	58:51-26	62:31-26	64:57-27			
	02:34-24	05:00-26	03:53-25	06:16-32	03:57-28	02:25-14	03:23-20	04:32-18	05:14-11	04:35-31	05:43-23	01:55-23	09:24-34	03:40-22	02:26-30			
	00:58&	02:17&	01:41&	02:43&	01:38&	00:45&	01:20&	01:38&	01:21&	02:16&	02:19&	00:53&	05:20@	01:28&	01:09&			
26	Trøan, Geir		Norde Follo Orientering		1:09:22 + 31:54	125.44												
	03:06-33	09:28-34	13:55-33	20:09-32	24:12-31	27:16-29	30:49-28	35:59-28	43:05-28	47:00-28	52:26-27	54:39-26	62:56-27	66:57-27	69:22-29			
	03:06-33	06:22-30	04:27-36	06:14-31	04:03-30	03:04-30	03:33-24	05:10-25	07:06-32	03:55-26	05:26-19	02:13-28	08:17-33	04:01-32	02:25-28			
	01:30&	03:39@	02:15@	02:41&	01:44&	01:24&	01:30&	02:16&	03:13&	01:36&	02:02&	01:11@	04:13@	01:49&	01:08&			
27	Berge, Ketil		Vestre Akers SK		1:10:54 + 33:26	124.84												
	03:18-34	08:10-27	12:19-29	18:09-29	21:50-27	24:45-27	28:15-26	33:28-27	40:06-27	43:49-27	54:37-28	56:27-27	64:18-28	68:13-28	70:54-30			
	03:18-34	04:52-23	04:09-32	05:50-29	03:41-22	02:55-28	03:30-23	05:13-26	06:38-30	03:43-22	10:48-37	01:50-20	07:51-31	03:55-28	02:41-33			
	01:42@	02:09&	01:57&	02:17&	01:22&	01:15&	01:27&	02:19&	02:45&	01:24&	07:24@	00:48&	03:47&	01:43&	01:24@			
28	Bøe, Tormod		VBIL		1:12:25 + 34:57	124.25												
	02:27-18	09:10-31	13:06-32	19:25-31	23:15-29	26:02-28	32:35-31	41:42-32	47:29-30	51:32-30	56:54-29	59:15-28	66:21-29	70:20-29	72:25-31			
	02:27-18	06:43-34	03:56-28	06:19-33	03:50-25	02:47-26	06:33-34	09:07-36	05:47-23	04:03-28	05:22-18	02:21-30	07:06-26	03:59-30	02:05-21			
	00:51&	04:00@	01:44&	02:46&	01:31&	01:07&	04:30@	06:13@	01:54&	01:44&	01:58&	01:19@	03:02&	01:47&	00:48&			
29	Sandlién, Bjørn		Heming Orientering		1:16:37 + 39:09	122.61												
	02:56-30	10:36-36	14:53-37	21:40-37	26:08-34	29:39-34	33:36-32	39:20-30	45:51-29	50:28-29	57:17-30	59:42-29	69:32-31	74:01-31	76:37-33			
	02:56-30	07:40-37	04:17-33	06:47-35	04:28-33	03:31-33	03:57-28	05:44-30	06:31-28	04:37-32	06:49-31	02:25-31	09:50-35	04:29-35	02:36-32			
	01:20&	04:57@	02:05&	03:14&	02:09&	01:51@	01:54&	02:50&	02:38&	02:18&	03:25@	01:23@	05:46@	02:17@	01:19@			
30	Flydal, Roar		Oppsal IF		1:17:34 + 40:06	122.24												
	02:58-31	07:53-24	12:17-28	20:33-34	26:07-33	29:38-33	36:56-35	42:32-33	49:37-32	56:19-33	61:59-32	64:14-31	71:54-32	75:29-32	77:34-34			
	02:58-31	04:55-25	04:24-35	08:16-38	05:34-37	03:31-33	07:18-35	05:36-28	07:05-31	06:42-36	05:40-22	02:15-29	07:40-29	03:35-21	02:05-21			
	01:22&	02:12&	02:12@	04:43@	03:15@	01:51@	05:15@	02:42&	03:12&	04:23@	02:16&	01:13@	03:36&	01:23&	00:48&			
31	Rådahl, Tom		IL Tyrving		1:22:44 + 45:16	120.22												
	09:14-39	14:26-38	19:11-38	24:48-39	29:28-37	36:54-37	40:19-36	46:09-36	53:33-35	59:25-35	66:01-33	68:11-32	75:55-33	80:14-33	82:44-35			
	09:14-39	05:12-28	04:45-37	05:37-28	04:40-35	07:26-39	03:25-21	05:50-32	07:24-34	05:52-35	06:36-30	02:10-27	07:44-30	04:19-34	02:30-31			
	07:38@	02:29&	02:33@	02:04&	02:21@	05:46@	01:22&	02:50&	03:31&	03:33@	03:12&	01:08@	03:40&	02:07&	01:13&			
32	Hjelm, Morten		VBIL		1:24:55 + 47:27	119.37												
	02:44-27	09:20-33	14:31-35	22:14-38	26:55-35	30:49-35	35:30-34	44:03-35	52:04-34	57:18-34	66:26-34	69:27-33	76:56-34	82:13-34	84:55-36			
	02:44-27	06:36-32	05:11-39	07:43-37	04:41-36	03:54-36	04:41-31	08:33-35	08:01-36	05:14-34	09:08-36	03:01-34	07:29-28	05:17-36	02:42-34			
	01:08&	03:53@	02:59@	04:10@	02:22@	02:14@	02:38@	05:39@	04:08@	02:55@	05:44@	01:59@	03:25&	03:05@	01:25@			
33	Angell, Truls		Lillomarka OL		1:25:54 + 48:26	118.99												
	08:04-38	22:36-39	26:55-39	33:05-40	37:07-38	39:51-38	47:19-38	52:32-37	58:36-36	63:06-37	70:24-35	72:30-34	79:01-35	82:46-35	85:54-37			
	08:04-38	14:32-39	04:19-34	06:10-30	04:02-29	02:44-22	07:28-36	05:13-26	06:04-26	04:30-30	07:18-33	02:06-26	06:31-21	03:45-27	03:08-35			
	06:28@	11:49@	02:07&	02:37&	01:43&	01:04&	05:25@	02:19&	02:11&	02:11&	03:54@	01:04@	02:27&	01:33&	01:51@			
34	Christensen, Lars		VBIL		1:27:23 + 49:55	118.41												
	02:45-28	10:16-35	14:18-34	20:37-35	24:32-32	27:17-30	31:54-30	42:37-34	50:16-33	62:04-36	71:03-36	72:45-35	81:01-36	85:00-36	87:23-38			
	02:45-28	07:31-36	04:02-29	06:19-33	03:55-26	02:45-24	04:37-30	10:43-37	07:39-35	11:48-37	08:59-35	01:42-16	08:16-32	03:59-30	02:23-27			
	01:09&	04:48@	01:50&	02:46&	01:36&	01:05&	02:34@	07:49@	03:46&	09:29@	05:35@	00:40&	04:12@	01:47&	01:06&			
35	Tho, Kjersti		Stabæk IF		1:28:46 + 51:18	117.87												
	02:48-29	07:48-23	11:53-26	21:09-36	27:38-36	32:26-36	43:59-37	56:41-38	62:27-37	66:09-38	72:35-37		82:57-37		88:46-39			
	02:48-29	05:00-26	04:05-30	09:16-39	06:29-38	04:48-37	11:33-38	12:42-38	05:46-22	03:42-20	06:26-28							
	01:12&	02:17&	01:53&	05:43@	04:10@	03:08@	09:30@	09:48@	01:53&	01:23&	03:02&							
DSQ	Landmark, Bente		Fossum IF		1:12:28 (-1 poster)	96.43												
	02:29-20	09:10-32	13:04-31	20:11-33	23:54-30	27:46-31	31:13-29	38:06-29		53:46-32	59:24-31	61:00-30	66:48-30	70:31-30	72:28-32			
	02:29-20	06:41-33	03:54-26	07:07-36	03:43-24	03:52-35	03:27-22	06:53-34			05:38-21	01:36-11	05:48-8	03:43-26	01:57-17			
	00:53&	03:58@	01:42&	03:34@	01:24&	02:12@	01:24&	03:59@			02:14&	00:34&	01:44&	01:31&	00:40&			
DSQ	Brurberg, May Bente		Ås-NMBU Orientering		0:49:15 (-3 poster)	89.29												
				05:46-1	09:17-1	11:49-1	15:06-1	19:39-2	25:02-2	28:11-2	34:32-3	37:04-4	43:16-4	46:50-4	49:15-5			
				03:31-19	02:32-17	03:17-18	04:33-19	05:23-16	03:09-10	06:21-27	02:32-32	06:12-17	03:34-20	02:25-28				
				01:12&	00:52&	01:14&	01:39&	01:30&	00:50&	02:57&	01:30@	02:08&	01:22&	01:08&				
DSQ	Kildahl, Øystein																	

01:25&	05:59@	00:49&	00:59&	01:04&	04:13@	04:24@	01:42&	04:42@	01:07&	
DSQ	Stalheim, Marlen			Skien OK			1:31:29	(-8 poster)	71.43	
02:40-26	07:22-20	12:12-27	16:57-26	44:42-39	47:53-39					91:29-40
02:40-26	04:42-22	04:50-38	04:45-13	27:45-39	03:11-31					
01:04&	01:59&	02:38@	01:12&	25:26@	01:31&					
DSQ	Berge, Rune			IL Tyrving			0:36:04	(-10 poster)	64.29	
01:54-5	05:57-8	08:53-6	13:40-9							36:04-1
01:54-5	04:03-15	02:56-9	04:47-15							
00:18#	01:20&	00:44&	01:14&							
	Smith-Meyer, Henrik			VBIL			DELTATT		50.00	

Strekktider Kort

Plass	Navn	Klubb	Tid	Poeng						
1	Berteig, Vidar	IL GeoForm	0:33:08 + 00:00	122.16						
	02:00-1	05:39-1	08:53-1	12:57-1	17:39-1	20:46-1	25:11-1	28:04-1	31:39-1	33:08-3
	02:00-1	03:39-1	03:14-2	04:04-1	04:42-1	03:07-2	04:25-1	02:53-2	03:35-1	01:29-1
	00:00=	00:00=	00:07+	00:00=	00:00=	00:04+	00:00=	00:01+	00:00=	00:00=
2	Åsmul, Eskil	Oppsal IF	0:35:45 + 02:37	121.54						
	03:29-11	07:28-3	10:35-2	14:53-2	19:50-2	22:53-2	27:20-2	30:12-2	33:52-2	35:45-4
	03:29-11	03:59-2	03:07-1	04:18-2	04:57-2	03:03-1	04:27-2	02:52-1	03:40-2	01:53-2
	01:29&	00:20+	00:00=	00:14+	00:15+	00:00=	00:02+	00:00=	00:05+	00:24&
3	Mariussen, Lina Undrum	Oppsal IF	0:44:15 + 11:07	119.53						
	02:27-3	06:53-2	10:38-3	16:00-3	21:49-3	25:37-3	32:31-3	36:12-3	41:49-3	44:15-5
	02:27-3	04:26-3	03:45-4	05:22-3	05:49-4	03:48-3	06:54-4	03:41-4	05:37-3	02:26-6
	00:27#	00:47#	00:38#	01:18&	01:07#	00:45#	02:29&	00:49&	02:02&	00:57&
4	Carlsson, Bjørn Are	Privat	0:45:44 + 12:36	119.18						
	02:26-2	09:46-9	13:06-5	18:48-5	24:36-4	28:25-4	33:45-4	37:09-4	43:21-4	45:44-6
	02:26-2	07:20-14	03:20-3	05:42-4	05:48-3	03:49-4	05:20-3	03:24-3	06:12-5	02:23-5
	00:26#	03:41@	00:13+	01:38&	01:06#	00:46&	00:55#	00:32#	02:37&	00:54&
5	Berge, Berit	IL Tyrving	0:52:28 + 19:20	117.59						
	02:44-4	07:44-4	12:31-4	18:27-4	26:11-5	30:40-5	38:22-5	43:15-5	50:00-5	52:28-7
	02:44-4	05:00-5	04:47-9	05:56-5	07:44-6	04:29-5	07:42-9	04:53-8	06:45-7	02:28-7
	00:44&	01:21&	01:40&	01:52&	03:02&	01:26&	03:17&	02:01&	03:10&	00:59&
6	Gulheim, Bjørn Sverre	Nordre Follo Orientering	0:55:22 + 22:14	116.90						
	02:57-5	08:22-5	13:59-7	20:11-7	27:43-6	34:07-6	42:46-6	47:09-6	53:14-6	55:22-8
	02:57-5	05:25-7	05:37-12	06:12-7	07:32-5	06:24-13	08:39-12	04:23-5	06:05-4	02:08-3
	00:57&	01:46&	02:30&	02:08&	02:50&	03:21@	04:14&	01:31&	02:30&	00:39&
7	Solheim, Knut Tore	Nydalens SK	0:58:23 + 25:15	116.19						
	03:01-7	08:39-7	15:57-11	22:12-8	30:36-8	35:25-7	43:37-7	48:01-7	55:42-7	58:23-9
	03:01-7	05:38-8	07:18-19	06:15-8	08:24-9	04:49-6	08:12-10	04:24-6	07:41-10	02:41-10
	01:01&	01:59&	04:11@	02:11&	03:42&	01:46&	03:47&	01:32&	04:06@	01:12&
8	Engzelius, Margrete	Asker Skiklubb	1:02:48 + 29:40	115.14						
	04:07-14	11:34-14	16:20-13	23:37-10	32:26-9	38:16-8	45:46-8	50:59-8	59:32-8	62:48-10
	04:07-14	07:27-17	04:46-8	07:17-11	08:49-10	05:50-11	07:30-5	05:13-12	08:33-12	03:16-13
	02:07@	03:48@	01:39&	03:13&	04:07&	02:47&	03:05&	02:21&	04:58@	01:47@
9	Gylver, Øyvind	Asker Skiklubb	1:05:48 + 32:40	114.43						
	06:57-20	14:23-18	19:08-16	26:27-12	35:31-10	41:08-9	48:46-9	53:51-9	62:26-9	65:48-11
	06:57-20	07:26-15	04:45-7	07:19-12	09:04-11	05:37-10	07:38-7	05:05-11	08:35-13	03:22-14
	04:57@	03:47@	01:38&	03:15&	04:22&	02:34&	03:13&	02:13&	05:00@	01:53@
10	Ursin, Nora	Bærum kommune	1:08:37 + 35:29	113.77						
	03:09-10	08:53-8	13:35-6	19:34-6	27:55-7	43:57-11	53:47-11	58:43-11	66:07-11	68:37-12
	03:09-10	05:44-9	04:42-6	05:59-6	08:21-8	16:02-19	09:50-15	04:56-10	07:24-9	02:30-8
	01:09&	02:05&	01:35&	01:55&	03:39&	12:59@	05:25@	02:04&	03:49@	01:01&
11	Fougner, Jon C.	Heming Orientering	1:08:57 + 35:49	113.69						
	03:54-13	10:37-12	16:06-12	24:51-11	37:06-11	42:56-10	51:27-10	57:44-10	65:43-10	68:57-13
	03:54-13	06:43-10	05:29-11	08:45-14	12:15-15	05:50-11	08:31-11	06:17-15	07:59-11	03:14-12

