

# Rankingløp

Dato/sted: 16. desember 2023 -

Kart:

Arr: IL GeoForm v/

Antall: Totalt: 96 (GeoForm: 16, OSI: 4, DNV/ESSO: 2, Andre: 74)

Løpsrapport: Alder: 21-: 96, 17-20: 0, 13-16: 0, 0-12: 0

Startkont: kr. 50: 74 kr. 30: 22 kr. 0: 0

Betalt: kr. 50: 74 kr. 30: 20 kr. 0: 2

Leiebrikker: 6 stk

Resultater: [Lang\(28\)](#) | [Mellom\(30\)](#) | [Kort\(30\)](#) | [Nybegynner\(8\)](#) | [Grafisk](#)

Strekktider: [Lang\(28\)](#) | [Mellom\(30\)](#) | [Kort\(30\)](#) | [Nybegynner\(8\)](#)

## Resultater Lang (5.1 km)

Plass	Navn	Klubb	Tid	Poeng
1	Sommerhein, Erlend	Fossum IF	0:43:18 + 00:00	152.77
2	Rygh, Karl	Nydalens SK	0:43:57 + 00:39	152.44
3	Schlaupitz, Holger	IL GeoForm	0:48:50 + 05:32	149.93
4	Rygh, Finn Gjerull	IL Koll	0:53:37 + 10:19	147.47
5	Stenshorne, Per Christian	Nydalens SK	0:53:47 + 10:29	147.39
6	Fjellstad, Jo Inge	Ås-NMBU Orientering	0:55:29 + 12:11	146.52
7	Helland, Knut Edvard	Østmarka OK	0:55:52 + 12:34	146.32
8	Berstad, Audun	Heming Orientering	0:57:33 + 14:15	145.45
9	Henriksen, Jan Tore	Norges Bank BIL	0:58:19 + 15:01	145.06
10	Aarseth, Mari	Nydalens SK	1:00:31 + 17:13	143.93
11	Eriksen, Are	Oslostudentenes IK	1:02:19 + 19:01	143.01
12	Iwe, Harald	IL GeoForm	1:03:46 + 20:28	142.26
13	Grinde, Bjørn	IL GeoForm	1:04:03 + 20:45	142.12
14	Gylver, Bård	Asker Skiklubb	1:05:50 + 22:32	141.20
15	Teigland, Rune	Østmarka OK	1:06:10 + 22:52	141.03
16	Sauar, Erik	IL Koll	1:06:13 + 22:55	141.01
16	Sauar, Brita Opheim	IL Koll	1:06:13 + 22:55	141.01
18	Sandvik, Cathrine	Norges Bank BIL	1:06:53 + 23:35	140.66
19	Skvirsky, Stepan	Oppsal Orientering	1:07:00 + 23:42	140.60
20	Fagerhaug, Are	IL GeoForm	1:07:11 + 23:53	140.51
21	Kippernes, Frank Åge	IL GeoForm	1:08:05 + 24:47	140.05
22	Farkas, Lorant	Østmarka OK	1:08:17 + 24:59	139.94
23	Christensen, Bjørn	Østmarka OK	1:10:25 + 27:07	138.85
24	Thorstensen, Erik	IL GeoForm	1:10:38 + 27:20	138.74
25	Trier, Øivind Thorvald Due	OSI	1:13:15 + 29:57	137.39
26	Utskarpen, Audrun	IL GeoForm	1:16:36 + 33:18	135.67
27	Gylver, Erlend	NTNUI	1:29:00 + 45:42	129.31
28	Ask, Kjetil	Nittedal OL	1:34:37 + 51:19	126.43

## Resultater Mellom (3.7 km)

Plass	Navn	Klubb	Tid	Poeng
1	Langmyren, Ole Kjell	Lillomarka OL	0:36:53 + 00:00	136.76

2	Sønsterudbråten, Ståle	Lillomarka OL	0:40:00 + 03:07	135.43
3	Kiziiiov, Serhii	Oppsal Orientering	0:40:37 + 03:44	135.17
4	Benjaminsen, Vidar	Lillomarka OL	0:43:00 + 06:07	134.15
5	Halden, Gunnar	Nydalens SK	0:44:34 + 07:41	133.48
6	Mathisen, Terje Wiig	Nydalens SK	0:44:51 + 07:58	133.36
7	Karlsbakk, Per Jogeir	Privat	0:48:37 + 11:44	131.76
8	Åsmul, Eskil	Geoform IL	0:50:33 + 13:40	130.93
9	Eijsink, Malin	Nydalens SK	0:52:44 + 15:51	130.00
10	Lahlum, Jon	IL GeoForm	0:52:55 + 16:02	129.92
11	Ng, Matthew	Nydalens SK	0:53:12 + 16:19	129.80
12	Johansen, Frode	Equinor BIL	0:53:33 + 16:40	129.65
13	Stiansen, Peer	Nydalens SK	0:54:31 + 17:38	129.24
14	Hanssen, Pål Woldstad	Eiker OL	0:54:34 + 17:41	129.22
15	Danielsen, Anne	Nydalens SK	0:54:41 + 17:48	129.17
16	Zeiner-Gundersen, Richard	Lierbygda OL	0:55:06 + 18:13	128.99
17	Skantze, Kjersti	IL Tyrving	0:55:59 + 19:06	128.61
18	Flenning, Øystein	OSI	0:56:29 + 19:36	128.40
19	Skantze, Don	IL Tyrving	0:56:49 + 19:56	128.26
20	Berge, Ketil	Vestre Akers SK	0:57:06 + 20:13	128.14
21	Sundelin Rørvik, Gisela	Heming Orientering	0:59:13 + 22:20	127.23
22	Sigurdson, Roar	Ringnes BIL	1:01:57 + 25:04	126.07
23	Martinsen, Ove	Hauketo IF	1:06:07 + 29:14	124.29
24	Bratsberg, Bo	Privat	1:08:51 + 31:58	123.12
25	Angell, Truls	Lillomarka OL	1:15:00 + 38:07	120.50
26	Nermoen, Ingrid	Østmarka OK	1:18:35 + 41:42	118.97
27	Fjellstad, Wendy	Ås-NMBU Orientering	1:18:36 + 41:43	118.96
28	Berg, Ragnar Niemi	Stokke IL	1:20:25 + 43:32	118.19
29	Christensen, Lars	VBIL	1:33:27 + 56:34	112.63
DSQ	Vollen, Magne	Oslostudentenes IK	0:49:53 (-6 poster)	78.57

## Resultater Kort (2.1 km)

Plass	Navn	Klubb	Tid	Poeng
1	Berteig, Vidar	IL GeoForm	0:23:36 + 00:00	123.30
2	Løken, Aleidis	Heming Orientering	0:30:49 + 07:13	121.25
3	Sæther, Øystein	Lillomarka OL	0:36:13 + 12:37	119.71
4	Kaarby, Per	Overtoppen	0:42:39 + 19:03	117.89
5	Broadwell, Sharon	IL GeoForm	0:42:45 + 19:09	117.86
6	Solheim, Knut Tore	Nydalens SK	0:44:24 + 20:48	117.39
7	Killingmo, Lene Anett	OK Øst	0:45:47 + 22:11	117.00
8	Engzelius, Margrete	Asker Skiklubb	0:45:53 + 22:17	116.97
9	Løken, Knut Anders	Koll	0:46:06 + 22:30	116.91
10	Bjørgum, Hallvard	VBIL	0:46:37 + 23:01	116.76
11	Petersen, John Thomas	Nittedal OL	0:46:55 + 23:19	116.67
12	Huseth, Egil	Kamp/Vestheim IF	0:47:33 + 23:57	116.49
13	Eine, Toril	Fossum IF	0:47:40 + 24:04	116.46
14	Haugen, Per	Lillomarka OL	0:47:57 + 24:21	116.38
15	Fougner, Jon C.	Heming Orientering	0:48:01 + 24:25	116.36
16	Grøtting, Arvid	Nydalens SK	0:51:11 + 27:35	115.46
17	Clasen, Claus Frimann	Lyberg & Partnere	0:51:35 + 27:59	115.35
18	Raaen, Trine Marit Justad	Lierbygda OL	0:51:46 + 28:10	115.30
19	Grymyr, Aina	Norde Follo Orientering	0:53:59 + 30:23	114.67
20	Madsen, Øystein	Haugerud IF	0:57:09 + 33:33	113.77
21	Bakstad, Anne-Regine	Heming Orientering	0:57:53 + 34:17	113.56

22	Hanslien, Uno	Privat	1:06:25 + 42:49	111.14
23	Gunnerød, Bjørn	Asker Skiklubb	1:07:54 + 44:18	110.71
24	Spjelkavik, Aud I	IL Tyrving	1:11:35 + 47:59	109.67
25	Egner, Bjørn	Heming Orientering	1:13:57 + 50:21	109.00
26	Nergaard, Inger	Stokke IL	1:23:34 + 59:58	106.26
27	Knudsen, Kåre	IL GeoForm	2:03:37 +1:40:01	100.00
27	Voss, Anne Cathrine	IL GeoForm	2:03:37 +1:40:01	100.00
27	Simonsen, Lisbeth	IL GeoForm	2:03:37 +1:40:01	100.00
DSQ	Hultgreen Karlsen, Stig	IL GeoForm	0:45:09 (-3 poster)	78.57

## Resultater Nybegynner (1.1 km)

Plass	Navn	Klubb	Tid	Poeng
1	Grandum, Sigurd	IL GeoForm	0:33:01 + 00:00	100.00
2	Løvhaug Standal, Aksel	IL Koll	0:33:12 + 00:11	100.00
3	Løvhaug Standal, Olav	Koll	0:33:24 + 00:23	100.00
4	Eide-Fredriksen, Odd	Kamp/Vestheim IF	0:50:56 + 17:55	100.00
5	Eide-Fredriksen, Alvin	Kamp/Vestheim IF	0:51:49 + 18:48	100.00
6	Mellqvist, Silje	Kamp/Vestheim IF	0:52:27 + 19:26	100.00
7	Eidi-Fredriksen, Ivi	Kamp/Vestheim IF	0:52:28 + 19:27	100.00
	Eide-Fredriksen, Aksel	Kamp/Vestheim IF	FULLFØRT	100.00

## Strekktider Lang

Plass	Navn	Klubb	Tid	Poeng														
1	Sommerhein, Erlend	Fossum IF	0:43:18 + 00:00	152.77														
01:37-1	07:19-2	09:31-2	12:01-2	13:09-2	15:41-1	17:07-1	19:19-1	21:15-1	25:37-1	28:09-1	30:10-1	32:28-1	33:16-1	35:21-1	37:31-1	40:20-1	42:53-1	43:18-1
01:37-1	05:42-2	02:12-1	02:30-1	01:08-1	02:32-1	01:26-2	02:12-2	01:56-2	04:22-2	02:32-3	02:01-3	02:18-1	00:48-1	02:05-1	02:10-2	02:49-4	02:33-10	00:25-1
00:00=	00:41#	00:00=	00:00=	00:00=	00:00=	00:05+	00:07+	00:13#	00:16+	00:42&	00:02+	00:00=	00:00=	00:00=	00:05+	00:35&	00:51&	00:00=
2	Rygh, Karl	Nydalens SK	0:43:57 + 00:39	152.44														
01:37-2	06:38-1	08:50-1	11:22-1	12:47-1	15:53-2	17:14-2	19:45-2	22:24-2	26:30-2	28:20-2	30:20-2	32:50-2	34:03-2	37:25-2	39:30-2	41:44-2	43:27-2	43:57-2
01:37-1	05:01-1	02:12-1	02:32-2	01:25-5	03:06-3	01:21-1	02:31-4	02:39-22	04:06-1	01:50-1	02:00-2	02:30-3	01:13-12	03:22-19	02:05-1	02:14-1	01:43-2	00:30-3
00:00=	00:00=	00:00=	00:02+	00:17&	00:34#	00:00=	00:26#	00:56&	00:00=	00:00=	00:01+	00:12+	00:25&	01:17&	00:00=	00:00=	00:01+	00:05#
3	Schlaupitz, Holger	IL GeoForm	0:48:50 + 05:32	149.93														
01:50-4	08:12-3	10:52-3	13:42-3	15:50-3	19:01-3	20:27-3	22:32-3	24:15-3	29:00-3	31:37-3	34:37-3	38:17-3	39:13-3	41:40-3	43:54-3	46:37-3	48:19-3	48:50-3
01:50-4	06:22-3	02:40-3	02:50-3	02:08-21	03:11-6	01:26-2	02:05-1	01:43-1	04:45-4	02:37-5	03:00-19	03:40-24	00:56-4	02:27-2	02:14-3	02:43-2	01:42-1	00:31-5
00:13#	01:21&	00:28#	00:20#	01:00&	00:39&	00:05+	00:00=	00:00=	00:39#	00:47&	01:01&	01:22&	00:08#	00:22#	00:09+	00:29#	00:00=	00:06#
4	Rygh, Finn Gjerull	IL Koll	0:53:37 + 10:19	147.47														
01:52-5	08:38-4	11:22-4	14:34-4	17:34-5	20:56-6	22:27-5	25:02-5	27:01-5	32:32-6	35:26-6	38:08-6	40:35-6	41:53-6	44:47-6	47:39-4	50:35-4	53:05-4	53:37-4
01:52-5	06:46-5	02:44-5	03:12-4	03:00-26	03:22-10	01:31-4	02:35-5	01:59-4	05:31-7	02:54-11	02:42-13	02:27-2	01:18-17	02:54-11	02:52-6	02:56-6	02:30-9	00:32-6
00:15#	01:45&	00:32#	00:42&	01:52@	00:50&	00:10#	00:30#	00:16#	01:25&	01:04&	00:43&	00:09+	00:30&	00:49&	00:47&	00:42&	00:48&	00:07&
5	Stenshorne, Per Christian	Nydalens SK	0:53:47 + 10:29	147.39														
01:53-6	08:39-5	11:25-5	15:00-5	16:13-4	19:17-4	20:54-4	23:46-4	25:53-4	31:19-4	34:10-4	36:56-4	39:34-4	40:29-4	43:46-4	48:06-5	51:28-5	53:19-5	53:47-5
01:53-6	06:46-5	02:46-6	03:35-9	01:13-2	03:04-2	01:37-5	02:52-11	02:07-6	05:26-5	02:51-9	02:46-14	02:38-5	00:55-3	03:17-18	04:20-22	03:22-18	01:51-3	00:28-2
00:16#	01:45&	00:34&	01:05&	00:05+	00:32#	00:16#	00:47&	00:24#	01:20&	01:01&	00:47&	00:20#	00:07#	01:12&	02:15@	01:08&	00:09+	00:03#
6	Fjellstad, Jo Inge	Ås-NMBU Orientering	0:55:29 + 12:11	146.52														
02:20-15	09:26-8	12:18-7	15:50-6	17:43-6	21:50-10	23:31-9	26:22-9	28:49-9	34:32-7	37:07-7	40:07-8	42:49-8	43:59-8	46:34-7	49:11-7	52:12-7	54:49-6	55:29-6
02:20-15	07:06-9	02:52-7	03:32-8	01:53-15	04:07-19	01:41-6	02:51-10	02:27-17	05:43-9	02:35-4	03:00-19	02:42-8	01:10-11	02:35-3	02:37-4	03:01-9	02:37-13	00:40-19
00:43&	02:05&	00:40&	01:02&	00:45&	01:35&	00:20#	00:46&	00:44&	01:37&	00:45&	01:01&	00:24#	00:22&	00:30#	00:32&	00:47&	00:55&	00:15&
7	Helland, Knut Edvard	Østmarka OK	0:55:52 + 12:34	146.32														
03:21-28	10:04-10	13:05-12	16:19-10	17:44-7	20:52-5	22:33-6	25:14-6	27:36-6	32:19-5	35:04-5	37:26-5	40:32-5	41:30-5	44:13-5	48:47-6	52:08-6	55:12-7	55:52-7

03:21-28	06:43-4	03:01-10	03:14-5	01:25-5	03:08-4	01:41-6	02:41-6	02:22-13	04:43-3	02:45-8	02:22-4	03:06-16	00:58-5	02:43-5	04:34-24	03:21-17	03:04-18	00:40-19
01:44@	01:42&	00:49&	00:44&	00:17&	00:36#	00:20#	00:36&	00:39&	00:37#	00:55&	00:23#	00:48&	00:10#	00:38&	02:29@	01:07&	01:22&	00:15&
<b>8</b>	<b>Berstad, Audun</b>				<b>Heming Orientering</b>				<b>0:57:33 + 14:15</b>	<b>145.45</b>								
02:14-12	09:11-7	12:27-8	16:07-7	17:58-9	21:45-9	23:45-10	26:47-11	28:54-10	35:02-9	37:46-9	40:20-9	43:15-9	44:13-9	46:58-8	49:57-8	53:08-8	56:56-8	57:33-8
02:14-12	06:57-8	03:16-15	03:40-11	01:51-14	03:47-15	02:00-17	03:02-11	02:07-6	06:08-15	02:44-7	02:34-6	02:55-12	00:58-5	02:45-7	02:59-8	03:11-13	03:48-24	00:37-13
00:37&	01:56&	01:04&	01:10&	00:43&	01:15&	00:39&	00:57&	00:24#	02:02&	00:54&	00:35&	00:37&	00:10#	00:40&	00:54&	00:57&	02:06@	00:12&
<b>9</b>	<b>Henriksen, Jan Tore</b>				<b>Norges Bank BIL</b>				<b>0:58:19 + 15:01</b>	<b>145.06</b>								
01:53-7	10:08-13	12:48-10	16:12-8	17:51-8	21:00-7	22:44-7	25:42-7	28:18-8	37:34-10	39:55-10	42:36-10	45:14-10	46:41-10	49:26-9	52:06-9	55:02-9	57:49-9	58:19-9
01:53-6	08:15-18	02:40-3	03:24-6	01:39-9	03:09-5	01:44-8	02:58-17	02:36-21	09:16-22	02:21-2	02:41-11	02:38-5	01:27-20	02:45-7	02:40-5	02:56-6	02:47-17	00:30-3
00:16#	03:14&	00:28#	00:54&	00:31&	00:37#	00:23&	00:53&	00:53&	05:10@	00:31&	00:42&	00:20#	00:39&	00:40&	00:35&	00:42&	01:05&	00:05#
<b>10</b>	<b>Aarseth, Mari</b>				<b>Nydalens SK</b>				<b>1:00:31 + 17:13</b>	<b>143.93</b>								
02:02-8	08:55-6	12:04-6	16:17-9	18:49-12	22:07-12	24:10-12	26:58-12	29:17-12	34:46-8	37:42-8	39:41-7	42:22-7	43:37-7	49:37-10	52:33-10	55:19-10	59:31-10	60:31-10
02:02-8	06:53-7	03:09-13	04:13-19	02:32-23	03:18-7	02:03-19	02:48-8	02:19-12	05:29-6	02:56-12	01:59-1	02:41-7	01:15-14	06:00-28	02:56-7	02:46-3	04:12-26	01:00-28
00:25&	01:52&	00:57&	01:43&	01:24@	00:46&	00:42&	00:43&	00:36&	01:23&	01:06&	00:00=	00:23#	00:27&	03:55@	00:51&	00:32#	02:30@	00:35@
<b>11</b>	<b>Eriksen, Are</b>				<b>Oslostudentenes IK</b>				<b>1:02:19 + 19:01</b>	<b>143.01</b>								
02:23-18	10:06-11	13:48-15	18:32-17	21:35-20	25:01-17	27:08-17	30:13-17	32:57-17	38:58-13	41:51-13	44:22-12	47:43-11	48:59-11	51:54-11	55:19-11	58:27-11	61:40-11	62:19-11
02:23-18	07:43-12	03:42-21	04:44-24	03:03-27	03:26-11	02:07-20	03:05-21	02:44-23	06:01-12	02:53-10	02:31-5	03:21-18	01:16-15	02:55-12	03:25-14	03:08-11	03:13-20	00:39-15
00:46&	02:42&	01:30&	02:14&	01:55@	00:54&	00:46&	01:00&	01:01&	01:55&	01:03&	00:32&	01:03&	00:28&	00:50&	01:20&	00:54&	01:31&	00:14&
<b>12</b>	<b>Iwe, Harald</b>				<b>IL GeoForm</b>				<b>1:03:46 + 20:28</b>	<b>142.26</b>								
02:24-19	10:16-14	13:25-14	17:02-13	19:05-14	24:54-16	26:38-16	29:35-15	31:42-15	37:43-11	41:37-12	47:02-16	49:34-16	50:40-14	54:28-16	58:04-13	61:04-13	63:07-12	63:46-12
02:24-19	07:52-14	03:09-13	03:37-10	02:03-20	05:49-26	01:44-8	02:57-15	02:07-6	06:01-12	03:54-21	05:25-28	02:32-4	01:06-9	03:48-25	03:36-16	03:00-8	02:03-6	00:39-15
00:47&	02:51&	00:57&	01:07&	00:55&	03:17@	00:23&	00:52&	00:24#	01:55&	02:04@	03:26@	00:14#	00:18&	01:43&	01:31&	00:46&	00:21#	00:14&
<b>13</b>	<b>Grinde, Bjørn</b>				<b>IL GeoForm</b>				<b>1:04:03 + 20:45</b>	<b>142.12</b>								
02:09-11	11:05-21	14:12-17	18:47-18	21:55-22	25:28-18	27:45-18	30:47-19	33:13-19	39:12-14	43:49-16	46:26-15	49:25-14	51:09-16	54:25-15	57:34-12	60:43-12	63:28-13	64:03-13
02:09-10	08:56-21	03:07-12	04:35-21	03:08-28	03:33-12	02:17-25	03:02-19	02:26-16	05:59-11	04:37-28	02:37-8	02:59-13	01:44-27	03:16-17	03:09-10	03:09-12	02:45-15	00:35-11
00:32&	03:55&	00:55&	02:05&	02:00@	01:01&	00:56&	00:57&	00:43&	01:53&	02:47@	00:38&	00:41&	00:56@	01:11&	01:04&	00:55&	01:03&	00:10&
<b>14</b>	<b>Gylver, Bård</b>				<b>Asker Skiklubb</b>				<b>1:05:50 + 22:32</b>	<b>141.20</b>								
02:31-22	10:20-16	14:12-16	18:06-16	19:38-16	24:11-14	26:21-15	29:43-16	32:11-16	37:43-12	41:06-11	43:45-11	49:25-15	51:00-15	54:03-14	60:16-19	63:09-18	65:10-14	65:50-14
02:31-22	07:49-13	03:52-22	03:54-13	01:32-8	04:33-24	02:10-22	03:22-26	02:28-18	05:32-8	03:23-14	02:39-9	05:40-27	01:35-23	03:03-15	06:13-27	02:53-5	02:01-5	00:40-19
00:54&	02:48&	01:40&	01:24&	00:24&	02:01&	00:49&	01:17&	00:45&	01:26&	01:33&	00:40&	03:22@	00:47&	00:58&	04:08@	00:39&	00:19#	00:15&
<b>15</b>	<b>Teigland, Rune</b>				<b>Østmarka OK</b>				<b>1:06:10 + 22:52</b>	<b>141.03</b>								
02:28-21	10:06-12	13:01-11	16:43-12	18:07-10	21:28-8	23:16-8	26:10-8	28:14-7	41:02-18	44:49-19	47:29-18	50:22-17	52:23-17	55:23-17	58:31-14	61:38-14	65:36-17	66:10-15
02:28-21	07:38-11	02:55-8	03:42-12	01:24-4	03:21-9	01:48-10	02:54-13	02:04-5	12:48-25	03:47-20	02:40-10	02:53-11	02:01-28	03:00-14	03:08-9	03:07-10	03:58-25	00:34-9
00:51&	02:37&	00:43&	01:12&	00:16#	00:49&	00:27&	00:49&	00:21#	08:42@	01:57@	00:41&	00:35&	01:13@	00:55&	01:03&	00:53&	02:16@	00:09&
<b>16</b>	<b>Sauar, Erik</b>				<b>IL Koll</b>				<b>1:06:13 + 22:55</b>	<b>141.01</b>								
02:43-25	11:35-25	15:54-27	19:53-23	22:02-24	25:53-19	28:01-21	30:44-18	33:19-20	39:13-15	43:09-15	45:50-13	48:55-12	49:57-12	53:27-13	58:40-16	62:49-15	65:34-16	66:13-17
02:43-25	08:52-20	04:19-27	03:59-15	02:09-22	03:51-16	02:08-21	02:43-7	02:35-20	05:54-10	03:56-22	02:41-11	03:05-15	01:02-7	03:30-24	05:13-25	04:09-23	02:45-15	00:39-15
01:06&	03:51&	02:07&	01:29&	01:01&	01:19&	00:47&	00:38&	00:52&	01:48&	02:06@	00:42&	00:47&	00:14&	01:25&	03:08@	01:55&	01:03&	00:14&
<b>16</b>	<b>Sauar, Brita Opheim</b>				<b>IL Koll</b>				<b>1:06:13 + 22:55</b>	<b>141.01</b>								
02:41-24	11:49-27	15:52-26	20:02-26	21:59-23	26:00-21	27:59-20	30:48-20	33:19-21	39:21-16	43:06-14	45:55-14	48:55-13	50:00-13	53:25-12	58:38-15	62:53-16	65:33-15	66:13-16
02:41-24	09:08-25	04:03-25	04:10-17	01:57-18	04:01-18	01:59-15	02:49-9	02:31-19	06:02-14	03:45-19	02:49-16	03:00-14	01:05-8	03:25-21	05:13-25	04:15-24	02:40-14	00:40-19
01:04&	04:07&	01:51&	01:40&	00:49&	01:29&	00:38&	00:44&	00:48&	01:56&	01:55@	00:50&	00:42&	00:17&	01:20&	03:08@	02:01&	00:58&	00:15&
<b>18</b>	<b>Sandvik, Cathrine</b>				<b>Norges Bank BIL</b>				<b>1:06:53 + 23:35</b>	<b>140.66</b>								
02:21-16	11:41-26	15:04-24	19:39-22	22:36-25	26:19-24	28:21-24	31:18-22	33:35-22	40:29-17	44:42-17	48:01-19	51:29-18	52:45-19	55:42-18	59:42-17	63:01-17	66:20-19	66:53-18
02:21-16	09:20-27	03:23-16	04:35-21	02:57-25	03:43-14	02:02-18	02:57-15	02:17-11	06:54-19	04:13-26	03:19-23	03:28-19	01:16-15	02:57-13	04:00-19	03:19-16	03:19-21	00:33-7
00:44&	04:19&	01:11&	02:05&	01:49@	01:11&	00:41&	00:52&	00:34&	02:48&	02:23@	01:20&	01:10&	00:28&	00:52&	01:55&	01:05&	01:37&	00:08&
<b>19</b>	<b>Skvirsky, Stepan</b>				<b>Oppsal Orientering</b>				<b>1:07:00 + 23:42</b>	<b>140.60</b>								
01:46-3	10:48-18	14:21-19	17:49-15	19:37-15	26:13-23	28:12-22	31:08-21	33:05-18	42:57-24	45:58-21	48:53-21	51:42-20	52:35-18	56:59-20	60:57-21	64:13-21	66:06-18	67:00-19
01:46-3	09:02-23	03:33-19	03:28-7	01:48-13	06:36-28	01:59-15	02:56-14	01:57-3	09:52-23	03:01-13	02:55-18	02:49-10	00:53-2	04:24-27	03:58-18	03:16-14	01:53-4	00:54-26
00:09+	04:01&	01:21&	00:58&	00:40&	04:04@	00:38&	00:51&	00:14#	05:46@	01:11&	00:56&	00:31#	00:05#	02:19@	01:53&	01:02&	00:11#	00:29@
<b>20</b>	<b>Fagerhaug, Are</b>				<b>IL GeoForm</b>				<b>1:07:11 + 23:53</b>	<b>140.51</b>								
02:02-9	09:31-9	12:36-9	16:35-11	18:28-11	22:01-11	23:49-11	26:42-10	29:07-11	42:00-21	46:12-23	48:46-20	51:31-19	53:07-20	55:50-19	59:59-18	63:26-19	66:37-20	67:11-20
02:02-8	07:29-10	03:05-11	03:59-15	01:53-15	03:33-12	01:48-10	02:53-12	02:25-15	12:53-26	04:12-25	02:34-6	02:45-9	01:36-24	02:43-5	04:09-20	03:27-20	03:11-19	00:34-9
00:25&	02:28&	00:53&	01:29&	00:45&	01:01&	00:27&	00:48&	00:42&	08:47@	02:22@	00:35&	00:27#	00:48@	00:38&	02:04&	01:13&	01:29&	00:09&
<b>21</b>	<b>Kippernes, Frank Åge</b>				<b>IL GeoForm</b>				<b>1:08:05 + 24:47</b>	<b>140.05</b>								
02:50-27	10:48-17	14:19-18	21:26-27	23:12-27	27:43-27	30:02-27	33:23-27	36:28-26	42:44-23	46:15-24	49:22-23	52:50-22	54:03-22	57:13-21	60:31-20	63:53-20	67:15-21	68:05-21
02:50-27	07:58-15	03:31-18	07:07-28	01:46-12	04:31-23	02:19-26	03:21-25	03:05-24	06:16-17	03:31-17	03:07-22	03:28-19	01:13-12	03:10-16	03:18-12	03:22-18	03:22-23	00:50-23

01:13&	02:57&	01:19&	04:37@	00:38&	01:59&	00:58&	01:16&	01:22&	02:10&	01:41&	01:08&	01:10&	00:25&	01:05&	01:13&	01:08&	01:40&	00:25@
<b>22</b>	<b>Farkas, Lorant</b>			<b>Østmarka OK</b>				<b>1:08:17 +</b>	<b>24:59</b>	<b>139.94</b>								
02:09-10	10:16-15	13:14-13	17:12-14	18:53-13	22:49-13	24:37-13	27:06-13	29:19-13	41:13-19	44:42-18	47:29-17	54:10-24	55:40-25	58:33-24	61:57-24	65:14-23	67:20-22	68:17-22
02:09-10	08:07-16	02:58-9	03:58-14	01:41-10	03:56-17	01:48-10	02:29-3	02:13-10	11:54-24	03:29-15	02:47-15	06:41-28	01:30-21	02:53-10	03:24-13	03:17-15	02:06-7	00:57-27
00:32&	03:06&	00:46&	01:28&	00:33&	01:24&	00:27&	00:24#	00:30&	07:48@	01:39&	00:48&	04:23@	00:42&	00:48&	01:19&	01:03&	00:24#	00:32@
<b>23</b>	<b>Christensen, Bjørn</b>			<b>Østmarka OK</b>				<b>1:10:25 +</b>	<b>27:07</b>	<b>138.85</b>								
02:34-23	10:59-20	14:56-21	19:58-24	22:36-26	26:53-26	29:14-26	32:33-26	35:43-25	41:51-20	46:05-22	49:06-22	52:39-21	54:00-21	57:50-22	61:17-23	66:29-24	69:49-23	70:25-23
02:34-23	08:25-19	03:57-24	05:02-25	02:38-24	04:17-20	02:21-27	03:19-23	03:10-26	06:08-15	04:14-27	03:01-21	03:33-22	01:21-18	03:50-26	03:27-15	05:12-26	03:20-22	00:36-12
00:57&	03:24&	01:45&	02:32@	01:30@	01:45&	01:00&	01:14&	01:27&	02:02&	02:24@	01:02&	01:15&	00:33&	01:45&	01:22&	02:58@	01:38&	00:11&
<b>24</b>	<b>Thorstensen, Erik</b>			<b>IL GeoForm</b>				<b>1:10:38 +</b>	<b>27:20</b>	<b>138.74</b>								
02:16-13	11:28-24	15:22-25	19:33-19	21:03-17	24:22-15	26:13-14	29:14-14	31:38-14	44:35-25	48:04-25	50:55-25	54:10-25	55:19-24	57:59-23	61:08-22	64:45-22	69:59-24	70:38-24
02:16-13	09:12-26	03:54-23	04:11-18	01:30-7	03:19-8	01:51-13	03:01-18	02:24-14	12:57-27	03:29-15	02:51-17	03:15-17	01:09-10	02:40-4	03:09-10	03:37-21	05:14-28	00:39-15
00:39&	04:11&	01:42&	01:41&	00:22&	00:47&	00:30&	00:56&	00:41&	08:51@	01:39&	00:52&	00:57&	00:21&	00:35&	01:04&	01:23&	03:32@	00:14&
<b>25</b>	<b>Trier, Øivind Thorvald</b>			<b>Due OSI</b>				<b>1:13:15 +</b>	<b>29:57</b>	<b>137.39</b>								
02:48-26	10:55-19	15:04-23	19:34-20	21:34-19	26:30-25	28:44-25	32:04-25	35:11-24	42:09-22	45:52-20	50:03-24	53:34-23	55:06-23	58:35-25	62:55-25	67:27-25	72:22-25	73:15-25
02:48-26	08:07-16	04:09-26	04:30-20	02:00-19	04:56-25	02:14-24	03:20-24	03:07-25	06:58-20	03:43-18	04:11-26	03:31-21	01:32-22	03:29-23	04:20-22	04:32-25	04:55-27	00:53-25
01:11&	03:06&	01:57&	02:00&	00:52&	02:24&	00:53&	01:15&	01:24&	02:52&	01:53@	02:12@	01:13&	00:44&	01:24&	02:15@	02:18@	03:13@	00:28@
<b>26</b>	<b>Utskarpen, Audrun</b>			<b>IL GeoForm</b>				<b>1:16:36 +</b>	<b>33:18</b>	<b>135.67</b>								
02:24-20	11:26-23	14:54-20	19:59-25	21:44-21	26:11-22	28:21-23	31:54-24	35:04-23	49:01-26	53:02-26	56:28-26	60:02-26	61:45-26	65:13-26	69:30-26	73:30-26	75:58-26	76:36-26
02:24-19	09:02-23	03:28-17	05:05-26	01:45-11	04:27-22	02:10-22	03:33-27	03:10-26	13:57-28	04:01-23	03:26-24	03:34-23	01:43-26	03:28-22	04:17-21	04:00-22	02:28-8	00:38-14
00:47&	04:01&	01:16&	02:35@	00:37&	01:55&	00:49&	01:28&	01:27&	09:51@	02:11@	01:27&	01:16&	00:55@	01:23&	02:12@	01:46&	00:46&	00:13&
<b>27</b>	<b>Gylver, Erlend</b>			<b>NTNUI</b>				<b>1:29:00 +</b>	<b>45:42</b>	<b>129.31</b>								
02:16-14	20:08-28	27:35-28	33:53-28	35:15-28	41:26-28	44:15-28	47:30-28	49:42-28	56:08-28	58:48-28	63:08-28	67:13-28	68:38-28	71:30-28	75:21-27	85:54-27	88:27-27	89:00-27
02:16-13	17:52-28	07:27-28	06:18-27	01:22-3	06:11-27	02:49-28	03:15-22	02:12-9	06:26-18	02:40-6	04:20-27	04:05-25	01:25-19	02:52-9	03:51-17	10:33-28	02:33-10	00:33-7
00:39&	12:51@	05:15@	03:48@	00:14#	03:39@	01:28@	01:10&	00:29&	02:20&	00:50&	02:21@	01:47&	00:37&	00:47&	01:46&	08:19@	00:51&	00:08&
<b>28</b>	<b>Ask, Kjetil</b>			<b>Nittedal OL</b>				<b>1:34:37 +</b>	<b>51:19</b>	<b>126.43</b>								
02:21-17	11:21-22	15:01-22	19:39-21	21:33-18	25:54-20	27:48-19	31:33-23	42:28-27	50:53-27	55:02-27	59:04-27	63:35-27	65:15-27	68:38-27	82:32-28	91:11-28	93:45-28	94:37-28
02:21-16	09:00-22	03:40-20	04:38-23	01:54-17	04:21-21	01:54-14	03:45-28	10:55-28	08:25-21	04:09-24	04:02-25	04:31-26	01:40-25	03:23-20	13:54-28	08:39-27	02:34-12	00:52-24
00:44&	03:59&	01:28&	02:08&	00:46&	01:49&	00:33&	01:40&	09:12@	04:19@	02:19@	02:03@	02:13&	00:52@	01:18&	11:49@	06:25@	00:52&	00:27@

## Strekktider Mellom

Plass	Navn	Klubb	Tid	Poeng											
<b>1</b>	<b>Langmyren, Ole Kjell</b>	<b>Lillomarka OL</b>	<b>0:36:53 + 00:00</b>	<b>136.76</b>											
	02:06-1	08:54-1	10:53-1	13:10-1	14:59-1	17:41-1	19:25-1	22:23-1	24:02-1	26:57-1	28:52-1	31:37-1	34:37-1	36:10-1	36:53-1
	02:06-1	06:48-1	01:59-7	02:17-2	01:49-1	02:42-2	01:44-4	02:58-1	01:39-1	02:55-2	01:55-1	02:45-2	03:00-2	01:33-1	00:43-10
	00:00=	00:00=	00:25&	00:04+	00:00=	00:02+	00:17#	00:00=	00:00=	00:01+	00:00=	00:17#	00:22#	00:00=	00:14&
<b>2</b>	<b>Sønsterudbråten, Ståle</b>	<b>Lillomarka OL</b>	<b>0:40:00 + 03:07</b>	<b>135.43</b>											
															40:00-2
<b>3</b>	<b>Kiziiiov, Serhii</b>	<b>Oppsal Orientering</b>	<b>0:40:37 + 03:44</b>	<b>135.17</b>											
	02:25-9	10:55-3	12:34-3	15:09-3	16:58-3	19:43-3	21:10-3	24:41-3	26:31-3	30:02-3	32:04-3	34:32-3	37:10-2	40:00-2	40:37-3
	02:25-9	08:30-5	01:39-2	02:35-4	01:49-1	02:45-3	01:27-1	03:31-4	01:50-3	03:31-8	02:02-2	02:28-1	02:38-1	02:50-11	00:37-3
	00:19#	01:42&	00:05+	00:22#	00:00=	00:05+	00:00=	00:33#	00:11#	00:37#	00:07+	00:00=	00:00=	01:17&	00:08&
<b>4</b>	<b>Benjaminsen, Vidar</b>	<b>Lillomarka OL</b>	<b>0:43:00 + 06:07</b>	<b>134.15</b>											
	02:18-4	09:24-2	10:58-2	13:11-2	15:08-2	18:06-2	19:37-2	22:48-2	24:35-2	27:44-2	29:54-2	34:26-2	39:59-3	42:23-3	43:00-4
	02:18-4	07:06-2	01:34-1	02:13-1	01:57-3	02:58-4	01:31-2	03:11-2	01:47-2	03:09-5	02:10-3	04:32-17	05:33-27	02:24-4	00:37-3
	00:12+	00:18+	00:00=	00:00=	00:08+	00:18#	00:04+	00:13+	00:08+	00:15+	00:15#	02:04&	02:55@	00:51&	00:08&
<b>5</b>	<b>Halden, Gunnar</b>	<b>Nydalens SK</b>	<b>0:44:34 + 07:41</b>	<b>133.48</b>											
	02:15-3	11:04-5	12:52-4	15:23-4	17:29-4	20:44-4	22:47-4	26:21-4	28:13-4	31:13-4	34:15-5	37:08-4	40:14-4	43:54-4	44:34-5
	02:15-3	08:49-7	01:48-4	02:31-3	02:06-5	03:15-5	02:03-10	03:34-5	01:52-4	03:00-3	03:02-15	02:53-3	03:06-4	03:40-20	00:40-7
	00:09+	02:01&	00:14#	00:18#	00:17#	00:35#	00:36&	00:36#	00:13#	00:06+	01:07&	00:25#	00:28#	02:07@	00:11&
<b>6</b>	<b>Mathisen, Terje Wiig</b>	<b>Nydalens SK</b>	<b>0:44:51 + 07:58</b>	<b>133.36</b>											

02:14-2	11:20-6	13:06-5	16:49-6	18:46-5	21:26-5	23:08-5	26:30-5	28:26-5	31:20-5	33:46-4	38:28-5	41:37-5	44:14-5	44:51-6
02:14-2	09:06-10	01:46-3	03:43-19	01:57-3	02:40-1	01:42-3	03:22-3	01:56-5	02:54-1	02:26-4	04:42-19	03:09-5	02:37-7	00:37-3
00:08+	02:18&	00:12#	01:30&	00:08+	00:00=	00:15#	00:24#	00:17#	00:00=	00:31&	02:14&	00:31#	01:04&	00:08&
<b>7</b>	<b>Karlsbakk, Per Jogeir</b>	<b>Privat</b>							<b>0:48:37 + 11:44</b>					<b>131.76</b>
02:44-12	11:42-9	13:44-7	16:36-5	19:23-6	23:01-6	25:10-6	29:39-6	31:45-6	34:53-7	38:50-7	42:29-7	45:29-7	48:08-6	48:37-7
02:44-12	08:58-8	02:02-8	02:52-7	02:47-17	03:38-12	02:09-13	04:29-13	02:06-7	03:08-4	03:57-25	03:39-7	03:00-2	02:39-8	00:29-1
00:38&	02:10&	00:28&	00:39&	00:58&	00:58&	00:42&	01:31&	00:27&	00:14+	02:02@	01:11&	00:22#	01:06&	00:00=
<b>8</b>	<b>Åsmul, Eskil</b>	<b>Geoform IL</b>							<b>0:50:33 + 13:40</b>					<b>130.93</b>
03:06-19	14:03-21	15:51-18	18:37-14	21:11-13	24:38-12	26:40-11	30:23-8	32:36-8	36:31-8	39:32-8	43:31-8	47:14-8	50:01-8	50:33-9
03:06-19	10:57-20	01:48-4	02:46-5	02:34-10	03:27-7	02:02-9	03:43-6	02:13-12	03:55-17	03:01-14	03:59-8	03:43-9	02:47-9	00:32-2
01:00&	04:09&	00:14#	00:33#	00:45&	00:47&	00:35&	00:45&	00:34&	01:01&	01:06&	01:31&	01:05&	01:14&	00:03#
<b>9</b>	<b>Eijsink, Malin</b>	<b>Nydalens SK</b>							<b>0:52:44 + 15:51</b>					<b>130.00</b>
02:24-8	13:37-19	15:40-17	18:46-15	21:23-15	24:54-13	26:43-12	31:11-10	33:47-10	37:36-11	41:02-13	44:28-10	48:53-11	51:47-9	52:44-10
02:24-8	11:13-22	02:03-9	03:06-9	02:37-13	03:31-9	01:49-5	04:28-12	02:36-21	03:49-16	03:26-22	03:26-6	04:25-20	02:54-13	00:57-24
00:18#	04:25&	00:29&	00:53&	00:48&	00:51&	00:22&	01:30&	00:57&	00:55&	01:31&	00:58&	01:47&	01:21&	00:28&
<b>10</b>	<b>Lahlum, Jon</b>	<b>IL GeoForm</b>							<b>0:52:55 + 16:02</b>					<b>129.92</b>
02:33-10	14:29-25	16:35-22	19:57-21	22:29-20	25:46-18	28:07-17	32:16-13	34:29-13	37:38-12	40:22-11	44:22-9	48:13-9	52:04-10	52:55-11
02:33-10	11:56-28	02:06-13	03:22-14	02:32-9	03:17-6	02:21-17	04:09-7	02:13-12	03:09-5	02:44-6	04:00-11	03:51-10	03:51-23	00:51-19
00:27#	05:08&	00:32&	01:09&	00:43&	00:37#	00:54&	01:11&	00:34&	00:15+	00:49&	01:32&	01:13&	02:18@	00:22&
<b>11</b>	<b>Ng, Matthew</b>	<b>Nydalens SK</b>							<b>0:53:12 + 16:19</b>					<b>129.80</b>
02:46-13	14:06-22	16:11-21	19:17-19	21:53-17	25:26-15	27:20-14	31:40-11	34:03-11	38:05-14	41:31-14	44:56-12	49:23-12	52:16-11	53:12-12
02:46-13	11:20-25	02:05-11	03:06-9	02:36-11	03:33-10	01:54-7	04:20-8	02:23-16	04:02-19	03:26-22	03:25-5	04:27-21	02:53-12	00:56-21
00:40&	04:32&	00:31&	00:53&	00:47&	00:53&	00:27&	01:22&	00:44&	01:08&	01:31&	00:57&	01:49&	01:20&	00:27&
<b>12</b>	<b>Johansen, Frode</b>	<b>Equinor BIL</b>							<b>0:53:33 + 16:40</b>					<b>129.65</b>
03:20-25	13:00-15	15:07-14	18:10-12	20:48-12	24:17-10	26:34-10	30:58-9	33:16-9	36:55-9	39:34-9	46:16-13	49:46-13	52:56-12	53:33-13
03:20-25	09:40-13	02:07-14	03:03-8	02:38-14	03:29-8	02:17-15	04:24-9	02:18-15	03:39-11	02:39-5	06:42-25	03:30-7	03:10-16	00:37-3
01:14&	02:52&	00:33&	00:50&	00:49&	00:49&	00:50&	01:26&	00:39&	00:45&	00:44&	04:14@	00:52&	01:37@	00:08&
<b>13</b>	<b>Stiansen, Peer</b>	<b>Nydalens SK</b>							<b>0:54:31 + 17:38</b>					<b>129.24</b>
02:47-14	13:15-18	15:05-13	17:54-10	20:13-10	24:05-9	25:55-8	30:19-7	32:33-7	37:12-10	40:08-10	44:52-11	48:44-10	53:48-14	54:31-14
02:47-14	10:28-17	01:50-6	02:49-6	02:19-7	03:52-17	01:50-6	04:24-9	02:14-14	04:39-25	02:56-11	04:44-20	03:52-11	05:04-29	00:43-10
00:41&	03:40&	00:16#	00:36&	00:30&	01:12&	00:23&	01:26&	00:35&	01:45&	01:01&	02:16&	01:14&	03:31@	00:14&
<b>14</b>	<b>Hanssen, Pål Woldstad</b>	<b>Eiker OL</b>							<b>0:54:34 + 17:41</b>					<b>129.22</b>
02:48-15	12:29-13	15:00-12	18:47-16	21:34-16	25:16-14	27:17-13	33:05-15	35:39-15	39:23-15	42:21-15	46:20-14	50:41-14	53:38-13	54:34-15
02:48-15	09:41-14	02:31-20	03:47-20	02:47-17	03:42-13	02:01-8	05:48-19	02:34-17	03:44-14	02:58-12	03:59-8	04:21-19	02:57-14	00:56-21
00:42&	02:53&	00:57&	01:34&	00:58&	01:02&	00:34&	02:50&	00:55&	00:50&	01:03&	01:31&	01:43&	01:24&	00:27&
<b>15</b>	<b>Danielsen, Anne</b>	<b>Nydalens SK</b>							<b>0:54:41 + 17:48</b>					<b>129.17</b>
02:54-16	12:23-11	14:34-10	17:52-9	20:45-11	26:03-20	30:02-20	35:17-20	37:16-20	41:17-21	44:01-20	48:00-20	51:34-17	54:01-15	54:41-16
02:54-16	09:29-12	02:11-16	03:18-12	02:53-19	05:18-26	03:59-25	05:15-16	01:59-6	04:01-18	02:44-6	03:59-8	03:34-8	02:27-6	00:40-7
00:48&	02:41&	00:37&	01:05&	01:04&	02:38&	02:32@	02:17&	00:20#	01:07&	00:49&	01:31&	00:56&	00:54&	00:11&
<b>16</b>	<b>Zeiner-Gundersen, Richard</b>	<b>Lierbygda OL</b>							<b>0:55:06 + 18:13</b>					<b>128.99</b>
02:33-11	11:01-4	15:34-16	19:36-20	22:06-19	25:40-16	27:43-15	34:56-19	37:04-19	40:26-18	43:14-17	47:55-19	51:58-19	54:23-16	55:06-17
02:33-10	08:28-4	04:33-27	04:02-24	02:30-8	03:34-11	02:03-10	07:13-25	02:08-9	03:22-7	02:48-9	04:41-18	04:03-15	02:25-5	00:43-10
00:27#	01:40#	02:59@	01:49&	00:41&	00:54&	00:36&	04:15@	00:29&	00:28#	00:53&	02:13&	01:25&	00:52&	00:14&
<b>17</b>	<b>Skantze, Kjersti</b>	<b>IL Tyrving</b>							<b>0:55:59 + 19:06</b>					<b>128.61</b>
03:04-18	11:23-7	13:37-6	17:00-7	19:39-7	23:31-7	25:51-7	31:44-12	34:20-12	37:58-13	40:46-12	47:06-16	51:03-15	55:16-17	55:59-18
03:04-18	08:19-3	02:14-17	03:23-15	02:39-15	03:52-17	02:20-16	05:53-21	02:36-21	03:38-10	02:48-9	06:20-24	03:57-13	04:13-24	00:43-10
00:58&	01:31#	00:40&	01:10&	00:50&	01:12&	00:53&	02:55&	00:57&	00:44&	00:53&	03:52@	01:19&	02:40@	00:14&
<b>18</b>	<b>Flenning, Øystein</b>	<b>OSI</b>							<b>0:56:29 + 19:36</b>					<b>128.40</b>
02:19-5	11:24-8	14:03-8	18:16-13	21:20-14	25:42-17	27:54-16	34:10-18	36:46-18	40:56-19	44:06-21	48:26-21	52:44-20	55:47-18	56:29-19
02:19-5	09:05-9	02:39-23	04:13-25	03:04-21	04:22-24	02:12-14	06:16-24	02:36-21	04:10-20	03:10-17	04:20-14	04:18-18	03:03-15	00:42-9
00:13#	02:17&	01:05&	02:00&	01:15&	01:42&	00:45&	03:18@	00:57&	01:16&	01:15&	01:52&	01:40&	01:30&	00:13&
<b>19</b>	<b>Skantze, Don</b>	<b>IL Tyrving</b>							<b>0:56:49 + 19:56</b>					<b>128.26</b>
03:25-26	11:56-10	14:03-9	17:31-8	20:07-8	24:00-8	26:24-9	32:36-14	35:19-14	39:33-16	42:54-16	47:25-17	51:30-16	56:03-19	56:49-20
03:25-26	08:31-6	02:07-14	03:28-16	02:36-11	03:53-19	02:24-19	06:12-23	02:43-24	04:14-21	03:21-19	04:31-16	04:05-16	04:33-27	00:46-15
01:19&	01:43&	00:33&	01:15&	00:47&	01:13&	00:57&	03:14@	01:04&	01:20&	01:26&	02:03&	01:27&	03:00@	00:17&
<b>20</b>	<b>Berge, Ketil</b>	<b>Vestre Akers SK</b>							<b>0:57:06 + 20:13</b>					<b>128.14</b>
03:03-17	13:05-16	15:57-19	19:06-18	22:01-18	26:00-19	28:23-19	33:31-16	36:05-16	40:23-17	43:45-18	47:50-18	51:50-18	56:17-20	57:06-21

03:03-17	10:02-16	02:52-25	03:09-11	02:55-20	03:59-20	02:23-18	05:08-15	02:34-17	04:18-23	03:22-20	04:05-12	04:00-14	04:27-26	00:49-18
00:57&	03:14&	01:18&	00:56&	01:06&	01:19&	00:56&	02:10&	00:55&	01:24&	01:27&	01:37&	01:22&	02:54@	00:20&
<b>21</b>	<b>Sundelin Rørvik, Gisela</b>		<b>Heming Orientering</b>			<b>0:59:13 +</b>	<b>22:20</b>		<b>127.23</b>					
03:15-22	14:39-26	17:08-24	21:22-25	24:26-24	29:02-23	31:05-21	36:55-21	39:29-21	43:15-22	46:15-22	50:25-22	54:41-21	58:22-21	59:13-22
03:15-22	11:24-26	02:29-19	04:14-26	03:04-21	04:36-25	02:03-10	05:50-20	02:34-17	03:46-15	03:00-13	04:10-13	04:16-17	03:41-21	00:51-19
01:09&	04:36&	00:55&	02:01&	01:15&	01:56&	00:36&	02:52&	00:55&	00:52&	01:05&	01:42&	01:38&	02:08@	00:22&
<b>22</b>	<b>Sigurdson, Roar</b>		<b>Ringnes BIL</b>			<b>1:01:57 +</b>	<b>25:04</b>		<b>126.07</b>					
03:15-23	12:28-12	14:42-11	18:01-11	20:07-9	24:21-11	28:21-18	34:06-17	36:16-17	41:01-20	43:45-19	46:51-15	59:03-22	61:11-22	61:57-23
03:15-22	09:13-11	02:14-17	03:19-13	02:06-5	04:14-22	04:00-26	05:45-18	02:10-10	04:45-28	02:44-6	03:06-4	12:12-29	02:08-3	00:46-15
01:09&	02:25&	00:40&	01:06&	00:17#	01:34&	02:33@	02:47&	00:31&	01:51&	00:49&	00:38&	09:34@	00:35&	00:17&
<b>23</b>	<b>Martinsen, Ove</b>		<b>Hauketo IF</b>			<b>1:06:07 +</b>	<b>29:14</b>		<b>124.29</b>					
03:30-27	14:48-27	17:25-25	21:13-24	24:26-23	28:28-22	31:13-22	37:19-22	39:54-22	44:32-23	47:57-23	57:01-23	61:33-23	65:08-23	66:07-24
03:30-27	11:18-24	02:37-22	03:48-21	03:13-24	04:02-21	02:45-21	06:06-22	02:35-20	04:38-24	03:25-21	09:04-27	04:32-22	03:35-19	00:59-26
01:24&	04:30&	01:03&	01:35&	01:24&	01:22&	01:18&	03:08@	00:56&	01:44&	01:30&	06:36@	01:54&	02:02@	00:30@
<b>24</b>	<b>Bratsberg, Bo</b>		<b>Privat</b>			<b>1:08:51 +</b>	<b>31:58</b>		<b>123.12</b>					
03:07-20	14:24-24	17:04-23	20:59-23	24:23-21	30:21-24	33:06-24	38:48-23	45:07-23	49:46-24	55:05-24	59:51-24	64:43-24	68:05-24	68:51-25
03:07-20	11:17-23	02:40-24	03:55-23	03:24-25	05:58-27	02:45-21	05:42-17	06:19-28	04:39-25	05:19-28	04:46-21	04:52-25	03:22-18	00:46-15
01:01&	04:29&	01:06&	01:42&	01:35&	03:18@	01:18&	02:44&	04:40@	01:45&	03:24@	02:18&	02:14&	01:49@	00:17&
<b>25</b>	<b>Angell, Truls</b>		<b>Lillomarka OL</b>			<b>1:15:00 +</b>	<b>38:07</b>		<b>120.50</b>					
02:21-6	14:02-20	16:07-20	21:39-26	42:45-28	46:33-28	49:17-28	53:51-27	55:58-27	59:41-28	63:45-28	68:14-25	72:10-25	74:17-25	75:00-26
02:21-6	11:41-27	02:05-11	05:32-28	21:06-28	03:48-15	02:44-20	04:34-14	02:07-8	03:43-13	04:04-26	04:29-15	03:56-12	02:07-2	00:43-10
00:15#	04:53&	00:31&	03:19@	19:17@	01:08&	01:17&	01:36&	00:28&	00:49&	02:09@	02:01&	01:18&	00:34&	00:14&
<b>26</b>	<b>Nerموen, Ingrid</b>		<b>Østmarka OK</b>			<b>1:18:35 +</b>	<b>41:42</b>		<b>118.97</b>					
03:19-24	14:06-23	27:07-28	31:50-29	35:17-26	41:22-27	44:32-27	51:52-26	54:52-26	59:08-27	62:43-27	70:01-27	74:52-28	77:39-27	78:35-27
03:19-24	10:47-18	13:01-28	04:43-27	03:27-26	06:05-28	03:10-23	07:20-26	03:00-27	04:16-22	03:35-24	07:18-26	04:51-24	02:47-9	00:56-21
01:13&	03:59&	11:27@	02:30@	01:38&	03:25@	01:43@	04:22@	01:21&	01:22&	01:40&	04:50@	02:13&	01:14&	00:27&
<b>27</b>	<b>Fjellstad, Wendy</b>		<b>Ås-NMBU Orientering</b>			<b>1:18:36 +</b>	<b>41:43</b>		<b>118.96</b>					
02:22-7	13:14-17	15:17-15	18:59-17	35:43-27	39:30-26	43:54-26	48:20-25	50:30-25	54:12-25	60:27-26	70:36-28	73:57-26	77:38-26	78:36-28
02:22-7	10:52-19	02:03-9	03:42-18	16:44-27	03:47-14	04:24-28	04:26-11	02:10-10	03:42-12	06:15-29	10:09-28	03:21-6	03:41-21	00:58-25
00:16#	04:04&	00:29&	01:29&	14:55@	01:07&	02:57@	01:28&	00:31&	00:48&	04:20@	07:41@	00:43&	02:08@	00:29@
<b>28</b>	<b>Berg, Ragnar Niemi</b>		<b>Stokke IL</b>			<b>1:20:25 +</b>	<b>43:32</b>		<b>118.19</b>					
03:32-28	17:33-29	22:03-27	25:55-28	29:01-25	33:21-25	37:42-25	47:18-24	50:02-24	54:41-26	59:19-25	69:51-26	74:25-27	78:44-28	80:25-29
03:32-28	14:01-29	04:30-26	03:52-22	03:06-23	04:20-23	04:21-27	09:36-27	02:44-25	04:39-25	04:38-27	10:32-29	04:34-23	04:19-25	01:41-29
01:26&	07:13@	02:56@	01:39&	01:17&	01:40&	02:54@	06:38@	01:05&	01:45&	02:43@	08:04@	01:56&	02:46@	01:12@
<b>29</b>	<b>Christensen, Lars</b>		<b>VBIL</b>			<b>1:33:27 +</b>	<b>56:34</b>		<b>112.63</b>					
04:18-29	15:28-28	18:02-26	21:40-27	24:23-22	28:12-21	31:57-23	64:12-28	67:06-28	70:41-29	73:49-29	79:22-29	87:44-29	92:23-29	93:27-30
04:18-29	11:10-21	02:34-21	03:38-17	02:43-16	03:49-16	03:45-24	32:15-28	02:54-26	03:35-9	03:08-16	05:33-23	08:22-28	04:39-28	01:04-27
02:12@	04:22&	01:00&	01:25&	00:54&	01:09&	02:18@	29:17@	01:15&	00:41#	01:13&	03:05@	05:44@	03:06@	00:35@
<b>DSQ</b>	<b>Vollen, Magne</b>		<b>Oslostudentenes IK</b>			<b>0:49:53 (-6 poster)</b>			<b>78.57</b>					
03:14-21	12:57-14		20:13-22						31:29-6	34:45-6	40:02-6	45:08-6	48:27-7	49:53-8
03:14-21	09:43-15									03:16-18	05:17-22	05:06-26	03:19-17	01:26-28
01:08&	02:55&									01:21&	02:49@	02:28&	01:46@	00:57@

## Strekktider Kort

Plass	Navn	Klubb	Tid	Poeng				
1	Berteig, Vidar	IL GeoForm	0:23:36 + 00:00	123.30				
	02:05-1	09:16-1	11:03-1	14:16-1	17:19-1	20:44-1	22:40-1	23:36-1
	02:05-1	07:11-1	01:47-1	03:13-1	03:03-1	03:25-1	01:56-1	00:56-3
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:08#
2	Løken, Aleidis	Heming Orientering	0:30:49 + 07:13	121.25				
	02:33-2	11:27-2	14:11-2	18:13-2	22:39-2	26:24-2	30:00-2	30:49-2
	02:33-2	08:54-3	02:44-8	04:02-2	04:26-2	03:45-2	03:36-5	00:49-2
	00:28#	01:43#	00:57&	00:49&	01:23&	00:20+	01:40&	00:01+

<b>3</b>	<b>Sæther, Øystein</b>		<b>Lillomarka OL</b>	<b>0:36:13 + 12:37</b>	<b>119.71</b>
	03:55-17 13:03-4 15:31-4	20:53-4	27:28-3 32:36-3	35:08-3 36:13-3	
	03:55-17 09:08-4 02:28-6	05:22-9	06:35-14 05:08-7	02:32-2 01:05-9	
	01:50& 01:57& 00:41&	02:09&	03:32@ 01:43&	00:36& 00:17&	
<b>4</b>	<b>Kaarby, Per</b>		<b>Overtoppen</b>	<b>0:42:39 + 19:03</b>	<b>117.89</b>
	03:08-6 19:30-17 21:55-13	26:00-9	32:25-5 36:38-4	41:39-4 42:39-4	
	03:08-6 16:22-19 02:25-5	04:05-3	06:25-10 04:13-3	05:01-19 01:00-7	
	01:03& 09:11@ 00:38&	00:52&	03:22@ 00:48#	03:05@ 00:12&	
<b>5</b>	<b>Broadwell, Sharon</b>		<b>IL GeoForm</b>	<b>0:42:45 + 19:09</b>	<b>117.86</b>
	03:57-18 12:18-3 14:34-3	18:45-3	32:04-4 37:51-5	41:47-5 42:45-5	
	03:57-18 08:21-2 02:16-4	04:11-4	13:19-21 05:47-12	03:56-10 00:58-5	
	01:52& 01:10# 00:29&	00:58&	10:16@ 02:22&	02:00@ 00:10#	
<b>6</b>	<b>Solheim, Knut Tore</b>		<b>Nydalens SK</b>	<b>0:44:24 + 20:48</b>	<b>117.39</b>
	03:44-13 17:05-9 20:36-10	26:58-10	32:51-7 39:16-8	42:59-7 44:24-6	
	03:44-13 13:21-11 03:31-16	06:22-14	05:53-7 06:25-18	03:43-8 01:25-16	
	01:39& 06:10& 01:44&	03:09&	02:50& 03:00&	01:47& 00:37&	
<b>7</b>	<b>Killingmo, Lene Anett</b>		<b>OK Øst</b>	<b>0:45:47 + 22:11</b>	<b>117.00</b>
	03:38-11 20:04-19 22:11-15	30:37-19	36:12-13 41:20-13	44:47-8 45:47-8	
	03:38-11 16:26-20 02:07-2	08:26-22	05:35-5 05:08-7	03:27-4 01:00-7	
	01:33& 09:15@ 00:20#	05:13@	02:32& 01:43&	01:31& 00:12&	
<b>8</b>	<b>Engzelius, Margrete</b>		<b>Asker Skiklubb</b>	<b>0:45:53 + 22:17</b>	<b>116.97</b>
	03:32-8 20:26-20 23:21-19	31:01-20	36:21-15 40:49-10	44:55-9 45:53-9	
	03:32-8 16:54-22 02:55-11	07:40-21	05:20-4 04:28-5	04:06-13 00:58-5	
	01:27& 09:43@ 01:08&	04:27@	02:17& 01:03&	02:10@ 00:10#	
<b>9</b>	<b>Løken, Knut Anders</b>		<b>Koll</b>	<b>0:46:06 + 22:30</b>	<b>116.91</b>
	02:40-3 13:51-5 20:24-9	24:43-6	32:38-6 37:58-6	42:34-6 46:06-10	
	02:40-3 11:11-7 06:33-27	04:19-5	07:55-18 05:20-9	04:36-16 03:32-26	
	00:35& 04:00& 04:46@	01:06&	04:52@ 01:55&	02:40@ 02:44@	
<b>10</b>	<b>Bjørngum, Hallvard</b>		<b>VBIL</b>	<b>0:46:37 + 23:01</b>	<b>116.76</b>
	04:45-22 17:08-10 20:21-8	25:57-8	34:39-11 41:06-11	45:32-10 46:37-11	
	04:45-22 12:23-9 03:13-12	05:36-11	08:42-19 06:27-19	04:26-15 01:05-9	
	02:40@ 05:12& 01:26&	02:23&	05:39@ 03:02&	02:30@ 00:17&	
<b>11</b>	<b>Petersen, John Thomas</b>		<b>Nittedal OL</b>	<b>0:46:55 + 23:19</b>	<b>116.67</b>
	03:29-7 18:42-14 21:35-12	28:26-14	33:04-8 38:31-7	45:37-11 46:55-12	
	03:29-7 15:13-16 02:53-10	06:51-18	04:38-3 05:27-10	07:06-22 01:18-14	
	01:24& 08:02@ 01:06&	03:38@	01:35& 02:02&	05:10@ 00:30&	
<b>12</b>	<b>Huseth, Egil</b>		<b>Kamp/Vestheim IF</b>	<b>0:47:33 + 23:57</b>	<b>116.49</b>
	03:45-14 17:42-12 21:09-11	27:47-11	34:19-10 41:15-12	46:03-12 47:33-13	
	03:45-14 13:57-13 03:27-14	06:38-16	06:32-11 06:56-24	04:48-17 01:30-17	
	01:40& 06:46& 01:40&	03:25@	03:29@ 03:31@	02:52@ 00:42&	
<b>13</b>	<b>Eine, Toril</b>		<b>Fossum IF</b>	<b>0:47:40 + 24:04</b>	<b>116.46</b>
	05:30-24 21:27-21 24:58-21	29:55-17	36:28-16 42:31-15	46:34-14 47:40-14	
	05:30-24 15:57-17 03:31-16	04:57-7	06:33-12 06:03-16	04:03-12 01:06-11	
	03:25@ 08:46@ 01:44&	01:44&	03:30@ 02:38&	02:07@ 00:18&	
<b>14</b>	<b>Haugen, Per</b>		<b>Lillomarka OL</b>	<b>0:47:57 + 24:21</b>	<b>116.38</b>
	06:50-26 19:15-15 22:36-16	29:45-16	36:18-14 42:41-16	46:50-15 47:57-15	
	06:50-26 12:25-10 03:21-13	07:09-19	06:33-12 06:23-17	04:09-14 01:07-12	
	04:45@ 05:14& 01:34&	03:56@	03:30@ 02:58&	02:13@ 00:19&	
<b>15</b>	<b>Fougner, Jon C.</b>		<b>Heming Orientering</b>	<b>0:48:01 + 24:25</b>	<b>116.36</b>
	04:28-20 19:27-16 23:04-17	29:39-15	35:55-12 42:31-14	46:31-13 48:01-16	
	04:28-20 14:59-15 03:37-18	06:35-15	06:16-9 06:36-22	04:00-11 01:30-17	
	02:23@ 07:48@ 01:50@	03:22@	03:13@ 03:11&	02:04@ 00:42&	
<b>16</b>	<b>Grøtting, Arvid</b>		<b>Nydalens SK</b>	<b>0:51:11 + 27:35</b>	<b>115.46</b>
	03:52-16 17:35-11 23:10-18	28:20-13	34:06-9 39:55-9	50:01-16 51:11-17	
	03:52-16 13:43-12 05:35-26	05:10-8	05:46-6 05:49-13	10:06-28 01:10-13	
	01:47& 06:32& 03:48@	01:57&	02:43& 02:24&	08:10@ 00:22&	
<b>17</b>	<b>Clasen, Claus Frimann</b>		<b>Lyberg &amp; Partnere</b>	<b>0:51:35 + 27:59</b>	<b>115.35</b>

04:33-21	14:18-7	16:49-6	22:33-5	42:43-20	47:05-19	50:47-18	51:35-18		
04:33-21	09:45-5	02:31-7	05:44-12	20:10-27	04:22-4	03:42-7	00:48-1		
02:28@	02:34&	00:44&	02:31&	17:07@	00:57&	01:46&	00:00=		
<b>18</b>	<b>Raen, Trine</b>	<b>Marit Justad</b>	<b>Lierbygda OL</b>			<b>0:51:46 +</b>	<b>28:10</b>		<b>115.30</b>
03:01-4	14:40-8	19:35-7	25:01-7	41:29-18	46:56-18	50:15-17	51:46-19		
03:01-4	11:39-8	04:55-25	05:26-10	16:28-22	05:27-10	03:19-3	01:31-19		
00:56&	04:28&	03:08@	02:13&	13:25@	02:02&	01:23&	00:43&		
<b>19</b>	<b>Grymyr, Aina</b>		<b>Norde Follo Orientering</b>			<b>0:53:59 +</b>	<b>30:23</b>		<b>114.67</b>
03:58-19	23:57-23	27:25-22	34:06-21	40:09-17	46:43-17	51:59-19	53:59-20		
03:58-19	19:59-24	03:28-15	06:41-17	06:03-8	06:34-20	05:16-21	02:00-24		
01:53&	12:48@	01:41&	03:28@	03:00&	03:09&	03:20@	01:12@		
<b>20</b>	<b>Madsen, Øystein</b>		<b>Haugerud IF</b>			<b>0:57:09 +</b>	<b>33:33</b>		<b>113.77</b>
03:37-10	19:34-18	23:24-20	35:14-23	42:16-19	47:16-20	55:51-20	57:09-21		
03:37-10	15:57-17	03:50-20	11:50-25	07:02-16	05:00-6	08:35-24	01:18-14		
01:32&	08:46@	02:03@	08:37@	03:59@	01:35&	06:39@	00:30&		
<b>21</b>	<b>Bakstad, Anne-Regine</b>		<b>Heming Orientering</b>			<b>0:57:53 +</b>	<b>34:17</b>		<b>113.56</b>
03:35-9	26:52-26	29:42-25	34:11-22	47:19-21	53:19-21	56:56-21	57:53-22		
03:35-9	23:17-27	02:50-9	04:29-6	13:08-20	06:00-15	03:37-6	00:57-4		
01:30&	16:06@	01:03&	01:16&	10:05@	02:35&	01:41&	00:09#		
<b>22</b>	<b>Hanslien, Uno</b>		<b>Privat</b>			<b>1:06:25 +</b>	<b>42:49</b>		<b>111.14</b>
03:51-15	18:19-13	22:05-14	28:02-12	53:06-24	59:40-23	64:30-22	66:25-23		
03:51-15	14:28-14	03:46-19	05:57-13	25:04-28	06:34-20	04:50-18	01:55-23		
01:46&	07:17@	01:59@	02:44&	22:01@	03:09&	02:54@	01:07@		
<b>23</b>	<b>Gunnerød, Bjørn</b>		<b>Asker Skiklubb</b>			<b>1:07:54 +</b>	<b>44:18</b>		<b>110.71</b>
07:58-27	29:09-27	33:59-27	44:54-27	52:12-23	60:17-24	65:27-23	67:54-24		
07:58-27	21:11-25	04:50-23	10:55-24	07:18-17	08:05-25	05:10-20	02:27-25		
05:53@	14:00@	03:03@	07:42@	04:15@	04:40@	03:14@	01:39@		
<b>24</b>	<b>Spjelkavik, Aud I</b>		<b>IL Tyrving</b>			<b>1:11:35 +</b>	<b>47:59</b>		<b>109.67</b>
05:29-23	25:20-24	29:42-24	36:59-24	53:37-25	61:54-25	69:46-24	71:35-25		
05:29-23	19:51-23	04:22-21	07:17-20	16:38-26	08:17-26	07:52-23	01:49-21		
03:24@	12:40@	02:35@	04:04@	13:35@	04:52@	05:56@	01:01@		
<b>25</b>	<b>Egner, Bjørn</b>		<b>Heming Orientering</b>			<b>1:13:57 +</b>	<b>50:21</b>		<b>109.00</b>
05:48-25	22:36-22	27:30-23	42:39-26	49:25-22	56:17-22	72:08-25	73:57-26		
05:48-25	16:48-21	04:54-24	15:09-30	06:46-15	06:52-23	15:51-29	01:49-21		
03:43@	09:37@	03:07@	11:56@	03:43@	03:27@	13:55@	01:01@		
<b>26</b>	<b>Nergaard, Inger</b>		<b>Stokke IL</b>			<b>1:23:34 +</b>	<b>59:58</b>		<b>106.26</b>
03:42-12	25:33-25	30:12-26	38:42-25	72:11-26	78:01-26	81:52-26	83:34-27		
03:42-12	21:51-26	04:39-22	08:30-23	33:29-29	05:50-14	03:51-9	01:42-20		
01:37&	14:40@	02:52@	05:17@	30:26@	02:25&	01:55&	00:54@		
<b>27</b>	<b>Knudsen, Kåre</b>		<b>IL GeoForm</b>			<b>2:03:37 +1:40:01</b>			<b>100.00</b>
12:18-29	58:23-28	65:05-29	79:13-28	95:45-28	110:02-29	118:54-27	123:37-28		
12:18-28	46:05-28	06:42-28	14:08-27	16:32-23	14:17-27	08:52-25	04:43-27		
10:13@	38:54@	04:55@	10:55@	13:29@	10:52@	06:56@	03:55@		
<b>27</b>	<b>Voss, Anne Cathrine</b>		<b>IL GeoForm</b>			<b>2:03:37 +1:40:01</b>			<b>100.00</b>
12:18-30	58:23-30	65:05-30	79:13-30	95:45-29	110:02-27	118:54-28	123:37-29		
12:18-28	46:05-28	06:42-28	14:08-27	16:32-23	14:17-27	08:52-25	04:43-27		
10:13@	38:54@	04:55@	10:55@	13:29@	10:52@	06:56@	03:55@		
<b>27</b>	<b>Simonsen, Lisbeth</b>		<b>IL GeoForm</b>			<b>2:03:37 +1:40:01</b>			<b>100.00</b>
12:18-28	58:23-29	65:05-28	79:13-29	95:45-27	110:02-28	118:54-29	123:37-30		
12:18-28	46:05-28	06:42-28	14:08-27	16:32-23	14:17-27	08:52-25	04:43-27		
10:13@	38:54@	04:55@	10:55@	13:29@	10:52@	06:56@	03:55@		
<b>DSQ</b>	<b>Hultgreen Karlsen, Stig</b>		<b>IL GeoForm</b>			<b>0:45:09 (-3 poster)</b>			<b>78.57</b>
03:01-5	14:04-6	16:12-5	30:09-18			45:09-7			
03:01-4	11:03-6	02:08-3	13:57-26						
00:56&	03:52&	00:21#	10:44@						

## Strekktider Nybegynner

Plass	Navn	Klubb	Tid	Poeng
<b>1</b>	<b>Grandum, Sigurd</b>	<b>IL GeoForm</b>	<b>0:33:01 + 00:00</b>	<b>100.00</b>
	03:39-1 07:47-2 10:47-1 13:19-2 16:36-2 19:14-2 22:37-2 24:05-1 27:10-2 29:38-2 33:01-1			
	03:39-1 04:08-3 03:00-1 02:32-3 03:17-4 02:38-2 03:23-1 01:28-2 03:05-3 02:28-1 03:23-2			
	00:00= 00:28# 00:00= 01:10& 00:33# 01:06& 00:00= 00:20& 01:23& 00:00= 00:47&			
<b>2</b>	<b>Løvhaug Standal, Aksel</b>	<b>IL Koll</b>	<b>0:33:12 + 00:11</b>	<b>100.00</b>
	03:55-3 08:06-4 11:52-2 13:14-1 16:25-1 17:57-1 22:31-1 25:05-3 26:47-1 29:36-1 33:12-2			
	03:55-3 04:11-4 03:46-3 01:22-1 03:11-3 01:32-1 04:34-3 02:34-7 01:42-1 02:49-2 03:36-3			
	00:16+ 00:31# 00:46& 00:00= 00:27# 00:00= 01:11& 01:26@ 00:00= 00:21# 01:00&			
<b>3</b>	<b>Løvhaug Standal, Olav</b>	<b>Koll</b>	<b>0:33:24 + 00:23</b>	<b>100.00</b>
	04:23-5 08:49-6 12:28-3 14:14-3 16:58-3 19:47-3 23:48-3 24:56-2 27:44-3 30:48-3 33:24-3			
	04:23-5 04:26-6 03:39-2 01:46-2 02:44-1 02:49-3 04:01-2 01:08-1 02:48-2 03:04-3 02:36-1			
	00:44# 00:46# 00:39# 00:24& 00:00= 01:17& 00:38# 00:00= 01:06& 00:36# 00:00=			
<b>4</b>	<b>Eide-Fredriksen, Odd</b>	<b>Kamp/Vestheim IF</b>	<b>0:50:56 + 17:55</b>	<b>100.00</b>
	03:42-2 07:33-1 14:47-5 20:11-4 23:48-4 27:02-4 32:53-4 35:16-4 39:33-4 44:07-4 50:56-4			
	03:42-2 03:51-2 07:14-5 05:24-6 03:37-5 03:14-4 05:51-4 02:23-6 04:17-4 04:34-7 06:49-4			
	00:03+ 00:11+ 04:14@ 04:02@ 00:53& 01:42@ 02:28& 01:15@ 02:35@ 02:06& 04:13@			
<b>5</b>	<b>Eide-Fredriksen, Alvin</b>	<b>Kamp/Vestheim IF</b>	<b>0:51:49 + 18:48</b>	<b>100.00</b>
	04:21-4 08:53-7 12:46-4 21:08-7 23:59-5 27:56-7 33:57-7 35:45-7 40:58-7 44:31-7 51:49-5			
	04:21-4 04:32-7 03:53-4 08:22-7 02:51-2 03:57-7 06:01-6 01:48-4 05:13-7 03:33-4 07:18-5			
	00:42# 00:52# 00:53& 07:00@ 00:07+ 02:25@ 02:38& 00:40& 03:31@ 01:05& 04:42@			
<b>6</b>	<b>Mellqvist, Silje</b>	<b>Kamp/Vestheim IF</b>	<b>0:52:27 + 19:26</b>	<b>100.00</b>
	04:24-6 08:04-3 15:18-6 20:38-6 24:15-7 27:35-6 33:46-6 35:33-6 40:40-6 44:14-5 52:27-6			
	04:24-6 03:40-1 07:14-5 05:20-5 03:37-5 03:20-5 06:11-7 01:47-3 05:07-6 03:34-5 08:13-7			
	00:45# 00:00= 04:14@ 03:58@ 00:53& 01:48@ 02:48& 00:39& 03:25@ 01:06& 05:37@			
<b>7</b>	<b>Eidi-Fredriksen, Ivi</b>	<b>Kamp/Vestheim IF</b>	<b>0:52:28 + 19:27</b>	<b>100.00</b>
	04:25-7 08:40-5 16:59-7 20:19-5 24:06-6 27:28-5 33:19-5 35:27-5 40:01-5 44:31-6 52:28-7			
	04:25-7 04:15-5 08:19-7 03:20-4 03:47-7 03:22-6 05:51-4 02:08-5 04:34-5 04:30-6 07:57-6			
	00:46# 00:35# 05:19@ 01:58@ 01:03& 01:50@ 02:28& 01:00& 02:52@ 02:02& 05:21@			
	<b>Eide-Fredriksen, Aksel</b>	<b>Kamp/Vestheim IF</b>	<b>FULLFØRT</b>	<b>100.00</b>