

# Rankingløp

Dato/sted: 20. oktober 2019 - Linderud (Krigsskolen)  
Kart: Hestejordet  
Arr: IL GeoForm v/Audrun Utskarpen og Guttorm Egge  
Antall: Totalt: 87 (GeoForm: 11, OSI: 1, DNV/ESSO: 3, Andre: 72)  
Løpsrapport: Alder: 21-: 87, 17-20: 0, 13-16: 0, 0-12: 0  
Startkont: kr. 50: 72 kr. 30: 15 kr. 0: 0  
Betalt: kr. 50: 72 kr. 30: 12 kr. 0: 3  
Leiebrikker: 8 stk

Resultater: [Lang\(32\)](#)| [Mellom\(34\)](#)| [Kort\(21\)](#)| [Grafisk](#)  
Strekktider: [Lang\(32\)](#)| [Mellom\(34\)](#)| [Kort\(21\)](#)|

## Resultater Lang (5,6 km)

Plass	Navn	Klubb	Tid	Poeng
1	Prydz, Espen	Heming Orientering	0:49:20 + 00:00	152,18
2	Bugge, Georg	Aas Jakobsen	0:53:32 + 04:12	150,24
3	Olausson, Mikael	OSI	0:54:23 + 05:03	149,84
4	Grønneberg, Skage	Heming Orientering	0:55:49 + 06:29	149,18
5	Bårtveit, Knut	Bø OL	0:57:09 + 07:49	148,56
6	Ring, Stefan	ok løftan	0:58:17 + 08:57	148,04
7	Helland, Knut	Østmarka OK	0:58:52 + 09:32	147,77
8	Vigrestad, Hallvard	Privat	1:00:49 + 11:29	146,87
9	Ruth, Eivind	DNV	1:01:09 + 11:49	146,71
10	Lefdahl, Per Morten	Metier OEC	1:03:19 + 13:59	145,71
11	Pedersen, Atle	Fossum IF	1:04:04 + 14:44	145,36
12	Johnson, Alexander Urnes	Årvoll IL	1:04:55 + 15:35	144,97
13	Østgaard Lund, Harald m Alf	IL GeoForm	1:10:45 + 21:25	142,27
14	Sauar, Brita	Koll IL	1:14:20 + 25:00	140,61
15	Sauar, Erik	Koll IL	1:14:26 + 25:06	140,57
16	Lium, Tobias	Koll IL	1:15:59 + 26:39	139,85
17	Hultgreen Karlsen, Stig	Geoform	1:17:13 + 27:53	139,28
18	Billingsø, Leif	Eidskog	1:19:40 + 30:20	138,15
19	Blom, Richard	FBI	1:23:34 + 34:14	136,34
20	Tallaksen, Tor Christian	Privat	1:23:44 + 34:24	136,27
21	Smith-Meyer, Henrik	DNV	1:27:27 + 38:07	134,55
22	Myklebust, Kjetil	Privat	1:27:55 + 38:35	134,33
23	Bjerknes, Audun	Måren OK	1:27:59 + 38:39	134,30
24	Holden, Olav	Sky Blazers	1:29:02 + 39:42	133,81
DSQ	Schlaupitz, Holger	IL GeoForm	0:55:40 (-1 poster)	97,62
DSQ	Kippernes, Frank Åge	FFI Bil	1:06:14 (-1 poster)	97,62
DSQ	Melsom, Terje	Fossum IF	1:07:49 (-1 poster)	97,62
DSQ	Melsom, Einar	Fossum IF	0:42:53 (-3 poster)	92,86
DSQ	Grinde, Bjørn	IL GeoForm	0:57:34 (-3 poster)	92,86
DSQ	Onsager, Knut	IL GeoForm	1:07:16 (-3 poster)	92,86
DSQ	Langaas, Sindre	Nydalens SK	0:43:14 (-4 poster)	90,48
DSQ	Aarseth, Lars-Ivar	Nydalens SK	0:50:27 (-4 poster)	90,48

## Resultater Mellom (3,8 km)

Plass	Navn	Klubb	Tid	Poeng
1	Fismen, Morten	Fossum IF	0:34:48 + 00:00	136,33
2	Berteig, Vidar	IL GeoForm	0:37:30 + 02:42	135,08
3	Aubert, Espen	Daímyo	0:38:03 + 03:15	134,82
4	Sundtjønn, Tone	Lillomarka OL	0:38:45 + 03:57	134,50
5	Kongsnes, Vemund	Østmarka OK	0:39:15 + 04:27	134,27
6	Teigland, Rune	Østmarka OK	0:39:41 + 04:53	134,06

7	Sundtjønn, Tore	Sparebank1	0:43:26 + 08:38	132,32
8	Juvik, Jon Ivar	Statnett	0:43:39 + 08:51	132,22
9	Ohrvik, Sven	Konnerud IF	0:44:41 + 09:53	131,74
10	Jorde, Hans Kristian	Aas Jakobsen	0:45:39 + 10:51	131,29
11	Rikheim, Harald	Rådtassene	0:46:09 + 11:21	131,06
12	Melkild, Dagrún	Heming Orientering	0:46:59 + 12:11	130,67
13	Natvig, Bård	Nittedal OL	0:47:31 + 12:43	130,43
14	Sundtjønn, Gunnhild	Sparebank1	0:47:46 + 12:58	130,31
15	Brurberg, May Bente	Ås-NMBU Orientering	0:47:49 + 13:01	130,29
16	Christiansen, Håvard	Privat	0:52:38 + 17:50	128,05
17	Johansen, Frode	Equinor BIL	0:52:42 + 17:54	128,02
18	Solberg, Veslemøy	Konnerud IF	0:53:56 + 19:08	127,44
19	Aarseth, Mari	Nydalens SK	0:55:53 + 21:05	126,54
20	Hanssen, Pål W.	BDO BIL	0:56:39 + 21:51	126,18
21	Fisken, Brita	Fossum IF	0:56:54 + 22:06	126,07
22	Stubø Jorde, Marit	SVV	0:59:19 + 24:31	124,94
23	Devik, Alexandra	Privat	1:00:00 + 25:12	124,63
24	Eijsink, Vincent	ÅS UMB Orientering	1:00:28 + 25:40	124,41
25	Horvath, Zoltan	DNV	1:03:40 + 28:52	122,92
26	Hanslien, Uno	Bilpost BIL	1:04:57 + 30:09	122,33
27	Angell, Truls	Lillomarka OL	1:05:37 + 30:49	122,02
28	Broadwell, Sharon	IL GeoForm	1:05:52 + 31:04	121,90
29	Nokkala, Jari	Hyvinkään Rasti	1:07:51 + 33:03	120,98
30	Skjelkvåle, Brit Lisa	IL GeoForm	1:16:03 + 41:15	117,17
31	Bakstad, Anne Regine	Friskis&Svettis	1:17:04 + 42:16	116,70
32	Ruud, Merete	Lillomarka OL	1:24:01 + 49:13	113,47
DSQ	Aarseth, Jonas	Nydalens SK	0:41:33 (-1 poster)	96,15
DSQ	Sigurdson, Roar	Ringnes	0:30:20 (-7 poster)	73,08

## Resultater Kort (2,8 km)

Plass	Navn	Klubb	Tid	Poeng
1	Løken, Knut Anders	Fossum IF	0:39:58 + 00:00	120,66
2	Huseth, Egil	Kamp/Vestheim IF	0:40:21 + 00:23	120,58
3	Sundelin, Gisela	Privat	0:44:18 + 04:20	119,65
4	Skåre, Einar	Brevpost	0:44:37 + 04:39	119,58
5	Haugen, Per	Lillomarka OL	0:44:50 + 04:52	119,53
6	Mestad, Ivar	Røyken OL	0:52:52 + 12:54	117,65
7	Hånes, Sturle	IL GeoForm	1:02:48 + 22:50	115,33
8	Fougner, Jon C.	Heming Orientering	1:02:59 + 23:01	115,29
9	Grymyr, Aina	Haugerud IL	1:22:48 + 42:50	110,66
10	Vik, Eilen Arctander	IL Koll	1:35:28 + 55:30	107,70
11	Haugerud, Sigurd	IL GeoForm	1:37:23 + 57:25	107,25
DSQ	Madsen, Øystein	Haugerud IF	0:57:46 (-1 poster)	94,44
DSQ	Smalberget, Torild	IL GeoForm	1:40:52 (-1 poster)	94,44
DSQ	Edwardsen, Tom	IL Koll	1:04:43 (-2 poster)	88,89
DSQ	Aagaard, Per	Heming Orientering	2:04:25 (-2 poster)	88,89
DSQ	Åm, Martin	Privat	1:01:44 (-4 poster)	77,78
DSQ	Killingmo, Lene Anett	OK Øst	1:05:49 (-4 poster)	77,78
DSQ	Ruth, Jakob	Privat	1:16:10 (-4 poster)	77,78
DSQ	Ouyang, Ping	Østmarka OK	1:40:34 (-4 poster)	77,78
DSQ	Håkonsen, Julian	Røyken OL	0:56:19 (-6 poster)	66,67
DSQ	Mestad, Askil	Røyken OL	0:56:19 (-6 poster)	66,67

## Strekktider Lang

Plass	Navn	Klubb	Tid	Poeng																	
1	Prydz, Espen	Heming Orientering	0:49:20 + 00:00	152,18																	
03:52-9	07:31-6	08:54-6	10:11-1	11:56-1	13:45-3	15:20-3	16:33-1	18:13-1	20:01-1	22:46-1	28:52-3	31:24-3	34:02-3	35:19-3	36:37-3	38:00-3	39:52-3	42:37-3	44:29-3	47:05-3	49:20-3
03:52-9	03:39-5	01:23-6	01:17-1	01:45-3	01:49-12	01:35-3	01:13-2	01:40-2	01:48-2	02:45-4	06:06-1	02:32-21	02:38-3	01:17-8	01:18-5	01:23-1	01:52-9	02:45-16	01:52-8	02:36-15	02:15-1

00:22#	00:24#	00:06+	00:00=	00:12#	00:27&	00:06+	00:06+	00:02+	00:03+	00:18#	00:00=	00:56&	00:16#	00:17&	00:09#	00:00=	00:12#	00:58&	00:25&	00:36&	00:00=
2	Bugge, Georg			Aas Jakobsen				0:53:32 +	04:12	150,24											
03:44-6	07:23-5	08:44-4	10:32-6	13:07-8	14:40-7	16:36-7	18:11-6	20:20-6	22:13-6	25:28-6	35:19-12	37:01-12	39:49-11	41:04-11	42:13-11	44:04-8	45:46-8	47:42-4	49:09-4	51:09-4	53:32-5
03:44-6	03:39-5	01:21-4	01:48-15	02:35-16	01:33-6	01:56-17	01:35-12	02:09-8	01:53-6	03:15-8	09:51-23	01:42-2	02:48-7	01:15-6	01:09-1	01:51-6	01:42-3	01:56-2	01:27-1	02:00-1	02:23-2
00:14+	00:24#	00:04+	00:31&	01:02&	00:11#	00:27&	00:28&	00:31&	00:08+	00:48&	03:45&	00:06+	00:26#	00:15&	00:00=	00:28&	00:02+	00:09+	00:00=	00:00=	00:08+
3	Olaussen, Mikael			OSI				0:54:23 +	05:03	149,84											
04:09-12	08:20-10	09:37-8	11:03-8	12:36-5	14:14-5	15:48-5	17:01-4	18:39-3	20:31-2	23:00-2	29:52-5	32:56-6	36:58-6	37:58-6	39:07-6	43:57-7	45:38-7	47:52-5	49:31-5	51:50-5	54:23-6
04:09-12	04:11-14	01:17-1	01:26-4	01:33-1	01:38-10	01:34-2	01:13-2	01:38-1	01:52-4	02:29-2	06:52-8	03:04-29	04:02-23	01:00-1	01:09-1	04:50-32	01:41-2	02:14-8	01:39-5	02:19-8	02:33-3
00:39#	00:56&	00:00=	00:09#	00:00=	00:16#	00:05+	00:06+	00:00=	00:07+	00:02+	00:46#	01:28&	01:40&	00:00=	00:00=	03:27@	00:01+	00:27&	00:12#	00:19#	00:18#
4	Grønneberg, Skage			Hening Orientering				0:55:49 +	06:29	149,18											
04:15-15	10:00-20	11:52-15	13:17-15	14:59-13	16:42-13	18:11-12	19:18-8	21:01-8	22:46-8	25:13-5	31:38-7	33:14-7	36:00-5	37:14-5	38:24-5	42:34-5	44:31-6	48:03-6	50:19-7	53:07-7	55:49-8
04:15-14	05:45-23	01:52-18	01:25-3	01:42-2	01:43-11	01:29-1	01:07-1	01:43-3	01:45-1	02:27-1	06:25-3	01:36-1	02:46-6	01:14-5	01:10-3	04:10-30	01:57-13	03:32-24	02:16-18	02:48-21	02:42-5
00:45#	02:30&	00:35&	00:08#	00:09+	00:21&	00:00=	00:00=	00:05+	00:00=	00:19+	00:00=	00:00=	00:24#	00:14#	00:01+	02:47@	00:17#	01:45&	00:49&	00:48&	00:27#
5	Bårtveit, Knut			Bø OL				0:57:09 +	07:49	148,56											
03:50-8	08:23-11	09:50-9	11:53-11	13:57-10	16:16-11	17:51-10	19:25-9	22:38-10	24:30-9	27:51-8	34:21-11	36:50-11	40:41-12	42:02-12	43:50-12	46:03-12	47:47-11	50:22-9	52:03-8	54:19-8	57:09-9
03:50-8	04:33-21	01:27-8	02:03-22	02:04-7	02:19-21	01:35-3	01:34-11	03:13-25	01:52-4	03:21-11	06:30-4	02:29-20	03:51-21	01:21-13	01:48-24	02:13-10	01:44-5	02:35-14	01:41-6	02:16-6	02:50-7
00:20+	01:18&	00:10#	00:46&	00:31&	00:57&	00:06+	00:27&	01:35&	00:07+	00:54&	00:24+	00:53&	01:29&	00:21&	00:39&	00:50&	00:04+	00:48&	00:14#	00:16#	00:35&
6	Ring, Stefan			ok løftan				0:58:17 +	08:57	148,04											
03:35-3	07:09-2	08:47-5	10:27-5	12:26-4	13:50-4	15:32-4	16:54-3	19:13-5	21:16-5	24:43-4	33:32-9	35:19-9	37:41-7	38:51-7	40:15-7	44:21-10	46:09-9	48:08-7	52:32-9	54:44-9	58:17-11
03:35-2	03:34-4	01:38-12	01:40-11	01:59-6	01:24-3	01:42-7	01:22-7	02:19-11	02:03-8	03:27-13	08:49-17	01:47-5	02:22-1	01:10-2	01:24-9	04:06-29	01:48-8	01:59-4	04:24-27	02:12-3	03:33-16
00:05+	00:19+	00:21&	00:23&	00:26&	00:02+	00:13#	00:15#	00:41&	00:18#	01:00&	02:43&	00:11#	00:00=	00:10#	00:15#	02:43@	00:08+	00:12#	02:57@	00:12#	01:18&
7	Helland, Knut			Østmarka OK				0:58:52 +	09:32	147,77											
06:48-30	11:18-27	12:49-24	14:16-16	16:24-16	17:53-15	19:38-15	21:00-12	22:51-11	25:11-10	27:56-9	34:10-10	35:52-10	38:34-10	39:45-10	41:04-10	42:43-6	44:27-5	52:02-10	53:36-10	55:50-10	58:52-12
06:48-30	04:30-20	01:31-9	01:27-5	02:08-11	01:29-5	01:45-10	01:22-7	01:51-5	02:20-15	02:45-4	06:14-2	01:42-2	02:42-4	01:11-3	01:19-7	01:39-3	01:44-5	07:35-27	01:34-2	02:14-5	03:02-12
03:18&	01:15&	00:14#	00:10#	00:35&	00:07+	00:16#	00:15#	00:13#	00:35&	00:18#	00:08+	00:06+	00:20#	00:11#	00:10#	00:16#	00:04+	05:48@	00:07+	00:14#	00:47&
8	Vigrestad, Hallvard			Privat				1:00:49 +	11:29	146,87											
03:38-5	07:39-7	10:07-10	11:26-9	13:33-9	15:07-8	16:50-8	18:15-7	20:22-7	22:26-7	25:37-7	32:39-8	34:29-8	37:57-9	39:21-9	41:03-9	44:18-9	50:08-12	53:27-11	55:37-12	57:55-11	60:49-13
03:38-5	04:01-9	02:28-25	01:19-2	02:07-10	01:34-8	01:43-9	01:25-9	02:07-7	02:04-9	03:11-7	07:02-9	01:50-7	03:28-15	01:24-14	01:42-19	03:15-26	05:50-29	03:19-22	02:10-14	02:18-7	02:54-10
00:08+	00:46#	01:11&	00:02+	00:34&	00:12#	00:14#	00:18&	00:29&	00:19#	00:44&	00:56#	00:14#	00:18&	00:29&	00:33&	01:52@	04:10@	01:32&	00:43&	00:18#	00:39&
9	Ruth, Eivind			DNV				1:01:09 +	11:49	146,71											
04:25-16	08:39-12	10:20-12	12:02-12	14:26-12	16:02-10	17:58-11	19:42-10	22:04-9	25:37-12	28:42-10	36:50-13	38:54-13	42:15-13	44:33-13	46:08-13	48:58-13	51:10-13	53:43-12	55:26-11	58:00-12	61:09-14
04:25-16	04:14-16	01:41-14	01:42-12	02:24-14	01:36-9	01:56-17	01:44-17	02:22-12	03:33-27	03:05-6	08:08-15	02:04-11	03:21-14	02:18-29	01:35-14	02:50-20	02:12-20	02:33-13	01:43-7	02:34-13	03:09-14
00:55&	00:59&	00:24&	00:25&	00:51&	00:14#	00:27&	00:37&	00:44&	01:48@	00:38&	02:02&	00:28&	00:59&	01:18@	00:26&	01:27@	00:32&	00:46&	00:16#	00:34&	00:54&
10	Lefdahl, Per Morten			Metier OEC				1:03:19 +	13:59	145,71											
04:44-19	09:00-15	10:42-13	12:26-13	15:04-14	17:07-14	19:04-14	20:41-11	23:04-12	25:36-11	29:08-11	39:24-15	42:05-15	45:14-15	46:51-15	48:34-15	50:34-15	52:41-15	55:11-15	57:21-13	59:53-13	63:19-15
04:44-19	04:16-17	01:42-15	01:44-13	02:38-17	02:03-18	01:57-19	01:37-14	02:23-13	02:32-21	03:32-14	10:16-26	02:41-25	03:09-13	01:37-20	01:43-20	02:00-7	02:07-16	02:30-12	02:10-14	02:32-11	03:26-15
01:14&	01:01&	00:25&	00:27&	01:05&	00:41&	00:28&	00:30&	00:45&	00:47&	01:05&	04:10&	01:05&	00:47&	00:37&	00:34&	00:37&	00:27&	00:43&	00:43&	00:32&	01:11&
11	Pedersen, Atle			Fossum IF				1:04:04 +	14:44	145,36											
04:06-11	10:20-21	12:22-18	14:35-19	17:01-17	19:22-17	21:13-17	22:57-14	25:10-14	27:36-13	30:59-12	41:07-17	43:10-17	45:53-16	47:09-16	48:38-16	51:11-16	53:03-16	54:50-13	57:22-14	61:02-14	64:04-16
04:06-11	06:14-26	02:02-20	02:13-26	02:26-15	02:21-22	01:51-12	01:44-17	02:13-9	02:26-19	03:23-12	10:08-24	02:03-10	02:43-5	01:16-7	01:29-12	02:33-17	01:52-9	01:47-1	02:32-20	03:40-25	03:02-12
00:36#	02:59&	00:45&	00:56&	00:53&	00:59&	00:22#	00:37&	00:35&	00:41&	00:56&	04:02&	00:27&	00:21#	00:16&	00:20&	01:10&	00:12#	00:00=	01:05&	01:40&	00:47&
12	Johnson, Alexander Urnes			Årvoll IL				1:04:55 +	15:35	144,97											
03:47-7	07:51-8	10:07-11	11:51-10	13:59-11	15:53-9	17:44-9	23:32-15	25:58-15	27:59-14	31:52-13	38:38-14	40:26-14	44:22-14	45:52-14	47:18-14	49:35-14	52:01-14	54:57-14	57:58-15	62:03-15	64:55-17
03:47-7	04:04-10	02:16-23	01:44-13	02:08-11	01:54-15	01:51-12	05:48-30	02:26-15	02:01-7	03:53-24	06:46-7	01:48-6	03:56-22	01:30-16	01:26-10	02:17-12	02:26-24	02:56-19	03:01-21	04:05-28	02:52-9
00:17+	00:49&	00:59&	00:27&	00:35&	00:32&	00:22#	04:41@	00:48&	00:16#	01:26&	00:40#	00:12#	01:34&	00:30&	00:17#	00:54&	00:46&	01:09&	01:34@	02:05@	00:37&
13	Østgaard Lund, Harald m Alf			IL GeoForm				1:10:45 +	21:25	142,27											
04:15-14	12:26-30	13:49-28	15:22-26	18:42-20	20:57-18	23:23-20	24:44-16	27:00-16	29:14-16	32:32-14	41:48-19	44:26-19	49:08-19	50:47-20	61:11-27	65:11-28	67:18-27				70:45-21
04:15-14	08:11-30	01:23-6	01:33-7	03:20-21	02:15-20	02:26-29	01:21-6	02:16-10	02:14-12	03:18-10	09:16-22	02:38-24	04:42-26	01:39-23	10:24-31	04:00-28	02:07-16				
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<b>29</b>	<b>Nokkala, Jari</b>			<b>Hyvinkään Rasti</b>				<b>1:07:51 + 33:03</b>					<b>120,98</b>
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05:41-29	03:08-18	03:51-31	06:50-31	03:10-25	02:36-25	15:02-31	02:21-25	07:27-30	04:17-24	02:59-19	04:19-22	02:40-29	03:30-17
02:06&	01:04&	02:17@	05:02@	01:49@	01:06&	09:32@	01:03&	05:19@	02:14@	01:12&	01:23&	01:29@	00:58&
<b>30</b>	<b>Skjelkvåle, Brit Lisa</b>			<b>IL GeoForm</b>				<b>1:16:03 + 41:15</b>					<b>117,17</b>
04:59-24	07:59-18	10:15-20	22:23-30	40:01-33	42:19-33	52:53-32	54:54-32	58:17-32	62:36-31	66:39-31	70:46-31	72:35-31	76:03-32
04:59-23	03:00-17	02:16-22	12:08-32	17:38-32	02:18-21	10:34-25	02:01-19	03:23-13	04:19-25	04:03-29	04:07-18	01:49-17	03:28-16
01:24&	00:56&	00:42&	10:20@	16:17@	00:48&	05:04&	00:43&	01:15&	02:16@	02:16@	01:11&	00:38&	00:56&
<b>31</b>	<b>Bakstad, Anne Regine</b>			<b>Friskis&amp;Svettis</b>				<b>1:17:04 + 42:16</b>					<b>116,70</b>
14:50-33	20:27-33	23:52-33	29:19-32	31:48-32	37:10-32	49:10-31	51:35-31	57:08-31	60:23-30	63:51-30	68:58-30	71:09-30	77:04-33
14:50-33	05:37-31	03:25-30	05:27-29	02:29-21	05:22-33	12:00-26	02:25-26	05:33-25	03:15-15	03:28-25	05:07-29	02:11-27	05:55-30
11:15@	03:33@	01:51@	03:39@	01:08&	03:52@	06:30@	01:07&	03:25@	01:12&	01:41&	02:11&	01:00&	03:23@
<b>32</b>	<b>Ruud, Merete</b>			<b>Lillomarka OL</b>				<b>1:24:01 + 49:13</b>					<b>113,47</b>
09:10-32	14:43-32	19:12-32	23:24-31	27:54-31	32:54-31	46:52-30	49:40-30	55:46-30	64:14-32	68:07-32	74:03-32	76:56-32	84:01-34
09:10-32	05:33-30	04:29-33	04:12-27	04:30-31	05:00-32	13:58-29	02:48-28	06:06-27	08:28-30	03:53-28	05:56-31	02:53-31	07:05-31
05:35@	03:29@	02:55@	02:24@	03:09@	03:30@	08:28@	01:30@	02:06@	06:25@	02:06@	03:00@	01:42@	04:33@
<b>DSQ</b>	<b>Aarseth, Jonas</b>			<b>Nydalens SK</b>				<b>0:41:33 (-1 poster)</b>					<b>96,15</b>
04:34-12	07:54-17	09:34-13		11:52-2	13:37-2	21:15-2	22:53-3	27:21-7	30:22-7	32:22-7	36:01-7	37:45-7	41:33-8
04:34-12	03:20-22	01:40-4		01:45-2	07:38-6	01:38-8	04:28-20	03:01-12	02:00-5	03:39-10	01:44-13	03:48-21	

00:59&	01:16&	00:06+		00:15#	02:08&	00:20&	02:20@	00:58&	00:13#	00:43#	00:33&	01:16&
DSQ	Sigurdson, Roar		Ringnes		03:30:20	(-7 poster)		73,08				
04:39-16	07:37-16	09:59-16	13:18-18	16:31-22	20:12-23							30:20-1
04:39-16	02:58-15	02:22-23	03:19-24	03:13-27	03:41-31							
01:04&	00:54&	00:48&	01:31&	01:52@	02:11@							

## Strekktider Kort

Plass	Navn	Klubb	Tid	Poeng					
1	Løken, Knut Anders	Fossum IF	0:39:58 + 00:00	120,66					
06:23-9	09:13-3	11:57-2	14:24-1	26:22-5	29:40-2	32:29-3	33:55-2	37:57-2	39:58-1
06:23-9	02:50-1	02:44-3	02:27-1	11:58-7	03:18-1	02:49-7	01:26-1	04:02-5	02:01-1
01:25&	00:00=	00:14+	00:00=	03:49&	00:00=	00:25#	00:00=	00:42#	00:00=
2	Huseth, Egil	Kamp/Vestheim IF	0:40:21 + 00:23	120,58					
05:23-4	08:59-1	12:03-3	15:33-3	24:53-2	28:52-1	31:29-1	33:52-1	37:17-1	40:21-2
05:23-3	03:36-3	03:04-8	03:30-7	09:20-3	03:59-2	02:37-3	02:23-2	03:25-2	03:04-4
00:25+	00:46&	00:34#	01:03&	01:11#	00:41#	00:13+	00:57&	00:05+	01:03&
3	Sundelin, Gisela	Privat	0:44:18 + 04:20	119,65					
06:29-10	10:10-5	12:46-4	15:37-4	25:11-3	30:10-4	32:47-4	35:32-3	41:35-4	44:18-3
06:29-10	03:41-4	02:36-2	02:51-3	09:34-4	04:59-3	02:37-3	02:45-5	06:03-8	02:43-3
01:31&	00:51&	00:06+	00:24#	01:25#	01:41&	00:13+	01:19&	02:43&	00:42&
4	Skåre, Einar	Brevpost	0:44:37 + 04:39	119,58					
06:14-6	10:03-4	12:59-6	16:19-5	26:00-4	32:20-5	35:33-6	37:58-4	41:23-3	44:37-4
06:14-6	03:49-5	02:56-7	03:20-5	09:41-5	06:20-7	03:13-9	02:25-3	03:25-2	03:14-5
01:16&	00:59&	00:26#	00:53&	01:32#	03:02&	00:49&	00:59&	00:05+	01:13&
5	Haugen, Per	Lillomarka OL	0:44:50 + 04:52	119,53					
06:18-7	10:12-6	12:58-5	17:06-6	27:24-7	32:24-6	35:01-5	38:23-5	42:20-5	44:50-5
06:18-7	03:54-6	02:46-4	04:08-12	10:18-6	05:00-4	02:37-3	03:22-8	03:57-4	02:30-2
01:20&	01:04&	00:16#	01:41&	02:09&	01:42&	00:13+	01:56@	00:37#	00:29#
6	Mestad, Ivar	Røyken OL	0:52:52 + 12:54	117,65					
04:58-1	08:59-2	11:29-1	14:56-2	23:05-1	29:42-3	32:14-2	45:38-6	48:58-6	52:52-6
04:58-1	04:01-7	02:30-1	03:27-6	08:09-1	06:37-8	02:32-2	13:24-13	03:20-1	03:54-8
00:00=	01:11&	00:00=	01:00&	00:00=	03:19@	00:08+	11:58@	00:00=	01:53&
7	Hånes, Sturle	IL GeoForm	1:02:48 + 22:50	115,33					
10:31-17	16:06-14	19:00-10	24:37-10	38:36-10	44:28-8	47:52-8	51:10-8	57:52-8	62:48-11
10:31-17	05:35-9	02:54-6	05:37-14	13:59-10	05:52-5	03:24-10	03:18-7	06:42-11	04:56-11
05:33@	02:45&	00:24#	03:10@	05:50&	02:34&	01:00&	01:52@	03:22@	02:55@
8	Fougner, Jon C.	Hening Orientering	1:02:59 + 23:01	115,29					
07:59-13	13:44-10	21:28-13	25:49-11	40:14-11	49:13-10	52:09-10	54:49-9	59:23-9	62:59-12
07:59-13	05:45-10	07:44-18	04:21-13	14:25-11	08:59-9	02:56-8	02:40-4	04:34-7	03:36-7
03:01&	02:55@	05:14@	01:54&	06:16&	05:41@	00:32#	01:14&	01:14&	01:35&
9	Grymyr, Aina	Haugerud IL	1:22:48 + 42:50	110,66					
08:03-14	14:43-12	20:21-12	26:32-12	42:33-12	55:17-11	59:52-11	68:08-10	74:39-10	82:48-16
08:03-14	06:40-12	05:38-16	06:11-15	16:01-13	12:44-13	04:35-15	08:16-12	06:31-9	08:09-12
03:05&	03:50@	03:08@	03:44@	07:52&	09:26@	02:11&	06:50@	03:11&	06:08@
10	Vik, Eilen Arctander	IL Koll	1:35:28 + 55:30	107,70					
06:20-8	30:31-19	34:20-18	38:11-16	56:54-15	66:22-13	70:17-13	74:33-11	91:57-12	95:28-17
06:20-8	24:11-18	03:49-13	03:51-10	18:43-14	09:28-10	03:55-13	04:16-9	17:24-13	03:31-6
01:22&	21:21@	01:19&	01:24&	10:34@	06:10@	01:31&	02:50@	14:04@	01:30&
11	Haugerud, Sigurd	IL GeoForm	1:37:23 + 57:25	107,25					
09:22-15	15:41-13	22:15-14	31:00-14	59:15-16	73:05-14	77:39-14	82:20-12	88:51-11	97:23-18
09:22-15	06:19-11	06:34-17	08:45-18	28:15-18	13:50-14	04:34-14	04:41-10	06:31-9	08:32-13
04:24&	03:29@	04:04@	06:18@	20:06@	10:32@	02:10&	03:15@	03:11&	06:31@
DSQ	Madsen, Øystein	Haugerud IF	0:57:46 (-1 poster)	94,44					
	11:08-7	14:49-7	18:29-8	37:27-9	43:32-7	46:18-7	49:06-7	53:30-7	57:46-9
		03:41-12	03:40-9	18:58-15	06:05-6	02:46-6	02:48-6	04:24-6	04:16-9
		01:11&	01:13&	10:49@	02:47&	00:22#	01:22&	01:04&	02:15@
DSQ	Smalberget, Torild	IL GeoForm	1:40:52 (-1 poster)	94,44					
06:12-5	13:28-9	16:57-9	40:41-17		78:16-15	82:05-15	89:30-13	96:14-13	100:52-20
06:12-5	07:16-14	03:29-11	23:44-20			03:49-12	07:25-11	06:44-12	04:38-10
01:14#	04:26@	00:59&	21:17@			01:25&	05:59@	03:24@	02:37@
DSQ	Edvardsen, Tom	IL Koll	1:04:43 (-2 poster)	88,89					
05:23-3	12:10-8	14:59-8	18:02-7	26:32-6	46:05-9	48:29-9			64:43-13

05:23-3	06:47-13	02:49-5	03:03-4	08:30-2	19:33-15	02:24-1			
00:25+	03:57@	00:19#	00:36#	00:21+	16:15@	00:00=			
<b>DSQ</b>	<b>Aagaard, Per</b>			<b>Heming Orientering</b>		<b>2:04:25</b>	<b>(-2 poster)</b>	<b>88,89</b>	
23:38-20	28:29-18	31:44-17	35:37-15	48:47-14	60:19-12	64:01-12		124:25-21	
23:38-20	04:51-8	03:15-9	03:53-11	13:10-9	11:32-12	03:42-11			
18:40@	02:01&	00:45&	01:26&	05:01&	08:14@	01:18&			
<b>DSQ</b>	<b>Åm, Martin</b>			<b>Privat</b>		<b>1:01:44</b>	<b>(-4 poster)</b>	<b>77,78</b>	
05:18-2	13:47-11	19:05-11	22:40-9	35:04-8				61:44-10	
05:18-2	08:29-15	05:18-14	03:35-8	12:24-8					
00:20+	05:39@	02:48@	01:08&	04:15&					
<b>DSQ</b>	<b>Killingmo, Lene Anett</b>			<b>OK Øst</b>		<b>1:05:49</b>	<b>(-4 poster)</b>	<b>77,78</b>	
18:06-19	21:36-16	25:01-15	27:47-13	42:39-13				65:49-14	
18:06-19	03:30-2	03:25-10	02:46-2	14:52-12					
13:08@	00:40#	00:55&	00:19#	06:43&					
<b>DSQ</b>	<b>Ruth, Jakob</b>			<b>Privat</b>		<b>1:16:10</b>	<b>(-4 poster)</b>	<b>77,78</b>	
10:16-16	19:39-15	25:04-16	43:58-18	67:23-17				76:10-15	
10:16-16	09:23-16	05:25-15	18:54-19	23:25-16					
05:18@	06:33@	02:55@	16:27@	15:16@					
<b>DSQ</b>	<b>Ouyang, Ping</b>			<b>Østmarka OK</b>		<b>1:40:34</b>	<b>(-4 poster)</b>	<b>77,78</b>	
12:27-18	22:17-17		48:35-21	75:25-18	85:18-16			100:34-19	
12:27-18	09:50-17			26:50-17	09:53-11				
07:29@	07:00@			18:41@	06:35@				
<b>DSQ</b>	<b>Håkonsen, Julian</b>			<b>Røyken OL</b>		<b>0:56:19</b>	<b>(-6 poster)</b>	<b>66,67</b>	
07:02-11		39:33-19	47:15-20					56:19-8	
07:02-11			07:42-17						
02:04&			05:15@						
<b>DSQ</b>	<b>Mestad, Askil</b>			<b>Røyken OL</b>		<b>0:56:19</b>	<b>(-6 poster)</b>	<b>66,67</b>	
07:07-12		39:41-20	47:02-19					56:19-7	
07:07-12			07:21-16						
02:09&			04:54@						