Rankingløp 21

Dato/sted: 25. oktober 2025 - Maridalen skole
Kart: Fagervann
Arr: OSI v/Christin Vangen og Lenny Enström
Antall: Totalt: 81 (GeoForm: 10, OSI: 5, DNV: 3, Andre: 63)
Løpsrapport: Alder: 21-: 80, 17-20: 0, 13-16: 1, 0-12: 0
Startkont: kr. 50: 62 kr. 30: 19 kr. 0: 0
Betalt: kr. 50: 62 kr. 30: 16 kr. 0: 3
Leiebrikker: 0 stk

Resultater: Lang(20)| Mellom(44)| Kort(17)| Grafisk
Strekktider: Lang(20)| Mellom(44)| Kort(17)|

Resultater Lang (5,7 km)

Plass	Navn	Klubb	Tid		Poeng
1	Schlaupitz, Holger	IL GeoForm	0:52:20	+ 00:00	152,92
2	Prydz, Espen Beer	Heming Orientering	0:54:33	+ 02:13	151,98
3	Olausson, Mikael	Oslostudentenes IK	0:55:25	+ 03:05	151,62
4	Tandberg, Vebjørn	Nydalens SK	1:06:38	+ 14:18	146,89
5	Bjerknes, Audun	Måren OK	1:07:20	+ 15:00	146,59
6	Rustad, Gunnar	Nittedal OL	1:08:40	+ 16:20	146,03
7	Ask, Kjetil	Nittedal OL	1:10:03	+ 17:43	145,44
8	Saugestad, Fredrik	Nydalens SK	1:11:16	+ 18:56	144,93
9	Aarseth, Lars-Ivar	Nydalens SK	1:13:37	+ 21:17	143,94
10	Standal, Helge	IL Koll	1:14:53	+ 22:33	143,41
11	Kippernes, Frank Åge	IL GeoForm	1:15:44	+ 23:24	143,05
12	Onstad, Lars	OoC	1:17:34	+ 25:14	142,27
13	Stenshorne, Per Christian	Nydalens SK	1:18:32	+ 26:12	141,87
14	Høyvold, Erik	IL GeoForm	1:20:01	+ 27:41	141,24
15	Trier, Øivind Due	Oslostudentenes IK	1:21:35	+ 29:15	140,58
16	Onsager, Knut	IL GeoForm	1:23:55	+ 31:35	139,59
17	Grinde, Bjørn	Oslostudentenes IK	1:27:37	+ 35:17	138,03
18	Faanes, Andreas	Fiskebeinern	1:31:41	+ 39:21	136,32
DSQ	Vogelsang, Christian	Nydalens SK	0:45:58	(-1 poster)	97,22
DSQ	Omdal, Marianne	Privat	1:38:53	(-7 poster)	80,56

Resultater Mellom (4,0 km)

Plass	Navn	Klubb	Tid		Poeng
1	Langmyren, Ole Kjell	Lillomarka OL	0:39:51	+ 00:00	136,82
2	Helland, Knut	Østmarka OK	0:41:03	+ 01:12	136,35
3	Næss-Ulseth, Eirik	Heming Orientering	0:45:56	+ 06:05	134,43
4	Birkeland, Roger	Telenor BIL	0:46:39	+ 06:48	134,15
5	Berge, Rune	IL Tyrving	0:48:55	+ 09:04	133,25
6	Høyer, Fredrik	Fossum IF	0:49:08	+ 09:17	133,17
7	Roti, Torunn Drage	IL GeoForm	0:49:10	+ 09:19	133,16
8	Teigland, Rune	Østmarka OK	0:50:14	+ 10:23	132,74
9	Haugen, Øyvind	Lillomarka OL	0:51:38	+ 11:47	132,19

10	Christensen, Bjørn	Østmarka OK	0:52:42	+ 12:51	131,77
11	Aarseth, Mari	Nydalens SK	0:53:32	+ 13:41	131,44
12	Roti, Jarle	Privat	0:54:47	+ 14:56	130,95
13	Aarseth, Iver	IL Koll	0:56:08	+ 16:17	130,42
14	Benestad, Lars	Privat	0:56:32	+ 16:41	130,26
15	Johansen, Frode	Equinor BIL	0:56:36	+ 16:45	130,23
16	Skantze, Kjersti	IL Tyrving	0:56:57	+ 17:06	130,09
17	Christiansen, Håvard	Privat	0:57:47	+ 17:56	129,77
18	Holten, Marie Rygh	Nydalens SK	0:58:34	+ 18:43	129,46
19	Lofthus, Anne	Lillomarka OL	0:59:05	+ 19:14	129,25
20	Johansson, Pär	Privat	1:03:11	+ 23:20	127,64
21	Melkild, Dagrun	Heming Orientering	1:03:40	+ 23:49	127,45
22	Næss-Ulseth, Annika	Heming Orientering	1:04:02	+ 24:11	127,31
23	Bratsberg, Bo	Privat	1:04:17	+ 24:26	127,21
24	Karlsen, Stig Hultgreen	IL GeoForm	1:04:19	+ 24:28	127,20
25	Horvath, Zoltan	VBIL	1:04:24	+ 24:33	127,16
26	Jensen, Audun Dahl	Oslostudentenes IK	1:05:39	+ 25:48	126,67
27	Christiansen , Lars	Veritas BIL	1:07:25	+ 27:34	125,98
28	Kongsberg, Morten	Tyrving IL	1:07:36	+ 27:45	125,90
29	Inngjerdingen, Marit	Heming Orientering	1:08:07	+ 28:16	125,70
30	Skantze, Don	IL Tyrving	1:09:35	+ 29:44	125,12
31	Ulltveit-Moe, Jo	IL Koll	1:10:52	+ 31:01	124,62
32	Lesteberg, Ann-Karin	Kongsberg OL	1:13:24	+ 33:33	123,62
33	Lesteberg, Ola	Kongsberg OL	1:13:30	+ 33:39	123,58
34	Flenning, Øystein	IL GeoForm	1:14:13	+ 34:22	123,30
35	Fixdal, Trude	Heming Orientering	1:14:56	+ 35:05	123,02
36	Fiebig, Markus	Raumar OL	1:27:26	+ 47:35	118,10
37	Stokset, Kathrine	Oppsal Orientering	1:30:57	+ 51:06	116,72
38	Rikheim, Harald	Privat	1:31:26	+ 51:35	116,53
39	Christensen, Petter	Veritas BIL	1:36:34	+ 56:43	114,51
40	Stokset, Brynjar	Oppsal Orientering	1:58:11	+1:18:20	106,00
	Aas, Finn Erik	Privat	FULLFØRT		100,00
DSQ	Falck, Heidi	IL Tyrving	1:27:48	(-1 poster)	95,83
DSQ	Roti, Tobias Drage	Privat	1:49:18	(-3 poster)	87,50
DSQ	Goa, Kristin	IL GeoForm	1:34:24	(-6 poster)	75,00

Resultater Kort (2,2 km)

Plass	Navn	Klubb	Tid		Poeng
1	Heggland, Knut	Privat	0:26:36	+ 00:00	120,94
2	Tenstad, Amund	Privat	0:29:29	+ 02:53	119,96
3	Clasen, Claus Frimann	Lyberg & Partnere	0:29:59	+ 03:23	119,79
4	Berteig, Vidar	IL GeoForm	0:30:07	+ 03:31	119,74
5	Brodin, Nils Jørgen	Byggmesterforbundet	0:30:35	+ 03:59	119,58
6	Bjørne-Larsen, Knud	Riksteatret	0:30:49	+ 04:13	119,50
7	Vollen, Magne	Oslostudentenes IK	0:34:08	+ 07:32	118,37
8	Johansen, Erlend	Privat	0:35:27	+ 08:51	117,92
9	Sigurdsen, Roar	Ringnes BIL	0:35:59	+ 09:23	117,74
10	Bjergaard, Anne Marit	Nydalens SK	0:43:59	+ 17:23	115,02
11	Myhre, Stein	Bærums Skiklub	0:44:46	+ 18:10	114,75
12	Broadwell, Sharon Lynn	IL GeoForm	0:47:14	+ 20:38	113,91
13	Bjordal, Roar	Oppsal Orientering	0:48:42	+ 22:06	113,41
14	Sundelin Rørvik, Gisela	Heming Orientering	0:51:15	+ 24:39	112,54
15	Nermoen, Ingrid	Østmarka OK	0:57:28	+ 30:52	110,42

16	Grymyr, Aina	Nordre Follo Orientering	1:09:05 +	42:29	106,46
	Eriksen, Trude	Nydalens SK	FULLFØRT		100,00

Strekktider Lang

Plass	Navn	Klubb	Tid	Poeng
1	**Schlaupitz, Holger**	**IL GeoForm**	**0:52:20 + 00:00**	**152,92**
03:01-1	06:09-1	08:39-2	11:16-2	13:34-2	16:34-2	18:49-2	21:48-2	23:28-2	28:19-2	30:34-2	33:39-2	35:04-2	37:21-2	40:06-2	44:09-2	47:07-1	49:27-2	52:20-2
03:01-1	03:08-3	02:30-2	02:37-2	02:18-3	03:00-3	02:15-2	02:59-3	01:40-3	04:51-3	02:15-5	03:05-5	01:25-2	02:17-4	02:45-2	04:03-3	02:58-5	02:20-2	02:53-3
00:00=	00:21#	00:11+	00:20#	00:39&	00:34#	00:12+	00:18#	00:04+	00:28#	00:30&	00:32#	00:13#	00:23#	00:11+	00:59&	01:12&	00:01+	00:21#
2	**Prydz, Espen Beer**	**Heming Orientering**	**0:54:33 + 02:13**	**151,98**
03:25-4	06:32-3	09:12-3	11:51-3	13:51-3	17:45-3	20:05-3	24:33-4	26:34-4	31:32-4	33:43-4	36:38-4	38:16-4	40:15-4	43:31-4	47:41-4	49:27-2	52:01-3	54:33-3
03:25-4	03:07-2	02:40-3	02:39-3	02:00-2	03:54-7	02:20-3	04:28-15	02:01-5	04:58-4	02:11-4	02:55-3	01:38-5	01:59-2	03:16-3	04:10-4	01:46-1	02:34-4	02:32-1
00:24#	00:20#	00:21#	00:22#	00:21#	01:28&	00:17#	01:47&	00:25&	00:35#	00:26#	00:22#	00:26&	00:05+	00:42&	01:06&	00:00=	00:15#	00:00=
3	**Olausson, Mikael**	**Oslostudentenes IK**	**0:55:25 + 03:05**	**151,62**
03:30-5	08:30-11	11:18-7	14:05-6	16:32-5	19:15-4	21:49-4	24:30-3	26:06-3	30:50-3	32:36-3	35:09-3	36:37-3	38:38-3	42:16-3	46:08-3	49:57-3	52:16-4	55:25-4
03:30-5	05:00-17	02:48-5	02:47-4	02:27-4	02:43-2	02:34-4	02:41-1	01:36-1	04:44-2	01:46-2	02:33-1	01:28-3	02:01-3	03:38-4	03:52-2	03:49-12	02:19-1	03:09-4
00:29#	02:13&	00:29#	00:30#	00:48&	00:17#	00:31&	00:00=	00:00=	00:21+	00:01+	00:00=	00:16#	00:07+	01:04&	00:48&	02:03@	00:00=	00:37#
4	**Tandberg, Vebjørn**	**Nydalens SK**	**1:06:38 + 14:18**	**146,89**
03:16-2	06:35-4	09:24-4	12:23-4	15:11-4	21:34-6	24:08-6	32:47-15	34:37-13	40:17-10	42:16-8	45:14-7	46:43-6	49:05-5	53:42-5	57:54-5	60:05-4	63:13-5	66:38-5
03:16-2	03:19-4	02:49-6	02:59-5	02:48-8	06:23-15	02:34-4	08:39-18	01:50-4	05:40-6	01:59-3	02:58-4	01:29-4	02:22-5	04:37-10	04:12-6	02:11-3	03:08-6	03:25-9
00:15+	00:32#	00:30#	00:42&	01:09&	03:57@	00:31&	05:58@	00:14#	01:17&	00:14#	00:25#	00:17#	00:28#	02:03&	01:08&	00:25#	00:49&	00:53&
5	**Bjerknes, Audun**	**Måren OK**	**1:07:20 + 15:00**	**146,59**
04:01-9	07:33-6	10:27-5	13:48-5	16:56-6	20:16-5	22:57-5	26:46-5	29:03-5	39:48-8	42:57-10	46:26-9	48:08-9	51:03-8	54:58-8	59:08-7	61:11-5	63:40-6	67:20-6
04:01-9	03:32-5	02:54-7	03:21-8	03:08-13	03:20-4	02:41-6	03:49-6	02:17-7	10:45-19	03:09-17	03:29-7	01:42-6	02:55-12	03:55-6	04:10-4	02:03-2	02:29-3	03:40-10
01:00&	00:45&	00:35&	01:04&	01:29&	00:54&	00:38&	01:08&	00:41&	06:22@	01:24&	00:56&	00:30&	01:01&	01:21&	01:06&	00:17#	00:10+	01:08&
6	**Rustad, Gunnar**	**Nittedal OL**	**1:08:40 + 16:20**	**146,03**
04:22-15	08:18-9	11:54-11	15:20-9	18:41-10	22:43-9	25:43-9	29:52-7	32:23-7	38:28-6	40:57-6	44:56-6	46:44-7	49:23-6	53:48-6	58:52-6	61:16-6	64:59-7	68:40-7
04:22-15	03:56-7	03:36-13	03:26-9	03:21-17	04:02-8	03:00-8	04:09-11	02:31-12	06:05-10	02:29-8	03:59-14	01:48-10	02:39-6	04:25-9	05:04-12	02:24-4	03:43-11	03:41-11
01:21&	01:09&	01:17&	01:09&	01:42@	01:36&	00:57&	01:28&	00:55&	01:42&	00:44&	01:26&	00:36&	00:45&	01:51&	02:00&	00:38&	01:24&	01:09&
7	**Ask, Kjetil**	**Nittedal OL**	**1:10:03 + 17:43**	**145,44**
04:16-13	08:17-8	11:44-9	15:04-8	17:39-7	23:51-12	27:01-12	30:53-9	33:16-8	39:04-7	42:02-7	45:53-8	47:51-8	50:32-7	54:48-7	60:00-8	63:21-7	66:15-8	70:03-8
04:16-13	04:01-8	03:27-12	03:20-7	02:35-6	06:12-14	03:10-11	03:52-8	02:23-9	05:48-7	02:58-13	03:51-12	01:58-13	02:41-7	04:16-8	05:12-14	03:21-9	02:54-5	03:48-13
01:15&	01:14&	01:08&	01:03&	00:56&	03:46@	01:07&	01:11&	00:47&	01:25&	01:13&	01:18&	00:46&	00:47&	01:42&	02:08&	01:35&	00:35&	01:16&
8	**Saugestad, Fredrik**	**Nydalens SK**	**1:11:16 + 18:56**	**144,93**
03:54-8	08:37-13	11:51-10	15:22-10	18:37-9	25:21-15	28:36-15	32:31-14	35:04-14	41:08-13	44:10-13	47:59-12	49:53-12	52:36-11	56:51-10	61:32-9	64:39-8	67:55-9	71:16-9
03:54-8	04:43-16	03:14-8	03:31-11	03:15-14	06:44-16	03:15-13	03:55-10	02:33-13	06:04-9	03:02-14	03:49-10	01:54-11	02:43-8	04:15-7	04:41-8	03:07-6	03:16-8	03:21-8
00:53&	01:56&	00:55&	01:14&	01:36&	04:18@	01:12&	01:14&	00:57&	01:41&	01:17&	01:16&	00:42&	00:49&	01:41&	01:37&	01:21&	00:57&	00:49&
9	**Aarseth, Lars-Ivar**	**Nydalens SK**	**1:13:37 + 21:17**	**143,94**
04:35-17	09:56-18	13:18-17	16:50-17	19:50-16	24:41-14	27:59-14	31:47-13	34:07-11	40:08-9	42:31-9	47:10-10	48:57-10	52:01-9	56:41-9	61:46-10	65:42-10	69:28-10	73:37-10
04:35-17	05:21-19	03:22-9	03:32-12	03:00-11	04:51-13	03:18-15	03:48-5	02:20-8	06:01-8	02:23-7	04:39-19	01:47-9	03:04-16	04:40-14	05:05-13	03:56-13	03:46-12	04:09-17
01:34&	02:34&	01:03&	01:15&	01:21&	02:25&	01:15&	01:07&	00:44&	01:38&	00:38&	02:06&	00:35&	01:10&	02:06&	02:01&	02:10@	01:27&	01:37&
10	**Standal, Helge**	**IL Koll**	**1:14:53 + 22:33**	**143,41**
03:44-6	07:27-5	11:17-6	15:04-7	18:07-8	22:32-7	25:34-8	31:44-12	34:09-12	44:53-16	47:41-16	51:23-16	53:08-16	55:51-15	60:29-15	65:11-13	68:28-12	71:39-11	74:53-11
03:44-6	03:43-6	03:50-17	03:47-16	03:03-12	04:25-10	03:02-9	06:10-17	02:25-10	10:44-18	02:48-12	03:42-8	01:45-8	02:43-8	04:38-12	04:42-9	03:17-8	03:11-7	03:14-7
00:43#	00:56&	01:31&	01:30&	01:24&	01:59&	00:59&	03:29@	00:49&	06:21@	01:03&	01:09&	00:33&	00:49&	02:04&	01:38&	01:31&	00:52&	00:42&
11	**Kippernes, Frank Åge**	**IL GeoForm**	**1:15:44 + 23:24**	**143,05**
04:54-19	09:14-17	12:39-14	16:23-14	19:11-14	23:37-11	26:44-11	30:56-10	33:51-9	40:56-12	43:36-11	48:18-13	50:14-13	53:47-12	58:39-12	64:07-12	68:23-11	71:57-12	75:44-12
04:54-19	04:20-12	03:25-11	03:44-15	02:48-8	04:26-11	03:07-10	04:12-12	02:55-16	07:05-17	02:40-10	04:42-20	01:56-12	03:33-19	04:52-16	05:28-15	04:16-15	03:34-10	03:47-12
01:53&	01:33&	01:06&	01:27&	01:09&	02:00&	01:04&	01:31&	01:19&	02:42&	00:55&	02:09&	00:44&	01:39&	02:18&	02:24&	02:30@	01:15&	01:15&
12	**Onstad, Lars**	**OoC**	**1:17:34 + 25:14**	**142,27**
04:26-16	08:59-16	12:48-15	16:38-16	20:31-17	24:38-13	27:54-13	31:43-11	33:56-10	40:39-11	43:53-12	47:38-11	49:39-11	52:34-10	57:13-11	62:04-11	65:38-9	74:21-13	77:34-13
04:26-16	04:33-14	03:49-16	03:50-17	03:53-20	04:07-9	03:16-14	03:49-6	02:13-6	06:43-14	03:14-19	03:45-9	02:01-15	02:55-12	04:39-13	04:51-11	03:34-11	08:43-17	03:13-6
01:25&	01:46&	01:30&	01:33&	02:14@	01:41&	01:13&	01:08&	00:37&	02:20&	01:29&	01:12&	00:49&	01:01&	02:05&	01:47&	01:48@	06:24@	00:41&

13	**Stenshorne, Per Christian**				**Nydalens SK**			**1:18:32 +**	**26:12**	**141,87**											
03:49-7	10:46-20	13:26-18	16:26-15	19:02-12	22:40-8	25:22-7	29:05-6	32:08-6	37:45-5	40:01-5	43:21-5	45:04-5	58:52-16	62:41-16	67:14-16	70:41-14	75:20-14	78:32-14			
03:49-7	06:57-20	02:40-3	03:00-6	02:36-7	03:38-5	02:42-7	03:43-4	03:03-17	05:37-5	02:16-6	03:20-6	01:43-7	13:48-20	03:49-5	04:33-7	03:27-10	04:39-14	03:12-5			
00:48&	04:10@	00:21#	00:43&	00:57&	01:12&	00:39&	01:02&	01:27&	01:14&	00:31&	00:47&	00:31&	11:54@	01:15&	01:29&	01:41&	02:20@	00:40&			
14	**Høyvold, Erik**				**IL GeoForm**			**1:20:01 +**	**27:41**	**141,24**											
04:16-14	08:17-7	12:05-12	15:37-11	19:08-13	26:04-17	29:23-17	34:20-17	36:45-16	42:56-15	46:00-15	50:04-15	52:10-15	55:02-13	59:42-13	66:05-14	70:15-13		80:01-15			
04:16-13	04:01-8	03:48-15	03:32-12	03:31-18	06:56-17	03:19-16	04:57-16	02:25-10	06:11-11	03:04-15	04:04-15	02:06-16	02:52-11	04:40-14	06:23-19	04:10-14					
01:15&	01:14&	01:29&	01:15&	01:52@	04:30@	01:16&	02:16&	00:49&	01:48&	01:19&	01:31&	00:54&	00:58&	02:06&	03:19@	02:24@					
15	**Trier, Øivind Due**				**Oslostudentenes IK**			**1:21:35 +**	**29:15**	**140,58**											
05:00-20	10:09-19	13:51-19	17:27-18	20:43-18	25:25-16	28:44-16	32:56-16	35:46-15	42:46-14	45:32-14	49:44-14	52:04-14	55:04-14	60:09-14	66:10-15	71:25-15	77:28-15	81:35-16			
05:00-20	05:09-18	03:42-14	03:36-14	03:16-16	04:42-12	03:19-16	04:12-12	02:50-14	07:00-16	02:46-11	04:12-16	02:20-18	03:00-14	05:05-17	06:01-17	05:15-17	06:03-16	04:07-15			
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26	**Jensen, Audun Dahl**			**Oslostudentenes IK**			**1:05:39 +**	**25:48**	**126,67**				
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04:12-13	06:11-37	10:02-40	02:42-20	02:53-3	03:44-13	10:45-37	02:52-9	04:12-10	04:54-8	05:36-39	03:29-17	04:07-20	
00:42#	02:40&	06:50@	01:00&	00:10+	00:49&	07:04@	00:47&	00:42#	01:19&	03:21@	01:01&	01:18&	
27	**Christiansen , Lars**			**Veritas BIL**			**1:07:25 +**	**27:34**	**125,98**				
05:30-36	11:01-32	18:01-34	20:41-31	24:47-30	29:47-33	36:18-27	40:37-27	47:49-30	53:54-29	57:56-28	62:14-28	67:25-27	
05:30-36	05:31-30	07:00-34	02:40-19	04:06-26	05:00-36	06:31-25	04:19-34	07:12-36	06:05-24	04:02-30	04:18-27	05:11-28	
02:00&	02:00&	03:48@	00:58&	01:23&	02:05&	02:50&	02:14@	03:42@	02:30&	01:47&	01:50&	02:22&	
28	**Kongsberg, Morten**			**Tyrving IL**			**1:07:36 +**	**27:45**	**125,90**				
04:48-25	09:15-18	13:52-14	17:45-18	21:38-19	25:43-19	41:10-34	44:13-33	48:37-33	54:29-31	58:20-30	62:39-29	67:36-28	
04:48-25	04:27-15	04:37-17	03:53-36	03:53-21	04:05-25	15:27-41	03:03-13	04:24-17	05:52-22	03:51-29	04:19-28	04:57-26	
01:18&	00:56&	01:25&	02:11@	01:10&	01:10&	11:46@	00:58&	00:54&	02:17&	01:36&	01:51&	02:08&	
29	**Inngjerdingen, Marit**			**Heming Orientering**			**1:08:07 +**	**28:16**	**125,70**				
07:14-42	11:38-36	18:54-35	21:29-33	25:05-32	28:52-30	33:58-25	36:50-24	41:33-22	50:36-24	54:58-24	59:36-23	68:07-29	
07:14-42	04:24-14	07:16-36	02:35-16	03:36-15	03:47-16	05:06-9	02:52-9	04:43-20	09:03-35	04:22-32	04:38-32	08:31-39	
03:44@	00:53&	04:04@	00:53&	00:53&	00:52&	01:25&	00:47&	01:13&	05:28@	02:07&	02:10&	05:42@	
30	**Skantze, Don**			**IL Tyrving**			**1:09:35 +**	**29:44**	**125,12**				
05:28-34	10:57-31	16:25-28	20:17-29	25:16-34	30:19-35	38:57-32	42:53-30	48:20-31	56:29-32	60:16-31	64:02-30	69:35-30	
05:28-34	05:29-29	05:28-24	03:52-35	04:59-38	05:03-37	08:38-31	03:56-29	05:27-26	08:09-32	03:47-27	03:46-21	05:33-31	
01:58&	01:58&	02:16&	02:10@	02:16&	02:08&	04:57@	01:51&	01:57&	04:34@	01:32&	01:18&	02:44&	
31	**Ulltveit-Moe, Jo**			**IL Koll**			**1:10:52 +**	**31:01**	**124,62**				
03:46-3	08:03-6	11:47-6	15:37-11	19:34-11	24:08-12	30:36-12	34:28-15	39:18-16	45:02-14	63:36-35	66:49-31	70:52-31	
03:46-2	04:17-12	03:44-5	03:50-34	03:57-23	04:34-31	06:28-23	03:52-27	04:50-22	05:44-19	18:34-41	03:13-8	04:03-19	
00:16+	00:46#	00:32#	02:08@	01:14&	01:39&	02:47&	01:47&	01:20&	02:09&	16:19@	00:45&	01:14&	
32	**Lesteberg, Ann-Karin**			**Kongsberg OL**			**1:13:24 +**	**33:33**	**123,62**				
05:18-30	10:33-28	17:10-30	20:37-30	25:02-31	29:45-32	38:10-30	43:37-32	50:43-34	58:05-34	61:48-32	67:07-32	73:24-32	
05:18-30	05:15-25	06:37-33	03:27-33	04:25-33	04:43-32	08:25-29	05:27-39	07:06-34	07:22-29	03:43-26	05:19-35	06:17-35	
01:48&	01:44&	03:25@	01:45@	01:42&	01:48&	04:44@	03:22@	03:36@	03:47@	01:28&	02:51@	03:28@	
33	**Lesteberg, Ola**			**Kongsberg OL**			**1:13:30 +**	**33:39**	**123,58**				
05:28-35	10:46-29		20:46-32	25:09-33	29:52-34	38:19-31			58:15-35	61:56-33	67:19-33	73:30-33	
05:28-34	05:18-27			04:23-31	04:43-32	08:27-30				03:41-21	05:23-36	06:11-34	
01:58&	01:47&			01:40&	01:48&	04:46@				01:26&	02:55@	03:22@	

34	**Flenning, Øystein**		**IL GeoForm**				**1:14:13 + 34:22**			**123,30**			
06:07-40	11:44-37	17:12-31	25:51-41	30:12-40	35:06-40	41:36-36	45:07-35	51:06-35	57:33-33	62:22-34	69:17-34	74:13-34	
06:07-40	05:37-32	05:28-24	08:39-42	04:21-29	04:54-35	06:30-24	03:31-23	05:59-31	06:27-28	04:49-33	06:55-39	04:56-25	
02:37&	02:06&	02:16&	06:57@	01:38&	01:59&	02:49&	01:26&	02:29&	02:52&	02:34@	04:27@	02:07&	
35	**Fixdal, Trude**		**Heming Orientering**				**1:14:56 + 35:05**			**123,02**			
04:47-24	13:10-42	19:05-36	21:47-34	26:07-36	30:28-36	37:05-28	40:51-28	47:03-28	62:41-36	65:29-36	69:32-35	74:56-35	
04:47-24	08:23-42	05:55-31	02:42-20	04:20-28	04:21-28	06:37-27	03:46-24	06:12-32	15:38-40	02:48-9	04:03-24	05:24-30	
01:17&	04:52@	02:43&	01:00&	01:37&	01:26&	02:56&	01:41&	02:42&	12:03@	00:33#	01:35&	02:35&	
36	**Fiebig, Markus**		**Raumar OL**				**1:27:26 + 47:35**			**118,10**			
05:26-33	12:11-39	19:43-38	23:42-39	30:30-41	36:55-41	47:16-38	51:58-37	60:10-36	70:55-37	75:52-37	81:31-36	87:26-36	
05:26-33	06:45-39	07:32-37	03:59-37	06:48-42	06:25-42	10:21-35	04:42-37	08:12-37	10:45-38	04:57-35	05:39-37	05:55-33	
01:56&	03:14&	04:20@	02:17@	04:05@	03:30@	06:40@	02:37@	04:42@	07:10@	02:42@	03:11@	03:06@	
37	**Stokset, Kathrine**		**Oppsal Orientering**				**1:30:57 + 51:06**			**116,72**			
05:44-39	11:48-38	17:30-33	22:36-37	27:30-37	32:50-38	43:47-37	48:32-36	63:54-37	73:09-38	78:09-38	83:52-37	90:57-38	
05:44-39	06:04-35	05:42-28	05:06-40	04:54-37	05:20-39	10:57-38	04:45-38	15:22-41	09:15-36	05:00-36	05:43-38	07:05-36	
02:14&	02:33&	02:30&	03:24@	02:11&	02:25&	07:16@	02:40@	11:52@	05:40@	02:45@	03:15@	04:16@	
38	**Rikheim, Harald**		**Privat**				**1:31:26 + 51:35**			**116,53**			
05:31-37	11:03-33	17:13-32	22:07-36	28:40-38	34:18-39	48:52-39	54:43-38	68:48-38	76:46-39	81:53-39	86:15-38	91:26-39	
05:31-37	05:32-31	06:10-32	04:54-39	06:33-41	05:38-40	14:34-40	05:51-40	14:05-40	07:58-31	05:07-38	04:22-29	05:11-28	
02:01&	02:01&	02:58&	03:12@	03:50@	02:43&	10:53@	03:46@	10:35@	04:23@	02:52@	01:54&	02:22&	
39	**Christensen, Petter**		**Veritas BIL**				**1:36:34 + 56:43**			**114,51**			
06:08-41	12:35-40	33:04-42	36:06-43	51:40-43	57:45-43	67:52-42	71:39-41	76:44-41	82:33-40	86:15-40	90:59-39	96:34-41	
06:08-41	06:27-38	20:29-42	03:02-30	15:34-43	06:05-41	10:07-34	03:47-25	05:05-24	05:49-21	03:42-24	04:44-33	05:35-32	
02:38&	02:56&	17:17@	01:20&	12:51@	03:10@	06:26@	01:42&	01:35&	02:14&	01:27&	02:16&	02:46&	
40	**Stokset, Brynjar**		**Oppsal Orientering**				**1:58:11 +1:18:20**			**106,00**			
08:43-43	18:27-43	26:10-41	31:50-42	38:21-42	45:32-42	58:34-40	65:59-39	75:14-40	86:16-41	97:01-41	110:36-40	118:11-43	
08:43-43	09:44-43	07:43-38	05:40-41	06:31-40	07:11-43	13:02-39	07:25-41	09:15-38	11:02-39	10:45-40	13:35-40	07:35-37	
05:13@	06:13@	04:31@	03:58@	03:48@	04:16@	09:21@	05:20@	05:45@	07:27@	08:30@	11:07@	04:46@	
	Aas, Finn Erik		**Privat**				**FULLFØRT**			**100,00**			

DSQ	**Falck, Heidi**		**IL Tyrving**				**1:27:48 (-1 poster)**			**95,83**			
04:54-26	09:42-19	14:04-16	16:57-14	21:26-16	26:09-21	32:43-23	36:34-22	42:16-23	48:31-22	51:47-21		87:48-37	
04:54-26	04:48-19	04:22-14	02:53-28	04:29-36	04:43-32	06:34-26	03:51-26	05:42-29	06:15-26	03:16-18			
01:24&	01:17&	01:10&	01:11&	01:46&	01:48&	02:53&	01:46&	02:12&	02:40&	01:01&			
DSQ	**Roti, Tobias Drage**		**Privat**				**1:49:18 (-3 poster)**			**87,50**			
03:30-1	08:11-7	15:21-19	19:46-28	23:23-28	27:00-25	64:58-41	68:52-40	73:00-39				109:18-42	
03:30-1	04:41-18	07:10-35	04:25-38	03:37-16	03:37-8	37:58-42	03:54-28	04:08-8					
00:00=	01:10&	03:58@	02:43@	00:54&	00:42#	34:17@	01:49&	00:38#					
DSQ	**Goa, Kristin**		**IL GeoForm**				**1:34:24 (-6 poster)**			**75,00**			
04:09-12	10:07-24	15:38-24	18:26-24	21:35-18	25:39-17							94:24-40	
04:09-12	05:58-34	05:31-27	02:48-23	03:09-9	04:04-24								
00:39#	02:27&	02:19&	01:06&	00:26#	01:09&								

Strekktider Kort

Plass	**Navn**		**Klubb**				**Tid**		**Poeng**
1	**Heggland, Knut**		**Privat**				**0:26:36 + 00:00**		**120,94**
03:41-1	07:57-1	11:49-1	17:26-1	22:22-1	26:36-1				
03:41-1	04:16-2	03:52-1	05:37-1	04:56-2	04:14-8				
00:00=	00:04+	00:00=	00:00=	00:03+	00:59&				
2	**Tenstad, Amund**		**Privat**				**0:29:29 + 02:53**		**119,96**
04:00-3	09:50-6	14:31-6	21:21-6	26:14-3	29:29-2				

04:00-3 05:50-13 04:41-4 06:50-7 04:53-1 03:15-1
00:19+ 01:38& 00:49# 01:13# 00:00= 00:00=

3 Clasen, Claus Frimann Lyberg & Partnere 0:29:59 + 03:23 119,79

04:51-6 09:38-5 14:21-4 20:59-5 26:16-4 29:59-3
04:51-6 04:47-6 04:43-5 06:38-6 05:17-4 03:43-3
01:10& 00:35# 00:51# 01:01# 00:24+ 00:28#

4 Berteig, Vidar IL GeoForm 0:30:07 + 03:31 119,74

05:04-7 09:31-4 14:22-5 20:36-3 26:03-2 30:07-4
05:04-7 04:27-3 04:51-8 06:14-5 05:27-5 04:04-7
01:23& 00:15+ 00:59& 00:37# 00:34# 00:49&

5 Brodin, Nils Jørgen Byggmesterforbundet 0:30:35 + 03:59 119,58

05:22-10 10:04-9 15:42-10 21:32-8 26:39-5 30:35-5
05:22-10 04:42-4 05:38-11 05:50-2 05:07-3 03:56-6
01:41& 00:30# 01:46& 00:13+ 00:14+ 00:41#

6 Bjørne-Larsen, Knud Riksteatret 0:30:49 + 04:13 119,50

04:40-4 08:52-2 13:14-2 19:22-2 27:33-6 30:49-6
04:40-4 04:12-1 04:22-2 06:08-4 08:11-9 03:16-2
00:59& 00:00= 00:30# 00:31+ 03:18& 00:01+

7 Vollen, Magne Oslostudentenes IK 0:34:08 + 07:32 118,37

05:10-8 09:55-7 14:48-8 21:52-9 27:36-7 34:08-7
05:10-8 04:45-5 04:53-9 07:04-9 05:44-6 06:32-11
01:29& 00:33# 01:01& 01:27& 00:51# 03:17@

8 Johansen, Erlend Privat 0:35:27 + 08:51 117,92

03:58-2 09:10-3 13:33-3 21:30-7 31:36-8 35:27-8
03:58-2 05:12-9 04:23-3 07:57-10 10:06-11 03:51-4
00:17+ 01:00# 00:31# 02:20& 05:13@ 00:36#

9 Sigurdsen, Roar Ringnes BIL 0:35:59 + 09:23 117,74

04:49-5 09:57-8 14:42-7 20:39-4 32:05-9 35:59-9
04:49-5 05:08-8 04:45-6 05:57-3 11:26-13 03:54-5
01:08& 00:56# 00:53# 00:20+ 06:33@ 00:39#

10 Bjergaard, Anne Marit Nydalens SK 0:43:59 + 17:23 115,02

05:16-9 10:13-10 15:03-9 27:40-10 39:13-11 43:59-10
05:16-9 04:57-7 04:50-7 12:37-13 11:33-14 04:46-9
01:35& 00:45# 00:58& 07:00@ 06:40@ 01:31&

11 Myhre, Stein Bærums Skiklub 0:44:46 + 18:10 114,75

06:39-13 13:37-14 19:47-13 30:22-11 38:12-10 44:46-11
06:39-13 06:58-15 06:10-12 10:35-12 07:50-8 06:34-13
02:58& 02:46& 02:18& 04:58& 02:57& 03:19@

12 Broadwell, Sharon Lynn IL GeoForm 0:47:14 + 20:38 113,91

07:56-15 13:08-13 25:39-15 34:06-14 41:12-12 47:14-12
07:56-15 05:12-9 12:31-15 08:27-11 07:06-7 06:02-10
04:15@ 01:00# 08:39@ 02:50& 02:13& 02:47&

13 Bjordal, Roar Oppsal Orientering 0:48:42 + 22:06 113,41

06:44-14 13:39-15 19:12-12 32:04-12 42:10-13 48:42-13
06:44-14 06:55-14 05:33-10 12:52-14 10:06-11 06:32-11
03:03& 02:43& 01:41& 07:15@ 05:13@ 03:17@

14 Sundelin Rørvik, Gisela Heming Orientering 0:51:15 + 24:39 112,54

06:05-11 11:36-11 25:13-14 32:09-13 51:15-14
06:05-11 05:31-11 13:37-16 06:56-8
02:24& 01:19& 09:45@ 01:19#

15 Nermoen, Ingrid Østmarka OK 0:57:28 + 30:52 110,42

06:17-12 11:54-12 18:57-11 40:30-15 49:02-14 57:28-15
06:17-12 05:37-12 07:03-13 21:33-16 08:32-10 08:26-14
02:36& 01:25& 03:11& 15:56@ 03:39& 05:11@

16 Grymyr, Aina Nordre Follo Orientering 1:09:05 + 42:29 106,46

08:04-16 22:07-16 32:15-16 47:11-16 59:17-15 69:05-16
08:04-16 14:03-16 10:08-14 14:56-15 12:06-15 09:48-15

04:23@ 09:51@ 06:16@ 09:19@ 07:13@ 06:33@

Eriksen, Trude	**Nydalens SK**	**FULLFØRT**	**100,00**