Rankingløp 17

Dato/sted: 19. september 2026 - Steinbruvann
Kart: Steinbruvann
Arr: IL GeoForm v/Erik Bjørnerud, Johan Mygland
Antall: Totalt: 71 (GeoForm: 10, OSI: 2, DNV: 4, Andre: 55)
Løpsrapport: Alder: 21-: 71, 17-20: 0, 13-16: 0, 0-12: 0
Startkont: kr. 50: 55 kr. 30: 16 kr. 0: 0
Betalt: kr. 50: 55 kr. 30: 12 kr. 0: 4
Leiebrikker: 0 stk

Resultater: Lang(23)| Mellom(33)| Kort(15)| Grafisk
Strekktider: Lang(23)| Mellom(33)| Kort(15)|

Resultater Lang (5.9 km)

Plass	Navn	Klubb	Tid		Poeng
1	Hjermstad, Ragnhild	Fossum IF	1:03:08 +	00:00	152.05
2	Schlaupitz, Holger	IL GeoForm	1:04:23 +	01:15	151.60
3	Fiebig, Philip	Raumar Orientering	1:09:41 +	06:33	149.67
4	Iwe, Harald	IL GeoForm	1:13:05 +	09:57	148.43
5	Sagvolden, Tore	Oppsal IF	1:13:35 +	10:27	148.25
6	Aurmo, Halvor	Heming Orientering	1:13:37 +	10:29	148.24
7	Ring, Stefan	Statnett BIL	1:14:42 +	11:34	147.85
8	Systad, Rolv Anders	Lyn Ski	1:18:09 +	15:01	146.59
9	Gramstad, Odin	VBIL	1:18:27 +	15:19	146.48
10	Koren, Hallvard	OK Moss	1:26:48 +	23:40	143.45
11	Kippernes, Frank Åge	IL GeoForm	1:29:40 +	26:32	142.41
12	Wigaard, Espen	Oppsal Orientering	1:30:17 +	27:09	142.18
13	Trier, Øivind Thorvald Due	Oslostudentenes IK	1:32:17 +	29:09	141.45
14	Ask, Kjetil	Nittedal OL	1:33:08 +	30:00	141.14
15	Fagerhaug, Are	IL GeoForm	1:36:33 +	33:25	139.90
16	Onsager, Knut	IL GeoForm	1:38:48 +	35:40	139.08
17	Sandvik, Cathrine	Norges Bank BIL	1:42:58 +	39:50	137.57
18	Aulie, Harald	Heming Orientering	1:49:57 +	46:49	135.03
19	Fixdal, Trude	Heming Orientering	1:50:12 +	47:04	134.94
20	Gjessing, Ola Peter Krohn	Heming Orientering	1:57:42 +	54:34	132.21
DSQ	Standal, Helge	IL Koll	1:31:47	(-4 poster)	87.50
DSQ	Henriksen, Jan Tore	Norges Bank BIL	0:48:57	(-7 poster)	78.13
DSQ	Refsland, Ivar	IL Tyrving	1:30:25	(-8 poster)	75.00

Resultater Mellom (4.0 km)

Plass	Navn	Klubb	Tid	Poeng
1	Helland, Knut	Østmarka OK	0:50:10 + 00:00	136.26
2	Arnesen, Kimme	Heming Orientering	0:51:17 + 01:07	135.90
3	Sundtjønn, Tone Aamli	Lillomarka OL	0:52:43 + 02:33	135.43
4	Lian Mortensen, Simen	Koll, IL	0:58:01 + 07:51	133.72
5	Jensen, Einar	Nydalens SK	0:58:07 + 07:57	133.69
6	Lian, Odd Arne	Koll, IL	0:58:26 + 08:16	133.58
7	Narum, Marthe	Nydalens SK	0:58:31 + 08:21	133.56
8	Thorkildsen, Robin	FFI BIL	0:59:28 + 09:18	133.25
9	Fismen, Britta	Fossum IF	1:00:19 + 10:09	132.97
10	Hansen, Petter	Nydalens SK	1:00:23 + 10:13	132.95
11	Hjermstad, Lars	Fossum IF	1:03:03 + 12:53	132.09
12	Espedal, Kjetil	Nydalens SK	1:03:44 + 13:34	131.87
13	Romcke, Elisabeth	OK Moss	1:04:10 + 14:00	131.73
14	Sigurdsen, Roar	Ringnes BIL	1:07:13 + 17:03	130.74
15	Sauar, Erik	IL Koll	1:07:43 + 17:33	130.58
16	Sauar, Brita	IL Koll	1:07:53 + 17:43	130.53
17	Eriksen, Are	Oslostudentenes IK	1:10:07 + 19:57	129.80
18	Brodin, Nils Jørgen	Sørbråten IL	1:11:38 + 21:28	129.31
19	Johansen, Frode	Equinor BIL	1:14:04 + 23:54	128.52
20	Kløvstad, Anders	Nydalens SK	1:18:27 + 28:17	127.10
21	Egner, Jakob Weider	Fossum IF	1:21:54 + 31:44	125.99
22	Skjelkvåle, Brit Lisa	IL GeoForm	1:22:13 + 32:03	125.89
23	Øderud, Ingeborg	Bækkelagets SK	1:25:54 + 35:44	124.69
24	Bøe, Tormod	VBIL	1:25:57 + 35:47	124.68
25	Longva, Tore	VBIL	1:28:47 + 38:37	123.76
26	Bjerkreim, Venche	Fossum IF	1:29:49 + 39:39	123.43
27	Egner, Espen	Fossum IF	1:36:38 + 46:28	121.22
28	Fiebig, Markus	Raumar Orientering	1:51:04 +1:00:54	116.55
DSQ	Flenning, Øystein	IL GeoForm	0:58:22 (-2 poster)	90.00
DSQ	Rørvik, Gisela Sundelin	Heming Orientering	1:02:02 (-3 poster)	85.00
DSQ	Skantze, Don	Tyrving IL	1:15:29 (-3 poster)	85.00
	Christensen, Bjørn	Østmarka OK	DELTATT	50.00
	Danielsen, Anne	Nydalens SK	FULLFØRT	100.00

Resultater Kort (2.0 km)

Plass	Navn	Klubb	Tid	Poeng
1	Fismen, Morten	Fossum IF	0:20:12 + 00:00	123.11
2	Mathisen, Terje Wiig	Fredrikstad SK	0:26:14 + 06:02	121.06
3	Berteig, Vidar	IL GeoForm	0:29:08 + 08:56	120.07
4	Kongsberg, Morten	IL Tyrving	0:34:06 + 13:54	118.38
5	Wergeland, Ivar	Nydalens SK	0:37:00 + 16:48	117.39
6	Tho, Kjersti	Stabæk IF	0:37:03 + 16:51	117.37
7	Kaarby, Per	IL GeoForm	0:38:16 + 18:04	116.95
8	Petersen, John Thomas	Nittedal OL	0:39:33 + 19:21	116.52
9	Modalsli, Sigbjørn	Fossum IF	0:41:12 + 21:00	115.95
10	Bjørgum, Halvard	VBIL	0:44:27 + 24:15	114.85

11	Hultgreen Karlsen, Stig	IL GeoForm	0:44:40 +	24:28	114.77
12	Nermoen, Ingrid	Østmarka OK	0:45:26 +	25:14	114.51
13	Myhre, Stein	Bærums Skiklub	0:46:25 +	26:13	114.18
14	Opperud, Elin Nygaard	OK Moss	0:59:54 +	39:42	109.58
	Eriksen, Trude	Privat	DELTATT		50.00

Strekktider Lang

Plass	Navn	Klubb	Tid		Poeng
1	**Hjermstad, Ragnhild**	**Fossum IF**	**1:03:08 +**	**00:00**	**152.05**
06:33-7	10:20-4	13:39-7	14:30-5	21:47-2	24:04-2	24:52-2	26:09-1	40:24-1	41:37-1	46:04-2	49:18-1	54:42-1	56:56-1	57:44-1	61:47-1	63:08-2
06:33-7	03:47-2	03:19-17	00:51-1	07:17-1	02:17-4	00:48-4	01:17-2	14:15-2	01:13-1	04:27-2	03:14-2	05:24-2	02:14-2	00:48-4	04:03-1	01:21-1
01:19&	00:05+	01:07&	00:00=	00:00=	00:17#	00:11&	00:05+	00:45+	00:00=	00:15+	00:03+	00:20+	00:10+	00:04+	00:00=	00:00=
2	**Schlaupitz, Holger**	**IL GeoForm**	**1:04:23 +**	**01:15**	**151.60**
08:46-15	12:28-11	14:40-10	15:49-10	23:38-8	25:38-7	26:21-5	27:33-5	41:03-2	42:33-2	46:45-3	49:56-2	55:00-2	57:04-2	57:49-2	62:57-2	64:23-3
08:46-15	03:42-1	02:12-1	01:09-6	07:49-3	02:00-1	00:43-2	01:12-1	13:30-1	01:30-6	04:12-1	03:11-1	05:04-1	02:04-1	00:45-2	05:08-2	01:26-5
03:32&	00:00=	00:00=	00:18&	00:32+	00:00=	00:06#	00:00=	00:00=	00:17#	00:00=	00:00=	00:00=	00:00=	00:01+	01:05&	00:05+
3	**Fiebig, Philip**	**Raumar Orientering**	**1:09:41 +**	**06:33**	**149.67**
06:49-8	10:57-6	13:14-4	14:17-4	22:52-5	24:53-4	25:53-4	27:23-4	41:43-3	43:01-3	48:04-4	51:47-3	58:04-3	61:14-3	62:16-3	67:57-3	69:41-4
06:49-8	04:08-7	02:17-3	01:03-4	08:35-6	02:01-2	01:00-11	01:30-9	14:20-3	01:18-2	05:03-9	03:43-7	06:17-3	03:10-12	01:02-11	05:41-5	01:44-8
01:35&	00:26#	00:05+	00:12#	01:18#	00:01+	00:23&	00:18&	00:50+	00:05+	00:51#	00:32#	01:13#	01:06&	00:18&	01:38&	00:23&
4	**Iwe, Harald**	**IL GeoForm**	**1:13:05 +**	**09:57**	**148.43**
05:50-2	11:06-7	13:32-6	14:43-7	22:49-4	25:36-5	26:38-6	28:00-6	45:15-4	47:00-4	51:51-6	55:26-4	62:38-4	65:32-7	66:24-7	71:40-4	73:05-5
05:50-2	05:16-12	02:26-5	01:11-7	08:06-5	02:47-9	01:02-12	01:22-4	17:15-6	01:45-11	04:51-7	03:35-5	07:12-10	02:54-9	00:52-7	05:16-3	01:25-4
00:36#	01:34&	00:14#	00:20&	00:49#	00:47&	00:25&	00:10#	03:45&	00:32&	00:39#	00:24#	02:08&	00:50&	00:08#	01:13&	00:04+
5	**Sagvolden, Tore**	**Oppsal IF**	**1:13:35 +**	**10:27**	**148.25**
06:09-4	10:46-5	13:27-5	14:35-6	23:46-9	27:06-8	27:57-8	29:28-8	45:36-5	47:04-5	51:50-5	55:56-5	62:40-5	65:17-5	66:09-5	72:11-7	73:35-6
06:09-4	04:37-9	02:41-9	01:08-5	09:11-8	03:20-11	00:51-5	01:31-10	16:08-5	01:28-4	04:46-6	04:06-9	06:44-7	02:37-5	00:52-7	06:02-8	01:24-2
00:55#	00:55#	00:29#	00:17&	01:54&	01:20&	00:14&	00:19&	02:38#	00:15#	00:34#	00:55&	01:40&	00:33&	00:08#	01:59&	00:03+
6	**Aurmo, Halvor**	**Heming Orientering**	**1:13:37 +**	**10:29**	**148.24**
05:14-1	09:13-1	11:42-1	12:35-1	20:18-1	23:53-1	24:51-1	26:16-2	46:25-7	47:47-6	52:18-7	56:24-7	62:45-6	65:10-4	65:54-4	72:09-6	73:37-7
05:14-1	03:59-6	02:29-6	00:53-2	07:43-2	03:35-15	00:58-10	01:25-5	20:09-13	01:22-3	04:31-3	04:06-9	06:21-5	02:25-3	00:44-1	06:15-9	01:28-6
00:00=	00:17+	00:17#	00:02+	00:26+	01:35&	00:21&	00:13#	06:39&	00:09#	00:19+	00:55&	01:17&	00:21#	00:00=	02:12&	00:07+
7	**Ring, Stefan**	**Statnett BIL**	**1:14:42 +**	**11:34**	**147.85**
07:40-12	11:37-9	13:52-9	15:14-9	25:07-10	29:05-10	30:00-10	31:21-10	46:12-6	47:52-7	52:24-8	55:57-6	62:52-7	65:24-6	66:15-6	71:52-5	74:42-8
07:40-12	03:57-4	02:15-2	01:22-10	09:53-12	03:58-19	00:55-7	01:21-3	14:51-4	01:40-8	04:32-4	03:33-4	06:55-9	02:32-4	00:51-6	05:37-4	02:50-20
02:26&	00:15+	00:03+	00:31&	02:36&	01:58&	00:18&	00:09#	01:21#	00:27&	00:20+	00:22#	01:51&	00:28#	00:07#	01:34&	01:29@
8	**Systad, Rolv Anders**	**Lyn Ski**	**1:18:09 +**	**15:01**	**146.59**
07:27-10	12:23-10	15:22-11	17:15-11	26:56-11	29:34-12	30:44-12	32:25-12	49:56-9	51:41-9	56:18-10	60:32-9	67:15-9	69:54-9	70:52-9	76:45-8	78:09-9
07:27-10	04:56-11	02:59-10	01:53-22	09:41-11	02:38-8	01:10-15	01:41-12	17:31-7	01:45-11	04:37-5	04:14-11	06:43-6	02:39-6	00:58-10	05:53-6	01:24-2
02:13&	01:14&	00:47&	01:02@	02:24&	00:38&	00:33&	00:29&	04:01&	00:32&	00:25+	01:03&	01:39&	00:35&	00:14&	01:50&	00:03+
9	**Gramstad, Odin**	**VBIL**	**1:18:27 +**	**15:19**	**146.48**
06:30-6	11:13-8	13:49-8	15:10-8	23:15-7	25:37-6	26:41-7	28:06-7	47:55-8	49:23-8	54:37-9	58:19-8	66:21-8	69:01-8	69:47-8	76:55-9	78:27-10
06:30-6	04:43-10	02:36-8	01:21-9	08:05-4	02:22-5	01:04-14	01:25-5	19:49-10	01:28-4	05:14-10	03:42-6	08:02-15	02:40-7	00:46-3	07:08-14	01:32-7
01:16#	01:01&	00:24#	00:30&	00:48#	00:22#	00:27&	00:13#	06:19&	00:15#	01:02#	00:31#	02:58&	00:36&	00:02+	03:05&	00:11#
10	**Koren, Hallvard**	**OK Moss**	**1:26:48 +**	**23:40**	**143.45**
08:41-14	13:14-14	16:21-13	17:43-12	30:15-14	32:48-13	33:50-13	35:33-13	55:48-12	57:30-11	62:44-12	66:39-11	74:11-11	77:02-10	77:57-10	85:00-10	86:48-11
08:41-14	04:33-8	03:07-14	01:22-10	12:32-20	02:33-7	01:02-12	01:43-13	20:15-14	01:42-9	05:14-10	03:55-8	07:32-11	02:51-8	00:55-9	07:03-13	01:48-12

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 03:27&    00:51#    00:55&    00:31&    05:15&    00:33&    00:25&    00:31&    06:45&    00:29&    01:02#    00:44#    02:28&    00:47&    00:11&    03:00&    00:27&
11    Kippernes, Frank Åge          IL GeoForm                1:29:40 +  26:32    142.41
 07:32-11  12:57-13  16:20-12  18:03-14  29:30-13  33:14-14  34:11-14  35:55-14  55:57-13  58:01-12  63:02-13  67:22-12  75:08-12  79:06-11  80:12-11  87:55-11  89:40-12
 07:32-11  05:25-15  03:23-18  01:43-19  11:27-16  03:44-17  00:57-9   01:44-15  20:02-12  02:04-14  05:01-8   04:20-13  07:46-14  03:58-16  01:06-13  07:43-16  01:45-9
 02:18&    01:43&    01:11&    00:52@    04:10&    01:44&    00:20&    00:32&    06:32&    00:51&    00:49#    01:09&    02:42&    01:54&    00:22&    03:40&    00:24&
12    Wigaard, Espen                Oppsal Orientering        1:30:17 +  27:09    142.18
 06:23-5   10:20-3   12:42-3   13:57-3   23:09-6   28:48-9   29:31-9   31:00-9   51:30-10  53:09-10  58:50-11  62:21-10  68:39-10  79:53-12  80:41-12  88:31-12  90:17-13
 06:23-5   03:57-4   02:22-4   01:15-8   09:12-9   05:39-22  00:43-2   01:29-8   20:30-16  01:39-7   05:41-14  03:31-3   06:18-4   11:14-20  00:48-4   07:50-17  01:46-11
 01:09#    00:15+    00:10+    00:24&    01:55&    03:39@    00:06#    00:17#    07:00&    00:26&    01:29&    00:20#    01:14#    09:10@    00:04+    03:47&    00:25&
13    Trier, Øivind Thorvald Due    Oslostudentenes IK        1:32:17 +  29:09    141.45
 08:06-13  14:59-15  18:36-15  20:23-15  30:37-15  33:49-15  35:01-15  37:02-15  56:55-14  59:20-14  65:02-15  69:53-14  78:28-13  82:13-13  83:35-13  90:18-13  92:17-16
 08:06-13  06:53-21  03:37-21  01:47-20  10:14-13  03:12-10  01:12-16  02:01-19  19:53-11  02:25-18  05:42-15  04:51-16  08:35-18  03:45-14  01:22-19  06:43-11  01:59-18
 02:52&    03:11&    01:25&    00:56@    02:57&    01:12&    00:35&    00:49&    06:23&    01:12&    01:30&    01:40&    03:31&    01:41&    00:38&    02:40&    00:38&
14    Ask, Kjetil                   Nittedal OL               1:33:08 +  30:00    141.14
 09:26-17  16:18-18  19:36-18  21:24-18  32:25-16  38:12-19  38:49-18  40:43-16  60:00-15  61:43-15  67:19-16  74:14-15  80:58-14  84:23-14  85:28-14  91:23-14  93:08-17
 09:26-17  06:52-20  03:18-16  01:48-21  11:01-14  05:47-23  00:37-1   01:54-17  19:17-8   01:43-10  05:36-13  06:55-20  06:44-7   03:25-13  01:05-12  05:55-7   01:45-9
 04:12&    03:10&    01:06&    00:57@    03:44&    03:47@    00:00=    00:42&    05:47&    00:30&    01:24&    03:44@    01:40&    01:21&    00:21&    01:52&    00:24&
15    Fagerhaug, Are                IL GeoForm                1:36:33 +  33:25    139.90
 12:25-21  17:48-20  21:53-20  23:35-20  34:37-20  38:49-20  40:06-20  41:58-20  62:19-16  64:40-17  71:25-18  75:41-16  83:25-15  86:24-15  87:42-15  94:35-15  96:33-18
 12:25-21  05:23-14  04:05-23  01:42-18  11:02-15  04:12-21  01:17-19  01:52-16  20:21-15  02:21-17  06:45-16  04:16-12  07:44-13  02:59-10  01:18-17  06:53-12  01:58-17
 07:11@    01:41&    01:53&    00:51@    03:45&    02:12@    00:40@    00:40&    06:51&    01:08&    02:33&    01:05&    02:40&    00:55&    00:34&    02:50&    00:37&
16    Onsager, Knut                 IL GeoForm                1:38:48 +  35:40    139.08
 13:48-22  19:04-21  22:03-21  23:37-21  35:47-21  39:41-21  41:04-21  42:47-21  62:21-17  64:19-16  71:25-17  76:07-17  83:48-16  89:35-16  90:41-16  96:59-16  98:48-19
 13:48-22  05:16-12  02:59-10  01:34-16  12:10-18  03:54-18  01:23-21  01:43-13  19:34-9   01:58-13  07:06-18  04:42-15  07:41-12  05:47-19  01:06-13  06:18-10  01:49-13
 08:34@    01:34&    00:47&    00:43&    04:53&    01:54&    00:46@    00:31&    06:04&    00:45&    02:54&    01:31&    02:37&    03:43@    00:22&    02:15&    00:28&
17    Sandvik, Cathrine             Norges Bank BIL           1:42:58 +  39:50    137.57
 09:14-16  16:51-19  19:58-19  21:26-19  33:50-19  37:15-18  39:04-19  41:04-19  65:48-18  68:15-18  75:37-19  80:31-18  89:24-17  92:27-17  93:41-17 101:06-17 102:58-20
 09:14-16  07:37-22  03:07-14  01:28-13  12:24-19  03:25-13  01:49-23  02:00-18  24:44-18  02:27-19  07:22-19  04:54-17  08:53-19  03:03-11  01:14-16  07:25-15  01:52-16
 04:00&    03:55@    00:55&    00:37&    05:07&    01:25&    01:12@    00:48&    11:14&    01:14@    03:10&    01:43&    03:49&    00:59&    00:30&    03:22&    00:31&
18    Aulie, Harald                 Heming Orientering        1:49:57 +  46:49    135.03
 09:30-18  16:10-17  19:14-17  20:42-16  33:35-18  36:57-16  38:22-16  40:45-18  71:12-20  73:21-19  80:56-21  86:12-19  94:45-19  98:41-19 100:00-19 108:06-18 109:57-21
 09:30-18  06:40-18  03:04-12  01:28-13  12:53-23  03:22-12  01:25-22  02:23-22  30:27-20  02:09-15  07:35-20  05:16-19  08:33-17  03:56-15  01:19-18  08:06-18  01:51-14
 04:16&    02:58&    00:52&    00:37&    05:36&    01:22&    00:48@    01:11&    16:57@    00:56&    03:23&    02:05&    03:29&    01:52&    00:35&    04:03@    00:30&
19    Fixdal, Trude                 Heming Orientering        1:50:12 +  47:04    134.94
 09:37-19  16:05-16  19:09-16  20:43-17  33:33-17  37:10-17  38:23-17  40:44-17  71:14-21  73:28-20  81:06-22  86:13-20  94:40-18  98:41-18  99:50-18 108:21-19 110:12-22
 09:37-19  06:28-17  03:04-12  01:34-16  12:50-22  03:37-16  01:13-17  02:21-21  30:30-21  02:14-16  07:38-21  05:07-18  08:27-16  04:01-17  01:09-15  08:31-19  01:51-14
 04:23&    02:46&    00:52&    00:43&    05:33&    01:37&    00:36&    01:09&    17:00@    01:01&    03:26&    01:56&    03:23&    01:57&    00:25&    04:28@    00:30&
20    Gjessing, Ola Peter Krohn     Heming Orientering        1:57:42 +  54:34    132.21
 12:11-20  20:56-22  24:25-22  26:18-22  38:01-22  42:03-22  43:23-22  45:51-22  71:03-19  73:53-21  80:50-20  87:52-21  99:31-20 105:11-20 106:38-20 115:43-20 117:42-23
 12:11-20  08:45-23  03:29-19  01:53-22  11:43-17  04:02-20  01:20-20  02:28-23  25:12-19  02:50-20  06:57-17  07:02-21  11:39-20  05:40-18  01:27-20  09:05-20  01:59-18
 06:57@    05:03@    01:17&    01:02@    04:26&    02:02@    00:43@    01:16@    11:42&    01:37@    02:45&    03:51@    06:35@    03:36@    00:43&    05:02@    00:38&
DSQ   Standal, Helge               IL Koll                   1:31:47  (-4 poster)  87.50
 07:07-9   12:41-12  16:21-14  17:46-13  27:25-12  29:34-11  30:29-11  31:55-11  55:32-11  59:06-13  64:33-14  69:12-13                                          91:47-15
 07:07-9   05:34-16  03:40-22  01:25-12  09:39-10  02:09-3   00:55-7   01:26-7   23:37-17  03:34-21  05:27-12  04:39-14
 01:53&    01:52&    01:28&    00:34&    02:22&    00:09+    00:18&    00:14#    10:07&    02:21@    01:15&    01:28&
DSQ   Henriksen, Jan Tore          Norges Bank BIL           0:48:57  (-7 poster)  78.13
 06:08-3   10:03-2   12:33-2   13:27-2   22:20-3   24:43-3   25:35-3   27:06-3                       40:34-1                                                   48:57-1
 06:08-3   03:55-3   02:30-7   00:54-3   08:53-7   02:23-6   00:52-6   01:31-10
 00:54#    00:13+    00:18#    00:03+    01:36#    00:23#    00:15&    00:19&
DSQ   Refsland, Ivar               IL Tyrving                1:30:25  (-8 poster)  75.00
 17:41-23  24:27-23  28:02-23  29:34-23  42:14-23  45:43-23  46:58-23  49:01-23                                                                                    90:25-14
```

17:41-23	06:46-19	03:35-20	01:32-15	12:40-21	03:29-14	01:15-18	02:03-20
12:27@	03:04&	01:23&	00:41&	05:23&	01:29&	00:38@	00:51&

Strekktider Mellom

Plass	Navn	Klubb	Tid	Poeng
1	Helland, Knut	Østmarka OK	0:50:10 + 00:00	136.26
02:57-4	04:09-3	05:54-2	09:49-1	14:53-1	15:53-1	31:48-1	34:00-1	43:29-2	48:41-1	50:10-1
02:57-4	01:12-2	01:45-1	03:55-3	05:04-2	01:00-6	15:55-3	02:12-4	09:29-2	05:12-1	01:29-6
00:30#	00:01+	00:00=	00:07+	00:06+	00:18&	01:39#	00:11+	00:07+	00:00=	00:09#
2	Arnesen, Kimme	Heming Orientering	0:51:17 + 01:07	135.90
03:15-7	04:26-5	06:17-4	10:08-4	18:01-10	18:43-8	32:59-3	35:00-3	44:22-3	49:56-2	51:17-2
03:15-7	01:11-1	01:51-2	03:51-2	07:53-21	00:42-1	14:16-1	02:01-1	09:22-1	05:34-3	01:21-2
00:48&	00:00=	00:06+	00:03+	02:55&	00:00=	00:00=	00:00=	00:00=	00:22+	00:01+
3	Sundtjønn, Tone Aamli	Lillomarka OL	0:52:43 + 02:33	135.43
03:03-5	04:19-4	06:24-5	11:02-5	16:24-4	17:23-4	32:33-2	34:44-2	45:05-4	51:05-3	52:43-3
03:03-5	01:16-6	02:05-6	04:38-14	05:22-3	00:59-4	15:10-2	02:11-3	10:21-5	06:00-7	01:38-10
00:36#	00:05+	00:20#	00:50#	00:24+	00:17&	00:54+	00:10+	00:59#	00:48#	00:18#
4	Lian Mortensen, Simen	Koll, IL	0:58:01 + 07:51	133.72
03:30-14	04:59-11	07:46-14	12:20-14	18:43-14	19:42-13	35:38-4	39:32-5	50:35-8	56:26-5	58:01-4
03:30-14	01:29-9	02:47-15	04:34-11	06:23-11	00:59-4	15:56-4	03:54-25	11:03-7	05:51-4	01:35-9
01:03&	00:18&	01:02&	00:46#	01:25&	00:17&	01:40#	01:53&	01:41#	00:39#	00:15#
5	Jensen, Einar	Nydalens SK	0:58:07 + 07:57	133.69
03:23-12	05:01-12	07:15-8	12:12-12	18:20-12	19:27-12	37:10-6	39:32-6	50:07-5	56:35-6	58:07-5
03:23-12	01:38-16	02:14-7	04:57-16	06:08-9	01:07-10	17:43-6	02:22-6	10:35-6	06:28-11	01:32-7
00:56&	00:27&	00:29&	01:09&	01:10#	00:25&	03:27#	00:21#	01:13#	01:16#	00:12#
6	Lian, Odd Arne	Koll, IL	0:58:26 + 08:16	133.58
03:37-16	05:09-16	08:11-16	12:27-15	18:38-13	19:47-14	35:46-5	38:28-4	50:31-6	56:48-7	58:26-7
03:37-16	01:32-12	03:02-21	04:16-8	06:11-10	01:09-15	15:59-5	02:42-11	12:03-14	06:17-10	01:38-10
01:10&	00:21&	01:17&	00:28#	01:13#	00:27&	01:43#	00:41&	02:41&	01:05#	00:18#
7	Narum, Marthe	Nydalens SK	0:58:31 + 08:21	133.56
02:52-2	04:41-8	06:35-6	11:29-9	16:54-5	17:43-5	37:28-7	39:36-7	50:57-9	56:53-8	58:31-8
02:52-2	01:49-20	01:54-3	04:54-15	05:25-4	00:49-2	19:45-11	02:08-2	11:21-8	05:56-5	01:38-10
00:25#	00:38&	00:09+	01:06&	00:27+	00:07#	05:29&	00:07+	01:59#	00:44#	00:18#
8	Thorkildsen, Robin	FFI BIL	0:59:28 + 09:18	133.25
03:29-13	05:01-13	07:52-15	12:19-13	17:50-8	18:57-10	38:27-10	40:48-9	50:34-7	57:55-9	59:28-9
03:29-13	01:32-12	02:51-17	04:27-10	05:31-5	01:07-10	19:30-10	02:21-5	09:46-3	07:21-17	01:33-8
01:02&	00:21&	01:06&	00:39#	00:33#	00:25&	05:14&	00:20#	00:24+	02:09&	00:13#
9	Fismen, Britta	Fossum IF	1:00:19 + 10:09	132.97
03:14-6	04:42-9	07:26-12	11:29-10	17:35-7	18:36-7	37:59-8	40:36-8	52:25-10	58:27-10	60:19-10
03:14-6	01:28-8	02:44-14	04:03-6	06:06-8	01:01-7	19:23-8	02:37-9	11:49-12	06:02-8	01:52-14
00:47&	00:17#	00:59&	00:15+	01:08#	00:19&	05:07&	00:36&	02:27&	00:50#	00:32&
10	Hansen, Petter	Nydalens SK	1:00:23 + 10:13	132.95
02:27-1	03:42-1	05:41-1	10:00-2	15:43-3	16:47-3	38:14-9	43:29-12	53:48-11	59:03-11	60:23-11
02:27-1	01:15-5	01:59-4	04:19-9	05:43-6	01:04-8	21:27-14	05:15-27	10:19-4	05:15-2	01:20-1
00:00=	00:04+	00:14#	00:31#	00:45#	00:22&	07:11&	03:14@	00:57#	00:03+	00:00=
11	Hjermstad, Lars	Fossum IF	1:03:03 + 12:53	132.09
03:35-15	05:04-14	07:25-11	11:59-11	19:22-15	20:30-15	39:57-12	42:42-11	54:32-12	61:09-13	63:03-13

03:35-15	01:29-9	02:21-8	04:34-11	07:23-19	01:08-13	19:27-9	02:45-12	11:50-13	06:37-13	01:54-15
01:08&	00:18&	00:36&	00:46#	02:25&	00:26&	05:11&	00:44&	02:28&	01:25&	00:34&
12	**Espedal, Kjetil**			**Nydalens SK**			**1:03:44 +**	**13:34**		**131.87**
02:53-3	04:06-2	06:07-3	10:06-3	15:04-2	16:14-2	41:15-14	44:24-14	55:47-14	62:22-15	63:44-14
02:53-3	01:13-4	02:01-5	03:59-4	04:58-1	01:10-17	25:01-17	03:09-16	11:23-9	06:35-12	01:22-3
00:26#	00:02+	00:16#	00:11+	00:00=	00:28&	10:45&	01:08&	02:01#	01:23&	00:02+
13	**Romcke, Elisabeth**			**OK Moss**			**1:04:10 +**	**14:00**		**131.73**
03:21-9	04:57-10	07:19-10	11:07-6	17:06-6	18:24-6	38:56-11	41:25-10	54:42-13	61:41-14	64:10-15
03:21-9	01:36-14	02:22-9	03:48-1	05:59-7	01:18-23	20:32-13	02:29-7	13:17-15	06:59-14	02:29-27
00:54&	00:25&	00:37&	00:00=	01:01#	00:36&	06:16&	00:28#	03:55&	01:47&	01:09&
14	**Sigurdsen, Roar**			**Ringnes BIL**			**1:07:13 +**	**17:03**		**130.74**
04:12-23	06:01-22	08:27-17	13:57-17	21:18-17	22:25-17	40:56-13	44:00-13	58:00-15	65:15-16	67:13-16
04:12-23	01:49-20	02:26-10	05:30-20	07:21-18	01:07-10	18:31-7	03:04-15	14:00-18	07:15-15	01:58-17
01:45&	00:38&	00:41&	01:42&	02:23&	00:25&	04:15&	01:03&	04:38&	02:03&	00:38&
15	**Sauar, Erik**			**IL Koll**			**1:07:43 +**	**17:33**		**130.58**
03:17-8	04:29-6	07:12-7	11:21-8	17:56-9	18:53-9	45:32-19	48:34-18	60:13-16	66:20-17	67:43-17
03:17-8	01:12-2	02:43-13	04:09-7	06:35-13	00:57-3	26:39-23	03:02-14	11:39-11	06:07-9	01:23-4
00:50&	00:01+	00:58&	00:21+	01:37&	00:15&	12:23&	01:01&	02:17#	00:55#	00:03+
16	**Sauar, Brita**			**IL Koll**			**1:07:53 +**	**17:43**		**130.53**
03:22-11	04:38-7	07:17-9	11:18-7	18:16-11	19:22-11	45:29-18	48:59-19	60:31-17	66:28-18	67:53-18
03:22-11	01:16-6	02:39-12	04:01-5	06:58-16	01:06-9	26:07-18	03:30-22	11:32-10	05:57-6	01:25-5
00:55&	00:05+	00:54&	00:13+	02:00&	00:24&	11:51&	01:29&	02:10#	00:45#	00:05+
17	**Eriksen, Are**			**Oslostudentenes IK**			**1:10:07 +**	**19:57**		**129.80**
03:53-18	05:44-18	08:45-19	13:21-16	20:15-16	21:33-16	43:10-15	46:23-15	60:40-18	68:03-19	70:07-19
03:53-18	01:51-22	03:01-20	04:36-13	06:54-15	01:18-23	21:37-15	03:13-19	14:17-19	07:23-18	02:04-21
01:26&	00:40&	01:16&	00:48#	01:56&	00:36&	07:21&	01:12&	04:55&	02:11&	00:44&
18	**Brodin, Nils Jørgen**			**Sørbråten IL**			**1:11:38 +**	**21:28**		**129.31**
03:56-19	05:48-19	09:39-23	14:50-20	22:36-21	23:46-21	44:15-16	48:15-16	61:48-19	69:39-21	71:38-20
03:56-19	01:52-23	03:51-28	05:11-18	07:46-20	01:10-17	20:29-12	04:00-26	13:33-16	07:51-21	01:59-19
01:29&	00:41&	02:06@	01:23&	02:48&	00:28&	06:13&	01:59&	04:11&	02:39&	00:39&
19	**Johansen, Frode**			**Equinor BIL**			**1:14:04 +**	**23:54**		**128.52**
04:08-21	05:44-17	08:38-18	14:17-18	21:34-18	23:02-18	44:58-17	48:19-17	63:16-20	71:34-22	74:04-21
04:08-21	01:36-14	02:54-18	05:39-21	07:17-17	01:28-27	21:56-16	03:21-20	14:57-20	08:18-24	02:30-28
01:41&	00:25&	01:09&	01:51&	02:19&	00:46@	07:40&	01:20&	05:35&	03:06&	01:10&
20	**Kløvstad, Anders**			**Nydalens SK**			**1:18:27 +**	**28:17**		**127.10**
03:21-10	05:06-15	07:43-13	15:12-21	21:56-20	23:05-19	49:32-20	52:20-20	68:49-21	76:30-23	78:27-23
03:21-9	01:45-17	02:37-11	07:29-29	06:44-14	01:09-15	26:27-21	02:48-13	16:29-25	07:41-20	01:57-16
00:54&	00:34&	00:52&	03:41&	01:46&	00:27&	12:11&	00:47&	07:07&	02:29&	00:37&
21	**Egner, Jakob Weider**			**Fossum IF**			**1:21:54 +**	**31:44**		**125.99**
03:44-17	05:51-20	08:58-20	14:42-19	24:54-24	26:02-23	52:14-22	55:36-22	71:56-22	80:05-25	81:54-24
03:44-17	02:07-29	03:07-23	05:44-22	10:12-26	01:08-13	26:12-19	03:22-21	16:20-24	08:09-23	01:49-13
01:17&	00:56&	01:22&	01:56&	05:14@	00:26&	11:56&	01:21&	06:58&	02:57&	00:29&
22	**Skjelkvåle, Brit Lisa**			**IL GeoForm**			**1:22:13 +**	**32:03**		**125.89**
04:11-22	06:17-24	09:11-22	16:17-23	24:42-22	25:53-22	52:17-23	55:29-21	72:20-23	79:59-24	82:13-25
04:11-22	02:06-28	02:54-18	07:06-28	08:25-24	01:11-19	26:24-20	03:12-18	16:51-26	07:39-19	02:14-24
01:44&	00:55&	01:09&	03:18&	03:27&	00:29&	12:08&	01:11&	07:29&	02:27&	00:54&
23	**Øderud, Ingeborg**			**Bækkelagets SK**			**1:25:54 +**	**35:44**		**124.69**
04:34-24	06:04-23	09:09-21	15:20-22	21:53-19	23:22-20	49:51-21	59:52-24	75:35-25	83:56-27	85:54-26
04:34-24	01:30-11	03:05-22	06:11-23	06:33-12	01:29-28	26:29-22	10:01-28	15:43-22	08:21-25	01:58-17
02:07&	00:19&	01:20&	02:23&	01:35&	00:47@	12:13&	08:00@	06:21&	03:09&	00:38&
24	**Bøe, Tormod**			**VBIL**			**1:25:57 +**	**35:47**		**124.68**

06:30-29	08:17-29	11:04-26	16:33-25	24:46-23	26:21-24	53:28-24	57:07-23	74:31-24	83:39-26	85:57-27
06:30-29	01:47-18	02:47-15	05:29-19	08:13-22	01:35-30	27:07-24	03:39-23	17:24-27	09:08-26	02:18-25
04:03@	00:36&	01:02&	01:41&	03:15&	00:53@	12:51&	01:38&	08:02&	03:56&	00:58&
25	**Longva, Tore**			**VBIL**		**1:28:47 +**	**38:37**		**123.76**	
05:01-27	06:49-27	10:03-25	16:19-24	27:11-26	28:28-26	60:30-25	63:08-25	78:41-26	86:35-28	88:47-28
05:01-27	01:48-19	03:14-24	06:16-24	10:52-28	01:17-22	32:02-27	02:38-10	15:33-21	07:54-22	02:12-23
02:34@	00:37&	01:29&	02:28&	05:54@	00:35&	17:46@	00:37&	06:11&	02:42&	00:52&
26	**Bjerkreim, Venche**			**Fossum IF**		**1:29:49 +**	**39:39**		**123.43**	
03:57-20	06:00-21	12:25-29	17:29-27	35:05-29	36:16-29	64:13-27	66:49-27	80:28-27	87:47-29	89:49-29
03:57-20	02:03-26	06:25-31	05:04-17	17:36-31	01:11-19	27:57-25	02:36-8	13:39-17	07:19-16	02:02-20
01:30&	00:52&	04:40@	01:16&	12:38@	00:29&	13:41&	00:35&	04:17&	02:07&	00:42&
27	**Egner, Espen**			**Fossum IF**		**1:36:38 +**	**46:28**		**121.22**	
04:46-26	06:48-26	11:12-27	17:42-28	30:26-27	31:42-27	61:36-26	65:17-26	81:32-28	94:19-30	96:38-30
04:46-26	02:02-25	04:24-30	06:30-25	12:44-29	01:16-21	29:54-26	03:41-24	16:15-23	12:47-28	02:19-26
02:19&	00:51&	02:39@	02:42&	07:46@	00:34&	15:38@	01:40&	06:53&	07:35@	00:59&
28	**Fiebig, Markus**			**Raumar Orientering**		**1:51:04 +1:00:54**			**116.55**	
09:25-30	12:03-30	15:50-30	22:47-30	33:14-28	34:51-28	70:48-28	73:57-28	94:32-29	108:22-31	111:04-31
09:25-30	02:38-31	03:47-27	06:57-27	10:27-27	01:37-31	35:57-28	03:09-16	20:35-28	13:50-29	02:42-29
06:58@	01:27@	02:02@	03:09&	05:29@	00:55@	21:41@	01:08&	11:13@	08:38@	01:22@
DSQ	**Flenning, Øystein**			**IL GeoForm**		**0:58:22**	**(-2 poster)**		**90.00**	
04:38-25	06:38-25	09:59-24	16:41-26	26:19-25	27:48-25			43:17-1	54:55-4	58:22-6
04:38-25	02:00-24	03:21-26	06:42-26	09:38-25	01:29-28				11:38-27	03:27-30
02:11&	00:49&	01:36&	02:54&	04:40&	00:47@				06:26@	02:07@
DSQ	**Rørvik, Gisela Sundelin**			**Heming Orientering**		**1:02:02**	**(-3 poster)**		**85.00**	
14:31-31	16:49-31	20:53-31	28:53-31	37:13-31	38:37-31				59:58-12	62:02-12
14:31-31	02:18-30	04:04-29	08:00-30	08:20-23	01:24-25					02:04-21
12:04@	01:07&	02:19@	04:12@	03:22&	00:42@					00:44&
DSQ	**Skantze, Don**			**Tyrving IL**		**1:15:29**	**(-3 poster)**		**85.00**	
05:52-28	07:57-28	11:13-28	19:55-29	36:40-30	38:05-30				68:50-20	75:29-22
05:52-28	02:05-27	03:16-25	08:42-31	16:45-30	01:25-26					06:39-31
03:25@	00:54&	01:31&	04:54@	11:47@	00:43@					05:19@
	Christensen, Bjørn			**Østmarka OK**		**DELTATT**			**50.00**	
	Danielsen, Anne			**Nydalens SK**		**FULLFØRT**			**100.00**	

Strekktider Kort

Plass	**Navn**	**Klubb**	**Tid**	**Poeng**
1	**Fismen, Morten**	**Fossum IF**	**0:20:12 + 00:00**	**123.11**
02:22-1	03:37-1	04:39-1	05:49-1	09:08-1	09:48-1	13:11-1	18:52-1	20:12-1		
02:22-1	01:15-1	01:02-1	01:10-1	03:19-1	00:40-1	03:23-1	05:41-1	01:20-1		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	**Mathisen, Terje Wiig**	**Fredrikstad SK**	**0:26:14 + 06:02**	**121.06**

03:53-5 05:18-3 06:44-3 08:18-3 12:18-2 13:21-2 17:21-2 24:29-2 26:14-2
03:53-5 01:25-2 01:26-3 01:34-2 04:00-2 01:03-2 04:00-2 07:08-2 01:45-2
01:31& 00:10# 00:24& 00:24& 00:41# 00:23& 00:37# 01:27& 00:25&

3 Berteig, Vidar IL GeoForm 0:29:08 + 08:56 120.07

03:37-3 05:13-2 06:37-2 08:13-2 13:15-3 14:19-3 19:32-3 27:19-3 29:08-3
03:37-3 01:36-3 01:24-2 01:36-3 05:02-3 01:04-3 05:13-7 07:47-3 01:49-3
01:15& 00:21& 00:22& 00:26& 01:43& 00:24& 01:50& 02:06& 00:29&

4 Kongsberg, Morten IL Tyrving 0:34:06 + 13:54 118.38

03:48-4 06:17-6 07:52-5 10:28-5 15:32-4 16:43-4 21:39-4 32:00-4 34:06-4
03:48-4 02:29-11 01:35-4 02:36-10 05:04-4 01:11-7 04:56-4 10:21-6 02:06-5
01:26& 01:14& 00:33& 01:26@ 01:45& 00:31& 01:33& 04:40& 00:46&

5 Wergeland, Ivar Nydalens SK 0:37:00 + 16:48 117.39

04:14-7 07:05-7 09:01-7 11:03-6 17:08-5 18:18-5 23:29-5 34:10-5 37:00-5
04:14-7 02:51-14 01:56-9 02:02-5 06:05-6 01:10-4 05:11-6 10:41-7 02:50-11
01:52& 01:36@ 00:54& 00:52& 02:46& 00:30& 01:48& 05:00& 01:30@

6 Tho, Kjersti Stabæk IF 0:37:03 + 16:51 117.37

05:24-12 07:30-9 09:21-9 13:01-9 19:31-9 20:48-7 25:49-7 34:40-6 37:03-6
05:24-12 02:06-6 01:51-8 03:40-12 06:30-8 01:17-8 05:01-5 08:51-4 02:23-7
03:02@ 00:51& 00:49& 02:30@ 03:11& 00:37& 01:38& 03:10& 01:03&

7 Kaarby, Per IL GeoForm 0:38:16 + 18:04 116.95

04:06-6 06:00-5 07:37-4 09:39-4 17:31-6 18:41-6 25:24-6 36:13-7 38:16-7
04:06-6 01:54-5 01:37-5 02:02-5 07:52-13 01:10-4 06:43-13 10:49-8 02:03-4
01:44& 00:39& 00:35& 00:52& 04:33@ 00:30& 03:20& 05:08& 00:43&

8 Petersen, John Thomas Nittedal OL 0:39:33 + 19:21 116.52

05:18-10 07:33-11 10:45-12 13:04-10 20:03-11 21:29-10 26:48-8 36:38-8 39:33-8
05:18-10 02:15-9 03:12-13 02:19-7 06:59-10 01:26-9 05:19-8 09:50-5 02:55-12
02:56@ 01:00& 02:10@ 01:09& 03:40@ 00:46@ 01:56& 04:09& 01:35@

9 Modalsli, Sigbjørn Fossum IF 0:41:12 + 21:00 115.95

05:20-11 07:31-10 09:18-8 12:41-7 19:27-8 20:58-9 27:27-10 38:32-9 41:12-9
05:20-11 02:11-8 01:47-7 03:23-11 06:46-9 01:31-10 06:29-12 11:05-9 02:40-10
02:58@ 00:56& 00:45& 02:13@ 03:27@ 00:51@ 03:06& 05:24& 01:20@

10 Bjørgum, Halvard VBIL 0:44:27 + 24:15 114.85

05:12-9 07:48-12 09:58-10 13:48-11 19:52-10 21:35-11 28:39-11 42:01-10 44:27-10
05:12-9 02:36-13 02:10-12 03:50-13 06:04-5 01:43-11 07:04-14 13:22-11 02:26-8
02:50@ 01:21@ 01:08@ 02:40@ 02:45& 01:03@ 03:41@ 07:41@ 01:06&

11 Hultgreen Karlsen, Stig IL GeoForm 0:44:40 + 24:28 114.77

03:30-2 05:20-4 15:17-14 16:54-13 25:05-13 26:15-13 30:58-13 42:13-11 44:40-11
03:30-2 01:50-4 09:57-14 01:37-4 08:11-14 01:10-4 04:43-3 11:15-10 02:27-9
01:08& 00:35& 08:55@ 00:27& 04:52@ 00:30& 01:20& 05:34& 01:07&

12 Nermoen, Ingrid Østmarka OK 0:45:26 + 25:14 114.51

06:04-13 08:34-13 10:31-11 12:59-8 19:10-7 20:56-8 27:13-9 42:30-12 45:26-12
06:04-13 02:30-12 01:57-10 02:28-9 06:11-7 01:46-13 06:17-11 15:17-13 02:56-13
03:42@ 01:15@ 00:55& 01:18@ 02:52& 01:06@ 02:54& 09:36@ 01:36@

13 Myhre, Stein Bærums Skiklub 0:46:25 + 26:13 114.18

07:33-14 10:00-14 11:57-13 14:24-12 21:40-12 23:25-12 29:36-12 43:14-13 46:25-13
07:33-14 02:27-10 01:57-10 02:27-8 07:16-11 01:45-12 06:11-10 13:38-12 03:11-14
05:11@ 01:12& 00:55& 01:17@ 03:57@ 01:05@ 02:48& 07:57@ 01:51@

14 Opperud, Elin Nygaard OK Moss 0:59:54 + 39:42 109.58

05:00-8 07:06-8 08:49-6 21:29-14 29:00-14 33:35-14 39:28-14 57:34-14 59:54-14
05:00-8 02:06-6 01:43-6 12:40-14 07:31-12 04:35-14 05:53-9 18:06-14 02:20-6
02:38@ 00:51& 00:41& 11:30@ 04:12@ 03:55@ 02:30& 12:25@ 01:00&

Eriksen, Trude	**Privat**	**DELTATT**	**50.00**