

Rankingløp 23-2023

Dato/sted: 25. november 2023 - Slettåsen
Kart: Slettåsen, Kolbotn 2016
Arr: IL GeoForm v/Harald Iwe
Antall: Totalt: 78 (GeoForm: 12, OSI: 2, DNV/ESSO: 2, Andre: 62)
Løpsrapport: Alder: 21-: 78, 17-20: 0, 13-16: 0, 0-12: 0
Startkont: kr. 50: 62 kr. 30: 16 kr. 0: 0
Betalt: kr. 50: 62 kr. 30: 14 kr. 0: 2
Leiebrikker: 4 stk

Resultater: [Lang\(29\)](#) | [Mellom\(33\)](#) | [Kort\(16\)](#) | [Grafisk](#)
Strekketider: [Lang\(29\)](#) | [Mellom\(33\)](#) | [Kort\(16\)](#)

Resultater Lang (5.9 km)

Plass	Navn	Klubb	Tid	Poeng
1	Kubina, Filip	Nydalens SK	0:55:02 + 00:00	151.09
2	Tellnes, Jostein F.	Asker Skiklubb	0:55:11 + 00:09	151.03
3	Rygh, Karl Even	Heming Orientering	0:58:28 + 03:26	149.60
4	Schlaupitz, Holger	IL GeoForm	0:59:19 + 04:17	149.23
5	Prydz, Espen Beer	Heming Orientering	0:59:43 + 04:41	149.06
6	Borg, Christian Fredrik	IL Koll	1:00:01 + 04:59	148.93
7	Langmyren, Ole Kjell	Lillomarka OL	1:00:14 + 05:12	148.83
8	Jonsson, Søren	Nydalens SK	1:05:17 + 10:15	146.64
9	Grønneberg, Skage	Heming Orientering	1:05:21 + 10:19	146.61
10	Stenshorne, Per Christian	Nydalens SK	1:07:05 + 12:03	145.86
11	Kristensen, Ole Kristian	Fossum IF	1:08:02 + 13:00	145.44
12	Lium, Asgeir	Fet OL	1:10:24 + 15:22	144.41
13	Grinde, Bjørn	IL GeoForm	1:15:04 + 20:02	142.39
14	Kildahl, Øystein	Østmarka OK	1:15:27 + 20:25	142.22
15	Saugestad, Fredrik	Nydalens SK	1:15:59 + 20:57	141.99
16	Thorstensen, Erik	IL GeoForm	1:17:37 + 22:35	141.28
17	Farkas, Lorant	Østmarka OK	1:18:09 + 23:07	141.05
18	Melsom, Terje	Fossum IF	1:18:26 + 23:24	140.92
19	Fagerhaug, Are	IL GeoForm	1:19:08 + 24:06	140.62
20	Bergan, Nils	Nydalens SK	1:21:30 + 26:28	139.59
21	Sandvik, Cathrine	Norges Bank BIL	1:23:13 + 28:11	138.85
22	Ask, Kjetil	Nittedal OL	1:24:41 + 29:39	138.21
23	Kippernes, Frank Åge	IL GeoForm	1:25:05 + 30:03	138.04
24	Bakke, Øyvind	Sweco BIL	1:26:25 + 31:23	137.46
25	Tronbøl, Heidi	Fet OL	1:26:38 + 31:36	137.36
26	Johnson, Alexander Urnes	Årvoll IL	1:27:21 + 32:19	137.05
27	Sverdrup-Thygeson, Kjetil	Østmarka OK	1:27:33 + 32:31	136.96
28	Ottersland, Per Kristian	IL GeoForm	1:31:32 + 36:30	135.23
29	Eriksen, Are	Oslostudentenes IK	1:31:35 + 36:33	135.21

Resultater Mellom (3.5 km)

Plass	Navn	Klubb	Tid	Poeng
1	Norman, Niklas	IL GeoForm	0:38:53 + 00:00	136.00
2	Henriksen, Jan Tore	Norges Bank BIL	0:39:40 + 00:47	135.67
3	Rosenfold, Erik	Østmarka OK	0:41:39 + 02:46	134.83
4	Helland, Knut Edvard	Østmarka OK	0:42:36 + 03:43	134.43
5	Hallan, Bjørn	Fossum IF	0:43:27 + 04:34	134.07
6	Maalen, Ivar	Ås-NMBU Orientering	0:43:57 + 05:04	133.85
7	Rodem, Øystein	Nydalens SK	0:47:18 + 08:25	132.43
8	Linnebo, Øyvind Johannessen	Asker Skiklubb	0:48:28 + 09:35	131.94
9	Pedersen, Børge	Nydalens SK	0:50:14 + 11:21	131.19
10	Jensen, Einar	Nydalens SK	0:50:40 + 11:47	131.01
11	Fossheim, Arne	Asker Skiklubb	0:51:36 + 12:43	130.61
12	Hanssen, Pål Woldstad	Eiker OL	0:54:23 + 15:30	129.43
13	Tandrevold, Eirik	Fossum IF	0:55:09 + 16:16	129.10
14	Johansen, Frode	Equinor BIL	0:55:53 + 17:00	128.79
15	Danielsen, Anne	Nydalens SK	0:56:00 + 17:07	128.74
16	Halden, Gunnar	Nydalens SK	0:56:02 + 17:09	128.73
17	Landmark, Bente	Fossum IF	0:57:09 + 18:16	128.25
18	Christensen, Lars	VBIL	1:01:01 + 22:08	126.61
19	Flenning, Øystein	OSI	1:02:02 + 23:09	126.18
20	Sundelin Rørvik, Gisela	Heming Orientering	1:02:21 + 23:28	126.05
21	Angell, Truls	Lillomarka OL	1:02:58 + 24:05	125.79
22	Erichsen, Andreas	Nydalens SK	1:03:46 + 24:53	125.45
23	Rikheim, Harald	Privat	1:04:24 + 25:31	125.18
24	Koren, Ellen-Christine	Ås-NMBU Orientering	1:04:41 + 25:48	125.06
25	Lahlum, Tor	Nordre Follo Orientering	1:05:17 + 26:24	124.80
26	Grandum, Øyvind	IL GeoForm	1:06:24 + 27:31	124.33

27	Engzelius, Margrete	Asker Skiklubb	1:11:05 + 32:12	122.34
28	Horvath, Zoltan	VBIL	1:11:49 + 32:56	122.03
29	Gylver, Øyvind	Asker Skiklubb	1:12:30 + 33:37	121.74
30	Sandvik, Jan Arne	Privat	1:19:49 + 40:56	118.64
31	Hultgreen Karlsen, Stig	IL GeoForm	1:36:24 + 57:31	111.60
DSQ	Grøtting, Arvid	Nydalens SK	1:31:41 (-1 poster)	95.00
DSQ	Røstadsand, Per Arne	Nydalens SK	1:09:35 (-2 poster)	90.00

Resultater Kort (2.2 km)

Plass	Navn	Klubb	Tid	Poeng
1	Berteig, Vidar	IL GeoForm	0:27:33 + 00:00	121.88
2	Madsen, Klavs	Nydalens SK	0:29:09 + 01:36	121.41
3	Strand, Tove	Måren OK	0:34:20 + 06:47	119.88
4	Clasen, Claus Frimann	Lyberg & Partnere	0:34:54 + 07:21	119.72
5	Løken, Aleidis	Heming Orientering	0:43:45 + 16:12	117.11
6	Fosser, Per	Heming Orientering	0:44:34 + 17:01	116.87
7	Løken, Kunt Anders	Koll	0:46:43 + 19:10	116.23
8	Hultgreen, Rune	IL GeoForm	0:47:19 + 19:46	116.06
9	Broadwell, Sharon	IL GeoForm	0:50:03 + 22:30	115.25
10	Eikeland, Inger Johanne	Nydalens SK	0:53:27 + 25:54	114.25
11	Egner, Bjørn	Heming Orientering	1:01:55 + 34:22	111.76
12	Tho, Kjersti	Stabæk IF	1:04:54 + 37:21	110.88
13	Madsen, Øystein	Haugerud IF	1:08:35 + 41:02	109.79
14	Fougner, Jon C.	Heming Orientering	1:10:23 + 42:50	109.26
15	Grymyr, Aina	Norde Follo Orientering	1:12:29 + 44:56	108.64
16	Solhjell, Kaare	Privat	1:18:30 + 50:57	106.87

Strekktider Lang

Plass	Navn	Klubb	Tid	Poeng
1	Kubina, Filip	Nydalens SK	0:55:02 + 00:00	151.09
	02:47-2 03:57-2 07:52-2 14:06-3 20:46-2 33:31-1 38:25-1 44:52-2 45:42-2 49:05-2 51:11-1 53:02-1 55:02-1			
	02:47-2 01:10-4 03:55-3 06:14-6 06:40-1 12:45-1 04:54-4 06:27-3 00:50-3 03:23-1 02:06-4 01:51-4 02:00-6			
	00:04+ 00:11# 00:10+ 00:30+ 00:00= 00:00= 00:47# 00:33+ 00:01+ 00:00= 00:15# 00:08+ 00:16#			
2	Tellnes, Jostein F.	Asker Skiklubb	0:55:11 + 00:09	151.03
	02:58-4 04:04-5 07:49-1 13:33-1 20:31-1 34:32-2 38:39-2 44:33-1 45:22-1 49:03-1 51:12-2 53:27-2 55:11-2			
	02:58-4 01:06-2 03:45-1 05:44-1 06:58-4 14:01-4 04:07-1 05:54-1 00:49-1 03:41-5 02:09-6 02:15-10 01:44-1			
	00:15+ 00:07# 00:00= 00:00= 00:18+ 01:16+ 00:00= 00:00= 00:00= 00:18+ 00:18# 00:32& 00:00=			
3	Rygh, Karl Even	Heming Orientering	0:58:28 + 03:26	149.60
	02:59-6 04:25-8 08:18-5 14:28-5 22:08-5 35:03-3 41:37-4 48:10-3 49:08-3 52:48-3 54:39-3 56:33-3 58:28-3			
	02:59-6 01:26-8 03:53-2 06:10-5 07:40-7 12:55-3 06:34-21 06:33-4 00:58-7 03:40-4 01:51-1 01:54-6 01:55-4			
	00:16+ 00:27& 00:08+ 00:26+ 01:00# 00:10+ 02:27& 00:39# 00:09# 00:17+ 00:00= 00:11# 00:11#			
4	Schlaupitz, Holger	IL GeoForm	0:59:19 + 04:17	149.23
	03:05-7 04:20-6 10:21-10 16:12-8 22:56-6 35:43-4 39:54-3 48:25-4 49:14-4 53:27-4 55:20-4 57:11-4 59:19-4			
	03:05-7 01:15-7 06:01-23 05:51-2 06:44-2 12:47-2 04:11-2 08:31-17 00:49-1 04:13-12 01:53-2 01:51-4 02:08-7			
	00:22# 00:16& 00:16& 00:07+ 00:04+ 00:02+ 00:04+ 02:37& 00:00= 00:50# 00:02+ 00:08+ 00:24#			
5	Prydz, Espen Beer	Heming Orientering	0:59:43 + 04:41	149.06
	02:43-1 03:54-1 07:59-3 14:02-2 21:28-4 36:14-6 41:51-5 49:25-5 50:15-5 53:50-5 56:04-5 57:49-5 59:43-5			
	02:43-1 01:11-5 04:05-4 06:03-3 07:26-5 14:46-7 05:37-11 07:34-10 00:50-3 03:35-3 02:14-8 01:45-2 01:54-3			
	00:00= 00:12# 00:20+ 00:19+ 00:46# 02:01# 01:30& 01:40& 00:01+ 00:12+ 00:23# 00:02+ 00:10+			
6	Borg, Christian Fredrik	IL Koll	1:00:01 + 04:59	148.93
	02:58-5 03:57-3 08:57-7 15:32-7 22:59-7 38:47-8 43:45-8 49:48-7 50:54-7 54:25-6 56:18-6 58:03-6 60:01-6			
	02:58-4 00:59-1 05:00-10 06:35-8 07:27-6 15:48-9 04:58-5 06:03-2 01:06-10 03:31-2 01:53-2 01:45-2 01:58-5			
	00:15+ 00:00= 01:15& 00:51# 00:47# 03:03# 00:51# 00:09+ 00:17& 00:08+ 00:02+ 00:02+ 00:14#			
7	Langmyren, Ole Kjell	Lillomarka OL	1:00:14 + 05:12	148.83
	03:08-8 04:22-7 08:52-6 15:12-6 23:41-8 37:53-7 43:09-7 49:48-6 50:42-6 54:35-7 56:43-7 58:26-7 60:14-7			
	03:08-8 01:14-6 04:30-6 06:20-7 08:29-11 14:12-5 05:16-8 06:39-5 00:54-5 03:53-7 02:08-5 01:43-1 01:48-2			
	00:25# 00:15& 00:45# 00:36# 01:49& 01:27# 01:09& 00:45# 00:05# 00:30# 00:17# 00:00= 00:04+			
8	Jonsson, Søren	Nydalens SK	1:05:17 + 10:15	146.64
	03:33-9 05:04-9 10:00-8 17:37-11 25:45-10 40:23-9 45:45-9 53:07-9 54:13-9 58:13-9 60:31-9 62:50-9 65:17-8			
	03:33-9 01:31-11 04:56-9 07:37-13 08:08-8 14:38-6 05:22-10 07:22-9 01:06-10 04:00-8 02:18-9 02:19-12 02:27-13			
	00:50& 00:32& 01:11& 01:53& 01:28# 01:53# 01:15& 01:28# 00:17& 00:37# 00:27# 00:36& 00:43&			
9	Grønneberg, Skage	Heming Orientering	1:05:21 + 10:19	146.61
	02:51-3 03:59-4 08:14-4 14:20-4 21:11-3 36:14-5 42:05-6 51:08-8 52:08-8 56:52-8 59:28-8 62:21-8 65:21-9			
	02:51-3 01:08-3 04:15-5 06:06-4 06:51-3 15:03-8 05:51-15 09:03-21 01:00-8 04:44-17 02:36-15 02:53-25 03:00-24			
	00:08+ 00:09# 00:30# 00:22+ 00:11+ 02:18# 01:44& 03:09& 00:11# 01:21& 00:45& 01:10& 01:16&			
10	Stenshorne, Per Christian	Nydalens SK	1:07:05 + 12:03	145.86
	03:52-14 05:35-16 10:23-11 17:15-9 25:23-9 42:06-10 47:04-10 54:04-10 55:08-10 59:20-10 61:29-10 64:00-10 67:05-10			
	03:52-13 01:43-19 04:48-7 06:52-10 08:08-8 16:43-13 04:58-5 07:00-6 01:04-9 04:12-10 02:09-6 02:31-16 03:05-26			
	01:09& 00:44& 01:03& 01:08# 01:28# 03:58& 00:51# 01:06# 00:15& 00:49# 00:18# 00:48& 01:21&			
11	Kristensen, Ole Kristian	Fossum IF	1:08:02 + 13:00	145.44
	03:34-10 05:13-10 10:20-9 17:59-12 26:20-11 42:22-11 47:40-11 55:27-11 56:36-11 60:55-11 63:15-11 65:40-11 68:02-11			
	03:34-10 01:39-16 05:07-13 07:39-14 08:21-10 16:02-10 05:18-9 07:47-12 01:09-14 04:19-13 02:20-10 02:25-14 02:22-11			
	00:51& 00:40& 01:22& 01:55& 01:41& 03:17& 01:11& 01:53& 00:20& 00:56& 00:29& 00:42& 00:38&			
12	Lium, Asgeir	Fet OL	1:10:24 + 15:22	144.41
	03:57-16 06:03-21 10:56-14 18:01-13 27:15-12 43:18-12 48:59-12 56:43-12 57:52-12 62:58-12 65:32-12 67:42-12 70:24-12			
	03:57-16 02:06-27 04:53-8 07:05-11 09:14-13 16:03-11 05:41-12 07:44-11 01:09-14 05:06-21 02:34-13 02:10-9 02:42-18			

3	Rosenvold, Erik	Østmarka OK	0:41:39 + 02:46	134.83
03:03-4	06:33-3 10:00-5	17:45-5 23:48-4 27:47-4	30:49-3 34:53-3 37:11-3	39:19-3 41:39-3
03:03-4	03:30-9 03:27-13	07:45-7 06:03-4 03:59-2	03:02-4 04:04-3 02:18-3	02:08-5 02:20-3
00:19#	00:53& 01:05&	01:40& 01:01# 00:28#	00:08+ 00:14+ 00:32&	00:45& 00:36&
4	Helland, Knut Edvard	Østmarka OK	0:42:36 + 03:43	134.43
04:17-18	07:29-10 10:20-7	17:49-6 24:10-6 28:41-6	31:35-5 35:52-5 38:13-4	40:14-4 42:36-4
04:17-18	03:12-3 02:51-6	07:29-6 06:21-5 04:31-5	02:54-1 04:17-5 02:21-4	02:01-3 02:22-4
01:33&	00:35# 00:29#	01:24# 01:19& 01:00&	00:00= 00:27# 00:35&	00:38& 00:38&
5	Hallan, Bjørn	Fossum IF	0:43:27 + 04:34	134.07
03:24-7	06:43-4 10:32-8	17:58-7 24:24-7 28:51-7	31:56-6 36:10-6 38:34-5	40:49-5 43:27-5
03:24-7	03:19-4 03:49-18	07:26-4 06:26-6 04:27-4	03:05-5 04:14-4 02:24-5	02:15-6 02:38-8
00:40#	00:42& 01:27&	01:21# 01:24& 00:56&	00:11+ 00:24# 00:38&	00:52& 00:54&
6	Maalen, Ivar	Ås-NMBO Orientering	0:43:57 + 05:04	133.85
02:55-2	06:53-5 09:41-3	16:22-3 22:59-3 27:35-3	30:52-4 35:41-4 38:43-6	41:20-6 43:57-6
02:55-2	03:58-16 02:48-5	06:41-2 06:37-8 04:36-6	03:17-8 04:49-10 03:02-15	02:37-12 02:37-7
00:11+	01:21& 00:26#	00:36+ 01:35& 01:05&	00:23# 00:59& 01:16&	01:14& 00:53&
7	Rodem, Øystein	Nydalens SK	0:47:18 + 08:25	132.43
08:49-28	11:26-26 13:48-21	26:15-20 31:17-13 34:48-10	38:01-10 41:51-8 43:45-8	45:34-7 47:18-7
08:49-28	02:37-1 02:22-1	12:27-23 05:02-1 03:31-1	03:13-7 03:50-1 01:54-2	01:49-2 01:44-1
06:05@	00:00= 00:00=	06:22@ 00:00= 00:00=	00:19# 00:00= 00:08+	00:26& 00:00=
8	Linnebo, Øyvind Johannessen	Asker Skiklubb	0:48:28 + 09:35	131.94
04:33-20	07:58-12 11:09-10	19:14-8 25:44-8 30:34-8	34:46-8 39:32-7 42:12-7	45:49-8 48:28-8
04:33-20	03:25-6 03:11-9	08:05-9 06:30-7 04:50-9	04:12-22 04:46-9 02:40-8	03:37-28 02:39-9
01:49&	00:48& 00:49&	02:00& 01:28& 01:19&	01:18& 00:56# 00:54&	02:14@ 00:55&
9	Pedersen, Børge	Nydalens SK	0:50:14 + 11:21	131.19
03:40-8	07:09-7 09:44-4	17:12-4 23:56-5 28:41-5	32:07-7 42:55-10 45:46-10	47:52-9 50:14-9
03:40-8	03:29-8 02:35-4	07:28-5 06:44-9 04:45-8	03:26-9 10:48-33 02:51-12	02:06-4 02:22-4
00:56&	00:52& 00:13+	01:23# 01:42& 01:14&	00:32# 06:58@ 01:05&	00:43& 00:38&
10	Jensen, Einar	Nydalens SK	0:50:40 + 11:47	131.01
03:50-10	07:18-9 10:34-9	22:19-11 29:08-9 34:29-9	37:39-9 42:35-9 45:30-9	47:58-10 50:40-10
03:50-10	03:28-7 03:16-11	11:45-21 06:49-10 05:21-13	03:10-6 04:56-12 02:55-14	02:28-7 02:42-13
01:06&	00:51& 00:54&	05:40& 01:47& 01:50&	00:16+ 01:06& 01:09&	01:05& 00:58&
11	Fossheim, Arne	Asker Skiklubb	0:51:36 + 12:43	130.61
04:35-21	08:05-13 13:31-18	22:28-12 29:49-11 34:52-11	38:43-11 43:24-11 45:58-11	48:49-11 51:36-11
04:35-21	03:30-9 05:26-29	08:57-12 07:21-12 05:03-12	03:51-14 04:41-6 02:34-7	02:51-14 02:47-15
01:51&	00:53& 03:04@	02:52& 02:19& 01:32&	00:57& 00:51# 00:48&	01:28@ 01:03&
12	Hanssen, Pål Woldstad	Eiker OL	0:54:23 + 15:30	129.43
03:57-13	08:28-14 11:58-12	21:07-9 29:21-10 34:59-12	39:03-12 44:46-12 48:08-12	51:22-12 54:23-12
03:57-12	04:31-18 03:30-14	09:09-13 08:14-17 05:38-15	04:04-18 05:43-25 03:22-20	03:14-20 03:01-20
01:13&	01:54& 01:08&	03:04& 03:12& 02:07&	01:10& 01:53& 01:36&	01:51@ 01:17&
13	Tandrevold, Eirik	Fossum IF	0:55:09 + 16:16	129.10
03:52-11	09:47-21 12:56-15	23:53-15 33:31-16 38:29-15	42:06-15 47:04-15 49:53-13	52:28-13 55:09-13
03:52-11	05:55-30 03:09-8	10:57-20 09:38-27 04:58-10	03:37-10 04:58-13 02:49-10	02:35-9 02:41-12
01:08&	03:18@ 00:47&	04:52& 04:36& 01:27&	00:43# 01:08& 01:03&	01:12& 00:57&
14	Johansen, Frode	Equinor BIL	0:55:53 + 17:00	128.79
03:42-9	07:13-8 15:04-24	23:37-13 31:45-14 37:23-14	41:21-13 47:00-14 50:24-15	52:59-14 55:53-14
03:42-9	03:31-11 07:51-32	08:33-10 08:08-15 05:38-15	03:58-16 05:39-23 03:24-22	02:35-9 02:54-18
00:58&	00:54& 05:29@	02:28& 03:06& 02:07&	01:04& 01:49& 01:38&	01:12& 01:10&
15	Danielsen, Anne	Nydalens SK	0:56:00 + 17:07	128.74
04:11-16	08:35-16 12:18-13	21:35-10 30:11-12 36:55-13	41:26-14 46:50-13 50:04-14	53:04-15 56:00-15
04:11-16	04:24-17 03:43-17	09:17-14 08:36-24 06:44-23	04:31-25 05:24-18 03:14-18	03:00-17 02:56-19
01:27&	01:47& 01:21&	03:12& 03:34& 03:13&	01:37& 01:34& 01:28&	01:37@ 01:12&
16	Halden, Gunnar	Nydalens SK	0:56:02 + 17:09	128.73
03:16-6	07:00-6 10:12-6	25:46-19 33:29-15 39:01-16	43:02-16 47:46-16 50:36-16	53:09-16 56:02-16
03:16-6	03:44-12 03:12-10	15:34-27 07:43-13 05:32-14	04:01-17 04:44-8 02:50-11	02:33-8 02:53-17
00:32#	01:07& 00:50&	09:29@ 02:41& 02:01&	01:07& 00:54# 01:04&	01:10& 01:09&
17	Landmark, Bente	Fossum IF	0:57:09 + 18:16	128.25
05:57-25	09:49-22 14:08-23	24:45-17 34:28-20 40:31-17	44:08-17 49:03-17 51:55-17	54:30-17 57:09-17
05:57-25	03:52-13 04:19-24	10:37-17 09:43-28 06:03-19	03:37-10 04:55-11 02:52-13	02:35-9 02:39-9
03:13@	01:15& 01:57&	04:32& 04:41& 02:32&	00:43# 01:05& 01:06&	01:12& 00:55&
18	Christensen, Lars	VBIL	1:01:01 + 22:08	126.61
03:59-14	08:34-15 11:52-11	25:25-18 34:16-19 40:37-18	45:19-19 51:18-19 54:30-18	57:22-18 61:01-18
03:59-14	04:35-21 03:18-12	13:33-26 08:51-25 06:21-21	04:42-29 05:59-28 03:12-17	02:52-15 03:39-29
01:15&	01:58& 00:56&	07:28@ 03:49& 02:50&	01:48& 02:09& 01:26&	01:29@ 01:55@
19	Flenning, Øystein	OSI	1:02:02 + 23:09	126.18
04:13-17	08:45-17 14:04-22	27:00-22 36:53-23 43:02-22	46:55-20 52:11-20 55:33-20	58:46-20 62:02-19
04:13-17	04:32-20 05:19-28	12:56-25 09:53-30 06:09-20	03:53-15 05:16-16 03:22-20	03:13-19 03:16-25
01:29&	01:55& 02:57@	06:51@ 04:51& 02:38&	00:59& 01:26& 01:36&	01:50@ 01:32&
20	Sundelin Rørvik, Gisela	Heming Orientering	1:02:21 + 23:28	126.05
04:01-15	09:08-18 13:15-16	23:44-14 33:35-17 40:41-19	44:50-18 50:41-18 54:39-19	58:37-19 62:21-20
04:01-15	05:07-24 04:07-22	10:29-16 09:51-29 07:06-28	04:09-21 05:51-27 03:58-31	03:58-29 03:44-30
01:17&	02:30& 01:45&	04:24& 04:49& 03:35@	01:15& 02:01& 02:12@	02:35@ 02:00@
21	Angell, Truls	Lilomarka OL	1:02:58 + 24:05	125.79
03:09-5	10:35-24 13:37-19	26:18-21 34:12-18 42:55-21	47:10-21 52:17-21 55:42-21	58:56-21 62:58-21
03:09-5	07:26-32 03:02-7	12:41-24 07:54-14 08:43-33	04:15-23 05:07-15 03:25-23	03:14-20 04:02-32
00:25#	04:49@ 00:40&	06:36@ 02:52& 05:12@	01:21& 01:17& 01:39&	01:51@ 02:18@
22	Erichsen, Andreas	Nydalens SK	1:03:46 + 24:53	125.45
23:05-33	26:38-32 34:40-29	41:42-28 46:44-27 50:24-27	55:05-25 57:50-24 60:32-22	63:46-22
	03:33-15 08:02-8	07:02-11 05:02-11 03:40-12	04:41-6 02:45-9 02:42-13	03:14-24
	01:11& 01:57&	02:00& 01:31& 00:46&	00:51# 00:59& 01:19&	01:30& 01:30&
23	Rikheim, Harald	Privat	1:04:24 + 25:31	125.18
13:27-32	18:46-32 22:24-31	31:12-26 39:41-26 45:36-26	49:43-26 55:06-26 58:14-25	61:16-23 64:24-23
13:27-32	05:19-28 03:38-16	08:48-11 08:29-22 05:55-17	04:07-19 05:23-17 03:08-16	03:02-18 03:08-22
10:43@	02:42@ 01:16&	02:43& 03:27& 02:24&	01:13& 01:33& 01:22&	01:39@ 01:24&

24	Koren, Ellen-Christine	Ås-NMBU Orientering	1:04:41 + 25:48	125.06						
08:16-27	13:09-28	18:19-27	28:22-23	36:39-22	43:26-24	48:15-23	53:50-23	57:44-23	62:02-25	64:41-24
08:16-27	04:53-23	05:10-26	10:03-15	08:17-18	06:47-24	04:49-31	05:35-21	03:54-30	04:18-31	02:39-9
05:32@	02:16&	02:48@	03:58&	03:15&	03:16&	01:55&	01:45&	02:08@	02:55@	00:55&
25	Lahlum, Tor	Nordre Follo Orientering	1:05:17 + 26:24	124.80						
08:11-26	12:42-27	18:41-29	29:33-25	37:54-25	44:26-25	48:44-25	54:51-24	58:26-26	61:58-24	65:17-25
08:11-26	04:31-18	05:59-30	10:52-19	08:21-19	06:32-22	04:18-24	06:07-29	03:35-27	03:32-24	03:19-26
05:27@	01:54&	03:37@	04:47&	03:19&	03:01&	01:24&	02:17&	01:49@	02:09@	01:35&
26	Grandum, Øyvind	IL GeoForm	1:06:24 + 27:31	124.33						
09:51-30	14:37-29	18:30-28	29:10-24	37:22-24	43:24-23	48:00-22	53:42-22	57:10-22	62:24-26	66:24-26
09:51-30	04:46-22	03:53-19	10:40-18	08:12-16	06:02-18	04:36-28	05:42-24	03:28-25	05:14-32	04:00-31
07:07@	02:09&	01:31&	04:35&	03:10&	02:31&	01:42&	01:52&	01:42&	03:51@	02:16@
27	Engzelius, Margrete	Asker Skiklubb	1:11:05 + 32:12	122.34						
04:28-19	09:36-20	13:41-20	31:58-27	40:21-27	48:31-28	53:02-28	60:35-28	64:19-27	67:53-27	71:05-28
04:28-19	05:08-25	04:05-21	18:17-31	08:23-21	08:10-31	04:31-25	07:33-31	03:44-29	03:34-25	03:12-23
01:44&	02:31&	01:43&	12:12@	03:21&	04:39@	01:37&	03:43&	01:58@	02:11@	01:28&
28	Horvath, Zoltan	VBIL	1:11:49 + 32:56	122.03						
08:57-29	14:42-30	20:57-30	36:36-30	44:58-30	51:58-30	56:05-30	61:32-29	64:53-28	68:14-28	71:49-29
08:57-29	05:45-29	06:15-31	15:39-28	08:22-20	07:00-26	04:07-19	05:27-19	03:21-19	03:21-22	03:35-28
06:13@	03:08@	03:53@	09:34@	03:20&	03:29&	01:13&	01:37&	01:35&	01:58@	01:51@
29	Gylver, Øyvind	Asker Skiklubb	1:12:30 + 33:37	121.74						
05:42-24	10:51-25	15:08-25	33:12-28	41:47-29	49:57-29	54:30-29	62:06-30	65:35-29	69:10-29	72:30-30
05:42-24	05:09-26	04:17-23	18:04-30	08:35-23	08:10-31	04:33-27	07:36-32	03:29-26	03:35-26	03:20-27
02:58@	02:32&	01:55&	11:59@	03:33&	04:39@	01:39&	03:46&	01:43&	02:12@	01:36&
30	Sandvik, Jan Arne	Privat	1:19:49 + 40:56	118.64						
09:57-31	17:00-31	26:45-33	43:55-31	53:23-31	60:45-31	64:32-31	70:07-31	73:33-30	77:03-30	79:49-31
09:57-31	07:03-31	09:45-33	17:10-29	09:28-26	07:22-29	03:47-13	05:35-21	03:26-24	03:30-23	02:46-14
07:13@	04:26@	07:23@	11:05@	04:26&	03:51@	00:53&	01:45&	01:40&	02:07@	01:02&
31	Hultgreen Karlsen, Stig	IL GeoForm	1:36:24 + 57:31	111.60						
05:39-23	09:35-19	13:31-17	57:29-32	67:27-33	75:36-33	80:22-33	86:05-33	89:44-32	93:19-32	96:24-33
05:39-23	03:56-14	03:56-20	43:58-32	09:58-31	08:09-30	04:46-30	05:43-25	03:39-28	03:35-26	03:05-21
02:55@	01:19&	01:34&	37:53@	04:56&	04:38@	01:52&	01:53&	01:53@	02:12@	01:21&
DSQ	Grøtting, Arvid	Nydalens SK	1:31:41 (-1 poster)	95.00						
05:04-22	10:21-23	15:32-26	61:32-32	68:23-32	74:35-32	80:07-32	84:42-31	88:52-31	91:41-32	
05:04-22	05:17-27	05:11-27		06:51-25	06:12-32	05:32-20	04:35-32	04:10-30	02:49-16	
02:20&	02:40@	02:49@		03:20&	03:18@	01:42&	02:49@	02:47@	01:05&	
DSQ	Røstadsand, Per Arne	Nydalens SK	1:09:35 (-2 poster)	90.00						
03:57-12	07:54-11	12:55-14	24:44-16	34:50-21	41:51-20	48:26-24	55:39-27		69:35-27	
03:57-12	03:57-15	05:01-25	11:49-22	10:06-32	07:01-27	06:35-33	07:13-30			
01:13&	01:20&	02:39@	05:44&	05:04@	03:30&	03:41@	03:23&			

Strekketider Kort

Plass	Navn	Klubb	Tid	Poeng					
1	Berteig, Vidar	IL GeoForm	0:27:33 + 00:00	121.88					
06:11-1	09:19-2	12:36-2	15:34-1	19:57-1	22:36-1	25:18-1	27:33-1		
06:11-1	03:08-3	03:17-2	02:58-1	04:23-1	02:39-1	02:42-2	02:15-1		
00:00=	00:11+	00:01+	00:00=	00:00=	00:00=	00:35&	00:00=		
2	Madsen, Klavs	Nydalens SK	0:29:09 + 01:36	121.41					
06:17-2	09:14-1	12:30-1	15:59-2	20:41-2	23:22-2	26:18-2	29:09-2		
06:17-2	02:57-1	03:16-1	03:29-2	04:42-2	02:41-2	02:56-5	02:51-2		
00:06+	00:00=	00:00=	00:31#	00:19+	00:02+	00:49&	00:36&		
3	Strand, Tove	Måren OK	0:34:20 + 06:47	119.88					
08:08-4	11:57-5	15:31-5	19:24-4	25:05-3	28:15-3	30:57-3	34:20-3		
08:08-4	03:49-5	03:34-5	03:53-4	05:41-4	03:10-4	02:42-2	03:23-6		
01:57&	00:52&	00:18+	00:55&	01:18&	00:31#	00:35&	01:08&		
4	Clasen, Claus Frimann	Lyberg & Partnere	0:34:54 + 07:21	119.72					
08:42-5	11:51-4	15:17-4	21:09-5	26:07-4	28:58-4	31:51-4	34:54-4		
08:42-5	03:09-4	03:26-4	05:52-11	04:58-3	02:51-3	02:53-4	03:03-3		
02:31&	00:12+	00:10+	02:54&	00:35#	00:12+	00:46&	00:48&		
5	Løken, Aleidis	Heming Orientering	0:43:45 + 16:12	117.11					
07:04-3	10:05-3	13:26-3	18:44-3	26:45-5	35:43-5	39:40-5	43:45-5		
07:04-3	03:01-2	03:21-3	05:18-10	08:01-8	08:58-14	03:57-8	04:05-8		
00:53#	00:04+	00:05+	02:20&	03:38&	06:19@	01:50&	01:50&		
6	Fosser, Per	Heming Orientering	0:44:34 + 17:01	116.87					
09:41-7	14:27-7	19:12-7	23:45-7	32:03-7	36:19-6	40:18-6	44:34-6		
09:41-7	04:46-8	04:45-7	04:33-7	08:18-10	04:16-7	03:59-10	04:16-9		
03:30&	01:49&	01:29&	01:35&	03:55&	01:37&	01:52&	02:01&		
7	Løken, Kunt Anders	Koll	0:46:43 + 19:10	116.23					
09:25-6	14:22-6	18:57-6	22:32-6	29:14-6	38:54-7	41:01-7	46:43-7		
09:25-6	04:57-10	04:35-6	03:35-3	06:42-7	09:40-15	02:07-1	05:42-13		
03:14&	02:00&	01:19&	00:37#	02:19&	07:01@	00:00=	03:27@		
8	Hultgreen, Rune	IL GeoForm	0:47:19 + 19:46	116.06					
10:52-8	14:49-8	26:43-9	30:49-8	36:57-8	40:32-8	43:57-8	47:19-8		
10:52-8	03:57-6	11:54-14	04:06-5	06:08-5	03:35-5	03:25-7	03:22-5		
04:41&	01:00&	08:38@	01:08&	01:45&	00:56&	01:18&	01:07&		
9	Broadwell, Sharon	IL GeoForm	0:50:03 + 22:30	115.25					
11:33-9	22:40-13	27:42-12	32:09-11	38:19-9	42:04-9	46:58-9	50:03-9		
11:33-9	11:07-16	05:02-9	04:27-6	06:10-6	03:45-6	04:54-12	03:05-4		
05:22&	08:10@	01:46&	01:29&	01:47&	01:06&	02:47@	00:50&		
10	Eikeland, Inger Johanne	Nydalens SK	0:53:27 + 25:54	114.25					

16:12-13	21:00-11	26:25-8	31:33-9	40:08-10	44:54-10	48:52-10	53:27-10			
16:12-13	04:48-9	05:25-10	05:08-9	08:35-11	04:46-8	03:58-9	04:35-10			
10:01@	01:51&	02:09&	02:10&	04:12&	02:07&	01:51&	02:20@			
11	Egner, Bjørn			Heming Orientering		1:01:55 +	34:22			111.76
13:14-11	19:26-9	27:33-11	35:29-12	45:55-12	51:37-11	57:00-11	61:55-11			
13:14-11	06:12-11	08:07-12	07:56-15	10:26-14	05:42-10	05:23-13	04:55-11			
07:03@	03:15@	04:51@	04:58@	06:03@	03:03@	03:16@	02:40@			
12	Tho, Kjersti			Stabæk IF		1:04:54 +	37:21			110.88
17:35-14	22:14-12	27:00-10	31:33-10	42:14-11	58:21-13	61:27-12	64:54-12			
17:35-14	04:39-7	04:46-8	04:33-7	10:41-15	16:07-16	03:06-6	03:27-7			
11:24@	01:42&	01:30&	01:35&	06:18@	13:28@	00:59&	01:12&			
13	Madsen, Øystein			Haugerud IF		1:08:35 +	41:02			109.79
12:59-10	19:55-10	36:24-14	43:36-14	51:43-13	56:52-12	62:19-13	68:35-13			
12:59-10	06:56-12	16:29-16	07:12-13	08:07-9	05:09-9	05:27-14	06:16-15			
06:48@	03:59@	13:13@	04:14@	03:44&	02:30&	03:20@	04:01@			
14	Fougner, Jon C.			Heming Orientering		1:10:23 +	42:50			109.26
20:50-15	27:49-15	34:24-13	41:43-13	52:40-14	58:36-14	64:10-14	70:23-14			
20:50-15	06:59-13	06:35-11	07:19-14	10:57-16	05:56-12	05:34-15	06:13-14			
14:39@	04:02@	03:19@	04:21@	06:34@	03:17@	03:27@	03:58@			
15	Grymyr, Aina			Norde Follo Orientering		1:12:29 +	44:56			108.64
15:14-12	25:55-14	38:09-15	44:38-15	54:41-15	60:26-15	67:18-15	72:29-15			
15:14-12	10:41-15	12:14-15	06:29-12	10:03-13	05:45-11	06:52-16	05:11-12			
09:03@	07:44@	08:58@	03:31@	05:40@	03:06@	04:45@	02:56@			
16	Solhjell, Kaare			Privat		1:18:30 +	50:57			106.87
21:47-16	31:11-16	39:57-16	50:18-16	60:11-16	67:29-16	72:07-16	78:30-16			
21:47-16	09:24-14	08:46-13	10:21-16	09:53-12	07:18-13	04:38-11	06:23-16			
15:36@	06:27@	05:30@	07:23@	05:30@	04:39@	02:31@	04:08@			