

Rankingløp 23

Dato/sted: 23. november 2024 - Sandermosen
Kart: Barlindåsen
Arr: OSI v/Øivind Due Trier og Christin Vangen
Antall: Totalt: 114 (GeoForm: 11, OSI: 1, DNV/ESSO: 5, Andre: 97)
Løpsrapport: Alder: 21-: 113, 17-20: 0, 13-16: 0, 0-12: 1
Startkont: kr. 50: 96 kr. 30: 18 kr. 0: 0
Betalt: kr. 50: 96 kr. 30: 13 kr. 0: 5
Leiebrikker: 1 stk

Resultater: [Lang\(31\)](#) | [Mellom\(49\)](#) | [Kort\(34\)](#) | [Grafisk](#)
Strekketider: [Lang\(31\)](#) | [Mellom\(49\)](#) | [Kort\(34\)](#)

Resultater Lang (6,1 km)

Class	Navn	Klubb	Tid	Poeng
1	Svarer, Tobias	Nydalens SK	0:53:26 + 00:00	150,66
2	Hafskjold, Sondre	Nydalens SK	0:53:44 + 00:18	150,52
3	Nielsen, Simen	Nydalens SK	0:54:50 + 01:24	150,02
4	Bæk, Sindre	Oppsal IF	0:55:36 + 02:10	149,67
5	Størmer, Leif	Fossum IF	0:56:48 + 03:22	149,13
6	Schlaupitz, Holger	IL GeoForm	0:57:17 + 03:51	148,91
7	Hafskjold, Runar	Nydalens SK	1:00:47 + 07:21	147,31
8	Kiziiiov, Serhii	Oppsal IF	1:00:50 + 07:24	147,29
9	Benjaminsen, Vidar	Lillomarka OL	1:04:02 + 10:36	145,83
10	Aurmo, Halvor	Heming Orientering	1:04:24 + 10:58	145,66
11	Berstad, Audun	Heming Orientering	1:06:59 + 13:33	144,49
12	Ødegaard, Morten	Lillomarka OL	1:07:21 + 13:55	144,32
13	Iwe, Harald	IL GeoForm	1:10:50 + 17:24	142,73
14	Standdal, Helge	IL Koll	1:13:33 + 20:07	141,50
15	Jørgensen, Eirik	Tyrving IL	1:14:42 + 21:16	140,97
16	Rustad, Gunnar	Nittedal OL	1:15:43 + 22:17	140,51
17	Kippernes, Frank Åge	IL GeoForm	1:17:08 + 23:42	139,86
18	Heitmann, Ståle	IL GeoForm	1:17:22 + 23:56	139,76
19	Saugestad, Fredrik	Nydalens SK	1:19:11 + 25:45	138,93
20	Melsom, Terje	Fossum IF	1:20:22 + 26:56	138,39
21	Risvoll, Ketil	Telenor BIL	1:21:45 + 28:19	137,76
22	Dybwad, Jacob	VBIL	1:22:01 + 28:35	137,64
23	Sandvik, Cathrine	Norges Bank	1:22:43 + 29:17	137,32
24	Reusch, Christian	Heming Orientering	1:25:49 + 32:23	135,91
25	Sauar, Brita Opheim	IL Koll	1:25:52 + 32:26	135,88
26	Farkas, Lorent	Østmarka OK	1:27:00 + 33:34	135,37

27	Utskarpen, Audrun	IL GeoForm	1:27:09 + 33:43	135,30
28	Aulie, Harald	Heming Orientering	1:33:11 + 39:45	132,55
29	Fixdal, Trude	Heming Orientering	1:33:27 + 40:01	132,43
	Braadlie, Jo	Heming Orientering	DELTATT	50,00
	Onsager, Knut	IL GeoForm	DELTATT	50,00

Resultater Mellom (4,4 km)

Class	Navn	Klubb	Tid	Poeng
1	Sundby, Jørn	Larvik OK	0:37:59 + 00:00	137,40
2	Henriksen, Jan Tore	Norges Bank BIL	0:44:04 + 06:05	134,98
3	Helland, Knut	Østmarka OK	0:44:18 + 06:19	134,89
4	Langaas, Sindre	Nydalens SK	0:44:43 + 06:44	134,72
5	Teigland, Rune	Østmarka OK	0:49:00 + 11:01	133,02
6	Ottesen, Sture	Indre Østfold OK	0:49:52 + 11:53	132,67
7	Knudsen, Magne	Privat	0:50:05 + 12:06	132,59
8	Hallan, Bjørn	Fossum IF	0:51:45 + 13:46	131,92
9	Ask, Kjetil	Nittedal OL	0:52:25 + 14:26	131,66
10	Sundtjønn, Tone Aamli	Lillomarka OL	0:53:34 + 15:35	131,20
11	Berge, Rune	IL Tyrving	0:55:35 + 17:36	130,40
12	Sundtjønn, Tore	Årvoll IL	0:55:39 + 17:40	130,37
13	Sigurdson, Roar	Ringnes BIL	0:58:38 + 20:39	129,19
14	Øhlckers, Milda	IL Tyrving	0:59:07 + 21:08	128,99
15	Sverdrup-Thygeson, Kjetil	NGI	0:59:11 + 21:12	128,97
16	Gunnerød, Hege	Asker Skiklubb	0:59:29 + 21:30	128,85
17	Granly, Martin	Siemens	0:59:41 + 21:42	128,77
18	Roti, Torunn Drage	BI	0:59:49 + 21:50	128,72
19	Bjørnerud, Erik	IL GeoForm	0:59:55 + 21:56	128,68
20	Teigen, Jorunn	Privat	1:00:18 + 22:19	128,52
21	Røstadsand, Per Arne	Nydalens SK	1:00:56 + 22:57	128,27
22	Mella, Stein	Oppsal Orientering	1:01:44 + 23:45	127,95
23	Lahlum, Jon	IL GeoForm	1:01:48 + 23:49	127,93
24	Haugen, Øyvind	Lillomarka OL	1:01:52 + 23:53	127,90
25	Berge, Ketil	Vestre Akers SK	1:02:19 + 24:20	127,72
26	Longva, Tore	VBIL	1:03:16 + 25:17	127,34
27	Johansen, Frode	Equinor BIL	1:03:29 + 25:30	127,26
28	Jensen, Einar	Nydalens SK	1:03:44 + 25:45	127,16
29	Horvath, Zoltan	VBIL	1:04:45 + 26:46	126,75
30	Tronbøl, Heidi	Fet OL	1:04:55 + 26:56	126,69
31	Ulltveit-Moe, Jo	IL Koll	1:08:05 + 30:06	125,43
32	Christiansen, Lars	Veritas BIL	1:08:24 + 30:25	125,30
33	Øvergaard, Tormod	Vestre Akers SK	1:12:06 + 34:07	123,83
34	Gisholt, Elise	Fossum IF	1:12:29 + 34:30	123,68
35	Danielsen, Anne	Nydalens SK	1:13:05 + 35:06	123,44

36	Raaen, Trine Marit Justad	Lierbygda OL	1:13:16 + 35:17	123,37
37	Sandvik, Jan Arne	Raumar OL	1:19:20 + 41:21	120,96
38	Drage, Tobias	Privat	1:19:21 + 41:22	120,95
39	Stokset, Kathrine	Oppsal Orientering	1:20:36 + 42:37	120,45
40	Øhlckers, Per	IL Tyrving	1:22:08 + 44:09	119,84
41	Berstad, Paula	Heming Orientering	1:28:53 + 50:54	117,16
42	Tho, Kjersti	Stabæk IF	1:36:09 + 58:10	114,27
43	Stokset, Brynjar	Oppsal Orientering	1:48:24 +1:10:25	109,40
44	Hjelm, Morten	VBIL	1:50:44 +1:12:45	108,47
45	Hofstad, Bjørn	Vestre Akers SK	1:57:08 +1:19:09	105,93
DSQ	Angell, Truls	Lillomarka OL	1:13:43 (-2 poster)	87,50
DSQ	Stenstadvold, Kjell	IL Tyrving	0:23:31 (-7 poster)	56,25
	Gisholt, Einar	Fossum IF	DELTATT	50,00
	Øhlckers, Sofia	IL Tyrving	FULLFØRT	100,00

Resultater Kort (2,3 km)

Plass	Navn	Klubb	Tid	Poeng
1	Erichsen, Andreas	Nydalens SK	0:24:58 + 00:00	120,55
2	Zeiner-Gundersen, Richard	Aker Brygge orientering	0:26:01 + 01:03	120,15
3	Berteig, Vidar	IL GeoForm	0:26:08 + 01:10	120,11
4	Sæther, Øystein	Lillomarka OL	0:27:21 + 02:23	119,65
5	Berg, Marius	Fossum IF	0:27:38 + 02:40	119,54
6	Kaarby, Per	IL GeoForm	0:28:57 + 03:59	119,04
7	Løken, Aleidis	Heming Orientering	0:31:28 + 06:30	118,09
8	Hellerud, Signy	Nydalens SK	0:31:38 + 06:40	118,03
9	Bjergaard, Anne Marit	Nydalens SK	0:32:37 + 07:39	117,65
10	Grøtting, Arvid	Nydalens SK	0:34:24 + 09:26	116,98
11	Sundelin, Eva Gisela	Heming Orientering	0:35:18 + 10:20	116,64
12	Flenning, Øystein	Oslostudentenes IK	0:35:58 + 11:00	116,39
13	Løken, Knut Anders	IL Koll	0:38:04 + 13:06	115,59
14	Hugdahl, Lise	Lillomarka OL	0:38:48 + 13:50	115,31
15	Solheim, Knut Tore	Nydalens SK	0:44:17 + 19:19	113,24
16	Lea, Tor	Nydalens SK	0:46:56 + 21:58	112,24
17	Madsen, Øystein	Haugerud IF	0:48:38 + 23:40	111,59
18	Valvatne, Thea Kruse	Privat	0:50:08 + 25:10	111,02
18	Tenge, Tarjus	Privat	0:50:08 + 25:10	111,02
18	Øgrim, Signe Danielsen	Privat	0:50:08 + 25:10	111,02
21	Egner, Bjørn	Heming Orientering	0:50:11 + 25:13	111,01
22	Broadwell, Sharon Lynn	IL GeoForm	0:50:38 + 25:40	110,84
23	Fougner, Jon C.	Heming Orientering	0:57:20 + 32:22	108,30
24	Drage, Unni	Haugerud IF	0:57:38 + 32:40	108,19
25	Drage, Tor	Haugerud IF	0:57:44 + 32:46	108,15
26	Hammer, Lena	Vestre Akers SK	0:58:48 + 33:50	107,74

27	Grymyr, Aina	Nordre Follo Orientering	1:07:49 + 42:51	104,33
28	Gunnerød, Bjørn	Asker Skiklubb	1:07:55 + 42:57	104,29
29	Standdal, Olav Løvhaug	IL Koll	1:11:40 + 46:42	102,87
30	Solheim, Paul	Privat	1:29:43 +1:04:45	100,00
	Kongsnes, Arne	Oppsal Orientering	FULLFØRT	100,00
DSQ	Ouyang, Ping	Østmarka OK	1:11:10 (-4 poster)	66,67
DSQ	Eikeland, Inger Johanne	Nydalens SK	0:57:05 (-5 poster)	58,33
DSQ	Hugdahl, Kirsti	Norsk Hydro	1:02:10 (-5 poster)	58,33

Strekktider Lang

Plass	Navn	Klubb	Tid	Poeng
1	Svarer, Tobias	Nydalens SK	0:53:26 + 00:00	150,66
	01:53-4 13:46-2 16:26-1 25:27-3 29:07-2 32:07-2 44:02-2 45:49-2 47:20-2		48:51-1 50:49-1 52:51-1 53:26-1	
	01:53-4 11:53-2 02:40-2 09:01-5 03:40-1 03:00-3 11:55-3 01:47-7 01:31-1		01:31-3 01:58-3 02:02-8 00:35-13	
	00:17# 00:15+ 00:03+ 00:29+ 00:00= 00:16+ 00:39+ 00:32& 00:00=		00:12# 00:17# 00:17# 00:07&	
2	Hafskjold, Sondre	Nydalens SK	0:53:44 + 00:18	150,52
	01:59-6 13:37-1 16:49-3 25:26-2 29:12-3 31:56-1 43:58-1 45:47-1 47:18-1		49:13-2 51:29-2 53:14-2 53:44-2	
	01:59-6 11:38-1 03:12-8 08:37-3 03:46-3 02:44-1 12:02-6 01:49-9 01:31-1		01:55-10 02:16-10 01:45-1 00:30-3	
	00:23# 00:00= 00:35# 00:05+ 00:06+ 00:00= 00:46+ 00:34& 00:00=		00:36& 00:35& 00:00= 00:02+	
3	Nielsen, Simen	Nydalens SK	0:54:50 + 01:24	150,02
	01:39-2 13:57-3 16:34-2 25:06-1 28:56-1 32:12-3 44:54-3 47:14-3 48:58-3		50:25-3 52:29-3 54:22-3 54:50-3	
	01:39-2 12:18-4 02:37-1 08:32-1 03:50-4 03:16-6 12:42-8 02:20-18 01:44-7		01:27-2 02:04-5 01:53-6 00:28-1	
	00:03+ 00:40+ 00:00= 00:00= 00:10+ 00:32# 01:26# 01:05& 00:13#		00:08# 00:23# 00:08+ 00:00=	
4	Bæk, Sindre	Oppsal IF	0:55:36 + 02:10	149,67
	02:13-14 14:23-4 17:26-4 26:01-4 29:44-4 32:46-4 46:54-5 48:41-4 50:16-4		51:35-4 53:16-4 55:08-4 55:36-4	
	02:13-14 12:10-3 03:03-5 08:35-2 03:43-2 03:02-4 14:08-11 01:47-7 01:35-4		01:19-1 01:41-1 01:52-5 00:28-1	
	00:37& 00:32+ 00:26# 00:03+ 00:03+ 00:18# 02:52& 00:32& 00:04+		00:00= 00:00= 00:07+ 00:00=	
5	Størmer, Leif	Fossum IF	0:56:48 + 03:22	149,13
	01:57-5 15:00-6 17:53-5 27:27-5 31:40-5 35:08-5 47:03-6 48:52-5 50:31-5		52:18-5 54:24-5 56:15-5 56:48-5	
	01:57-5 13:03-6 02:53-3 09:34-7 04:13-6 03:28-7 11:55-3 01:49-9 01:39-6		01:47-5 02:06-6 01:51-4 00:33-10	
	00:21# 01:25# 00:16# 01:02# 00:33# 00:44& 00:39+ 00:34& 00:08+		00:28& 00:25# 00:06+ 00:05#	
6	Schlaupitz, Holger	IL GeoForm	0:57:17 + 03:51	148,91
	01:36-1 15:40-7 19:43-8 28:26-6 32:28-6 35:25-6 46:41-4 49:16-6 50:48-6		52:24-6 54:38-6 56:46-6 57:17-6	
	01:36-1 14:04-7 04:03-16 08:43-4 04:02-5 02:57-2 11:16-1 02:35-20 01:32-3		01:36-4 02:14-9 02:08-9 00:31-5	
	00:00= 02:26# 01:26& 00:11+ 00:22# 00:13+ 00:00= 01:20@ 00:01+		00:17# 00:33& 00:23# 00:03#	
7	Hafskjold, Runar	Nydalens SK	1:00:47 + 07:21	147,31
	02:09-11 16:20-8 19:27-6 29:47-7 34:56-7 38:36-7 50:17-7 51:59-7 53:45-7		55:32-7 57:43-7 59:36-7 60:47-7	
	02:09-11 14:11-9 03:07-6 10:20-9 05:09-11 03:40-8 11:41-2 01:42-3 01:46-8		01:47-5 02:11-8 01:53-6 01:11-29	
	00:33& 02:33# 00:30# 01:48# 01:29& 00:56& 00:25+ 00:27& 00:15#		00:28& 00:30& 00:08+ 00:43@	
8	Kiziiov, Serhii	Oppsal IF	1:00:50 + 07:24	147,29
	02:02-7 18:11-15 21:08-11 30:49-9 36:17-10 39:19-9 51:15-8 53:07-8 54:43-8		56:35-8 58:32-8 60:18-8 60:50-8	
	02:02-7 16:09-16 02:57-4 09:41-8 05:28-16 03:02-4 11:56-5 01:52-12 01:36-5		01:52-9 01:57-2 01:46-2 00:32-7	
	00:26& 04:31& 00:20# 01:09# 01:48& 00:18# 00:40+ 00:37& 00:05+		00:33& 00:16# 00:01+ 00:04#	

9	Benjaminsen, Vidar			Lillomarka OL		1:04:02 + 10:36		145,83					
	02:14-15	17:12-10	20:39-9	31:22-10	36:10-9	39:52-10	52:28-9	54:04-9	56:17-9	58:31-9	60:57-9	63:13-9	64:02-9
	02:14-15	14:58-11	03:27-9	10:43-10	04:48-7	03:42-9	12:36-7	01:36-2	02:13-21	02:14-21	02:26-11	02:16-14	00:49-25
	00:38&	03:20&	00:50&	02:11&	01:08&	00:58&	01:20#	00:21&	00:42&	00:55&	00:45&	00:31&	00:21&
10	Aurmo, Halvor			Heming Orientering		1:04:24 + 10:58		145,66					
	01:40-3	14:36-5	21:09-12	30:29-8	35:24-8	39:18-8	53:20-10	55:40-10	57:27-10	59:36-10	61:35-10	63:25-10	64:24-10
	01:40-3	12:56-5	06:33-26	09:20-6	04:55-9	03:54-13	14:02-9	02:20-18	01:47-9	02:09-18	01:59-4	01:50-3	00:59-28
	00:04+	01:18#	03:56@	00:48+	01:15&	01:10&	02:46#	01:05&	00:16#	00:50&	00:18#	00:05+	00:31@
11	Berstad, Audun			Heming Orientering		1:06:59 + 13:33		144,49					
	02:11-12	17:45-12	21:33-14	33:10-13	38:02-11	41:51-11	55:54-11	57:45-11	59:37-11	61:35-11	64:10-11	66:28-11	66:59-11
	02:11-12	15:34-13	03:48-12	11:37-14	04:52-8	03:49-12	14:03-10	01:51-11	01:52-13	01:58-12	02:35-16	02:18-15	00:31-5
	00:35&	03:56&	01:11&	03:05&	01:12&	01:05&	02:47#	00:36&	00:21#	00:39&	00:54&	00:33&	00:03#
12	Ødegaard, Morten			Lillomarka OL		1:07:21 + 13:55		144,32					
	02:40-24	17:23-11	20:50-10	32:50-12	38:55-12	42:38-12	57:41-13	58:56-12	60:43-12	62:30-12	64:37-12	66:51-12	67:21-12
	02:40-24	14:43-10	03:27-9	12:00-17	06:05-24	03:43-11	15:03-15	01:15-1	01:47-9	01:47-5	02:07-7	02:14-10	00:30-3
	01:04&	03:05&	00:50&	03:28&	02:25&	00:59&	03:47&	00:00=	00:16#	00:28&	00:26&	00:29&	00:02+
13	Iwe, Harald			IL GeoForm		1:10:50 + 17:24		142,73					
	02:04-9	18:51-18	22:40-15	34:30-14	40:21-14	44:16-14	59:35-14	61:17-13	63:05-13	65:06-13	67:46-13	70:00-13	70:50-13
	02:04-9	16:47-21	03:49-13	11:50-16	05:51-19	03:55-15	15:19-16	01:42-3	01:48-11	02:01-14	02:40-19	02:14-10	00:50-26
	00:28&	05:09&	01:12&	03:18&	02:11&	01:11&	04:03&	00:27&	00:17#	00:42&	00:59&	00:29&	00:22&
14	Standdal, Helge			IL Koll		1:13:33 + 20:07		141,50					
	02:32-21	18:58-19	23:02-16	36:59-18	42:35-18	46:45-17	61:36-15	63:28-14	65:30-14	67:31-14	69:57-14	72:58-14	73:33-14
	02:32-21	16:26-18	04:04-17	13:57-23	05:36-18	04:10-21	14:51-14	01:52-12	02:02-16	02:01-14	02:26-11	03:01-26	00:35-13
	00:56&	04:48&	01:27&	05:25&	01:56&	01:26&	03:35&	00:37&	00:31&	00:42&	00:45&	01:16&	00:07&
15	Jørgensen, Eirik			Tyrving IL		1:14:42 + 21:16		140,97					
	02:12-13	17:58-14	21:29-13	32:34-11	39:39-13	43:21-13	57:34-12	63:30-15	66:04-15	68:37-15	71:26-15	73:49-15	74:42-15
	02:12-13	15:46-14	03:31-11	11:05-11	07:05-29	03:42-9	14:13-12	05:56-27	02:34-25	02:33-26	02:49-22	02:23-17	00:53-27
	00:36&	04:08&	00:54&	02:33&	03:25&	00:58&	02:57&	04:41@	01:03&	01:14&	01:08&	00:38&	00:25&
16	Rustad, Gunnar			Nittedal OL		1:15:43 + 22:17		140,51					
	02:29-19	18:45-17	24:22-20	36:11-16	41:34-15	45:28-15	64:01-18	65:44-16	68:05-16	70:14-16	72:56-16	75:11-16	75:43-16
	02:29-19	16:16-17	05:37-25	11:49-15	05:23-15	03:54-13	18:33-25	01:43-6	02:21-23	02:09-18	02:42-20	02:15-12	00:32-7
	00:53&	04:38&	03:00@	03:17&	01:43&	01:10&	07:17&	00:28&	00:50&	00:50&	01:01&	00:30&	00:04#
17	Kippernes, Frank Åge			IL GeoForm		1:17:08 + 23:42		139,86					
	02:08-10	21:00-25	25:05-22	37:49-20	43:07-19	47:11-19	64:23-19	66:28-17	68:29-17	70:42-17	73:37-17	76:33-17	77:08-17
	02:08-10	18:52-25	04:05-18	12:44-18	05:18-14	04:04-18	17:12-20	02:05-16	02:01-15	02:13-20	02:55-24	02:56-24	00:35-13
	00:32&	07:14&	01:28&	04:12&	01:38&	01:20&	05:56&	00:50&	00:30&	00:54&	01:14&	01:11&	00:07&
18	Heitmann, Ståle			IL GeoForm		1:17:22 + 23:56		139,76					
	02:24-18	16:33-9	19:43-7	41:50-23	46:59-23	51:25-23	65:53-20	67:54-18	69:43-18	71:42-18	74:19-18	76:34-18	77:22-18
	02:24-18	14:09-8	03:10-7	22:07-29	05:09-11	04:26-23	14:28-13	02:01-14	01:49-12	01:59-13	02:37-17	02:15-12	00:48-24
	00:48&	02:31#	00:33#	13:35@	01:29&	01:42&	03:12&	00:46&	00:18#	00:40&	00:56&	00:30&	00:20&
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