Rankingløp

Dato/sted: 10. oktober 2026 - Sandermosen
Kart: Barlindåsen
Arr: OSI v/Øivind Due Trier og Lenny Enström
Antall: Totalt: 48 (GeoForm: 10, OSI: 2, DNV: 1, Andre: 35)
Løpsrapport: Alder: 21-: 47, 17-20: 0, 13-16: 1, 0-12: 0
Startkont: kr. 50: 34 kr. 30: 14 kr. 0: 0
Betalt: kr. 50: 34 kr. 30: 13 kr. 0: 1
Leiebrikker: 1 stk

Resultater: Lang(17)| Mellom(15)| Kort(16)| Grafisk
Strekktider: Lang(17)| Mellom(15)| Kort(16)|

Resultater Lang (6,1 km)

Plass	Navn	Klubb	Tid	Poeng
1	Schlaupitz, Holger	IL GeoForm	1:05:24 + 00:00	153,55
2	Aarseth, Lars-Ivar	Nydalens SK	1:09:30 + 04:06	152,20
3	Aurmo, Halvor	Heming Orientering	1:17:06 + 11:42	149,71
4	Stenshorne, Per Christian	Nydalens SK	1:21:36 + 16:12	148,23
5	Hagen, Eskil	DVASK	1:27:28 + 22:04	146,31
6	Iwe, Harald	IL GeoForm	1:30:32 + 25:08	145,30
7	Kippernes, Frank Åge	IL GeoForm	1:33:18 + 27:54	144,40
8	Grinde, Bjørn	Oslostudentenes IK	1:33:49 + 28:25	144,23
9	Høivold, Erik	IL GeoForm	1:35:50 + 30:26	143,56
10	Standal, Helge	IL Koll	1:37:34 + 32:10	143,00
11	Farkas, Lorant	Østmarka OK	1:38:20 + 32:56	142,74
12	Utskarpen, Audrun	IL GeoForm	1:42:00 + 36:36	141,54
13	Omdal, Marianne	IL GeoForm	1:47:07 + 41:43	139,86
14	Aulie, Harald	Heming Orientering	1:49:01 + 43:37	139,24
15	Fixdal, Trude	Heming Orientering	1:49:03 + 43:39	139,23
DSQ	Aarseth, Iver	Nydalens SK	1:22:19 (-7 poster)	75,00
DSQ	Saugestad, Fredrik	Nydalens SK	1:44:57 (-7 poster)	75,00

Resultater Mellom (4,1 km)

Plass	Navn	Klubb	Tid	Poeng
1	Arnesen, Kimme	Heming Orientering	0:49:47 + 00:00	137,16
2	Helland, Knut	Østmarka OK	0:50:36 + 00:49	136,91
3	Sauar, Brita Opheim	IL Koll	1:00:03 + 10:16	133,99
4	Birkeland, Roger	Telenor BIL	1:00:37 + 10:50	133,82
5	Høyer, Fredrik	Fossum IF	1:02:52 + 13:05	133,13
6	Eriksen, Are	Oslostudentenes IK	1:03:21 + 13:34	132,98
7	Christiansen, Håvard	Privat	1:05:44 + 15:57	132,24
8	Hov, Kjersti	Fossum IF	1:06:12 + 16:25	132,10
9	Johansen, Frode	Equinor BIL	1:06:26 + 16:39	132,03
10	Gunnerød, Hege	Asker Skiklubb	1:06:52 + 17:05	131,89
11	Longva, Tore	VBIL	1:09:30 + 19:43	131,08
12	Karlsen, Stig Hultgreen	IL GeoForm	1:14:54 + 25:07	129,42
13	Nydal, Roar	Røyken OL	1:28:39 + 38:52	125,18
14	Hofstad, Bjørn	Vestre Akers SK	2:11:53 +1:22:06	111,86
DSQ	Onsager, Knut	IL GeoForm	0:57:42 (-1 poster)	95,00

Resultater Kort (2,3 km)

Plass	Navn	Klubb	Tid	Poeng
1	Arnesen, Maya Jones	Heming Orientering	0:23:52 + 00:00	121,95
2	Teigland, Rune	Østmarka OK	0:29:53 + 06:01	119,92
3	Løken, Aleidis	Heming Orientering	0:31:00 + 07:08	119,54
4	Clasen, Claus Frimann	Lyberg & Partnere	0:31:38 + 07:46	119,33
5	Bjergaard, Anne Marit	Nydalens SK	0:31:47 + 07:55	119,27
6	Berteig, Vidar	IL GeoForm	0:32:16 + 08:24	119,11
7	Kaarby, Per	IL GeoForm	0:35:26 + 11:34	118,04
8	Jacobsen, Kjetil	Hamar OK	0:36:10 + 12:18	117,80
9	Berge, Ketil	Vestre Akers SK	0:36:56 + 13:04	117,54
10	Nydal, Anne	Røyken OL	0:49:48 + 25:56	113,19
11	Grymyr, Aina	Nordre Follo Orientering	0:54:52 + 31:00	111,48
12	Tho, Kjersti	Stabæk IF	0:55:08 + 31:16	111,39
13	Opperud, Elin Nygaard	OK Moss	1:00:48 + 36:56	109,48
14	Hammer, Lena	Vestre Akers SK	1:05:08 + 41:16	108,02
15	Aagaard, Per	Heming Orientering	1:18:31 + 54:39	103,50
16	Gunnerød, Bjørn	Asker Skiklubb	1:27:07 +1:03:15	100,60

Strekktider Lang

Plass	Navn	Klubb	Tid	Poeng
1	**Schlaupitz, Holger**	**IL GeoForm**	**1:05:24 + 00:00**	**153,55**
01:39-2	05:49-1	18:37-1	25:08-1	27:18-1	33:36-1	34:32-1	39:40-1	43:30-1	45:21-1	47:07-1	60:11-1	61:44-1	64:48-1	65:24-1
01:39-2	04:10-1	12:48-1	06:31-1	02:10-2	06:18-1	00:56-1	05:08-2	03:50-2	01:51-3	01:46-1	13:04-2	01:33-3	03:04-5	00:36-4
00:01+	00:00=	00:00=	00:00=	00:04+	00:00=	00:00=	00:05+	00:30#	00:21#	00:00=	00:53+	00:11#	00:35#	00:04#
2	**Aarseth, Lars-Ivar**	**Nydalens SK**	**1:09:30 + 04:06**	**152,20**
01:38-1	06:03-3	22:18-4	29:05-3	31:26-3	38:10-3	39:06-3	44:09-2	47:29-2	48:59-2	50:54-2	63:05-2	65:13-2	68:45-2	69:30-2

01:38-1	04:25-4	16:15-6	06:47-3	02:21-4	06:44-2	00:56-1	05:03-1	03:20-1	01:30-1	01:55-2	12:11-1	02:08-9	03:32-9	00:45-7	
00:00=	00:15+	03:27&	00:16+	00:15#	00:26+	00:00=	00:00=	00:00=	00:00=	00:09+	00:00=	00:46&	01:03&	00:13&	
3	**Aurmo, Halvor**			**Heming Orientering**			**1:17:06 +**	**11:42**	**149,71**						
01:41-3	06:00-2	20:46-2	27:26-2	29:32-2	37:12-2	38:10-2	45:41-3	51:02-3	53:03-3	58:46-3	72:42-3	74:04-3	76:33-3	77:06-3	
01:41-3	04:19-3	14:46-2	06:40-2	02:06-1	07:40-5	00:58-4	07:31-6	05:21-11	02:01-4	05:43-15	13:56-3	01:22-1	02:29-1	00:33-2	
00:03+	00:09+	01:58#	00:09+	00:00=	01:22#	00:02+	02:28&	02:01&	00:31&	03:57@	01:45#	00:00=	00:00=	00:01+	
4	**Stenshorne, Per Christian**			**Nydalens SK**			**1:21:36 +**	**16:12**	**148,23**						
01:50-5	07:03-8	22:56-6	31:22-6	34:05-5	41:53-5	42:50-5	51:09-4	55:18-4	57:27-4	60:27-4	76:54-4	78:26-4	81:00-4	81:36-4	
01:50-5	05:13-10	15:53-5	08:26-7	02:43-6	07:48-6	00:57-3	08:19-10	04:09-3	02:09-5	03:00-13	16:27-8	01:32-2	02:34-2	00:36-4	
00:12#	01:03&	03:05#	01:55&	00:37&	01:30#	00:01+	03:16&	00:49#	00:39&	01:14&	04:16&	00:10#	00:05+	00:04#	
5	**Hagen, Eskil**			**DVASK**			**1:27:28 +**	**22:04**	**146,31**						
02:00-6	06:36-6	23:52-7	32:57-7	36:06-6	46:25-6	47:34-6	55:35-5	60:42-5	62:52-5	65:11-5	81:12-5	83:29-5	86:42-5	87:28-6	
02:00-6	04:36-5	17:16-8	09:05-12	03:09-11	10:19-14	01:09-6	08:01-8	05:07-10	02:10-6	02:19-6	16:01-6	02:17-12	03:13-6	00:46-8	
00:22#	00:26#	04:28&	02:34&	01:03&	04:01&	00:13#	02:58&	01:47&	00:40&	00:33&	03:50&	00:55&	00:44&	00:14&	
6	**Iwe, Harald**			**IL GeoForm**			**1:30:32 +**	**25:08**	**145,30**						
01:47-4	06:32-5	26:02-10	33:07-8	46:24-16	53:52-13	55:06-13	60:54-8	65:47-9	67:18-7	69:21-7	84:43-6	86:25-6	89:46-6	90:32-7	
01:47-4	04:45-6	19:30-12	07:05-4	13:17-17	07:28-4	01:14-11	05:48-3	04:53-9	01:31-2	02:03-3	15:22-5	01:42-4	03:21-8	00:46-8	
00:09+	00:35#	06:42&	00:34+	11:11@	01:10#	00:18&	00:45#	01:33&	00:01+	00:17#	03:11&	00:20#	00:52&	00:14&	
7	**Kippernes, Frank Åge**			**IL GeoForm**			**1:33:18 +**	**27:54**	**144,40**						
02:16-11	08:02-12	26:20-11	34:37-9	39:56-8	49:44-10	50:56-10	57:58-7	62:38-7	65:01-6	67:21-6	86:58-7	89:08-7	92:46-7	93:18-8	
02:16-10	05:46-12	18:18-10	08:17-6	05:19-13	09:48-13	01:12-8	07:02-5	04:40-7	02:23-9	02:20-7	19:37-11	02:10-10	03:38-10	00:32-1	
00:38&	01:36&	05:30&	01:46&	03:13@	03:30&	00:16&	01:59&	01:20&	00:53&	00:34&	07:26&	00:48&	01:09&	00:00=	
8	**Grinde, Bjørn**			**Oslostudentenes IK**			**1:33:49 +**	**28:25**	**144,23**						
02:14-9	09:20-14	29:42-16	38:36-13	41:50-10	49:42-9	50:51-9	57:19-6	62:05-6	69:46-9	72:08-9	88:16-8	90:11-8	93:05-8	93:49-9	
02:14-9	07:06-16	20:22-16	08:54-9	03:14-12	07:52-7	01:09-6	06:28-4	04:46-8	07:41-15	02:22-8	16:08-7	01:55-6	02:54-4	00:44-6	
00:36&	02:56&	07:34&	02:23&	01:08&	01:34#	00:13#	01:25&	01:26&	06:11@	00:36&	03:57&	00:33&	00:25#	00:12&	
9	**Høivold, Erik**			**IL GeoForm**			**1:35:50 +**	**30:26**	**143,56**						
03:00-15	10:15-17	27:30-12	36:30-11	39:02-7	47:57-7	49:13-7	60:59-9	65:28-8	68:00-8	70:36-8	89:14-9	91:16-9	95:00-9	95:50-10	
03:00-15	07:15-17	17:15-7	09:00-10	02:32-5	08:55-11	01:16-13	11:46-13	04:29-6	02:32-11	02:36-11	18:38-10	02:02-8	03:44-11	00:50-10	
01:22&	03:05&	04:27&	02:29&	00:26#	02:37&	00:20&	06:43@	01:09&	01:02&	00:50&	06:27&	00:40&	01:15&	00:18&	
10	**Standal, Helge**			**IL Koll**			**1:37:34 +**	**32:10**	**143,00**						
02:17-12	07:18-9	25:50-9	34:42-10	45:08-15	53:12-11	54:26-11	68:09-15	72:31-15	74:41-15	76:53-15	92:09-10	94:07-10	96:59-10	97:34-11	
02:17-12	05:01-8	18:32-11	08:52-8	10:26-15	08:04-9	01:14-11	13:43-15	04:22-4	02:10-6	02:12-4	15:16-4	01:58-7	02:52-3	00:35-3	
00:39&	00:51#	05:44&	02:21&	08:20@	01:46&	00:18&	08:40@	01:02&	00:40&	00:26#	03:05&	00:36&	00:23#	00:03+	
11	**Farkas, Lorant**			**Østmarka OK**			**1:38:20 +**	**32:56**	**142,74**						
02:08-7	06:57-7	22:33-5	30:03-4	40:30-9	48:32-8	49:44-8	63:19-10	67:46-10	69:58-10	72:11-10	92:28-11	94:12-11	97:29-11	98:20-12	
02:08-7	04:49-7	15:36-4	07:30-5	10:27-16	08:02-8	01:12-8	13:35-14	04:27-5	02:12-8	02:13-5	20:17-12	01:44-5	03:17-7	00:51-11	
00:30&	00:39#	02:48#	00:59#	08:21@	01:44&	00:16&	08:32@	01:07&	00:42&	00:27&	08:06&	00:22&	00:48&	00:19&	
12	**Utskarpen, Audrun**			**IL GeoForm**			**1:42:00 +**	**36:36**	**141,54**						
02:38-13	09:08-13	32:08-17	41:16-16	44:21-14	55:09-16	56:31-16	65:31-14	71:09-14	73:38-14	76:38-14	94:19-12	96:35-12	101:02-12	102:00-13	
02:38-13	06:30-14	23:00-17	09:08-13	03:05-10	10:48-15	01:22-16	09:00-11	05:38-13	02:29-10	03:00-13	17:41-9	02:16-11	04:27-15	00:58-15	
01:00&	02:20&	10:12&	02:37&	00:59&	04:30&	00:26&	03:57&	02:18&	00:59&	01:14&	05:30&	00:54&	01:58&	00:26&	
13	**Omdal, Marianne**			**IL GeoForm**			**1:47:07 +**	**41:43**	**139,86**						
02:47-14	07:59-11	27:41-13	37:14-12	44:07-13	53:32-12	54:44-12	63:50-11	69:34-11	72:12-11	74:48-11	96:40-13	102:10-13	106:11-13	107:07-15	
02:47-14	05:12-9	19:42-13	09:33-14	06:53-14	09:25-12	01:12-8	09:06-12	05:44-15	02:38-12	02:36-11	21:52-13	05:30-15	04:01-14	00:56-13	
01:09&	01:02#	06:54&	03:02&	04:47@	03:07&	00:16&	04:03&	02:24&	01:08&	00:50&	09:41&	04:08@	01:32&	00:24&	
14	**Aulie, Harald**			**Heming Orientering**			**1:49:01 +**	**43:37**	**139,24**						
03:12-16	09:42-15	29:33-14	40:12-14	43:15-11	54:44-15	56:04-14	64:02-12	69:41-13	72:25-12	74:55-13	101:19-15	104:08-14	108:05-14	109:01-16	
03:12-16	06:30-14	19:51-14	10:39-15	03:03-9	11:29-17	01:20-15	07:58-7	05:39-14	02:44-13	02:30-10	26:24-15	02:49-13	03:57-13	00:56-13	
01:34&	02:20&	07:03&	04:08&	00:57&	05:11&	00:24&	02:55&	02:19&	01:14&	00:44&	14:13@	01:27@	01:28&	00:24&	
15	**Fixdal, Trude**			**Heming Orientering**			**1:49:03 +**	**43:39**	**139,23**						
03:14-17	09:42-16	29:33-15	40:14-15	43:15-12	54:43-14	56:07-15	64:09-13	69:34-12	72:26-13	74:54-12	101:11-14	104:17-15	108:08-15	109:03-17	
03:14-17	06:28-13	19:51-14	10:41-16	03:01-8	11:28-16	01:24-17	08:02-9	05:25-12	02:52-14	02:28-9	26:17-14	03:06-14	03:51-12	00:55-12	
01:36&	02:18&	07:03&	04:10&	00:55&	05:10&	00:28&	02:59&	02:05&	01:22&	00:42&	14:06@	01:44@	01:22&	00:23&	
DSQ	**Aarseth, Iver**			**Nydalens SK**			**1:22:19**	**(-7 poster)**	**75,00**						
02:13-8	06:25-4	21:52-3	30:52-5	33:11-4	40:05-4	41:05-4								82:19-5	
02:13-8	04:12-2	15:27-3	09:00-10	02:19-3	06:54-3	01:00-5									
00:35&	00:02+	02:39#	02:29&	00:13#	00:36+	00:04+									
DSQ	**Saugestad, Fredrik**			**Nydalens SK**			**1:44:57**	**(-7 poster)**	**75,00**						
02:16-10	07:40-10	25:08-8	44:19-17	47:11-17	55:36-17	56:52-17								104:57-14	
02:16-10	05:24-11	17:28-9	19:11-17	02:52-7	08:25-10	01:16-13									
00:38&	01:14&	04:40&	12:40@	00:46&	02:07&	00:20&									

Strekktider Mellom

Plass	**Navn**	**Klubb**	**Tid**	**Poeng**
1	**Arnesen, Kimme**	**Heming Orientering**	**0:49:47 +** **00:00**	**137,16**
02:01-2	06:29-1	21:18-1	22:29-1	26:25-1	28:26-1	30:20-1	44:45-1	46:36-1	49:09-1	49:47-1	
02:01-2	04:28-1	14:49-1	01:11-2	03:56-12	02:01-2	01:54-1	14:25-2	01:51-3	02:33-1	00:38-3	
00:01+	00:00=	00:00=	00:01+	01:49&	00:24#	00:00=	01:45#	00:19#	00:00=	00:03+	
2	**Helland, Knut**	**Østmarka OK**	**0:50:36 +** **00:49**	**136,91**
02:00-1	07:05-2	22:53-2	24:48-2	29:04-2	30:41-2	32:46-2	45:26-2	46:58-2	50:01-2	50:36-2	
02:00-1	05:05-2	15:48-2	01:55-12	04:16-13	01:37-1	02:05-2	12:40-1	01:32-1	03:03-3	00:35-1	
00:00=	00:37#	00:59+	00:45&	02:09@	00:00=	00:11+	00:00=	00:00=	00:30#	00:00=	
3	**Sauar, Brita Opheim**	**IL Koll**	**1:00:03 +** **10:16**	**133,99**
02:42-9	08:25-4	25:54-3	27:05-3	29:42-3	32:08-3		53:51-4	55:55-4	59:26-4	60:03-4	
02:42-9	05:43-4	17:29-3	01:11-2	02:37-5	02:26-5			02:04-6	03:31-9	00:37-2	
00:42&	01:15&	02:40#	00:01+	00:30#	00:49&			00:32&	00:58&	00:02+	
4	**Birkeland, Roger**	**Telenor BIL**	**1:00:37 +** **10:50**	**133,82**
02:43-11	08:40-6	30:49-10	31:59-9	34:22-9	36:51-8	40:13-8	55:16-5	56:53-5	59:58-5	60:37-5	
02:43-11	05:57-6	22:09-13	01:10-1	02:23-2	02:29-6	03:22-11	15:03-3	01:37-2	03:05-4	00:39-4	
00:43&	01:29&	07:20&	00:00=	00:16#	00:52&	01:28&	02:23#	00:05+	00:32#	00:04#	
5	**Høyer, Fredrik**	**Fossum IF**	**1:02:52 +** **13:05**	**133,13**
02:28-8	08:47-7	29:31-7	30:46-7	33:17-7	36:14-6	39:10-6	56:36-7	58:46-7	62:10-6	62:52-6	
02:28-8	06:19-7	20:44-7	01:15-4	02:31-4	02:57-9	02:56-10	17:26-7	02:10-8	03:24-5	00:42-5	
00:28#	01:51&	05:55&	00:05+	00:24#	01:20&	01:02&	04:46&	00:38&	00:51&	00:07#	
6	**Eriksen, Are**	**Oslostudentenes IK**	**1:03:21 +** **13:34**	**132,98**
02:27-7	08:51-8	30:14-8	31:37-8	34:02-8	36:49-7	39:31-7	56:26-6	58:40-6	62:32-7	63:21-7	
02:27-7	06:24-8	21:23-10	01:23-8	02:25-3	02:47-7	02:42-7	16:55-5	02:14-9	03:52-12	00:49-9	
00:27#	01:56&	06:34&	00:13#	00:18#	01:10&	00:48&	04:15&	00:42&	01:19&	00:14&	
7	**Christiansen, Håvard**	**Privat**	**1:05:44 +** **15:57**	**132,24**
02:26-5	09:12-10	28:47-6	30:09-6	33:09-6	35:20-5	37:55-5	59:04-8	61:01-8	64:44-8	65:44-8	
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 8    Hov, Kjersti                    Fossum IF                    1:06:12 +  16:25      132,10
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 9    Johansen, Frode                 Equinor BIL                  1:06:26 +  16:39      132,03
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10    Gunnerød, Hege                  Asker Skiklubb               1:06:52 +  17:05      131,89
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12    Karlsen, Stig Hultgreen         IL GeoForm                   1:14:54 +  25:07      129,42
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13    Nydal, Roar                     Røyken OL                    1:28:39 +  38:52      125,18
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 2    Teigland, Rune                 Østmarka OK                  0:29:53 +  06:01      119,92
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 3    Løken, Aleidis                 Heming Orientering           0:31:00 +  07:08      119,54
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 5    Bjergaard, Anne Marit          Nydalens SK                  0:31:47 +  07:55      119,27
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 6    Berteig, Vidar                 IL GeoForm                   0:32:16 +  08:24      119,11
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 7    Kaarby, Per                    IL GeoForm                   0:35:26 +  11:34      118,04
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 8    Jacobsen, Kjetil               Hamar OK                     0:36:10 +  12:18      117,80
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 9    Berge, Ketil                   Vestre Akers SK              0:36:56 +  13:04      117,54
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11    Grymyr, Aina                   Nordre Follo Orientering     0:54:52 +  31:00      111,48
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