

Jon Tolgensbakks minneløp - Gloeggeløpet

Dato/sted: 14. desember 2024 - Sognsvann øst
Kart: Sognsvann
Arr: IL GeoForm v/Øyvind Grandum, Harald Iwe
Antall: Totalt: 137 (GeoForm: 14, OSI: 4, DNV/ESSO: 2, Andre: 117)
Løpsrapport: Alder: 21-: 137, 17-20: 0, 13-16: 0, 0-12: 0
Startkont: kr. 50: 117 kr. 30: 20 kr. 0: 0
Betalt: kr. 50: 117 kr. 30: 18 kr. 0: 2
Leiebrikker: 6 stk

Resultater: [Lang\(27\)](#) | [Mellom\(59\)](#) | [Kort\(39\)](#) | [Småttroll\(12\)](#) | [Grafisk](#)
Strekketider: [Lang\(27\)](#) | [Mellom\(59\)](#) | [Kort\(39\)](#) | [Småttroll\(12\)](#)

Resultater Lang (6.0 km)

Class	Navn	Klubb	Tid	Poeng
1	Sommerhein, Erlend	Fossum IF	0:41:31 + 00:00	154.83
2	Schlaupitz, Holger	IL GeoForm	0:49:58 + 08:27	150.72
3	Eriksen, Jan Richard	Asker Skiklubb	0:50:44 + 09:13	150.35
4	Harstad, Håvard	Nordre Follo Orientering	0:57:29 + 15:58	147.07
5	Heitmann, Ståle	IL GeoForm	0:57:35 + 16:04	147.02
6	Berstad, Audun	Heming Orientering	0:58:14 + 16:43	146.71
7	Standal, Helge	IL Koll	0:58:40 + 17:09	146.50
8	Reusch, Fridtjof	Heming Orientering	0:59:09 + 17:38	146.26
9	Stenshorne, Per Christian	Nydalens SK	0:59:51 + 18:20	145.92
10	Grinde, Bjørn	IL GeoForm	1:00:39 + 19:08	145.53
11	Trier, Øivind Thorvald Due	OSI	1:03:33 + 22:02	144.12
12	Bjørnerud, Erik	IL GeoForm	1:04:57 + 23:26	143.44
13	Kippernes, Frank Åge	IL GeoForm	1:05:14 + 23:43	143.31
14	Systad, Rolv Anders	Lyn Ski	1:05:16 + 23:45	143.29
15	Heilemann, Nicolai		1:06:53 + 25:22	142.51
16	Fagerhaug, Are	IL GeoForm	1:07:54 + 26:23	142.01
17	Sandvik, Cathrine	Norges Bank BIL	1:08:13 + 26:42	141.86
18	Reusch, Christian	Heming Orientering	1:09:09 + 27:38	141.40
19	Saugestad, Fredrik	Nydalens SK	1:09:34 + 28:03	141.20
20	Eikedalen, Hans-Petter	Porsgrunn OL	1:11:03 + 29:32	140.48
21	Rudningen, Lene	Porsgrunn OL	1:11:10 + 29:39	140.42
22	Sandberg, Per	Nydalens SK	1:15:18 + 33:47	138.42
23	Farkas, Lorant	Østmarka OK	1:18:15 + 36:44	136.98
24	Refsland, Ivar	IL Tyrving	1:20:52 + 39:21	135.71
25	Ottersland, Per Kristian	IL GeoForm	1:23:40 + 42:09	134.35
26	Sauar, Brita	IL Koll	1:29:50 + 48:19	131.35

27 Furlan, Riccardo OSI 2:09:37 +1:28:06 112.03

Resultater Mellom (4.0 km)

Plass	Navn	Klubb	Tid	Poeng
1	Helland, Knut	Østmarka OK	0:35:04 + 00:00	136.33
2	Henriksen, Jan Tore	Norges Bank BIL	0:36:28 + 01:24	135.68
3	Benjaminsen, Vidar	Lillomarka OL	0:38:42 + 03:38	134.65
4	Lande, Steinar	Bø OL	0:39:29 + 04:25	134.29
5	Fjør, Hallvard	Lillomarka OL	0:40:02 + 04:58	134.04
6	Teigland, Rune	Østmarka OK	0:40:08 + 05:04	133.99
7	Låg, Steinar	VBIL	0:40:35 + 05:31	133.79
8	Kalleson, Tine	Oppsal Orientering	0:40:39 + 05:35	133.75
9	Gylver, Bård	Asker Skiklubb	0:42:01 + 06:57	133.12
10	Jensen, Einar	Nydalens SK	0:42:40 + 07:36	132.82
11	Knudsen, Magne	Privat	0:42:47 + 07:43	132.77
12	Aarseth, Mari	Nydalens SK	0:43:18 + 08:14	132.53
13	Rayamajhi, Dagrún Brox	Oppsal IF	0:43:31 + 08:27	132.43
14	Langmyren, Ole Kjell	Lillomarka OL	0:43:57 + 08:53	132.23
15	Flenning, Øystein	IL Koll	0:44:15 + 09:11	132.09
16	Berteig, Vidar	IL GeoForm	0:44:26 + 09:22	132.01
17	Sigurdson, Roar	Ringnes BIL	0:45:19 + 10:15	131.60
18	Erichsen, Andreas	Nydalens SK	0:46:11 + 11:07	131.20
19	Gunnerød, Hege	Asker Skiklubb	0:47:57 + 12:53	130.39
20	Solberg, Veslemøy	Konnerud IL	0:49:12 + 14:08	129.81
21	Kalleson, Elin	Oppsal IF	0:49:13 + 14:09	129.80
22	Mella, Stein	Oppsal Orientering	0:49:15 + 14:11	129.79
23	Eriksen, Are	Oslostudentenes IK	0:49:24 + 14:20	129.72
24	Ohrvik, Sven	Konnerud IL	0:49:37 + 14:33	129.62
25	Skantze, Kjersti	IL Tyrving	0:49:42 + 14:38	129.58
26	Tronbøl, Heidi	Fet OL	0:50:11 + 15:07	129.36
27	Berge, Ketil	Vestre Akers SK	0:50:21 + 15:17	129.28
28	Aarseth, Iver	Nydalens SK	0:50:24 + 15:20	129.26
29	Granly, Martin	Siemens	0:51:05 + 16:01	128.94
30	Rayamajhi, Julia Brox	Oppsal IF	0:52:03 + 16:59	128.50
31	Johansen, Frode	Equinor BIL	0:52:14 + 17:10	128.41
32	Klaveness, Peter	Måren OK	0:53:14 + 18:10	127.95
33	Danielsen, Anne	Nydalens SK	0:54:12 + 19:08	127.51
34	Thømt, Øyvind	Indre Østfold OK	0:54:55 + 19:51	127.18
35	Røstadsand, Per Arne	Nydalens SK	0:55:17 + 20:13	127.01
36	Kjenseth, Cecile	Heming Orientering	0:55:43 + 20:39	126.81
37	Lahlum, Tor	Nordre Follo Orientering	0:55:57 + 20:53	126.70
38	Harstad, Helene	Nordre Follo Orientering	0:55:59 + 20:55	126.68
39	Hanssen, Pål Woldstad	Eiker OL	0:56:38 + 21:34	126.38

40	Sandvik, Jan Arne	Raumar OL	0:56:51 + 21:47	126.28
41	Skjelkvåle, Brit Lisa	IL GeoForm	0:56:55 + 21:51	126.25
42	Sundelin Rørvik, Gisela	Heming Orientering	0:56:58 + 21:54	126.23
43	Angell, Truls	Lillomarka OL	0:57:12 + 22:08	126.12
44	Grandum, Øyvind	Geoform IL	0:57:26 + 22:22	126.02
45	Lahlum, Jon	IL GeoForm	0:57:43 + 22:39	125.88
46	Rikheim, Harald	Privat	0:57:44 + 22:40	125.88
47	Øvergaard, Tormod	Vestre Akers SK	0:59:34 + 24:30	125.03
48	Gylver, Øyvind	Asker Skiklubb	0:59:44 + 24:40	124.95
49	Broadwell, Sharon	IL GeoForm	0:59:57 + 24:53	124.86
50	Christensen, Lars	VBIL	1:00:30 + 25:26	124.60
51	Falck, Heidi	IL Tyrving	1:03:56 + 28:52	123.02
52	Engzelius, Margrete	Asker Skiklubb	1:05:08 + 30:04	122.46
53	Erøy, Karl Aasmund	OK Moss	1:07:35 + 32:31	121.34
54	Tho, Kjersti	Stabæk IF	1:12:15 + 37:11	119.18
55	Juhasz, Katalin	Østmarka OK	1:30:29 + 55:25	110.78
	Vik, Eilen Arctander	IL Koll	FULLFØRT	100.00
	Edvardsen, Tom	IL Koll	FULLFØRT	100.00
DSQ	Bratsberg, Bo	Privat	0:55:46 (-1 poster)	93.75
DSQ	Christensen, Bjørn	Østmarka OK	0:41:03 (-6 poster)	62.50

Resultater Kort (2.0 km)

Plass	Navn	Klubb	Tid	Poeng
1	Lian, Odd Arne	IL Koll	0:24:25 + 00:00	121.33
2	Løken, Aleidis	Heming Orientering	0:28:01 + 03:36	120.05
3	Sletner, Kristin	IL GeoForm	0:29:06 + 04:41	119.66
4	Zeiner-Gundersen, Richard	Lierbygda OL	0:29:21 + 04:56	119.57
5	Skomdal, Anne Ragnhild	IL Koll	0:29:52 + 05:27	119.39
6	Sæther, Øystein	Lillomarka OL	0:31:23 + 06:58	118.85
7	Raaen, Trine Marit Justad	Lierbygda OL	0:31:52 + 07:27	118.68
8	Skomedal, Torkjell	IL Koll	0:33:33 + 09:08	118.08
9	Clasen, Claus Frimann	Lyberg & Partnere	0:33:44 + 09:19	118.02
10	Jacobsen, Kjetil	Hamar OK	0:34:43 + 10:18	117.67
11	Kaarby, Per	IL GeoForm	0:36:33 + 12:08	117.02
12	Løken, Knut-Anders	Fossum IF	0:40:28 + 16:03	115.62
13	Solheim, Knut Tore	Nydalens SK	0:40:38 + 16:13	115.57
14	Nipen, Olav	IL Tyrving	0:40:54 + 16:29	115.47
15	Nermoen, Ingrid	Østmarka OK	0:41:52 + 17:27	115.13
16	Mortensen, Simen	IL Koll	0:42:03 + 17:38	115.06
17	Landstad, Magnus	Freidig	0:46:02 + 21:37	113.65
18	Eikeland, Inger Johanne	Nydalens SK	0:47:58 + 23:33	112.96
19	Grymyr, Aina	Norde Follo Orientering	0:48:19 + 23:54	112.84
20	Haugen, Per	Lillomarka OL	0:48:50 + 24:25	112.65

21	Sandelien, Bjørn	Heming Orientering	0:49:30 + 25:05	112.42
22	Fougner, Jon C.	Heming Orientering	0:51:14 + 26:49	111.80
23	Huseth, Egil	Kamp/Vestheim IF	0:52:02 + 27:37	111.52
24	Madsen, Øystein	Haugerud IF	0:52:30 + 28:05	111.35
25	Kooistra, Floor		0:56:16 + 31:51	110.01
26	Drage, Tor	Haugerud IF	1:00:56 + 36:31	108.35
27	Drage, Unni	Haugerud IF	1:00:57 + 36:32	108.35
28	Lea, Tor	Nydalens SK	1:03:03 + 38:38	107.60
29	Hammer, Lena	Vestre Akers SK	1:04:45 + 40:20	107.00
30	Sandelien, Sidsel	Heming Orientering	1:10:58 + 46:33	104.79
31	Spjelkavik, Aud I	IL Tyrving	1:14:19 + 49:54	103.60
32	Gunnerød, Bjørn	Asker Skiklubb	1:19:52 + 55:27	101.63
33	Grenborgsen, Anna	IL Koll	1:21:33 + 57:08	101.03
34	Berg, Marius	Fossum IF	1:28:11 +1:03:46	100.00
	Waller, Maj		FULLFØRT	100.00
DSQ	Ouyang, Ping	Østmarka OK	1:02:54 (-3 poster)	78.57
DSQ	Vangen, Christin	Oslostudentenes IK	0:46:25 (-4 poster)	71.43
	Edwardsen, Maren	IL Koll	DELTATT	50.00
	Eriksen, Trude		DELTATT	50.00

Resultater Småtroll (1.0 km)

Class	Navn	Klubb	Tid	Poeng
1	Evjen-Børresen, Amalie	IL Koll	0:15:34 + 00:00	100.00
2	Evjan Børresen, Elias		0:19:31 + 03:57	100.00
3	Haugen-Jordheim, Marie	IL Koll	0:20:05 + 04:31	100.00
4	Standal, Aksel Løvhaug	IL Koll	0:20:21 + 04:47	100.00
5	Standal, Olav Løvhaug	IL Koll	0:29:23 + 13:49	100.00
6	Lian Mortensen, Martin	IL Koll	0:30:26 + 14:52	100.00
7	Eide-Fredriksen, Ivi	Kamp/Vestheim IF	0:47:31 + 31:57	100.00
8	Wiese, Ragna	IL Koll	1:13:43 + 58:09	100.00
	Solhjell, Hauk	Privat	FULLFØRT	100.00
	Jacobsen, Maria Margrete	Hamar OK	FULLFØRT	100.00
DSQ	Kaltenvold, Theodor	IL Koll	0:19:49 (-1 poster)	95.00
DSQ	Eide-Fredriksen, Aksel	Kamp/Vestheim IF	0:47:28 (-1 poster)	95.00

Strekktider Lang

Class	Navn	Klubb	Tid	Poeng
1	Sommerhein, Erlend	Fossum IF	0:41:31 + 00:00	154.83
			01:13-1 03:16-1 09:10-1 10:49-1 15:14-1 17:49-1 23:04-1 25:39-1 31:29-1 37:02-1 41:09-1 41:31-1	
			01:13-1 02:03-1 05:54-1 01:39-1 04:25-1 02:35-1 05:15-2 02:35-1 05:50-1 05:33-1 04:07-1 00:22-2	

00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:27+	00:00=	00:00=	00:00=	00:00=	00:02#
2	Schlaupitz, Holger			IL GeoForm				0:49:58 +	08:27	150.72		
01:37-2	04:20-2	12:00-2	13:58-2	19:24-2	22:37-2	27:25-2	30:28-2	37:39-2	44:22-2	49:24-2	49:58-2	
01:37-2	02:43-3	07:40-2	01:58-2	05:26-2	03:13-2	04:48-1	03:03-4	07:11-2	06:43-3	05:02-4	00:34-18	
00:24&	00:40&	01:46&	00:19#	01:01#	00:38#	00:00=	00:28#	01:21#	01:10#	00:55#	00:14&	
3	Eriksen, Jan Richard			Asker Skiklubb				0:50:44 +	09:13	150.35		
01:50-3	04:26-3	12:10-3	14:21-3	19:48-3	23:11-3	28:40-3	31:29-3	38:42-3	45:01-3	50:24-3	50:44-3	
01:50-3	02:36-2	07:44-3	02:11-6	05:27-3	03:23-3	05:29-4	02:49-2	07:13-3	06:19-2	05:23-8	00:20-1	
00:37&	00:33&	01:50&	00:32&	01:02#	00:48&	00:41#	00:14+	01:23#	00:46#	01:16&	00:00=	
4	Harstad, Håvard			Nordre Follo Orientering				0:57:29 +	15:58	147.07		
01:59-4	05:12-6	13:18-6	15:26-4	21:29-4	25:14-4	31:12-4	34:37-4	42:34-4	50:33-4	56:50-4	57:29-4	
01:59-4	03:13-11	08:06-5	02:08-5	06:03-5	03:45-8	05:58-6	03:25-7	07:57-8	07:59-11	06:17-15	00:39-24	
00:46&	01:10&	02:12&	00:29&	01:38&	01:10&	01:10#	00:50&	02:07&	02:26&	02:10&	00:19&	
5	Heitmann, Ståle			IL GeoForm				0:57:35 +	16:04	147.02		
03:02-25	05:56-16	14:58-11	17:01-9	22:45-6	26:41-6	32:49-7	35:59-5	45:11-8	52:35-7	57:10-5	57:35-5	
03:02-25	02:54-6	09:02-9	02:03-4	05:44-4	03:56-12	06:08-8	03:10-5	09:12-17	07:24-9	04:35-2	00:25-4	
01:49@	00:51&	03:08&	00:24#	01:19&	01:21&	01:20&	00:35#	03:22&	01:51&	00:28#	00:05&	
6	Berstad, Audun			Heming Orientering				0:58:14 +	16:43	146.71		
02:02-5	05:15-7	14:00-7	16:23-6	22:29-5	26:16-5	32:31-5	36:30-6	44:24-5	51:41-5	57:46-6	58:14-6	
02:02-5	03:13-11	08:45-7	02:23-10	06:06-6	03:47-9	06:15-9	03:59-16	07:54-6	07:17-6	06:05-14	00:28-7	
00:49&	01:10&	02:51&	00:44&	01:41&	01:12&	01:27&	01:24&	02:04&	01:44&	01:58&	00:08&	
7	Standal, Helge			IL Koll				0:58:40 +	17:09	146.50		
02:04-7	05:27-10	14:20-8	16:40-7	23:51-10	27:43-9	34:01-9	37:44-9	46:15-10	53:19-8	58:13-7	58:40-7	
02:04-7	03:23-14	08:53-8	02:20-8	07:11-19	03:52-10	06:18-10	03:43-11	08:31-12	07:04-5	04:54-3	00:27-5	
00:51&	01:20&	02:59&	00:41&	02:46&	01:17&	01:30&	01:08&	02:41&	01:31&	00:47#	00:07&	
8	Reusch, Fridtjof			Heming Orientering				0:59:09 +	17:38	146.26		
02:11-10	05:03-4	13:17-5	17:23-11	23:40-8	27:15-8	32:39-6	36:51-7	45:07-7	53:21-9	58:40-8	59:09-8	
02:11-10	02:52-4	08:14-6	04:06-25	06:17-8	03:35-5	05:24-3	04:12-21	08:16-11	08:14-13	05:19-7	00:29-9	
00:58&	00:49&	02:20&	02:27@	01:52&	01:00&	00:36#	01:37&	02:26&	02:41&	01:12&	00:09&	
9	Stenshorne, Per Christian			Nydalens SK				0:59:51 +	18:20	145.92		
02:13-12	05:23-9	15:09-13	17:26-12	24:09-12	27:49-10	33:37-8	37:03-8	44:38-6	51:59-6	59:23-9	59:51-9	
02:13-12	03:10-9	09:46-18	02:17-7	06:43-10	03:40-6	05:48-5	03:26-8	07:35-4	07:21-8	07:24-24	00:28-7	
01:00&	01:07&	03:52&	00:38&	02:18&	01:05&	01:00#	00:51&	01:45&	01:48&	03:17&	00:08&	
10	Grinde, Bjørn			IL GeoForm				1:00:39 +	19:08	145.53		
02:06-8	05:21-8	14:33-9	16:54-8	23:47-9	27:58-11	34:17-11	37:56-10	45:48-9	54:19-10	60:06-10	60:39-10	
02:06-8	03:15-13	09:12-12	02:21-9	06:53-13	04:11-15	06:19-11	03:39-9	07:52-5	08:31-18	05:47-12	00:33-15	
00:53&	01:12&	03:18&	00:42&	02:28&	01:36&	01:31&	01:04&	02:02&	02:58&	01:40&	00:13&	
11	Trier, Øivind Thorvald Due			OSI				1:03:33 +	22:02	144.12		
02:35-21	05:45-12	14:50-10	17:13-10	24:08-11	28:02-12	34:08-10	38:02-11	48:23-11	56:52-11	62:51-11	63:33-11	
02:35-21	03:10-9	09:05-11	02:23-10	06:55-15	03:54-11	06:06-7	03:54-15	10:21-20	08:29-17	05:59-13	00:42-26	
01:22@	01:07&	03:11&	00:44&	02:30&	01:19&	01:18&	01:19&	04:31&	02:56&	01:52&	00:22@	
12	Bjørnerud, Erik			IL GeoForm				1:04:57 +	23:26	143.44		
02:09-9	05:32-11	16:16-23	20:19-21	27:12-21	30:55-19	38:40-15	42:48-16	51:50-15	59:10-13	64:21-12	64:57-12	
02:09-9	03:23-14	10:44-24	04:03-24	06:53-13	03:43-7	07:45-19	04:08-19	09:02-15	07:20-7	05:11-5	00:36-21	
00:56&	01:20&	04:50&	02:24@	02:28&	01:08&	02:57&	01:33&	03:12&	01:47&	01:04&	00:16&	
13	Kippernes, Frank Åge			IL GeoForm				1:05:14 +	23:43	143.31		
02:54-24	05:47-13	15:48-15	18:21-16	25:06-16	29:06-13	35:36-12	40:18-12	49:16-12	57:35-12	64:38-13	65:14-13	

02:54-24	02:53-5	10:01-21	02:33-14	06:45-11	04:00-13	06:30-12	04:42-23	08:58-14	08:19-14	07:03-21	00:36-21
01:41@	00:50&	04:07&	00:54&	02:20&	01:25&	01:42&	02:07&	03:08&	02:46&	02:56&	00:16&
14	Systad, Rolv	Anders		Lyn Ski		1:05:16 +	23:45		143.29		
02:17-16	06:20-19	16:06-20	18:48-18	26:18-20	30:28-18	38:55-16	42:34-15	51:37-14	59:36-14	64:47-14	65:16-14
02:17-16	04:03-21	09:46-18	02:42-16	07:30-22	04:10-14	08:27-20	03:39-9	09:03-16	07:59-11	05:11-5	00:29-9
01:04&	02:00&	03:52&	01:03&	03:05&	01:35&	03:39&	01:04&	03:13&	02:26&	01:04&	00:09&
15	Heilemann, Nicolai					1:06:53 +	25:22		142.51		
02:11-11	05:05-5	13:08-4	16:21-5	23:16-7	26:48-7	43:06-20	46:07-20	54:01-18	61:02-16	66:29-15	66:53-15
02:11-10	02:54-6	08:03-4	03:13-21	06:55-15	03:32-4	16:18-26	03:01-3	07:54-6	07:01-4	05:27-10	00:24-3
00:58&	00:51&	02:09&	01:34&	02:30&	00:57&	11:30@	00:26#	02:04&	01:28&	01:20&	00:04#
16	Fagerhaug, Are			IL GeoForm		1:07:54 +	26:23		142.01		
02:22-18	06:02-17	16:08-21	18:59-19	26:00-18	32:17-20	39:13-17	42:58-17	51:36-13	60:24-15	67:27-16	67:54-16
02:22-18	03:40-18	10:06-22	02:51-17	07:01-17	06:17-25	06:56-15	03:45-13	08:38-13	08:48-19	07:03-21	00:27-5
01:09&	01:37&	04:12&	01:12&	02:36&	03:42@	02:08&	01:10&	02:48&	03:15&	02:56&	00:07&
17	Sandvik, Cathrine			Norges Bank BIL		1:08:13 +	26:42		141.86		
02:23-19	05:52-14	15:34-14	18:28-17	26:08-19	30:25-17	37:31-14	41:39-14	52:40-16	61:04-17	67:43-17	68:13-17
02:23-19	03:29-16	09:42-17	02:54-18	07:40-25	04:17-18	07:06-16	04:08-19	11:01-22	08:24-15	06:39-18	00:30-11
01:10&	01:26&	03:48&	01:15&	03:15&	01:42&	02:18&	01:33&	05:11&	02:51&	02:32&	00:10&
18	Reusch, Christian			Heming Orientering		1:09:09 +	27:38		141.40		
02:50-23	06:50-24	15:54-16	18:20-15	24:48-13	29:24-15	36:33-13	40:35-13	53:25-17	61:50-18	68:29-18	69:09-18
02:50-23	04:00-20	09:04-10	02:26-13	06:28-9	04:36-20	07:09-17	04:02-18	12:50-25	08:25-16	06:39-18	00:40-25
01:37@	01:57&	03:10&	00:47&	02:03&	02:01&	02:21&	01:27&	07:00@	02:52&	02:32&	00:20@
19	Saugestad, Fredrik			Nydalens SK		1:09:34 +	28:03		141.20		
02:14-14	05:53-15	15:06-12	17:40-13	24:59-15	29:14-14	40:10-19	44:09-19	54:20-19	62:05-19	69:00-19	69:34-19
02:14-14	03:39-17	09:13-13	02:34-15	07:19-20	04:15-17	10:56-24	03:59-16	10:11-19	07:45-10	06:55-20	00:34-18
01:01&	01:36&	03:19&	00:55&	02:54&	01:40&	06:08@	01:24&	04:21&	02:12&	02:48&	00:14&
20	Eikedalen, Hans-Petter			Porsgrunn OL		1:11:03 +	29:32		140.48		
02:13-13	06:35-22	15:56-17	23:43-26	31:08-24	37:26-24	44:11-22	47:55-21	55:53-20	65:04-20	70:31-20	71:03-20
02:13-12	04:22-25	09:21-14	07:47-27	07:25-21	06:18-26	06:45-14	03:44-12	07:58-9	09:11-22	05:27-10	00:32-13
01:00&	02:19@	03:27&	06:08@	03:00&	03:43@	01:57&	01:09&	02:08&	03:38&	01:20&	00:12&
21	Rudningen, Lene			Porsgrunn OL		1:11:10 +	29:39		140.42		
02:21-17	06:33-21	15:57-18	23:43-25	31:18-25	37:28-25	44:11-23	47:56-22	55:56-21	65:08-21	70:32-21	71:10-21
02:21-17	04:12-24	09:24-15	07:46-26	07:35-24	06:10-24	06:43-13	03:45-13	08:00-10	09:12-23	05:24-9	00:38-23
01:08&	02:09@	03:30&	06:07@	03:10&	03:35@	01:55&	01:10&	02:10&	03:39&	01:17&	00:18&
22	Sandberg, Per			Nydalens SK		1:15:18 +	33:47		138.42		
02:15-15	07:18-26	17:42-24	21:41-22	29:15-22	33:26-22	43:58-21	48:55-23	59:30-23	68:22-23	74:46-22	75:18-22
02:15-15	05:03-27	10:24-23	03:59-23	07:34-23	04:11-15	10:32-23	04:57-24	10:35-21	08:52-20	06:24-16	00:32-13
01:02&	03:00@	04:30&	02:20@	03:09&	01:36&	05:44@	02:22&	04:45&	03:19&	02:17&	00:12&
23	Farkas, Lorant			Østmarka OK		1:18:15 +	36:44		136.98		
03:20-26	06:25-20	16:00-19	19:04-20	25:19-17	29:36-16	40:03-18	43:17-18	56:44-22	65:52-22	77:42-23	78:15-23
03:20-26	03:05-8	09:35-16	03:04-20	06:15-7	04:17-18	10:27-22	03:14-6	13:27-26	09:08-21	11:50-27	00:33-15
02:07@	01:02&	03:41&	01:25&	01:50&	01:42&	05:39@	00:39&	07:37@	03:35&	07:43@	00:13&
24	Refsland, Ivar			IL Tyrving		1:20:52 +	39:21		135.71		
03:47-27	07:36-27	19:53-25	22:53-23	33:33-27	38:27-26	45:46-24	50:08-24	62:11-24	72:40-24	80:19-24	80:52-24
03:47-27	03:49-19	12:17-25	03:00-19	10:40-27	04:54-21	07:19-18	04:22-22	12:03-24	10:29-26	07:39-25	00:33-15
02:34@	01:46&	06:23@	01:21&	06:15@	02:19&	02:31&	01:47&	06:13@	04:56&	03:32&	00:13&
25	Ottersland, Per Kristian			IL GeoForm		1:23:40 +	42:09		134.35		

02:43-22	06:47-23	21:50-27	25:08-27	33:30-26	38:56-27	47:55-25	52:55-25	64:43-25	74:54-25	83:06-25	83:40-25
02:43-22	04:04-22	15:03-27	03:18-22	08:22-26	05:26-22	08:59-21	05:00-25	11:48-23	10:11-25	08:12-26	00:34-18
01:30@	02:01&	09:09@	01:39@	03:57&	02:51@	04:11&	02:25&	05:58@	04:38&	04:05&	00:14&
26	Suar, Brita			IL Koll			1:29:50 + 48:19		131.35		
02:32-20	07:00-25	20:36-26	23:00-24	30:03-23	36:01-23	49:26-26	60:44-26	70:32-26	82:56-26	89:20-26	89:50-26
02:32-20	04:28-26	13:36-26	02:24-12	07:03-18	05:58-23	13:25-25	11:18-26	09:48-18	12:24-27	06:24-16	00:30-11
01:19@	02:25@	07:42@	00:45&	02:38&	03:23@	08:37@	08:43@	03:58&	06:51@	02:17&	00:10&
27	Furlan, Riccardo			OSI			2:09:37 +1:28:06		112.03		
02:02-6	06:10-18	16:10-22	18:10-14	24:55-14	32:30-21	63:25-27	74:48-27	111:39-27	121:33-27	128:54-27	129:37-27
02:02-5	04:08-23	10:00-20	02:00-3	06:45-11	07:35-27	30:55-27	11:23-27	36:51-27	09:54-24	07:21-23	00:43-27
00:49&	02:05@	04:06&	00:21#	02:20&	05:00@	26:07@	08:48@	31:01@	04:21&	03:14&	00:23@

Strekktider Mellom

Plass	Navn	Klubb	Tid	Poeng					
1	Helland, Knut	Østmarka OK	0:35:04 + 00:00	136.33					
	01:59-3	05:00-3	13:07-2	15:12-1	21:18-2	23:15-1	29:32-1	34:34-1	35:04-1
	01:59-3	03:01-3	08:07-1	02:05-3	06:06-4	01:57-1	06:17-1	05:02-3	00:30-8
	00:08+	00:32#	00:00=	00:08+	00:43#	00:00=	00:00=	00:25+	00:05#
2	Henriksen, Jan Tore	Norges Bank BIL	0:36:28 + 01:24	135.68					
	02:09-7	04:38-2	14:08-5	16:35-5	21:58-3	24:05-3	31:26-2	36:03-2	36:28-2
	02:09-7	02:29-1	09:30-11	02:27-12	05:23-1	02:07-3	07:21-4	04:37-1	00:25-1
	00:18#	00:00=	01:23#	00:30&	00:00=	00:10+	01:04#	00:00=	00:00=
3	Benjaminsen, Vidar	Lillomarka OL	0:38:42 + 03:38	134.65					
	02:10-8	05:38-10	14:25-7	16:45-6	23:07-7	25:10-6	32:29-3	38:10-3	38:42-3
	02:10-8	03:28-14	08:47-6	02:20-9	06:22-6	02:03-2	07:19-3	05:41-8	00:32-18
	00:19#	00:59&	00:40+	00:23#	00:59#	00:06+	01:02#	01:04#	00:07&
4	Lande, Steinar	Bø OL	0:39:29 + 04:25	134.29					
	02:00-4	05:13-5	14:37-9	16:49-7	22:53-6	25:14-7	32:31-4	39:04-4	39:29-4
	02:00-4	03:13-6	09:24-10	02:12-5	06:04-3	02:21-5	07:17-2	06:33-24	00:25-1
	00:09+	00:44&	01:17#	00:15#	00:41#	00:24#	01:00#	01:56&	00:00=
5	Fjær, Hallvard	Lillomarka OL	0:40:02 + 04:58	134.04					
	02:04-5	05:08-4	13:35-3	16:02-4	22:32-4	25:02-5	32:53-5	39:30-5	40:02-5
	02:04-5	03:04-4	08:27-2	02:27-12	06:30-7	02:30-11	07:51-6	06:37-26	00:32-18
	00:13#	00:35#	00:20+	00:30&	01:07#	00:33&	01:34#	02:00&	00:07&
6	Teigland, Rune	Østmarka OK	0:40:08 + 05:04	133.99					
	02:13-11	05:27-7	14:09-6	17:00-8	23:39-8	26:26-8	34:09-7	39:42-6	40:08-6
	02:13-11	03:14-7	08:42-4	02:51-20	06:39-8	02:47-24	07:43-5	05:33-7	00:26-3
	00:22#	00:45&	00:35+	00:54&	01:16#	00:50&	01:26#	00:56#	00:01+
7	Låg, Steinar	VBIL	0:40:35 + 05:31	133.79					
	02:22-17	06:32-23	15:34-13	17:56-10	24:43-9	27:05-9	35:07-9	40:08-7	40:35-7
	02:22-17	04:10-33	09:02-8	02:22-10	06:47-10	02:22-6	08:02-9	05:01-2	00:27-5
	00:31&	01:41&	00:55#	00:25#	01:24&	00:25#	01:45&	00:24+	00:02+
8	Kalleson, Tine	Oppsal Orientering	0:40:39 + 05:35	133.75					

01:51-1	04:29-1	13:05-1	15:14-2	21:12-1	23:51-2	34:16-8	40:09-8	40:39-8		
01:51-1	02:38-2	08:36-3	02:09-4	05:58-2	02:39-19	10:25-36	05:53-12	00:30-8		
00:00=	00:09+	00:29+	00:12#	00:35#	00:42&	04:08&	01:16&	00:05#		
9	Gylver, Bård			Asker Skiklubb		0:42:01 +	06:57		133.12	
02:33-25	05:59-14	15:50-14	18:05-12	25:04-11	27:40-10	36:05-11	41:31-9	42:01-10		
02:33-25	03:26-13	09:51-17	02:15-7	06:59-11	02:36-17	08:25-12	05:26-4	00:30-8		
00:42&	00:57&	01:44#	00:18#	01:36&	00:39&	02:08&	00:49#	00:05#		
10	Jensen, Einar			Nydalens SK		0:42:40 +	07:36		132.82	
02:06-6	05:38-9	14:35-8	17:17-9	24:53-10	27:49-11	35:42-10	42:10-10	42:40-11		
02:06-6	03:32-16	08:57-7	02:42-19	07:36-22	02:56-29	07:53-7	06:28-22	00:30-8		
00:15#	01:03&	00:50#	00:45&	02:13&	00:59&	01:36&	01:51&	00:05#		
11	Knudsen, Magne			Privat		0:42:47 +	07:43		132.77	
02:15-13	07:33-39	16:47-19	19:19-17	26:31-16	28:57-16	36:52-13	42:21-11	42:47-12		
02:15-13	05:18-53	09:14-9	02:32-14	07:12-16	02:26-8	07:55-8	05:29-6	00:26-3		
00:24#	02:49@	01:07#	00:35&	01:49&	00:29#	01:38&	00:52#	00:01+		
12	Aarseth, Mari			Nydalens SK		0:43:18 +	08:14		132.53	
01:54-2	05:17-6	14:00-4	15:57-3	22:36-5	24:59-4	33:48-6	42:46-12	43:18-13		
01:54-2	03:23-11	08:43-5	01:57-1	06:39-8	02:23-7	08:49-17	08:58-49	00:32-18		
00:03+	00:54&	00:36+	00:00=	01:16#	00:26#	02:32&	04:21&	00:07&		
13	Rayamajhi, Dagraun Brox			Oppsal IF		0:43:31 +	08:27		132.43	
02:17-14	05:48-13	16:03-16	18:25-14	25:29-13	28:34-12	36:51-12	42:49-13	43:31-14		
02:17-14	03:31-15	10:15-21	02:22-10	07:04-13	03:05-37	08:17-10	05:58-14	00:42-41		
00:26#	01:02&	02:08&	00:25#	01:41&	01:08&	02:00&	01:21&	00:17&		
14	Langmyren, Ole Kjell			Lillomarka OL		0:43:57 +	08:53		132.23	
02:34-27	06:07-18	15:57-15	18:56-15	26:12-15	28:43-13	37:34-14	43:27-14	43:57-15		
02:34-26	03:33-18	09:50-16	02:59-27	07:16-17	02:31-12	08:51-20	05:53-12	00:30-8		
00:43&	01:04&	01:43#	01:02&	01:53&	00:34&	02:34&	01:16&	00:05#		
15	Flenning, Øystein			IL Koll		0:44:15 +	09:11		132.09	
02:22-18	05:43-11	15:22-11	18:17-13	25:55-14	28:44-14	37:56-15	43:41-15	44:15-16		
02:22-17	03:21-9	09:39-13	02:55-22	07:38-23	02:49-25	09:12-22	05:45-10	00:34-23		
00:31&	00:52&	01:32#	00:58&	02:15&	00:52&	02:55&	01:08#	00:09&		
16	Berteig, Vidar			IL GeoForm		0:44:26 +	09:22		132.01	
02:11-10	05:43-12	15:26-12	18:05-11	25:12-12	28:50-15	38:11-16	43:55-16	44:26-17		
02:11-10	03:32-16	09:43-14	02:39-17	07:07-14	03:38-49	09:21-24	05:44-9	00:31-15		
00:20#	01:03&	01:36#	00:42&	01:44&	01:41&	03:04&	01:07#	00:06#		
17	Sigurdson, Roar			Ringnes BIL		0:45:19 +	10:15		131.60	
02:14-12	06:00-16	16:14-17	19:10-16	27:06-18	29:32-18	38:46-18	44:49-17	45:19-18		
02:14-12	03:46-22	10:14-20	02:56-24	07:56-25	02:26-8	09:14-23	06:03-16	00:30-8		
00:23#	01:17&	02:07&	00:59&	02:33&	00:29#	02:57&	01:26&	00:05#		
18	Ericksen, Andreas			Nydalens SK		0:46:11 +	11:07		131.20	
02:34-26	06:17-21	17:56-28	20:30-22	28:02-22	30:41-21	39:30-19	45:35-18	46:11-19		
02:34-26	03:43-21	11:39-39	02:34-16	07:32-21	02:39-19	08:49-17	06:05-17	00:36-28		
00:43&	01:14&	03:32&	00:37&	02:09&	00:42&	02:32&	01:28&	00:11&		
19	Gunnerød, Hege			Asker Skiklubb		0:47:57 +	12:53		130.39	
02:44-32	06:06-17	17:29-22	21:33-31	28:57-24	31:12-23	40:50-20	47:18-19	47:57-20		
02:44-32	03:22-10	11:23-36	04:04-44	07:24-18	02:15-4	09:38-27	06:28-22	00:39-35		
00:53&	00:53&	03:16&	02:07@	02:01&	00:18#	03:21&	01:51&	00:14&		

20	Solberg, Veslemøy		Konnerud IL	0:49:12 + 14:08	129.81
	02:52-35 07:37-40 18:45-36	21:36-33 29:32-28 32:24-26	41:59-22 48:41-21 49:12-21		
	02:52-35 04:45-44 11:08-30	02:51-20 07:56-25 02:52-26	09:35-26 06:42-29 00:31-15		
	01:01& 02:16& 03:01&	00:54& 02:33& 00:55&	03:18& 02:05& 00:06#		
21	Kalleson, Elin		Oppsal IF	0:49:13 + 14:09	129.80
	02:21-16 06:16-20 17:30-23	20:42-24 27:44-20 30:44-22	42:07-24 48:34-20 49:13-22		
	02:21-15 03:55-25 11:14-33	03:12-32 07:02-12 03:00-33	11:23-44 06:27-20 00:39-35		
	00:30& 01:26& 03:07&	01:15& 01:39& 01:03&	05:06& 01:50& 00:14&		
22	Mella, Stein		Oppsal Orientering	0:49:15 + 14:11	129.79
	03:17-46 07:45-42 18:01-29	21:04-28 29:26-27 31:57-24	41:59-23 48:46-23 49:15-23		
	03:17-46 04:28-38 10:16-22	03:03-29 08:22-30 02:31-12	10:02-32 06:47-31 00:29-6		
	01:26& 01:59& 02:09&	01:06& 02:59& 00:34&	03:45& 02:10& 00:04#		
23	Eriksen, Are		Oslostudentenes IK	0:49:24 + 14:20	129.72
	02:59-40 06:47-27 17:34-24	21:33-32 30:47-33 33:31-31	42:18-25 48:42-22 49:24-24		
	02:59-40 03:48-23 10:47-26	03:59-43 09:14-41 02:44-22	08:47-15 06:24-19 00:42-41		
	01:08& 01:19& 02:40&	02:02@ 03:51& 00:47&	02:30& 01:47& 00:17&		
24	Ohrvik, Sven		Konnerud IL	0:49:37 + 14:33	129.62
	02:21-15 06:41-26 17:56-27	20:51-25 29:20-25 32:12-25	42:40-27 49:07-24 49:37-25		
	02:21-15 04:20-36 11:15-34	02:55-22 08:29-34 02:52-26	10:28-38 06:27-20 00:30-8		
	00:30& 01:51& 03:08&	00:58& 03:06& 00:55&	04:11& 01:50& 00:05#		
25	Skantzze, Kjersti		IL Tyrving	0:49:42 + 14:38	129.58
	02:27-22 06:39-24 17:35-25	20:53-26 29:22-26 32:52-28	42:35-26 49:10-25 49:42-26		
	02:27-22 04:12-35 10:56-28	03:18-34 08:29-34 03:30-47	09:43-29 06:35-25 00:32-18		
	00:36& 01:43& 02:49&	01:21& 03:06& 01:33&	03:26& 01:58& 00:07&		
26	Tronbøl, Heidi		Fet OL	0:50:11 + 15:07	129.36
	04:14-54 07:51-43 18:55-38	22:45-37 30:40-32 33:51-32	42:58-29 49:36-27 50:11-27		
	04:14-54 03:37-19 11:04-29	03:50-41 07:55-24 03:11-42	09:07-21 06:38-27 00:35-24		
	02:23@ 01:08& 02:57&	01:53& 02:32& 01:14&	02:50& 02:01& 00:10&		
27	Berge, Ketil		Vestre Akers SK	0:50:21 + 15:17	129.28
	02:25-20 06:53-29 17:44-26	21:09-29 29:37-30 33:15-30	42:49-28 49:46-28 50:21-28		
	02:25-19 04:28-38 10:51-27	03:25-36 08:28-32 03:38-49	09:34-25 06:57-32 00:35-24		
	00:34& 01:59& 02:44&	01:28& 03:05& 01:41&	03:17& 02:20& 00:10&		
28	Aarseth, Iver		Nydalens SK	0:50:24 + 15:20	129.26
	03:28-51 08:47-54 18:36-34	20:36-23 26:45-17 29:26-17	43:27-31 49:16-26 50:24-29		
	03:28-51 05:19-54 09:49-15	02:00-2 06:09-5 02:41-21	14:01-55 05:49-11 01:08-56		
	01:37& 02:50@ 01:42#	00:03+ 00:46# 00:44&	07:44@ 01:12& 00:43@		
29	Granly, Martin		Siemens	0:51:05 + 16:01	128.94
	02:46-34 06:49-28 17:06-20	19:38-18 27:06-19 29:39-19	38:22-17 50:30-29 51:05-30		
	02:46-34 04:03-28 10:17-23	02:32-14 07:28-20 02:33-14	08:43-13 12:08-53 00:35-24		
	00:55& 01:34& 02:10&	00:35& 02:05& 00:36&	02:26& 07:31@ 00:10&		
30	Rayamajhi, Julia Brox		Oppsal IF	0:52:03 + 16:59	128.50
	02:39-30 08:36-53 19:00-39	24:04-43 33:45-42 36:20-39	44:37-32 51:20-30 52:03-31		
	02:39-30 05:57-56 10:24-24	05:04-50 09:41-44 02:35-15	08:17-10 06:43-30 00:43-45		
	00:48& 03:28@ 02:17&	03:07@ 04:18& 00:38&	02:00& 02:06& 00:18&		
31	Johansen, Frode		Equinor BIL	0:52:14 + 17:10	128.41
	02:10-9 07:08-33 18:20-33	21:21-30 30:02-31 33:07-29	43:13-30 51:33-31 52:14-32		
	02:10-8 04:58-51 11:12-32	03:01-28 08:41-36 03:05-37	10:06-33 08:20-44 00:41-38		

00:19#	02:29@	03:05&	01:04&	03:18&	01:08&	03:49&	03:43&	00:16&		
32 Klaveness, Peter				Måren OK		0:53:14 + 18:10			127.95	
02:56-38	07:04-31	18:12-32	22:36-36	31:40-34	34:26-33	44:54-33	52:39-32	53:14-33		
02:56-38	04:08-30	11:08-30	04:24-46	09:04-40	02:46-23	10:28-38	07:45-42	00:35-24		
01:05&	01:39&	03:01&	02:27@	03:41&	00:49&	04:11&	03:08&	00:10&		
33 Danielsen, Anne				Nydalens SK		0:54:12 + 19:08			127.51	
02:26-21	06:17-22	16:21-18	24:38-45	33:36-41	36:05-37	44:55-34	53:24-33	54:12-34		
02:26-21	03:51-24	10:04-19	08:17-53	08:58-38	02:29-10	08:50-19	08:29-47	00:48-48		
00:35&	01:22&	01:57#	06:20@	03:35&	00:32&	02:33&	03:52&	00:23&		
34 Thømt, Øyvind				Indre Østfold OK		0:54:55 + 19:51			127.18	
02:25-19	05:37-8	15:13-10	19:57-19	29:35-29	38:05-42	46:51-35	54:19-34	54:55-35		
02:25-19	03:12-5	09:36-12	04:44-49	09:38-43	08:30-56	08:46-14	07:28-40	00:36-28		
00:34&	00:43&	01:29#	02:47@	04:15&	06:33@	02:29&	02:51&	00:11&		
35 Røstadsand, Per Arne				Nydalens SK		0:55:17 + 20:13			127.01	
03:47-53	07:10-35	17:11-21	20:08-20	32:42-38	40:33-51	49:21-44	54:48-35	55:17-36		
03:47-53	03:23-11	10:01-18	02:57-25	12:34-49	07:51-55	08:48-16	05:27-5	00:29-6		
01:56@	00:54&	01:54#	01:00&	07:11@	05:54@	02:31&	00:50#	00:04#		
36 Kjenseth, Cecile				Heming Orientering		0:55:43 + 20:39			126.81	
02:40-31	06:00-15	18:05-30	20:19-21	27:46-21	32:38-27	47:34-39	54:49-36	55:43-37		
02:40-31	03:20-8	12:05-41	02:14-6	07:27-19	04:52-53	14:56-56	07:15-37	00:54-51		
00:49&	00:51&	03:58&	00:17#	02:04&	02:55@	08:39@	02:38&	00:29@		
37 Lahlum, Tor				Nordre Follo Orientering		0:55:57 + 20:53			126.70	
02:36-29	07:53-47	19:16-40	22:24-35	32:34-36	36:06-38	46:56-36	55:12-39	55:57-39		
02:36-29	05:17-52	11:23-36	03:08-31	10:10-47	03:32-48	10:50-41	08:16-43	00:45-46		
00:45&	02:48@	03:16&	01:11&	04:47&	01:35&	04:33&	03:39&	00:20&		
38 Harstad, Helene				Nordre Follo Orientering		0:55:59 + 20:55			126.68	
02:31-23	07:07-32	18:38-35	20:54-27	28:03-23	30:38-20	41:36-21	55:05-38	55:59-40		
02:31-23	04:36-42	11:31-38	02:16-8	07:09-15	02:35-15	10:58-42	13:29-55	00:54-51		
00:40&	02:07&	03:24&	00:19#	01:46&	00:38&	04:41&	08:52@	00:29@		
39 Hanssen, Pål Woldstad				Eiker OL		0:56:38 + 21:34			126.38	
03:38-52	08:33-52	19:55-42	23:33-40	33:14-40	37:19-40	48:54-43	55:58-40	56:38-41		
03:38-52	04:55-49	11:22-35	03:38-40	09:41-44	04:05-52	11:35-46	07:04-33	00:40-37		
01:47&	02:26&	03:15&	01:41&	04:18&	02:08@	05:18&	02:27&	00:15&		
40 Sandvik, Jan Arne				Raumar OL		0:56:51 + 21:47			126.28	
02:52-36	07:27-38	22:39-53	27:05-50	35:50-46	38:27-43	50:13-47	56:14-42	56:51-42		
02:52-35	04:35-41	15:12-54	04:26-47	08:45-37	02:37-18	11:46-48	06:01-15	00:37-30		
01:01&	02:06&	07:05&	02:29@	03:22&	00:40&	05:29&	01:24&	00:12&		
41 Skjelkvåle, Brit Lisa				IL GeoForm		0:56:55 + 21:51			126.25	
03:12-44	08:07-49	20:07-44	23:26-39	31:51-35	34:57-34	47:47-40	56:13-41	56:55-43		
03:12-44	04:55-49	12:00-40	03:19-35	08:25-31	03:06-39	12:50-53	08:26-46	00:42-41		
01:21&	02:26&	03:53&	01:22&	03:02&	01:09&	06:33@	03:49&	00:17&		
42 Sundelin Rørvik, Gisela				Heming Orientering		0:56:58 + 21:54			126.23	
02:44-33	07:13-36	20:01-43	23:52-42	35:37-45	38:55-45	49:21-45	56:26-43	56:58-44		
02:44-32	04:29-40	12:48-48	03:51-42	11:45-48	03:18-43	10:26-37	07:05-34	00:32-18		
00:53&	02:00&	04:41&	01:54&	06:22@	01:21&	04:09&	02:28&	00:07&		
43 Angell, Truls				Lillomarka OL		0:57:12 + 22:08			126.12	
05:04-57	09:13-56	23:39-54	28:20-52	37:21-51	40:44-52	50:27-49	56:34-45	57:12-45		

05:04-57	04:09-31	14:26-52	04:41-48	09:01-39	03:23-45	09:43-29	06:07-18	00:38-33		
03:13@	01:40&	06:19&	02:44@	03:38&	01:26&	03:26&	01:30&	00:13&		
44	Grandum, Øyvind		GeoForm IL			0:57:26 +	22:22		126.02	
03:15-45	07:25-37	19:41-41	23:16-38	32:38-37	35:40-35	47:13-37	56:26-44	57:26-46		
03:15-45	04:10-33	12:16-45	03:35-39	09:22-42	03:02-36	11:33-45	09:13-50	01:00-54		
01:24&	01:41&	04:09&	01:38&	03:59&	01:05&	05:16&	04:36&	00:35@		
45	Lahlum, Jon		IL GeoForm			0:57:43 +	22:39		125.88	
02:32-24	06:41-25	18:46-37	21:44-34	36:51-48	40:01-47	49:40-46	57:02-46	57:43-47		
02:32-24	04:09-31	12:05-41	02:58-26	15:07-52	03:10-40	09:39-28	07:22-39	00:41-38		
00:41&	01:40&	03:58&	01:01&	09:44@	01:13&	03:22&	02:45&	00:16&		
46	Rikheim, Harald		Privat			0:57:44 +	22:40		125.88	
03:01-41	07:52-46	21:53-51	27:05-49	35:33-44	38:32-44	48:47-42	57:07-47	57:44-48		
03:01-41	04:51-47	14:01-51	05:12-51	08:28-32	02:59-31	10:15-35	08:20-44	00:37-30		
01:10&	02:22&	05:54&	03:15@	03:05&	01:02&	03:58&	03:43&	00:12&		
47	Øvergaard, Tormod		Vestre Akers SK			0:59:34 +	24:30		125.03	
03:27-50	08:10-50	20:24-46	23:40-41	36:36-47	39:36-46	51:46-51	59:03-49	59:34-49		
03:27-50	04:43-43	12:14-44	03:16-33	12:56-50	03:00-33	12:10-51	07:17-38	00:31-15		
01:36&	02:14&	04:07&	01:19&	07:33@	01:03&	05:53&	02:40&	00:06#		
48	Gylver, Øyvind		Asker Skiklubb			0:59:44 +	24:40		124.95	
04:30-55	08:29-51	21:41-49	24:44-47	33:03-39	35:55-36	48:46-41	58:47-48	59:44-50		
04:30-55	03:59-26	13:12-49	03:03-29	08:19-28	02:52-26	12:51-54	10:01-51	00:57-53		
02:39@	01:30&	05:05&	01:06&	02:56&	00:55&	06:34@	05:24@	00:32@		
49	Broadwell, Sharon		IL GeoForm			0:59:57 +	24:53		124.86	
03:01-42	07:52-45	20:20-45	28:55-53	37:16-50	40:26-49	52:03-52	59:16-50	59:57-51		
03:01-41	04:51-47	12:28-46	08:35-54	08:21-29	03:10-40	11:37-47	07:13-36	00:41-38		
01:10&	02:22&	04:21&	06:38@	02:58&	01:13&	05:20&	02:36&	00:16&		
50	Christensen, Lars		VBIL			1:00:30 +	25:26		124.60	
03:02-43	07:09-34	21:47-50	27:32-51	37:28-52	40:27-50	51:03-50	59:53-51	60:30-52		
03:02-43	04:07-29	14:38-53	05:45-52	09:56-46	02:59-31	10:36-40	08:50-48	00:37-30		
01:11&	01:38&	06:31&	03:48@	04:33&	01:02&	04:19&	04:13&	00:12&		
51	Falck, Heidi		IL Tyrving			1:03:56 +	28:52		123.02	
03:18-47	08:05-48	22:05-52	25:38-48	41:30-53	44:27-53	56:35-53	63:14-52	63:56-53		
03:18-47	04:47-45	14:00-50	03:33-38	15:52-53	02:57-30	12:08-50	06:39-28	00:42-41		
01:27&	02:18&	05:53&	01:36&	10:29@	01:00&	05:51&	02:02&	00:17&		
52	Engzelius, Margrete		Asker Skiklubb			1:05:08 +	30:04		122.46	
03:26-49	07:51-44	20:33-47	24:40-46	41:56-54	45:14-54	57:12-54	64:22-53	65:08-54		
03:26-49	04:25-37	12:42-47	04:07-45	17:16-54	03:18-43	11:58-49	07:10-35	00:46-47		
01:35&	01:56&	04:35&	02:10@	11:53@	01:21&	05:41&	02:33&	00:21&		
53	Erøy, Karl Aasmund		OK Moss			1:07:35 +	32:31		121.34	
02:58-39	07:00-30	26:18-55	28:57-54	37:10-49	40:10-48	50:18-48	66:35-54	67:35-55		
02:58-39	04:02-27	19:18-56	02:39-17	08:13-27	03:00-33	10:08-34	16:17-56	01:00-54		
01:07&	01:33&	11:11@	00:42&	02:50&	01:03&	03:51&	11:40@	00:35@		
54	Tho, Kjersti		Stabæk IF			1:12:15 +	37:11		119.18	
03:20-48	08:56-55	21:08-48	24:34-44	43:51-55	50:23-55	61:26-55	71:37-55	72:15-56		
03:20-48	05:36-55	12:12-43	03:26-37	19:17-55	06:32-54	11:03-43	10:11-52	00:38-33		
01:29&	03:07@	04:05&	01:29&	13:54@	04:35@	04:46&	05:34@	00:13&		
55	Juhasz, Katalin		Østmarka OK			1:30:29 +	55:25		110.78	

04:59-56	15:58-57	34:39-56	45:01-55	59:59-56	63:46-56	76:21-56	89:38-56	90:29-57		
04:59-56	10:59-57	18:41-55	10:22-55	14:58-51	03:47-51	12:35-52	13:17-54	00:51-49		
03:08@	08:30@	10:34@	08:25@	09:35@	01:50&	06:18@	08:40@	00:26@		
Vik, Eilen Arctander			IL Koll			FULLFØRT			100.00	
Edvardsen, Tom			IL Koll			FULLFØRT			100.00	
DSQ	Bratsberg, Bo			Privat			0:55:46 (-1 poster)		93.75	
02:52-37	07:42-41	18:07-31	34:12-43	37:35-41	47:21-38	54:53-37	55:46-38			
02:52-35	04:50-46	10:25-25		03:23-45	09:46-31	07:32-41	00:53-50			
01:01&	02:21&	02:18&		01:26&	03:29&	02:55&	00:28@			
DSQ	Christensen, Bjørn			Østmarka OK			0:41:03 (-6 poster)		62.50	
02:35-28	06:15-19						41:03-9			
02:35-28	03:40-20									
00:44&	01:11&									

Strekktider Kort

Class	Navn	Klubb				Tid		Poeng
1	Lian, Odd Arne	IL Koll				0:24:25 + 00:00		121.33
	02:12-1	05:22-1	07:32-1	11:35-1	14:50-1	17:28-1	23:48-1 24:25-1	
	02:12-1	03:10-1	02:10-1	04:03-1	03:15-1	02:38-1	06:20-3 00:37-7	
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:13+ 00:05#	
2	Løken, Aleidis	Heming Orientering				0:28:01 + 03:36		120.05
	02:54-7	06:28-4	09:05-4	14:33-6	18:07-3	21:01-2	27:23-2 28:01-2	
	02:54-7	03:34-3	02:37-7	05:28-6	03:34-2	02:54-3	06:22-4 00:38-8	
	00:42&	00:24#	00:27#	01:25&	00:19+	00:16#	00:15+ 00:06#	
3	Sletner, Kristin	IL GeoForm				0:29:06 + 04:41		119.66
	02:34-5	05:59-2	08:13-2	12:36-2	18:16-4	22:12-5	28:30-3 29:06-3	
	02:34-5	03:25-2	02:14-3	04:23-2	05:40-14	03:56-11	06:18-2 00:36-6	
	00:22#	00:15+	00:04+	00:20+	02:25&	01:18&	00:11+ 00:04#	
4	Zeiner-Gundersen, Richard	Lierbygda OL				0:29:21 + 04:56		119.57
	02:33-4	06:09-3	08:25-3	14:05-3	17:57-2	21:04-3	28:49-4 29:21-4	
	02:33-4	03:36-4	02:16-4	05:40-8	03:52-4	03:07-4	07:45-10 00:32-1	
	00:21#	00:26#	00:06+	01:37&	00:37#	00:29#	01:38& 00:00=	
5	Skomdal, Anne Ragnhild	IL Koll				0:29:52 + 05:27		119.39
	02:51-6	07:02-5	09:12-5	14:27-5	19:56-6	22:35-6	29:18-5 29:52-5	
	02:51-6	04:11-6	02:10-1	05:15-5	05:29-12	02:39-2	06:43-7 00:34-4	
	00:39&	01:01&	00:00=	01:12&	02:14&	00:01+	00:36+ 00:02+	
6	Sæther, Øystein	Lillomarka OL				0:31:23 + 06:58		118.85

02:26-3	07:13-6	09:44-6	14:24-4	18:34-5	21:57-4	30:44-6	31:23-6		
02:26-3	04:47-11	02:31-5	04:40-3	04:10-6	03:23-6	08:47-16	00:39-10		
00:14#	01:37&	00:21#	00:37#	00:55&	00:45&	02:40&	00:07#		
7	Raaen, Trine Marit	Justad	Lierbygda	OL	0:31:52 +	07:27		118.68	
03:43-16	07:56-10	11:16-9	17:19-8	21:03-8	24:21-7	30:59-7	31:52-7		
03:43-16	04:13-7	03:20-11	06:03-9	03:44-3	03:18-5	06:38-6	00:53-16		
01:31&	01:03&	01:10&	02:00&	00:29#	00:40&	00:31+	00:21&		
8	Skomedal, Torkjell	IL Koll	0:33:33 +	09:08		118.08			
04:20-23	09:19-17	11:53-10	18:19-11	22:17-9	26:48-10	32:55-8	33:33-8		
04:20-23	04:59-12	02:34-6	06:26-12	03:58-5	04:31-16	06:07-1	00:38-8		
02:08&	01:49&	00:24#	02:23&	00:43#	01:53&	00:00=	00:06#		
9	Clasen, Claus	Frimann	Lyberg & Partnere	0:33:44 +	09:19		118.02		
03:20-10	07:45-9	10:45-8	17:57-10	22:35-10	26:27-9	33:11-9	33:44-9		
03:20-10	04:25-10	03:00-9	07:12-16	04:38-7	03:52-9	06:44-8	00:33-3		
01:08&	01:15&	00:50&	03:09&	01:23&	01:14&	00:37#	00:01+		
10	Jacobsen, Kjetil	Hamar OK	0:34:43 +	10:18		117.67			
03:12-9	07:32-8	10:36-7	15:50-7	20:57-7	25:10-8	33:45-10	34:43-10		
03:12-9	04:20-8	03:04-10	05:14-4	05:07-9	04:13-13	08:35-12	00:58-19		
01:00&	01:10&	00:54&	01:11&	01:52&	01:35&	02:28&	00:26&		
11	Kaarby, Per	IL GeoForm	0:36:33 +	12:08		117.02			
03:00-8	07:21-7	12:25-11	17:56-9	22:56-11	26:58-11	35:42-11	36:33-11		
03:00-8	04:21-9	05:04-21	05:31-7	05:00-8	04:02-12	08:44-15	00:51-14		
00:48&	01:11&	02:54@	01:28&	01:45&	01:24&	02:37&	00:19&		
12	Løken, Knut-Anders	Fossum IF	0:40:28 +	16:03		115.62			
04:02-19	09:05-16	13:04-15	19:13-12	25:42-13	30:41-13	38:25-12	40:28-12		
04:02-19	05:03-13	03:59-18	06:09-10	06:29-19	04:59-19	07:44-9	02:03-31		
01:50&	01:53&	01:49&	02:06&	03:14&	02:21&	01:37&	01:31@		
13	Solheim, Knut Tore	Nydalens SK	0:40:38 +	16:13		115.57			
						40:38-13			
14	Nipen, Olav	IL Tyrving	0:40:54 +	16:29		115.47			
03:42-14	08:54-12	12:36-13	19:14-13	25:24-12	30:39-12	39:54-13	40:54-14		
03:42-14	05:12-14	03:42-16	06:38-14	06:10-16	05:15-22	09:15-19	01:00-21		
01:30&	02:02&	01:32&	02:35&	02:55&	02:37&	03:08&	00:28&		
15	Nermoen, Ingrid	Østmarka OK	0:41:52 +	17:27		115.13			
03:49-18	09:04-15	12:31-12	19:17-14	27:19-15	30:50-14	41:00-14	41:52-15		
03:49-18	05:15-15	03:27-13	06:46-15	08:02-23	03:31-7	10:10-23	00:52-15		
01:37&	02:05&	01:17&	02:43&	04:47@	00:53&	04:03&	00:20&		
16	Mortensen, Simen	IL Koll	0:42:03 +	17:38		115.06			
03:27-11	11:36-24	14:27-18	24:05-17	29:39-16	33:25-15	41:31-15	42:03-16		
03:27-11	08:09-30	02:51-8	09:38-20	05:34-13	03:46-8	08:06-11	00:32-1		
01:15&	04:59@	00:41&	05:35@	02:19&	01:08&	01:59&	00:00=		
17	Landstad, Magnus	Freidig	0:46:02 +	21:37		113.65			
03:42-15	09:02-14	14:38-19	21:08-15	26:18-14	33:30-16	45:03-16	46:02-17		
03:42-14	05:20-17	05:36-26	06:30-13	05:10-11	07:12-30	11:33-27	00:59-20		
01:30&	02:10&	03:26@	02:27&	01:55&	04:34@	05:26&	00:27&		

18	Eikeland, Inger Johanne	Nydalens SK	0:47:58 + 23:33	112.96
	03:34-13 17:58-34 21:24-30 27:35-22 33:57-18 37:49-17 47:02-17 47:58-19			
	03:34-13 14:24-34 03:26-12 06:11-11 06:22-18 03:52-9 09:13-18 00:56-17			
	01:22& 11:14@ 01:16& 02:08& 03:07& 01:14& 03:06& 00:24&			
19	Grymyr, Aina	Norde Follo Orientering	0:48:19 + 23:54	112.84
	04:15-22 10:42-21 14:59-20 25:25-20 32:45-17 37:51-18 47:02-18 48:19-20			
	04:15-22 06:27-24 04:17-20 10:26-21 07:20-20 05:06-21 09:11-17 01:17-28			
	02:03& 03:17@ 02:07& 06:23@ 04:05@ 02:28& 03:04& 00:45@			
20	Haugen, Per	Lillomarka OL	0:48:50 + 24:25	112.65
	03:44-17 09:41-18 13:25-16 27:00-21 34:56-22 39:21-20 48:01-19 48:50-21			
	03:44-17 05:57-21 03:44-17 13:35-25 07:56-21 04:25-14 08:40-14 00:49-13			
	01:32& 02:47& 01:34& 09:32@ 04:41@ 01:47& 02:33& 00:17&			
21	Sandelien, Bjørn	Heming Orientering	0:49:30 + 25:05	112.42
	03:30-12 09:01-13 12:39-14 28:14-23 34:16-20 38:46-19 48:22-20 49:30-22			
	03:30-12 05:31-18 03:38-15 15:35-30 06:02-15 04:30-15 09:36-20 01:08-24			
	01:18& 02:21& 01:28& 11:32@ 02:47& 01:52& 03:29& 00:36@			
22	Fougner, Jon C.	Heming Orientering	0:51:14 + 26:49	111.80
	05:05-26 11:41-25 15:50-21 24:02-16 34:08-19 39:30-21 50:12-21 51:14-23			
	05:05-26 06:36-26 04:09-19 08:12-18 10:06-29 05:22-24 10:42-24 01:02-22			
	02:53@ 03:26@ 01:59& 04:09@ 06:51@ 02:44@ 04:35& 00:30&			
23	Huseeth, Egil	Kamp/Vestheim IF	0:52:02 + 27:37	111.52
	04:57-25 10:36-20 17:29-24 24:51-19 34:26-21 41:12-22 50:55-22 52:02-24			
	04:57-25 05:39-19 06:53-30 07:22-17 09:35-28 06:46-28 09:43-21 01:07-23			
	02:45@ 02:29& 04:43@ 03:19& 06:20@ 04:08@ 03:36& 00:35@			
24	Madsen, Øystein	Haugerud IF	0:52:30 + 28:05	111.35
	04:49-24 11:14-23 16:57-23 30:28-24 38:24-24 42:57-23 51:33-23 52:30-25			
	04:49-24 06:25-23 05:43-27 13:31-24 07:56-21 04:33-17 08:36-13 00:57-18			
	02:37@ 03:15@ 03:33@ 09:28@ 04:41@ 01:55& 02:29& 00:25&			
25	Kooistra, Floor		0:56:16 + 31:51	110.01
	10:27-35 15:45-32 21:19-29 32:00-26 38:15-23 43:15-24 55:33-24 56:16-26			
	10:27-35 05:18-16 05:34-25 10:41-22 06:15-17 05:00-20 12:18-28 00:43-12			
	08:15@ 02:08& 03:24@ 06:38@ 03:00& 02:22& 06:11@ 00:11&			
26	Drage, Tor	Haugerud IF	1:00:56 + 36:31	108.35
	06:48-30 13:31-28 19:41-26 33:56-27 43:15-28 48:45-27 59:44-25 60:56-27			
	06:48-30 06:43-27 06:10-29 14:15-27 09:19-26 05:30-25 10:59-25 01:12-27			
	04:36@ 03:33@ 04:00@ 10:12@ 06:04@ 02:52@ 04:52& 00:40@			
27	Drage, Unni	Haugerud IF	1:00:57 + 36:32	108.35
	06:53-31 13:38-29 19:45-27 33:59-28 43:09-27 48:48-28 59:47-26 60:57-28			
	06:53-31 06:45-28 06:07-28 14:14-26 09:10-24 05:39-26 10:59-25 01:10-25			
	04:41@ 03:35@ 03:57@ 10:11@ 05:55@ 03:01@ 04:52& 00:38@			
28	Lea, Tor	Nydalens SK	1:03:03 + 38:38	107.60
	02:23-2 08:09-11 26:40-33 41:05-31 50:37-30 55:53-30 62:23-28 63:03-30			
	02:23-2 05:46-20 18:31-33 14:25-28 09:32-27 05:16-23 06:30-5 00:40-11			
	00:11+ 02:36& 16:21@ 10:22@ 06:17@ 02:38@ 00:23+ 00:08&			
29	Hammer, Lena	Vestre Akers SK	1:04:45 + 40:20	107.00
	04:12-21 10:46-22 16:07-22 24:22-18 40:25-25 45:07-25 63:35-29 64:45-31			
	04:12-21 06:34-25 05:21-23 08:15-19 16:03-32 04:42-18 18:28-32 01:10-25			

02:00&	03:24@	03:11@	04:12@	12:48@	02:04&	12:21@	00:38@		
30	Sandelien, Sidsel			Heming Orientering		1:10:58 +	46:33		104.79
06:07-28	14:34-31	19:58-28	31:30-25	40:47-26	47:57-26	67:59-30	70:58-32		
06:07-28	08:27-31	05:24-24	11:32-23	09:17-25	07:10-29	20:02-33	02:59-34		
03:55@	05:17@	03:14@	07:29@	06:02@	04:32@	13:55@	02:27@		
31	Spjelkavik, Aud I			IL Tyrving		1:14:19 +	49:54		103.60
05:28-27	13:58-30	19:04-25	34:50-29	46:52-29	55:46-29	72:56-31	74:19-33		
05:28-27	08:30-32	05:06-22	15:46-31	12:02-31	08:54-32	17:10-31	01:23-29		
03:16@	05:20@	02:56@	11:43@	08:47@	06:16@	11:03@	00:51@		
32	Gunnerød, Bjørn			Asker Skiklubb		1:19:52 +	55:27		101.63
06:13-29	13:24-27	26:12-32	44:23-32	54:53-31	64:27-32	77:15-32	79:52-34		
06:13-29	07:11-29	12:48-32	18:11-32	10:30-30	09:34-33	12:48-29	02:37-33		
04:01@	04:01@	10:38@	14:08@	07:15@	06:56@	06:41@	02:05@		
33	Grenborgen, Anna			IL Koll		1:21:33 +	57:08		101.03
07:27-32	17:26-33	24:21-31	39:40-30	56:02-32	63:42-31	79:46-33	81:33-35		
07:27-32	09:59-33	06:55-31	15:19-29	16:22-33	07:40-31	16:04-30	01:47-30		
05:15@	06:49@	04:45@	11:16@	13:07@	05:02@	09:57@	01:15@		
34	Berg, Marius			Fossum IF		1:28:11 +1:03:46			100.00
08:29-34	12:18-26	43:56-35	66:01-33	71:10-33	77:49-33	87:37-34	88:11-36		
08:29-34	03:49-5	31:38-35	22:05-33	05:09-10	06:39-27	09:48-22	00:34-4		
06:17@	00:39#	29:28@	18:02@	01:54&	04:01@	03:41&	00:02+		
	Waller, Maj					FULLFØRT			100.00
DSQ	Ouyang, Ping			Østmarka OK		1:02:54 (-3 poster)			78.57
08:02-33	22:29-35	41:09-34				60:48-27	62:54-29		
08:02-33	14:27-35	18:40-34					02:06-32		
05:50@	11:17@	16:30@					01:34@		
DSQ	Vangen, Christin			Oslostudentenes IK		0:46:25 (-4 poster)			71.43
04:05-20	10:06-19	13:39-17					46:25-18		
04:05-20	06:01-22	03:33-14							
01:53&	02:51&	01:23&							
	Edvardsen, Maren			IL Koll		DELTATT			50.00
	Eriksen, Trude					DELTATT			50.00

Strekktider Småtroll

Class Navn	Klubb	Tid	Poeng
1 Evjen-Børresen, Amalie	IL Koll	0:15:34 + 00:00	100.00
01:31-4 03:34-2 04:17-1 05:14-1 06:30-1 07:32-1 08:42-1 10:53-1 12:41-1 14:55-1 15:34-1			
01:31-4 02:03-1 00:43-1 00:57-3 01:16-4 01:02-1 01:10-2 02:11-3 01:48-3 02:14-2 00:39-5			
00:28& 00:00= 00:00= 00:20& 00:07# 00:00= 00:12# 00:31& 00:14# 01:48@ 09:18+			
2 Evjan Børresen, Elias		0:19:31 + 03:57	100.00
01:03-1 08:57-5 09:54-5 10:45-5 11:54-4 13:06-4 14:04-4 15:59-4 18:29-4 18:55-2 19:31-2			
01:03-1 07:54-9 00:57-2 00:51-2 01:09-1 01:12-2 00:58-1 01:55-2 02:30-5 00:26-1 00:36-4			
00:00= 05:51@ 00:14& 00:14& 00:00= 00:10# 00:00= 00:15# 00:56& 00:00= 09:15+			
3 Haugen-Jordheim, Marie	IL Koll	0:20:05 + 04:31	100.00
01:09-3 03:32-1 04:53-2 05:58-2 08:12-2 09:28-2 10:49-2 13:04-2 15:45-2 19:04-3 20:05-4			
01:09-3 02:23-2 01:21-5 01:05-4 02:14-6 01:16-4 01:21-4 02:15-4 02:41-6 03:19-6 01:01-6			
00:06+ 00:20# 00:38& 00:28& 01:05& 00:14# 00:23& 00:35& 01:07& 02:53@ 09:40+			
4 Standal, Aksel Løvhaug	IL Koll	0:20:21 + 04:47	100.00
01:41-5 04:36-3 05:37-3 07:22-3 08:37-3 10:09-3 12:02-3 14:41-3 18:29-3 29:00-6 20:21-5			
01:41-5 02:55-5 01:01-3 01:45-8 01:15-3 01:32-5 01:53-6 02:39-5 03:48-7 10:31-7 08:39-1			
00:38& 00:52& 00:18& 01:08@ 00:06+ 00:30& 00:55& 00:59& 02:14@ 10:05@ 00:00=			
5 Standal, Olav Løvhaug	IL Koll	0:29:23 + 13:49	100.00
03:04-6 06:29-4 07:52-4 09:33-4 12:26-6 14:26-6 21:34-6 25:20-5 29:23-6			
03:04-6 03:25-6 01:23-6 01:41-7 02:53-8 02:00-7 02:01@ 01:22& 00:40& 01:04@ 01:44@ 00:58&			
02:01@ 01:22& 00:40& 01:04@ 01:44@ 00:58&			
6 Lian Mortensen, Martin	IL Koll	0:30:26 + 14:52	100.00
16:54-10 19:47-10 21:55-10 23:05-9 25:19-9 27:33-10 29:09-6 32:18-7 33:57-6 36:15-7 30:26-7			
16:54-10 02:53-4 02:08-7 01:10-5 02:14-6 02:14-8 01:36-5 03:09-7 01:39-2 02:18-3 05:49-2			
15:51@ 00:50& 01:25@ 00:33& 01:05& 01:12@ 00:38& 01:29& 00:05+ 01:52@ 02:50+			
7 Eide-Fredriksen, Ivi	Kamp/Vestheim IF	0:47:31 + 31:57	100.00
06:13-7 11:52-8 15:05-7 17:57-7 21:57-8 27:05-7 30:10-9 38:50-9 40:58-7 43:29-10 47:31-9			
06:13-7 05:39-8 03:13-9 02:52-10 04:00-10 05:08-9 03:05-9 08:40-8 02:08-4 02:31-4 04:02-7			
05:10@ 03:36@ 02:30@ 02:15@ 02:51@ 04:06@ 02:07@ 07:00@ 00:34& 02:05@ 12:41+			
8 Wiese, Ragna	IL Koll	1:13:43 + 58:09	100.00
16:26-9 19:10-9 21:50-9 23:28-10 25:25-10 27:08-9 29:17-7 32:20-8 33:54-5 36:55-8 73:43-10			
16:26-9 02:44-3 02:40-8 01:38-6 01:57-5 01:43-6 02:09-7 03:03-6 01:34-1 03:01-5 36:48-10			
15:23@ 00:41& 01:57@ 01:01@ 00:48& 00:41& 01:11@ 01:23& 00:00= 02:35@ 45:27+			
Solhjell, Hauk	Privat	FULLFØRT	100.00
Jacobsen, Maria Margrete	Hamar OK	FULLFØRT	100.00
DSQ Kaltenvold, Theodor	IL Koll	0:19:49 (-1 poster)	95.00
01:06-2 09:02-6 10:15-6 10:52-6 12:01-5 13:13-5 14:29-5 16:09-5 19:14-4 19:49-3			
01:06-2 07:56-10 01:13-4 00:37-1 01:09-1 01:12-2 01:16-3 01:40-1 00:35-3			
00:03+ 05:53@ 00:30& 00:00= 00:00= 00:10# 00:18& 00:00= 09:14+			
DSQ Eide-Fredriksen, Aksel	Kamp/Vestheim IF	0:47:28 (-1 poster)	95.00
06:21-8 11:40-7 15:13-8 17:59-8 21:42-7 27:07-8 29:55-8 38:51-10 43:13-9 47:28-8			

06:21-8 05:19-7 03:33-10 02:46-9 03:43-9 05:25-10 02:48-8 08:56-9
05:18@ 03:16@ 02:50@ 02:09@ 02:34@ 04:23@ 01:50@ 07:16@

04:15-9
12:54+