

# Rankingløp 9-2023

Dato/sted: 9. august 2023 - Langmyrgrenda 51  
Kart: Langmyr  
Arr: IL GeoForm v/Harald Østgaard Lund  
Antall: Totalt: 145 (GeoForm: 19, OSI: 1, DNV/ESSO: 5, Andre: 120)  
Løpsrapport: Alder: 21-: 144, 17-20: 0, 13-16: 1, 0-12: 0  
Startkont: kr. 50: 119 kr. 30: 26 kr. 0: 0  
Betalt: kr. 50: 119 kr. 30: 21 kr. 0: 5  
Leiebrikker: 7 stk

Resultater: [Lang\(41\)](#) | [Mellom\(70\)](#) | [Kort\(34\)](#) | [Grafisk](#)  
Strekktider: [Lang\(41\)](#) | [Mellom\(70\)](#) | [Kort\(34\)](#)

## Resultater Lang (6.1 km)

Plass	Navn	Klubb	Tid	Poeng
1	Vogelsang, Christian	Nydalens SK	0:40:53 + 00:00	150.73
2	Østermann, Kristian	Heming Orientering	0:40:57 + 00:04	150.69
3	Aalvik, Dag	Nydalens SK	0:41:59 + 01:06	150.08
4	Sundby, Jørn	Larvik OK	0:43:07 + 02:14	149.41
5	Olausson, Mikael	Oslostudentenes IK	0:43:40 + 02:47	149.08
6	Stene, Per Øyvind	Nydalens SK	0:44:30 + 03:37	148.59
7	Schlaupitz, Holger	IL GeoForm	0:45:43 + 04:50	147.87
8	Dahlen, Eskil	Telenor BIL	0:46:36 + 05:43	147.34
9	Sandven, Knut	IL Koll	0:47:24 + 06:31	146.87
10	Løvhaug, Karl Rikard	Koll	0:47:54 + 07:01	146.57
11	Helland, Knut Edvard	Østmarka OK	0:48:09 + 07:16	146.42
12	Nygård, Svein	Norges Bank BIL	0:49:24 + 08:31	145.68
13	Eide Fredriksen, Magnus	Heming Orientering	0:49:36 + 08:43	145.56
14	Nielsen, Halvor Eid	Nydalens SK	0:49:38 + 08:45	145.54
15	Rygh, Karl Even	Heming Orientering	0:49:57 + 09:04	145.35
16	Norman, Niklas	IL GeoForm	0:50:07 + 09:14	145.25
17	Bakken, Jon Iver	Nydalens SK	0:52:07 + 11:14	144.07
18	Noer, Lars Karelius	Brandval/Kongsvinger OK	0:52:32 + 11:39	143.82
19	Kristensen, Ole Kristian	Fossum IF	0:53:21 + 12:28	143.33
20	Lund, Trond	Tyrving IL	0:54:39 + 13:46	142.56
21	Iwe, Harald	IL GeoForm	0:57:43 + 16:50	140.74
22	EGGE, Guttorm	IL GeoForm	0:58:51 + 17:58	140.07
23	Solhjem, Bjørn	Sørkedalens IF	0:59:30 + 18:37	139.68
24	Fagerhaug, Are	IL GeoForm	1:03:25 + 22:32	137.36
25	Koren, Hallvard	OK Moss	1:04:14 + 23:21	136.87
26	Jevanord, Hans	Fossum IF	1:04:15 + 23:22	136.86
27	Gylver, Bård	Asker Skiklubb	1:05:19 + 24:26	136.23
28	Lahlum, Jon	IL GeoForm	1:05:57 + 25:04	135.86
29	Kristoffersen, Simen	Pharmaq BIL	1:06:32 + 25:39	135.51
30	Sandvik, Cathrine	Norges Bank BIL	1:09:04 + 28:11	134.01
31	Nummedal, Geir	IL GeoForm	1:11:36 + 30:43	132.50
32	Fixdal, Trude	Heming Orientering	1:13:08 + 32:15	131.59
33	Solsrud, Jon R.	Nydalens SK	1:13:26 + 32:33	131.41
34	Lahlum, Tor	Nordre Follo Orientering	1:14:17 + 33:24	130.91
35	Utskarpen, Audrun	IL GeoForm	1:14:40 + 33:47	130.68
36	Kippernes, Frank Åge	IL GeoForm	1:17:34 + 36:41	128.96
37	Ask, Kjetil	Nittedal OL	1:18:30 + 37:37	128.41
38	Åm, Martin	IL GeoForm	1:19:31 + 38:38	127.80
39	Grøstad, Thomas	Østmarka OK	1:31:38 + 50:45	120.61
	Brækken, Bård	TPWB-O	FULLFØRT	100.00
DSQ	Natvig, Peder	Norges Bank BIL	0:51:13 (-1 poster)	96.43

## Resultater Mellom (4.0 km)

Plass	Navn	Klubb	Tid	Poeng
1	Fremming, Nils Petter	Heming Orientering	0:31:24 + 00:00	135.46
2	Ferrand, Raphael	Bækkelaget SK	0:31:31 + 00:07	135.40
3	Tandrevold, Eivind Landmark	Privat	0:31:39 + 00:15	135.33
4	Lian, Odd Arne	IL Koll	0:33:21 + 01:57	134.41
5	Stokseth, Endre	Nydalens SK	0:33:22 + 01:58	134.40
6	Lunøe, Espen	Nydalens SK	0:34:58 + 03:34	133.53
7	Kongsnes, Vemund	Østmarka OK	0:35:37 + 04:13	133.18
8	Rosenvold, Erik	Østmarka OK	0:35:38 + 04:14	133.17
9	Systad, Rolv Anders	Lyn Ski	0:35:44 + 04:20	133.11
10	Halvorsen, Petter	Nydalens SK	0:36:16 + 04:52	132.82
11	Åsmul, Eskil	Geoform IL	0:37:39 + 06:15	132.07
12	Holten, Marie Rygh	Nydalens SK	0:38:58 + 07:34	131.36
13	Stamdahl, Helge	IL Koll	0:38:59 + 07:35	131.35
14	Dahle, Pål	Oppsal Orientering	0:39:13 + 07:49	131.22
15	Stene, Dana B.	Nydalens SK	0:39:19 + 07:55	131.17
16	Markset, Kjell	Larvik OK	0:39:22 + 07:58	131.14
17	Zeiner-Gundersen, Richard	Lierbygda OL	0:40:53 + 09:29	130.32
18	Birkeland, Roger	Telenor BIL	0:41:12 + 09:48	130.15
19	Baklid, Lars	Konnerud IL	0:41:13 + 09:49	130.14
20	Holten, Aleksander Rygh	Nydalens SK	0:41:38 + 10:14	129.91
21	Barmen, Bjørn	Privat	0:42:33 + 11:09	129.42
22	Løken, Aleidis	Heming Orientering	0:43:09 + 11:45	129.09
23	Roti, Torunn Drage	BI BIL	0:43:32 + 12:08	128.88
24	Goa, Kristin	IL GeoForm	0:43:44 + 12:20	128.77
25	Njåstein, Stine	IL Tyrving	0:43:51 + 12:27	128.71
26	Granly, Martin	Siemens	0:44:22 + 12:58	128.43
27	Danielsen, Anne	Nydalens SK	0:44:41 + 13:17	128.26

28	Johansen, Frode	Equinor BIL	0:44:42 + 13:18	128.25
29	Madslie, Kari	Nydalens SK	0:44:49 + 13:25	128.19
30	Jensen, Einar	Nydalens SK	0:44:54 + 13:30	128.14
31	Wettergreen, Morten	Fossum IF	0:45:16 + 13:52	127.94
32	Sanchis, Charlotte	Heming Orientering	0:45:20 + 13:56	127.91
33	Bjerggaard, Karen	Nydalens SK	0:45:23 + 13:59	127.88
34	Løken, Knut Anders	IL Koll	0:46:00 + 14:36	127.54
35	Horvath, Zoltan	VBIL	0:46:06 + 14:42	127.49
36	Christiansen, Håvard	Privat	0:46:44 + 15:20	127.15
37	Gunnerød, Hege	Asker Skiklubb	0:46:55 + 15:31	127.05
38	Erichsen, Andreas	Nydalens SK	0:47:02 + 15:38	126.98
39	Njåstein, Marianne	IL Tyrving	0:47:21 + 15:57	126.81
40	Erøy, Karl Aasmund	OK Moss	0:47:47 + 16:23	126.58
41	Ulltveit-Moe, Jo	IL Koll	0:47:48 + 16:24	126.57
42	Lefdahl, Per Morten	Privat	0:47:58 + 16:34	126.48
43	Føyen, Tobias Føyn	Privat	0:48:51 + 17:27	126.00
44	Sverdrup-Thygeson, Kjetil	Østmarka OK	0:49:00 + 17:36	125.92
45	Færden, Jon	Nordre Follo Orientering	0:49:19 + 17:55	125.74
46	Hov, Kjersti	Fossum IF	0:49:22 + 17:58	125.72
47	Stenerud, Helge	OL Tønsberg og omegn	0:49:42 + 18:18	125.54
48	Madsen, Klavs	Nydalens SK	0:50:04 + 18:40	125.34
49	Solberg, Veslemøy	Konnerud IL	0:50:17 + 18:53	125.22
50	Grandum, Øyvind	IL GeoForm	0:50:48 + 19:24	124.94
51	Bjerggaard, Anne Marit	Nydalens SK	0:51:05 + 19:41	124.79
52	Aulie, Harald	Heming Orientering	0:52:20 + 20:56	124.11
53	Wettergreen, Sebastian	Fossum IF	0:53:57 + 22:33	123.23
54	Solberg, Ingar	Olderskog IL	0:54:51 + 23:27	122.74
55	Flemming, Øystein	Årvoll IL	0:55:10 + 23:46	122.57
56	Herud, Tone Jahren	Fossum IF	0:55:23 + 23:59	122.45
57	Skjelkvåle, Brit Lisa	IL GeoForm	0:55:27 + 24:03	122.42
58	Longva, Tore	VBIL	0:55:35 + 24:11	122.34
59	Malm, Susannah	Statnett	0:56:25 + 25:01	121.89
60	Engzelius, Margrete	Asker Skiklubb	0:57:42 + 26:18	121.20
61	Kløvstad, Anders	Telenor BIL	0:58:33 + 27:09	120.74
62	Hovden, Ingrid Lund	Tyrving	0:58:37 + 27:13	120.70
63	Rikheim, Harald	Privat	0:59:28 + 28:04	120.24
64	Hanssen, Pål Woldstad	Eiker OL	0:59:47 + 28:23	120.07
65	Gylver, Øyvind	Asker Skiklubb	0:59:50 + 28:26	120.04
66	Borge, Karsten	Brandval/Kongsvinger OK	1:00:24 + 29:00	119.73
67	Christensen, Lars	VBIL	1:01:07 + 29:43	119.34
68	Tho, Kjersti	Stabæk IF	1:04:33 + 33:09	117.48
DSQ	Tallaksen, Thor Christian	IL GeoForm	0:38:58 (-1 poster)	96.43
DSQ	Hultgreen Karlsen, Stig	IL GeoForm	0:44:08 (-7 poster)	75.00

## Resultater Kort (2.5 km)

Plass	Navn	Klubb	Tid	Poeng
1	McAdam, Martin Ekholt	Privat	0:21:15 + 00:00	121.54
2	Berteig, Vidar	IL GeoForm	0:25:11 + 03:56	119.97
3	Tandrevold, Eirik	Fossum IF	0:25:23 + 04:08	119.89
4	Engebretsen, Filip	Privat	0:26:33 + 05:18	119.43
5	Sandberg, Synnøve Lyssand	Nydalens SK	0:27:10 + 05:55	119.18
6	Kaarby, Per	Overtoppen	0:27:44 + 06:29	118.95
7	Magnus, Per	FHI	0:31:58 + 10:43	117.27
8	Korsager, Majken	IL GeoForm	0:32:30 + 11:15	117.06
9	Olsen, Charlotte	Nydalens SK	0:32:35 + 11:20	117.02
10	Næss, Petter	Oppsal Orientering	0:32:40 + 11:25	116.99
11	Broadwell, Sharon	IL GeoForm	0:33:48 + 12:33	116.54
12	Stenstadvold, Kjell	Tyrving IL	0:34:09 + 12:54	116.40
13	Karlsen, Knut G	Heming Orientering	0:34:23 + 13:08	116.31
14	Heen, Tuva	Lierbygda OL	0:34:41 + 13:26	116.19
15	Jacobsen, Kjetil	Hamar OK	0:36:28 + 15:13	115.48
16	Myhre, Stein	Bærums Skiklubb	0:37:28 + 16:13	115.08
17	Ongstad, Per	Privat	0:40:41 + 19:26	113.80
18	Aulie, Johannes	Heming Orientering	0:40:49 + 19:34	113.74
19	Kongsberg, Morten	IL Tyrving	0:43:27 + 22:12	112.69
20	Killingmo, Lene Anett	OK Øst	0:43:54 + 22:39	112.51
21	Huseth, Egil	Kamp/Vestheim IF	0:44:18 + 23:03	112.36
22	Gudding, Roar	Fossum IF	0:44:59 + 23:44	112.08
23	Eine, Toril	Eso Sport	0:45:13 + 23:58	111.99
24	Bjergum, Hallvard	VBIL	0:48:24 + 27:09	110.72
25	Solhjell, Kaare	Privat	0:50:14 + 28:59	109.99
26	Solheim, Knut Tore	Nydalens SK	0:50:22 + 29:07	109.94
27	Haugen, Per	Lillomarka OL	0:52:00 + 30:45	109.29
28	Norland, Julie	Lyn Ski	0:53:20 + 32:05	108.76
29	Drage, Tor	Haugerud IF	0:53:30 + 32:15	108.69
30	Sandberg, Maiken	Nydalens SK	0:55:19 + 34:04	107.97
31	Nordland, Janicke	Lyn Ski	0:57:13 + 35:58	107.21
32	Gunnerød, Bjørn	Asker Skiklubb	1:02:14 + 40:59	105.21
DSQ	Farkas, Klara	Privat	0:45:17 (-1 poster)	92.86
DSQ	Drage, Unni	Haugerud IF	1:15:40 (-3 poster)	78.57

## Strekktider Lang

Plass	Navn	Klubb	Tid	Poeng										
1	Vogelsang, Christian	Nydalens SK	0:40:53 + 00:00	150.73										
02:49-1	12:59-1	16:44-1	19:00-1	24:36-1	27:41-1	30:35-1	31:31-1	34:36-1	35:24-1	36:45-1	37:25-1	39:50-1	40:22-1	40:53-1
02:49-1	10:10-1	03:45-2	02:16-15	05:36-1	03:05-1	02:54-2	00:56-1	03:05-3	00:48-4	01:21-1	00:40-5	02:25-25	00:32-1	00:31-5
00:00=	00:00=	00:03+	00:50&	00:00=	00:00=	00:07+	00:00=	00:11+	00:07#	00:00=	00:07#	00:51&	00:00=	00:05#
2	Østermann, Kristian	Heming Orientering	0:40:57 + 00:04	150.69										
02:55-2	13:28-2	17:36-2	19:02-2	25:11-2	28:51-2	31:38-2	32:43-2	35:40-2	36:27-2	37:50-2	38:23-2	39:59-2	40:31-2	40:57-2

02:55-2	10:33-2	04:08-6	01:26-1	06:09-9	03:40-5	02:47-1	01:05-6	02:57-2	00:47-2	01:23-4	00:33-1	01:36-2	00:32-1	00:26-1
00:06+	00:23+	00:26#	00:00=	00:33+	00:35#	00:00=	00:09#	00:03+	00:06#	00:02+	00:00=	00:02+	00:00=	00:00=
<b>3</b>	<b>Aalvik, Dag</b>			<b>Nydalens SK</b>		<b>0:41:59 +</b>	<b>01:06</b>		<b>150.08</b>					
03:12-5	14:07-3	17:49-3	19:29-3	25:30-3	29:14-3	32:08-3	33:10-3	36:17-3	37:07-3	38:28-3	39:04-3	40:46-3	41:25-3	41:59-3
03:12-5	10:55-3	03:42-1	01:40-5	06:01-7	03:44-7	02:54-2	01:02-4	03:07-5	00:50-5	01:21-1	00:36-3	01:42-4	00:39-8	00:34-6
00:23#	00:45+	00:00=	00:14#	00:25+	00:39#	00:07+	00:06#	00:13+	00:09#	00:00=	00:03+	00:08+	00:07#	00:08&
<b>4</b>	<b>Sundby, Jørn</b>			<b>Larvik OK</b>		<b>0:43:07 +</b>	<b>02:14</b>		<b>149.41</b>					
03:36-13	14:36-5	18:31-5	20:23-4	26:17-4	30:27-7	33:26-6	34:43-6	37:37-4	38:24-4	39:48-4	40:23-4	41:59-4	42:33-4	43:07-4
03:36-13	11:00-4	03:55-3	01:52-9	05:54-6	04:10-14	02:59-4	01:17-12	02:54-1	00:47-2	01:24-5	00:35-2	01:36-2	00:34-3	00:34-6
00:47&	00:50#	00:13+	00:26&	00:18+	01:05&	00:12+	00:21&	00:00=	00:06#	00:03+	00:02+	00:02+	00:02+	00:08&
<b>5</b>	<b>Olausson, Mikael</b>			<b>Oslostudentenes IK</b>		<b>0:43:40 +</b>	<b>02:47</b>		<b>149.08</b>					
03:09-4	14:16-4	18:13-4	20:38-6	26:17-5	29:33-4	32:36-4	33:37-4	37:48-5	38:29-5	39:56-5	40:34-5	42:30-5	43:04-5	43:40-5
03:09-4	11:07-5	03:57-4	02:25-19	05:39-2	03:16-2	03:03-5	01:01-2	04:11-23	00:47-1	01:27-7	00:38-4	01:56-10	00:34-3	00:36-11
00:20#	00:57+	00:15+	00:59&	00:03+	00:11+	00:16+	00:05+	01:17&	00:00=	00:06+	00:05#	00:22#	00:02+	00:10&
<b>6</b>	<b>Stene, Per Øyvind</b>			<b>Nydalens SK</b>		<b>0:44:30 +</b>	<b>03:37</b>		<b>148.59</b>					
03:05-3	14:48-7	19:02-6	20:36-5	26:21-6	29:43-5	33:16-5	34:24-5	38:05-6	39:02-6	40:23-6	41:39-6	43:13-6	43:52-6	44:30-6
03:05-3	11:43-7	04:14-8	01:34-3	05:45-3	03:22-3	03:33-14	01:08-7	03:41-13	00:57-17	01:21-1	01:16-37	01:34-1	00:39-8	00:38-19
00:16+	01:33#	00:32#	00:08+	00:09+	00:17+	00:46&	00:12#	00:47&	00:16&	00:00=	00:43@	00:00=	00:07#	00:12&
<b>7</b>	<b>Schlaupitz, Holger</b>			<b>IL GeoForm</b>		<b>0:45:43 +</b>	<b>04:50</b>		<b>147.87</b>					
03:27-10	15:12-8	19:18-8	21:45-8	27:47-8	31:45-8	34:51-7	36:01-7	39:30-7	40:22-7	41:52-7	42:40-7	44:39-7	45:16-7	45:43-7
03:27-10	11:45-8	04:06-5	02:27-21	06:02-8	03:58-11	03:06-6	01:10-9	03:29-12	00:52-7	01:30-8	00:48-12	01:59-12	00:37-5	00:27-2
00:38#	01:35#	00:24#	01:01&	00:26+	00:53&	00:19#	00:14&	00:35#	00:11&	00:09#	00:15&	00:25&	00:05#	00:01+
<b>8</b>	<b>Dahlen, Eskil</b>			<b>Telenor BIL</b>		<b>0:46:36 +</b>	<b>05:43</b>		<b>147.34</b>					
03:17-7	14:44-6	19:11-7	20:38-7	26:30-7	30:16-6	35:29-8	36:32-8	39:57-8	40:53-8	42:26-8	43:06-8	45:18-8	45:57-8	46:36-8
03:17-7	11:27-6	04:27-11	01:27-2	05:52-5	03:46-9	03:13-35	01:03-5	03:25-9	00:56-14	01:33-10	00:40-5	01:32-16	00:39-8	00:39-21
00:28#	01:17#	00:45#	00:01+	00:16+	00:41#	02:26&	00:07#	00:31#	00:15&	00:12#	00:07#	00:38&	00:07#	00:13&
<b>9</b>	<b>Sandven, Knut</b>			<b>IL Koll</b>		<b>0:47:24 +</b>	<b>06:31</b>		<b>146.87</b>					
05:51-31	17:41-19	21:58-16	23:32-16	29:17-10	32:43-9	36:17-9	37:48-10	41:13-10	42:09-10	43:33-9	44:22-9	46:10-9	46:48-9	47:24-9
05:51-31	11:50-9	04:17-9	01:34-3	05:45-3	03:26-4	03:34-15	01:31-20	03:25-9	00:56-14	01:24-5	00:49-14	01:48-6	00:38-7	00:36-11
03:02@	01:40#	00:35#	00:08+	00:09+	00:21#	00:47&	00:35&	00:31#	00:15&	00:03+	00:16&	00:14#	00:06#	00:10&
<b>10</b>	<b>Løvhaug, Karl Rikard</b>			<b>Koll</b>		<b>0:47:54 +</b>	<b>07:01</b>		<b>146.57</b>					
03:29-11	15:27-10	19:54-9	21:52-9	29:09-9	32:51-10	36:35-10	37:45-9	40:50-9	41:51-9	43:34-10	44:24-10	46:41-10	47:18-10	47:54-10
03:29-11	11:58-10	04:27-11	01:58-10	07:17-16	03:42-6	03:44-17	01:10-9	03:05-3	01:01-20	01:43-16	00:50-15	02:17-18	00:37-5	00:36-11
00:40#	01:48#	00:45#	00:32&	01:41&	00:37#	00:57&	00:14&	00:11+	00:20&	00:22&	00:17&	00:43&	00:05#	00:10&
<b>11</b>	<b>Helland, Knut Edvard</b>			<b>Østmarka OK</b>		<b>0:48:09 +</b>	<b>07:16</b>		<b>146.42</b>					
03:30-12	15:35-11	20:22-11	23:09-13	29:42-13	33:26-11	36:49-11	38:09-12	41:21-11	42:12-11	43:53-11	44:46-11	46:47-11	47:32-11	48:09-11
03:30-12	12:05-12	04:47-16	02:47-29	06:33-10	03:44-7	03:23-9	01:20-15	03:12-6	00:51-6	01:41-15	00:53-17	02:01-13	00:45-17	00:37-14
00:41#	01:55#	01:05&	01:21&	00:57#	00:39#	00:36#	00:24&	00:18#	00:10#	00:20#	00:20&	00:27&	00:13&	00:11&
<b>12</b>	<b>Nygård, Svein</b>			<b>Norges Bank BIL</b>		<b>0:49:24 +</b>	<b>08:31</b>		<b>145.68</b>					
03:41-14	16:16-12	21:19-14	23:20-14	30:08-15	34:12-13	37:44-14	39:02-13	42:27-13	43:21-13	44:55-12	46:05-12	48:00-12	48:46-12	49:24-12
03:41-14	12:35-14	05:03-20	02:01-11	06:48-12	04:04-12	03:32-13	01:18-13	03:25-9	00:54-11	01:34-11	01:10-35	01:55-8	00:46-19	00:38-19
00:52&	02:25#	01:21&	00:35&	01:12#	00:59&	00:45&	00:22&	00:31#	00:13&	00:13#	00:37@	00:21#	00:14&	00:12&
<b>13</b>	<b>Eide Fredriksen, Magnus</b>			<b>Heming Orientering</b>		<b>0:49:36 +</b>	<b>08:43</b>		<b>145.56</b>					
03:13-6	15:15-9	20:13-10	21:56-10	29:24-11	34:19-14	37:32-13	39:11-14	42:59-14	44:02-14	45:37-14	46:23-14	48:18-14	48:59-14	49:36-13
03:13-6	12:02-11	04:58-19	01:43-6	07:28-19	04:55-25	03:13-7	01:39-29	03:48-17	01:03-21	01:35-12	00:46-10	01:55-8	00:41-11	00:37-14
00:24#	01:52#	01:16&	00:17#	01:52&	01:50&	00:26#	00:43&	00:54&	00:22&	00:14#	00:13&	00:21#	00:09&	00:11&
<b>14</b>	<b>Nielsen, Halvor Eid</b>			<b>Nydalens SK</b>		<b>0:49:38 +</b>	<b>08:45</b>		<b>145.54</b>					
03:21-9	17:13-16	21:45-15	23:31-15	30:52-16	35:21-16	38:37-15	39:56-16	43:15-15	44:07-15	45:37-15	46:19-13	48:12-13	48:54-13	49:38-14
03:21-9	13:52-20	04:32-13	01:46-7	07:21-18	04:29-16	03:16-8	01:19-14	03:19-7	00:52-7	01:30-8	00:42-7	01:53-7	00:42-12	00:44-31
00:32#	03:42&	00:50#	00:20#	01:45&	01:24&	00:29#	00:23&	00:25#	00:11#	00:09#	00:09&	00:19#	00:10&	00:18&
<b>15</b>	<b>Rygh, Karl Even</b>			<b>Heming Orientering</b>		<b>0:49:57 +</b>	<b>09:04</b>		<b>145.35</b>					
03:20-8	16:40-14	20:51-12	22:56-12	29:35-12	33:31-12	36:58-12	38:07-11	42:23-12	43:15-12	45:03-13	46:44-15	48:31-15	49:17-15	49:57-15
03:20-8	13:20-18	04:11-7	02:05-13	06:39-11	03:56-10	03:27-11	01:09-8	04:16-26	00:52-7	01:48-19	01:41-39	01:47-5	00:46-19	00:40-22
00:31#	03:10&	00:29#	00:39&	01:03#	00:51&	00:40#	00:13#	01:22&	00:11&	00:27&	01:08@	00:13#	00:14&	00:14&
<b>16</b>	<b>Norman, Niklas</b>			<b>IL GeoForm</b>		<b>0:50:07 +</b>	<b>09:14</b>		<b>145.25</b>					
04:00-16	16:35-13	20:59-13	22:45-11	30:01-14	34:44-15	38:51-16	39:52-15	43:36-16	44:30-16	46:15-16	46:58-16	48:55-16	49:37-16	50:07-16
04:00-16	12:35-14	04:24-10	01:46-7	07:16-15	04:43-21	04:07-22	01:01-2	03:44-14	00:54-11	01:45-18	00:43-8	01:57-11	00:42-12	00:30-3
01:11&	02:25#	00:42#	00:20#	01:40&	01:38&	01:20&	00:05+	00:50&	00:13&	00:24&	00:10&	00:23#	00:10&	00:04#
<b>17</b>	<b>Bakken, Jon Iver</b>			<b>Nydalens SK</b>		<b>0:52:07 +</b>	<b>11:14</b>		<b>144.07</b>					
04:17-20	17:28-18	22:07-18	24:36-17	31:44-17	36:15-17	39:57-18	41:26-19	45:16-19	46:15-19	47:51-18	48:42-18	50:50-17	51:33-17	52:07-18
04:17-20	13:11-17	04:39-14	02:29-23	07:08-14	04:31-17	03:42-16	01:29-19	03:50-18	00:59-19	01:36-13	00:51-16	02:08-15	00:43-15	00:34-6
01:28&	03:01&	00:57&	01:03&	01:32&	01:26&	00:55&	00:33&	00:56&	00:18&	00:15#	00:18&	00:11&	00:11&	00:08&
<b>18</b>	<b>Noer, Lars Karelius</b>			<b>Brandval/Kongsvinger OK</b>		<b>0:52:32 +</b>	<b>11:39</b>		<b>143.82</b>					
03:58-15	17:07-15	22:44-19	25:04-19	32:22-19	36:31-19	39:59-19	41:15-17	45:01-18	45:53-18	47:47-17	48:40-17	51:04-18	51:58-18	52:32-19
03:58-15	13:09-16	05:37-22	02:20-18	07:18-17	04:09-13	03:28-12	01:16-11	03:46-16	00:52-7	01:54-21	00:53-17	02:24-23	00:54-32	00:34-6
01:09&	02:59&	01:55&	00:54&	01:42&	01:04&	00:41#	00:20&	00:52&	00:11&	00:33&	00:20&	00:50&	00:22&	00:08&
<b>19</b>	<b>Kristensen, Ole Kristian</b>			<b>Fossum IF</b>		<b>0:53:21 +</b>	<b>12:28</b>		<b>143.33</b>					
04:29-21	18:05-20	23:02-20	25:10-20	32:16-18	36:28-18	39:54-17	41:17-18	44:37-17	45:40-17	48:12-19	49:10-19	51:29-19	52:46-19	53:21-20
04:29-21	13:36-19	04:57-18	02:08-14	07:06-13	04:12-15	03:26-10	01:23-17	03:20-8	01:03-21	02:32-36	00:58-24	02:19-19	01:17-38	00:35-10
01:40&	03:26&	01:15&	00:42&	01:30&	01:07&	00:39#	00:27&	00:26#	00:22&	01:11&	00:25&	00:45&	00:09&	00:09&
<b>20</b>	<b>Lund, Trond</b>			<b>Tyrving IL</b>		<b>0:54:39 +</b>	<b>13:46</b>		<b>142.56</b>					
04:49-24	17:19-17	22:00-17	24:53-18	32:24-20	37:12-20	41:10-20								

01:26&	05:39&	02:47&	00:38&	03:24&	01:55&	01:27&	00:58@	02:45&	00:28&	00:58&	00:32&	02:07@	00:18&	00:21&
27	Gylver, Bård			Asker Skiklubb		1:05:19 +	24:26		136.23					
04:03-18	15:37-26	07:34-34	29:42-27	40:46-28	45:25-26	49:38-26	52:03-27	56:19-26	57:15-26	59:10-26	60:11-26	63:42-27	64:39-27	65:19-28
04:03-18	15:37-26	07:34-34	02:28-22	11:04-36	04:39-20	04:13-24	02:25-38	04:16-26	00:56-14	01:55-22	01:01-27	03:31-37	00:57-35	00:40-22
01:14&	05:27&	03:52@	01:02&	05:28&	01:34&	01:26&	01:29@	01:22&	00:15&	00:34&	00:28&	01:57@	00:25&	00:14&
28	Lahlum, Jon			IL GeoForm		1:05:57 +	25:04		135.86					
04:52-25	23:09-31	29:04-30	31:44-30	40:36-27	46:16-28	50:43-28	52:38-28	57:06-28	58:33-28	60:35-28	61:49-28	64:26-28	65:20-28	65:57-29
04:52-25	18:17-34	05:55-26	02:40-28	08:52-27	05:40-30	04:27-29	01:55-37	04:28-30	01:27-36	02:02-27	01:14-36	02:37-28	00:54-32	00:37-14
02:03&	08:07&	02:13&	01:14&	03:16&	02:35&	01:40&	00:59@	01:34&	00:46@	00:41&	00:41@	01:03&	00:22&	00:11&
29	Kristoffersen, Simen			Pharmaq BIL		1:06:32 +	25:39		135.51					
05:08-27	22:05-29	28:10-29	31:20-29	40:54-29	48:15-29	53:14-29	54:54-29	58:45-29	59:54-29	61:54-29	62:48-29	65:07-29	65:52-29	66:32-30
05:08-27	16:57-28	06:05-29	03:10-31	09:34-30	07:21-36	04:59-34	01:40-30	03:51-20	01:09-25	02:00-25	00:54-20	02:19-19	00:45-17	00:40-22
02:19&	06:47&	02:23&	01:44@	03:58&	04:16@	02:12&	00:44&	00:57&	00:28&	00:39&	00:21&	00:45&	00:13&	00:14&
30	Sandvik, Cathrine			Norges Bank BIL		1:09:04 +	28:11		134.01					
04:59-26	22:32-30	30:14-31	33:25-32	42:03-31	49:52-30	54:29-30	56:14-34	60:28-30	61:39-30	63:36-30	64:38-30	67:29-30	68:21-30	69:04-31
04:59-26	17:33-31	07:42-37	03:11-32	08:38-25	07:49-38	04:37-31	01:45-34	04:14-24	01:11-29	01:57-23	01:02-28	02:51-30	00:52-29	00:43-28
02:10&	07:23&	04:00@	01:45@	03:02&	04:44@	01:50&	00:49&	01:20&	00:30&	00:36&	00:29&	01:17&	00:20&	00:17&
31	Nummedal, Geir			IL GeoForm		1:11:36 +	30:43		132.50					
04:36-23	21:45-28	27:23-28	30:36-28	39:11-25	51:05-33	55:28-32	57:03-31	61:27-31	62:35-31	65:35-31	66:33-31	70:17-31	71:06-31	71:36-32
04:36-23	17:09-29	05:38-23	03:13-33	08:35-24	11:54-39	04:23-27	01:35-26	04:24-28	01:08-23	03:00-38	00:58-24	03:44-39	00:49-25	00:30-3
01:47&	06:59&	01:56&	01:47@	02:59&	08:49@	01:36&	00:39&	01:30&	00:27&	01:39@	00:25&	02:10@	00:17&	00:04#
32	Fixdal, Trude			Heming Orientering		1:13:08 +	32:15		131.59					
06:03-35	27:02-37	32:57-36	36:42-36	45:39-33	50:53-32	55:18-31	57:10-32	63:55-32	65:04-32	66:41-32	67:50-32	71:12-32	72:18-32	73:08-33
06:03-35	20:59-38	05:55-26	03:45-36	08:57-28	05:14-27	04:25-28	01:52-35	06:45-39	01:09-25	01:37-14	01:09-33	03:22-36	01:06-36	00:50-37
03:14@	10:49@	02:13&	02:19@	03:21&	02:09&	01:38&	00:56@	03:51@	00:28&	00:16#	00:36@	01:48@	00:34@	00:24&
33	Solsrud, Jon R.			Nydalens SK		1:13:26 +	32:33		131.41					
05:56-32	20:48-27	25:58-23	28:37-23	49:15-36	54:45-36	59:31-36	61:04-36	65:30-36	66:40-35	68:40-33	69:28-33	71:51-33	72:43-33	73:26-34
05:56-32	14:52-23	05:10-21	02:39-26	20:38-39	05:30-29	04:46-32	01:33-25	04:26-29	01:10-28	02:00-25	00:48-12	02:23-21	00:52-29	00:43-28
03:07@	04:42&	01:28&	01:13&	15:02@	02:25&	01:59&	00:37&	01:32&	00:29&	00:39&	00:15&	00:49&	00:20&	00:17&
34	Lahlum, Tor			Nordre Follo Orientering		1:14:17 +	33:24		130.91					
06:05-36	24:37-34	31:19-35	33:58-33	45:53-34	53:22-35	57:50-33	60:39-35	65:12-35	66:34-34	68:47-35	69:42-34	72:34-34	73:25-34	74:17-35
06:05-36	18:32-35	06:42-31	02:39-26	11:55-37	07:29-37	04:28-30	02:49-39	04:33-32	01:22-32	02:13-32	00:55-21	02:52-31	00:51-27	00:52-38
03:16@	08:22&	03:00&	01:13&	06:19@	04:24@	01:41&	01:53@	01:39&	00:41@	00:52&	00:22&	01:18&	00:19&	00:26@
35	Utskarpen, Audrun			IL GeoForm		1:14:40 +	33:47		130.68					
05:58-33	24:09-33	31:01-33	35:39-35	45:55-35	52:26-34	57:55-34	59:35-33	64:48-34	66:10-33	68:44-34	69:50-35	72:42-35	73:55-35	74:40-36
05:58-33	18:11-33	06:52-32	04:38-38	10:16-33	06:31-34	05:29-36	01:40-30	05:13-36	01:22-32	02:34-37	01:06-31	02:52-31	01:13-37	00:45-32
03:09@	08:01&	03:10&	03:12@	04:40&	03:26@	02:42&	00:44&	02:19&	00:41@	01:13&	00:33@	01:18&	00:41@	00:19&
36	Kippernes, Frank Åge			IL GeoForm		1:17:34 +	36:41		128.96					
06:15-37	27:27-38	35:03-38	39:23-38	49:38-37	55:38-37	60:26-37	62:09-37	67:06-37	68:26-36	71:53-37	72:55-37	75:51-37	76:47-37	77:34-37
06:15-37	21:12-39	07:36-36	04:20-37	10:15-32	06:00-33	04:48-33	01:43-33	04:57-35	01:20-31	03:27-39	01:02-28	02:56-33	00:56-34	00:47-34
03:26@	11:02@	03:54@	02:54@	04:39&	02:55&	02:01&	00:47&	02:03&	00:39&	02:06@	00:29&	01:22&	00:24&	00:21&
37	Ask, Kjetil			Nittedal OL		1:18:30 +	37:37		128.41					
06:38-38	24:03-32	31:17-34	34:39-34	45:07-32	50:25-31	58:58-35	60:29-34	64:43-33	69:00-37	71:23-36	72:30-36	75:09-36	76:00-36	78:30-38
06:38-38	17:25-30	07:14-33	03:22-35	10:28-34	05:18-28	08:33-39	01:31-20	04:14-24	04:17-39	02:23-35	01:07-32	02:39-29	00:51-27	02:30-39
03:49@	07:15&	03:32&	01:56@	04:52&	02:13&	05:46@	00:35&	01:20&	03:36@	01:02&	00:34@	01:05&	00:19&	02:04@
38	Åm, Martin			IL GeoForm		1:19:31 +	38:38		127.80					
06:02-34	25:59-36	34:37-37	37:53-37	52:09-38	57:53-38	65:33-38	67:04-38	70:49-38	72:13-38	74:24-38	75:33-38	78:01-38	78:49-38	79:31-39
06:02-34	19:57-37	08:38-38	03:16-34	14:16-38	05:44-32	07:40-38	01:31-20	03:45-15	01:24-34	02:11-31	01:09-33	02:28-26	00:48-22	00:42-25
03:13@	09:47&	04:56@	01:50@	08:40@	02:39&	04:53@	00:35&	00:51&	00:43@	00:50&	00:36@	00:54&	00:16&	00:16&
39	Grøstad, Thomas			Østmarka OK		1:31:38 +	50:45		120.61					
13:40-39	31:45-39	43:19-39	49:03-39	59:11-39	65:54-39	72:46-39	74:28-39	79:23-39	81:27-39	83:44-39	85:01-39	88:19-39	90:51-39	91:38-40
13:40-39	18:05-32	11:34-39	05:44-39	10:08-31	06:43-35	06:52-37	01:42-32	04:55-34	02:04-38	02:17-33	01:17-38	03:18-35	02:32-39	00:47-34
10:51@	07:55&	07:52@	04:18@	04:32&	03:38@	04:05@	00:46&	02:01&	01:23@	00:56&	00:44@	01:44@	02:00@	00:21&
	Brækken, Bård			TPWB-O		FULLFØRT			100.00					

DSQ Natvig, Peder Norges Bank BIL 00:51:13 (-1 poster) 96.43

51:13-17

## Strekktider Mellom

Plass	Navn	Klubb	Tid	Poeng										
1	Fremming, Nils Petter	Heming Orientering	00:31:24 + 00:00	135.46										
04:23-21	09:53-7	12:21-5	12:54-5	14:12-5	17:51-3	20:55-1	22:08-2	25:18-1	26:10-1	27:40-1	28:28-1	30:15-1	30:51-1	31:24-1
04:23-21	05:30-5	02:28-3	00:33-1	01:18-3	03:39-1	03:04-1	01:13-4	03:10-1	00:52-1	01:30-2	00:48-7	01:47-3	00:36-2	00:33-4
01:04&	00:23+	00:03+	00:00=	00:07+	00:00=	00:00=	00:06+	00:00=	00:00=	00:03+	00:07#	00:08+	00:06#	00:04#
2	Ferrand, Raphael	Bækkelagets SK	00:31:31 + 00:07	135.40										
03:45-5	08:52-2	11:17-2	12:11-2	13:22-2	17:45-2	21:07-3	22:25-3	25:38-3	26:32-3	27:59-2	28:43-2	30:22-2	30:58-2	31:31-2
03:45-5	05:07-1	02:25-1	00:54-50	01:11-1	04:23-11	03:22-2	01:18-10	03:13-2	00:54-3	01:27-1	00:44-3	01:39-1	00:36-2	00:33-4
00:26#	00:00=	00:00=	00:21&	00:00=	00:44#	00:18+	00:11#	00:03+	00:02+	00:00=	00:03+	00:00=	00:06#	00:04#
3	Tandrevold, Eivind Landmark	Privat	00:31:39 + 00:15	135.33										
03:19-1	08:26-1	10:53-1	11:28-1	12:45-1	16:52-1	21:00-2	22:07-1	25:38-2	26:31-2	28:03-3	28:59-3	30:39-3	31:09-3	31:39-3
03:19-1	05:07-1	02:27-2	00:35-4	01:17-2	04:07-4	04:08-30	01:07-1	03:31-7	00:53-2	01:32-3	00:56-17	01:40-2	00:30-1	00:30-2
00:00=	00:00=	00:02+	00:02+	00:06+	00:28#	01:04&	00:00=	00:21#	00:01+	00:05+	00:15&	00:01+	00:00=	00:01+
4	Lian, Odd Arne	IL Koll	00:33:21 + 01:57	134.41										
03:54-7	09:09-4	11:58-4	12:34-4	14:00-4	18:22-5	22:07-4	23:23-4	26:48-4	27:48-4	29:33-4	30:18-4	32:07-4	32:44-4	33:21-4
03:54-7	05:15-3	02:49-5	00:36-5	01:26-6	04:22-10	03:45-11	01:16-8	03:25-5	01:00-7	01:45-11	00:45-4	01:49-5	00:37-4	00:37-16
00:35#	00:08+	00:24#	00:03+	00:15#	00:43#	00:41#	00:09#	00:15+	00:08#	00:18#	00:04+	00:10#	00:07#	00:08&
5	Stokseth, Endre	Nydalens SK	00:33:22 + 01:58	134.40										
03:34-2	08:56-3	11:51-3	12:31-3	13:52-3	18:20-4	22:16-5	23:36-5	27:04-5	28:03-5	29:38-5	30:19-5	32:07-5	32:44-5	33:22-5
03:34-2	05:22-4	02:55-10	00:40-13	01:21-4	04:28-13	03:56-20	01:20-11	03:28-6	00:59-5	01:35-4	00:41-1	01:48-4	00:37-4	00:38-17
00:15+	00:15+	00:30#	00:07#	00:10#	00:49#	00:52&	00:13#	00:18+	00:07#	00:08+	00:00=	00:09+	00:07#	00:09&
6	Lunøe, Espen	Nydalens SK	00:34:58											

03:42-3	09:40-5	12:32-6	13:15-6	14:45-6	18:52-6	22:28-6	23:39-6	27:51-7	28:57-7	31:19-9	32:08-7	34:15-7	34:56-7	35:38-8
03:42-3	05:58-7	02:52-6	00:43-22	01:30-8	04:07-4	03:36-6	01:11-3	04:12-30	01:06-16	02:22-48	00:49-9	02:07-10	00:41-10	00:42-34
00:23#	00:51#	00:27#	00:10#	00:19#	00:28#	00:32#	00:04+	01:02#	00:14#	00:55#	00:08#	00:28#	00:11#	00:13#
<b>9</b>	<b>Systad, Rolv Anders</b>			<b>Lyn Ski</b>		<b>0:35:44 +</b>	<b>04:20</b>	<b>133.11</b>						
04:10-18	10:16-12	13:31-13	14:12-12	15:51-11	20:16-11	23:44-9	25:09-10	28:33-9	29:32-9	31:18-8	32:16-10	34:31-9	35:11-9	35:44-9
04:10-18	06:06-10	03:15-16	00:41-16	01:39-14	04:25-12	03:28-4	01:25-18	03:24-4	00:59-5	01:46-12	00:58-23	02:15-11	00:40-7	00:33-4
00:51#	00:59#	00:50#	00:08#	00:28#	00:46#	00:24#	00:18#	00:14+	00:07#	00:19#	00:17#	00:36#	00:10#	00:04#
<b>10</b>	<b>Halvorsen, Petter</b>			<b>Nydalens SK</b>		<b>0:36:16 +</b>	<b>04:52</b>	<b>132.82</b>						
03:54-8	09:53-8	12:59-8	13:35-8	15:12-8	19:32-8	23:10-8	24:25-8	28:01-8	29:16-8	31:04-7	32:10-8	34:57-10	35:36-10	36:16-10
03:54-7	05:59-8	03:06-14	00:36-5	01:37-12	04:20-8	03:38-7	01:15-7	03:36-8	01:15-35	01:48-13	01:06-47	01:06-47	00:39-6	00:40-26
00:35#	00:52#	00:41#	00:03+	00:26#	00:41#	00:34#	00:08#	00:26#	00:23#	00:21#	00:25#	01:08#	00:09#	00:11#
<b>11</b>	<b>Åsmul, Eskil</b>			<b>Geoform IL</b>		<b>0:37:39 +</b>	<b>06:15</b>	<b>132.07</b>						
03:44-4	10:23-14	13:16-11	14:02-11	15:37-9	20:07-10	24:22-11	25:49-11	29:56-11	31:00-11	32:55-11	33:56-11	36:18-11	36:58-11	37:39-11
03:44-4	06:39-19	02:53-7	00:46-30	01:35-9	04:30-14	04:15-32	01:27-19	04:07-28	01:04-12	01:55-18	01:01-32	02:22-15	00:40-7	00:41-29
00:25#	01:32#	00:28#	00:13#	00:24#	00:51#	01:11#	00:20#	00:57#	00:12#	00:28#	00:20#	00:43#	00:10#	00:12#
<b>12</b>	<b>Holten, Marie Rygh</b>			<b>Nydalens SK</b>		<b>0:38:58 +</b>	<b>07:34</b>	<b>131.36</b>						
04:48-34	11:22-19	14:22-15	15:08-15	17:11-15	21:27-12	25:18-12	26:32-12	30:37-12	31:43-12	33:27-12	34:25-12	36:47-12	38:23-14	38:58-13
04:48-34	06:34-17	03:00-11	00:46-30	02:03-46	04:16-7	03:51-14	01:14-6	04:05-24	01:06-16	01:44-10	00:58-23	02:22-15	01:36-68	00:35-11
01:29#	01:27#	00:35#	00:13#	00:52#	00:37#	00:47#	00:07#	00:55#	00:14#	00:17#	00:17#	00:43#	01:06#	00:06#
<b>13</b>	<b>Standal, Helge</b>			<b>IL Koll</b>		<b>0:38:59 +</b>	<b>07:35</b>	<b>131.35</b>						
04:02-13	10:05-9	13:07-9	13:45-9	16:03-12	21:31-13	25:28-13	26:49-13	30:46-13	32:01-13	33:56-13	34:56-13	37:35-14	38:20-13	38:59-14
04:02-13	06:03-9	03:02-13	00:38-8	02:18-56	05:28-37	03:57-21	01:21-13	03:57-18	01:15-35	01:55-18	01:00-30	02:39-29	00:45-17	00:39-22
00:43#	00:56#	00:37#	00:05#	01:07#	01:49#	00:53#	00:14#	00:47#	00:23#	00:28#	00:19#	01:00#	00:15#	00:10#
<b>14</b>	<b>Dahle, Pål</b>			<b>Oppsal Orientering</b>		<b>0:39:13 +</b>	<b>07:49</b>	<b>131.22</b>						
08:49-66	15:09-55	17:53-39	18:33-37	19:56-35	24:05-24	27:27-22	28:35-19	32:16-17	33:23-16	34:58-16	35:45-16	37:47-15	38:33-15	39:13-15
08:49-66	06:20-13	02:44-4	00:40-13	01:23-5	04:09-6	03:22-2	01:08-2	03:41-11	01:07-18	01:35-4	00:47-6	02:02-7	00:46-20	00:40-26
05:30@	01:13#	00:19#	00:07#	00:12#	00:30#	00:18+	00:01+	00:31#	00:15#	00:08+	00:06#	00:23#	00:16#	00:11#
<b>15</b>	<b>Stene, Dana B.</b>			<b>Nydalens SK</b>		<b>0:39:19 +</b>	<b>07:55</b>	<b>131.17</b>						
04:31-24	11:16-17	15:27-22	16:06-19	17:55-18	23:50-22	27:20-20	28:52-21	32:29-18	33:37-17	35:20-17	36:08-17	38:01-17	38:43-16	39:19-16
04:31-23	06:45-22	04:11-46	00:39-10	01:49-27	05:55-45	03:30-5	01:32-24	03:37-9	01:08-20	01:43-8	00:48-7	01:53-6	00:42-11	00:36-14
01:12#	01:38#	01:46#	00:06#	00:38#	02:16#	00:26#	00:25#	00:27#	00:16#	00:16#	00:07#	00:14#	00:12#	00:07#
<b>16</b>	<b>Markset, Kjell</b>			<b>Larvik OK</b>		<b>0:39:22 +</b>	<b>07:58</b>	<b>131.14</b>						
03:55-9	10:13-11	13:28-12	14:19-13	16:52-13	21:34-14	25:36-15	27:21-15	31:05-15	32:07-15	34:26-15	35:17-15	37:59-16	38:43-17	39:22-17
03:55-9	06:18-12	03:15-16	00:51-43	02:33-61	04:42-16	04:02-24	01:45-36	03:44-12	01:02-10	02:19-45	00:51-10	02:42-30	00:44-16	00:39-22
00:36#	01:11#	00:50#	00:18#	01:22@	01:03#	00:58#	00:38#	00:34#	00:10#	00:52#	00:10#	01:03#	00:14#	00:10#
<b>17</b>	<b>Zeiner-Gundersen, Richard</b>			<b>Lierbygda OL</b>		<b>0:40:53 +</b>	<b>09:29</b>	<b>130.32</b>						
04:29-22	11:56-27	15:11-18	15:50-17	17:29-17	22:28-17	26:33-17	28:40-20	33:05-22	34:15-21	36:08-21	37:03-19	39:23-18	40:10-18	40:53-18
04:29-22	07:27-30	03:15-16	00:39-10	01:39-14	04:59-24	04:05-26	02:07-56	04:25-34	01:10-24	01:53-15	00:55-15	02:20-13	00:47-21	00:43-42
01:10#	02:20#	00:50#	00:06#	00:28#	01:20#	01:01#	01:00#	01:15#	00:18#	00:26#	00:14#	00:41#	00:17#	00:14#
<b>18</b>	<b>Birkeland, Roger</b>			<b>Telenor BIL</b>		<b>0:41:12 +</b>	<b>09:48</b>	<b>130.15</b>						
05:12-43	11:44-26	15:19-21	16:12-20	18:07-21	22:12-16	26:49-18	28:11-17	32:53-21	33:51-20	35:58-18	36:56-18	39:41-20	40:30-20	41:12-19
05:12-43	06:32-15	03:35-30	00:53-49	01:55-37	04:05-3	04:37-43	01:22-15	04:42-44	00:58-4	02:07-31	00:58-23	02:45-33	00:49-25	00:42-34
01:53#	01:25#	01:10#	00:20#	00:44#	00:26#	01:33#	00:15#	01:32#	00:06#	00:40#	00:17#	01:06#	00:19#	00:13#
<b>19</b>	<b>Baklid, Lars</b>			<b>Konnerud IL</b>		<b>0:41:13 +</b>	<b>09:49</b>	<b>130.14</b>						
04:03-14	12:04-28	15:31-24	16:16-21	18:03-20	22:53-20	26:58-19	28:32-18	32:38-19	33:46-18	36:07-20	37:09-20	39:30-19	40:25-19	41:13-20
04:03-14	08:01-42	03:27-25	00:45-28	01:47-25	04:50-19	04:05-26	01:34-28	04:06-26	01:08-20	02:21-47	01:02-35	02:21-14	00:55-36	00:48-57
00:44#	02:54#	01:02#	00:12#	00:36#	01:11#	01:01#	00:27#	00:56#	00:16#	00:54#	00:21#	00:42#	00:25#	00:19#
<b>20</b>	<b>Holten, Aleksander Rygh</b>			<b>Nydalens SK</b>		<b>0:41:38 +</b>	<b>10:14</b>	<b>129.91</b>						
04:36-26	11:08-16	14:26-16	15:09-16	17:22-16	22:32-18	27:20-21	28:57-22	32:47-20	33:47-19	36:59-22	37:44-21	40:22-21	41:04-21	41:38-21
04:36-26	06:32-15	03:18-20	00:43-22	02:13-53	05:10-29	04:48-46	01:37-31	03:50-14	01:00-7	03:12-65	00:45-4	02:38-28	00:42-11	00:34-8
01:17#	01:25#	00:53#	00:10#	01:02#	01:31#	01:44#	00:30#	00:40#	00:08#	01:45@	00:04+	00:59#	00:12#	00:05#
<b>21</b>	<b>Barmen, Bjørn</b>			<b>Privat</b>		<b>0:42:33 +</b>	<b>11:09</b>	<b>129.42</b>						
04:17-19	11:36-22	16:08-30	16:50-29	18:45-26	23:54-23	28:23-26	30:15-27	34:15-24	35:16-22	37:13-23	38:25-23	40:59-22	41:55-22	42:33-22
04:17-19	07:19-27	04:32-52	00:42-19	01:55-37	05:09-28	04:29-37	01:52-50	04:00-19	01:01-9	01:57-22	01:12-55	02:34-23	00:56-38	00:38-17
00:58#	02:12#	02:07#	00:09#	00:44#	01:30#	01:25#	00:45#	00:50#	00:09#	00:30#	00:31#	00:55#	00:26#	00:09#
<b>22</b>	<b>Løken, Aleidis</b>			<b>Heming Orientering</b>		<b>0:43:09 +</b>	<b>11:45</b>	<b>129.09</b>						
04:06-16	11:41-25	15:31-23	16:30-24	19:40-34	24:30-29	28:21-25	30:11-26	34:52-26	36:05-25	38:00-24	38:53-24	41:25-23	42:26-23	43:09-23
04:06-16	07:35-33	03:50-36	00:59-55	03:10-69	04:50-19	03:51-14	01:50-45	04:41-42	01:13-30	01:55-18	00:53-13	02:32-21	01:01-54	00:43-42
00:47#	02:28#	01:25#	00:26#	01:59@	01:11#	00:47#	00:43#	01:31#	00:21#	00:28#	00:12#	00:53#	00:31@	00:14#
<b>23</b>	<b>Roti, Torunn Drage</b>			<b>BI BIL</b>		<b>0:43:32 +</b>	<b>12:08</b>	<b>128.88</b>						
04:57-39	11:39-23	15:11-19	15:51-18	18:58-28	24:51-31	28:34-28	30:06-25	34:07-23	35:17-23	38:18-26	39:25-25	42:11-24	42:51-24	43:32-24
04:57-39	06:42-21	03:32-28	00:40-13	03:07-68	05:53-44	03:43-10	01:32-24	04:01-22	01:10-24	03:01-60	01:07-49	02:46-35	00:40-7	00:41-29
01:38#	01:35#	01:07#	00:07#	01:56@	02:14#	00:39#	00:25#	00:51#	00:18#	01:34@	00:26#	01:07#	00:10#	00:12#
<b>24</b>	<b>Goa, Kristin</b>			<b>IL GeoForm</b>		<b>0:43:44 +</b>	<b>12:20</b>	<b>128.77</b>						
04:38-28	12:47-35	16:06-29	16:53-30	19:09-30	24:21-28	28:09-24	30:02-24	35:10-27	36:15-26	38:16-25	39:29-26	42:11-25	43:11-26	43:44-25
04:38-28	08:09-44	03:19-23	00:47-33	02:16-55	05:12-30	03:48-12	01:53-52	05:08-55	01:05-14	02:01-25	01:13-59	02:42-30	01:00-50	00:33-4
01:19#	03:02#	00:54#	00:14#	01:05#	01:33#	00:44#	00:46#	01:58#	00:13#	00:34#	00:32#	01:03#	00:30@	00:04#
<b>25</b>	<b>Njåstein, Stine</b>			<b>IL Tyrving</b>		<b>0:43:51 +</b>	<b>12:27</b>	<b>128.71</b>						
05:04-40	12:09-29	15:53-28	16:42-28	18:28-24	25:06-34	29:04-29	30:24-28	35:38-28	36:53-27	38:52-27	39:50-27	42:12-26	43:08-25	43:51-26
05:04-40	07:05-26	03:44-34	00:49-38	01:46-23	06:38-56	03:58-22	01:20-11	05:14-56	01:15-35	01:59-24	00:58-23	02:22-15	00:56-38	00:43-42
01:45#	01:58#	01:19#	00:16#	00:35#	02:59#	00:54#	00:13#	02:04#	00:23#	00:32#	00:17#	00:43#	00:26#	00:14#
<b>26</b>	<b>Granly, Martin</b>			<b>Siemens</b>		<b>0:44:22</b>								



02:23&	03:19&	02:44@	00:34@	00:48&	04:03@	01:50&	01:12@	03:26@	00:22&	01:40@	00:47@	02:12@	00:29&	00:21&
<b>57</b>	<b>Skjelkvåle, Brit Lisa</b>			<b>IL GeoForm</b>		<b>0:55:27 +</b>	<b>24:03</b>		<b>122.42</b>					
06:39-61	14:53-53	19:16-51	20:22-51	22:51-55	32:35-59	37:28-60	39:57-60	44:48-61	46:18-60	49:21-61	50:26-60	53:47-58	54:44-58	55:27-59
06:39-61	08:14-46	04:23-49	01:06-59	02:29-58	09:44-70	04:53-49	02:29-60	04:51-48	01:30-53	03:03-61	01:05-43	03:21-50	00:57-41	00:43-42
03:20@	03:07&	01:58&	00:33@	01:18@	06:05@	01:49&	01:22@	01:41&	00:38&	01:36@	00:24&	01:42@	00:27&	00:14&
<b>58</b>	<b>Longva, Tore</b>			<b>VBIL</b>		<b>0:55:35 +</b>	<b>24:11</b>		<b>122.34</b>					
05:10-42	19:20-65	25:57-65	26:48-65	29:08-66	34:12-65	38:12-64	39:59-61	44:39-60	46:05-59	48:49-60	50:27-61	53:53-59	54:53-59	55:35-60
05:10-42	14:10-67	06:37-64	00:51-43	02:20-57	05:04-25	04:00-23	01:47-41	04:40-40	01:26-51	02:44-57	01:38-68	03:26-51	01:00-50	00:42-34
01:51&	09:03@	04:12@	00:18&	01:09&	01:25&	00:56&	00:40&	01:30&	00:34&	01:17&	00:57@	01:47@	00:30@	00:13&
<b>59</b>	<b>Malm, Susannah</b>			<b>Statnett</b>		<b>0:56:25 +</b>	<b>25:01</b>		<b>121.89</b>					
06:42-63	16:04-59	22:49-62	23:41-62	25:37-62	32:55-61	37:58-63	39:35-57	44:25-59	45:41-57	48:05-54	49:24-56	54:52-60	55:47-60	56:25-61
06:42-63	09:22-55	06:45-67	00:52-45	01:56-39	07:18-61	05:03-58	01:37-31	04:50-47	01:16-39	02:24-51	01:19-63	05:28-67	00:55-36	00:38-17
03:23@	04:15&	04:20@	00:19&	00:45&	03:39@	01:59&	00:30&	01:40&	00:24&	00:57&	00:38&	03:49@	00:25&	00:09&
<b>60</b>	<b>Engzelius, Margrete</b>			<b>Asker Skiklubb</b>		<b>0:57:42 +</b>	<b>26:18</b>		<b>121.20</b>					
06:16-59	16:55-61	21:26-60	22:27-60	24:56-61	31:44-58	37:21-59	41:02-62	45:57-62	47:34-61	50:06-62	51:32-62	55:40-61	56:45-61	57:42-62
06:16-59	10:39-63	04:31-51	01:01-57	02:29-58	06:48-57	05:37-65	03:41-65	04:55-52	01:37-58	02:32-54	01:26-66	04:08-64	01:05-58	00:57-67
02:57&	05:32@	02:06&	00:28&	01:18@	03:09&	02:33&	02:34@	01:45&	00:45&	01:05&	00:45@	02:29@	00:35@	00:28&
<b>61</b>	<b>Kløvstad, Anders</b>			<b>Telenor BIL</b>		<b>0:58:33 +</b>	<b>27:09</b>		<b>120.74</b>					
04:36-27	23:06-68	26:24-67	27:01-67	28:44-64	33:59-63	37:51-62	39:38-58	44:17-58	45:51-58	48:20-59	49:31-58	57:10-63	57:52-62	58:33-63
04:36-26	18:30-69	03:18-20	00:37-7	01:43-20	05:15-32	03:52-18	01:47-41	04:39-39	01:34-57	02:29-53	01:11-52	07:39-69	00:42-11	00:41-29
01:17&	13:23@	00:53&	00:04#	00:53&	01:36&	00:48&	00:40&	01:29&	00:42&	01:02&	00:30&	06:00@	00:12&	00:12&
<b>62</b>	<b>Hovden, Ingrid Lund</b>			<b>Tyrving</b>		<b>0:58:37 +</b>	<b>27:13</b>		<b>120.70</b>					
06:58-64	25:37-70	29:29-69	30:18-69	32:51-69	38:51-69	43:24-69	44:56-67	50:19-68	51:29-66	53:36-66	54:40-66	57:05-62	57:55-63	58:37-64
06:58-64	18:39-70	03:52-37	00:49-38	02:33-61	06:00-46	04:33-39	01:32-24	05:23-60	01:10-24	02:07-31	01:04-42	02:25-19	00:50-26	00:42-34
03:39@	13:32@	01:27&	00:16&	01:22@	02:21&	01:29&	00:25&	02:13&	00:18&	00:40&	00:23&	00:46&	00:20&	00:13&
<b>63</b>	<b>Rikheim, Harald</b>			<b>Privat</b>		<b>0:59:28 +</b>	<b>28:04</b>		<b>120.24</b>					
09:54-68	24:55-69	30:30-70	31:22-70	33:20-70	38:57-70	43:55-70	45:18-69	50:01-66	51:23-65	53:39-67	54:51-67	57:37-64	58:42-64	59:28-65
09:54-68	15:01-68	05:35-57	00:52-45	01:58-42	05:37-40	04:58-52	01:23-16	04:43-45	01:22-46	02:16-39	01:12-55	02:46-35	01:05-58	00:46-51
06:35@	09:54@	03:10@	00:19&	00:47&	01:58&	01:54&	00:16#	01:33&	00:30&	00:49&	00:31&	01:07&	00:35@	00:17&
<b>64</b>	<b>Hanssen, Pål Woldstad</b>			<b>Eiker OL</b>		<b>0:59:47 +</b>	<b>28:23</b>		<b>120.07</b>					
12:01-70	20:18-66	24:35-64	26:06-64	28:50-65	35:00-66	40:03-66	42:33-65	47:58-65	49:52-64	52:55-65	54:20-65	57:47-65	58:58-65	59:47-66
12:01-70	08:17-48	04:17-48	01:31-66	02:44-66	06:10-50	05:03-58	02:30-61	05:25-61	01:54-68	03:03-61	01:25-65	03:27-52	01:11-64	00:49-59
08:42@	03:10&	01:52&	00:58@	01:33@	02:31&	01:59&	01:23@	02:15&	01:02@	01:36@	00:44@	01:48@	00:41@	00:20&
<b>65</b>	<b>Gylver, Øyvind</b>			<b>Asker Skiklubb</b>		<b>0:59:50 +</b>	<b>28:26</b>		<b>120.04</b>					
05:49-54	16:52-60	21:45-61	22:44-61	24:54-60	32:36-60	37:35-61	42:02-63	47:32-64	49:23-63	52:05-64	53:18-64	57:48-66	59:01-66	59:50-67
05:49-53	11:03-64	04:53-54	00:59-55	02:10-51	07:42-64	04:59-55	04:27-67	05:30-63	01:51-67	02:42-56	01:13-59	04:30-65	01:13-66	00:49-59
02:30&	05:56@	02:28@	00:26&	00:59&	04:03@	01:55&	03:20@	02:20&	00:59@	01:15&	00:32&	02:51@	00:43@	00:20&
<b>66</b>	<b>Borge, Karsten</b>			<b>Brandval/Kongsvinger OK</b>		<b>1:00:24 +</b>	<b>29:00</b>		<b>119.73</b>					
07:57-65	18:25-63	26:11-66	26:59-66	29:40-67	36:00-67	40:48-67	42:33-64	47:24-63	48:46-62	51:02-63	52:13-63	58:41-67	59:38-67	60:24-68
07:57-65	10:28-62	07:46-70	00:48-36	02:41-65	06:20-54	04:48-46	01:45-36	04:51-48	01:22-46	02:16-39	01:11-52	06:28-68	00:57-41	00:46-51
04:38@	05:21@	05:21@	00:15&	01:30@	02:41&	01:44&	00:38&	01:41&	00:30&	00:49&	00:30&	04:49@	00:27&	00:17&
<b>67</b>	<b>Christensen, Lars</b>			<b>VBIL</b>		<b>1:01:07 +</b>	<b>29:43</b>		<b>119.34</b>					
06:36-60	18:53-64	23:06-63	24:28-63	27:49-63	34:01-64	40:00-65	44:53-66	50:13-67	51:52-67	54:15-68	55:21-68	59:18-68	60:21-68	61:07-69
06:36-60	12:17-65	04:13-47	01:22-65	03:21-70	06:12-51	05:59-66	04:53-68	05:20-58	01:39-60	02:23-50	01:06-47	03:57-61	01:03-56	00:46-51
03:17&	07:10@	01:48&	00:49@	02:10@	02:33&	02:55&	03:46@	02:10&	00:47&	00:56&	00:25&	02:18@	00:33@	00:17&
<b>68</b>	<b>Tho, Kjersti</b>			<b>Stabæk IF</b>		<b>1:04:33 +</b>	<b>33:09</b>		<b>117.48</b>					
10:50-69	20:43-67	26:26-68	27:13-68	29:51-68	37:47-68	43:00-68	45:04-68	53:50-69	55:12-68	57:28-69	58:46-69	62:45-69	63:43-69	64:33-70
10:50-69	09:53-60	05:43-60	00:47-33	02:38-64	07:56-66	05:13-63	02:04-54	08:46-69	01:22-46	02:16-39	01:18-62	03:59-62	00:58-43	00:50-62
07:31@	04:46&	03:18@	00:14&	01:27@	04:17@	02:09&	00:57&	05:36@	00:30&	00:49&	00:37&	02:20@	00:28&	00:21&
<b>DSQ</b>	<b>Tallaksen, Thor Christian</b>			<b>IL GeoForm</b>		<b>0:38:58 (-1 poster)</b>			<b>96.43</b>					
03:49-6	12:24-30	15:42-25	16:31-25	18:12-22	22:52-19	26:32-16	28:02-16	31:57-16		34:07-14	35:07-14	37:26-13	38:19-12	38:58-12
03:49-6	08:35-51	03:18-20	00:49-38	01:41-18	04:40-15	03:40-8	01:30-22	03:55-17		01:00-30	02:19-12	00:53-32	00:39-22	
00:30#	03:28&	00:53&	00:16&	00:30&	01:01&	00:36#	00:23&	00:45#		00:19&	00:40&	00:23&	00:10&	
<b>DSQ</b>	<b>Hultgreen Karlsen, Stig</b>			<b>IL GeoForm</b>		<b>0:44:08 (-7 poster)</b>			<b>75.00</b>					
09:10-67	15:57-58	19:07-48	19:57-49	22:46-54	27:30-44	31:36-42								44:08-27
09:10-67	06:47-23	03:10-15	00:50-41	02:49-67	04:44-17	04:06-29								
05:51@	01:40&	00:45&	00:17&	01:38@	01:05&	01:02&								

## Strekktider Kort

Plass	Navn	Klubb	Tid	Poeng										
1	McAdam, Martin Ekholt	Privat	0:21:15 + 00:00	121.54										
	03:15-1	08:47-1	09:57-1	14:10-1	18:26-1	19:34-1	20:27-1	21:15-1						
	03:15-1	05:32-1	01:10-1	04:13-1	04:16-4	01:08-1	00:53-7	00:48-15						
	00:00=	00:00=	00:00=	00:16+	00:00=	00:10#	00:12&							
2	Berteig, Vidar	IL GeoForm	0:25:11 + 03:56	119.97										
	04:14-2	11:17-3	13:08-3	18:08-3	22:20-2	23:47-2	24:31-2	25:11-2						
	04:14-2	07:03-4	01:51-6	05:00-4	04:12-2	01:27-2	00:44-2	00:40-3						
	00:59&	01:31&	00:41&	00:47#	00:12+	00:19&	00:01+	00:04#						
3	Tandrevold, Eirik	Fossum IF	0:25:23 + 04:08	119.89										
	04:45-5	11:50-5	13:34-4	18:23-4	22:23-3	23:54-3	24:38-3	25:23-3						
	04:45-5	07:05-5	01:44-4	04:49-3	04:00-1	01:31-4	00:44-2	00:45-11						
	01:30&	01:33&	00:34&	00:36#	00:00=	00:23&	00:01+	00:09&						
4	Engebretsen, Filip	Privat	0:26:33 + 05:18	119.43										
	04:18-3	11:13-2	13:01-2	18:02-2	23:24-4	25:06-5	25:49-4	26:33-4						
	04:18-3	06:55-2	01:48-5	05:01-5	05:22-10	01:42-7	00:43-1	00:44-8						
	01:03&	01:23&	00:38&	00:48#	01:22&	00:34&	00:00=	00:08#						
5	Sandberg, Synnøve Lyssand	Nydalens SK	0:27:10 + 05:55	119.18										
	04:45-6	12:20-6	14:12-6	19:18-6	23:53-6	25:44-6	26:30-5	27:10-5						
	04:45-5	07:35-6	01:52-7	05:06-6	04:35-6	01:51-10	00:46-4	00:40-3						
	01:30&	02:03&	00:42&	00:53#	00:35#	00:43&	00:03+	00:04#						
6	Kaarby, Per	Overtoppen	0:27:44 + 06:29	118.95										
	04:49-7	11:49-4	13:57-5	19:18-5	23:33-5	25:01-4	26:57-6	27:44-6						
	04:49-7	07:00-3	02:08-12	05:21-7	04:15-3	01:28-3	01:56-31	00:47-14						



	01:56-9	14:48-29	05:50-12	02:49-26	01:05-16	00:45-11	
	00:46&	10:35@	01:50&	01:41@	00:22&	00:09&	
<b>DSQ</b>	<b>Drage, Unni</b>		<b>Haugerud IF</b>		<b>1:15:40</b>	<b>(-3 poster)</b>	<b>78.57</b>
20:22-32	35:31-33	39:30-33	65:47-33		75:40-34		
20:22-32	15:09-27	03:59-31	26:17-33				
17:07@	09:37@	02:49@	22:04@				