

Rankingløp

Dato/sted: 30. september 2023 - Godheim
Kart: Grønmo
Arr: IL GeoForm v/Rune Hultgreen og Harald Iwe
Antall: Totalt: 97 (GeoForm: 8, OSI: 2, DNV/ESSO: 2, Andre: 85)
Løpsrapport: Alder: 21-: 97, 17-20: 0, 13-16: 0, 0-12: 0
Startkont: kr. 50: 85 kr. 30: 12 kr. 0: 0
Betalt: kr. 50: 85 kr. 30: 10 kr. 0: 2
Leiebrikker: 4 stk

Resultater: [Lang\(31\)](#) | [Mellom\(36\)](#) | [Kort\(30\)](#) | [Grafisk](#)
Strekketider: [Lang\(31\)](#) | [Mellom\(36\)](#) | [Kort\(30\)](#)

Resultater Lang (5.3 km)

Plass	Navn	Klubb	Tid	Poeng
1	Sundby, Jørn	Larvik OK	0:45:18 + 00:00	151.82
2	Aalvik, Dag	Nydalens SK	0:46:54 + 01:36	151.00
3	Lindseth, Inge	Nydalens SK	0:47:48 + 02:30	150.54
4	Schlaupitz, Holger	IL GeoForm	0:50:50 + 05:32	148.98
5	Mella, Thor	Oppsal Orientering	0:53:25 + 08:07	147.66
6	Vollset, Tarjei	Heming Orientering	0:54:14 + 08:56	147.24
7	Hæstad, Nils	Fossum IF	0:54:33 + 09:15	147.08
8	Lium, Tobias	IL Koll	0:56:16 + 10:58	146.20
9	Helland, Knut Edvard	Østmarka OK	0:57:43 + 12:25	145.46
10	Langmyren, Ole Kjell	Lillomarka OL	1:00:19 + 15:01	144.13
11	Teigland, Rune	Østmarka OK	1:01:43 + 16:25	143.42
12	Teigen, Jorunn	Privat	1:03:22 + 18:04	142.57
13	Teigen Søgård, Simen	Privat	1:03:49 + 18:31	142.34
14	Eriksen, Are	Oslostudentenes IK	1:08:52 + 23:34	139.76
15	Grandal, Bjørn Henning	IL Tyrving	1:09:44 + 24:26	139.31
16	Ødegaard, Morten	Lillomarka OL	1:09:53 + 24:35	139.24
17	Risvoll, Ketil	Telenor BIL	1:10:32 + 25:14	138.90
18	Koren, Hallvard	OK Moss	1:11:16 + 25:58	138.53
19	Stamdahl, Helge	IL Koll	1:16:19 + 31:01	135.94
20	Gylver, Bård	Asker Skiklubb	1:16:49 + 31:31	135.69
21	Stiansen, Peer	Nydalens SK	1:19:03 + 33:45	134.54
22	Ottersland, Per Kristian	IL GeoForm	1:19:23 + 34:05	134.37
23	Hultgreen Karlsen, Stig	IL GeoForm	1:21:50 + 36:32	133.12
24	Kippernes, Frank Åge	IL GeoForm	1:22:24 + 37:06	132.83
25	Onsager, Knut	IL GeoForm	1:23:06 + 37:48	132.47
26	Aulie, Harald	Heming Orientering	1:23:24 + 38:06	132.32
27	Fixdal, Trude	Heming Orientering	1:23:38 + 38:20	132.20
28	Refsland, Ivar	IL Tyrving	1:30:36 + 45:18	128.63
29	Wade, Paul	Fossum IF	1:49:03 +1:03:45	119.19
30	Hjemsæter, Geir Ove	Østmarka OK	1:54:46 +1:09:28	116.27

DSQ Grønneberg, Skage

Heming Orientering

1:09:48 (-9 poster) 71.88

Resultater Mellom (4.3 km)

Plass	Navn	Klubb	Tid	Poeng
1	Ferrand, Raphael	Bækkelagets SK	0:40:53 + 00:00	137.47
2	Fjær, Hallvard	Lillomarka OL	0:46:43 + 05:50	135.33
3	Låg, Steinar	VBIL	0:48:52 + 07:59	134.54
4	Halvorsen, Petter	Nydalens SK	0:49:40 + 08:47	134.25
5	Halden, Gunnar	Nydalens SK	0:51:56 + 11:03	133.41
6	Limi, Jørn	Oppsal Orientering	0:52:52 + 11:59	133.07
7	Melkild, Dagrøn	Heming Orientering	0:52:58 + 12:05	133.03
8	Tronbøl, Heidi	Fet OL	0:53:02 + 12:09	133.01
9	Åsmul, Eskil	Geoform IL	0:53:48 + 12:55	132.73
10	Christensen, Bjørn	Østmarka OK	0:55:49 + 14:56	131.98
11	Danielsen, Anne	Nydalens SK	0:55:57 + 15:04	131.94
12	Kongsberg, Morten	IL Tyrving	0:56:24 + 15:31	131.77
13	Pettersen, Alf	Tyrving IL	0:59:03 + 18:10	130.80
14	Bjergaard, Anne Marit	Nydalens SK	1:00:35 + 19:42	130.23
15	Mella, Stein	Oppsal Orientering	1:00:38 + 19:45	130.21
16	Flenning, Øystein	OSI	1:00:53 + 20:00	130.12
17	Grandal, Else	IL Tyrving	1:00:57 + 20:04	130.10
18	Otterlei, Svein	Østmarka OK	1:01:00 + 20:07	130.08
19	Trøan, Tor	Hadeland OL	1:02:24 + 21:31	129.57
20	Jensen, Einar	Nydalens SK	1:04:47 + 23:54	128.69
21	Sauar, Brita Opheim	IL Koll	1:11:43 + 30:50	126.14
22	Sauar, Erik	IL Koll	1:11:51 + 30:58	126.09
23	Longva, Tore	VBIL	1:12:07 + 31:14	125.99
24	Stenstadvold, Kjell	Tyrving IL	1:12:20 + 31:27	125.91
25	Vidnes, Pål	Øhil	1:13:30 + 32:37	125.49
26	Nyhaug, Arild	Asker Skiklubb	1:13:40 + 32:47	125.42
27	Martinsen, Ove	Hauketo IF	1:13:56 + 33:03	125.33
28	Bergstrøm, Hasse	IL Tyrving	1:14:15 + 33:22	125.21
29	Vollset, Tora	Heming Orientering	1:18:18 + 37:25	123.72
30	Engzelius, Margrete	Asker Skiklubb	1:19:14 + 38:21	123.38
31	Gylver, Øyvind	Asker Skiklubb	1:21:09 + 40:16	122.67
32	Tho, Kjersti	Stabæk IF	1:22:24 + 41:31	122.21
33	Nydal, Roar	Røyken OL	1:23:06 + 42:13	121.96
34	Sandelién, Bjørn	Heming Orientering	1:26:10 + 45:17	120.83
35	Bjordal, Roar	Oppsal Orientering	1:26:29 + 45:36	120.71
DSQ	Lofthus, Anne Sofie	Lillehammer OK	1:05:42 (-5 poster)	82.14

Resultater Kort (2.7 km)

Class	Navn	Klubb	Tid	Poeng
1	Løvhaug , Karl Rikard	Koll	0:25:17 + 00:00	122.66
2	Berteig, Vidar	IL GeoForm	0:32:46 + 07:29	120.49
3	Kaarby, Per	Overtoppen	0:35:12 + 09:55	119.78
4	Heen, Tuva	Lierbygda OL	0:39:19 + 14:02	118.59
5	Clasen, Claus Frimann	Lyberg & Partnere	0:39:39 + 14:22	118.49
6	Berge, Ketil	Vestre Akers SK	0:39:48 + 14:31	118.44
7	Næss, Petter	Oppsal Orientering	0:40:18 + 15:01	118.30
8	Rygh, Anna Elisabeth	Heming Orientering	0:41:15 + 15:58	118.02
9	Rygh, Karl Even	Heming Orientering	0:41:17 + 16:00	118.01
10	Arnesen, Per Arne	Nordre Follo Orientering	0:46:24 + 21:07	116.53
11	Sundelin Rørvik, Gisela	Heming Orientering	0:46:28 + 21:11	116.51
12	Tanberg, Ingvild	BK BIL	0:47:04 + 21:47	116.34
13	Broadwell, Sharon	IL GeoForm	0:48:18 + 23:01	115.98
14	Nilstad, Randi	Tyrving IL	0:50:52 + 25:35	115.23
15	Kongsnes, Arne	Oppsal Orientering	0:53:41 + 28:24	114.41
16	Bugge, Merete	STAMI	0:59:26 + 34:09	112.74
17	Jensrud, Marianne	Hadeland OL	1:00:07 + 34:50	112.55
18	Huseth, Egil	Kamp/Vestheim IF	1:00:44 + 35:27	112.37
19	Solheim, Knut Tore	Nydalens SK	1:01:20 + 36:03	112.19
20	Solhjell, Kaare	Privat	1:02:32 + 37:15	111.84
21	Haugen, Per	Lillomarka OL	1:03:27 + 38:10	111.58
22	Egner, Bjørn	Heming Orientering	1:04:08 + 38:51	111.38
23	Killingmo, Lene Anett	OK Øst	1:06:36 + 41:19	110.66
24	Nydal, Anne	Røyken OL	1:08:50 + 43:33	110.02
25	Aarflot, Kristine	Privat	1:10:11 + 44:54	109.62
26	Grøtting, Arvid	Nydalens SK	1:18:51 + 53:34	107.11
27	Grymyr, Aina	Norde Follo Orientering	1:33:29 +1:08:12	102.86
28	Sandelién, Sidsel	Heming Orientering	1:55:23 +1:30:06	100.00
DSQ	Lea, Tor	Nydalens SK	0:48:42 (-4 poster)	77.78
DSQ	Nordland, Janicke	Lyn Ski	1:08:23 (-6 poster)	66.67

Strekktider Lang

Class	Navn	Klubb	Tid	Poeng
1	Sundby, Jørn	Larvik OK	0:45:18 + 00:00	151.82
	01:37-3 04:46-2 05:42-2	07:40-2 11:13-3 15:32-2	17:57-2 23:30-1 24:53-1	28:31-1 33:26-1 36:44-1 38:01-1 42:18-1 44:08-1 44:56-1 45:18-1
	01:37-3 03:09-2 00:56-1	01:58-5 03:33-4 04:19-2	02:25-2 05:33-2 01:23-1	03:38-1 04:55-1 03:18-1 01:17-2 04:17-6 01:50-1 00:48-2 00:22-9
	00:17# 00:01+ 00:00=	00:16# 00:15+ 00:02+	00:02+ 00:12+ 00:00=	00:00= 00:00= 00:02+ 00:51# 00:00= 00:02+ 00:04#
2	Aalvik, Dag	Nydalens SK	0:46:54 + 01:36	151.00
	01:41-6 04:49-3 05:59-4	07:41-3 10:59-1 15:16-1	17:44-1 23:44-2 25:19-2	29:17-2 34:58-2 38:53-2 40:12-2 43:38-2 45:41-2 46:33-2 46:54-2
	01:41-6 03:08-1 01:10-5	01:42-1 03:18-1 04:17-1	02:28-3 06:00-4 01:35-4	03:58-3 05:41-2 03:55-3 01:19-4 03:26-1 02:03-2 00:52-6 00:21-8
	00:21& 00:00= 00:14&	00:00= 00:00= 00:00=	00:05+ 00:39# 00:12#	00:20+ 00:46# 00:37# 00:04+ 00:00= 00:13# 00:06# 00:03#
3	Lindseth, Inge	Nydalens SK	0:47:48 + 02:30	150.54
	01:20-1 04:33-1 05:40-1	07:40-1 11:06-2 15:42-3	18:19-3 24:16-3 25:46-3	29:43-3 35:31-3 39:07-3 40:24-3 44:36-3 46:39-3 47:30-3 47:48-3
	01:20-1 03:13-4 01:07-4	02:00-6 03:26-3 04:36-3	02:37-4 05:57-3 01:30-3	03:57-2 05:48-3 03:36-2 01:17-2 04:12-5 02:03-2 00:51-4 00:18-1
	00:00= 00:05+ 00:11#	00:18# 00:08+ 00:19+	00:14+ 00:36# 00:07+	00:19+ 00:53# 00:18+ 00:02+ 00:46# 00:13# 00:05# 00:00=
4	Schlaupitz, Holger	IL GeoForm	0:50:50 + 05:32	148.98

01:45-8	04:56-4	05:57-3	08:12-4	12:08-5	17:19-5	19:42-4	25:03-4	26:30-4	30:29-4	36:21-4	40:18-4	41:45-4	46:45-4	49:40-4	50:31-4	50:50-4	
01:45-8	03:11-3	01:01-2	02:15-9	03:56-9	05:11-6	02:23-1	05:21-1	01:27-2	03:59-4	05:52-4	03:57-4	01:27-8	05:00-12	02:55-14	00:51-4	00:19-2	
00:25&	00:03+	00:05+	00:33&	00:38#	00:54#	00:00=	00:00=	00:04+	00:21+	00:57#	00:39#	00:12#	01:34&	01:05&	00:05#	00:01+	
5	Mella, Thor		Oppsal Orientering						0:53:25 + 08:07		147.66						
	05:38-9	06:44-6	08:39-6	12:21-6	17:31-6	20:18-6	27:08-5	28:52-5	33:25-5	39:27-5	44:19-6	45:39-5	49:27-5	52:04-5	53:02-5	53:25-5	
		01:06-3	01:55-3	03:42-5	05:10-5	02:47-5	06:50-8	01:44-6	04:33-8	06:02-5	04:52-11	01:20-5	03:48-3	02:37-6	00:58-8	00:23-11	
		00:10#	00:13#	00:24#	00:53#	00:24#	01:29&	00:21&	00:55&	01:07#	01:34&	00:05+	00:22#	00:47&	00:12&	00:05&	
6	Vollset, Tarjei		Heming Orientering						0:54:14 + 08:56		147.24						
01:55-12	06:15-13	07:29-12	09:19-8	12:41-7	18:04-7	21:21-7	27:25-6	29:09-6	33:59-7	41:33-8	45:51-7	47:06-7	50:52-7	53:06-7	53:55-6	54:14-6	
01:55-12	04:20-14	01:14-8	01:50-2	03:22-2	05:23-9	03:17-11	06:04-5	01:44-6	04:50-11	07:34-14	04:18-6	01:15-1	03:46-2	02:14-4	00:49-3	00:19-2	
00:35&	01:12&	00:18&	00:08+	00:04+	01:06&	00:54&	00:43#	00:21&	01:12&	02:39&	01:00&	00:00=	00:20+	00:24#	00:03+	00:01+	
7	Hæstad, Nils		Fossum IF						0:54:33 + 09:15		147.08						
01:39-5	05:12-5	06:24-5	08:21-5	12:04-4	16:54-4	20:12-5	27:38-7	29:24-7	33:28-6	39:59-6	44:17-5	45:47-6	50:08-6	53:03-6	54:08-7	54:33-7	
01:39-5	03:33-5	01:12-7	01:57-4	03:43-6	04:50-4	03:18-12	07:26-13	01:46-8	04:04-5	06:31-7	04:18-6	01:30-10	04:21-8	02:55-14	01:05-12	00:25-17	
00:19#	00:25#	00:16&	00:15#	00:25#	00:33#	00:55&	02:05&	00:23&	00:26#	01:36&	01:00&	00:15#	00:55&	01:05&	00:19&	00:07&	
8	Lium, Tobias		IL Koll						0:56:16 + 10:58		146.20						
01:56-14	05:47-11	07:12-10	09:15-7	13:17-8	18:29-8	21:27-8	28:20-8	30:06-8	34:21-8	41:28-7	46:40-8	48:02-8	52:12-8	54:52-8	55:54-8	56:16-8	
01:56-14	03:51-9	01:25-16	02:03-7	04:02-10	05:12-7	02:58-8	06:53-9	01:46-8	04:15-6	07:07-12	05:12-14	01:22-7	04:10-4	02:40-7	01:02-10	00:22-9	
00:36&	00:43#	00:29&	00:21#	00:44#	00:55#	00:35#	01:32&	00:23&	00:37#	02:12&	01:54&	00:07+	00:44#	00:50&	00:16&	00:04#	
9	Helland, Knut Edvard		Østmarka OK						0:57:43 + 12:25		145.46						
01:54-11	05:38-8	06:54-8	09:33-9	13:27-9	18:46-9	23:39-9	29:48-9	31:26-9	35:49-9	42:39-9	46:58-9	48:18-9	53:28-9	56:21-9	57:20-9	57:43-9	
01:54-11	03:44-7	01:16-9	02:39-15	03:54-8	05:19-8	04:53-26	06:09-6	01:38-5	04:23-7	06:50-9	04:19-8	01:20-5	05:10-13	02:53-12	00:59-9	00:23-11	
00:34&	00:36#	00:20&	00:57&	00:36#	01:02#	02:30@	00:48#	00:15#	00:45#	01:55&	01:01&	00:05+	01:44&	01:03&	00:13&	00:05&	
10	Langmyren, Ole Kjell		Lillomarka OL						1:00:19 + 15:01		144.13						
01:38-4	07:05-21	08:16-16	10:29-12	17:09-22	22:33-16	25:34-14	32:08-11	34:07-11	39:15-11	45:46-11	50:06-11	51:41-11	56:26-10	58:47-10	59:52-10	60:19-10	
01:38-4	05:27-26	01:11-6	02:13-8	06:40-27	05:24-10	03:01-9	06:34-7	01:59-15	05:08-15	06:31-7	04:20-9	01:35-11	04:45-9	02:21-5	01:05-12	00:27-21	
00:18#	02:19&	00:15&	00:31&	03:22@	01:07&	00:38&	01:13#	00:36&	01:30&	01:36&	01:02&	00:20&	01:19&	00:31&	00:19&	00:09&	
11	Teigland, Rune		Østmarka OK						1:01:43 + 16:25		143.42						
01:45-9	05:41-10	07:45-13	10:05-11	14:24-11	20:17-10	24:13-11	31:09-10	33:05-10	38:01-10	44:26-10	48:35-10	50:02-10	57:18-11	60:09-11	61:15-11	61:43-11	
01:45-8	03:56-11	02:04-30	02:20-10	04:19-13	05:53-15	03:56-18	06:56-10	01:56-13	04:56-12	06:25-6	04:09-5	01:27-8	07:16-23	02:51-11	01:06-14	00:28-24	
00:25&	00:48&	01:08@	00:38&	01:01&	01:36&	01:33&	01:35&	00:33&	01:18&	01:30&	00:51&	00:12#	03:50@	01:01&	00:20&	00:10&	
12	Teigen, Jorunn		Privat						1:03:22 + 18:04		142.57						
02:05-17	06:10-12	07:26-11	11:18-16	16:26-16	22:11-14	25:51-15	33:01-13	34:58-13	40:15-12	47:26-12	52:02-12	53:48-12	58:47-12	61:52-12	62:58-12	63:22-12	
02:05-17	04:05-12	01:16-9	03:52-27	05:08-18	05:45-13	03:40-14	07:10-11	01:57-14	05:17-17	07:11-13	04:36-10	01:46-17	04:59-10	03:05-16	01:06-14	00:24-14	
00:45&	00:57&	00:20&	02:10@	01:50&	01:28&	01:17&	01:49&	00:34&	01:39&	02:16&	01:18&	00:31&	01:33&	01:15&	00:20&	00:06&	
13	Teigen Søgård, Simen		Privat						1:03:49 + 18:31		142.34						
01:53-10	06:16-14	07:59-14	10:35-13	15:10-12	21:16-12	25:04-13	32:24-12	34:33-12	40:30-13	47:30-13	53:10-13	54:46-13	59:45-13	62:25-13	63:29-13	63:49-13	
01:53-10	04:23-16	01:43-25	02:36-13	04:35-14	06:06-16	03:48-16	07:20-12	02:09-19	05:57-21	07:00-11	05:40-18	01:36-12	04:59-10	02:40-7	01:04-11	00:20-5	
00:33&	01:15&	00:47&	00:54&	01:17&	01:49&	01:25&	01:59&	00:46&	02:19&	02:05&	02:22&	00:21&	01:33&	00:50&	00:18&	00:02#	
14	Eriksen, Are		Oslostudentenes IK						1:08:52 + 23:34		139.76						
02:09-18	07:02-18	08:19-18	11:15-15	16:57-20	23:31-19	26:57-18	34:57-15	36:57-15	42:26-15	50:13-14	55:18-14	57:02-14	64:42-14	67:35-14	68:32-14	68:52-14	
02:09-18	04:53-22	01:17-12	02:56-19	05:42-24	06:34-17	03:26-13	08:00-15	02:00-16	05:29-18	07:47-18	05:05-13	01:44-16	07:40-27	02:53-12	00:57-7	00:20-5	
00:49&	01:45&	00:21&	01:14&	02:24&	02:17&	01:03&	02:39&	00:37&	01:51&	02:52&	01:47&	00:29&	04:14@	01:03&	00:11#	00:02#	
15	Grandal, Bjørn Henning		IL Tyrving						1:09:44 + 24:26		139.31						
01:44-7	05:35-7	06:54-7	09:52-10	13:55-10	20:48-11	23:41-10	35:44-16	37:38-16	42:43-16	50:41-15	56:04-15	58:14-15	65:34-16	68:21-15		69:44-15	
01:44-7	03:51-9	01:19-14	02:58-20	04:03-11	06:53-21	02:53-6	12:03-28	01:54-12	05:05-13	07:58-20	05:23-17	02:10-23	07:20-24	02:47-9			
00:24&	00:43#	00:23&	01:16&	00:45#	02:36&	00:30#	06:42@	00:31&	01:27&	03:03&	02:05&	00:55&	03:54@	00:57&			
16	Ødegaard, Morten		Lillomarka OL						1:09:53 + 24:35		139.24						
01:34-2	05:23-6	07:04-9	11:55-21	17:07-21	22:55-17	26:07-16	33:56-14	35:57-14	41:46-14	52:04-16	57:25-16	59:47-16	65:12-15	68:47-16	69:33-15	69:53-17	
01:34-2	03:49-8	01:41-24	04:51-29	05:12-19	05:48-14	03:12-10	07:49-14	02:01-18	05:49-20	10:18-28	05:21-16	02:22-24	05:25-16	03:35-22	00:46-1	00:20-5	
00:14#	00:41#	00:45&	03:09@	01:54&	01:31&	00:49&	02:28&	00:38&	02:11&	05:23@	02:03&	01:07&	01:59&	01:45&	00:00=	00:02#	

17	Risvoll, Ketil				Telenor BIL				1:10:32 + 25:14	138.90									
	03:40-26	07:46-24	09:02-23	11:24-18	21:36-27	27:02-24	30:55-22	39:50-20	41:37-19	46:14-18	54:22-18	59:42-18	61:50-18	66:08-17	68:57-17	70:07-16	70:32-18		
	03:40-26	04:06-13	01:16-9	02:22-11	10:12-29	05:26-11	03:53-17	08:55-18	01:47-10	04:37-9	08:08-21	05:20-15	02:08-22	04:18-7	02:49-10	01:10-22	00:25-17		
	02:20@	00:58&	00:20&	00:40&	06:54@	01:09&	01:30&	03:34&	00:24&	00:59&	03:13&	02:02&	00:53&	00:52&	00:59&	00:24&	00:07&		
18	Koren, Hallvard				OK Moss				1:11:16 + 25:58	138.53									
	02:32-23	07:18-22	09:19-24	11:51-20	16:54-18	23:33-20	27:58-19	36:08-17	38:42-17	45:32-17	53:11-17	59:04-17	60:41-17	66:31-18	69:44-18	70:52-17	71:16-19		
	02:32-23	04:46-21	02:01-29	02:32-12	05:03-17	06:39-19	04:25-22	08:10-17	02:34-23	06:50-27	07:39-16	05:53-20	01:37-14	05:50-20	03:13-19	01:08-17	00:24-14		
	01:12&	01:38&	01:05@	00:50&	01:45&	02:22&	02:02&	02:49&	01:11&	03:12&	02:44&	02:35&	00:22&	02:24&	01:23&	00:22&	00:06&		
19	Stamdal, Helge				IL Koll				1:16:19 + 31:01	135.94									
	02:12-19	06:52-16	08:25-19	14:37-28	21:08-26	27:44-25	31:30-23	39:38-19	41:55-20	47:02-20	56:28-21	62:23-21	64:09-19	71:37-19	74:49-19	75:56-18	76:19-20		
	02:12-19	04:40-19	01:33-21	06:12-30	06:31-26	06:36-18	03:46-15	08:08-16	02:17-21	05:07-14	09:26-25	05:55-21	01:46-17	07:28-25	03:12-18	01:07-16	00:23-11		
	00:52&	01:32&	00:37&	04:30@	03:13&	02:19&	01:23&	02:47&	00:54&	01:29&	04:31&	02:37&	00:31&	04:02@	01:22&	00:21&	00:05&		
20	Gylver, Bård				Asker Skiklubb				1:16:49 + 31:31	135.69									
	03:14-25	06:56-17	08:26-20	12:45-25	17:59-23	25:23-21	32:26-24	42:41-23	44:32-23	49:17-21	56:11-20	63:59-22	65:35-21	71:57-20	75:15-20	76:23-19	76:49-21		
	03:14-25	03:42-6	01:30-19	04:19-28	05:14-20	07:24-22	07:03-30	10:15-25	01:51-11	04:45-10	06:54-10	07:48-28	01:36-12	06:22-21	03:18-20	01:08-17	00:26-19		
	01:54@	00:34#	00:34&	02:37@	01:56&	03:07&	04:40@	04:54&	00:28&	01:07&	01:59&	04:30@	00:21&	02:56&	01:28&	00:22&	00:08&		
21	Stiansen, Peer				Nydalens SK				1:19:03 + 33:45	134.54									
	02:20-21	07:03-20	08:32-21	11:18-17	16:34-17	25:40-22	30:47-20	40:39-22	44:07-22	50:55-23	58:51-23	64:55-23	66:58-22	72:47-21	77:22-21	78:37-20	79:03-22		
	02:20-21	04:43-20	01:29-18	02:46-17	05:16-21	09:06-28	05:07-27	09:52-24	03:28-26	06:48-26	07:56-19	06:04-22	02:03-20	05:49-19	04:35-28	01:15-24	00:26-19		
	01:00&	01:35&	00:33&	01:04&	01:58&	04:49@	02:44@	04:31&	02:05@	03:10&	03:01&	02:46&	00:48&	02:23&	02:45@	00:29&	00:08&		
22	Ottersland, Per Kristian				IL GeoForm				1:19:23 + 34:05	134.37									
	02:14-20	06:45-15	08:16-15	10:53-14	15:43-14	22:25-15	26:49-17	36:13-18	38:58-18	46:59-19	55:38-19	61:48-19	64:23-20	74:19-22	77:46-22	78:55-21	79:23-23		
	02:14-20	04:31-17	01:31-20	02:37-14	04:50-15	06:42-20	04:24-21	09:24-22	02:45-25	08:01-29	08:39-22	06:10-23	02:35-27	09:56-29	03:27-21	01:09-20	00:28-24		
	00:54&	01:23&	00:35&	00:55&	01:32&	02:25&	02:01&	04:03&	01:22&	04:23@	03:44&	02:52&	01:20@	06:30@	01:37&	00:23&	00:10&		
23	Hultgreen Karlsen, Stig				IL GeoForm				1:21:50 + 36:32	133.12									
	02:24-22	11:38-29	13:26-29	17:03-29	23:07-28	30:53-29	35:08-27	44:23-26	46:55-24	52:58-24	62:10-24	69:37-25	71:41-25	76:59-25	80:06-23	81:26-22	81:50-24		
	02:24-22	09:14-30	01:48-26	03:37-26	06:04-25	07:46-26	04:15-19	09:15-21	02:32-22	06:03-22	09:12-24	07:27-27	02:04-21	05:18-15	03:07-17	01:20-26	00:24-14		
	01:04&	06:06@	00:52&	01:55@	02:46&	03:29&	01:52&	03:54&	01:09&	02:25&	04:17&	04:09@	00:49&	01:52&	01:17&	00:34&	00:06&		
24	Kippernes, Frank Åge				IL GeoForm				1:22:24 + 37:06	132.83									
	01:55-13	07:21-23	08:48-22	11:56-22	16:55-19	26:30-23	30:50-21	40:24-21	42:58-21	49:19-22	56:55-22	61:57-20	69:00-23	75:54-23	80:21-24	81:53-23	82:24-25		
	01:55-12	05:26-25	01:27-17	03:08-21	04:59-16	09:35-29	04:20-20	09:34-23	02:34-23	06:21-24	07:36-15	05:02-12	07:03-30	06:54-22	04:27-27	01:32-29	00:31-28		
	00:35&	02:18&	00:31&	01:26&	01:41&	05:18@	01:57&	04:13&	01:11&	02:43&	02:41&	01:44&	05:48@	03:28@	02:37@	00:46@	00:13&		
25	Onsager, Knut				IL GeoForm				1:23:06 + 37:48	132.47									
	01:58-15	07:02-19	08:19-17	11:33-19	15:42-13	23:14-18	36:57-29	48:30-27	50:30-27	55:43-27	63:23-27	69:12-24	70:54-24	76:04-24	81:26-25	82:38-24	83:06-26		
	01:58-15	05:04-24	01:17-12	03:14-24	04:09-12	07:32-24	13:43-31	11:33-27	02:00-16	05:13-16	07:40-17	05:49-19	01:42-15	05:10-13	05:22-29	01:12-23	00:28-24		
	00:38&	01:56&	00:21&	01:32&	00:51&	03:15&	11:20@	06:12@	00:37&	01:35&	02:45&	02:31&	00:27&	01:44&	03:32@	00:26&	00:10&		
26	Aulie, Harald				Heming Orientering				1:23:24 + 38:06	132.32									
	04:31-28	08:51-27	10:40-28	13:51-27	19:07-24	29:04-26	33:40-26	42:50-25	47:29-25	53:36-25	63:18-25	69:43-27	72:07-27	77:43-27	81:56-27	83:05-25	83:24-27		
	04:31-28	04:20-14	01:49-27	03:11-23	05:16-21	09:57-31	04:36-24	09:10-19	04:39-29	06:07-23	09:42-27	06:25-25	02:24-25	05:36-18	04:13-24	01:09-20	00:19-2		
	03:11@	01:12&	00:53&	01:29&	01:58&	05:40@	02:13&	03:49&	03:16@	02:29&	04:47&	03:07&	01:09&	02:10&	02:23@	00:23&	00:01+		
27	Fixdal, Trude				Heming Orientering				1:23:38 + 38:20	132.20									
	04:24-27	08:59-28	10:38-27	13:48-26	19:12-25	29:08-27	33:37-25	42:49-24	47:59-26	53:42-26	63:22-26	69:37-26	72:05-26	77:40-26	81:53-26	83:11-26	83:38-28		
	04:24-27	04:35-18	01:39-23	03:10-22	05:24-23	09:56-30	04:29-23	09:12-20	05:10-30	05:43-19	09:40-26	06:15-24	02:28-26	05:35-17	04:13-24	01:18-25	00:27-21		
	03:04@	01:27&	00:43&	01:28&	02:06&	05:39@	02:06&	03:51&	03:47@	02:05&	04:45&	02:57&	01:13&	02:09&	02:23@	00:32&	00:09&		
28	Refsland, Ivar				IL Tyrving				1:30:36 + 45:18	128.63									
	02:53-24	07:53-25	09:29-25	12:17-23	23:10-29	30:40-28	35:28-28	51:09-28	53:22-28	60:03-28	68:58-28	75:33-28	77:27-28	85:03-28	89:01-28	90:09-27	90:36-29		
	02:53-24	05:00-23	01:36-22	02:48-18	10:53-30	07:30-23	04:48-25	15:41-30	02:13-20	06:41-25	08:55-23	06:35-26	01:54-19	07:36-26	03:58-23	01:08-17	00:27-21		
	01:33@	01:52&	00:40&	01:06&	07:35@	03:13&	02:25@	10:20@	00:50&	03:03&	04:00&	03:17&	00:39&	04:10@	02:08@	00:22&	00:09&		
29	Wade, Paul				Fossum IF				1:49:03 +1:03:45	119.19									
	08:32-29	14:56-30	17:00-30	20:34-30	27:48-30	35:44-30	41:11-30	52:16-29	55:51-29	63:42-29	75:32-29	84:40-29	87:46-29	101:17-29	107:05-29	108:35-28	109:03-30		
	08:32-29	06:24-28	02:04-30	03:34-25	07:14-28	07:56-27	05:27-29	11:05-26	03:35-28	07:51-28	11:50-29	09:08-30	03:06-29	13:31-30	05:48-30	01:30-28	00:28-24		

07:12@	03:16@	01:08@	01:52@	03:56@	03:39&	03:04@	05:44@	02:12@	04:13@	06:55@	05:50@	01:51@	10:05@	03:58@	00:44&	00:10&
30	Hjemsæter, Geir Ove			Østmarka OK			1:54:46	+1:09:28	116.27							
10:07-30	19:01-31	20:24-31	27:23-31	39:56-31	47:39-31	52:59-31	65:19-30	68:47-30	76:48-30	89:17-30	97:36-30	100:19-30	108:40-30	112:53-30	114:14-29	114:46-31
10:07-30	08:54-29	01:23-15	06:59-31	12:33-31	07:43-25	05:20-28	12:20-29	03:28-26	08:01-29	12:29-30	08:19-29	02:43-28	08:21-28	04:13-24	01:21-27	00:32-29
08:47@	05:46@	00:27&	05:17@	09:15@	03:26&	02:57@	06:59@	02:05@	04:23@	07:34@	05:01@	01:28@	04:55@	02:23@	00:35&	00:14&
DSQ	Grønneberg, Skage			Heming Orientering			1:09:48	(-9 poster)	71.88							
01:59-16	07:59-26	09:52-26	12:32-24	16:25-15	21:59-13	24:52-12										69:48-16
01:59-16	06:00-27	01:53-28	02:40-16	03:53-7	05:34-12	02:53-6										
00:39&	02:52&	00:57@	00:58&	00:35#	01:17&	00:30#										

Strekktider Mellom

Plass	Navn	Klubb	Tid	Poeng													
1	Ferrand, Raphael	Bækkelagets SK	0:40:53 + 00:00	137.47													
	01:36-1	05:01-1	06:16-1	08:22-1	11:48-1	14:47-1	16:18-1	20:18-1	27:25-1	31:50-1	33:08-1	37:25-1	39:41-1	40:34-1	40:53-1		
	01:36-1	03:25-1	01:15-1	02:06-1	03:26-1	02:59-1	01:31-1	04:00-1	07:07-8	04:25-2	01:18-1	04:17-1	02:16-1	00:53-1	00:19-1		
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:49#	00:04+	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Fjær, Hallvard	Lillomarka OL	0:46:43 + 05:50	135.33													
	01:48-2	05:53-2	07:16-2	09:49-2	13:55-2	17:41-2	19:31-2	24:20-2	30:38-2	35:52-2	37:21-2	42:20-2	45:25-2	46:21-2	46:43-2		
	01:48-2	04:05-4	01:23-6	02:33-4	04:06-2	03:46-3	01:50-2	04:49-3	06:18-1	05:14-9	01:29-2	04:59-3	03:05-4	00:56-2	00:22-4		
	00:12#	00:40#	00:08#	00:27#	00:40#	00:47&	00:19#	00:49#	00:00=	00:53#	00:11#	00:42#	00:49&	00:03+	00:03#		
3	Låg, Steinar	VBIL	0:48:52 + 07:59	134.54													
	02:21-19	06:10-5	07:37-5	09:54-3	14:09-3	17:56-3	19:57-3	25:48-3	32:28-3	37:30-3	38:59-3	44:36-3	47:34-3	48:30-3	48:52-3		
	02:21-19	03:49-2	01:27-8	02:17-2	04:15-3	03:47-4	02:01-5	05:51-14	06:40-3	05:02-5	01:29-2	05:37-10	02:58-3	00:56-2	00:22-4		
	00:45&	00:24#	00:12#	00:11+	00:49#	00:48&	00:30&	01:51&	00:22+	00:41#	00:11#	01:20&	00:42&	00:03+	00:03#		
4	Halvorsen, Petter	Nydalens SK	0:49:40 + 08:47	134.25													
	01:50-3	06:02-3	07:29-4	10:45-6	15:34-6	19:28-5	23:00-8	27:45-6	34:15-5	38:45-5	40:19-4	44:52-4	47:48-4	48:48-4	49:40-4		
	01:50-3	04:12-6	01:27-8	03:16-16	04:49-10	03:54-5	03:32-32	04:45-2	06:30-2	04:30-3	01:34-5	04:33-2	02:56-2	01:00-4	00:52-34		
	00:14#	00:47#	00:12#	01:10&	01:23&	00:55&	02:01@	00:45#	00:12+	00:09+	00:16#	00:16+	00:40&	00:07#	00:33@		
5	Halden, Gunnar	Nydalens SK	0:51:56 + 11:03	133.41													
	02:14-15	07:58-24	09:20-18	12:28-15	17:08-13	21:22-10	23:24-10	28:27-7	35:12-7	39:33-6	41:08-6	47:17-5	50:24-5	51:32-5	51:56-5		
	02:14-15	05:44-28	01:22-4	03:08-13	04:40-8	04:14-10	02:02-6	05:03-4	06:45-4	04:21-1	01:35-6	06:09-15	03:07-5	01:08-12	00:24-9		
	00:38&	02:19&	00:07+	01:02&	01:14&	01:15&	00:31&	01:03&	00:27+	00:00=	00:17#	01:52&	00:51&	00:15&	00:05&		
6	Limi, Jørn	Oppsal Orientering	0:52:52 + 11:59	133.07													
	02:13-14	06:08-4	07:28-3	09:57-4	14:32-4	18:17-4	20:13-4	26:24-4	33:27-4	38:32-4	40:25-5	47:50-6	51:14-6	52:26-6	52:52-6		
	02:13-13	03:55-3	01:20-3	02:29-3	04:35-5	03:45-2	01:56-3	06:11-19	07:03-7	05:05-6	01:53-11	07:25-21	03:24-8	01:12-20	00:26-18		
	00:37&	00:30#	00:05+	00:23#	01:09&	00:46&	00:25&	02:11&	00:45#	00:44#	00:35&	03:08&	01:08&	00:19&	00:07&		
7	Melkild, Dagrun	Heming Orientering	0:52:58 + 12:05	133.03													
	02:13-13	06:29-8	07:56-7	10:50-8	15:09-5	19:39-6	21:58-5	27:06-5	35:03-6	40:10-7	42:09-7	48:12-7	51:30-7	52:35-7	52:58-7		
	02:13-13	04:16-7	01:27-8	02:54-7	04:19-4	04:30-13	02:19-11	05:08-5	07:57-12	05:07-7	01:59-17	06:03-14	03:18-7	01:05-8	00:23-6		
	00:37&	00:51#	00:12#	00:48&	00:53&	01:31&	00:48&	01:08&	01:39&	00:46#	00:41&	01:46&	01:02&	00:12#	00:04#		
8	Tronbøl, Heidi	Fet OL	0:53:02 + 12:09	133.01													
	02:10-11	06:52-9	08:10-9	12:39-18	17:18-14	21:13-9	23:09-9	28:40-8	36:02-9	41:20-9	42:52-9	48:17-8	51:32-8	52:38-8	53:02-8		
	02:10-10	04:42-10	01:18-2	04:29-27	04:39-7	03:55-6	01:56-3	05:31-8	07:22-9	05:18-13	01:32-4	05:25-6	03:15-6	01:06-10	00:24-9		
	00:34&	01:17&	00:03+	02:23@	01:13&	00:56&	00:25&	01:31&	01:04#	00:57#	00:14#	01:08&	00:59&	00:13#	00:05&		
9	Åsmul, Eskil	Geoform IL	0:53:48 + 12:55	132.73													
	02:01-5	06:19-6	07:41-6	10:20-5	16:34-9	20:30-8	22:51-7	28:41-9	35:28-8	41:06-8	42:49-8	48:43-9	52:15-9	53:23-9	53:48-9		
	02:01-5	04:18-8	01:22-4	02:39-5	06:14-27	03:56-8	02:21-12	05:50-13	06:47-5	05:38-15	01:43-8	05:54-12	03:32-13	01:08-12	00:25-14		

00:25&	00:53&	00:07+	00:33&	02:48&	00:57&	00:50&	01:50&	00:29+	01:17&	00:25&	01:37&	01:16&	00:15&	00:06&
10	Christensen, Bjørn			Østmarka OK			0:55:49 + 14:56		131.98					
02:11-12	07:09-13	08:37-11	11:31-9	16:16-8	21:36-12	23:58-11	29:37-10	37:19-10	43:22-10	45:09-10	50:37-10	54:14-10	55:24-10	55:49-10
02:11-12	04:58-15	01:28-11	02:54-7	04:45-9	05:20-22	02:22-13	05:39-9	07:42-11	06:03-19	01:47-10	05:28-7	03:37-15	01:10-17	00:25-14
00:35&	01:33&	00:13#	00:48&	01:19&	02:21&	00:51&	01:39&	01:24#	01:42&	00:29&	01:11&	01:21&	00:17&	00:06&
11	Danielsen, Anne			Nydalens SK			0:55:57 + 15:04		131.94					
02:08-8	07:14-14	08:56-14	11:59-11	17:07-12	21:31-11	24:28-12	30:09-11	38:26-12	43:43-11	45:37-11	50:58-11	54:28-11	55:33-11	55:57-11
02:08-8	05:06-17	01:42-20	03:03-11	05:08-14	04:24-11	02:57-26	05:41-10	08:17-15	05:17-12	01:54-13	05:21-4	03:30-10	01:05-8	00:24-9
00:32&	01:41&	00:27&	00:57&	01:42&	01:25&	01:26&	01:41&	01:59&	00:56#	00:36&	01:04#	01:14&	00:12#	00:05&
12	Kongsberg, Morten			IL Tyrving			0:56:24 + 15:31		131.77					
02:17-16	07:32-17	09:24-21	12:35-16	17:39-16	22:04-15	24:57-15	30:40-13	38:44-13	43:58-12	45:57-13	51:27-12	54:58-12	56:01-12	56:24-12
02:17-16	05:15-18	01:52-23	03:11-15	05:04-12	04:25-12	02:53-24	05:43-11	08:04-13	05:14-9	01:59-17	05:30-8	03:31-11	01:03-6	00:23-6
00:41&	01:50&	00:37&	01:05&	01:38&	01:26&	01:22&	01:43&	01:46&	00:53#	00:41&	01:13&	01:15&	00:10#	00:04#
13	Pettersen, Alf			Tyrving IL			0:59:03 + 18:10		130.80					
02:24-21	07:03-11	08:35-10	12:03-12	16:41-10	21:51-13	24:32-13	30:30-12	38:08-11	44:08-13	45:50-12	53:21-13	57:18-13	58:35-13	59:03-13
02:24-21	04:39-9	01:32-14	03:28-18	04:38-6	05:10-19	02:41-21	05:58-17	07:38-10	06:00-18	01:42-7	07:31-23	03:57-22	01:17-25	00:28-23
00:48&	01:14&	00:17#	01:22&	01:12&	02:11&	01:10&	01:58&	01:20#	01:39&	00:24&	03:14&	01:41&	00:24&	00:09&
14	Bjergaard, Anne Marit			Nydalens SK			1:00:35 + 19:42		130.23					
02:25-22	07:30-15	08:55-13	12:54-19	18:06-19	23:17-18	25:57-19	31:49-17	40:40-15	46:38-16	48:31-15	55:07-15	58:55-15	60:06-14	60:35-14
02:25-22	05:05-16	01:25-7	03:59-24	05:12-16	05:11-20	02:40-19	05:52-15	08:51-18	05:58-17	01:53-11	06:36-17	03:48-16	01:11-19	00:29-26
00:49&	01:40&	00:10#	01:53&	01:46&	02:12&	01:09&	01:52&	02:33&	01:37&	00:35&	02:19&	01:32&	00:18&	00:10&
15	Mella, Stein			Oppsal Orientering			1:00:38 + 19:45		130.21					
02:32-25	07:55-23	09:24-20	12:21-14	17:50-18	23:30-19	25:48-18	32:25-18	40:46-16	46:51-17	48:37-16	55:05-14	58:53-14	60:13-15	60:38-15
02:32-25	05:23-21	01:29-12	02:57-9	05:29-21	05:40-27	02:18-10	06:37-22	08:21-17	06:05-20	01:46-9	06:28-16	03:48-16	01:20-27	00:25-14
00:56&	01:58&	00:14#	00:51&	02:03&	02:41&	00:47&	02:37&	02:03&	01:44&	00:28&	02:11&	01:32&	00:27&	00:06&
16	Flenning, Øystein			OSI			1:00:53 + 20:00		130.12					
02:31-24	07:51-22	09:32-22	12:35-17	17:47-17	22:38-16	24:55-14	31:11-15	41:16-19	47:39-19	49:33-18	55:35-17	59:24-17	60:32-17	60:53-16
02:31-24	05:20-19	01:41-19	03:03-11	05:12-16	04:51-14	02:17-9	06:16-20	10:05-26	06:23-23	01:54-13	06:02-13	03:49-19	01:08-12	00:21-2
00:55&	01:55&	00:26&	00:57&	01:46&	01:52&	00:46&	02:16&	03:47&	02:02&	00:36&	01:45&	01:33&	00:15&	00:02#
17	Grandal, Else			IL Tyrving			1:00:57 + 20:04		130.10					
02:40-28	07:31-16	09:06-16	12:16-13	17:38-15	22:38-17	25:18-16	31:20-16	40:20-14	45:59-15	47:55-14	55:22-16	59:15-16	60:30-16	60:57-17
02:40-28	04:51-12	01:35-15	03:10-14	05:22-19	05:00-15	02:40-19	06:02-18	09:00-20	05:39-16	01:56-15	07:27-22	03:53-21	01:15-23	00:27-20
01:04&	01:26&	00:20&	01:04&	01:56&	02:01&	01:09&	02:02&	02:42&	01:18&	00:38&	03:10&	01:37&	00:22&	00:08&
18	Otterlei, Svein			Østmarka OK			1:01:00 + 20:07		130.08					
														61:00-18
19	Trøan, Tor			Hadeland OL			1:02:24 + 21:31		129.57					
02:20-18	07:04-12	08:42-12	11:44-10	16:48-11	21:56-14	25:36-17	31:01-14	40:59-18	47:13-18	49:09-17	56:51-18	60:39-18	61:56-18	62:24-19
02:20-18	04:44-11	01:38-18	03:02-10	05:04-12	05:08-18	03:40-33	05:25-7	09:58-25	06:14-22	01:56-15	07:42-24	03:48-16	01:17-25	00:28-23
00:44&	01:19&	00:23&	00:56&	01:38&	02:09&	02:09@	01:25&	03:40&	01:53&	00:38&	03:25&	01:32&	00:24&	00:09&
20	Jensen, Einar			Nydalens SK			1:04:47 + 23:54		128.69					
02:19-17	06:28-7	07:58-8	10:48-7	15:46-7	19:49-7	22:18-6	33:48-19	40:50-17	45:49-14	51:52-19	59:48-19	63:19-19	64:23-19	64:47-20
02:19-17	04:09-5	01:30-13	02:50-6	04:58-11	04:03-9	02:29-14	11:30-33	07:02-6	04:59-4	06:03-34	07:56-25	03:31-11	01:04-7	00:24-9
00:43&	00:44#	00:15#	00:44&	01:32&	01:04&	00:58&	07:30@	00:44#	00:38#	04:45@	03:39&	01:15&	00:11#	00:05&
21	Sauar, Brita Opheim			IL Koll			1:11:43 + 30:50		126.14					
02:10-10	07:39-19	09:14-17	18:41-32	24:15-28	29:38-27	32:59-27	44:44-33	53:02-30	58:16-24	60:29-24	66:04-20	70:09-20	71:19-20	71:43-22
02:10-10	05:29-25	01:35-15	09:27-34	05:34-22	05:23-23	03:21-30	11:45-34	08:18-16	05:14-9	02:13-22	05:35-9	04:05-25	01:10-17	00:24-9
00:34&	02:04&	00:20&	07:21@	02:08&	02:24&	01:50@	07:45@	02:00&	00:53#	00:55&	01:18&	01:49&	00:17&	00:05&
22	Sauar, Erik			IL Koll			1:11:51 + 30:58		126.09					
02:09-9	07:36-18	09:20-19	18:50-33	24:13-27	29:32-26	32:53-24	44:49-34	53:00-29	58:13-23	60:35-25	66:12-21	70:09-21	71:24-21	71:51-23

02:09-9	05:27-24	01:44-21	09:30-35	05:23-20	05:19-21	03:21-30	11:56-35	08:11-14	05:13-8	02:22-23	05:37-10	03:57-22	01:15-23	00:27-20
00:33&	02:02&	00:29&	07:24@	01:57&	02:20&	01:50@	07:56@	01:53&	00:52#	01:04&	01:20&	01:41&	00:22&	00:08&
23	Longva, Tore		VBIL			1:12:07 +	31:14		125.99					
02:03-6	06:59-10	08:57-15	13:32-21	19:43-20	24:50-20	27:29-20	35:29-21	50:39-23	57:03-21	59:36-21	66:13-22	70:36-22	71:44-22	72:07-24
02:03-6	04:56-14	01:58-25	04:35-29	06:11-26	05:07-17	02:39-17	08:00-32	15:10-34	06:24-24	02:33-26	06:37-19	04:23-27	01:08-12	00:23-6
00:27&	01:31&	00:43&	02:29@	02:45&	02:08&	01:08&	04:00@	08:52@	02:03&	01:15&	02:20&	02:07&	00:15&	00:04#
24	Stenstadvold, Kjell		Tyrving IL			1:12:20 +	31:27		125.91					
02:35-27	08:43-28	10:29-25	13:56-22	26:06-31	31:36-29	34:37-30	41:26-27	51:17-26	58:20-25	60:20-22	66:56-23	70:45-23	71:52-23	72:20-25
02:35-27	06:08-30	01:46-22	03:27-17	12:10-34	05:30-26	03:01-27	06:49-25	09:51-24	07:03-25	02:00-19	06:36-17	03:49-19	01:07-11	00:28-23
00:59&	02:43&	00:31&	01:21&	08:44@	02:31&	01:30&	02:49&	03:33&	02:42&	00:42&	02:19&	01:33&	00:14&	00:09&
25	Vidnes, Pål		Øhil			1:13:30 +	32:37		125.49					
02:23-20	07:49-21	11:14-28	15:06-24	25:08-29	31:11-28	33:44-28	39:36-24	48:28-22	59:05-27	61:47-26	68:42-27	72:07-25	73:09-24	73:30-26
02:23-20	05:26-23	03:25-35	03:52-21	10:02-32	06:03-30	02:33-15	05:52-15	08:52-19	10:37-34	02:42-29	06:55-20	03:25-9	01:02-5	00:21-2
00:47&	02:01&	02:10@	01:46&	06:36@	03:04@	01:02&	01:52&	02:34&	06:16@	01:24@	02:38&	01:09&	00:09#	00:02#
26	Nyhaug, Arild		Asker Skiklubb			1:13:40 +	32:47		125.42					
01:57-4	10:43-31	13:02-31	16:58-29	22:15-24	26:10-21	28:15-21	34:00-20	54:52-33	60:19-30	62:44-28	68:08-25	72:07-26	73:15-25	73:40-27
01:57-4	08:46-34	02:19-30	03:56-23	05:17-18	03:55-6	02:05-7	05:45-12	20:52-35	05:27-14	02:25-24	05:24-5	03:59-24	01:08-12	00:25-14
00:21#	05:21@	01:04&	01:50&	01:51&	00:56&	00:34&	01:45&	14:34@	01:06&	01:07&	01:07&	01:43&	00:15&	00:06&
27	Martinsen, Ove		Hauketo IF			1:13:56 +	33:03		125.33					
02:33-26	08:16-26	09:53-23	13:31-20	21:46-23	28:04-24	30:43-23	37:31-23	47:54-21	56:24-20	58:35-20	67:11-24	71:37-24	73:17-26	73:56-28
02:33-26	05:43-27	01:37-17	03:38-19	08:15-30	06:18-31	02:39-17	06:48-24	10:23-29	08:30-31	02:11-20	08:36-29	04:26-28	01:40-31	00:39-31
00:57&	02:18&	00:22&	01:32&	04:49@	03:19@	01:08&	02:48&	04:05&	04:09&	00:53&	04:19@	02:10&	00:47&	00:20@
28	Bergstrøm, Hasse		IL Tyrving			1:14:15 +	33:22		125.21					
02:43-29	12:23-34	14:21-34	18:16-30	27:15-32	32:56-32	35:52-32	42:16-29	52:01-27	58:09-22	60:21-23	68:25-26	72:35-27	73:49-27	74:15-29
02:43-29	09:40-35	01:58-25	03:55-22	08:59-31	05:41-28	02:56-25	06:24-21	09:45-23	06:08-21	02:12-21	08:04-26	04:10-26	01:14-22	00:26-18
01:07&	06:15@	00:43&	01:49&	05:33@	02:42&	01:25&	02:24&	03:27&	01:47&	00:54&	03:47&	01:54&	00:21&	00:07&
29	Vollset, Torå		Heming Orientering			1:18:18 +	37:25		123.72					
02:04-7	07:41-20	09:56-24	15:19-25	20:59-21	26:23-22	32:55-25	40:25-26	50:44-24	58:51-26	63:00-29	73:06-29	76:39-28	77:51-28	78:18-30
02:04-7	05:37-26	02:15-29	05:23-31	05:40-23	05:24-24	06:32-35	07:30-29	10:19-28	08:07-28	04:09-33	10:06-31	03:33-14	01:12-20	00:27-20
00:28&	02:12&	01:00&	03:17@	02:14&	02:25&	05:01@	03:30&	04:01&	03:46&	02:51@	05:49@	01:17&	00:19&	00:08&
30	Engzelius, Margrete		Asker Skiklubb			1:19:14 +	38:21		123.38					
02:52-30	08:14-25	11:06-27	15:33-26	21:33-22	27:02-23	32:57-26	39:56-25	51:11-25	60:25-31	63:33-31	71:54-28	76:45-29	78:33-29	79:14-31
02:52-30	05:22-20	02:52-33	04:27-25	06:00-25	05:29-25	05:55-34	06:59-26	11:15-30	09:14-33	03:08-30	08:21-28	04:51-29	01:48-33	00:41-32
01:16&	01:57&	01:37@	02:21@	02:34&	02:30&	04:24@	02:59&	04:57&	04:53@	01:50@	04:04&	02:35@	00:55@	00:22@
31	Gylver, Øyvind		Asker Skiklubb			1:21:09 +	40:16		122.67					
03:30-31	08:54-29	10:48-26	14:26-23	25:27-30	31:49-31	34:35-29	41:55-28	53:46-32	62:07-32	65:30-32	73:41-30	78:50-30	80:31-30	81:09-32
03:30-31	05:24-22	01:54-24	03:38-19	11:01-33	06:22-32	02:46-22	07:20-28	11:51-32	08:21-30	03:23-31	08:11-27	05:09-31	01:41-32	00:38-30
01:54@	01:59&	00:39&	01:32&	07:35@	03:23@	01:15&	03:20&	05:33&	04:00&	02:05@	03:54&	02:53@	00:48&	00:19@
32	Tho, Kjersti		Stabæk IF			1:22:24 +	41:31		122.21					
03:47-33	10:13-30	12:22-30	16:50-28	23:56-26	31:47-30	34:38-31	42:17-30	52:26-28	59:37-28	63:08-30	74:55-31	80:06-31	81:38-31	82:24-33
03:47-33	06:26-31	02:09-28	04:28-26	07:06-28	07:51-35	02:51-23	07:39-30	10:09-27	07:11-27	03:31-32	11:47-33	05:11-32	01:32-29	00:46-33
02:11@	03:01&	00:54&	02:22@	03:40@	04:52@	01:20&	03:39&	03:51&	02:50&	02:13@	07:30@	02:55@	00:39&	00:27@
33	Nydal, Roar		Røyken OL			1:23:06 +	42:13		121.96					
04:03-34	12:30-35	15:11-35	22:02-35	27:49-34	33:41-33	36:15-33	44:04-31	53:04-31	60:08-29	62:36-27	75:13-32	81:02-32	82:33-32	83:06-34
04:03-34	08:27-33	02:41-32	06:51-33	05:47-24	05:52-29	02:34-16	07:49-31	09:00-20	07:04-26	02:28-25	12:37-34	05:49-33	01:31-28	00:33-27
02:27@	05:02@	01:26@	04:45@	02:21&	02:53&	01:03&	03:49&	02:42&	02:43&	01:10&	08:20@	03:33@	00:38&	00:14&
34	Sandelien, Bjørn		Heming Orientering			1:26:10 +	45:17		120.83					
02:27-23	08:32-27	11:37-29	16:10-27	31:05-35	37:29-35	40:44-35	47:25-35	58:54-35	67:01-34	69:36-34	78:14-33	83:19-33	85:37-33	86:10-35
02:27-23	06:05-29	03:05-34	04:33-28	14:55-35	06:24-33	03:15-29	06:41-23	11:29-31	08:07-28	02:35-27	08:38-30	05:05-30	02:18-34	00:33-27
00:51&	02:40&	01:50@	02:27@	11:29@	03:25@	01:44@	02:41&	05:11&	03:46&	01:17&	04:21@	02:49@	01:25@	00:14&
35	Bjordal, Roar		Oppsal Orientering			1:26:29 +	45:36		120.71					

03:45-32	11:17-33	13:16-32	19:43-34	27:29-33	34:13-34	37:15-34	44:32-32	56:34-34	65:28-33	68:07-33	78:18-34	84:17-34	85:53-34	86:29-36
03:45-32	07:32-32	01:59-27	06:27-32	07:46-29	06:44-34	03:02-28	07:17-27	12:02-33	08:54-32	02:39-28	10:11-32	05:59-34	01:36-30	00:36-29
02:09@	04:07@	00:44&	04:21@	04:20@	03:45@	01:31@	03:17&	05:44&	04:33@	01:21@	05:54@	03:43@	00:43&	00:17&
DSQ	Lofthus, Anne Sofie			Lillehammer OK			1:05:42	(-5 poster)	82.14					
06:20-35	11:12-32	13:44-33	18:21-31	23:32-25	28:32-25	30:42-22	35:56-22	45:22-20						65:42-21
06:20-35	04:52-13	02:32-31	04:37-30	05:11-15	05:00-15	02:10-8	05:14-6	09:26-22						
04:44@	01:27&	01:17@	02:31@	01:45&	02:01&	00:39&	01:14&	03:08&						

Strekktider Kort

Class	Navn	Klubb	Tid	Poeng						
1	Løvhaug, Karl Rikard	Koll	0:25:17 + 00:00	122.66						
	01:36-1	05:35-1	06:53-1	09:18-1	13:05-1	16:54-1	22:00-1	24:06-1	24:56-1	25:17-1
	01:36-1	03:59-1	01:18-1	02:25-1	03:47-1	03:49-1	05:06-1	02:06-1	00:50-1	00:21-3
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:02#
2	Berteig, Vidar	IL GeoForm	0:32:46 + 07:29	120.49						
	02:01-2	06:24-2	07:49-2	10:50-2	15:22-2	20:34-2	28:46-2	31:20-2	32:26-2	32:46-2
	02:01-2	04:23-2	01:25-3	03:01-4	04:32-2	05:12-3	08:12-10	02:34-2	01:06-4	00:20-2
	00:25&	00:24#	00:07+	00:36#	00:45#	01:23&	03:06&	00:28#	00:16&	00:01+
3	Kaarby, Per	Overtoppen	0:35:12 + 09:55	119.78						
	02:34-10	07:12-3	08:43-3	11:43-3	18:07-5	23:20-4	29:55-3	33:36-4	34:44-3	35:12-3
	02:34-10	04:38-3	01:31-4	03:00-3	06:24-9	05:13-4	06:35-2	03:41-5	01:08-6	00:28-10
	00:58&	00:39#	00:13#	00:35#	02:37&	01:24&	01:29&	01:35&	00:18&	00:09&
4	Heen, Tuva	Lierbygda OL	0:39:19 + 14:02	118.59						
	02:24-6	07:48-5	10:25-9	13:30-6	18:30-6	25:50-5	33:20-6	37:46-5	38:54-4	39:19-4
	02:24-6	05:24-7	02:37-18	03:05-6	05:00-4	07:20-11	07:30-7	04:26-10	01:08-6	00:25-7
	00:48&	01:25&	01:19@	00:40&	01:13&	03:31&	02:24&	02:20@	00:18&	00:06&
5	Clasen, Claus Frimann	Lyberg & Partnere	0:39:39 + 14:22	118.49						
	02:01-3	07:25-4	09:09-4	12:31-4	17:38-3	27:04-7	34:29-7	38:20-7	39:20-6	39:39-5
	02:01-2	05:24-7	01:44-5	03:22-7	05:07-5	09:26-17	07:25-5	03:51-6	01:00-2	00:19-1
	00:25&	01:25&	00:26&	00:57&	01:20&	05:37@	02:19&	01:45&	00:10#	00:00=
6	Berge, Ketil	Vestre Akers SK	0:39:48 + 14:31	118.44						
	02:28-9	07:49-6	09:34-5	13:57-8	19:35-7	26:28-6	33:07-5	37:54-6	39:20-5	39:48-6
	02:28-9	05:21-5	01:45-6	04:23-12	05:38-6	06:53-8	06:39-3	04:47-12	01:26-13	00:28-10
	00:52&	01:22&	00:27&	01:58&	01:51&	03:04&	01:33&	02:41@	00:36&	00:09&
7	Næss, Petter	Oppsal Orientering	0:40:18 + 15:01	118.30						
	02:14-5	08:46-13	10:07-8	13:08-5	17:45-4	22:42-3	30:11-4	33:31-3	39:51-7	40:18-7
	02:14-5	06:32-16	01:21-2	03:01-4	04:37-3	04:57-2	07:29-6	03:20-3	06:20-27	00:27-9
	00:38&	02:33&	00:03+	00:36#	00:50#	01:08&	02:23&	01:14&	05:30@	00:08&
8	Rygh, Anna Elisabeth	Heming Orientering	0:41:15 + 15:58	118.02						
										41:15-8
9	Rygh, Karl Even	Heming Orientering	0:41:17 + 16:00	118.01						
	02:01-4	08:09-10	10:31-10	14:11-9	21:25-9	27:59-8	35:49-8	39:51-8	40:53-8	41:17-9
	02:01-2	06:08-12	02:22-15	03:40-8	07:14-11	06:34-6	07:50-8	04:02-9	01:02-3	00:24-5
	00:25&	02:09&	01:04&	01:15&	03:27&	02:45&	02:44&	01:56&	00:12#	00:05&
10	Arnesen, Per Arne	Nordre Follo Orientering	0:46:24 + 21:07	116.53						

02:49-16	09:10-15	11:04-13	16:31-14	22:48-12	30:06-9	38:41-9	43:59-9	45:47-9	46:24-10
02:49-16	06:21-15	01:54-10	05:27-18	06:17-8	07:18-10	08:35-11	05:18-14	01:48-22	00:37-20
01:13&	02:22&	00:36&	03:02@	02:30&	03:29&	03:29&	03:12@	00:58@	00:18&
11	Sundelin Rørvik, Gisela			Heming Orientering		0:46:28 +	21:11		116.51
02:40-14	08:49-14	10:40-11	14:38-10	22:42-11	30:28-11	40:00-10	44:45-10	46:06-10	46:28-11
02:40-13	06:09-13	01:51-9	03:58-10	08:04-14	07:46-12	09:32-14	04:45-11	01:21-12	00:22-4
01:04&	02:10&	00:33&	01:33&	04:17@	03:57@	04:26&	02:39@	00:31&	00:03#
12	Tanberg, Ingvild			BK BIL		0:47:04 +	21:47		116.34
02:34-11	07:58-7	09:44-6	13:51-7	22:17-10	30:25-10	41:00-11	44:57-11	46:30-11	47:04-12
02:34-10	05:24-7	01:46-7	04:07-11	08:26-17	08:08-13	10:35-19	03:57-7	01:33-16	00:34-17
00:58&	01:25&	00:28&	01:42&	04:39@	04:19@	05:29@	01:51&	00:43&	00:15&
13	Broadwell, Sharon			IL GeoForm		0:48:18 +	23:01		115.98
03:00-18	08:33-12	10:49-12	15:25-12	23:07-13	31:39-12	41:36-12	46:33-12	47:49-12	48:18-13
03:00-18	05:33-10	02:16-13	04:36-16	07:42-13	08:32-14	09:57-15	04:57-13	01:16-10	00:29-13
01:24&	01:34&	00:58&	02:11&	03:55@	04:43@	04:51&	02:51@	00:26&	00:10&
14	Nilstad, Randi			Tyrving IL		0:50:52 +	25:35		115.23
02:39-12	07:58-8	09:45-7	22:05-20	29:26-16	36:12-14	43:04-13	49:03-13	50:22-13	50:52-15
02:39-12	05:19-4	01:47-8	12:20-26	07:21-12	06:46-7	06:52-4	05:59-17	01:19-11	00:30-14
01:03&	01:20&	00:29&	09:55@	03:34&	02:57&	01:46&	03:53@	00:29&	00:11&
15	Kongsnes, Arne			Oppsal Orientering		0:53:41 +	28:24		114.41
02:40-13	08:01-9	12:46-16	15:39-13	25:28-14	31:48-13	48:47-14	52:10-14	53:17-14	53:41-16
02:40-13	05:21-5	04:45-26	02:53-2	09:49-20	06:20-5	16:59-25	03:23-4	01:07-5	00:24-5
01:04&	01:22&	03:27@	00:28#	06:02@	02:31&	11:53@	01:17&	00:17&	00:05&
16	Bugge, Merete			STAMI		0:59:26 +	34:09		112.74
02:58-17	16:51-25	19:02-24	23:35-22	31:45-20	41:48-17	52:10-17	57:28-15	58:54-15	59:26-17
02:58-17	13:53-25	02:11-12	04:33-15	08:10-15	10:03-18	10:22-16	05:18-14	01:26-13	00:32-16
01:22&	09:54@	00:53&	02:08&	04:23@	06:14@	05:16@	03:12@	00:36&	00:13&
17	Jensrud, Marianne			Hadeland OL		1:00:07 +	34:50		112.55
03:03-19	09:15-16	11:31-14	18:30-15	25:30-15	44:38-20	52:31-19	58:29-18	59:41-16	60:07-18
03:03-19	06:12-14	02:16-13	06:59-23	07:00-10	19:08-27	07:53-9	05:58-16	01:12-8	00:26-8
01:27&	02:13&	00:58&	04:34@	03:13&	15:19@	02:47&	03:52@	00:22&	00:07&
18	Huseth, Egil			Kamp/Vestheim IF		1:00:44 +	35:27		112.37
03:11-20	12:17-21	15:36-21	20:06-17	30:34-18	42:33-18	52:02-16	58:28-17	60:06-17	60:44-19
03:11-20	09:06-23	03:19-22	04:30-13	10:28-23	11:59-21	09:29-13	06:26-20	01:38-17	00:38-22
01:35&	05:07@	02:01@	02:05&	06:41@	08:10@	04:23&	04:20@	00:48&	00:19@
19	Solheim, Knut Tore			Nydalens SK		1:01:20 +	36:03		112.19
04:08-27	11:56-20	14:45-19	20:31-18	31:33-19	40:26-15	50:50-15	58:26-16	60:33-18	61:20-20
04:08-27	07:48-19	02:49-19	05:46-21	11:02-25	08:53-15	10:24-17	07:36-25	02:07-24	00:47-26
02:32@	03:49&	01:31@	03:21@	07:15@	05:04@	05:18@	05:30@	01:17@	00:28@
20	Solhjell, Kaare			Privat		1:02:32 +	37:15		111.84
03:44-26	12:26-22	14:32-18	20:00-16	30:09-17	41:08-16	52:26-18	60:10-19	61:53-19	62:32-21
03:44-26	08:42-22	02:06-11	05:28-19	10:09-22	10:59-20	11:18-21	07:44-26	01:43-19	00:39-23
02:08@	04:43@	00:48&	03:03@	06:22@	07:10@	06:12@	05:38@	00:53@	00:20@
21	Haugen, Per			Lillomarka OL		1:03:27 +	38:10		111.58
03:14-21	15:33-24	20:17-25	25:02-23	33:14-23	43:22-19	54:33-20	61:04-20	62:51-20	63:27-22
03:14-21	12:19-24	04:44-25	04:45-17	08:12-16	10:08-19	11:11-20	06:31-22	01:47-20	00:36-19
01:38@	08:20@	03:26@	02:20&	04:25@	06:19@	06:05@	04:25@	00:57@	00:17&
22	Egner, Bjørn			Heming Orientering		1:04:08 +	38:51		111.38
03:23-23	11:03-18	17:24-22	23:07-21	32:04-21	45:48-21	55:01-21	61:25-21	63:33-21	64:08-23
03:23-23	07:40-18	06:21-27	05:43-20	08:57-19	13:44-25	09:13-12	06:24-19	02:08-25	00:35-18
01:47@	03:41&	05:03@	03:18@	05:10@	09:55@	04:07&	04:18@	01:18@	00:16&

23	Killingmo, Lene Anett	OK Øst	1:06:36 + 41:19	110.66					
02:41-15	11:22-19	19:01-23	34:44-26	43:35-26	50:28-24	60:53-23	64:53-22	66:08-22	66:36-24
02:41-15	08:41-21	07:39-28	15:43-28	08:51-18	06:53-8	10:25-18	04:00-8	01:15-9	00:28-10
01:05&	04:42@	06:21@	13:18@	05:04@	03:04&	05:19@	01:54&	00:25&	00:09&
24	Nydal, Anne	Røyken OL	1:08:50 + 43:33	110.02					
04:10-28	12:29-23	15:26-20	22:00-19	33:12-22	46:22-22	60:21-22	66:30-23	68:10-23	68:50-26
04:10-28	08:19-20	02:57-20	06:34-22	11:12-26	13:10-24	13:59-23	06:09-18	01:40-18	00:40-24
02:34@	04:20@	01:39@	04:09@	07:25@	09:21@	08:53@	04:03@	00:50@	00:21@
25	Aarflot, Kristine	Privat	1:10:11 + 44:54	109.62					
03:43-25	10:45-17	13:12-17	27:50-24	38:38-24	47:57-23	60:59-24	67:42-24	69:34-24	70:11-27
03:43-25	07:02-17	02:27-17	14:38-27	10:48-24	09:19-16	13:02-22	06:43-24	01:52-23	00:37-20
02:07@	03:03&	01:09&	12:13@	07:01@	05:30@	07:56@	04:37@	01:02@	00:18&
26	Grøtting, Arvid	Nydalens SK	1:18:51 + 53:34	107.11					
02:26-7	25:10-29	28:36-29	33:07-25	43:07-25	56:08-25	70:21-25	76:53-25	78:20-25	78:51-28
02:26-7	22:44-29	03:26-23	04:31-14	10:00-21	13:01-23	14:13-24	06:32-23	01:27-15	00:31-15
00:50&	18:45@	02:08@	02:06&	06:13@	09:12@	09:07@	04:26@	00:37&	00:12&
27	Grymyr, Aina	Norde Follo Orientering	1:33:29 +1:08:12	102.86					
03:36-24	18:56-27	28:06-28	37:43-27	50:00-27	62:58-26	84:34-26	91:01-26	92:48-26	93:29-29
03:36-24	15:20-27	09:10-29	09:37-24	12:17-27	12:58-22	21:36-26	06:27-21	01:47-20	00:41-25
02:00@	11:21@	07:52@	07:12@	08:30@	09:09@	16:30@	04:21@	00:57@	00:22@
28	Sandelien, Sidsel	Heming Orientering	1:55:23 +1:30:06	100.00					
05:27-29	23:48-28	27:59-27	39:09-28	53:48-28	72:19-27	98:17-27	111:35-27	114:18-27	115:23-30
05:27-29	18:21-28	04:11-24	11:10-25	14:39-28	18:31-26	25:58-27	13:18-27	02:43-26	01:05-27
03:51@	14:22@	02:53@	08:45@	10:52@	14:42@	20:52@	11:12@	01:53@	00:46@
DSQ	Lea, Tor	Nydalens SK	0:48:42 (-4 poster)	77.78					
02:27-8	08:19-11	11:33-15	15:14-11	21:01-8					48:42-14
02:27-8	05:52-11	03:14-21	03:41-9	05:47-7					
00:51&	01:53&	01:56@	01:16&	02:00&					
DSQ	Nordland, Janicke	Lyn Ski	1:08:23 (-6 poster)	66.67					
03:21-22	18:36-26	20:59-26							68:23-25
03:21-22	15:15-26	02:23-16							
01:45@	11:16@	01:05&							