

Rankingløp

Dato/sted: 22. april 2026 - Østmarksetra
Kart: Solbergvann
Arr: IL GeoForm v/Harald Iwe
Antall: Totalt: 112 (GeoForm: 18, OSI: 3, DNV: 5, Andre: 86)
Løpsrapport: Alder: 21-: 112, 17-20: 0, 13-16: 0, 0-12: 0
Startkont: kr. 50: 86 kr. 30: 26 kr. 0: 0
Betalt: kr. 50: 86 kr. 30: 21 kr. 0: 5
Leiebrikker: 7 stk

Resultater: [Lang\(28\)](#) | [Mellom\(57\)](#) | [Kort\(27\)](#) | [Grafisk](#)
Strekktider: [Lang\(28\)](#) | [Mellom\(57\)](#) | [Kort\(27\)](#)

Resultater Lang (5.9 km)

Plass	Navn	Klubb	Tid	Poeng
1	Prydz, Espen Beer	Heming Orientering	0:44:52 + 00:00	151.51
2	Ulvestad, Martin	Heming Orientering	0:45:05 + 00:13	151.40
3	Edvardsson, Oskar	NTNUI	0:46:25 + 01:33	150.70
4	Rodem, Øystein	Nydalens SK	0:48:58 + 04:06	149.37
5	Andersen, Tor Andreas	Oppsal Orientering	0:53:27 + 08:35	147.02
5	Andersen, Tor Andreas	Oppsal Orientering	0:53:27 + 08:35	147.02
7	Mella, Thor	Oppsal Orientering	0:54:16 + 09:24	146.59
8	Aurmo, Halvor	Heming Orientering	0:54:48 + 09:56	146.31
9	Nygård, Svein	Norges Bank BIL	0:54:54 + 10:02	146.26
10	Kristensen, Ole Kristian	Fossum IF	0:55:58 + 11:06	145.70
11	Salonen, Mikko	Helsingin Suunnistajat	0:57:43 + 12:51	144.79
12	Farkas, Lorant	Østmarka OK	1:00:02 + 15:10	143.57
13	Standal, Helge	IL Koll	1:01:17 + 16:25	142.92
14	Hobøl, Vigdis	Oppsal Orientering	1:02:17 + 17:25	142.40
15	Rustad, Gunnar	Nittedal OL	1:02:31 + 17:39	142.27
16	Ask, Kjetil	Nittedal OL	1:03:51 + 18:59	141.58
17	Stenshorne, Per Christian	Nydalens SK	1:05:15 + 20:23	140.84
18	Nederhoed, Lasse	Teddy TV	1:07:31 + 22:39	139.66
19	Risvoll, Ketil	Telenor BIL	1:07:48 + 22:56	139.51
20	Høivold, Erik	IL GeoForm	1:13:57 + 29:05	136.29
21	Omdal, Marianne	IL GeoForm	1:17:03 + 32:11	134.67
22	Mygland, Johan	IL GeoForm	1:18:13 + 33:21	134.05
23	Kippernes, Frank Åge	IL GeoForm	1:19:28 + 34:36	133.40
24	Fagerhaug, Are	IL GeoForm	1:20:50 + 35:58	132.68
25	Sandvik, Cathrine	Norges Bank BIL	1:22:32 + 37:40	131.79
26	Ottersland, Per Kristian	IL GeoForm	1:22:48 + 37:56	131.66
27	Teig, Christine	Nydalens SK	1:23:50 + 38:58	131.11
28	Fixdal, Trude	Heming Orientering	1:24:35 + 39:43	130.72

Resultater Mellom (4.0 km)

Plass	Navn	Klubb	Tid	Poeng
1	Olausson, Mikael	Oslostudentenes IK	0:33:44 + 00:00	135.49
2	Helland, Knut	Østmarka OK	0:34:12 + 00:28	135.26
3	Grønneberg, Skage	Heming Orientering	0:34:40 + 00:56	135.02
4	Henriksen, Jan Tore	Norges Bank BIL	0:34:52 + 01:08	134.92
5	Norman, Niklas	IL GeoForm	0:36:05 + 02:21	134.31
6	Kjenseth, Jon	Heming Orientering	0:36:07 + 02:23	134.29
7	Birkeland, Roger	Telenor BIL	0:38:32 + 04:48	133.07
8	Dybvad, Jakob	VBIL	0:38:37 + 04:53	133.03
9	Kongsnes, Vemund	Østmarka OK	0:38:39 + 04:55	133.01
10	Ødegaard, Morten	Lillomarka OL	0:39:11 + 05:27	132.74
11	Åsmul, Eskil	Geoform IL	0:39:36 + 05:52	132.53
12	Sætran, Bjørn Idar	IF Trauma	0:40:18 + 06:34	132.18
13	Heggland, Knut	Privat	0:42:00 + 08:16	131.32
14	Eriksen, Are	Oslostudentenes IK	0:42:24 + 08:40	131.12
15	Egge, Guttorm	IL GeoForm	0:43:30 + 09:46	130.57
16	Wade, Paul	Fossum IF	0:44:03 + 10:19	130.29
17	Bugge, Georg A.	Aas-Jakobsen Bil	0:44:14 + 10:30	130.20
18	Christensen, Bjørn	Østmarka OK	0:44:42 + 10:58	129.96
19	Hasaas, Olav	Fossum IF	0:45:00 + 11:16	129.81
20	Blomseth, Kjell	Ås-NMBU Orientering	0:45:50 + 12:06	129.39
21	Grinde, Bjørn	Oslostudentenes IK	0:46:47 + 13:03	128.91
22	Johansen, Frode	Equinor BIL	0:47:28 + 13:44	128.57
23	Mella, Stein	Oppsal Orientering	0:47:35 + 13:51	128.51
24	Søggård, Simen Teigen	Privat	0:48:00 + 14:16	128.30
25	Kjenseth, Seline	Heming Orientering	0:48:06 + 14:22	128.25
26	Petterson, Alf	Tyrving IL	0:48:15 + 14:31	128.17
27	Eid, Anne Berit	Nydalens SK	0:49:56 + 16:12	127.32
28	Horwath, Zoltan	DNV	0:50:28 + 16:44	127.06
29	Flemming, Øystein	Geoform IL	0:50:54 + 17:10	126.84
30	Hov, Kjersti	Fossum IF	0:51:24 + 17:40	126.59
31	Solheim, Nils Olav	Aker Solutions	0:52:41 + 18:57	125.94
32	Johansen, Erlend	Privat	0:52:44 + 19:00	125.91
33	Sverdrup-Thygeson, Kjetil	Ås-NMBU Orientering	0:53:04 + 19:20	125.74
34	Saugestad, Fredrik	Nydalens SK	0:53:56 + 20:12	125.31
35	Clasen, Claus Frimann	Lyberg & Partnere	0:54:42 + 20:58	124.92
36	Sauar, Brita	IL Koll	0:55:13 + 21:29	124.66
37	Hultgreen Karlsen, Stig	IL GeoForm	0:55:42 + 21:58	124.42
38	Nummedal, Geir	IL GeoForm	0:55:50 + 22:06	124.35
39	Christiansen, Håvard	Forsvarsbygg	0:56:42 + 22:58	123.91
40	Værgeland, Ivar	Nydalens SK	0:58:59 + 25:15	122.76
41	Rikheim, Harald	Privat	0:59:40 + 25:56	122.42
42	Skjelkvåle, Brit Lisa	IL GeoForm	0:59:57 + 26:13	122.27
43	Long, Mike	Geoform IL	1:03:29 + 29:45	120.49
44	Flydal, Roar	Oppsal IF	1:03:45 + 30:01	120.36
45	Christensen, Petter	Veritas	1:04:25 + 30:41	120.02
46	Stiansen, Peer	Nydalens SK	1:05:36 + 31:52	119.43
47	Angell, Truls	Lillomarka OL	1:06:44 + 33:00	118.85
48	Fremming, Hans Henrik	MI	1:10:12 + 36:28	117.11
49	Christensen, Lars	VBIL	1:12:42 + 38:58	115.85
50	Juhasz, Katalin	Østmarka OK	1:13:31 + 39:47	115.43
51	Kletteli, Odd	Bækkelagets SK	1:13:52 + 40:08	115.26
52	Stokset, Kathrine	Oppsal Orientering	1:23:23 + 49:39	110.46
53	Myhr, Bjørn	Vegvesenet	1:42:09 +1:08:25	101.00

	Roald, Hedda	Oppsal Orientering	FULLFØRT	100.00
DSQ	Kildahl, Øystein	Østmarka OK	0:39:53 (-1 poster)	95.83
DSQ	Limi, Jørn	Oppsal Orientering	0:42:42 (-1 poster)	95.83
DSQ	Viljugrein, Ann	Oppsal Orientering	0:46:22 (-2 poster)	91.67

Resultater Kort (2.0 km)

Plass	Navn	Klubb	Tid	Poeng
1	Johansson, Pär	Privat	0:22:29 + 00:00	121.15
2	Berteig, Vidar	IL GeoForm	0:23:17 + 00:48	120.84
3	Kongsberg, Morten	IL Tyrving	0:25:16 + 02:47	120.06
4	Kaarby, Per	IL GeoForm	0:27:57 + 05:28	119.00
5	Jensen, Einar	Nydalens SK	0:28:04 + 05:35	118.95
6	Lea, Tor	Nydalens SK	0:28:30 + 06:01	118.78
7	Sæther, Øystein	Lillomarka OL	0:29:15 + 06:46	118.49
8	Løken, Knut Anders	IL Koll	0:29:23 + 06:54	118.44
9	Berg, Marius	Fossum IF	0:30:53 + 08:24	117.85
10	Løken, Aleidis	Heming Orientering	0:31:59 + 09:30	117.41
11	Rørvik, Gisela Sundelin	Heming Orientering	0:33:58 + 11:29	116.63
12	Hugdahl, Lise	Freidig	0:34:29 + 12:00	116.43
13	Nilstad, Randi	IL Tyrving	0:35:32 + 13:03	116.02
14	Tho, Kjersti	Stabæk IF	0:36:09 + 13:40	115.77
15	Østengen, Knut Erik	Thales	0:37:20 + 14:51	115.31
16	Myhre, Stein	Bærums Skiklub	0:38:01 + 15:32	115.04
17	Norland, Janicke Dahl	Lyn Ski	0:39:35 + 17:06	114.42
18	Kongsnes, Arne	Oppsal Orientering	0:40:21 + 17:52	114.12
19	Fougner, Jon C.	Heming Orientering	0:41:55 + 19:26	113.50
20	Bjørngum, Halvard	VBIL	0:43:59 + 21:30	112.69
21	Flydal, Åse	Oppsal Orientering	0:50:58 + 28:29	109.94
22	Solhjell, Kaare	Privat	0:51:46 + 29:17	109.63
23	Grymyr, Aina	Nordre Follo Orientering	0:56:19 + 33:50	107.84
24	Grandum, Sigurd	IL GeoForm	1:03:33 + 41:04	104.99
25	Grandum, Øyvind	IL GeoForm	1:03:43 + 41:14	104.92
DSQ	Ongstad, Per	Privat	1:10:35 (-3 poster)	75.00
	Kongsberg, Markus	IL Tyrving	DELTATT	50.00

Strekktider Lang

Plass	Navn	Klubb	Tid	Poeng														
1	Prydz, Espen Beer	Heming Orientering	0:44:52 + 00:00	151.51														
	03:36-1	05:20-2	07:53-2	09:21-3	12:07-1	13:02-1	16:03-1	18:14-1	20:34-1	22:14-1	23:56-1	28:45-1	31:18-1	33:46-1	39:06-1	42:00-1	43:29-1	44:52-1
	02:36-1	02:44-4	02:33-3	01:28-3	02:46-1	00:55-1	03:01-1	02:11-3	02:20-1	01:40-2	01:42-1	04:49-2	02:33-2	02:28-10	05:20-1	02:54-13	01:29-5	01:23-1
	00:00=	00:21#	00:10+	00:07+	00:00=	00:00=	00:00=	00:01+	00:00=	00:04+	00:00=	00:11+	00:02+	00:45&	00:00=	00:44&	00:12#	00:00=
2	Ulvestad, Martin	Heming Orientering	0:45:05 + 00:13	151.40														
	03:10-3	05:33-3	07:56-3	09:17-2	12:16-3	13:21-2	16:23-2	18:33-2	21:38-3	23:20-3	25:26-3	30:04-2	32:35-2	34:18-2	40:00-2	42:23-2	43:40-2	45:05-2
	03:10-3	02:23-1	02:23-1	01:21-1	02:59-2	01:05-2	03:02-2	02:10-1	03:05-12	01:42-3	02:06-6	04:38-1	02:31-1	01:43-1	05:42-2	02:23-2	01:17-1	01:25-4
	00:34#	00:00=	00:00=	00:00=	00:13+	00:10#	00:01+	00:00=	00:45&	00:06+	00:24#	00:00=	00:00=	00:00=	00:22+	00:13#	00:00=	00:02+
3	Edvardsson, Oskar	NTNUI	0:46:25 + 01:33	150.70														

02:55-2	05:18-1	07:47-1	09:12-1	12:15-2	13:25-3	16:40-3	19:04-3	21:36-2	23:12-2	25:02-2	30:07-3	32:47-3	34:42-3	40:59-3	43:24-3	44:49-3	46:25-3
02:55-2	02:23-1	02:29-2	01:25-2	03:03-3	01:10-3	03:15-3	02:24-5	02:32-3	01:36-1	01:50-3	05:05-3	02:40-3	01:55-4	06:17-5	02:25-3	01:25-3	01:36-7
00:19#	00:00=	00:06+	00:04+	00:17#	00:15&	00:14+	00:14#	00:12+	00:00=	00:08+	00:27+	00:09+	00:12#	00:57#	00:15#	00:08#	00:13#
4	Rodem, Øystein				Nydalens SK				0:48:58 +	04:06	149.37						
03:25-7	05:58-4	08:50-4	10:28-4	13:54-4	15:05-4	19:03-4	21:13-4	23:59-4	26:08-4	28:20-4	33:28-4	36:10-4	37:54-4	43:50-4	46:00-4	47:34-4	48:58-4
03:25-7	02:33-3	02:52-4	01:38-5	03:26-4	01:11-4	03:58-8	02:10-1	02:46-5	02:09-12	02:12-9	05:08-4	02:42-4	01:44-2	05:56-3	02:10-1	01:34-7	01:24-2
00:49&	00:10+	00:29#	00:17#	00:40#	00:16&	00:57&	00:00=	00:26#	00:33&	00:30&	00:30#	00:11+	00:01+	00:36#	00:00=	00:17#	00:01+
5	Andersen, Tor Andreas				Oppsal Orientering				0:53:27 +	08:35	147.02						
												53:27-6					
5	Andersen, Tor Andreas				Oppsal Orientering				0:53:27 +	08:35	147.02						
												53:27-5					
7	Mella, Thor				Oppsal Orientering				0:54:16 +	09:24	146.59						
03:26-8	06:45-9	09:59-8	11:32-7	15:20-6	16:36-6	20:27-6	23:13-6	25:49-6	27:42-6	29:46-5	35:25-5	38:26-5	40:41-5	47:34-5	50:25-5	52:26-5	54:16-7
03:26-8	03:19-11	03:14-8	01:33-4	03:48-9	01:16-6	03:51-7	02:46-8	02:36-4	01:53-5	02:04-4	05:39-7	03:01-5	02:15-7	06:53-7	02:51-10	02:01-17	01:50-17
00:50&	00:56&	00:51&	00:12#	01:02&	00:21&	00:50&	00:36&	00:16#	00:17#	00:22#	01:01#	00:30#	00:32&	01:33&	00:41&	00:44&	00:27&
8	Aurmo, Halvor				Heming Orientering				0:54:48 +	09:56	146.31						
03:19-4	06:36-8	11:12-13	15:09-19	18:50-15	20:01-14	23:32-11	25:51-11	28:11-8	29:54-8	31:38-8	36:58-7	40:18-7	42:44-7	49:27-7	52:02-7	53:24-7	54:48-8
03:19-4	03:17-8	04:36-20	03:57-26	03:41-7	01:11-4	03:31-4	02:19-4	02:20-1	01:43-4	01:44-2	05:20-5	03:20-9	02:26-9	06:43-6	02:35-5	01:22-2	01:24-2
00:43&	00:54&	02:13&	02:36@	00:55&	00:16&	00:30#	00:09+	00:00=	00:07+	00:02+	00:42#	00:49&	00:43&	01:23&	00:25#	00:05+	00:01+
9	Nygård, Svein				Norges Bank BIL				0:54:54 +	10:02	146.26						
03:28-9	06:29-7	09:29-6	11:09-6	15:31-8	17:20-7	21:00-7	23:46-7	26:39-7	29:05-7	31:10-7	36:34-6	39:37-6	41:55-6	48:59-6	51:46-6	53:13-6	54:54-9
03:28-9	03:01-7	03:00-6	01:40-8	04:22-18	01:49-18	03:40-5	02:46-8	02:53-8	02:26-15	02:05-5	05:24-6	03:03-7	02:18-8	07:04-9	02:47-8	01:27-4	01:41-11
00:52&	00:38&	00:37&	00:19#	01:36&	00:54&	00:39#	00:36&	00:33#	00:50&	00:23#	00:46#	00:32#	00:35&	01:44&	00:37&	00:10#	00:18#
10	Kristensen, Ole Kristian				Fossum IF				0:55:58 +	11:06	145.70						
03:22-5	06:12-5	09:53-7	11:40-8	15:38-9	18:19-10	22:19-9	25:09-9	28:56-10	31:06-10	33:19-10	39:15-9	42:17-9	44:04-9	50:09-8	52:56-8	54:27-8	55:58-10
03:22-5	02:50-5	03:41-14	01:47-10	03:58-12	02:41-25	04:00-9	02:50-12	03:47-19	02:10-13	02:13-10	05:56-9	03:02-6	01:47-3	06:05-4	02:47-8	01:31-6	01:31-5
00:46&	00:27#	01:18&	00:26&	01:12&	01:46@	00:59&	00:40&	01:27&	00:34&	00:31&	01:18&	00:31#	00:04+	00:45#	00:37&	00:14#	00:08+
11	Salonen, Mikko				Helsingin Suunnistajat				0:57:43 +	12:51	144.79						
03:24-6	06:14-6	09:15-5	10:54-5	14:27-5	15:57-5	20:00-5	22:46-5	25:47-5	27:41-5	29:54-6	38:11-8	41:44-8	43:57-8	51:26-9	54:19-9	56:01-9	57:43-11
03:24-6	02:50-5	03:01-7	01:39-6	03:33-6	01:30-10	04:03-10	02:46-8	03:01-10	01:54-6	02:13-10	08:17-21	03:33-10	02:13-6	07:29-12	02:53-11	01:42-10	01:42-12
00:48&	00:27#	00:38&	00:18#	00:47&	00:35&	01:02&	00:36&	00:41&	00:18#	00:31&	03:39&	01:02&	00:30&	02:09&	00:43&	00:25&	00:19#
12	Farkas, Lorant				Østmarka OK				1:00:02 +	15:10	143.57						
04:00-14	07:34-12	10:55-11	12:35-11	16:47-11	18:44-11	22:31-10	25:13-10	28:59-11	31:49-11	34:02-11	39:49-10	43:38-10	45:50-10	53:07-10	56:26-10	58:13-10	60:02-12
04:00-14	03:34-15	03:21-10	01:40-8	04:12-14	01:57-20	03:47-6	02:42-7	03:46-18	02:50-21	02:13-10	05:47-8	03:49-16	02:12-5	07:17-10	03:19-18	01:47-12	01:49-15
01:24&	01:11&	00:58&	00:19#	01:26&	01:02@	00:46&	00:32#	01:26&	01:14&	00:31&	01:09#	01:18&	00:29&	01:57&	01:09&	00:30&	00:26&
13	Standal, Helge				IL Koll				1:01:17 +	16:25	142.92						
03:31-10	07:14-10	10:31-10	12:20-10	16:05-10	17:51-9	21:56-8	24:45-8	28:36-9	30:43-9	32:58-9	39:54-11	44:24-11	47:10-11	55:03-11	57:45-11	59:38-11	61:17-13
03:31-10	03:43-18	03:17-9	01:49-11	03:45-8	01:46-17	04:05-11	02:49-11	03:51-20	02:07-9	02:15-13	06:56-14	04:30-21	02:46-15	07:53-14	02:42-6	01:53-16	01:39-9
00:55&	01:20&	00:54&	00:28&	00:59&	00:51&	01:04&	00:39&	01:31&	00:31&	00:33&	02:18&	01:59&	01:03&	02:33&	00:32#	00:36&	00:16#
14	Hobøl, Vigdis				Oppsal Orientering				1:02:17 +	17:25	142.40						
03:58-12	07:16-11	10:15-9	11:54-9	15:26-7	17:24-8	23:51-12	26:56-12	30:20-13	32:22-13	34:45-13	42:01-13	45:35-13	48:09-13	55:26-13	58:34-13	60:25-12	62:17-14
03:58-12	03:18-9	02:59-5	01:39-6	03:32-5	01:58-21	06:27-23	03:05-15	03:24-15	02:02-8	02:23-17	07:16-15	03:34-11	02:34-11	07:17-10	03:08-14	01:51-14	01:52-20
01:22&	00:55&	00:36&	00:18#	00:46&	01:03@	03:26@	00:55&	01:04&	00:26&	00:41&	02:38&	01:03&	00:51&	01:57&	00:58&	00:34&	00:29&
15	Rustad, Gunnar				Nittedal OL				1:02:31 +	17:39	142.27						
04:30-18	07:48-15	11:37-14	13:49-12	18:00-12	19:34-12	24:21-13	27:19-13	30:05-12	32:13-12	34:40-12	40:55-12	44:53-12	47:32-12	55:12-12	58:23-12	60:40-13	62:31-15
04:30-18	03:18-9	03:49-15	02:12-15	04:11-13	01:34-11	04:47-16	02:58-14	02:46-5	02:08-10	02:27-18	06:15-10	03:58-17	02:39-13	07:40-13	03:11-15	02:17-24	01:51-19
01:54&	00:55&	01:26&	00:51&	01:25&	00:39&	01:46&	00:48&	00:26#	00:32&	00:45&	01:37&	01:27&	00:56&	02:20&	01:01&	01:00&	00:28&
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18	Nederhoed, Lasse	Teddy TV								1:07:31 + 22:39								139.66
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19	Risvoll, Ketil	Telenor BIL								1:07:48 + 22:56								139.51
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20	Høivold, Erik	IL GeoForm								1:13:57 + 29:05								136.29
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21	Omdal, Marianne	IL GeoForm								1:17:03 + 32:11								134.67
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22	Mygland, Johan	IL GeoForm								1:18:13 + 33:21								134.05
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23	Kippersnes, Frank Åge	IL GeoForm								1:19:28 + 34:36								133.40
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24	Fagerhaug, Are	IL GeoForm								1:20:50 + 35:58								132.68
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25	Sandvik, Cathrine	Norges Bank BIL								1:22:32 + 37:40								131.79
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26	Ottersland, Per Kristian	IL GeoForm								1:22:48 + 37:56								131.66
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27	Teig, Christine	Nydalens SK								1:23:50 + 38:58								131.11
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28	Fixdal, Trude	Heming Orientering								1:24:35 + 39:43								130.72
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03:14@	01:01&	01:10&	01:06&	01:28&	00:21&	00:21#	00:37&	00:36&	01:51&	00:55&	00:16#	00:34&
16	Wade, Paul		Fossum IF			0:44:03 +	10:19		130.29			
												44:03-18
17	Bugge, Georg A.		Aas-Jakobsen Bil			0:44:14 +	10:30		130.20			
03:42-10	08:26-22	12:24-21	14:24-20	19:06-22	20:42-19	22:56-16	25:39-15	27:44-16	35:12-15	40:19-18	42:04-18	44:14-19
03:42-10	04:44-37	03:58-24	02:00-15	04:42-23	01:36-16	02:14-16	02:43-11	02:05-20	07:28-11	05:07-44	01:45-13	02:10-32
01:03&	02:03&	01:32&	00:37&	01:23&	00:28&	00:35&	00:38&	00:35&	01:30&	02:39@	00:25&	00:46&
18	Christensen, Bjørn		Østmarka OK			0:44:42 +	10:58		129.96			
04:54-32	08:32-24	12:10-20	14:09-17	19:01-21	20:43-20	23:06-20	26:01-17	28:10-18	36:44-18	39:53-16	42:28-19	44:42-20
04:54-32	03:38-15	03:38-16	01:59-14	04:52-28	01:42-19	02:23-19	02:55-18	02:09-24	08:34-25	03:09-11	02:35-42	02:14-37
02:15&	00:57&	01:12&	00:36&	01:33&	00:34&	00:44&	00:50&	00:39&	02:36&	00:41&	01:15&	00:50&
19	Hasaas, Olav		Fossum IF			0:45:00 +	11:16		129.81			
03:54-14	07:46-15	11:22-15	13:42-16	18:13-16	20:14-18	23:06-19	26:42-20	28:37-19	37:50-19	41:19-19	43:09-20	45:00-21
03:54-14	03:52-19	03:36-12	02:20-25	04:31-21	02:01-31	02:52-32	03:36-34	01:55-13	09:13-31	03:29-24	01:50-16	01:51-18
01:15&	01:11&	01:10&	00:57&	01:12&	00:53&	01:13&	01:31&	00:25&	03:15&	01:01&	00:30&	00:27&
20	Blomseth, Kjell		Ås-NMBU Orientering			0:45:50 +	12:06		129.39			
03:54-15	07:24-11	10:55-13	12:51-14	17:41-15	19:12-15	23:05-18	27:11-22	29:29-22	37:57-20	41:57-20	43:38-21	45:50-22
03:54-14	03:30-14	03:31-11	01:56-13	04:50-26	01:31-10	03:53-45	04:06-39	02:18-27	08:28-24	04:00-35	01:41-11	02:12-34
01:15&	00:49&	01:05&	00:33&	01:31&	00:23&	02:14@	02:01&	00:48&	02:30&	01:32&	00:21&	00:48&
21	Grinde, Bjørn		Oslostudentenes IK			0:46:47 +	13:03		128.91			
04:59-34	09:00-31	13:21-31	15:31-27	19:44-23	21:32-23	23:46-21	26:43-21	29:24-21	39:13-21	42:36-21	44:46-22	46:47-24
04:59-34	04:01-22	04:21-30	02:10-21	04:13-12	01:48-23	02:14-16	02:57-19	02:41-39	09:49-36	03:23-20	02:10-32	02:01-26
02:20&	01:20&	01:55&	00:47&	00:54&	00:40&	00:35&	00:52&	01:11&	03:51&	00:55&	00:50&	00:37&
22	Johansen, Frode		Equinor BIL			0:47:28 +	13:44		128.57			
03:50-13	08:11-17	12:36-24	15:01-23	19:50-24	21:41-24	24:08-23	28:12-23	30:24-23	39:48-22	43:13-24	45:24-23	47:28-25
03:50-13	04:21-31	04:25-33	02:25-29	04:49-25	01:51-25	02:27-22	04:04-38	02:12-25	09:24-33	03:25-23	02:11-33	02:04-27
01:11&	01:40&	01:59&	01:02&	01:30&	00:43&	00:48&	01:59&	00:42&	03:26&	00:57&	00:51&	00:40&
23	Mella, Stein		Oppsal Orientering			0:47:35 +	13:51		128.51			
04:45-29	09:15-35	13:35-34	16:07-33	21:54-33	23:27-30	25:48-25	29:07-25	31:43-25	40:02-24	43:39-25	45:29-24	47:35-26
04:45-29	04:30-35	04:20-29	02:32-36	05:47-39	01:33-11	02:21-18	03:19-26	02:36-37	08:19-22	03:37-29	01:50-16	02:06-29
02:06&	01:49&	01:54&	01:09&	02:28&	00:25&	00:42&	01:14&	01:06&	02:21&	01:09&	00:30&	00:42&
24	Søgård, Simen Teigen		Privat			0:48:00 +	14:16		128.30			
04:10-20	08:15-19	12:49-25	15:08-25	20:33-27	22:15-26	26:14-26	29:16-26	31:44-26	40:51-26	44:08-26	45:51-25	48:00-27
04:10-20	04:05-24	04:34-36	02:19-24	05:25-36	01:42-19	03:59-47	03:02-23	02:28-33	09:07-29	03:17-17	01:43-12	02:09-31
01:31&	01:24&	02:08&	00:56&	02:06&	00:34&	02:20@	00:57&	00:58&	03:09&	00:49&	00:23&	00:45&
25	Kjenseth, Seline		Heming Orientering			0:48:06 +	14:22		128.25			
06:38-50	10:50-41	14:58-39	17:05-35	22:25-36	23:58-33	27:06-34	29:58-29	32:00-27	40:00-23	43:09-23	46:09-26	48:06-28
06:38-50	04:12-28	04:08-27	02:07-18	05:20-35	01:33-11	03:08-37	02:52-13	02:02-17	08:00-19	03:09-11	03:00-46	01:57-23
03:59@	01:31&	01:42&	00:44&	02:01&	00:25&	01:29&	00:47&	00:32&	02:02&	00:41&	01:40@	00:33&
26	Pettersen, Alf		Tyrving IL			0:48:15 +	14:31		128.17			
04:15-22	08:07-16	12:07-18	14:29-22	18:46-19	20:45-21	26:53-31	29:47-28	32:41-30	40:24-25	44:13-27	46:22-27	48:15-29
04:15-22	03:52-19	04:00-25	02:22-27	04:17-15	01:59-29	06:08-54	02:54-15	02:54-48	07:43-15	03:49-32	02:09-30	01:53-20
01:36&	01:11&	01:34&	00:59&	00:58&	00:51&	04:29@	00:49&	01:24&	01:45&	01:21&	00:49&	00:29&
27	Eid, Anne Berit		Nydalens SK			0:49:56 +	16:12		127.32			
05:06-35	08:56-30	13:17-30	15:38-28	20:47-28	22:41-27	25:29-24	28:28-24	30:59-24	41:44-29	45:35-28	47:46-28	49:56-30
05:06-35	03:50-17	04:21-30	02:21-26	05:09-34	01:54-28	02:48-28	02:59-20	02:31-34	10:45-40	03:51-33	02:11-33	02:10-32

	02:27&	01:09&	01:55&	00:58&	01:50&	00:46&	01:09&	00:54&	01:01&	04:47&	01:23&	00:51&	00:46&
28	Horwath, Zoltan				DNV					0:50:28 + 16:44			127.06
	04:11-21	08:28-23	13:22-32	16:05-32	21:39-31	24:13-35	26:40-29	30:07-30	32:22-29	41:28-28	46:01-30	48:20-30	50:28-31
	04:11-21	04:17-29	04:54-37	02:43-41	05:34-37	02:34-39	02:27-22	03:27-31	02:15-26	09:06-28	04:33-39	02:19-38	02:08-30
	01:32&	01:36&	02:28@	01:20&	02:15&	01:26@	00:48&	01:22&	00:45&	03:08&	02:05&	00:59&	00:44&
29	Flemming, Øystein				Geoform IL					0:50:54 + 17:10			126.84
	04:28-26	08:51-29	13:15-29	16:08-34	21:57-34	24:02-34	26:35-28	30:10-31	32:45-31	41:20-27	45:56-29	48:15-29	50:54-32
	04:28-25	04:23-32	04:24-32	02:53-44	05:49-41	02:05-33	02:33-26	03:35-33	02:35-36	08:35-26	04:36-41	02:19-38	02:39-49
	01:49&	01:42&	01:58&	01:30@	02:30&	00:57&	00:54&	01:30&	01:05&	02:37&	02:08&	00:59&	01:15&
30	Hov, Kjersti				Fossum IF					0:51:24 + 17:40			126.59
	04:28-25	08:34-27	13:01-26	15:17-26	21:05-30	22:54-29	27:12-35	30:48-32	33:10-32	42:41-31	46:38-31	48:47-31	51:24-33
	04:28-25	04:06-27	04:27-34	02:16-23	05:48-40	01:49-24	04:18-49	03:36-34	02:22-29	09:31-34	03:57-34	02:09-30	02:37-46
	01:49&	01:25&	02:01&	00:53&	02:29&	00:41&	02:39@	01:31&	00:52&	03:33&	01:29&	00:49&	01:13&
31	Solheim, Nils Olav				Aker Solutions					0:52:41 + 18:57			125.94
	04:18-24	09:13-33	13:09-27	15:47-30	22:10-35	23:55-32	27:44-37	32:04-36	34:06-34	45:18-33	48:40-33	50:55-33	52:41-34
	04:18-24	04:55-41	03:56-23	02:38-38	06:23-48	01:45-22	03:49-44	04:20-41	02:02-17	11:12-42	03:22-19	02:15-36	01:46-14
	01:39&	02:14&	01:30&	01:15&	03:04&	00:37&	02:10@	02:15@	00:32&	05:14&	00:54&	00:55&	00:22&
32	Johansen, Erlend				Privat					0:52:44 + 19:00			125.91
	05:51-44	09:54-38	14:49-38	17:14-37	21:40-32	24:19-36	26:49-30	35:29-43	37:53-42	45:38-35	49:02-34	51:10-34	52:44-35
	05:51-44	04:03-23	04:55-38	02:25-29	04:26-19	02:39-43	02:30-24	08:40-54	02:24-31	07:45-17	03:24-22	02:08-28	01:34-5
	03:12@	01:22&	02:29@	01:02&	01:07&	01:31@	00:51&	06:35@	00:54&	01:47&	00:56&	00:48&	00:10#
33	Sverdrup-Thygeson, Kjetil				Ås-NMBU Orientering					0:53:04 + 19:20			125.74
	04:53-31	11:10-43	15:18-41	17:41-38	22:36-37	24:49-37	27:41-36	30:53-33	33:40-33	44:09-32	47:43-32	50:26-32	53:04-36
	04:53-31	06:17-50	04:08-27	02:23-28	04:55-30	02:13-37	02:52-32	03:12-24	02:47-43	10:29-38	03:34-27	02:43-43	02:38-47
	02:14&	03:36@	01:42&	01:00&	01:36&	01:05&	01:13&	01:07&	01:17&	04:31&	01:06&	01:23@	01:14&
34	Saugestad, Fredrik				Nydalens SK					0:53:56 + 20:12			125.31
	03:47-12	08:46-28	13:43-35	20:50-44	25:06-40	27:14-39	29:19-39	32:20-37	34:26-37	42:32-30	50:19-37	52:12-35	53:56-37
	03:47-12	04:59-43	04:57-39	07:07-55	04:16-13	02:08-35	02:05-12	03:01-22	02:06-21	08:06-20	07:47-49	01:53-19	01:44-10
	01:08&	02:18&	02:31@	05:44@	00:57&	01:00&	00:26&	00:56&	00:36&	02:08&	05:19@	00:33&	00:20#
35	Clasen, Claus Frimann				Lyberg & Partnere					0:54:42 + 20:58			124.92
	04:05-18	08:33-25	12:35-23	15:01-24	20:09-25	22:49-28	26:29-27	31:21-34	34:13-35	46:38-36	50:14-36	52:29-36	54:42-38
	04:05-18	04:28-34	04:02-26	02:26-31	05:08-33	02:40-45	03:40-41	04:52-45	02:52-46	12:25-46	03:36-28	02:15-36	02:13-35
	01:26&	01:47&	01:36&	01:03&	01:49&	01:32@	02:01@	02:47@	01:22&	06:27@	01:08&	00:55&	00:49&
36	Sauar, Brita				IL Koll					0:55:13 + 21:29			124.66
	04:49-30	15:52-53	19:45-50	22:13-50	27:03-46	28:45-45	32:22-45	38:31-49	40:34-46	48:18-40	51:31-40	53:28-37	55:13-39
	04:49-30	11:03-55	03:53-22	02:28-32	04:50-26	01:42-19	03:37-40	06:09-51	02:03-19	07:44-16	03:13-15	01:57-21	01:45-11
	02:10&	08:22@	01:27&	01:05&	01:31&	00:34&	01:58@	04:04@	00:33&	01:46&	00:45&	00:37&	00:21&
37	Hultgreen Karlsen, Stig				IL GeoForm					0:55:42 + 21:58			124.42
	05:07-36	09:03-32	13:35-33	15:50-31	20:50-29	23:36-31	26:59-33	31:48-35	34:19-36	47:27-38	51:27-39	53:29-38	55:42-40
	05:07-36	03:56-21	04:32-35	02:15-22	05:00-31	02:46-47	03:23-38	04:49-44	02:31-34	13:08-49	04:00-35	02:02-24	02:13-35
	02:28&	01:15&	02:06&	00:52&	01:41&	01:38@	01:44@	02:44@	01:01&	07:10@	01:32&	00:42&	00:49&
38	Nummedal, Geir				IL GeoForm					0:55:50 + 22:06			124.35
	06:10-47	11:18-45	18:16-46	21:04-45	27:14-48	29:20-47	32:08-44	35:45-44	38:05-43	47:39-39	51:19-38	53:31-39	55:50-41
	06:10-47	05:08-44	06:58-50	02:48-42	06:10-46	02:06-34	02:48-28	03:37-36	02:20-28	09:34-35	03:40-30	02:12-35	02:19-38
	03:31@	02:27&	04:32@	01:25@	02:51&	00:58&	01:09&	01:32&	00:50&	03:36&	01:12&	00:52&	00:55&
39	Christiansen, Håvard				Forsvarsbygg					0:56:42 + 22:58			123.91
	05:23-39	11:26-47	17:07-44	19:16-42	25:11-41	27:47-41	29:52-40	32:46-38	37:52-41	46:41-37	50:10-35	55:00-40	56:42-42
	05:23-39	06:03-49	05:41-47	02:09-19	05:55-44	02:36-41	02:05-12	02:54-15	05:06-54	08:49-27	03:29-24	04:50-52	01:42-9
	02:44@	03:22@	03:15@	00:46&	02:36&	01:28@	00:26&	00:49&	03:36@	02:51&	01:01&	03:30@	00:18#
40	Værgeland, Ivar				Nydalens SK					0:58:59 + 25:15			122.76
	05:11-38	09:36-37	14:43-37	18:25-40	24:45-39	27:39-40	30:17-41	33:43-40	36:24-39	48:30-41	54:16-43	56:24-41	58:59-43
	05:11-38	04:25-33	05:07-41	03:42-52	06:20-47	02:54-50	02:38-27	03:26-30	02:41-39	12:06-45	05:46-46	02:08-28	02:35-44
	02:32&	01:44&	02:41@	02:19@	03:01&	01:46@	00:59&	01:21&	01:11&	06:08@	03:18@	00:48&	01:11&
41	Rikheim, Harald				Privat					0:59:40 + 25:56			122.42

05:56-46	13:11-49	18:22-47	21:17-47	26:09-45	28:31-44	34:14-49	37:42-47	40:08-45	50:36-43	54:08-42	57:17-42	59:40-44
05:56-46	07:15-53	05:11-42	02:55-45	04:52-28	02:22-38	05:43-52	03:28-32	02:26-32	10:28-37	03:32-26	03:09-49	02:23-40
03:17@	04:34@	02:45@	01:32@	01:33&	01:14@	04:04@	01:23&	00:56&	04:30&	01:04&	01:49@	00:59&
42	Skjelkvåle, Brit Lisa		IL GeoForm			0:59:57 +	26:13		122.27			
05:10-37	09:15-34	14:37-36	17:06-36	23:56-38	26:04-38	29:01-38	33:27-39	36:13-38	45:35-34	55:31-44	57:30-43	59:57-45
05:10-37	04:05-24	05:22-44	02:29-34	06:50-51	02:08-35	02:57-34	04:26-43	02:46-42	09:22-32	09:56-52	01:59-23	02:27-42
02:31&	01:24&	02:56@	01:06&	03:31@	01:00&	01:18&	02:21@	01:16&	03:24&	07:28@	00:39&	01:03&
43	Long, Mike		Geoform IL			1:03:29 +	29:45		120.49			
05:42-41	11:15-44	19:03-49	22:07-49	27:13-47	30:03-48	33:30-48	37:36-46	40:44-48	54:44-45	59:18-46	61:24-45	63:29-46
05:42-41	05:33-45	07:48-52	03:04-49	05:06-32	02:50-48	03:27-39	04:06-39	03:08-50	14:00-50	04:34-40	02:06-25	02:05-28
03:03@	02:52@	05:22@	01:41@	01:47&	01:42@	01:48@	02:01&	01:38@	08:02@	02:06&	00:46&	00:41&
44	Flydal, Roar		Oppsal IF			1:03:45 +	30:01		120.36			
06:15-48	11:07-42	16:30-43	19:31-43	25:16-43	27:56-43	30:54-42	35:15-42	40:41-47	51:45-44	57:55-45	60:56-44	63:45-47
06:15-48	04:52-40	05:23-45	03:01-48	05:45-38	02:40-45	02:58-35	04:21-42	05:26-55	11:04-41	06:10-47	03:01-47	02:49-52
03:36@	02:11&	02:57@	01:38@	02:26&	01:32@	01:19&	02:16@	03:56@	05:06&	03:42@	01:41@	01:25@
45	Christensen, Petter		Veritas			1:04:25 +	30:41		120.02			
06:52-51	13:38-50	19:55-51	22:46-51	28:40-50	31:15-51	34:56-51	41:22-51	44:12-50	55:50-47	59:52-47	61:59-46	64:25-48
06:52-51	06:46-51	06:17-49	02:51-43	05:54-43	02:35-40	03:41-42	06:26-52	02:50-44	11:38-44	04:02-37	02:07-26	02:26-41
04:13@	04:05@	03:51@	01:28@	02:35&	01:27@	02:02@	04:21@	01:20&	05:40&	01:34&	00:47&	01:02&
46	Stiansen, Peer		Nydalens SK			1:05:36 +	31:52		119.43			
05:44-43	10:33-40	16:03-42	18:59-41	25:35-44	28:47-46	33:22-47	38:26-48	43:02-49	55:30-46	60:02-48	62:52-47	65:36-49
05:44-42	04:49-39	05:30-46	02:56-46	06:36-49	03:12-51	04:35-50	05:04-46	04:36-53	12:28-47	04:32-38	02:50-44	02:44-51
03:05@	02:08&	03:04@	01:33@	03:17&	02:04@	02:56@	02:59@	03:06@	06:30@	02:04&	01:30@	01:20&
47	Angell, Truls		Lillomarka OL			1:06:44 +	33:00		118.85			
05:44-42	11:24-46	18:35-48	21:09-46	28:47-51	30:46-49	33:10-46	36:57-45	39:47-44	48:57-42	52:41-41	64:17-48	66:44-50
05:44-42	05:40-47	07:11-51	02:34-37	07:38-53	01:59-29	02:24-20	03:47-37	02:50-44	09:10-30	03:44-31	11:36-53	02:27-42
03:05@	02:59@	04:45@	01:11&	04:19@	00:51&	00:45&	01:42&	01:20&	03:12&	01:16&	10:16@	01:03&
48	Fremming, Hans Henrik		MI			1:10:12 +	36:28		117.11			
05:27-40	10:04-39	15:01-40	17:57-39	25:11-42	27:50-42	30:57-43	34:21-41	37:14-40	60:21-48	65:09-49	67:31-49	70:12-51
05:27-40	04:37-36	04:57-39	02:56-46	07:14-52	02:39-43	03:07-36	03:24-28	02:53-47	23:07-53	04:48-42	02:22-41	02:41-50
02:48@	01:56&	02:31@	01:33@	03:55@	01:31@	01:28&	01:19&	01:23&	17:09@	02:20&	01:02&	01:17&
49	Christensen, Lars		VBIL			1:12:42 +	38:58		115.85			
12:06-54	16:52-54	26:59-54	30:19-53	36:19-53	40:19-53	43:10-53	46:35-52	49:20-52	60:33-49	65:37-50	70:07-50	72:42-52
12:06-54	04:46-38	10:07-54	03:20-50	06:00-45	04:00-55	02:51-31	03:25-29	02:45-41	11:13-43	05:04-43	04:30-51	02:35-44
09:27@	02:05&	07:41@	01:57@	02:41&	02:52@	01:12&	01:20&	01:15&	05:15&	02:36@	03:10@	01:11&
50	Juhasz, Katalin		Østmarka OK			1:13:31 +	39:47		115.43			
08:43-53	15:35-52	20:51-52	23:33-52	29:24-52	32:17-52	38:08-52	47:33-53	50:10-53	60:44-50	68:50-52	71:10-52	73:31-53
08:43-53	06:52-52	05:16-43	02:42-40	05:51-42	02:53-49	05:51-53	09:25-55	02:37-38	10:34-39	08:06-50	02:20-40	02:21-39
06:04@	04:11@	02:50@	01:19&	02:32&	01:45@	04:12@	07:20@	01:07&	04:36&	05:38@	01:00&	00:57&
51	Kletteli, Odd		Bækkelagets SK			1:13:52 +	40:08		115.26			
06:21-49	11:58-48	18:13-45	21:39-48	28:17-49	30:53-50	34:48-50	40:21-50	44:13-51	61:59-51	67:30-51	70:38-51	73:52-54
06:21-49	05:37-46	06:15-48	03:26-51	06:38-50	02:36-41	03:55-46	05:33-49	03:52-51	17:46-51	05:31-45	03:08-48	03:14-53
03:42@	02:56@	03:49@	02:03@	03:19@	01:28@	02:16@	03:28@	02:22@	11:48@	03:03@	01:48@	01:50@
52	Stokset, Kathrine		Oppsal Orientering			1:23:23 +	49:39		110.46			
13:26-55	19:14-55	28:15-55	32:40-55	41:18-54	44:38-54	48:23-54	54:20-54	57:25-54	70:31-52	77:49-53	80:45-53	83:23-55
13:26-55	05:48-48	09:01-53	04:25-53	08:38-54	03:20-53	03:45-43	05:57-50	03:05-49	13:06-48	07:18-48	02:56-45	02:38-47
10:47@	03:07@	06:35@	03:02@	05:19@	02:12@	02:06@	03:52@	01:35@	07:08@	04:50@	01:36@	01:14&
53	Myhr, Bjørn		Vegvesenet			1:42:09 +	1:08:25		101.00			
07:13-52	14:54-51	26:13-53	31:04-54	42:11-55	45:27-55	50:07-55	58:39-55	63:09-55	85:17-53	93:25-54	97:53-54	102:09-56
07:13-52	07:41-54	11:19-55	04:51-54	11:07-55	03:16-52	04:40-51	08:32-53	04:30-52	22:08-52	08:08-51	04:28-50	04:16-54
04:34@	05:00@	08:53@	03:28@	07:48@	02:08@	03:01@	06:27@	03:00@	16:10@	05:40@	03:08@	02:52@
	Roald, Hedda		Oppsal Orientering			FULLFØRT			100.00			

	07:34-18	05:15-11	02:58-7	06:35-5	04:22-11	02:14-8	01:55-3			
	04:02@	01:52&	00:45&	01:14#	01:16&	00:33&	00:10+			
10	Løken, Aleidis				Heming Orientering		0:31:59 +	09:30		117.41
	06:02-10	12:59-11	16:15-11	23:33-10	27:23-10	29:40-10	31:59-10			
	06:02-10	06:57-16	03:16-12	07:18-9	03:50-5	02:17-9	02:19-10			
	02:30&	03:34@	01:03&	01:57&	00:44#	00:36&	00:34&			
11	Rørvik, Gisela Sundelin				Heming Orientering		0:33:58 +	11:29		116.63
	06:01-9	13:04-13	16:22-12	25:36-12	29:36-11	31:39-11	33:58-11			
	06:01-9	07:03-17	03:18-13	09:14-16	04:00-8	02:03-5	02:19-10			
	02:29&	03:40@	01:05&	03:53&	00:54&	00:22#	00:34&			
12	Hugdahl, Lise				Freidig		0:34:29 +	12:00		116.43
	09:12-23	13:34-16	17:05-14	25:25-11	29:38-12	32:05-12	34:29-12			
	09:12-23	04:22-7	03:31-15	08:20-12	04:13-9	02:27-12	02:24-13			
	05:40@	00:59&	01:18&	02:59&	01:07&	00:46&	00:39&			
13	Nilstad, Randi				IL Tyrving		0:35:32 +	13:03		116.02
	06:32-13	12:19-8	16:02-10	25:41-13	29:55-13	33:22-13	35:32-13			
	06:32-13	05:47-12	03:43-16	09:39-18	04:14-10	03:27-20	02:10-8			
	03:00&	02:24&	01:30&	04:18&	01:08&	01:46@	00:25#			
14	Tho, Kjersti				Stabæk IF		0:36:09 +	13:40		115.77
	07:04-15	14:29-19	17:49-17	26:25-15	31:24-14	33:46-14	36:09-14			
	07:04-15	07:25-18	03:20-14	08:36-13	04:59-13	02:22-10	02:23-12			
	03:32@	04:02@	01:07&	03:15&	01:53&	00:41&	00:38&			
15	Østengen, Knut Erik				Thales		0:37:20 +	14:51		115.31
	05:11-8	14:12-18	17:26-15	26:22-14	31:56-16	34:29-15	37:20-15			
	05:11-8	09:01-21	03:14-11	08:56-14	05:34-16	02:33-13	02:51-16			
	01:39&	05:38@	01:01&	03:35&	02:28&	00:52&	01:06&			
16	Myhre, Stein				Bærums Skiklub		0:38:01 +	15:32		115.04
	06:10-11	13:01-12	16:55-13	26:27-16	31:53-15	34:53-16	38:01-16			
	06:10-11	06:51-15	03:54-17	09:32-17	05:26-15	03:00-15	03:08-18			
	02:38&	03:28@	01:41&	04:11&	02:20&	01:19&	01:23&			
17	Norland, Janicke Dahl				Lyn Ski		0:39:35 +	17:06		114.42
	07:26-17	13:46-17	18:03-18	27:12-18	33:29-17	36:22-17	39:35-17			
	07:26-17	06:20-13	04:17-18	09:09-15	06:17-18	02:53-14	03:13-19			
	03:54@	02:57&	02:04&	03:48&	03:11@	01:12&	01:28&			
18	Kongsnes, Arne				Oppsal Orientering		0:40:21 +	17:52		114.12
	11:41-26	16:49-22	19:42-21	26:42-17	35:42-19	37:52-18	40:21-18			
	11:41-26	05:08-9	02:53-6	07:00-7	09:00-21	02:10-7	02:29-14			
	08:09@	01:45&	00:40&	01:39&	05:54@	00:29&	00:44&			
19	Fougner, Jon C.				Heming Orientering		0:41:55 +	19:26		113.50
	07:24-16	14:51-20	19:34-20	29:19-19	34:55-18	38:36-19	41:55-19			
	07:24-16	07:27-19	04:43-21	09:45-19	05:36-17	03:41-22	03:19-21			
	03:52@	04:04@	02:30@	04:24&	02:30&	02:00@	01:34&			
20	Bjørgum, Halvard				VBIL		0:43:59 +	21:30		112.69
	06:41-14	13:07-14	17:29-16	31:13-20	37:44-20	40:45-20	43:59-20			
	06:41-14	06:26-14	04:22-19	13:44-22	06:31-19	03:01-16	03:14-20			
	03:09&	03:03&	02:09&	08:23@	03:25@	01:20&	01:29&			
21	Flydal, Åse				Oppsal Orientering		0:50:58 +	28:29		109.94
	06:16-12	16:30-21	21:11-22	31:53-22	44:39-22	47:56-22	50:58-21			
	06:16-12	10:14-23	04:41-20	10:42-20	12:46-25	03:17-19	03:02-17			
	02:44&	06:51@	02:28@	05:21@	09:40@	01:36&	01:17&			
22	Solhjell, Kaare				Privat		0:51:46 +	29:17		109.63
	08:10-21	13:21-15	18:33-19	31:27-21	44:03-21	47:43-21	51:46-22			
	08:10-21	05:11-10	05:12-22	12:54-21	12:36-24	03:40-21	04:03-23			
	04:38@	01:48&	02:59@	07:33@	09:30@	01:59@	02:18@			

23	Grymyr, Aina		Nordre Follo Orientering	0:56:19 + 33:50	107.84
	09:53-25	19:18-23	25:06-23	39:29-23	46:41-23
	51:47-23	56:19-23			
	09:53-25	09:25-22	05:48-23	14:23-23	07:12-20
	05:06-24	04:32-26			
	06:21@	06:02@	03:35@	09:02@	04:06@
				03:25@	02:47@
24	Grandum, Sigurd		IL GeoForm	1:03:33 + 41:04	104.99
	08:59-22	19:36-24	27:15-24	43:53-24	53:26-24
	59:19-24	63:33-24			
	08:59-22	10:37-25	07:39-25	16:38-25	09:33-22
	05:53-25	04:14-25			
	05:27@	07:14@	05:26@	11:17@	06:27@
				04:12@	02:29@
25	Grandum, Øyvind		IL GeoForm	1:03:43 + 41:14	104.92
	09:12-24	19:46-25	27:19-25	43:56-25	53:30-25
	59:31-25	63:43-25			
	09:12-23	10:34-24	07:33-24	16:37-24	09:34-23
	06:01-26	04:12-24			
	05:40@	07:11@	05:20@	11:16@	06:28@
				04:20@	02:27@
DSQ	Ongstad, Per		Privat	1:10:35 (-3 poster)	75.00
	08:09-20		63:03-26	66:52-26	70:35-26
	08:09-20			03:49-23	03:43-22
	04:37@			02:08@	01:58@
	Kongsberg, Markus		IL Tyrving	DELTATT	50.00