

## Kvistkvaset 1.mai 2024,

<https://eventor.orientering.no/Events/ResultList?eventId=18847&groupBy=EventClass>

H 170 14 startende deltakere



Etappe 1 | Etappe 2 | Etappe 3 | **Totalt**

Class	Navn	Ettid	Etpl	Etdiff	Tid	Vpl	Diff
1	Notodden OL 1				1.06.57		
	1. Petter Løe	21.16	3	+1.27	21.16	3	+1.27
	2. Bjørnar Olsrød	22.23	2	+1.07	43.39	2	-1 +0.15 -1.12
	3. Harald Kvisli	23.18	3	+2.38	1.06.57	1	-1
2	Fossum IF 1				1.07.54		
	1. Øystein Holo	22.08	5	+2.19	22.08	5	+2.19
	2. Erling Katla	21.16	1		43.24	1	-4
	3. Morten Heir	24.30	5	+3.50	1.07.54	2	+1
3	Lillomarka OL 1				1.08.40		+1.43
	1. Ståle Sønsterudbråten	21.23	4	+1.34	21.23	4	+1.34
	2. Vidar Benjaminsen	25.56	7	+4.40	47.19	5	+1 +3.55 +2.21
	3. Arne Dybdahl	21.21	2	+0.41	1.08.40	3	-2 +1.43 -2.12
4	Østmarka OK 1				1.10.33		+3.36
	1. Øystein Kildahl	25.48	9	+5.59	25.48	9	+5.59
	2. Rune Teigland	24.05	4	+2.49	49.53	7	-2 +6.29 +0.30
	3. Knut Edvard Helland	20.40	1		1.10.33	4	-3 +3.36
5	Nordre Follo Orientering 1				1.15.31		+8.34
	1. Bård Bjørhei	24.31	7	+4.42	24.31	7	+4.42
	2. Knut Bjørkelo	23.01	3	+1.45	47.32	6	-1 +4.08 -0.34
	3. Erlend Rehn	27.59	8	+7.19	1.15.31	5	-1 +8.34 +4.26
6	Indre Østfold OK 2				1.15.45		
	1. Bjørn Erik Glomsrud	19.49	1		19.49	1	
	2. Bent Galborgsen	31.45	11	+10.29	51.34	8	+7
	3. Sture Ottesen	24.11	4	+3.31	1.15.45	6	-2
7	Indre Østfold OK 1				1.17.49		+10.52
	1. Sigmund Vister	22.28	6	+2.39	22.28	6	+2.39
	2. Claes-Tommy Herland	24.06	5	+2.50	46.34	4	-2 +3.10 +0.31
	3. Kjell-Erik Kristiansen	31.15	10	+10.35	1.17.49	7	+3 +10.52 +7.42
8	IL GeoForm 1				1.19.14		+12.17
	1. Vidar Berteig	27.54	12	+8.05	27.54	12	+8.05
	2. Guttorm Egge	26.08	9	+4.52	54.02	10	-2 +10.38 +2.33
	3. Frank Åge Kippernes	25.12	6	+4.32	1.19.14	8	-2 +12.17 +1.39
9	Lillomarka OL 2				1.19.17		+12.20
	1. Steinar Eastwood	20.28	2	+0.39	20.28	2	+0.39
	2. Martin Granly	24.24	6	+3.08	44.52	3	+1 +1.28 +0.49
	3. Øystein Sæther	34.25	12	+13.45	1.19.17	9	+6 +12.20 +10.52
10	Halden SK 1				1.22.39		+15.42
	1. Tor Ragnar Andersen	27.52	11	+8.03	27.52	11	+8.03
	2. Jens Erik Mjølnerød	27.08	10	+5.52	55.00	11	0 +11.36 +3.33
	3. Bjørn Axel Gran	27.39	7	+6.59	1.22.39	10	-1 +15.42 +4.06
11	Måren OK 1				1.29.32		+22.35
	1. Lars Rønning Johansen	25.35	8	+5.46	25.35	8	+5.46
	2. Morten Due	26.07	8	+4.51	51.42	9	+1 +8.18 +2.32
	3. Stein Turtumøygard	37.50	14	+17.10	1.29.32	11	+2 +22.35 +14.17
12	OK Øst 1				1.34.32		+27.35
	1. Øistein Wangen Hagen	30.05	13	+10.16	30.05	13	+10.16
	2. Jan-Ove Bråthen	34.52	13	+13.36	1.04.57	13	0 +21.33 +11.17
	3. Kevin Vesterås	29.35	9	+8.55	1.34.32	12	-1 +27.35 +6.02
13	OK Moss 1				1.38.48		+31.51
	1. Christopher Schive	34.45	14	+14.56	34.45	14	+14.56
	2. Stein Klyve	32.01	12	+10.45	1.06.46	14	0 +23.22 +8.26
	3. Karl Aasmund Erey	32.02	11	+11.22	1.38.48	13	-1 +31.51 +8.29
14	Nordre Follo Orientering 2				1.41.04		+34.07
	1. Tor Lahlum	27.44	10	+7.55	27.44	10	+7.55
	2. John Ytternes	36.09	14	+14.53	1.03.53	12	+2 +20.29 +12.34
	3. Bjørn Sverre Gulheim	37.11	13	+16.31	1.41.04	14	+2 +34.07 +13.38

## Løype: 4C

	87	153	152	84	56	46	50	48	175	176	
<b>1</b>	<b>Bjørn Erik Glomsrud</b>					<b>Indre Østfold OK</b>					<b>19:49</b>
	2:38 (1)	5:02 (1)	6:12 (1)	11:13 (2)	13:17 (2)	14:32 (1)	16:17 (1)	17:51 (1)	19:28 (1)	19:49 (1)	
	2:38 (1)	2:24 (1)	1:10 (2)	5:01 (13)	2:04 (1)	1:15 (1)	1:45 (1)	1:34 (1)	1:37 (1)	0:21 (4)	
	0:00	0:00	+0:03	+2:04	0:00	0:00	0:00	0:00	0:00	+0:04	
<b>2</b>	<b>Knut Edvard Helland</b>					<b>Østmarka OK</b>					<b>20:40</b>
	3:27 (4)	6:13 (2)	7:24 (2)	10:21 (1)	12:55 (1)	14:47 (2)	16:48 (2)	18:36 (2)	20:19 (2)	20:40 (2)	
	3:27 (4)	2:46 (2)	1:11 (3)	2:57 (1)	2:34 (3)	1:52 (9)	2:01 (4)	1:48 (3)	1:43 (3)	0:21 (4)	
	+0:49	+0:22	+0:04	0:00	+0:30	+0:37	+0:16	+0:14	+0:06	+0:04	
<b>3</b>	<b>Bjørnar Olsrød</b>					<b>Notodden OL</b>					<b>22:23</b>
	4:26 (14)	7:19 (6)	8:36 (6)	12:13 (4)	14:55 (3)	16:30 (3)	18:20 (3)	20:15 (3)	22:03 (3)	22:23 (3)	
	4:26 (14)	2:53 (4)	1:17 (7)	3:37 (3)	2:42 (4)	1:35 (2)	1:50 (2)	1:55 (6)	1:48 (5)	0:20 (2)	
	+1:48	+0:29	+0:10	+0:40	+0:38	+0:20	+0:05	+0:21	+0:11	+0:03	
<b>4</b>	<b>Ragnhild Bråten</b>					<b>Nydalens SK / Koll</b>					<b>23:39</b>
	4:09 (10)	8:33 (11)	9:45 (10)	13:38 (10)	16:09 (9)	17:50 (7)	19:52 (5)	21:37 (4)	23:19 (4)	23:39 (4)	
	4:09 (10)	4:24 (11)	1:12 (4)	3:53 (7)	2:31 (2)	1:41 (5)	2:02 (5)	1:45 (2)	1:42 (2)	0:20 (2)	
	+1:31	+2:00	+0:05	+0:56	+0:27	+0:26	+0:17	+0:11	+0:05	+0:03	
<b>5</b>	<b>Claes-Tommy Herland</b>					<b>Indre Østfold OK</b>					<b>24:06</b>
	4:13 (11)	7:37 (7)	9:09 (8)	12:56 (6)	15:55 (7)	17:32 (5)	19:37 (4)	21:42 (5)	23:42 (5)	24:06 (5)	
	4:13 (11)	3:24 (7)	1:32 (15)	3:47 (5)	2:59 (8)	1:37 (3)	2:05 (6)	2:05 (10)	2:00 (11)	0:24 (12)	
	+1:35	+1:00	+0:25	+0:50	+0:55	+0:22	+0:20	+0:31	+0:23	+0:07	
<b>6</b>	<b>Martin Granly</b>					<b>Lillomarka OL</b>					<b>24:24</b>
	4:27 (15)	8:10 (9)	9:34 (9)	12:58 (7)	15:44 (6)	17:35 (6)	19:59 (7)	22:03 (6)	24:01 (6)	24:24 (6)	
	4:27 (15)	3:43 (9)	1:24 (12)	3:24 (2)	2:46 (5)	1:51 (7)	2:24 (11)	2:04 (9)	1:58 (9)	0:23 (10)	
	+1:49	+1:19	+0:17	+0:27	+0:42	+0:36	+0:39	+0:30	+0:21	+0:06	
<b>7</b>	<b>Morten Heir</b>					<b>Fossum IF</b>					<b>24:30</b>
	3:45 (6)	9:04 (12)	10:11 (12)	13:55 (11)	16:47 (10)	18:36 (10)	20:31 (10)	22:20 (9)	24:07 (7)	24:30 (7)	
	3:45 (6)	5:19 (16)	1:07 (1)	3:44 (4)	2:52 (6)	1:49 (6)	1:55 (3)	1:49 (4)	1:47 (4)	0:23 (10)	
	+1:07	+2:55	0:00	+0:47	+0:48	+0:34	+0:10	+0:15	+0:10	+0:06	
<b>8</b>	<b>Bård Bjørhei</b>					<b>Nordre Follo Orientering</b>					<b>24:31</b>
	3:05 (2)	6:22 (3)	7:38 (3)	11:58 (3)	15:00 (4)	17:55 (8)	20:08 (8)	22:10 (8)	24:09 (8)	24:31 (8)	
	3:05 (2)	3:17 (6)	1:16 (6)	4:20 (10)	3:02 (9)	2:55 (19)	2:13 (8)	2:02 (8)	1:59 (10)	0:22 (7)	
	+0:27	+0:53	+0:09	+1:23	+0:58	+1:40	+0:28	+0:28	+0:22	+0:05	
<b>9</b>	<b>Beate Strand</b>					<b>Måren OK</b>					<b>24:32</b>
	3:45 (6)	6:59 (5)	8:29 (5)	12:24 (5)	15:27 (5)	17:18 (4)	19:57 (6)	22:09 (7)	24:10 (9)	24:32 (9)	
	3:45 (6)	3:14 (5)	1:30 (14)	3:55 (8)	3:03 (10)	1:51 (7)	2:39 (12)	2:12 (12)	2:01 (12)	0:22 (7)	
	+1:07	+0:50	+0:23	+0:58	+0:59	+0:36	+0:54	+0:38	+0:24	+0:05	
<b>10</b>	<b>Frank Åge Kippernes</b>					<b>IL GeoForm</b>					<b>25:12</b>
	4:14 (12)	7:40 (8)	8:59 (7)	13:11 (9)	16:08 (8)	18:11 (9)	20:20 (9)	22:40 (10)	24:55 (10)	25:12 (10)	
	4:14 (12)	3:26 (8)	1:19 (9)	4:12 (9)	2:57 (7)	2:03 (12)	2:09 (7)	2:20 (14)	2:15 (14)	0:17 (1)	
	+1:36	+1:02	+0:12	+1:15	+0:53	+0:48	+0:24	+0:46	+0:38	0:00	
<b>11</b>	<b>Vidar Benjaminsen</b>					<b>Lillomarka OL</b>					<b>25:56</b>
	3:42 (5)	6:32 (4)	7:47 (4)	13:09 (8)	18:00 (11)	19:39 (11)	21:55 (11)	23:45 (11)	25:34 (11)	25:56 (11)	
	3:42 (5)	2:50 (3)	1:15 (5)	5:22 (14)	4:51 (21)	1:39 (4)	2:16 (9)	1:50 (5)	1:49 (6)	0:22 (7)	
	+1:04	+0:26	+0:08	+2:25	+2:47	+0:24	+0:31	+0:16	+0:12	+0:05	
<b>12</b>	<b>Tor Ragnar Andersen</b>					<b>Halden SK</b>					<b>27:52</b>
	3:12 (3)	10:21 (15)	11:39 (13)	15:28 (12)	18:55 (12)	20:50 (12)	23:35 (12)	25:30 (12)	27:25 (12)	27:52 (12)	
	3:12 (3)	7:09 (19)	1:18 (8)	3:49 (6)	3:27 (14)	1:55 (10)	2:45 (16)	1:55 (6)	1:55 (8)	0:27 (15)	
	+0:34	+4:45	+0:11	+0:52	+1:23	+0:40	+1:00	+0:21	+0:18	+0:10	

<b>13</b>	<b>Kjersti Hov</b>					<b>Fossum IF</b>			<b>30:34</b>	
	3:56 (8)	10:17 (14)	11:53 (14)	16:16 (13)	19:33 (13)	22:06 (13)	24:49 (13)	27:29 (13)	30:02 (13)	30:34 (13)
	3:56 (8)	6:21 (17)	1:36 (16)	4:23 (11)	3:17 (12)	2:33 (17)	2:43 (14)	2:40 (17)	2:33 (18)	0:32 (20)
	+1:18	+3:57	+0:29	+1:26	+1:13	+1:18	+0:58	+1:06	+0:56	+0:15
<b>14</b>	<b>Kristine Roskifte</b>					<b>OK Moss</b>			<b>33:17</b>	
	4:20 (13)	12:27 (20)	13:54 (20)	19:34 (18)	22:58 (16)	26:24 (17)	28:44 (15)	30:49 (14)	32:56 (14)	33:17 (14)
	4:20 (13)	8:07 (20)	1:27 (13)	5:40 (17)	3:24 (13)	3:26 (20)	2:20 (10)	2:05 (10)	2:07 (13)	0:21 (4)
	+1:42	+5:43	+0:20	+2:43	+1:20	+2:11	+0:35	+0:31	+0:30	+0:04
<b>15</b>	<b>Christopher Schive</b>					<b>OK Moss</b>			<b>34:45</b>	
	4:06 (9)	8:27 (10)	9:50 (11)	19:07 (16)	24:58 (19)	27:00 (18)	29:43 (17)	31:55 (15)	34:18 (15)	34:45 (15)
	4:06 (9)	4:21 (10)	1:23 (11)	9:17 (22)	5:51 (22)	2:02 (11)	2:43 (14)	2:12 (12)	2:23 (15)	0:27 (15)
	+1:28	+1:57	+0:16	+6:20	+3:47	+0:47	+0:58	+0:38	+0:46	+0:10
<b>16</b>	<b>Jan-Ove Bråthen</b>					<b>OK Øst</b>			<b>34:52</b>	
	4:32 (16)	13:02 (21)	14:21 (21)	18:45 (15)	21:49 (15)	23:52 (14)	26:49 (14)	32:38 (17)	34:28 (16)	34:52 (16)
	4:32 (16)	8:30 (21)	1:19 (9)	4:24 (12)	3:04 (11)	3:04 (11)	2:57 (17)	5:49 (23)	1:50 (7)	0:24 (12)
	+1:54	+6:06	+0:12	+1:27	+1:00	+0:48	+1:12	+4:15	+0:13	+0:07
<b>17</b>	<b>Anne Berit Rørlien</b>					<b>Fossum IF</b>			<b>35:48</b>	
	5:27 (19)	11:56 (19)	13:34 (18)	20:26 (19)	24:48 (18)	27:08 (19)	29:50 (18)	32:54 (18)	35:23 (17)	35:48 (17)
	5:27 (19)	6:29 (18)	1:38 (17)	6:52 (19)	4:22 (18)	2:20 (14)	2:42 (13)	3:04 (19)	2:29 (17)	0:25 (14)
	+2:49	+4:05	+0:31	+3:55	+2:18	+1:05	+0:57	+1:30	+0:52	+0:08
<b>18</b>	<b>Maren Juveli</b>					<b>Oppsal Orientering</b>			<b>36:15</b>	
	4:56 (17)	9:47 (13)	12:01 (15)	17:31 (14)	21:36 (14)	25:57 (15)	29:05 (16)	32:18 (16)	35:43 (18)	36:15 (18)
	4:56 (17)	4:51 (14)	2:14 (22)	5:30 (15)	4:05 (16)	4:21 (22)	3:08 (18)	3:13 (20)	3:25 (22)	0:32 (20)
	+2:18	+2:27	+1:07	+2:33	+2:01	+3:06	+1:23	+1:39	+1:48	+0:15
<b>19</b>	<b>Bjørn Sverre Gulheim</b>					<b>Nordre Follo Orientering</b>			<b>37:11</b>	
	6:59 (22)	11:46 (18)	13:47 (19)	19:25 (17)	23:33 (17)	26:09 (16)	30:46 (19)	33:49 (19)	36:44 (19)	37:11 (19)
	6:59 (22)	4:47 (13)	2:01 (19)	5:38 (16)	4:08 (17)	2:36 (18)	4:37 (23)	3:03 (18)	2:55 (20)	0:27 (15)
	+4:21	+2:23	+0:54	+2:41	+2:04	+1:21	+2:52	+1:29	+1:18	+0:10
<b>20</b>	<b>Stein Turtumøygard</b>					<b>Måren OK</b>			<b>37:50</b>	
	6:23 (21)	11:05 (17)	13:08 (16)	21:53 (20)	26:28 (20)	28:52 (20)	32:11 (20)	34:46 (20)	37:22 (20)	37:50 (20)
	6:23 (21)	4:42 (12)	2:03 (20)	8:45 (21)	4:35 (20)	2:24 (15)	3:19 (19)	2:35 (15)	2:36 (19)	0:28 (19)
	+3:45	+2:18	+0:56	+5:48	+2:31	+1:09	+1:34	+1:01	+0:59	+0:11
<b>21</b>	<b>Inger Johanne Eikeland</b>					<b>Nydalens SK</b>			<b>42:27</b>	
	5:50 (20)	10:53 (16)	13:13 (17)	23:04 (21)	27:35 (21)	31:35 (21)	35:10 (21)	38:49 (21)	41:51 (21)	42:27 (21)
	5:50 (20)	5:03 (15)	2:20 (23)	9:51 (23)	4:31 (19)	4:00 (21)	3:35 (20)	3:39 (21)	3:02 (21)	0:36 (23)
	+3:12	+2:39	+1:13	+6:54	+2:27	+2:45	+1:50	+2:05	+1:25	+0:19
<b>22</b>	<b>Sharon Broadwell</b>					<b>IL GeoForm</b>			<b>43:59</b>	
	5:15 (18)	20:54 (22)	22:51 (22)	28:36 (22)	32:21 (22)	34:53 (22)	38:31 (22)	41:08 (22)	43:32 (22)	43:59 (22)
	5:15 (18)	15:39 (22)	1:57 (18)	5:45 (18)	3:45 (15)	2:32 (16)	3:38 (21)	2:37 (16)	2:24 (16)	0:27 (15)
	+2:37	+13:15	+0:50	+2:48	+1:41	+1:17	+1:53	+1:03	+0:47	+0:10
<b>23</b>	<b>Marianne Truslew Harstad</b>					<b>Nordre Follo Orientering</b>			<b>1:14:06</b>	
	7:26 (23)	41:13 (23)	43:16 (23)	51:05 (23)	57:18 (23)	1:02:07 (23)	1:06:14 (23)	1:09:56 (23)	1:13:33 (23)	1:14:06 (23)
	7:26 (23)	33:47 (23)	2:03 (20)	7:49 (20)	6:13 (23)	4:49 (23)	4:07 (22)	3:42 (22)	3:37 (23)	0:33 (22)
	+4:48	+31:23	+0:56	+4:52	+4:09	+3:34	+2:22	+2:08	+2:00	+0:16
<b>DSQ</b>	<b>Sigrid Melander Vie</b>					<b>Fossum IF</b>			<b>59:59</b>	