

# Rankingløp 8

Dato/sted: 2. august 2023 - Frognerseteren  
Kart: Tryvann  
Arr: OSI v/Øivind Due Trier  
Antall: Totalt: 142 (GeoForm: 15, OSI: 3, DNV/ESSO: 6, Andre: 118)  
Løpsrapport: Alder: 21-: 135, 17-20: 0, 13-16: 6, 0-12: 1  
Startkont: kr. 50: 111 kr. 30: 31 kr. 0: 0  
Betalt: kr. 50: 111 kr. 30: 25 kr. 0: 6  
Leiebrikker: 12 stk

Resultater: [Lang\(45\)](#) | [Mellom\(61\)](#) | [Kort\(36\)](#) | [Grafisk](#)  
Strekktider: [Lang\(45\)](#) | [Mellom\(61\)](#) | [Kort\(36\)](#)

## Resultater Lang (6,2 km)

Plass	Navn	Klubb	Tid	Poeng
1	Urset, Hans Gjermundsson	IL BUL-Tromsø	0:46:29 + 00:00	151,86
2	Schlaupitz, Holger	IL GeoForm	0:50:00 + 03:31	150,11
3	Sørensen, Elias Skjolden	Lillomarka OL	0:50:33 + 04:04	149,84
4	Markset, Trygve	Koll	0:51:24 + 04:55	149,42
5	Sommerfeldt, Erling	Turun Metsänkävijät	0:52:43 + 06:14	148,76
6	Aalvik, Dag	Nydalens SK	0:52:48 + 06:19	148,72
7	Lund, Øyvind	Heming Orientering	0:53:12 + 06:43	148,52
8	Olausson, Mikael	Oslostudentenes IK	0:53:41 + 07:12	148,28
9	Lindseth, Gard	Nydalens SK	0:56:38 + 10:09	146,81
10	Nygård, Svein	Norges Bank BIL	0:59:10 + 12:41	145,55
11	Fremming, Nils Petter	Heming Orientering	0:59:14 + 12:45	145,52
12	Grønneberg, Skage	Heming Orientering	0:59:18 + 12:49	145,49
13	Kongsnes, Asbjørn	Østmarka OK	1:00:32 + 14:03	144,87
14	Olsen, Øystein	OK Moss	1:01:13 + 14:44	144,53
15	Asplin, Peder Fossheim	Gjø-Vard OL	1:01:19 + 14:50	144,48
16	McAdam, Martin Ekholt	Privat	1:01:29 + 15:00	144,40
17	Helland, Knut Edvard	Østmarka OK	1:03:26 + 16:57	143,43
18	Roskifte, Thomas	OK Moss	1:03:41 + 17:12	143,30
19	Lund, Trond	IL Tyrving	1:06:06 + 19:37	142,10
20	Gravir, Gjermund	VBIL	1:06:56 + 20:27	141,69
21	Kristensen, Ole Kristian	Fossum IF	1:07:07 + 20:38	141,60
22	Aarvik, Asbjørn	Equinor BIL - Oslo	1:07:19 + 20:50	141,50
23	Systad, Rolv Anders	Lyn Ski	1:08:17 + 21:48	141,01
24	Kongsnes, Vemund	Østmarka OK	1:08:33 + 22:04	140,88
25	Ballangrud, Lars	Oppsal Orientering	1:08:37 + 22:08	140,85
26	Grinde, Bjørn	Oslostudentenes IK	1:10:02 + 23:33	140,14
27	Reusch, Christian	Heming Orientering	1:10:12 + 23:43	140,06
28	Stenshorne, Per Christian	Nydalens SK	1:10:25 + 23:56	139,95
29	Øfsthus, Hilda	Asker Skiklubb	1:13:05 + 26:36	138,63
30	Kontautas, Donatas	OK Moss	1:13:53 + 27:24	138,23
31	Brækken, Bård	Lyn Ski	1:14:08 + 27:39	138,10
32	Iwe, Harald	IL GeoForm	1:16:18 + 29:49	137,02
33	Sørdal, Martin	Lillomarka OL	1:17:14 + 30:45	136,56

34	Jevanord, Hans	Fossum IF	1:17:16 + 30:47	136,54
35	Fagerhaug, Are	IL GeoForm	1:20:08 + 33:39	135,12
36	Ottersland, Per Kristian	Geoform IL	1:23:38 + 37:09	133,37
36	Mygland, Johan	IL GeoForm	1:23:38 + 37:09	133,37
38	Solheim, Paul	Privat	1:23:45 + 37:16	133,32
39	Ask, Kjetil	Nittedal OL	1:25:02 + 38:33	132,68
40	Kristoffersen, Simen	Pharmaq	1:28:13 + 41:44	131,09
41	Eriksen, Are	Oslostudentenes IK	1:28:24 + 41:55	131,00
42	Thorstensen, Erik	IL GeoForm	1:33:15 + 46:46	128,59
43	Kippernes, Frank Åge	IL GeoForm	1:40:37 + 54:08	124,92
44	Grandum, Øyvind	IL GeoForm	1:51:01 +1:04:32	119,75
DSQ	Vollset, Tarjei	Heming Orientering	1:18:23 (-2 poster)	94,12

## Resultater Mellom (4,3 km)

Plass	Navn	Klubb	Tid	Poeng
1	Hafskjold, Runar	Nydalens SK	0:43:20 + 00:00	135,77
2	Ferrand, Raphael	Bækkelagets SK	0:43:54 + 00:34	135,55
3	Rosenvold, Erik	Østmarka OK	0:44:01 + 00:41	135,50
4	Lian, Odd Arne	IL Koll	0:47:25 + 04:05	134,19
5	Fjær, Hallvard	Lillomarka OL	0:47:57 + 04:37	133,99
6	Zeiner-Gundersen, Richard	Aker Brygge orientering	0:48:35 + 05:15	133,74
7	Markset, Kjell	Larvik OK	0:48:43 + 05:23	133,69
8	Lunøe, Espen	Nydalens SK	0:49:32 + 06:12	133,37
9	Green, Emma	Privat	0:49:57 + 06:37	133,21
10	Kildahl, Øystein	Østmarka OK	0:50:53 + 07:33	132,85
11	Rygh Holten, Marie	Nydalens SK	0:51:08 + 07:48	132,76
12	Landstad, Knut	Nydalens SK	0:52:24 + 09:04	132,27
13	Åsmul, Eskil	Geoform IL	0:52:32 + 09:12	132,22
14	EGGE, Guttorm	IL GeoForm	0:52:39 + 09:19	132,17
15	Melkild, Dagrund	Heming Orientering	0:54:23 + 11:03	131,50
16	Karlsen, Stig Hultgreen	IL GeoForm	0:54:32 + 11:12	131,44
17	Rygh Holten, Alma	Nydalens SK	0:54:53 + 11:33	131,31
18	Lahlum, Jon	IL GeoForm	0:55:44 + 12:24	130,98
19	Gunnerød, Hege	Asker Skiklubb	0:56:44 + 13:24	130,59
20	Kløvstad, Anders	Telenor BIL	0:57:24 + 14:04	130,34
21	Lefdahl, Per Morten	Privat	0:57:39 + 14:19	130,24
22	Nørstebø, Sidsel Owren	IL Tyrving	0:57:47 + 14:27	130,19
23	Tallaksen, Thor Christian	IL GeoForm	0:57:49 + 14:29	130,18
24	Sigurdson, Roar	Ringnes BIL	0:57:57 + 14:37	130,12
25	Norrud, Åse Ulltveit-Moe	Fossum IF	0:58:57 + 15:37	129,74
26	Harstad Arntsen, Kaisa	Heming Orientering	0:59:09 + 15:49	129,66
27	Bakke, Sara	Lillomarka OL	0:59:22 + 16:02	129,58
28	Flågen, Ann Elin	Heming Orientering	0:59:23 + 16:03	129,57
29	Reusch, Astrid	Heming Orientering	1:00:07 + 16:47	129,29
30	Herud, Tone Jahren	Fossum IF	1:00:18 + 16:58	129,22
31	Longva, Tore	VBIL	1:00:31 + 17:11	129,13
32	Nodenes, Ole Martin	IL GeoForm	1:00:40 + 17:20	129,08
33	Horvath, Zoltan	VBIL	1:01:05 + 17:45	128,91
34	Modalsli, Sigbjørn	Fossum IF	1:01:17 + 17:57	128,84
35	Johansen, Frode	Equinor BIL	1:01:19 + 17:59	128,82

36	Sandtveit, Espen	Nesodden IF	1:02:10 + 18:50	128,50
37	Flågen, Anders	Heming Orientering	1:02:33 + 19:13	128,35
38	Johannessen, Morten	Røyken OL	1:02:36 + 19:16	128,33
39	Tho, Kjersti	Stabæk IF	1:02:42 + 19:22	128,29
40	Borge, Karsten	Brandval/Kongsvinger OK	1:03:37 + 20:17	127,94
41	Hov, Kjersti	Fossum IF	1:03:43 + 20:23	127,90
42	Christensen, Lars	VBIL	1:04:23 + 21:03	127,64
43	Lunøe Akselsen, Ulla	Nydalens SK	1:05:54 + 22:34	127,06
44	Rørlien, Anne Berit	Fossum IF	1:06:13 + 22:53	126,93
45	Gylver, Øyvind	Asker Skiklubb	1:06:45 + 23:25	126,73
46	Angell, Truls	Lillomarka OL	1:07:02 + 23:42	126,62
47	Skjelkvåle, Brit Lisa	IL GeoForm	1:07:32 + 24:12	126,42
48	Næss, Terje	Fossum IF	1:09:09 + 25:49	125,80
49	Solberg, Ingar	Olderskog IL	1:09:16 + 25:56	125,76
50	Hanssen, Pål Woldstad	Eiker OL	1:09:19 + 25:59	125,74
51	Engzelius, Margrete	Asker Skiklubb	1:11:02 + 27:42	125,07
52	Ulltveit-Moe, Jo	IL Koll	1:13:05 + 29:45	124,28
53	Løken, Morten Hvattum	Nesodden IF	1:14:57 + 31:37	123,56
54	Erøy, Karl Aasmund	OK Moss	1:15:41 + 32:21	123,28
55	Føyen, Tobias		1:19:57 + 36:37	121,63
56	Wang, Dag	Lillomarka OL	1:20:22 + 37:02	121,47
57	Sundelin Rørvik, Gisela	Heming Orientering	1:20:26 + 37:06	121,44
58	Malm, Susannah	Statnett	1:22:56 + 39:36	120,48
59	Reusch, Marianne	Heming Orientering	1:27:57 + 44:37	118,54
60	Berstad, Paula	Heming Orientering	1:30:16 + 46:56	117,65
DSQ	Brodin, Anna	Fossum IF	1:13:35 (-6 poster)	70,00

## Resultater Kort (2,0 km)

Plass	Navn	Klubb	Tid	Poeng
1	Stamdahl, Helge	IL Koll	0:20:31 + 00:00	121,67
2	Rygh Holten, Jone	Nydalens SK	0:24:22 + 03:51	120,11
3	Løken, Aleidis	Heming Orientering	0:24:45 + 04:14	119,95
4	Næss, Petter	Oppsal Orientering	0:26:35 + 06:04	119,21
5	Tandberg, Ingvild	Bærum kommune BIL	0:26:55 + 06:24	119,07
6	Kaarby, Per	Fossum IF	0:27:35 + 07:04	118,80
7	Færden, Jon	Nordre Follo Orientering	0:28:13 + 07:42	118,54
8	Heen, Tuva	Privat	0:28:50 + 08:19	118,29
9	Raaen, Trine Marit Justad	Lierbygda OL	0:29:20 + 08:49	118,09
10	Hegna, Trond	Asker Skiklubb	0:30:46 + 10:15	117,51
11	Petersen, John Thomas	Nittedal OL	0:31:27 + 10:56	117,23
12	Elvekrok, Vidar	Eiker OL	0:31:35 + 11:04	117,18
13	Stenstadvold, Kjell	IL Tyrving	0:32:41 + 12:10	116,73
14	Berge, Ketil	Vestre Akers SK	0:33:26 + 12:55	116,42
15	Jacobsen, Kjetil	Hamar OK	0:35:45 + 15:14	115,48
16	Berge, Eli	Fossum IF	0:37:51 + 17:20	114,63
17	Killingmo, Lene Anett	OK Øst	0:38:21 + 17:50	114,43
18	Haugen, Per	Lillomarka OL	0:40:21 + 19:50	113,62
19	Bugge, Merete	STAMI	0:40:27 + 19:56	113,57
20	Nordland, Janicke	Lyn Ski	0:42:40 + 22:09	112,67
21	Ursin, Nora	Bærum kommune	0:42:42 + 22:11	112,66

22	Madsen, Øystein	Haugerud IF	0:44:12 + 23:41	112,05
23	Solhjell, Kaare	Privat	0:44:56 + 24:25	111,75
24	Scheie, Arne Chr.	Østmarka OK	0:45:29 + 24:58	111,53
25	Drage, Unni	Haugerud IF	0:45:41 + 25:10	111,45
26	Bjørngum, Hallvard	VBIL	0:46:56 + 26:25	110,94
27	Drage, Tor	Haugerud IF	0:48:00 + 27:29	110,51
28	Duvaas, Henrik	Fossum IF	0:51:26 + 30:55	109,11
29	Ommundsen, Tor A.	VBIL	0:51:58 + 31:27	108,90
30	Gunnerød, Bjørn	Asker Skiklubb	0:57:10 + 36:39	106,79
31	Ballangrud, Erik Alexander	Heming Orientering	1:03:01 + 42:30	104,41
32	Ouyang, Ping	Østmarka OK	1:03:45 + 43:14	104,11
DSQ	Egner, Bjørn	Heming Orientering	0:47:15 (-2 poster)	83,33
	Lervåg, Pernille	Velledalen IL	DELTATT	50,00
	Indreberg, Nina		DELTATT	50,00
	Eriksen, Trude	Nydalens SK	DELTATT	50,00

## Strekktider Lang

Plass	Navn	Klubb	Tid	Poeng														
1	Urset, Hans Gjermundsson	IL BUL-Tromsø	0:46:29 + 00:00	151,86														
	01:28-4	03:22-2	04:39-2	13:30-2	16:21-1	19:05-1	21:03-1	23:18-1	25:19-1	28:05-1	29:56-1	32:26-1	33:55-1	38:50-1	40:04-1	42:40-1	45:17-1	46:29-1
	01:28-4	01:54-3	01:17-1	08:51-2	02:51-1	02:44-1	01:58-2	02:15-2	02:01-4	02:46-5	01:51-1	02:30-2	01:29-1	04:55-3	01:14-1	02:36-1	02:37-1	01:12-5
	00:08#	00:04+	00:00=	00:09+	00:00=	00:00=	00:08+	00:01+	00:10+	00:14+	00:00=	00:05+	00:00=	00:04+	00:00=	00:00=	00:00=	00:09#
2	Schlaupitz, Holger	IL GeoForm	0:50:00 + 03:31	150,11														50:00-2
3	Sørensen, Elias Skjolden	Lillomarka OL	0:50:33 + 04:04	149,84														
	01:29-7	03:29-6	04:46-3	14:54-6	18:48-7	21:48-7	23:38-4	25:52-3	27:44-3	30:21-3	32:26-3	35:16-3	36:51-2	42:38-3	43:52-2	46:36-2	49:21-2	50:33-3
	01:29-5	02:00-4	01:17-1	10:08-7	03:54-16	03:00-4	01:50-1	02:14-1	01:52-2	02:37-2	02:05-2	02:50-5	01:35-3	05:47-8	01:14-1	02:44-2	02:45-2	01:12-5
	00:09#	00:10+	00:00=	01:26#	01:03&	00:16+	00:00=	00:00=	00:01+	00:05+	00:14#	00:25#	00:06+	00:56#	00:00=	00:08+	00:08+	00:09#
4	Markset, Trygve	Koll	0:51:24 + 04:55	149,42														
	01:26-2	03:16-1	04:33-1	13:15-1	16:22-2	19:12-2	23:46-5	26:06-5	28:05-5	30:54-4	33:01-4	35:42-4	37:28-4	42:57-4	44:12-3	47:30-3	50:19-3	51:24-4
	01:26-2	01:50-1	01:17-1	08:42-1	03:07-3	02:50-2	04:34-44	02:20-3	01:59-3	02:49-6	02:07-3	02:41-4	01:46-8	05:29-6	01:15-3	03:18-6	02:49-3	01:05-2
	00:06+	00:00=	00:00=	00:00=	00:16+	00:06+	02:44@	00:06+	00:08+	00:17#	00:16#	00:16#	00:17#	00:38#	00:01+	00:42&	00:12+	00:02+
5	Sommerfeldt, Erling	Turun Metsänkävijät	0:52:43 + 06:14	148,76														
	01:20-1	03:27-4	04:50-5	15:48-8	19:00-8	22:02-8	24:14-8	26:52-7	29:04-7	31:48-7	34:00-7	36:50-6	38:36-6	43:59-6	45:27-6	48:20-5	51:29-5	52:43-5
	01:20-1	02:07-8	01:23-5	10:58-10	03:12-4	03:02-6	02:12-6	02:38-7	02:12-10	02:44-4	02:12-7	02:50-5	01:46-8	05:23-4	01:28-6	02:53-3	03:09-4	01:14-11
	00:00=	00:17#	00:06+	02:16&	00:21#	00:18#	00:22#	00:24#	00:21#	00:12+	00:21#	00:25#	00:17#	00:32#	00:14#	00:17#	00:32#	00:11#
6	Aalvik, Dag	Nydalens SK	0:52:48 + 06:19	148,72														
	01:37-9	03:37-7	05:06-7	14:22-4	18:19-5	21:19-4	23:30-3	25:55-4	28:04-4	31:19-5	33:30-5	36:07-5	37:48-5	43:15-5	44:37-4	48:01-4	51:29-4	52:48-6
	01:37-9	02:00-4	01:29-8	09:16-3	03:57-17	03:00-4	02:11-4	02:25-5	02:09-8	03:15-12	02:11-6	02:37-3	01:41-6	05:27-5	01:22-4	03:24-7	03:28-7	01:19-17
	00:17#	00:10+	00:12#	00:34+	01:06&	00:16+	00:21#	00:11+	00:18#	00:43&	00:20#	00:12+	00:12#	00:36#	00:08#	00:48&	00:51&	00:16&
7	Lund, Øyvind	Heming Orientering	0:53:12 + 06:43	148,52														
	01:40-14	03:47-10	05:06-8	17:10-13	21:28-13	24:20-10	26:31-10	28:53-10	30:44-9	33:24-9	35:33-9	37:58-7	39:31-7	44:22-7	45:49-7	48:44-6	51:56-6	53:12-7
	01:40-14	02:07-8	01:19-4	12:04-17	04:18-26	02:52-3	02:11-4	02:22-4	01:51-1	02:40-3	02:09-5	02:25-1	01:33-2	04:51-1	01:27-5	02:55-4	03:12-5	01:16-14
	00:20&	00:17#	00:02+	03:22&	01:27&	00:08+	00:21#	00:08+	00:00=	00:08+	00:18#	00:00=	00:04+	00:00=	00:13#	00:19#	00:35#	00:13#
8	Olausson, Mikael	Oslostudentenes IK	0:53:41 + 07:12	148,28														
	01:29-5	03:22-3	04:49-4	14:09-3	17:08-3	20:18-3	22:40-2	25:22-2	27:26-2	29:58-2	32:18-2	35:13-2	36:52-3	42:35-2	44:58-5	49:17-7	52:29-7	53:41-8
	01:29-5	01:53-2	01:27-7	09:20-4	02:59-2	03:10-7	02:22-7	02:42-9	02:04-6	02:32-1	02:20-9	02:55-7	01:39-4	05:43-7	02:23-36	04:19-31	03:12-5	01:12-5
	00:09#	00:03+	00:10#	00:38+	00:08+	00:26#	00:32&	00:28#	00:13#	00:00=	00:29&	00:30#	00:10#	00:52#	01:09&	01:43&	00:35#	00:09#

<b>9</b>	<b>Lindseth, Gard</b>			<b>Nydalens SK</b>			<b>0:56:38 + 10:09</b>			<b>146,81</b>											
	01:29-6	03:45-8	05:10-9	15:09-7	18:21-6	21:34-6	23:57-6	26:34-6	28:45-6	31:36-6	33:43-6	38:57-9	40:36-8	46:24-8	48:06-8	51:36-8	55:10-8	56:38-9			
	01:29-5	02:16-12	01:25-6	09:59-6	03:12-4	03:13-8	02:23-8	02:37-6	02:11-9	02:51-7	02:07-3	05:14-40	01:39-4	05:48-9	01:42-16	03:30-10	03:34-8	01:28-26			
	00:09#	00:26#	00:08#	01:17#	00:21#	00:29#	00:33&	00:23#	00:20#	00:19#	00:16#	02:49@	00:10#	00:57#	00:28&	00:54&	00:57&	00:25&			
<b>10</b>	<b>Nygård, Svein</b>			<b>Norges Bank BIL</b>			<b>0:59:10 + 12:41</b>			<b>145,55</b>											
	01:34-8	04:08-14	05:37-13	16:16-9	19:45-9	23:05-9	25:43-9	28:51-9	30:53-10	34:42-10	37:00-10	40:02-10	41:51-10	48:37-11	50:23-11	54:06-10	57:47-10	59:10-10			
	01:34-8	02:34-20	01:29-8	10:39-9	03:29-6	03:20-11	02:38-14	03:08-16	02:02-5	03:49-28	02:18-8	03:02-9	01:49-10	06:46-19	01:46-20	03:43-14	03:41-10	01:23-21			
	00:14#	00:44&	00:12#	01:57#	00:38#	00:36#	00:48&	00:54&	00:11+	01:17&	00:27#	00:37&	00:20#	01:55&	00:32&	01:07&	01:04&	00:20&			
<b>11</b>	<b>Fremming, Nils Petter</b>			<b>Heming Orientering</b>			<b>0:59:14 + 12:45</b>			<b>145,52</b>											
	01:54-22	04:17-16	06:18-21	16:42-11	21:22-12	24:36-12	27:01-11	29:56-12	32:01-11	35:01-11	37:28-11	40:30-11	43:05-12	49:15-12	50:50-12	54:04-9	57:45-9	59:14-11			
	01:54-22	02:23-14	02:01-30	10:24-8	04:40-28	03:14-10	02:25-9	02:55-12	02:05-7	03:00-8	02:27-12	03:02-9	02:35-29	06:10-12	01:35-11	03:14-5	03:41-10	01:29-27			
	00:34&	00:33&	00:44&	01:42#	01:49&	00:30#	00:35&	00:41&	00:14#	00:28#	00:36&	00:37&	01:06&	01:19&	00:21&	00:38#	01:04&	00:26&			
<b>12</b>	<b>Grønneberg, Skage</b>			<b>Heming Orientering</b>			<b>0:59:18 + 12:49</b>			<b>145,49</b>											
	01:27-3	03:29-5	05:03-6	14:32-5	18:12-4	21:32-5	24:09-7	26:56-8	29:28-8	32:28-8	34:58-8	38:37-8	40:54-9	48:01-10	49:55-10	54:23-11	58:06-11	59:18-12			
	01:27-3	02:02-7	01:34-13	09:29-5	03:40-8	03:20-11	02:37-13	02:47-10	02:32-23	03:00-8	02:30-13	03:39-21	02:17-26	07:07-24	01:54-24	04:28-32	03:43-12	01:12-5			
	00:07+	00:12#	00:17#	00:47+	00:49&	00:36#	00:47&	00:33#	00:41&	00:28#	00:39&	01:14&	00:48&	02:16&	00:40&	01:52&	01:06&	00:09#			
<b>13</b>	<b>Kongsnes, Asbjørn</b>			<b>Østmarka OK</b>			<b>1:00:32 + 14:03</b>			<b>144,87</b>											
	01:44-16	03:45-9	05:16-10	16:49-12	20:34-10	24:35-11	27:10-12	29:48-11	32:34-12	35:37-12	38:01-12	41:06-12	42:51-11	47:45-9	49:17-9	55:27-12	59:29-12	60:32-13			
	01:44-16	02:01-6	01:31-10	11:33-14	03:45-9	04:01-28	02:35-11	02:38-7	02:46-28	03:03-10	02:24-10	03:05-11	01:45-7	04:54-2	01:32-8	06:10-41	04:02-21	01:03-1			
	00:24&	00:11#	00:14#	02:51&	00:54&	01:17&	00:45&	00:24#	00:55&	00:31#	00:33&	00:40&	00:16#	00:03+	00:18#	03:34@	01:25&	00:00=			
<b>14</b>	<b>Olsen, Øystein</b>			<b>OK Moss</b>			<b>1:01:13 + 14:44</b>			<b>144,53</b>											
	01:54-23	04:44-23	06:22-22	18:25-16	21:59-15	25:27-14	27:52-14	31:13-15	33:27-14	36:51-14	39:27-15	42:37-14	44:27-14	51:11-15	52:41-15	56:05-14	59:54-13	61:13-14			
	01:54-22	02:50-27	01:38-17	12:03-16	03:34-7	03:28-13	02:25-9	03:21-23	02:14-11	03:24-18	02:36-16	03:10-12	01:50-11	06:44-18	01:30-7	03:24-7	03:49-17	01:19-17			
	00:34&	01:00&	00:21&	03:21&	00:43&	00:44&	00:35&	01:07&	00:23#	00:52&	00:45&	00:45&	00:21#	01:53&	00:16#	00:48&	01:12&	00:16&			
<b>15</b>	<b>Asplin, Peder Fosshiem</b>			<b>Gjø-Vard OL</b>			<b>1:01:19 + 14:50</b>			<b>144,48</b>											
	01:55-24	04:22-18	06:05-16	17:36-15	21:43-14	25:34-15	28:12-15	31:08-14	33:45-15	36:57-15	39:23-14	42:53-15	44:57-15	50:59-14	52:37-14	56:31-15	60:06-15	61:19-15			
	01:55-24	02:27-16	01:43-18	11:31-13	04:07-22	03:51-23	02:38-14	02:56-13	02:37-24	03:12-11	02:26-11	03:30-15	02:04-18	06:02-11	01:38-13	03:54-24	03:35-9	01:13-9			
	00:35&	00:37&	00:26&	02:49&	01:16&	01:07&	00:48&	00:42&	00:46&	00:40&	00:35&	01:05&	00:35&	01:11#	00:24&	01:18&	00:58&	00:10#			
<b>16</b>	<b>McAdam, Martin Ekholt</b>			<b>Privat</b>			<b>1:01:29 + 15:00</b>			<b>144,40</b>											
	01:39-12	03:49-11	05:24-11	16:36-10	21:17-11	24:45-13	27:20-13	30:12-13	32:35-13	35:50-13	38:25-13	41:45-13	43:45-13	50:06-13	51:52-13	55:44-13	60:02-14	61:29-16			
	01:39-12	02:10-10	01:35-14	11:12-12	04:41-29	03:28-13	02:35-11	02:52-11	02:23-15	03:15-12	02:35-15	03:20-13	02:00-14	06:21-13	01:46-20	03:52-23	04:18-29	01:27-25			
	00:19#	00:20#	00:18#	02:30&	01:50&	00:44&	00:45&	00:38&	00:32&	00:43&	00:44&	00:55&	00:31&	01:30&	00:32&	01:16&	01:41&	00:24&			
<b>17</b>	<b>Helland, Knut Edvard</b>			<b>Østmarka OK</b>			<b>1:03:26 + 16:57</b>			<b>143,43</b>											
	03:26-44	06:04-41	07:37-36	18:36-17	22:35-16	25:48-16	28:36-16	31:53-16	34:21-16	37:39-16	40:21-16	43:21-16	45:17-16	52:11-16	53:55-16	58:05-16	61:52-16	63:26-17			
	03:26-44	02:38-22	01:33-12	10:59-11	03:59-18	03:13-8	02:48-19	03:17-20	02:28-21	03:18-15	02:42-18	03:00-8	01:56-12	06:54-21	01:44-18	04:10-27	03:47-16	01:34-32			
	02:06@	00:48&	00:16#	02:17&	01:08&	00:29#	00:58&	01:03&	00:37&	00:46&	00:51&	00:35#	00:27&	02:03&	00:30&	01:34&	01:10&	00:31&			
<b>18</b>	<b>Roskifte, Thomas</b>			<b>OK Moss</b>			<b>1:03:41 + 17:12</b>			<b>143,30</b>											
	02:01-27	04:56-28	06:39-24	19:28-22	23:20-20	26:50-17	29:38-17	32:48-17	35:29-17	39:12-17	41:46-17	45:20-17	47:23-17	53:23-17	55:03-17	58:30-17	62:28-17	63:41-18			
	02:01-27	02:55-28	01:43-18	12:49-20	03:52-14	03:30-15	02:48-19	03:10-17	02:41-26	03:43-27	02:34-14	03:34-19	02:03-17	06:00-10	01:40-14	03:27-9	03:58-19	01:13-9			
	00:41&	01:05&	00:26&	04:07&	01:01&	00:46&	00:58&	00:56&	00:50&	01:11&	00:43&	01:09&	00:34&	01:09#	00:26&	00:51&	01:21&	00:10#			
<b>19</b>	<b>Lund, Trond</b>			<b>IL Tyrving</b>			<b>1:06:06 + 19:37</b>			<b>142,10</b>											
	01:43-15	03:58-13	06:15-19	21:00-26	24:49-25	28:34-24	31:19-24	34:33-22	36:48-22	40:11-21	42:54-20	46:27-19	48:29-19	55:27-18	57:14-18	61:02-18	64:45-18	66:06-19			
	01:43-15	02:15-11	02:17-40	14:45-32	03:49-13	03:45-21	02:45-18	03:14-18	02:15-12	03:23-17	02:43-19	03:33-18	02:02-16	06:58-22	01:47-22	03:48-20	03:43-12	01:21-19			
	00:23&	00:25#	01:00&	06:03&	00:58&	01:01&	00:55&	01:00&	00:24#	00:51&	00:52&	01:08&	00:33&	02:07&	00:33&	01:12&	01:06&	00:18&			
<b>20</b>	<b>Gravir, Gjermund</b>			<b>VBIL</b>			<b>1:06:56 + 20:27</b>			<b>141,69</b>											
	01:37-11	03:56-12	05:31-12	17:32-14	23:39-21	27:11-19	29:55-18	33:13-18	35:29-18	39:37-19	42:26-19	47:07-22	49:08-21	55:54-19	57:26-19	61:10-19	65:18-19	66:56-20			
	01:37-9	02:19-13	01:35-14	12:01-15	06:07-42	03:32-16	02:44-16	03:18-21	02:16-13	04:08-33	02:49-21	04:41-33	02:01-15	06:46-19	01:32-8	03:44-16	04:08-23	01:38-34			
	00:17#	00:29&	00:18#	03:19&	03:16@	00:48&	00:54&	01:04&	00:25#	01:36&	00:58&	02:16&	00:32&	01:55&	00:18#	01:08&	01:31&	00:35&			
<b>21</b>	<b>Kristensen, Ole Kristian</b>			<b>Fossum IF</b>			<b>1:07:07 + 20:38</b>			<b>141,60</b>											
	01:50-18	04:23-19	06:12-17	19:27-21	23:20-19	27:19-20	30:17-20	33:40-20	36:03-19	39:24-18	42:19-18	46:19-18	48:17-18	56:34-21	58:35-21	62:08-21	65:53-20	67:07-21			
	01:50-18	02:33-19	01:49-24	13:15-24	03:53-15	03:59-27	02:58-26	03:23-24	02:23-15	03:21-16	02:55-24	04:00-27	01:58-13	08:17-32	02:01-27	03:33-11	03:45-15	01:14-11			
	00:30&	00:43&	00:32&	04:33&	01:02&	01:15&	01:08&	01:09&	00:32&	00:49&	01:04&	01:35&	00:29&	03:26&	00:47&	00:57&	01:08&	00:11#			
<b>22</b>	<b>Aarvik, Asbjørn</b>			<b>Equinor BIL - Oslo</b>			<b>1:07:19 + 20:50</b>			<b>141,50</b>											
	02:24-37	04:49-24	06:37-23	20:28-25	24:32-24	28:07-22	31:08-22	34:15-21	36:41-21	40:08-20	42:58-21	46:29-20	48:38-20	56:11-20	58:06-20	61:55-20	66:05-21	67			

02:24-37	02:25-15	01:48-23	13:51-26	04:04-20	03:35-17	03:01-29	03:07-14	02:26-19	03:27-19	02:50-23	03:31-17	02:09-21	07:33-30	01:55-26	03:49-21	04:10-24	01:14-11
01:04&	00:35&	00:31&	05:09&	01:13&	00:51&	01:11&	00:53&	00:35&	00:55&	00:59&	01:06&	00:40&	02:42&	00:41&	01:13&	01:33&	00:11#
<b>23</b>	<b>Systad, Rolv Anders</b>		<b>Lyn Ski</b>			<b>1:08:17 +</b>	<b>21:48</b>		<b>141,01</b>								
02:30-39	05:58-40	07:53-39	20:12-24	24:14-22	28:41-25	31:30-25	35:01-24	37:42-24	41:48-25	44:28-25	48:20-24	50:33-25	57:10-24	58:52-23	62:37-23	66:55-22	68:17-23
02:30-39	03:28-41	01:55-27	12:19-18	04:02-19	04:27-32	02:49-21	03:31-27	02:41-26	04:06-32	02:40-17	03:52-25	02:13-22	06:37-16	01:42-16	03:45-18	04:18-29	01:22-20
01:10&	01:38&	00:38&	03:37&	01:11&	01:43&	00:59&	01:17&	00:50&	01:34&	00:49&	01:27&	00:44&	01:46&	00:28&	01:09&	01:41&	00:19&
<b>24</b>	<b>Kongsnes, Vemund</b>		<b>Østmarka OK</b>			<b>1:08:33 +</b>	<b>22:04</b>		<b>140,88</b>								
02:11-32	04:56-29	06:50-27	21:54-31	25:41-26	29:20-26	32:11-26	35:25-25	37:50-25	41:18-24	44:01-23	47:38-23	49:44-23	56:52-22	58:46-22	62:22-22	67:00-23	68:33-24
02:11-32	02:45-25	01:54-26	15:04-33	03:47-11	03:39-19	02:51-22	03:14-18	02:25-17	03:28-20	02:43-19	03:37-20	02:06-19	07:08-25	01:54-24	03:36-12	04:38-34	01:33-31
00:51&	00:55&	00:37&	06:22&	00:56&	00:55&	01:01&	01:00&	00:34&	00:56&	00:52&	01:12&	00:37&	02:17&	00:40&	01:00&	02:01&	00:30&
<b>25</b>	<b>Ballangrud, Lars</b>		<b>Oppsal Orientering</b>			<b>1:08:37 +</b>	<b>22:08</b>		<b>140,85</b>								
02:08-29	04:54-26	07:05-31	20:04-23	24:19-23	28:16-23	31:13-23	34:43-23	37:20-23	41:01-23	44:11-24	48:22-25	50:28-24	57:49-25	59:34-25	63:28-24	67:20-24	68:37-25
02:08-29	02:46-26	02:11-35	12:59-22	04:15-25	03:57-26	02:57-24	03:30-26	02:37-24	03:41-24	03:10-31	04:11-29	02:06-19	07:21-28	01:45-19	03:54-24	03:52-18	01:17-16
00:48&	00:56&	00:54&	04:17&	01:24&	01:13&	01:07&	01:16&	00:46&	01:09&	01:19&	01:46&	00:37&	02:30&	00:31&	01:18&	01:15&	00:14#
<b>26</b>	<b>Grinde, Bjørn</b>		<b>Oslostudentenes IK</b>			<b>1:10:02 +</b>	<b>23:33</b>		<b>140,14</b>								
01:52-19	04:35-21	06:40-25	19:05-19	23:10-18	27:02-18	29:56-19	33:23-19	36:32-20	40:14-22	43:22-22	46:47-21	49:37-22	56:53-23	59:02-24	63:49-25	68:19-25	70:02-26
01:52-19	02:43-24	02:05-33	12:25-19	04:05-21	03:52-24	02:54-23	03:27-25	03:09-34	03:42-26	03:08-30	03:25-14	02:50-39	07:16-26	02:09-31	04:47-34	04:30-32	01:43-38
00:32&	00:53&	00:48&	03:43&	01:14&	01:08&	01:04&	01:13&	01:18&	01:10&	01:17&	01:00&	01:21&	02:25&	00:55&	02:11&	01:53&	00:40&
<b>27</b>	<b>Reusch, Christian</b>		<b>Heming Orientering</b>			<b>1:10:12 +</b>	<b>23:43</b>		<b>140,06</b>								
01:37-10	04:12-15	05:59-15	18:52-18	22:39-17	27:34-21	30:46-21	36:10-26	38:40-27	41:55-26	44:58-26	48:38-26	52:35-27	59:16-26	61:20-27	65:04-27	68:47-26	70:12-27
01:37-9	02:35-21	01:47-21	12:53-21	03:47-11	04:55-36	03:12-30	05:24-43	02:30-22	03:15-12	03:03-29	03:40-22	03:57-44	06:41-17	02:04-29	03:44-16	03:43-12	01:25-23
00:17#	00:45&	00:30&	04:11&	00:56&	02:11&	01:22&	03:10@	00:39&	00:43&	01:12&	01:15&	02:28@	01:50&	00:50&	01:08&	01:06&	00:22&
<b>28</b>	<b>Stenshorne, Per Christian</b>		<b>Nydalens SK</b>			<b>1:10:25 +</b>	<b>23:56</b>		<b>139,95</b>								
01:53-20	04:24-20	06:14-18	19:24-20	26:03-28	29:43-27	33:05-27	36:12-27	38:37-26	42:29-27	45:29-27	49:09-27	51:59-26	59:23-27	61:10-26	64:51-26	69:01-27	70:25-28
01:53-20	02:31-18	01:50-25	13:10-23	06:39-43	03:40-20	03:22-32	03:07-14	02:25-17	03:52-29	03:00-26	03:40-22	02:50-39	07:24-29	01:47-22	03:41-13	04:10-24	01:24-22
00:33&	00:41&	00:33&	04:28&	03:48@	00:56&	01:32&	00:53&	00:34&	01:20&	01:09&	01:15&	01:21&	02:33&	00:33&	01:05&	01:33&	00:21&
<b>29</b>	<b>Øfsthus, Hilda</b>		<b>Asker Skiklubb</b>			<b>1:13:05 +</b>	<b>26:36</b>		<b>138,63</b>								
02:36-40	05:43-37	07:30-35	22:39-35	26:48-31	30:37-29	33:35-29	37:30-29	40:18-28	44:20-29	47:37-29	51:07-28	53:23-28	61:08-28	63:09-28	66:58-28	71:15-28	73:05-29
02:36-40	03:07-35	01:47-21	15:09-34	04:09-23	03:49-22	02:58-26	03:55-32	02:48-29	04:02-31	03:17-34	03:30-15	02:16-25	07:45-31	02:01-27	03:49-21	04:17-28	01:50-39
01:16&	01:17&	00:30&	06:27&	01:18&	01:05&	01:08&	01:41&	00:57&	01:30&	01:26&	01:05&	00:47&	02:54&	00:47&	01:13&	01:40&	00:47&
<b>30</b>	<b>Kontautas, Donatas</b>		<b>OK Moss</b>			<b>1:13:53 +</b>	<b>27:24</b>		<b>138,23</b>								
01:39-13	04:18-17	05:53-14	22:54-37	27:06-34	30:44-30	33:28-28	37:03-28	40:21-29	43:53-28	46:49-28	52:58-31	55:55-31	62:53-30	64:25-29	68:12-29	72:24-29	73:53-30
01:39-12	02:39-23	01:35-14	17:01-38	04:12-24	03:38-18	02:44-16	03:35-30	03:18-36	03:32-22	02:56-25	06:09-43	02:57-41	06:58-22	01:32-8	03:47-19	04:12-27	01:29-27
00:19#	00:49&	00:18#	08:19&	01:21&	00:54&	00:54&	01:21&	01:27&	01:00&	01:05&	03:44@	01:28&	02:07&	00:18#	01:11&	01:35&	00:26&
<b>31</b>	<b>Brækken, Bård</b>		<b>Lyn Ski</b>			<b>1:14:08 +</b>	<b>27:39</b>		<b>138,10</b>								
01:47-17	04:52-25	06:55-28	21:03-27	25:56-27	30:03-28	33:57-30	38:26-30	41:43-32	45:18-30	48:19-30	52:25-29	54:59-29	62:19-29	64:34-30	68:49-30	73:00-30	74:08-31
01:47-17	03:05-34	02:03-32	14:08-28	04:53-30	04:07-30	03:54-41	04:29-37	03:17-35	03:35-23	03:01-28	04:06-28	02:34-28	07:20-27	02:15-35	04:15-30	04:11-26	01:08-3
00:27&	01:15&	00:46&	05:26&	02:02&	01:23&	02:04@	02:15@	01:26&	01:03&	01:10&	01:41&	01:05&	02:29&	01:01&	01:39&	01:34&	00:05+
<b>32</b>	<b>Iwe, Harald</b>		<b>IL GeoForm</b>			<b>1:16:18 +</b>	<b>29:49</b>		<b>137,02</b>								
02:07-28	05:02-30	06:59-30	24:19-38	29:28-39	33:44-39	36:42-39	40:35-38	43:25-34	47:06-33	50:06-33	53:49-32	56:02-32	64:32-32	66:37-32	70:51-32	74:52-31	76:18-32
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<b>33</b>	<b>Sørdal, Martin</b>		<b>Lillomarka OL</b>			<b>1:17:14 +</b>	<b>30:45</b>		<b>136,56</b>								
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<b>34</b>	<b>Jevanord, Hans</b>		<b>Fossum IF</b>			<b>1:17:16 +</b>	<b>30:47</b>		<b>136,54</b>								
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<b>35</b>	<b>Fagerhaug, Are</b>		<b>IL GeoForm</b>			<b>1:20:08 +</b>	<b>33:39</b>		<b>135,12</b>								
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<b>38</b>	<b>Solheim, Paul</b>	<b>Privat</b>	<b>1:23:45 + 37:16 133,32</b>																				
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<b>40</b>	<b>Kristoffersen, Simen</b>	<b>Pharmaq</b>	<b>1:28:13 + 41:44 131,09</b>																				
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<b>42</b>	<b>Thorstensen, Erik</b>	<b>IL GeoForm</b>	<b>1:33:15 + 46:46 128,59</b>																				
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<b>44</b>	<b>Grandum, Øyvind</b>	<b>IL GeoForm</b>	<b>1:51:01 +1:04:32 119,75</b>																				
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<b>2</b>	<b>Ferrand, Raphael</b>	<b>Bækkelagets SK</b>	<b>0:43:54 + 00:34</b>	<b>135,55</b>
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<b>3</b>	<b>Rosenfold, Erik</b>			<b>Østmarka OK</b>			<b>0:44:01 +</b>	<b>00:41</b>	<b>135,50</b>	
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01:39-2	02:16-2	01:50-10	11:54-3	03:55-3	04:11-4	06:43-3	01:51-4	04:03-7	04:06-4	01:33-14
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<b>4</b>	<b>Lian, Odd Arne</b>			<b>IL Koll</b>			<b>0:47:25 +</b>	<b>04:05</b>	<b>134,19</b>	
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<b>5</b>	<b>Fjær, Hallvard</b>			<b>Lillomarka OL</b>			<b>0:47:57 +</b>	<b>04:37</b>	<b>133,99</b>	
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<b>6</b>	<b>Zeiner-Gundersen, Richard</b>			<b>Aker Brygge orientering</b>			<b>0:48:35 +</b>	<b>05:15</b>	<b>133,74</b>	
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<b>7</b>	<b>Markset, Kjell</b>			<b>Larvik OK</b>			<b>0:48:43 +</b>	<b>05:23</b>	<b>133,69</b>	
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01:58-10	02:59-13	01:52-12	14:05-14	03:58-4	04:24-6	07:11-9	02:01-10	04:23-13	04:21-8	01:31-10
00:28&	00:45&	00:23&	03:18&	00:05+	00:22+	00:48#	00:34&	00:42#	00:38#	00:11#
<b>8</b>	<b>Lunøe, Espen</b>			<b>Nydalens SK</b>			<b>0:49:32 +</b>	<b>06:12</b>	<b>133,37</b>	
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<b>9</b>	<b>Green, Emma</b>			<b>Privat</b>			<b>0:49:57 +</b>	<b>06:37</b>	<b>133,21</b>	
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<b>10</b>	<b>Kildahl, Øystein</b>			<b>Østmarka OK</b>			<b>0:50:53 +</b>	<b>07:33</b>	<b>132,85</b>	
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00:16#	00:47&	00:11#	04:56&	00:38#	00:43#	01:09#	00:29&	00:07+	00:55#	00:13#
<b>11</b>	<b>Rygh Holten, Marie</b>			<b>Nydalens SK</b>			<b>0:51:08 +</b>	<b>07:48</b>	<b>132,76</b>	
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00:19#	00:45&	00:19#	02:02#	00:30#	03:10&	01:25#	00:35&	00:25#	00:54#	00:15#
<b>12</b>	<b>Landstad, Knut</b>			<b>Nydalens SK</b>			<b>0:52:24 +</b>	<b>09:04</b>	<b>132,27</b>	
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<b>13</b>	<b>Åsmul, Eskil</b>			<b>Geoform IL</b>			<b>0:52:32 +</b>	<b>09:12</b>	<b>132,22</b>	
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<b>14</b>	<b>Egge, Guttorm</b>			<b>IL GeoForm</b>			<b>0:52:39 +</b>	<b>09:19</b>	<b>132,17</b>	
03:00-50	05:32-21	07:14-16	21:46-15	26:08-13	31:45-14	39:08-12	41:01-12	46:28-14	51:07-14	52:39-14
03:00-50	02:32-5	01:42-5	14:32-17	04:22-9	05:37-20	07:23-11	01:53-6	05:27-33	04:39-17	01:32-11
01:30@	00:18#	00:13#	03:45&	00:29#	01:35&	01:00#	00:26&	01:46&	00:56&	00:12#
<b>15</b>	<b>Melkild, Dagrún</b>			<b>Heming Orientering</b>			<b>0:54:23 +</b>	<b>11:03</b>	<b>131,50</b>	
02:12-18	05:17-17	07:14-15	22:54-21	27:51-20	32:46-17	41:09-18	43:15-16	47:51-15	52:50-16	54:23-15
02:12-18	03:05-18	01:57-14	15:40-30	04:57-22	04:55-12	08:23-24	02:06-12	04:36-16	04:59-28	01:33-14
00:42&	00:51&	00:28&	04:53&	01:04&	00:53#	02:00&	00:39&	00:55#	01:16&	00:13#
<b>16</b>	<b>Karlsen, Stig Hultgreen</b>			<b>IL GeoForm</b>			<b>0:54:32 +</b>	<b>11:12</b>	<b>131,44</b>	



02:10-16	04:54-10	07:06-14	20:41-10	25:31-11	31:56-15	41:02-17	43:44-17	47:53-16	52:46-15	54:32-16
02:10-16	02:44-8	02:12-28	13:35-11	04:50-18	06:25-38	09:06-35	02:42-28	04:09-9	04:53-24	01:46-29
00:40&	00:30#	00:43&	02:48&	00:57#	02:23&	02:43&	01:15&	00:28#	01:10&	00:26&
<b>17</b>	<b>Rygh Holten, Alma</b>			<b>Nydalens SK</b>		<b>0:54:53 +</b>	<b>11:33</b>		<b>131,31</b>	
02:31-35	05:51-32	07:52-24	23:34-26	28:06-21	35:04-24	42:39-21	44:49-21	48:35-17	53:14-17	54:53-17
02:31-35	03:20-31	02:01-19	15:42-31	04:32-14	06:58-47	07:35-15	02:10-15	03:46-2	04:39-17	01:39-23
01:01&	01:06&	00:32&	04:55&	00:39#	02:56&	01:12#	00:43&	00:05+	00:56&	00:19#
<b>18</b>	<b>Lahlum, Jon</b>			<b>IL GeoForm</b>		<b>0:55:44 +</b>	<b>12:24</b>		<b>130,98</b>	
02:26-30	05:55-34	08:11-32	22:57-22	27:50-19	32:43-16	41:49-20	44:15-20	48:54-18	53:47-18	55:44-18
02:26-30	03:29-33	02:16-31	14:46-18	04:53-20	04:53-10	09:06-35	02:26-19	04:39-18	04:53-24	01:57-46
00:56&	01:15&	00:47&	03:59&	01:00&	00:51#	02:43&	00:59&	00:58&	01:10&	00:37&
<b>19</b>	<b>Gunnerød, Hege</b>			<b>Asker Skiklubb</b>		<b>0:56:44 +</b>	<b>13:24</b>		<b>130,59</b>	
02:40-40	05:52-33	08:11-33	23:28-25	29:30-29	35:12-25	42:42-22	45:31-22	50:47-22	55:14-19	56:44-19
02:40-40	03:12-23	02:19-36	15:17-22	06:02-44	05:42-22	07:30-12	02:49-34	05:16-29	04:27-10	01:30-9
01:10&	00:58&	00:50&	04:30&	02:09&	01:40&	01:07#	01:22&	01:35&	00:44#	00:10#
<b>20</b>	<b>Kløvstad, Anders</b>			<b>Telenor BIL</b>		<b>0:57:24 +</b>	<b>14:04</b>		<b>130,34</b>	
02:40-41	11:20-60		25:01-41	30:39-39	36:38-36	43:40-25	46:10-25	51:11-23	55:35-20	57:24-20
02:40-40	08:40-61			05:38-35	05:59-28	07:02-8	02:30-22	05:01-26	04:24-9	01:49-38
01:10&	06:26@			01:45&	01:57&	00:39#	01:03&	01:20&	00:41#	00:29&
<b>21</b>	<b>Lefdahl, Per Morten</b>			<b>Privat</b>		<b>0:57:39 +</b>	<b>14:19</b>		<b>130,24</b>	
02:24-28	05:08-13	07:32-20	22:50-19	27:33-18	33:26-18	41:20-19	43:59-18	50:00-20	55:41-21	57:39-21
02:24-28	02:44-8	02:24-39	15:18-24	04:43-16	05:53-24	07:54-18	02:39-25	06:01-45	05:41-41	01:58-48
00:54&	00:30#	00:55&	04:31&	00:50#	01:51&	01:31#	01:12&	02:20&	01:58&	00:38&
<b>22</b>	<b>Nørstebø, Sidsel Owren</b>			<b>IL Tyrving</b>		<b>0:57:47 +</b>	<b>14:27</b>		<b>130,19</b>	
02:22-27	05:39-23	07:47-22	22:37-18	28:27-25	34:33-22	43:51-27	46:21-26	51:21-24	56:01-22	57:47-22
02:22-27	03:17-29	02:08-22	14:50-19	05:50-42	06:06-31	09:18-39	02:30-22	05:00-25	04:40-19	01:46-29
00:52&	01:03&	00:39&	04:03&	01:57&	02:04&	02:55&	01:03&	01:19&	00:57&	00:26&
<b>23</b>	<b>Tallaksen, Thor Christian</b>			<b>IL GeoForm</b>		<b>0:57:49 +</b>	<b>14:29</b>		<b>130,18</b>	
01:49-7	04:22-5	06:21-6	18:55-6	30:56-40	36:27-33	44:38-30	46:58-28	52:06-27	56:26-24	57:49-23
01:49-6	02:33-6	01:59-17	12:34-6	12:01-56	05:31-18	08:11-22	02:20-17	05:08-27	04:20-7	01:23-2
00:19#	00:19#	00:30&	01:47#	08:08@	01:29&	01:48&	00:53&	01:27&	00:37#	00:03+
<b>24</b>	<b>Sigurdson, Roar</b>			<b>Ringnes BIL</b>		<b>0:57:57 +</b>	<b>14:37</b>		<b>130,12</b>	
02:17-22	05:33-22	07:33-21	21:35-14	26:42-16	33:33-19	40:55-16	44:01-19	49:35-19	56:10-23	57:57-24
02:17-22	03:16-28	02:00-18	14:02-13	05:07-25	06:51-44	07:22-10	03:06-44	05:34-35	06:35-55	01:47-33
00:47&	01:02&	00:31&	03:15&	01:14&	02:49&	00:59#	01:39@	01:53&	02:52&	00:27&
<b>25</b>	<b>Norrud, Åse Ulltveit-Moe</b>			<b>Fossum IF</b>		<b>0:58:57 +</b>	<b>15:37</b>		<b>129,74</b>	
02:01-11	05:15-15	07:16-17	23:59-32	28:07-22	33:39-20	40:36-15	42:51-15	50:09-21	57:28-26	58:57-25
02:01-11	03:14-25	02:01-19	16:43-42	04:08-5	05:32-19	06:57-7	02:15-16	07:18-57	07:19-60	01:29-7
00:31&	01:00&	00:32&	05:56&	00:15+	01:30&	00:34+	00:48&	03:37&	03:36&	00:09#
<b>26</b>	<b>Harstad Arntsen, Kaisa</b>			<b>Heming Orientering</b>		<b>0:59:09 +</b>	<b>15:49</b>		<b>129,66</b>	
02:21-26	06:07-39	08:17-35	23:36-27	28:53-26	34:32-21	43:22-24	46:02-24	51:41-25	57:21-25	59:09-26
02:21-25	03:46-47	02:10-25	15:19-25	05:17-30	05:39-21	08:50-34	02:40-26	05:39-36	05:40-40	01:48-36
00:51&	01:32&	00:41&	04:32&	01:24&	01:37&	02:27&	01:13&	01:58&	01:57&	00:28&
<b>27</b>	<b>Bakke, Sara</b>			<b>Lillomarka OL</b>		<b>0:59:22 +</b>	<b>16:02</b>		<b>129,58</b>	
02:27-33	05:46-29	08:04-30	23:13-24	28:21-23	35:17-26	43:20-23	46:00-23	52:00-26	57:30-27	59:22-27
02:27-32	03:19-30	02:18-34	15:09-21	05:08-27	06:56-46	08:03-19	02:40-26	06:00-43	05:30-37	01:52-40
00:57&	01:05&	00:49&	04:22&	01:15&	02:54&	01:40&	01:13&	02:19&	01:47&	00:32&
<b>28</b>	<b>Flågen, Ann Elin</b>			<b>Heming Orientering</b>		<b>0:59:23 +</b>	<b>16:03</b>		<b>129,57</b>	
03:08-53	06:38-47	08:52-41	24:26-35	29:21-28	36:13-32	43:47-26	47:05-29	53:20-29	57:51-28	59:23-28
03:08-53	03:30-34	02:14-29	15:34-28	04:55-21	06:52-45	07:34-14	03:18-51	06:15-48	04:31-13	01:32-11
01:38@	01:16&	00:45&	04:47&	01:02&	02:50&	01:11#	01:51@	02:34&	00:48#	00:12#
<b>29</b>	<b>Reusch, Astrid</b>			<b>Heming Orientering</b>		<b>1:00:07 +</b>	<b>16:47</b>		<b>129,29</b>	
02:04-14	06:24-44	08:34-38	24:28-36	29:41-31	35:54-29	45:50-34	49:01-37	53:39-32	58:38-30	60:07-29
02:04-13	04:20-57	02:10-25	15:54-35	05:13-28	06:13-34	09:56-46	03:11-50	04:38-17	04:59-28	01:29-7

00:34&	02:06&	00:41&	05:07&	01:20&	02:11&	03:33&	01:44@	00:57&	01:16&	00:09#
<b>30</b>	<b>Herud, Tone</b>	<b>Jahren</b>		<b>Fossum IF</b>				<b>1:00:18 + 16:58</b>	<b>129,22</b>	
02:55-48	06:26-45	08:54-43	24:17-33	29:19-27	36:55-38	45:27-33	48:37-33	53:35-31	58:31-29	60:18-30
02:55-48	03:31-35	02:28-40	15:23-26	05:02-24	07:36-50	08:32-28	03:10-47	04:58-22	04:56-26	01:47-33
01:25&	01:17&	00:59&	04:36&	01:09&	03:34&	02:09&	01:43@	01:17&	01:13&	00:27&
<b>31</b>	<b>Longva, Tore</b>			<b>VBIL</b>				<b>1:00:31 + 17:11</b>	<b>129,13</b>	
02:15-20	06:04-36	08:40-39	24:59-40	30:14-36	36:07-31	44:28-29	47:25-31	53:43-34	58:41-31	60:31-31
02:15-20	03:49-49	02:36-46	16:19-39	05:15-29	05:53-24	08:21-23	02:57-38	06:18-50	04:58-27	01:50-39
00:45&	01:35&	01:07&	05:32&	01:22&	01:51&	01:58&	01:30@	02:37&	01:15&	00:30&
<b>32</b>	<b>Nodenes, Ole</b>	<b>Martin</b>		<b>IL GeoForm</b>				<b>1:00:40 + 17:20</b>	<b>129,08</b>	
02:57-49	06:46-49	09:02-45	24:19-34	29:44-32	35:55-30	43:58-28	46:51-27	53:08-28	58:45-32	60:40-32
02:57-49	03:49-49	02:16-31	15:17-22	05:25-33	06:11-33	08:03-19	02:53-35	06:17-49	05:37-39	01:55-43
01:27&	01:35&	00:47&	04:30&	01:32&	02:09&	01:40&	01:26&	02:36&	01:54&	00:35&
<b>33</b>	<b>Horvath, Zoltan</b>			<b>VBIL</b>				<b>1:01:05 + 17:45</b>	<b>128,91</b>	
02:30-34	05:44-27	08:03-29	23:06-23	28:25-24	34:44-23		48:46-34	53:40-33	59:27-35	61:05-33
02:30-34	03:14-25	02:19-36	15:03-20	05:19-32	06:19-35			04:54-21	05:47-46	01:38-20
01:00&	01:00&	00:50&	04:16&	01:26&	02:17&			01:13&	02:04&	00:18#
<b>34</b>	<b>Modalsli, Sigbjørn</b>			<b>Fossum IF</b>				<b>1:01:17 + 17:57</b>	<b>128,84</b>	
02:11-17	05:44-26	08:05-31	23:44-30	29:32-30	35:38-28	45:21-32	48:03-32	53:52-35	59:19-34	61:17-34
02:11-17	03:33-37	02:21-38	15:39-29	05:48-41	06:06-31	09:43-44	02:42-28	05:49-39	05:27-35	01:58-48
00:41&	01:19&	00:52&	04:52&	01:55&	02:04&	03:20&	01:15&	02:08&	01:44&	00:38&
<b>35</b>	<b>Johansen, Frode</b>			<b>Equinor BIL</b>				<b>1:01:19 + 17:59</b>	<b>128,82</b>	
02:17-23	05:23-18	07:55-26	23:41-29	29:48-34	36:33-35	46:18-36	48:50-35	53:25-30	59:10-33	61:19-35
02:17-22	03:06-19	02:32-45	15:46-34	06:07-46	06:45-41	09:45-45	02:32-24	04:35-15	05:45-43	02:09-56
00:47&	00:52&	01:03&	04:59&	02:14&	02:43&	03:22&	01:05&	00:54#	02:02&	00:49&
<b>36</b>	<b>Sandtveit, Espen</b>			<b>Nesodden IF</b>				<b>1:02:10 + 18:50</b>	<b>128,50</b>	
03:33-58	07:41-56	09:42-50	25:36-43	30:28-38	35:22-27	44:43-31	47:12-30	54:51-36	60:37-36	62:10-36
03:33-58	04:08-56	02:01-19	15:54-35	04:52-19	04:54-11	09:21-40	02:29-21	07:39-58	05:46-44	01:33-14
02:03@	01:54&	00:32&	05:07&	00:59&	00:52#	02:58&	01:02&	03:58@	02:03&	00:13#
<b>37</b>	<b>Flågen, Anders</b>			<b>Heming Orientering</b>				<b>1:02:33 + 19:13</b>	<b>128,35</b>	
02:21-25	05:25-19	07:54-25	24:40-38	30:18-37	36:48-37	45:55-35	48:58-36	54:58-37	60:46-37	62:33-37
02:21-25	03:04-17	02:29-43	16:46-43	05:38-35	06:30-39	09:07-38	03:03-43	06:00-43	05:48-47	01:47-33
00:51&	00:50&	01:00&	05:59&	01:45&	02:28&	02:44&	01:36@	02:19&	02:05&	00:27&
<b>38</b>	<b>Johannessen, Morten</b>			<b>Røyken OL</b>				<b>1:02:36 + 19:16</b>	<b>128,33</b>	
03:05-52	06:44-48	09:15-47	26:30-47	31:37-41	38:50-42	47:34-39	50:30-40	55:28-40	60:51-39	62:36-38
03:05-52	03:39-43	02:31-44	17:15-44	05:07-25	07:13-49	08:44-31	02:56-37	04:58-22	05:23-33	01:45-27
01:35@	01:25&	01:02&	06:28&	01:14&	03:11&	02:21&	01:29@	01:17&	01:40&	00:25&
<b>39</b>	<b>Tho, Kjersti</b>			<b>Stabæk IF</b>				<b>1:02:42 + 19:22</b>	<b>128,29</b>	
02:37-37	06:21-42	08:49-40	24:31-37	29:48-33	38:06-39	47:27-38	50:28-39	55:27-39	60:50-38	62:42-39
02:37-37	03:44-46	02:28-40	15:42-31	05:17-30	08:18-52	09:21-40	03:01-41	04:59-24	05:23-33	01:52-40
01:07&	01:30&	00:59&	04:55&	01:24&	04:16@	02:58&	01:34@	01:18&	01:40&	00:32&
<b>40</b>	<b>Borge, Karsten</b>			<b>Brandval/Kongsvinger OK</b>				<b>1:03:37 + 20:17</b>	<b>127,94</b>	
02:04-13	05:26-20	07:23-18	22:51-20	34:15-46	40:05-43	48:31-41	51:32-42	56:55-42	61:59-41	63:37-40
02:04-13	03:22-32	01:57-14	15:28-27	11:24-55	05:50-23	08:26-25	03:01-41	05:23-31	05:04-30	01:38-20
00:34&	01:08&	00:28&	04:41&	07:31@	01:48&	02:03&	01:34@	01:42&	01:21&	00:18#
<b>41</b>	<b>Hov, Kjersti</b>			<b>Fossum IF</b>				<b>1:03:43 + 20:23</b>	<b>127,90</b>	
02:37-38	06:08-40	08:16-34	30:02-55	35:49-51	40:48-45	49:34-43	51:43-43	56:29-41	61:48-40	63:43-41
02:37-37	03:31-35	02:08-22	21:46-56	05:47-40	04:59-14	08:46-32	02:09-14	04:46-19	05:19-31	01:55-43
01:07&	01:17&	00:39&	10:59@	01:54&	00:57#	02:23&	00:42&	01:05&	01:36&	00:35&
<b>42</b>	<b>Christensen, Lars</b>			<b>VBIL</b>				<b>1:04:23 + 21:03</b>	<b>127,64</b>	
02:26-31	06:02-35	08:20-36	24:43-39	30:09-35	36:30-34	46:31-37	49:41-38	55:07-38	62:02-42	64:23-42
02:26-30	03:36-40	02:18-34	16:23-41	05:26-34	06:21-36	10:01-47	03:10-47	05:26-32	06:55-59	02:21-58
00:56&	01:22&	00:49&	05:36&	01:33&	02:19&	03:38&	01:43@	01:45&	03:12&	01:01&
<b>43</b>	<b>Lunøe Akselsen, Ulla</b>			<b>Nydalens SK</b>				<b>1:05:54 + 22:34</b>	<b>127,06</b>	

03:56-59	07:32-55	10:24-56	29:22-53	35:06-48	41:43-49	49:49-44	52:35-44	58:23-44	64:06-43	65:54-43
03:56-59	03:36-40	02:52-55	18:58-51	05:44-38	06:37-40	08:06-21	02:46-32	05:48-38	05:43-42	01:48-36
02:26@	01:22&	01:23&	08:11&	01:51&	02:35&	01:43&	01:19&	02:07&	02:00&	00:28&
<b>44</b>	<b>Rørlien, Anne Berit</b>	<b>Fossum IF</b>				<b>1:06:13 +</b>	<b>22:53</b>		<b>126,93</b>	
03:17-55	07:06-53	09:57-52	25:53-44	31:38-42	38:28-41	47:57-40	51:21-41	57:19-43	64:09-44	66:13-44
03:17-55	03:49-49	02:51-54	15:56-38	05:45-39	06:50-43	09:29-42	03:24-53	05:58-42	06:50-57	02:04-55
01:47@	01:35&	01:22&	05:09&	01:52&	02:48&	03:06&	01:57@	02:17&	03:07&	00:44&
<b>45</b>	<b>Gylver, Øyvind</b>	<b>Asker Skiklubb</b>				<b>1:06:45 +</b>	<b>23:25</b>		<b>126,73</b>	
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02:27-32	03:47-48	02:41-51	17:16-45	06:06-45	05:54-26	11:19-53	03:10-47	06:37-52	05:31-38	01:57-46
00:57&	01:33&	01:12&	06:29&	02:13&	01:52&	04:56&	01:43@	02:56&	01:48&	00:37&
<b>46</b>	<b>Angell, Truls</b>	<b>Lillomarka OL</b>				<b>1:07:02 +</b>	<b>23:42</b>		<b>126,62</b>	
02:41-42	05:49-30	07:57-28	26:38-48	35:02-47	41:25-48	49:53-45	52:38-45	59:17-46	65:16-46	67:02-46
02:41-42	03:08-21	02:08-22	18:41-49	08:24-52	06:23-37	08:28-27	02:45-31	06:39-53	05:59-52	01:46-29
01:11&	00:54&	00:39&	07:54&	04:31@	02:21&	02:05&	01:18&	02:58&	02:16&	00:26&
<b>47</b>	<b>Skjelkvåle, Brit Lisa</b>	<b>IL GeoForm</b>				<b>1:07:32 +</b>	<b>24:12</b>		<b>126,42</b>	
03:29-57	07:29-54	10:11-53	27:38-50	33:17-44	41:45-50	51:24-48	54:30-48	60:19-48	65:48-47	67:32-47
03:29-57	04:00-54	02:42-52	17:27-46	05:39-37	08:28-54	09:39-43	03:06-44	05:49-39	05:29-36	01:44-26
01:59@	01:46&	01:13&	06:40&	01:46&	04:26@	03:16&	01:39@	02:08&	01:46&	00:24&
<b>48</b>	<b>Næss, Terje</b>	<b>Fossum IF</b>				<b>1:09:09 +</b>	<b>25:49</b>		<b>125,80</b>	
02:33-36	06:06-37	08:34-37	26:06-45		41:05-46	51:16-46	54:16-47	60:45-49	66:42-48	69:09-48
02:33-36	03:33-37	02:28-40	17:32-47			10:11-48	03:00-40	06:29-51	05:57-50	02:27-59
01:03&	01:19&	00:59&	06:45&			03:48&	01:33@	02:48&	02:14&	01:07&
<b>49</b>	<b>Solberg, Ingar</b>	<b>Olderskog IL</b>				<b>1:09:16 +</b>	<b>25:56</b>		<b>125,76</b>	
02:53-47	06:47-50	09:27-48	27:11-49	33:32-45	40:19-44	51:19-47	54:41-49	60:13-47	66:46-49	69:16-49
02:53-47	03:54-53	02:40-50	17:44-48	06:21-48	06:47-42	11:00-52	03:22-52	05:32-34	06:33-54	02:30-60
01:23&	01:40&	01:11&	06:57&	02:28&	02:45&	04:37&	01:55@	01:51&	02:50&	01:10&
<b>50</b>	<b>Hanssen, Pål Woldstad</b>	<b>Eiker OL</b>				<b>1:09:19 +</b>	<b>25:59</b>		<b>125,74</b>	
03:15-54	06:54-52	09:43-51	29:06-51	35:18-49	41:19-47	52:42-49	55:35-50	61:30-50	67:20-50	69:19-50
03:15-54	03:39-43	02:49-53	19:23-53	06:12-47	06:01-29	11:23-54	02:53-35	05:55-41	05:50-48	01:59-51
01:45@	01:25&	01:20&	08:36&	02:19&	01:59&	05:00&	01:26&	02:14&	02:07&	00:39&
<b>51</b>	<b>Engzelius, Margrete</b>	<b>Asker Skiklubb</b>				<b>1:11:02 +</b>	<b>27:42</b>		<b>125,07</b>	
02:49-46	08:07-57	10:46-57	29:39-54	35:37-50	43:50-52	54:27-50	57:09-51	62:55-51	69:01-51	71:02-51
02:49-46	05:18-59	02:39-48	18:53-50	05:58-43	08:13-51	10:37-51	02:42-28	05:46-37	06:06-53	02:01-53
01:19&	03:04@	01:10&	08:06&	02:05&	04:11@	04:14&	01:15&	02:05&	02:23&	00:41&
<b>52</b>	<b>Ulltveit-Moe, Jo</b>	<b>IL Koll</b>				<b>1:13:05 +</b>	<b>29:45</b>		<b>124,28</b>	
02:47-45	06:51-51	09:27-49	31:55-58	40:23-55	49:42-55	58:30-51	61:27-52	66:47-52	71:38-52	73:05-52
02:47-45	04:04-55	02:36-46	22:28-57	08:28-53	09:19-55	08:48-33	02:57-38	05:20-30	04:51-22	01:27-5
01:17&	01:50&	01:07&	11:41@	04:35@	05:17@	02:25&	01:30@	01:39&	01:08&	00:07+
<b>53</b>	<b>Løken, Morten Hvattum</b>	<b>Nesodden IF</b>				<b>1:14:57 +</b>	<b>31:37</b>		<b>123,56</b>	
02:42-44	05:45-28	10:20-55	23:37-28	27:31-17	43:21-51	59:19-52	65:10-56	69:32-54	73:37-53	74:57-54
02:42-43	03:03-16	04:35-60	13:17-9	03:54-2	15:50-59	15:58-59	05:51-58	04:22-12	04:05-3	01:20-1
01:12&	00:49&	03:06@	02:30#	00:01+	11:48@	09:35@	04:24@	00:41#	00:22+	00:00=
<b>54</b>	<b>Erøy, Karl Aasmund</b>	<b>OK Moss</b>				<b>1:15:41 +</b>	<b>32:21</b>		<b>123,28</b>	
03:02-51	06:37-46	08:53-42	25:13-42	44:19-56	49:39-54	59:50-54	62:18-53	68:21-53	73:40-54	75:41-55
03:02-51	03:35-39	02:16-31	16:20-40	19:06-58	05:20-17	10:11-48	02:28-20	06:03-46	05:19-31	02:01-53
01:32@	01:21&	00:47&	05:33&	15:13@	01:18&	03:48&	01:01&	02:22&	01:36&	00:41&
<b>55</b>	<b>Føyen, Tobias</b>					<b>1:19:57 +</b>	<b>36:37</b>		<b>121,63</b>	
05:31-60	08:43-59	12:25-59	34:10-60	38:57-52	48:59-53	59:29-53	63:53-54	73:07-57	77:59-55	79:57-56
05:31-60	03:12-23	03:42-58	21:45-55	04:47-17	10:02-56	10:30-50	04:24-57	09:14-59	04:52-23	01:58-48
04:01@	00:58&	02:13@	10:58@	00:54#	06:00@	04:07&	02:57@	05:33@	01:09&	00:38&
<b>56</b>	<b>Wang, Dag</b>	<b>Lillomarka OL</b>				<b>1:20:22 +</b>	<b>37:02</b>		<b>121,47</b>	
02:24-29	05:39-24	07:50-23	23:44-31	45:18-57	50:34-58	62:39-57	65:25-57	72:26-56	78:12-56	80:22-57
02:24-28	03:15-27	02:11-27	15:54-35	21:34-59	05:16-16	12:05-57	02:46-32	07:01-55	05:46-44	02:10-57

00:54&	01:01&	00:42&	05:07&	17:41@	01:14&	05:42&	01:19&	03:20&	02:03&	00:50&
<b>57</b>	<b>Sundelin Rørvik, Gisela</b>			<b>Heming Orientering</b>		<b>1:20:26 +</b>	<b>37:06</b>		<b>121,44</b>	
02:42-43	06:23-43	09:02-46	32:55-59	39:50-53	50:29-57	61:56-55	65:04-55	72:00-55	78:47-57	80:26-58
02:42-43	03:41-45	02:39-48	23:53-59	06:55-51	10:39-58	11:27-55	03:08-46	06:56-54	06:47-56	01:39-23
01:12&	01:27&	01:10&	13:06@	03:02&	06:37@	05:04&	01:41@	03:15&	03:04&	00:19#
<b>58</b>	<b>Malm, Susannah</b>			<b>Statnett</b>		<b>1:22:56 +</b>	<b>39:36</b>		<b>120,48</b>	
02:16-21	06:06-38	10:14-54	29:13-52	47:34-58	53:37-59	62:43-58	69:07-59	74:18-58	81:10-58	82:56-59
02:16-21	03:50-52	04:08-59	18:59-52	18:21-57	06:03-30	09:06-35	06:24-59	05:11-28	06:52-58	01:46-29
00:46&	01:36&	02:39@	08:12&	14:28@	02:01&	02:43&	04:57@	01:30&	03:09&	00:26&
<b>59</b>	<b>Reusch, Marianne</b>			<b>Heming Orientering</b>		<b>1:27:57 +</b>	<b>44:37</b>		<b>118,54</b>	
06:57-61	11:56-61	14:49-60	41:56-61	48:23-59	56:50-60	69:03-59	72:53-60	80:08-59	86:05-59	87:57-60
06:57-61	04:59-58	02:53-56	27:07-60	06:27-49	08:27-53	12:13-58	03:50-55	07:15-56	05:57-50	01:52-40
05:27@	02:45@	01:24&	16:20@	02:34&	04:25@	05:50&	02:23@	03:34&	02:14&	00:32&
<b>60</b>	<b>Berstad, Paula</b>			<b>Heming Orientering</b>		<b>1:30:16 +</b>	<b>46:56</b>		<b>117,65</b>	
03:21-56	08:40-58	11:44-58	31:13-57	39:59-54	50:11-56	62:15-56	65:55-58	82:30-60	88:21-60	90:16-61
03:21-56	05:19-60	03:04-57	19:29-54	08:46-54	10:12-57	12:04-56	03:40-54	16:35-60	05:51-49	01:55-43
01:51@	03:05@	01:35@	08:42&	04:53@	06:10@	05:41&	02:13@	12:54@	02:08&	00:35&
<b>DSQ</b>	<b>Brodin, Anna</b>			<b>Fossum IF</b>		<b>1:13:35 (-6 poster)</b>			<b>70,00</b>	
02:05-15	05:42-25	07:57-27	31:05-56							73:35-53
02:05-15	03:37-42	02:15-30	23:08-58							
00:35&	01:23&	00:46&	12:21@							

## Strekktider Kort

Plass	Navn	Klubb	Tid	Poeng				
1	Stamdal, Helge	IL Koll	0:20:31 + 00:00	121,67				
	01:52-1	04:38-1	06:25-1	10:59-1	14:44-1	19:09-1	20:31-1	
	01:52-1	02:46-1	01:47-1	04:34-2	03:45-1	04:25-1	01:22-1	
	00:00=	00:00=	00:00=	00:31#	00:00=	00:00=	00:00=	
2	Rygh Holten, Jone	Nydalens SK	0:24:22 + 03:51	120,11				
	03:29-18	06:29-8	08:26-7	12:29-2	17:27-2	22:42-2	24:22-2	
	03:29-18	03:00-2	01:57-2	04:03-1	04:58-3	05:15-6	01:40-4	
	01:37&	00:14+	00:10+	00:00=	01:13&	00:50#	00:18#	
3	Løken, Aleidis	Heming Orientering	0:24:45 + 04:14	119,95				
	02:03-2	05:43-3	07:46-2	13:53-5	18:25-3	23:04-3	24:45-3	
	02:03-2	03:40-8	02:03-3	06:07-6	04:32-2	04:39-2	01:41-6	
	00:11+	00:54&	00:16#	02:04&	00:47#	00:14+	00:19#	
4	Næss, Petter	Oppsal Orientering	0:26:35 + 06:04	119,21				
	02:30-4	05:45-5	08:00-4	14:51-6	20:19-6	25:02-5	26:35-4	
	02:30-4	03:15-5	02:15-4	06:51-11	05:28-7	04:43-3	01:33-3	
	00:38&	00:29#	00:28&	02:48&	01:43&	00:18+	00:11#	
5	Tandberg, Ingvild	Bærum kommune BIL	0:26:55 + 06:24	119,07				
	02:19-3	05:45-4	08:18-5	13:14-3	18:50-4	24:53-4	26:55-5	
	02:19-3	03:26-7	02:33-10	04:56-3	05:36-9	06:03-11	02:02-16	
	00:27#	00:40#	00:46&	00:53#	01:51&	01:38&	00:40&	
6	Kaarby, Per	Fossum IF	0:27:35 + 07:04	118,80				
	02:37-5	05:38-2	07:58-3	13:29-4	19:13-5	25:53-6	27:35-6	
	02:37-5	03:01-3	02:20-6	05:31-5	05:44-10	06:40-17	01:42-7	
	00:45&	00:15+	00:33&	01:28&	01:59&	02:15&	00:20#	
7	Fården, Jon	Nordre Follo Orientering	0:28:13 + 07:42	118,54				
	03:05-12	06:23-7	08:47-8	15:15-8	21:11-8	26:33-7	28:13-7	

03:05-12	03:18-6	02:24-7	06:28-7	05:56-11	05:22-7	01:40-4			
01:13&	00:32#	00:37&	02:25&	02:11&	00:57#	00:18#			
<b>8</b>	<b>Heen, Tuva</b>			<b>Privat</b>			<b>0:28:50 + 08:19</b>	<b>118,29</b>	
03:33-20	07:22-12	09:40-10	15:00-7	20:34-7	26:56-8	28:50-8			
03:33-20	03:49-9	02:18-5	05:20-4	05:34-8	06:22-15	01:54-12			
01:41&	01:03&	00:31&	01:17&	01:49&	01:57&	00:32&			
<b>9</b>	<b>Raaen, Trine</b>	<b>Marit Justad</b>		<b>Lierbygda OL</b>			<b>0:29:20 + 08:49</b>	<b>118,09</b>	
02:44-7	07:21-11	10:22-13	16:57-12	22:21-10	27:21-9	29:20-9			
02:44-7	04:37-15	03:01-18	06:35-8	05:24-6	05:00-4	01:59-14			
00:52&	01:51&	01:14&	02:32&	01:39&	00:35#	00:37&			
<b>10</b>	<b>Hegna, Trond</b>			<b>Asker Skiklubb</b>			<b>0:30:46 + 10:15</b>	<b>117,51</b>	
03:03-9	07:24-13	10:02-12	16:39-10	23:32-11	28:35-10	30:46-10			
03:03-9	04:21-12	02:38-11	06:37-9	06:53-13	05:03-5	02:11-18			
01:11&	01:35&	00:51&	02:34&	03:08&	00:38#	00:49&			
<b>11</b>	<b>Petersen, John Thomas</b>			<b>Nittedal OL</b>			<b>0:31:27 + 10:56</b>	<b>117,23</b>	
03:03-10	07:18-10	10:01-11	16:40-11	23:58-12	29:35-12	31:27-11			
03:03-9	04:15-11	02:43-12	06:39-10	07:18-17	05:37-9	01:52-9			
01:11&	01:29&	00:56&	02:36&	03:33&	01:12&	00:30&			
<b>12</b>	<b>Elvekrok, Vidar</b>			<b>Eiker OL</b>			<b>0:31:35 + 11:04</b>	<b>117,18</b>	
02:47-8	06:47-9	09:14-9	16:16-9	21:34-9	29:14-11	31:35-12			
02:47-8	04:00-10	02:27-8	07:02-12	05:18-5	07:40-22	02:21-22			
00:55&	01:14&	00:40&	02:59&	01:33&	03:15&	00:59&			
<b>13</b>	<b>Stenstadvold, Kjell</b>			<b>IL Tyrving</b>			<b>0:32:41 + 12:10</b>	<b>116,73</b>	
02:43-6	05:55-6	08:23-6	19:40-16	24:53-13	30:48-13	32:41-13			
02:43-6	03:12-4	02:28-9	11:17-29	05:13-4	05:55-10	01:53-11			
00:51&	00:26#	00:41&	07:14@	01:28&	01:30&	00:31&			
<b>14</b>	<b>Berge, Ketil</b>			<b>Vestre Akers SK</b>			<b>0:33:26 + 12:55</b>	<b>116,42</b>	
03:28-17	08:01-16	10:52-15	18:25-14	25:14-14	31:27-14	33:26-14			
03:28-17	04:33-14	02:51-16	07:33-16	06:49-12	06:13-14	01:59-14			
01:36&	01:47&	01:04&	03:30&	03:04&	01:48&	00:37&			
<b>15</b>	<b>Jacobsen, Kjetil</b>			<b>Hamar OK</b>			<b>0:35:45 + 15:14</b>	<b>115,48</b>	
03:22-15	07:50-15	10:37-14	17:41-13	26:15-16	33:18-15	35:45-15			
03:22-15	04:28-13	02:47-14	07:04-13	08:34-20	07:03-19	02:27-24			
01:30&	01:42&	01:00&	03:01&	04:49@	02:38&	01:05&			
<b>16</b>	<b>Berge, Eli</b>			<b>Fossum IF</b>			<b>0:37:51 + 17:20</b>	<b>114,63</b>	
06:19-30	11:06-26	13:51-23	21:12-21	29:55-18	36:04-16	37:51-16			
06:19-30	04:47-17	02:45-13	07:21-15	08:43-21	06:09-13	01:47-8			
04:27@	02:01&	00:58&	03:18&	04:58@	01:44&	00:25&			
<b>17</b>	<b>Killingmo, Lene Anett</b>			<b>OK Øst</b>			<b>0:38:21 + 17:50</b>	<b>114,43</b>	
04:20-23	09:53-21	13:28-21	22:59-23	30:26-19	36:29-17	38:21-17			
04:20-23	05:33-24	03:35-26	09:31-23	07:27-18	06:03-11	01:52-9			
02:28@	02:47@	01:48@	05:28@	03:42&	01:38&	00:30&			
<b>18</b>	<b>Haugen, Per</b>			<b>Lillomarka OL</b>			<b>0:40:21 + 19:50</b>	<b>113,62</b>	
03:13-13	07:50-14	11:15-16	18:29-15	25:26-15	38:18-19	40:21-18			
03:13-13	04:37-15	03:25-23	07:14-14	06:57-15	12:52-31	02:03-17			
01:21&	01:51&	01:38&	03:11&	03:12&	08:27@	00:41&			
<b>19</b>	<b>Bugge, Merete</b>			<b>STAMI</b>			<b>0:40:27 + 19:56</b>	<b>113,57</b>	
03:38-21	08:55-19	12:04-19	20:39-19	30:37-21	38:09-18	40:27-19			
03:38-21	05:17-21	03:09-20	08:35-20	09:58-27	07:32-20	02:18-21			
01:46&	02:31&	01:22&	04:32@	06:13@	03:07&	00:56&			
<b>20</b>	<b>Nordland, Janicke</b>			<b>Lyn Ski</b>			<b>0:42:40 + 22:09</b>	<b>112,67</b>	
05:24-29	12:06-28	15:21-28	23:27-24	31:33-22	39:54-20	42:40-20			
05:24-29	06:42-27	03:15-21	08:06-18	08:06-19	08:21-23	02:46-26			
03:32@	03:56@	01:28&	04:03@	04:21@	03:56&	01:24@			

<b>21</b>	<b>Ursin, Nora</b>		<b>Bærum kommune</b>	<b>0:42:42 + 22:11</b>	<b>112,66</b>
	03:26-16 08:34-18 11:23-18 20:20-18 33:51-25 40:31-21 42:42-21				
	03:26-16 05:08-19 02:49-15 08:57-22 13:31-31 06:40-17 02:11-18				
	01:34& 02:22& 01:02& 04:54@ 09:46@ 02:15& 00:49&				
<b>22</b>	<b>Madsen, Øystein</b>		<b>Haugerud IF</b>	<b>0:44:12 + 23:41</b>	<b>112,05</b>
	03:52-22 10:04-22 14:03-25 22:29-22 29:32-17 42:16-22 44:12-22				
	03:52-22 06:12-25 03:59-28 08:26-19 07:03-16 12:44-30 01:56-13				
	02:00@ 03:26@ 02:12@ 04:23@ 03:18& 08:19@ 00:34&				
<b>23</b>	<b>Solhjell, Kaare</b>		<b>Privat</b>	<b>0:44:56 + 24:25</b>	<b>111,75</b>
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<b>24</b>	<b>Scheie, Arne Chr.</b>		<b>Østmarka OK</b>	<b>0:45:29 + 24:58</b>	<b>111,53</b>
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<b>25</b>	<b>Drage, Unni</b>		<b>Haugerud IF</b>	<b>0:45:41 + 25:10</b>	<b>111,45</b>
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<b>26</b>	<b>Bjørngum, Hallvard</b>		<b>VBIL</b>	<b>0:46:56 + 26:25</b>	<b>110,94</b>
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<b>27</b>	<b>Drage, Tor</b>		<b>Haugerud IF</b>	<b>0:48:00 + 27:29</b>	<b>110,51</b>
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<b>28</b>	<b>Duvaas, Henrik</b>		<b>Fossum IF</b>	<b>0:51:26 + 30:55</b>	<b>109,11</b>
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<b>29</b>	<b>Ommundsen, Tor A.</b>		<b>VBIL</b>	<b>0:51:58 + 31:27</b>	<b>108,90</b>
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<b>30</b>	<b>Gunnerød, Bjørn</b>		<b>Asker Skiklubb</b>	<b>0:57:10 + 36:39</b>	<b>106,79</b>
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<b>31</b>	<b>Ballangrud, Erik Alexander</b>		<b>Heming Orientering</b>	<b>1:03:01 + 42:30</b>	<b>104,41</b>
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<b>32</b>	<b>Ouyang, Ping</b>		<b>Østmarka OK</b>	<b>1:03:45 + 43:14</b>	<b>104,11</b>
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Indreberg, Nina

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Eriksen, Trude

Nydalens SK

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