

Rankingløp 20-2023

Dato/sted: 4. november 2023 - Låkeberget
Kart: Sognsvann
Arr: OSI v/Christin Vangen, Lenny Enström og Øivind Due Trier
Antall: Totalt: 85 (GeoForm: 12, OSI: 2, DNV/ESSO: 3, Andre: 68)
Løpsrapport: Alder: 21-: 83, 17-20: 0, 13-16: 1, 0-12: 1
Startkont: kr. 50: 66 kr. 30: 19 kr. 0: 0
Betalt: kr. 50: 66 kr. 30: 16 kr. 0: 3
Leiebrikker: 0 stk

Resultater: [Lang\(25\)](#) | [Mellom\(34\)](#) | [Kort\(26\)](#) | [Grafisk](#)
Strekkttider: [Lang\(25\)](#) | [Mellom\(34\)](#) | [Kort\(26\)](#) |

Resultater Lang (5.5 km)

| Plass | Navn | Klubb | Tid | Poeng |
|-------|---------------------------|----------------------|---------------------|--------|
| 1 | Rodem, Øystein | Nydalens SK | 0:46:50 + 00:00 | 150.45 |
| 2 | Prydz, Espen Beer | Heming Orientering | 0:46:57 + 00:07 | 150.39 |
| 3 | Sommerhein, Erlend | Fossum IF | 0:47:09 + 00:19 | 150.29 |
| 4 | Borg, Christian Fredrik | IL Koll | 0:48:41 + 01:51 | 149.48 |
| 5 | Schlaupitz, Holger | IL GeoForm | 0:48:53 + 02:03 | 149.38 |
| 6 | Stenshorne, Per Christian | Nydalens SK | 0:52:34 + 05:44 | 147.45 |
| 7 | Helland, Knut Edvard | Østmarka OK | 0:53:26 + 06:36 | 147.00 |
| 8 | Olausson, Mikael | Oslostudentenes IK | 0:54:21 + 07:31 | 146.51 |
| 9 | Langmyren, Ole Kjell | Lillomarka OL | 0:55:12 + 08:22 | 146.07 |
| 10 | Løvhaug, Karl Rikard | IL Koll | 0:57:05 + 10:15 | 145.08 |
| 11 | Iwe, Harald | IL GeoForm | 0:59:19 + 12:29 | 143.91 |
| 12 | Teigland, Rune | Østmarka OK | 0:59:57 + 13:07 | 143.58 |
| 13 | Standal, Helge | IL Koll | 1:00:19 + 13:29 | 143.39 |
| 14 | Fagerhaug, Are | IL GeoForm | 1:04:12 + 17:22 | 141.35 |
| 15 | Kristensen, Ole Kristian | Fossum IF | 1:04:29 + 17:39 | 141.20 |
| 16 | Koren, Hallvard | OK Moss | 1:05:57 + 19:07 | 140.44 |
| 17 | Sandvik, Cathrine | Norges Bank BIL | 1:09:37 + 22:47 | 138.51 |
| 18 | Kippernes, Frank Åge | IL GeoForm | 1:12:43 + 25:53 | 136.89 |
| 19 | Sverdrup-Thygeson, Kjetil | NGI | 1:18:10 + 31:20 | 134.03 |
| 20 | Osen, Per | Equinor BIL | 1:22:29 + 35:39 | 131.77 |
| 21 | Grandum, Øyvind | IL GeoForm | 1:27:07 + 40:17 | 129.34 |
| 22 | Christensen, Petter | VBIL | 1:52:08 +1:05:18 | 116.23 |
| 23 | Tyner, Tivon | Setanta Orienteering | 2:03:53 +1:17:03 | 110.07 |
| | Onstad, Lars | OoC | FULLFØRT | 100.00 |
| DSQ | Onsager, Knut | IL GeoForm | 1:12:13 (-1 poster) | 97.22 |

Resultater Mellom (4.2 km)

| Plass | Navn | Klubb | Tid | Poeng |
|-------|-------------------|--------------|-----------------|--------|
| 1 | Sommerhein, Pål | Fossum IF | 0:42:34 + 00:00 | 136.81 |
| 2 | Lesteberg, Magnus | Kongsberg OL | 0:47:25 + 04:51 | 135.02 |
| 3 | Kildahl, Øystein | Østmarka OK | 0:48:44 + 06:10 | 134.53 |
| 4 | Jevanord, Hans | Fossum IF | 0:48:45 + 06:11 | 134.53 |

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|-----|---------------------------|-------------------------|---------------------|--------|
| 5 | Mathisen, Terje Wiig | Nydalens SK | 0:49:51 + 07:17 | 134.12 |
| 6 | Kongsberg, Morten | IL Tyrving | 0:50:43 + 08:09 | 133.80 |
| 7 | Berge, Rune | IL Tyrving | 0:50:58 + 08:24 | 133.71 |
| 8 | Ottesen, Sture | Indre Østfold OK | 0:52:02 + 09:28 | 133.32 |
| 9 | Solheim, Paul | Privat | 0:52:32 + 09:58 | 133.13 |
| 10 | Tandrevold, Eirik | Fossum IF | 0:53:20 + 10:46 | 132.84 |
| 11 | Zeiner-Gundersen, Richard | Aker Brygge orientering | 0:53:40 + 11:06 | 132.71 |
| 12 | Benjaminsen, Vidar | Lillomarka OL | 0:54:48 + 12:14 | 132.29 |
| 13 | Njåstein, Marianne | IL Tyrving | 0:54:55 + 12:21 | 132.25 |
| 14 | Granly, Martin | Siemens | 0:55:47 + 13:13 | 131.93 |
| 15 | Lahlum, Jon | IL GeoForm | 0:56:11 + 13:37 | 131.78 |
| 16 | Ulltveit-Moe, Jo | IL Koll | 0:57:00 + 14:26 | 131.48 |
| 17 | Danielsen, Anne | Nydalens SK | 0:57:23 + 14:49 | 131.34 |
| 18 | Hov, Kjersti | Fossum IF | 0:58:36 + 16:02 | 130.89 |
| 19 | Roti, Torunn Drage | Fossum IF | 0:58:56 + 16:22 | 130.77 |
| 20 | Flenning, Øystein | Oslostudentenes IK | 0:59:33 + 16:59 | 130.54 |
| 21 | Eijsink, Vincent | Ås-NMBU Orientering | 1:01:38 + 19:04 | 129.78 |
| 22 | Refsland, Ivar | IL Tyrving | 1:02:08 + 19:34 | 129.59 |
| 23 | Brurberg, May Bente | Ås-NMBU Orientering | 1:02:25 + 19:51 | 129.49 |
| 24 | Blom, Richard | FBI | 1:03:33 + 20:59 | 129.07 |
| 25 | Rikheim, Harald | Privat | 1:04:32 + 21:58 | 128.71 |
| 26 | Klaveness, Peter | Måren OK | 1:05:15 + 22:41 | 128.44 |
| 27 | Skantze, Kjersti | IL Tyrving | 1:09:35 + 27:01 | 126.84 |
| 28 | Skantze, Don | IL Tyrving | 1:10:38 + 28:04 | 126.46 |
| 29 | Sæther, Øystein | Lillomarka OL | 1:11:11 + 28:37 | 126.25 |
| 30 | Johansen, Frode | Equinor BIL | 1:11:13 + 28:39 | 126.24 |
| 31 | Bergstrøm, Hasse | IL Tyrving | 1:17:41 + 35:07 | 123.86 |
| 32 | Christensen, Lars | VBIL | 1:30:14 + 47:40 | 119.23 |
| 33 | Horvath, Zoltan | VBIL | 1:30:15 + 47:41 | 119.22 |
| DSQ | Lesteberg, Ola | Kongsberg OL | 0:47:38 (-5 poster) | 80.77 |

Resultater Kort (2.3 km)

| Plass | Navn | Klubb | Tid | Poeng |
|-------|---------------------------|--------------------|-----------------|--------|
| 1 | Berteig, Vidar | IL GeoForm | 0:24:12 + 00:00 | 121.02 |
| 2 | Røstadsand, Per Arne | Nydalens SK | 0:26:53 + 02:41 | 120.03 |
| 3 | Lund, Harald Østgaard | IL GeoForm | 0:27:09 + 02:57 | 119.93 |
| 4 | Carlsson, Bjørn Are | Privat | 0:27:15 + 03:03 | 119.89 |
| 5 | Kaarby, Per | Overtoppen | 0:29:20 + 05:08 | 119.12 |
| 6 | Clasen, Claus Frimann | Lyberg & Partnere | 0:30:20 + 06:08 | 118.75 |
| 7 | Johansson, Pär | Privat | 0:30:33 + 06:21 | 118.67 |
| 8 | Karlsen, Stig Hultgreen | IL GeoForm | 0:30:44 + 06:32 | 118.60 |
| 9 | Raaen, Trine Marit Justad | Lierbygda OL | 0:31:30 + 07:18 | 118.32 |
| 10 | Landmark, Bente | Fossum IF | 0:32:48 + 08:36 | 117.84 |
| 11 | Hugdahl, Lise | Lillomarka OL | 0:34:22 + 10:10 | 117.25 |
| 12 | Sundelin Rørvik, Gisela | Heming Orientering | 0:35:49 + 11:37 | 116.72 |
| 13 | Jacobsen, Kjetil | Hamar OK | 0:35:55 + 11:43 | 116.68 |
| 14 | Killingmo, Lene Anett | OK Øst | 0:38:57 + 14:45 | 115.55 |
| 15 | Broadwell, Sharon | IL GeoForm | 0:39:10 + 14:58 | 115.47 |
| 16 | Haugen, Per | Lillomarka OL | 0:42:28 + 18:16 | 114.25 |
| 17 | Grøtting, Arvid | Nydalens SK | 0:42:31 + 18:19 | 114.23 |
| 18 | Eikeland, Inger Johanne | Nydalens SK | 0:44:29 + 20:17 | 113.50 |
| 19 | Huseth, Egil | Kamp/Vestheim IF | 0:46:44 + 22:32 | 112.67 |
| 20 | Bakstad, Anne-Regine | Heming Orientering | 0:47:22 + 23:10 | 112.43 |

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|----|---------------------|--------------------------|------------------|-------|--------|
| 21 | Madsen, Øystein | Haugerud IF | 0:49:03 + | 24:51 | 111.81 |
| 22 | Grymyr, Aina | Nordre Follo Orientering | 0:59:58 + | 35:46 | 107.76 |
| 23 | Egner, Bjørn | Heming Orientering | 1:01:51 + | 37:39 | 107.06 |
| 24 | Voss, Anne Cathrine | Privat | 1:30:00 +1:05:48 | | 100.00 |
| 24 | Simonsen, Lisbeth | Privat | 1:30:00 +1:05:48 | | 100.00 |
| 24 | Knudsen, Kåre | IL GeoForm | 1:30:00 +1:05:48 | | 100.00 |

Strekktider Lang

| Plass | Navn | Klubb | Tid | Poeng |
|-----------|---|---------------------------|----------------------------|---|
| 1 | Rodem, Øystein | Nydalens SK | 0:46:50 + 00:00 | 150.45 |
| | 02:41-7 05:03-5 06:43-5 08:02-5 10:07-4 12:07-4 | | 13:57-2 15:35-2 23:10-5 | 28:08-2 30:39-2 33:12-2 35:31-3 36:51-3 41:34-2 43:13-2 45:11-2 46:01-2 46:50-1 |
| | 02:41-7 02:22-4 01:40-3 01:19-2 02:05-3 02:00-1 | | 01:50-1 01:38-3 07:35-8 | 04:58-1 02:31-6 02:33-3 02:19-8 01:20-7 04:43-1 01:39-2 01:58-1 00:50-1 00:49-1 |
| | 00:25# 00:10+ 00:06+ 00:03+ 00:12# 00:00= | | 00:00= 00:03+ 01:31& | 00:00= 00:13+ 00:07+ 00:26# 00:19& 00:00= 00:01+ 00:00= 00:00= 00:00= |
| 2 | Prydz, Espen Beer | Heming Orientering | 0:46:57 + 00:07 | 150.39 |
| | 02:28-3 04:52-4 06:26-3 07:45-3 09:40-3 11:55-3 | | 14:11-3 15:46-3 21:59-1 | 27:58-1 30:26-1 33:05-1 35:04-1 36:11-1 41:15-1 42:53-1 45:06-1 46:01-1 46:57-2 |
| | 02:28-3 02:24-5 01:34-1 01:19-2 01:55-2 02:15-3 | | 02:16-5 01:35-1 06:13-2 | 05:59-4 02:28-4 02:39-4 01:59-3 01:07-3 05:04-2 01:38-1 02:13-5 00:55-4 00:56-3 |
| | 00:12+ 00:12+ 00:00= 00:03+ 00:02+ 00:15# | | 00:26# 00:00= 00:09+ | 01:01# 00:10+ 00:13+ 00:06+ 00:06+ 00:21+ 00:00= 00:15# 00:05# 00:07# |
| 3 | Sommerhein, Erlend | Fossum IF | 0:47:09 + 00:19 | 150.29 |
| | 02:16-1 04:33-1 06:13-1 07:33-2 09:26-1 11:42-1 | | 14:31-4 16:17-4 22:59-4 | 28:38-4 30:56-4 33:22-3 35:29-2 36:30-2 41:45-3 43:24-3 45:29-3 46:19-3 47:09-3 |
| | 02:16-1 02:17-2 01:40-3 01:20-4 01:53-1 02:16-4 | | 02:49-15 01:46-8 06:42-3 | 05:39-2 02:18-1 02:26-1 02:07-4 01:01-1 05:15-4 01:39-2 02:05-3 00:50-1 00:50-2 |
| | 00:00= 00:05+ 00:06+ 00:04+ 00:00= 00:16# | | 00:59& 00:11# 00:38# | 00:41# 00:00= 00:00= 00:14# 00:00= 00:32# 00:01+ 00:07+ 00:00= 00:01+ |
| 4 | Borg, Christian Fredrik | IL Koll | 0:48:41 + 01:51 | 149.48 |
| | 02:20-2 04:39-2 06:15-2 07:31-1 09:36-2 11:48-2 | | 13:46-1 15:21-1 22:28-3 | 29:12-5 31:31-5 34:00-5 35:53-5 37:21-5 42:49-5 44:35-4 46:36-4 47:30-4 48:41-4 |
| | 02:16-1 02:19-3 01:36-2 01:16-1 02:05-3 02:12-2 | | 01:58-3 01:35-1 07:07-5 | 06:44-9 02:19-2 02:29-2 01:53-1 01:28-12 05:28-5 01:46-4 02:01-2 00:54-3 01:11-11 |
| | 00:04+ 00:07+ 00:02+ 00:00= 00:12# 00:12# | | 00:08+ 00:00= 01:03# | 01:46& 00:01+ 00:03+ 00:00= 00:27& 00:45# 00:08+ 00:03+ 00:04+ 00:22& |
| 5 | Schlaupitz, Holger | IL GeoForm | 0:48:53 + 02:03 | 149.38 |
| | 02:34-6 04:46-3 06:31-4 07:55-4 10:16-5 12:42-5 | | 14:39-5 16:22-5 22:26-2 | 28:18-3 30:47-3 33:41-4 35:50-4 36:55-4 42:42-4 44:41-5 46:51-5 47:47-5 48:53-5 |
| | 02:34-6 02:12-1 01:45-5 01:24-5 02:21-7 02:26-5 | | 01:57-2 01:43-6 06:04-1 | 05:52-3 02:29-5 02:54-7 02:09-5 01:05-2 05:47-7 01:59-11 02:10-4 00:56-5 01:06-7 |
| | 00:18# 00:00= 00:11# 00:08# 00:28# 00:26# | | 00:07+ 00:08+ 00:00= | 00:54# 00:11+ 00:28# 00:16# 00:04+ 01:04# 00:21# 00:12# 00:06# 00:17& |
| 6 | Stenshorne, Per Christian | Nydalens SK | 0:52:34 + 05:44 | 147.45 |
| | 02:33-4 05:28-7 07:19-6 08:47-6 11:06-6 13:35-6 | | 15:50-6 17:31-6 24:55-6 | 31:03-6 33:23-6 36:18-6 39:05-6 40:17-6 46:07-6 48:05-6 50:32-6 51:35-6 52:34-6 |
| | 02:33-4 02:55-12 01:51-7 01:28-6 02:19-6 02:29-7 | | 02:15-4 01:41-4 07:24-6 | 06:08-5 02:20-3 02:55-8 02:47-12 01:12-4 05:50-8 01:58-10 02:27-9 01:03-10 00:59-4 |
| | 00:17# 00:43& 00:17# 00:12# 00:26# 00:29# | | 00:25# 00:06+ 01:20# | 01:10# 00:02+ 00:29# 00:54& 00:11# 01:07# 00:20# 00:29# 00:13& 00:10# |
| 7 | Helland, Knut Edvard | Østmarka OK | 0:53:26 + 06:36 | 147.00 |
| | 02:47-8 05:34-8 07:24-8 08:59-7 11:20-7 13:52-7 | | 16:34-7 18:19-7 25:49-8 | 32:08-7 34:41-7 37:30-7 39:48-7 41:21-7 47:06-7 48:55-7 51:13-7 52:17-7 53:26-7 |
| | 02:47-8 02:47-7 01:50-6 01:35-10 02:21-7 02:32-8 | | 02:42-9 01:45-7 07:30-7 | 06:19-6 02:33-7 02:49-5 02:18-7 01:33-15 05:45-6 01:49-6 02:18-6 01:04-11 01:09-9 |
| | 00:31# 00:35& 00:16# 00:19& 00:28# 00:32& | | 00:52& 00:10# 01:26# | 01:21& 00:15# 00:23# 00:25# 00:32& 01:02# 00:11# 00:20# 00:14& 00:20& |
| 8 | Olausson, Mikael | Oslostudentenes IK | 0:54:21 + 07:31 | 146.51 |
| | 03:32-17 06:14-12 08:25-12 09:57-11 12:08-9 14:36-8 | | 16:52-8 18:34-8 25:20-7 | 32:21-8 35:21-8 39:02-8 40:57-8 42:23-8 47:37-8 49:29-8 52:13-8 53:21-8 54:21-8 |
| | 03:32-17 02:42-6 02:11-13 01:32-8 02:11-5 02:28-6 | | 02:16-5 01:42-5 06:46-4 | 07:01-10 03:00-13 03:41-15 01:55-2 01:26-11 05:14-3 01:52-8 02:44-15 01:08-12 01:00-6 |
| | 01:16& 00:30# 00:37& 00:16# 00:18# 00:28# | | 00:26# 00:07+ 00:42# | 02:03& 00:42& 01:15& 00:02+ 00:25& 00:31# 00:14# 00:46& 00:18& 00:11# |
| 9 | Langmyren, Ole Kjell | Lillomarka OL | 0:55:12 + 08:22 | 146.07 |
| | 02:33-5 05:27-6 07:20-7 09:50-10 12:14-11 14:57-11 | | 17:44-11 19:31-10 27:26-9 | 33:52-9 36:28-9 39:27-9 41:42-9 42:57-9 48:56-9 50:47-9 53:12-9 54:13-9 55:12-9 |
| | 02:33-4 02:54-11 01:53-8 02:30-21 02:24-9 02:43-9 | | 02:47-14 01:47-10 07:55-10 | 06:26-8 02:36-8 02:59-9 02:15-6 01:15-5 05:59-10 01:51-7 02:25-8 01:01-8 00:59-4 |
| | 00:17# 00:42& 00:19# 01:14& 00:31& 00:43& | | 00:57& 00:12# 01:51& | 01:28& 00:18# 00:33# 00:22# 00:14# 01:16& 00:13# 00:27# 00:11# 00:10# |
| 10 | Løvhaug, Karl Rikard | IL Koll | 0:57:05 + 10:15 | 145.08 |
| | 03:22-13 06:12-11 08:34-13 10:04-12 13:18-12 | | 18:52-12 20:52-12 28:59-11 | 40:56-10 43:22-10 44:45-10 50:40-10 52:32-10 54:50-10 55:46-10 57:05-10 |
| | 03:22-13 02:50-8 02:22-17 01:30-7 03:14-18 | | 02:00-13 08:07-11 | 02:26-10 01:23-9 05:55-9 01:52-8 02:18-6 00:56-5 01:19-14 |
| | 01:06& 00:38& 00:48& 00:14# 01:21& | | 00:25& 02:03& | 00:33& 00:22& 01:12& 00:14# 00:20# 00:06# 00:30& |
| 11 | Iwe, Harald | IL GeoForm | 0:59:19 + 12:29 | 143.91 |
| | 03:01-11 05:51-9 07:48-9 09:29-8 12:06-8 14:56-9 | | 17:21-9 19:17-9 27:39-10 | 34:52-10 37:56-10 41:26-11 43:55-11 45:16-11 52:03-12 54:12-12 57:01-12 57:59-11 59:19-11 |
| | 03:01-11 02:50-8 01:57-9 01:41-11 02:37-11 02:50-12 | | 02:25-7 01:56-12 08:22-14 | 07:13-12 03:04-14 03:30-13 02:29-11 01:21-8 06:47-14 02:09-13 02:49-16 00:58-7 01:20-16 |
| | 00:45& 00:38& 00:23# 00:25& 00:44& 00:50& | | 00:35& 00:21# 02:18& | 02:15& 00:46& 01:04& 00:36& 00:20& 02:04& 00:31& 00:51& 00:08# 00:31& |

Strekktider Mellom

| Plass | Navn | Klubb | Tid | Poeng |
|-------|----------------------------|----------------------------|----------------------------|--|
| 1 | Sommerhein, Pål | Fossum IF | 0:42:34 + 00:00 | 136.81 |
| | 02:55-2 05:33-1 07:08-1 | 08:48-1 19:59-1 22:14-1 | 24:53-1 27:06-1 28:31-1 | 36:38-1 38:29-1 40:42-1 41:39-1 42:34-1 |
| | 02:55-2 02:38-1 01:35-1 | 01:40-1 11:11-1 02:15-1 | 02:39-1 02:13-1 01:25-2 | 08:07-14 01:51-1 02:13-3 00:57-2 00:55-1 |
| | 00:01+ 00:00= 00:00= | 00:00= 00:00= 00:00= | 00:00= 00:00= 00:06+ | 01:42& 00:00= 00:16# 00:04+ 00:00= |
| 2 | Lesteberg, Magnus | Kongsberg OL | 0:47:25 + 04:51 | 135.02 |
| | 03:23-6 06:20-3 08:46-7 | 10:28-2 23:14-2 25:57-2 | 29:31-3 32:43-3 34:14-3 | 41:22-3 43:30-3 45:27-2 46:26-2 47:25-2 |
| | 03:23-6 02:57-4 02:26-15 | 01:42-2 12:46-4 02:43-3 | 03:34-10 03:12-14 01:31-6 | 07:08-4 02:08-6 01:57-1 00:59-4 00:59-2 |
| | 00:29# 00:19# 00:51& | 00:02+ 01:35# 00:28# | 00:55& 00:59& 00:12# | 00:43# 00:17# 00:00= 00:06# 00:04+ |
| 3 | Kildahl, Øystein | Østmarka OK | 0:48:44 + 06:10 | 134.53 |
| | 03:26-8 06:36-5 08:38-4 | 10:33-4 23:29-3 26:14-4 | 29:19-2 32:01-2 33:31-2 | 41:03-2 43:08-2 45:59-4 47:19-4 48:44-4 |
| | 03:26-8 03:10-5 02:02-2 | 01:55-5 12:56-7 02:45-5 | 03:05-3 02:42-3 01:30-5 | 07:32-9 02:05-4 02:51-8 01:20-20 01:25-18 |
| | 00:32# 00:32# 00:27& | 00:15# 01:45# 00:30# | 00:26# 00:29# 00:11# | 00:10# 00:14# 00:54& 00:27& 00:30& |
| 4 | Jevanord, Hans | Fossum IF | 0:48:45 + 06:11 | 134.53 |
| | 03:36-14 07:00-10 09:13-9 | 12:29-19 25:15-8 28:09-9 | 31:26-8 34:12-5 35:38-6 | 42:03-6 43:57-5 46:42-5 47:40-5 48:45-5 |
| | 03:36-14 03:24-8 02:13-9 | 03:16-30 12:46-4 02:54-7 | 03:17-4 02:46-6 01:26-3 | 06:25-1 01:54-2 02:45-7 00:58-3 01:05-3 |
| | 00:42# 00:46& 00:38& | 01:36& 01:35# 00:39& | 00:38# 00:33# 00:07+ | 00:00= 00:03+ 00:48& 00:05+ 00:10# |
| 5 | Mathisen, Terje Wiig | Nydalens SK | 0:49:51 + 07:17 | 134.12 |
| | 03:11-3 06:26-4 08:32-3 | 11:31-9 23:54-5 27:01-6 | 30:21-5 33:03-4 34:50-5 | 42:00-5 44:14-6 47:19-6 48:26-6 49:51-6 |
| | 03:11-3 03:15-6 02:06-6 | 02:59-27 12:23-2 03:07-9 | 03:20-6 02:42-3 01:47-17 | 07:10-6 02:14-9 03:05-14 01:07-7 01:25-18 |
| | 00:17+ 00:37# 00:31& | 01:19& 01:12# 00:52& | 00:41& 00:29# 00:28& | 00:45# 00:23# 01:08& 00:14& 00:30& |
| 6 | Kongsberg, Morten | IL Tyrving | 0:50:43 + 08:09 | 133.80 |
| | 03:35-13 07:12-13 09:31-11 | 11:29-8 24:23-6 27:30-7 | 31:07-6 34:34-8 35:53-7 | 43:38-8 45:49-8 48:23-7 49:35-7 50:43-7 |
| | 03:35-13 03:37-17 02:19-11 | 01:58-8 12:54-6 03:07-9 | 03:37-11 03:27-21 01:19-1 | 07:45-12 02:11-8 02:34-5 01:12-14 01:08-6 |
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| 14 | Granly, Martin | | | Siemens | | 0:55:47 + | 13:13 | 131.93 | | | | | |
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| 16 | Ulltveit-Moe, Jo | | | IL Koll | | 0:57:00 + | 14:26 | 131.48 | | | | | |
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| 17 | Danielsen, Anne | | | Nydalens SK | | 0:57:23 + | 14:49 | 131.34 | | | | | |
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| 18 | Hov, Kjersti | | | Fossum IF | | 0:58:36 + | 16:02 | 130.89 | | | | | |
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| 20 | Flenning, Øystein | | | Oslostudentenes IK | | 0:59:33 + | 16:59 | 130.54 | | | | | |
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| 01:21& | 00:50& | 01:05& | 00:23# | 05:07& | 01:22& | 01:45& | 01:21& | 00:31& | 01:54& | 01:03& | 01:19& | 00:35& | 00:32& |
| 21 | Eijsink, Vincent | | | Ås-NMBU Orientering | | 1:01:38 + | 19:04 | 129.78 | | | | | |
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| 22 | Refsland, Ivar | | | IL Tyrving | | 1:02:08 + | 19:34 | 129.59 | | | | | |
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| 23 | Brurberg, May Bente | | | Ås-NMBU Orientering | | 1:02:25 + | 19:51 | 129.49 | | | | | |
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| 24 | Blom, Richard | | | FBI | | 1:03:33 + | 20:59 | 129.07 | | | | | |
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| 25 | Rikheim, Harald | | | Privat | | 1:04:32 + | 21:58 | 128.71 | | | | | |
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| 26 | Klaveness, Peter | | | Måren OK | | 1:05:15 + | 22:41 | 128.44 | | | | | |
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| 27 | Skantzze, Kjersti | | | IL Tyrving | | 1:09:35 + | 27:01 | 126.84 | | | | | |
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| 28 | Skantze, Don | | | IL Tyrving | | | 1:10:38 + | 28:04 | 126.46 | | | | |
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| 29 | Sæther, Øystein | | | Lillomarka OL | | | 1:11:11 + | 28:37 | 126.25 | | | | |
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| 30 | Johansen, Frode | | | Equinor BIL | | | 1:11:13 + | 28:39 | 126.24 | | | | |
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| 31 | Bergstrøm, Hasse | | | IL Tyrving | | | 1:17:41 + | 35:07 | 123.86 | | | | |
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| 32 | Christensen, Lars | | | VBIL | | | 1:30:14 + | 47:40 | 119.23 | | | | |
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| 33 | Horvath, Zoltan | | | VBIL | | | 1:30:15 + | 47:41 | 119.22 | | | | |
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| | 03:53-8 | 11:09-3 | 18:56-4 | 21:05-3 | 23:55-2 | 25:10-2 | 26:53-2 | |
| | 03:53-8 | 07:16-2 | 07:47-3 | 02:09-2 | 02:50-3 | 01:15-3 | 01:43-12 | |
| | 00:30# | 00:04+ | 01:28# | 00:02+ | 00:07+ | 00:04+ | 00:34& | |
| 3 | Lund, Harald Østgaard | IL GeoForm | 0:27:09 + 02:57 | 119.93 | | | | |
| | 03:33-5 | 11:17-4 | 18:30-2 | 21:01-2 | 24:21-3 | 25:46-3 | 27:09-3 | |
| | 03:33-5 | 07:44-4 | 07:13-2 | 02:31-3 | 03:20-6 | 01:25-7 | 01:23-4 | |
| | 00:10+ | 00:32+ | 00:54# | 00:24# | 00:37# | 00:14# | 00:14# | |
| 4 | Carlsson, Bjørn Are | Privat | 0:27:15 + 03:03 | 119.89 | | | | |
| | 03:23-1 | 10:43-2 | 18:50-3 | 21:25-4 | 24:33-4 | 25:49-4 | 27:15-4 | |
| | 03:23-1 | 07:20-3 | 08:07-4 | 02:35-4 | 03:08-4 | 01:16-4 | 01:26-6 | |
| | 00:00= | 00:08+ | 01:48& | 00:28# | 00:25# | 00:05+ | 00:17# | |
| 5 | Kaarby, Per | Overtoppen | 0:29:20 + 05:08 | 119.12 | | | | |
| | 03:25-2 | 12:29-7 | 20:57-6 | 24:03-5 | 26:46-5 | 27:57-5 | 29:20-5 | |
| | 03:25-2 | 09:04-7 | 08:28-5 | 03:06-8 | 02:43-1 | 01:11-1 | 01:23-4 | |
| | 00:02+ | 01:52& | 02:09& | 00:59& | 00:00= | 00:00= | 00:14# | |
| 6 | Clasen, Claus Frimann | Lyberg & Partnere | 0:30:20 + 06:08 | 118.75 | | | | |

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|-----------|----------------------------------|----------|----------|---------------------------|----------|----------|------------------|--------------|---------------|
| 03:34-6 | 12:02-6 | 20:55-5 | 24:26-8 | 27:44-7 | 29:00-6 | 30:20-6 | | | |
| 03:34-6 | 08:28-6 | 08:53-6 | 03:31-13 | 03:18-5 | 01:16-4 | 01:20-2 | | | |
| 00:11+ | 01:16# | 02:34& | 01:24& | 00:35# | 00:05+ | 00:11# | | | |
| 7 | Johansson, Pär | | | Privat | | | 0:30:33 + | 06:21 | 118.67 |
| 03:31-4 | 12:40-8 | 21:43-8 | 24:22-7 | 27:43-6 | 29:01-7 | 30:33-7 | | | |
| 03:31-4 | 09:09-9 | 09:03-7 | 02:39-5 | 03:21-7 | 01:18-6 | 01:32-9 | | | |
| 00:08+ | 01:57& | 02:44& | 00:32& | 00:38# | 00:07+ | 00:23& | | | |
| 8 | Karlsen, Stig Hultgreen | | | IL GeoForm | | | 0:30:44 + | 06:32 | 118.60 |
| 03:49-7 | 11:40-5 | 21:14-7 | 24:12-6 | 27:53-8 | 29:24-8 | 30:44-8 | | | |
| 03:49-7 | 07:51-5 | 09:34-9 | 02:58-7 | 03:41-10 | 01:31-8 | 01:20-2 | | | |
| 00:26# | 00:39+ | 03:15& | 00:51& | 00:58& | 00:20& | 00:11# | | | |
| 9 | Raaen, Trine Marit Justad | | | Lierbygda OL | | | 0:31:30 + | 07:18 | 118.32 |
| | | | | | | 31:30-9 | | | |
| 10 | Landmark, Bente | | | Fossum IF | | | 0:32:48 + | 08:36 | 117.84 |
| 04:14-10 | 13:39-10 | 23:15-9 | 26:11-9 | 29:40-9 | 31:20-9 | 32:48-10 | | | |
| 04:14-10 | 09:25-10 | 09:36-10 | 02:56-6 | 03:29-8 | 01:40-14 | 01:28-7 | | | |
| 00:51& | 02:13& | 03:17& | 00:49& | 00:46& | 00:29& | 00:19& | | | |
| 11 | Hugdahl, Lise | | | Lillomarka OL | | | 0:34:22 + | 10:10 | 117.25 |
| 04:35-12 | 14:17-13 | 23:47-10 | 27:04-10 | 30:52-10 | 32:26-10 | 34:22-11 | | | |
| 04:35-12 | 09:42-13 | 09:30-8 | 03:17-11 | 03:48-12 | 01:34-12 | 01:56-16 | | | |
| 01:12& | 02:30& | 03:11& | 01:10& | 01:05& | 00:23& | 00:47& | | | |
| 12 | Sundelin Rørvik, Gisela | | | Heming Orientering | | | 0:35:49 + | 11:37 | 116.72 |
| 04:03-9 | 13:36-9 | 25:10-12 | 29:01-12 | 32:41-12 | 34:16-12 | 35:49-12 | | | |
| 04:03-9 | 09:33-11 | 11:34-15 | 03:51-15 | 03:40-9 | 01:35-13 | 01:33-10 | | | |
| 00:40# | 02:21& | 05:15& | 01:44& | 00:57& | 00:24& | 00:24& | | | |
| 13 | Jacobsen, Kjetil | | | Hamar OK | | | 0:35:55 + | 11:43 | 116.68 |
| 04:24-11 | 13:59-12 | 25:28-13 | 28:41-11 | 32:26-11 | 33:58-11 | 35:55-13 | | | |
| 04:24-11 | 09:35-12 | 11:29-14 | 03:13-10 | 03:45-11 | 01:32-10 | 01:57-17 | | | |
| 01:01& | 02:23& | 05:10& | 01:06& | 01:02& | 00:21& | 00:48& | | | |
| 14 | Killingmo, Lene Anett | | | OK Øst | | | 0:38:57 + | 14:45 | 115.55 |
| 04:37-13 | 13:42-11 | 24:59-11 | 30:25-13 | 35:46-14 | 37:27-14 | 38:57-14 | | | |
| 04:37-13 | 09:05-8 | 11:17-13 | 05:26-21 | 05:21-19 | 01:41-15 | 01:30-8 | | | |
| 01:14& | 01:53& | 04:58& | 03:19@ | 02:38& | 00:30& | 00:21& | | | |
| 15 | Broadwell, Sharon | | | IL GeoForm | | | 0:39:10 + | 14:58 | 115.47 |
| 04:48-14 | 16:08-15 | 27:20-14 | 30:31-14 | 35:43-13 | 37:16-13 | 39:10-15 | | | |
| 04:48-14 | 11:20-16 | 11:12-12 | 03:11-9 | 05:12-18 | 01:33-11 | 01:54-14 | | | |
| 01:25& | 04:08& | 04:53& | 01:04& | 02:29& | 00:22& | 00:45& | | | |
| 16 | Haugen, Per | | | Lillomarka OL | | | 0:42:28 + | 18:16 | 114.25 |
| 05:25-16 | 17:01-17 | 29:50-15 | 33:36-15 | 38:00-15 | 40:13-15 | 42:28-16 | | | |
| 05:25-16 | 11:36-17 | 12:49-16 | 03:46-14 | 04:24-15 | 02:13-18 | 02:15-18 | | | |
| 02:02& | 04:24& | 06:30@ | 01:39& | 01:41& | 01:02& | 01:06& | | | |
| 17 | Grøtting, Arvid | | | Nydalens SK | | | 0:42:31 + | 18:19 | 114.23 |
| 05:38-17 | 19:30-19 | 30:34-16 | 34:59-16 | 39:15-16 | 40:46-16 | 42:31-17 | | | |
| 05:38-17 | 13:52-19 | 11:04-11 | 04:25-18 | 04:16-14 | 01:31-8 | 01:45-13 | | | |
| 02:15& | 06:40& | 04:45& | 02:18@ | 01:33& | 00:20& | 00:36& | | | |
| 18 | Eikeland, Inger Johanne | | | Nydalens SK | | | 0:44:29 + | 20:17 | 113.50 |
| 04:52-15 | 14:47-14 | 32:26-18 | 35:53-17 | 40:08-17 | 42:34-17 | 44:29-18 | | | |
| 04:52-15 | 09:55-14 | 17:39-20 | 03:27-12 | 04:15-13 | 02:26-21 | 01:55-15 | | | |
| 01:29& | 02:43& | 11:20@ | 01:20& | 01:32& | 01:15@ | 00:46& | | | |
| 19 | Huseth, Egil | | | Kamp/Vestheim IF | | | 0:46:44 + | 22:32 | 112.67 |
| 05:41-18 | 18:39-18 | 32:10-17 | 36:28-18 | 42:18-18 | 44:18-18 | 46:44-19 | | | |
| 05:41-18 | 12:58-18 | 13:31-17 | 04:18-16 | 05:50-21 | 02:00-17 | 02:26-19 | | | |
| 02:18& | 05:46& | 07:12@ | 02:11@ | 03:07@ | 00:49& | 01:17@ | | | |
| 20 | Bakstad, Anne-Regine | | | Heming Orientering | | | 0:47:22 + | 23:10 | 112.43 |
| 06:10-21 | 16:38-16 | 34:41-20 | 39:03-20 | 43:57-20 | 45:42-20 | 47:22-20 | | | |

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|-----------|----------------------------|----------|----------|---------------------------------|----------|-------------------------|---------------|--|---------------|--|
| | 06:10-21 | 10:28-15 | 18:03-21 | 04:22-17 | 04:54-17 | 01:45-16 | 01:40-11 | | | |
| | 02:47& | 03:16& | 11:44@ | 02:15@ | 02:11& | 00:34& | 00:31& | | | |
| 21 | Madsen, Øystein | | | Haugerud IF | | 0:49:03 + | 24:51 | | 111.81 | |
| | 05:53-19 | 20:21-20 | 34:00-19 | 38:26-19 | 43:18-19 | 45:35-19 | 49:03-21 | | | |
| | 05:53-19 | 14:28-20 | 13:39-18 | 04:26-19 | 04:52-16 | 02:17-19 | 03:28-22 | | | |
| | 02:30& | 07:16@ | 07:20@ | 02:19@ | 02:09& | 01:06& | 02:19@ | | | |
| 22 | Grymyr, Aina | | | Nordre Follo Orientering | | 0:59:58 + | 35:46 | | 107.76 | |
| | 05:57-20 | 26:00-22 | 42:45-21 | 48:49-22 | 54:24-21 | 56:53-21 | 59:58-22 | | | |
| | 05:57-20 | 20:03-22 | 16:45-19 | 06:04-22 | 05:35-20 | 02:29-22 | 03:05-20 | | | |
| | 02:34& | 12:51@ | 10:26@ | 03:57@ | 02:52@ | 01:18@ | 01:56@ | | | |
| 23 | Egner, Bjørn | | | Heming Orientering | | 1:01:51 + | 37:39 | | 107.06 | |
| | 06:40-22 | 24:59-21 | 43:13-22 | 48:16-21 | 56:24-22 | 58:43-22 | 61:51-23 | | | |
| | 06:40-22 | 18:19-21 | 18:14-22 | 05:03-20 | 08:08-22 | 02:19-20 | 03:08-21 | | | |
| | 03:17& | 11:07@ | 11:55@ | 02:56@ | 05:25@ | 01:08& | 01:59@ | | | |
| 24 | Voss, Anne Cathrine | | | Privat | | 1:30:00 +1:05:48 | 100.00 | | | |
| | | | | | | 90:00-24 | | | | |
| 24 | Simonsen, Lisbeth | | | Privat | | 1:30:00 +1:05:48 | 100.00 | | | |
| | | | | | | 90:00-25 | | | | |
| 24 | Knudsen, Kåre | | | IL GeoForm | | 1:30:00 +1:05:48 | 100.00 | | | |
| | | | | | | 90:00-26 | | | | |