

Jon Tolgensbakks minneløp - Gløggløpet

Dato/sted: 17. desember 2022 - Sognsvann
Kart: Sognsvann
Arr: IL GeoForm v/Jon Lahlum, Ida Tolgensbakk, Øyvind Grandum
Antall: Totalt: 67 (GeoForm: 9, OSI: 3, DNV/ESSO: 2, Andre: 53)
Løpsrapport: Alder: 21-: 67, 17-20: 0, 13-16: 0, 0-12: 0
Startkont: kr. 50: 53 kr. 30: 14 kr. 0: 0
Betalt: kr. 50: 53 kr. 30: 12 kr. 0: 2
Leiebrikker: 6 stk

Resultater: [Lang\(8\)](#) | [Mellom\(26\)](#) | [Kort\(23\)](#) | [Småttroll\(10\)](#) | [Grafisk](#)
Strekktider: [Lang\(8\)](#) | [Mellom\(26\)](#) | [Kort\(23\)](#)

Resultater Lang (5.8 km)

Plass	Navn	Klubb	Tid	Poeng
1	Arnesen, Ulrik Astrup	NTNUI	0:41:01 + 00:00	160.10
2	Nipen, Thomas	Nydalens SK	0:58:26 + 17:25	153.77
3	Schlaupitz, Holger	IL GeoForm	1:03:37 + 22:36	151.89
4	Utskarpen, Audrun	IL GeoForm	1:28:18 + 47:17	142.92
5	Fagerhaug, Are	IL GeoForm	1:32:40 + 51:39	141.33
6	Sauar, Brita Opheim	Statoil Oslo BIL	1:36:24 + 55:23	139.97
7	Sandvik, Cathrine	Norges Bank BIL	1:36:51 + 55:50	139.81
8	Nummedal, Geir	IL GeoForm	1:48:25 +1:07:24	135.61

Resultater Mellom (3.8 km)

Plass	Navn	Klubb	Tid	Poeng
1	Owren, Lars	Freidig	0:36:13 + 00:00	136.13
2	Henriksen, Jan Tore	Norges Bank BIL	0:36:43 + 00:30	135.90
3	Tandrevold, Eivind	Privat	0:37:46 + 01:33	135.42
4	Helland, Knut Edvard	Østmarka OK	0:39:41 + 03:28	134.56
5	Bjerknes, Audun	Måren OK	0:43:09 + 06:56	132.99
6	Teigland, Rune	Østmarka OK	0:43:11 + 06:58	132.98
7	Benjaminsen, Vidar	Lillomarka OL	0:45:09 + 08:56	132.09
8	Espedal, Kjetil	Nydalens SK	0:45:21 + 09:08	132.00
9	Oram, Loise	Nydalens SK	0:47:00 + 10:47	131.25
10	Eriksen, Are	Oslostudentenes IK	0:49:07 + 12:54	130.29
11	Tandrevold, Eirik	Fossum IF	0:49:46 + 13:33	130.00
12	Njåstein, Marianne	IL Tyrving	0:50:43 + 14:30	129.57
13	Danielsen, Anne	Nydalens SK	0:53:15 + 17:02	128.42
14	Johansen, Frode	Equinor BIL	0:55:22 + 19:09	127.47
15	Skantze, Kjersti	IL Tyrving	0:55:35 + 19:22	127.37
16	Gylver, Bård	Asker Skiklubb	0:56:11 + 19:58	127.10
17	Landmark, Bente	Fossum IF	1:00:05 + 23:52	125.34
18	Klaveness, Peter	Måren OK	1:03:27 + 27:14	123.81
19	Skantze, Don	IL Tyrving	1:03:43 + 27:30	123.69
20	Hultgreen, Rune	IL GeoForm	1:04:06 + 27:53	123.52
21	Lahlum, Tor	Nordre Follo Orientering	1:04:54 + 28:41	123.16
22	Sandelien, Bjørn	Heming Orientering	1:08:05 + 31:52	121.72
23	Engzelius, Margrete	Asker Skiklubb	1:11:25 + 35:12	120.21
24	Gylver, Øyvind	Asker Skiklubb	1:11:29 + 35:16	120.18

06:26-15	08:44-14	09:29-13	21:53-9	23:43-9	33:21-8	34:19-8	35:29-8	38:47-8	40:33-8	42:53-7	44:19-7	45:09-7
06:26-15	02:18-9	00:45-7	12:24-7	01:50-9	09:38-7	00:58-7	01:10-8	03:18-9	01:46-8	02:20-5	01:26-5	00:50-20
02:07&	00:35&	00:07#	02:50&	00:23&	01:40#	00:13&	00:18&	00:43&	00:27&	00:36&	00:22&	00:29@
8	Espedal, Kjetil		Nydalens SK			0:45:21 +	09:08		132.00			
04:53-4	07:08-6	07:47-6	17:45-4	19:20-4	27:54-4	28:41-4	29:42-4	32:36-5	34:14-5	43:50-8	44:58-8	45:21-8
04:53-4	02:15-8	00:39-3	09:58-2	01:35-6	08:34-4	00:47-4	01:01-5	02:54-5	01:38-4	09:36-26	01:08-2	00:23-3
00:34#	00:32&	00:01+	00:24+	00:08+	00:36+	00:02+	00:09#	00:19#	00:19#	07:52@	00:04+	00:02+
9	Oram, Loise		Nydalens SK			0:47:00 +	10:47		131.25			
05:41-10	08:11-9	09:00-10	21:31-8	23:14-8	34:14-9	35:17-9	36:38-9	40:02-9	41:41-9	44:55-9	46:26-9	47:00-9
05:41-10	02:30-12	00:49-12	12:31-9	01:43-7	11:00-10	01:03-10	01:21-15	03:24-10	01:39-5	03:14-17	01:31-7	00:34-13
01:22&	00:47&	00:11&	02:57&	00:16#	03:02&	00:18&	00:29&	00:49&	00:20&	01:30&	00:27&	00:13&
10	Eriksen, Are		Oslostudentenes IK			0:49:07 +	12:54		130.29			
05:46-11	08:18-11	09:04-11	22:20-10	24:14-10	35:37-10	36:38-10	37:53-10	41:03-10	43:05-10	47:05-11	48:34-10	49:07-10
05:46-11	02:32-13	00:46-8	13:16-10	01:54-11	11:23-12	01:01-9	01:15-12	03:10-8	02:02-14	04:00-20	01:29-6	00:33-12
01:27&	00:49&	00:08#	03:42&	00:27&	03:25&	00:16&	00:23&	00:35#	00:43&	02:16@	00:25&	00:12&
11	Tandrevold, Eirik		Fossum IF			0:49:46 +	13:33		130.00			
05:33-7	07:51-8	08:39-8	22:41-11	24:35-11	36:01-11	37:20-11	38:35-11	42:34-11	44:26-11	46:58-10	49:15-11	49:46-11
05:33-7	02:18-9	00:48-10	14:02-11	01:54-11	11:26-13	01:19-21	01:15-12	03:59-17	01:52-10	02:32-6	02:17-19	00:31-8
01:14&	00:35&	00:10&	04:28&	00:27&	03:28&	00:34&	00:23&	01:24&	00:33&	00:48&	01:13@	00:10&
12	Njåstein, Marianne		IL Tyrving			0:50:43 +	14:30		129.57			
06:01-13	08:21-12	09:11-12	23:37-12	25:41-12	36:54-12	39:16-12	40:33-12	44:19-12	46:08-12	48:49-12	50:13-12	50:43-12
06:01-13	02:20-11	00:50-13	14:26-12	02:04-13	11:13-11	02:22-26	01:17-14	03:46-12	01:49-9	02:41-10	01:24-4	00:30-7
01:42&	00:37&	00:12&	04:52&	00:37&	03:15&	01:37@	00:25&	01:11&	00:30&	00:57&	00:20&	00:09&
13	Danielsen, Anne		Nydalens SK			0:53:15 +	17:02		128.42			
05:40-8	08:38-13	09:48-14	24:31-13	26:35-13	38:57-13	40:23-13	42:02-13	46:00-13	48:12-13	51:01-13	52:43-13	53:15-13
05:40-8	02:58-17	01:10-20	14:43-13	02:04-13	12:22-16	01:26-23	01:39-20	03:58-15	02:12-18	02:49-11	01:42-12	00:32-11
01:21&	01:15&	00:32&	05:09&	00:37&	04:24&	00:41&	00:47&	01:23&	00:53&	01:05&	00:38&	00:11&
14	Johansen, Frode		Equinor BIL			0:55:22 +	19:09		127.47			
06:03-14	09:07-15	09:58-15	26:00-14	28:21-14	41:13-14	42:23-14	43:36-14	47:47-15	49:54-15	52:58-14	54:47-15	55:22-14
06:03-14	03:04-18	00:51-14	16:02-15	02:21-20	12:52-18	01:10-13	01:13-11	04:11-20	02:07-16	03:04-15	01:49-17	00:35-15
01:44&	01:21&	00:13&	06:28&	00:54&	04:54&	00:25&	00:21&	01:36&	00:48&	01:20&	00:45&	00:14&
15	Skantzze, Kjersti		IL Tyrving			0:55:35 +	19:22		127.37			
06:46-16	09:20-16	10:17-16	26:13-15	28:28-15	41:32-15	42:37-15	44:03-15	48:06-16	50:26-16	53:06-15	54:41-14	55:35-15
06:46-16	02:34-14	00:57-15	15:56-14	02:15-17	13:04-19	01:05-11	01:26-16	04:03-18	02:20-19	02:40-9	01:35-8	00:54-23
02:27&	00:51&	00:19&	06:22&	00:48&	05:06&	00:20&	00:34&	01:28&	01:01&	00:56&	00:31&	00:33@
16	Gylver, Bård		Asker Skiklubb			0:56:11 +	19:58		127.10			
05:58-12	08:12-10	08:56-9	30:26-18	32:17-18	42:05-16	43:03-16	44:14-16	47:19-14	49:12-14	54:03-16	55:46-16	56:11-16
05:58-12	02:14-7	00:44-6	21:30-24	01:51-10	09:48-8	00:58-7	01:11-9	03:05-7	01:53-11	04:51-25	01:43-13	00:25-4
01:39&	00:31&	00:06#	11:56@	00:24&	01:50#	00:13&	00:19&	00:30#	00:34&	03:07@	00:39&	00:04#
17	Landmark, Bente		Fossum IF			1:00:05 +	23:52		125.34			
06:47-17	10:10-19	11:08-19	31:19-19	33:25-19	45:22-19	46:40-19	48:26-19	52:37-19	54:48-17	57:51-17	59:30-17	60:05-17
06:47-17	03:23-24	00:58-16	20:11-21	02:06-15	11:57-15	01:18-19	01:46-23	04:11-20	02:11-17	03:03-14	01:39-10	00:35-15
02:28&	01:40&	00:20&	10:37@	00:39&	03:59&	00:33&	00:54@	01:36&	00:52&	01:19&	00:35&	00:14&
18	Klaveness, Peter		Måren OK			1:03:27 +	27:14		123.81			
12:11-24	15:22-24	16:23-23	34:31-20	36:45-20	50:13-20	51:26-20	52:37-20	56:47-20	58:45-20	61:17-20	62:53-18	63:27-18
12:11-24	03:11-21	01:01-18	18:08-20	02:14-16	13:28-21	01:13-15	01:11-9	04:10-19	01:58-12	02:32-6	01:36-9	00:34-13
07:52@	01:28&	00:23&	08:34&	00:47&	05:30&	00:28&	00:19&	01:35&	00:39&	00:48&	00:32&	00:13&
19	Skantzze, Don		IL Tyrving			1:03:43 +	27:30		123.69			
06:52-18	09:26-17	10:25-17	26:27-16	28:52-16	43:03-18	44:21-18	45:55-18	49:46-18	58:17-19	61:16-19	63:04-19	63:43-19
06:52-18	02:34-14	00:59-17	16:02-15	02:25-21	14:11-24	01:18-19	01:34-19	03:51-13	08:31-26	02:59-13	01:48-16	00:39-18
02:33&	00:51&	00:21&	06:28&	00:58&	06:13&	00:33&	00:42&	01:16&	07:12@	01:15&	00:44&	00:18&
20	Hultgreen, Rune		IL GeoForm			1:04:06 +	27:53		123.52			
07:07-20	10:23-20	11:51-20	36:38-24	38:54-24	50:35-21	51:46-21	53:15-21	57:13-21	59:19-21	61:56-21	63:37-20	64:06-20
07:07-20	03:16-22	01:28-24	24:47-26	02:16-18	11:41-14	01:11-14	01:29-17	03:58-15	02:06-15	02:37-8	01:41-11	00:29-6
02:48&	01:33&	00:50@	15:13@	00:49&	03:43&	00:26&	00:37&	01:23&	00:47&	00:53&	00:37&	00:08&
21	Lahlum, Tor		Nordre Follo Orientering			1:04:54 +	28:41		123.16			
06:55-19	09:38-18	10:49-18	27:59-17	30:18-17	42:54-17	44:08-17	45:51-17	49:45-17	56:28-18	59:20-18	64:04-21	64:54-21
06:55-19	02:43-16	01:11-21	17:10-17	02:19-19	12:36-17	01:14-16	01:43-22	03:54-14	06:43-25	02:52-12	04:44-26	00:50-20
02:36&	01:00&	00:33&	07:36&	00:52&	04:38&	00:29&	00:51&	01:19&	05:24@	01:08&	03:40@	00:29@
22	Sandeliën, Bjørn		Heming Orientering			1:08:05 +	31:52		121.72			

09:29-21	12:48-21	13:56-21	35:47-23	38:19-22	51:47-22	53:02-22	54:33-22	59:14-22	61:45-22	64:52-22	67:13-22	68:05-22
09:29-21	03:19-23	01:08-19	21:51-25	02:32-22	13:28-21	01:15-17	01:31-18	04:41-22	02:31-20	03:07-16	02:21-20	00:52-22
05:10@	01:36&	00:30&	12:17@	01:05&	05:30&	00:30&	00:39&	02:06&	01:12&	01:23&	01:17@	00:31@
23 Engzelius, Margrete	Asker Skiklubb											
09:52-22	14:51-23	16:20-22	37:10-25	39:43-25	53:16-23	54:31-23	56:10-23	61:30-23	64:09-23	67:52-23	70:21-23	71:25-23
09:52-22	04:59-25	01:29-25	20:50-23	02:33-23	13:33-23	01:15-17	01:39-20	05:20-24	02:39-21	03:43-19	02:29-21	01:04-25
05:33@	03:16@	00:51@	11:16@	01:06&	05:35&	00:30&	00:47&	02:45@	01:20@	01:59@	01:25@	00:43@
24 Gylver, Øyvind	Asker Skiklubb											
10:04-23	15:03-23	16:32-24	37:21-26	39:57-26	53:17-24	54:42-24	56:30-24	61:40-24	64:28-24	68:04-24	70:34-24	71:29-24
10:04-23	04:59-25	01:29-25	20:49-22	02:36-24	13:20-20	01:25-22	01:48-24	05:10-23	02:48-24	03:36-18	02:30-22	00:55-24
05:45@	03:16@	00:51@	11:15@	01:09&	05:22&	00:40&	00:56@	02:35@	01:29@	01:52@	01:26@	00:34@
25 Aarseth, Jonas	Nydalens SK											
12:43-25	15:52-25	17:10-25	34:57-21	38:13-21	55:54-25	57:45-25	63:53-25	66:32-25	71:01-25	73:43-25	75:06-25	
12:43-25	03:09-19	01:18-23	17:47-18	03:16-25	17:41-25	01:51-25			02:39-21	04:29-23	02:42-23	01:23-26
08:24@	01:26&	00:40@	08:13&	01:49@	09:43@	01:06@			01:20@	02:45@	01:38@	01:02@
26 Aarseth, Iver	IL Koll											
13:10-26	16:19-26	17:35-26	35:26-22	38:42-23	56:34-26	58:09-26	64:19-26	67:06-26	71:41-26	74:44-26	75:27-26	
13:10-26	03:09-19	01:16-22	17:51-19	03:16-25	17:52-26	01:35-24			02:47-23	04:35-24	03:03-24	00:43-19
08:51@	01:26&	00:38@	08:17&	01:49@	09:54@	00:50@			01:28@	02:51@	01:59@	00:22@

Strekktider Kort

Plass	Navn	Klubb	Tid	Poeng							
1	Berteig, Vidar	IL GeoForm	0:25:34 + 00:00	122.56							
	05:20-1	07:21-1	08:04-1	14:56-1	15:58-1	17:01-1	19:56-1	21:37-1	23:48-1	25:02-1	25:34-1
	05:20-1	02:01-1	00:43-1	06:52-1	01:02-3	01:03-1	02:55-1	01:41-1	02:11-1	01:14-1	00:32-4
	00:00=	00:00=	00:00=	00:00=	00:06#	00:00=	00:00=	00:00=	00:00=	00:00=	00:10&
2	Eide-Fredriksen, Aksel	Kamp/Vestheim IF	0:33:18 + 07:44	120.31							
	06:07-3	08:49-2	09:45-2	20:06-3	21:02-3	22:20-3	26:05-3	28:38-3	31:17-2	32:48-2	33:18-2
	06:07-3	02:42-3	00:56-4	10:21-3	00:56-1	01:18-2	03:45-2	02:33-5	02:39-2	01:31-2	00:30-2
	00:47#	00:41&	00:13&	03:29&	00:00=	00:15#	00:50&	00:52&	00:28#	00:17#	00:08&
3	Eijsink, Malin	Nydalens SK	0:33:46 + 08:12	120.18							
	06:40-4	09:24-3	10:34-3	19:43-2	20:50-2	22:12-2	26:00-2	28:10-2	31:22-3	33:04-3	33:46-3
	06:40-4	02:44-4	01:10-8	09:09-2	01:07-5	01:22-4	03:48-3	02:10-3	03:12-6	01:42-4	00:42-6
	01:20&	00:43&	00:27&	02:17&	00:11#	00:19&	00:53&	00:29&	01:01&	00:28&	00:20&
4	Vollen, Magne	Oslostudentenes IK	0:39:23 + 13:49	118.54							
	06:53-5	09:57-4	11:14-4	22:31-4	23:40-4	25:10-4	29:34-4	32:22-4	36:05-4	38:19-4	39:23-4
	06:53-5	03:04-5	01:17-10	11:17-4	01:09-6	01:30-5	04:24-5	02:48-6	03:43-8	02:14-10	01:04-14
	01:33&	01:03&	00:34&	04:25&	00:13#	00:27&	01:29&	01:07&	01:32&	01:00&	00:42@
5	Owren, Grete Berge	Freidig	0:39:52 + 14:18	118.40							
	06:05-2	10:18-5	11:25-5	25:41-6	26:37-6	28:11-5	32:09-5	34:24-5	37:20-5	39:09-5	39:52-5
	06:05-2	04:13-11	01:07-7	14:16-11	00:56-1	01:34-7	03:58-4	02:15-4	02:56-3	01:49-5	00:43-8
	00:45#	02:12@	00:24&	07:24@	00:00=	00:31&	01:03&	00:34&	00:45&	00:35&	00:21&
6	Sundelin Rørvik, Gisela	Heming Orientering	0:42:06 + 16:32	117.75							
	09:23-14	14:19-14	15:12-14	27:27-9	28:48-9	30:21-9	34:45-6	36:51-6	39:56-6	41:35-7	42:06-6
	09:23-14	04:56-15	00:53-2	12:15-5	01:21-9	01:33-6	04:24-5	02:06-2	03:05-5	01:39-3	00:31-3
	04:03&	02:55@	00:10#	05:23&	00:25&	00:30&	01:29&	00:25#	00:54&	00:25&	00:09&
7	Christensen, Lars	VBIL	0:42:31 + 16:57	117.63							
	09:17-12	12:27-8	13:28-8	26:19-7	27:37-7	29:12-7	41:30-6				42:31-7
	09:17-12	03:10-7	01:01-6	12:51-6	01:18-7	01:35-8					01:01-13
	03:57&	01:09&	00:18&	05:59&	00:22&	00:32&					00:39@
8	Arnesen, Marianne	Asker Skiklubb	0:45:23 + 19:49	116.80							
	07:11-6	10:19-6	11:40-6	24:49-5	26:14-5	28:17-6	35:47-7	38:42-7	42:32-7	44:35-8	45:23-8
	07:11-6	03:08-6	01:21-15	13:09-8	01:25-12	02:03-11	07:30-14	02:55-7	03:50-11	02:03-8	00:48-9
	01:51&	01:07&	00:38&	06:17&	00:29&	01:00&	04:35@	01:14&	01:39&	00:49&	00:26@
9	Bjørgum, Hallvard	VBIL	0:49:26 + 23:52	115.62							
	09:10-11	12:45-11	14:05-11	31:11-13	32:36-13	34:41-13	39:44-8	42:53-8	46:36-8	48:37-9	49:26-10

