

Rankingløp 20

Dato/sted: 2. november 2024 - Låkeberget
Kart: Sognsvann
Arr: OSI v/Christin Vangen og Lenny Enström
Antall: Totalt: 125 (GeoForm: 12, OSI: 4, DNV/ESSO: 4, Andre: 105)
Løpsrapport: Alder: 21-: 125, 17-20: 0, 13-16: 0, 0-12: 0
Startkont: kr. 50: 105 kr. 30: 20 kr. 0: 0
Betalt: kr. 50: 105 kr. 30: 16 kr. 0: 4
Leiebrikker: 12 stk

Resultater: [Lang\(35\)](#) | [Mellom\(53\)](#) | [Kort\(37\)](#) | [Grafisk](#)
Strekktider: [Lang\(35\)](#) | [Mellom\(53\)](#) | [Kort\(37\)](#)

Resultater Lang (6,0 km)

Plass	Navn	Klubb	Tid	Poeng
1	Jacobsen, Kristoffer	IL Tyrving	0:46:32 + 00:00	151,47
2	Svarer, Tobias	Nydalens SK	0:49:21 + 02:49	150,05
3	Bæk, Sindre	Oppsal IF	0:50:07 + 03:35	149,66
4	Prydz, Espen Beer	Heming Orientering	0:50:19 + 03:47	149,56
5	Schlaupitz, Holger	IL GeoForm	0:50:56 + 04:24	149,25
6	Grotnes, Christian	IL Tyrving	0:53:28 + 06:56	147,97
7	Rygh, Karl Even	Heming Orientering	0:55:17 + 08:45	147,05
8	Onsager, Knut	IL GeoForm	0:55:20 + 08:48	147,03
9	Nesland, Kristoffer	IL Tyrving	0:55:34 + 09:02	146,91
10	Berstad, Audun	Heming Orientering	0:55:55 + 09:23	146,73
11	Andersen, Tor Andreas	Oppsal Orientering	0:56:18 + 09:46	146,54
12	Olsen, Alexander Smidt	Nydalens SK	0:57:53 + 11:21	145,74
13	Kristiansen, Roy	Roykri Travel	0:58:40 + 12:08	145,34
14	Haugland, Øyvind	Pharmaq	0:58:46 + 12:14	145,29
15	Heitmann, Ståle	IL GeoForm	1:00:49 + 14:17	144,25
16	Kippernes, Frank Åge	IL GeoForm	1:01:40 + 15:08	143,82
17	Standdal, Helge	IL Koll	1:02:11 + 15:39	143,56
18	Jevanord, Hans	Fossum IF	1:04:42 + 18:10	142,29
19	Arnesen, Kimme	Heming Orientering	1:05:23 + 18:51	141,94
20	Trier, Øivind Thorvald Due	Oslostudentenes IK	1:07:03 + 20:31	141,10
21	Dybwad, Jacob	VBIL	1:07:13 + 20:41	141,02
22	Eriksen, Are	Oslostudentenes IK	1:11:32 + 25:00	138,84
23	Sauar, Brita Opheim	IL Koll	1:12:35 + 26:03	138,30
24	Fagerhaug, Are	IL GeoForm	1:13:07 + 26:35	138,04
25	Kamsvåg, Frode	VBIL	1:13:41 + 27:09	137,75
26	Utskarpen, Audrun	IL GeoForm	1:15:15 + 28:43	136,96
27	Rustad, Gunnar	Nittedal OL	1:16:53 + 30:21	136,13
28	Stalder, Kaja	Privat	1:22:17 + 35:45	133,40
29	Sandvik, Cathrine	Norges Bank	1:23:14 + 36:42	132,92
30	Ohalloran, Colm	Cork	1:26:13 + 39:41	131,41
	Langaas, Sindre	Nydalens SK	FULLFØRT	100,00
DSQ	Bremnes, Jon Bjørnar	IL GeoForm	1:14:44 (-1 poster)	97,37
	Gisholt, Einar	Fossum IF	DELTATT	50,00
	Sauar, Erik	IL Koll	FULLFØRT	100,00
DSQ	Bakken, Jon Iver	Nydalens SK	0:18:04 (-17 poster)	55,26

Resultater Mellom (4,0 km)

Plass	Navn	Klubb	Tid	Poeng
1	Eriksen, Jan Richard	Asker Skiklubb	0:32:24 + 00:00	137,06
2	Ødegaard, Morten	Lillomarka OL	0:37:11 + 04:47	134,78
3	Sønsterudbråten, Ståle	Lillomarka OL	0:37:23 + 04:59	134,68
4	Holten, Marie Rygh	Nydalens SK	0:37:25 + 05:01	134,67
5	Sundtjønn, Tone Aamli	Lillomarka OL	0:39:13 + 06:49	133,81
6	Helland, Knut	Østmarka OK	0:39:31 + 07:07	133,67
7	Berge, Rune	IL Tyrving	0:41:13 + 08:49	132,86
8	Gunnerød, Hege	Asker Skiklubb	0:43:25 + 11:01	131,81
9	Sigurdson, Roar	Ringnes BIL	0:43:36 + 11:12	131,72
10	Jensen, Einar	Nydalens SK	0:43:50 + 11:26	131,61
11	Haugen, Øyvind	Lillomarka OL	0:44:11 + 11:47	131,44
12	Turter, Ellen	Nydalens SK	0:45:03 + 12:39	131,03
13	Ulltveit-Moe, Jo	IL Koll	0:45:39 + 13:15	130,74
14	Roald, Hedda	Oppsal IF	0:45:43 + 13:19	130,71
15	Takvam, Arnt Ove	Fossum IF	0:46:24 + 14:00	130,39
16	Langmyren, Ole Kjell	Lillomarka OL	0:46:31 + 14:07	130,33
17	Flenning, Øystein	Oslostudentenes IK	0:46:55 + 14:31	130,14
18	Sandberg, Synnøve Lyssand	Nydalens SK	0:47:52 + 15:28	129,69
19	Ekeberg, Per Kristian	IL Tyrving	0:48:13 + 15:49	129,52
20	Angell, Truls	Lillomarka OL	0:48:35 + 16:11	129,35
21	Lefdahl, Per Morten	Privat	0:48:44 + 16:20	129,27
22	Berge, Ketil	Vestre Akers SK	0:49:07 + 16:43	129,09
23	Pettersen, Alf	IL Tyrving	0:49:16 + 16:52	129,02
24	Johansen, Frode	Equinor BIL	0:50:14 + 17:50	128,56
25	Landmark, Bente	Fossum IF	0:50:22 + 17:58	128,50
26	Bjerggaard, Anne Marit	Nydalens SK	0:51:39 + 19:15	127,88
27	Jacobsen, Svein S	IL Tyrving	0:51:52 + 19:28	127,78
28	Danielsen, Anne	Nydalens SK	0:52:01 + 19:37	127,71
29	Danielsen, Berit	IL Tyrving	0:52:24 + 20:00	127,53
30	Brurberg, May Bente	Ås-NMBU Orientering	0:52:55 + 20:31	127,28
31	Vold, Lars Audun	Lillomarka OL	0:54:39 + 22:15	126,45
32	Arnesen, Lasse	Heming Orientering	0:54:40 + 22:16	126,45
33	Gisholt, Elise	Fossum IF	0:54:50 + 22:26	126,37
34	Rikheim, Harald	Privat	0:55:39 + 23:15	125,98
35	Longva, Tore	VBIL	0:56:59 + 24:35	125,34
36	Eijsink, Vincent	Ås-NMBU Orientering	0:59:34 + 27:10	124,11
37	Karlsen, Stig Hultgreen	IL GeoForm	1:00:15 + 27:51	123,79
38	Grandum, Øyvind	IL GeoForm	1:00:34 + 28:10	123,64
39	Bergstrøm, Hasse	IL Tyrving	1:01:04 + 28:40	123,40
40	Røstadsand, Per Arne	Nydalens SK	1:06:45 + 34:21	120,69
41	Tho, Kjersti	Stabæk IF	1:10:11 + 37:47	119,05
42	Haugland, Amalie	Krok	1:12:19 + 39:55	118,04
42	Tysland, Ingrid	Krok	1:12:19 + 39:55	118,04
42	Kolstad, Johanne	Privat	1:12:19 + 39:55	118,04
42	Råbøl, Ida Elise	Krok	1:12:19 + 39:55	118,04
46	Nikolaisen, Ylva Smidt	Nydalens SK	1:17:11 + 44:47	115,72
47	Nysted, Vilde Stueland	Privat	1:19:04 + 46:40	114,82
DSQ	Killingmo, Lene Anett	OK Øst	1:32:48 (-4 poster)	83,33
	Sundtjønn, Tore	Årvoll IL	DELTATT	50,00
	Vik, Eilen Arctander	IL Koll	FULLFØRT	100,00
	Grande, Kristin	Privat	DELTATT	50,00
	Edwardsen, Maren	IL Koll	FULLFØRT	100,00
	Edwardsen, Tom	IL Koll	FULLFØRT	100,00

Resultater Kort (2,3 km)

Plass	Navn	Klubb	Tid	Poeng
1	Berteig, Vidar	IL GeoForm	0:22:21 + 00:00	121,08
2	Vollen, Magne	Oslostudentenes IK	0:25:18 + 02:57	119,90
3	Hallan, Toril	Lillomarka OL	0:25:36 + 03:15	119,78
4	Kaarby, Per	IL GeoForm	0:25:47 + 03:26	119,71
5	Bratsberg, Bo	Privat	0:26:15 + 03:54	119,52
6	Lea, Tor	Nydalens SK	0:26:42 + 04:21	119,34
7	Grøtting, Arvid	Nydalens SK	0:28:35 + 06:14	118,59
8	Sundelin, Eva Gisela	Heming Orientering	0:30:01 + 07:40	118,02
9	Nilstad, Randi	IL Tyrving	0:30:55 + 08:34	117,66
10	Broadwell, Sharon Lynn	IL GeoForm	0:31:00 + 08:39	117,63
11	Kierulf, Reidar	Privat	0:33:05 + 10:44	116,80
12	Jacobsen, Kjetil	Hamar OK	0:33:16 + 10:55	116,72
13	Eikeland, Inger Johanne	Nydalens SK	0:34:06 + 11:45	116,39
14	Haugen, Per	Lillomarka OL	0:35:13 + 12:52	115,95
15	Wenhaus, Anders	Solution Seeker	0:35:46 + 13:25	115,73
16	Solheim, Knut Tore	Nydalens SK	0:36:22 + 14:01	115,49
17	Vangen, Geir Magne	Privat	0:38:45 + 16:24	114,54
18	Eine, Toril	Esso Sport	0:39:47 + 17:26	114,12
19	Almo, Øystein Furu	Privat	0:40:48 + 18:27	113,72
20	Sæther, Øystein	Lillomarka OL	0:43:05 + 20:44	112,81
21	Fougner, Jon C.	Heming Orientering	0:43:37 + 21:16	112,59
22	Sandberg, Per Robert	Nydalens SK	0:43:59 + 21:38	112,45
23	Grymyr, Aina	Nordre Follo Orientering	0:50:11 + 27:50	109,97
24	Madsen, Øystein	Haugerud IF	0:50:25 + 28:04	109,88
25	Gunnerød, Bjørn	Asker Skiklubb	0:59:08 + 36:47	106,40
26	Spjelkavik, Aud I	IL Tyrving	1:01:51 + 39:30	105,32
27	Henriksen, Tor	Årvoll IL	1:06:46 + 44:25	103,35
28	Finset, Cathrine	Privat	1:11:22 + 49:01	101,52
29	Narvhus, Martine	Privat	1:11:30 + 49:09	101,46
30	Haug, Elisabeth Sørbo	Privat	1:11:32 + 49:11	101,45
31	Westby, Alexander	Privat	1:33:30 +1:11:09	100,00
	Waller, Maj	Privat	FULLFØRT	100,00
	Scheie, Arne Chr.	Østmarka OK	FULLFØRT	100,00
	Eriksen, Trude	Nydalens SK	FULLFØRT	100,00
DSQ	Grande, Lars	Kjelsås IL	0:27:21 (-1 poster)	91,67
DSQ	Ouyang, Ping	Østmarka OK	1:23:28 (-1 poster)	91,67
DSQ	Therkelsen, Pål	Privat	0:00:12 (-6 poster)	50,00

Strekktider Lang

Plass	Navn	Klubb	Tid	Poeng															
1	Jacobsen, Kristoffer	IL Tyrving	0:46:32 + 00:00	151,47															
01:14-7	03:54-6	05:25-3	07:58-6	12:01-3	14:12-1	17:05-1	20:03-1	21:35-1	23:38-1	27:28-1	31:05-1	34:05-1	36:16-1	36:54-1	38:20-1	40:15-1	42:07-1	45:39-1	46:32-2
01:14-7	02:40-6	01:31-2	02:33-9	04:03-1	02:11-1	02:53-1	02:58-1	01:32-1	02:03-1	03:50-2	03:37-1	03:00-3	02:11-9	00:38-1	01:26-20	01:55-1	01:52-2	03:32-1	00:53-3
00:15&	00:16#	00:03+	00:26#	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:12+	00:00=	00:15+	00:17#	00:00=	00:33&	00:00=	00:02+	00:00=	00:07#
2	Svarer, Tobias	Nydalens SK	0:49:21 + 02:49	150,05															
01:13-6	03:44-3	05:26-4	07:36-3	11:50-2	14:29-2	17:44-2	20:42-2	22:20-2	24:28-2	28:06-2	32:05-2	35:58-2	38:12-2	38:59-2	40:06-2	42:02-2	43:56-2	48:19-2	49:21-3
01:13-6	02:31-3	01:42-5	02:10-2	04:14-2	02:39-4	03:15-2	02:58-1	01:38-4	02:08-3	03:38-1	03:59-4	03:53-15	02:14-11	00:47-10	01:07-5	01:56-2	01:54-3	04:23-9	01:02-12
00:14#	00:07+	00:14#	00:03+	00:11+	00:28#	00:22#	00:00=	00:06+	00:05+	00:00=	00:22#	01:08&	00:20#	00:09#	00:14&	00:01+	00:04+	00:51#	00:16&
3	Bæk, Sindre	Oppsal IF	0:50:07 + 03:35	149,66															
01:28-18	04:05-9	06:03-9	08:38-9	13:22-8	16:01-7	19:19-4	22:23-4	23:56-4	26:04-4	30:40-4	34:28-4	37:16-3	39:18-4	40:01-4	41:13-4	43:14-4	45:15-4	49:21-4	50:07-4
01:28-18	02:37-4	01:58-12	02:35-11	04:44-5	02:39-4	03:18-3	03:04-3	01:33-2	02:08-3	04:36-7	03:48-2	02:48-2	02:02-3	00:43-3	01:12-8	02:01-3	02:01-4	04:06-4	00:46-1
00:29&	00:13+	00:30&	00:28#	00:41#	00:28#	00:25#	00:06+	00:01+	00:05+	00:58&	00:11+	00:03+	00:08+	00:05#	00:19&	00:06+	00:11#	00:34#	00:00=

Sauar, Erik IL Koll FULLFØRT 100,00

DSQ Bakken, Jon Iver Nydalens SK 0:18:04 (-17 poster) 55,26
 01:26-16 05:22-26
 01:26-15 03:56-27
 00:27& 01:32&

18:04-1

Strekktider Mellom

Plass	Navn	Klubb	Tid	Poeng
1	Eriksen, Jan Richard	Asker Skiklubb	0:32:24 + 00:00	137,06
	01:12-1 03:41-1 05:19-1 07:42-1 11:53-1 14:33-1 18:37-1 22:01-1 23:49-1 26:07-1 27:55-1 31:30-1 32:24-1			
	01:12-1 02:29-1 01:38-1 02:23-1 04:11-1 02:40-2 04:04-1 03:24-1 01:48-2 02:18-1 01:48-1 03:35-1 00:54-1			
	00:00= 00:00= 00:00= 00:00= 00:00= 00:04+ 00:00= 00:00= 00:01+ 00:00= 00:00= 00:00= 00:00=			
2	Ødegaard, Morten	Lillomarka OL	0:37:11 + 04:47	134,78
	01:18-3 05:50-29 07:34-13 09:58-7 15:00-5 17:42-4 22:19-4 25:50-3 27:37-3 30:06-3 31:59-3 36:17-2 37:11-2			
	01:18-3 04:32-39 01:44-2 02:24-2 05:02-2 02:42-3 04:37-9 03:31-2 01:47-1 02:29-3 01:53-2 04:18-3 00:54-1			
	00:06+ 02:03& 00:06+ 00:01+ 00:51# 00:06+ 00:33# 00:07+ 00:00= 00:11+ 00:05+ 00:43# 00:00=			
3	Sønsterudbråten, Ståle	Lillomarka OL	0:37:23 + 04:59	134,68
	01:19-4 04:01-2 07:43-17 10:38-10 15:42-8 18:18-5 22:29-5 26:04-4 27:58-4 30:27-4 32:31-4 36:22-3 37:23-3			
	01:19-4 02:42-2 03:42-42 02:55-10 05:04-3 02:36-1 04:11-3 03:35-3 01:54-3 02:29-3 02:04-3 03:51-2 01:01-4			
	00:07+ 00:13+ 02:04@ 00:32# 00:53# 00:00= 00:07+ 00:11+ 00:07+ 00:11+ 00:16# 00:16+ 00:07#			
4	Holten, Marie Rygh	Nydalens SK	0:37:25 + 05:01	134,67
	01:15-2 04:08-3 05:53-2 08:36-2 13:54-2 16:38-2 21:03-2 24:53-2 26:56-2 29:39-2 31:54-2 36:23-4 37:25-4			
	01:15-2 02:53-3 01:45-3 02:43-5 05:18-6 02:44-4 04:25-6 03:50-4 02:03-5 02:43-5 02:15-10 04:29-4 01:02-6			
	00:03+ 00:24# 00:07+ 00:20# 01:07& 00:08+ 00:21+ 00:26# 00:16# 00:25# 00:27& 00:54& 00:08#			
5	Sundtjønn, Tone Aamli	Lillomarka OL	0:39:13 + 06:49	133,81
	01:41-27 04:46-7 06:33-4 09:23-4 14:27-3 17:38-3 21:52-3 26:10-5 28:20-5 31:03-5 33:14-5 38:14-5 39:13-5			
	01:41-25 03:05-4 01:47-5 02:50-7 05:04-3 03:11-5 04:14-4 04:18-9 02:10-9 02:43-5 02:11-4 05:00-7 00:59-3			
	00:29& 00:36# 00:09+ 00:27# 00:53# 00:35# 00:10+ 00:54& 00:23# 00:25# 00:23# 01:25& 00:05+			
6	Helland, Knut	Østmarka OK	0:39:31 + 07:07	133,67
	01:31-15 04:59-8 06:53-6 09:21-3 14:53-4 18:24-6 22:31-6 26:34-6 28:44-6 31:10-6 33:23-6 38:19-6 39:31-6			
	01:31-15 03:28-8 01:54-6 02:28-3 05:32-9 03:31-8 04:07-2 04:03-6 02:10-9 02:26-2 02:13-8 04:56-6 01:12-16			
	00:19& 00:59& 00:16# 00:05+ 01:21& 00:55& 00:03+ 00:39# 00:23# 00:08+ 00:25# 01:21& 00:18&			
7	Berge, Rune	IL Tyrving	0:41:13 + 08:49	132,86
	01:22-8 04:36-5 06:21-3 09:50-6 15:10-6 19:06-7 23:48-7 27:55-7 30:03-7 32:56-7 35:07-7 40:09-7 41:13-7			
	01:22-8 03:14-6 01:45-3 03:29-24 05:20-7 03:56-15 04:42-11 04:07-7 02:08-7 02:53-9 02:11-4 05:02-8 01:04-7			
	00:10# 00:45& 00:07+ 01:06& 01:09& 01:20& 00:38# 00:43# 00:21# 00:35& 00:23# 01:27& 00:10#			
8	Gunnerød, Hege	Asker Skiklubb	0:43:25 + 11:01	131,81
	01:33-18 05:17-14 08:28-31 11:10-20 16:36-14 20:03-10 24:19-8 29:41-9 31:58-9 34:53-9 37:07-8 42:20-8 43:25-8			
	01:33-17 03:44-15 03:11-40 02:42-4 05:26-8 03:27-6 04:16-5 05:22-36 02:17-13 02:55-12 02:14-9 05:13-10 01:05-9			
	00:21& 01:15& 01:33& 00:19# 01:15& 00:51& 00:12+ 01:58& 00:30& 00:37& 00:26# 01:38& 00:11#			
9	Sigurdson, Roar	Ringnes BIL	0:43:36 + 11:12	131,72
	01:21-6 05:31-21 07:27-11 10:42-13 16:16-10 19:44-8 24:39-9 29:08-8 31:35-8 34:40-8 37:15-9 42:35-9 43:36-9			
	01:21-6 04:10-31 01:56-7 03:15-18 05:34-10 03:28-7 04:55-16 04:29-13 02:27-18 03:05-13 02:35-21 05:20-12 01:01-4			
	00:09# 01:41& 00:18# 00:52& 01:23& 00:52& 00:51# 01:05& 00:40& 00:47& 00:47& 01:45& 00:07#			
10	Jensen, Einar	Nydalens SK	0:43:50 + 11:26	131,61
	01:30-13 05:01-10 07:06-8 10:38-11 16:29-13 20:48-13 26:01-12 30:25-12 32:49-13 35:39-10 37:51-10 42:45-10 43:50-10			
	01:30-13 03:31-9 02:05-9 03:32-26 05:51-13 04:19-24 05:13-24 04:24-12 02:24-17 02:50-8 02:12-7 04:54-5 01:05-9			
	00:18& 01:02& 00:27& 01:09& 01:40& 01:43& 01:09& 01:00& 00:37& 00:32# 00:24# 01:19& 00:11#			
11	Haugen, Øyvind	Lillomarka OL	0:44:11 + 11:47	131,44
	01:29-12 04:34-4 06:48-5 09:41-5 15:27-7 21:38-17 26:27-15 30:23-11 32:33-11 35:46-12 38:01-12 43:04-11 44:11-11			
	01:29-12 03:05-4 02:14-15 02:53-9 05:46-12 06:11-36 04:49-13 03:56-5 02:10-9 03:13-19 02:15-10 05:03-9 01:07-11			
	00:17# 00:36# 00:36& 00:30# 01:35& 03:35@ 00:45# 00:32# 00:23# 00:55& 00:27& 01:28& 00:13#			
12	Turter, Ellen	Nydalens SK	0:45:03 + 12:39	131,03

01:41-25	05:28-19	07:41-16	10:31-9	16:27-11	20:41-11	25:32-11	30:17-10	32:29-10	35:41-11	37:58-11	43:54-12	45:03-12
01:41-25	03:47-18	02:13-13	02:50-7	05:56-14	04:14-21	04:51-14	04:45-22	02:12-12	03:12-17	02:17-12	05:56-18	01:09-13
00:29&	01:18&	00:35&	00:27#	01:45&	01:38&	00:47#	01:21&	00:25#	00:54&	00:29&	02:21&	00:15&
13	Ulltveit-Moe, Jo			IL Koll			0:45:39 + 13:15		130,74			
01:20-5	05:01-9	07:34-12	11:03-17	16:13-9	20:03-9	24:41-10	30:45-14	32:45-12	36:18-13	38:46-13	44:32-13	45:39-13
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47	Nysted, Vilde Stueland			Privat				1:19:04 + 46:40	114,82			
02:25-43	07:06-42	10:56-44	19:05-44	31:20-43	39:19-43	46:50-43	52:44-43	55:39-43	61:13-43	65:03-43	77:39-44	79:04-47
02:25-43	04:41-41	03:50-43	08:09-45	12:15-41	07:59-38	07:31-41	05:54-39	02:55-39	05:34-44	03:50-44	12:36-44	01:25-30
01:13@	02:12&	02:12@	05:46@	08:04@	05:23@	03:27&	02:30&	01:08&	03:16@	02:02@	09:01@	00:31&
DSQ	Killingmo, Lene Anett			OK Øst				1:32:48 (-4 poster)	83,33			
03:00-45	08:19-45	21:34-45	25:58-45	45:36-45				69:33-45	75:19-45	78:27-45		92:48-48
03:00-45	05:19-43	13:15-45	04:24-39	19:38-44					05:46-45	03:08-40		
01:48@	02:50@	11:37@	02:01&	15:27@					03:28@	01:20&		
	Sundtjønn, Tore			Årvoll IL				DELTATT	50,00			
	Vik, Eilen Arctander			IL Koll				FULLFØRT	100,00			
	Grande, Kristin			Privat				DELTATT	50,00			
	Edwardsen, Maren			IL Koll				FULLFØRT	100,00			
	Edwardsen, Tom			IL Koll				FULLFØRT	100,00			

Strekktider Kort

Plass	Navn			Klubb		Tid		Poeng
1	Berteig, Vidar			IL GeoForm		0:22:21 + 00:00		121,08
	01:31-2	04:49-1	10:42-1	12:59-1	16:01-1	19:29-1	22:21-2	
	01:31-2	03:18-1	05:53-1	02:17-1	03:02-3	03:28-1	02:52-2	
	00:04+	00:00=	00:00=	00:00=	00:26#	00:00=	00:01+	
2	Vollen, Magne			Oslostudentenes IK		0:25:18 + 02:57		119,90
	01:53-10	05:41-3	12:15-3	14:46-3	17:22-2	22:24-2	25:18-3	

01:53-10	03:48-2	06:34-3	02:31-3	02:36-1	05:02-9	02:54-3			
00:26&	00:30#	00:41#	00:14#	00:00=	01:34&	00:03+			
3	Hallan, Toril		Lillomarka OL			0:25:36 +	03:15	119,78	
01:33-3	05:42-4	12:28-5	15:01-4	18:33-4	22:45-3	25:36-4			
01:33-3	04:09-4	06:46-5	02:33-4	03:32-10	04:12-3	02:51-1			
00:06+	00:51&	00:53#	00:16#	00:56&	00:44#	00:00=			
4	Kaarby, Per		IL GeoForm			0:25:47 +	03:26	119,71	
01:46-5	05:55-8	12:53-6	15:31-6	18:44-6	22:46-4	25:47-5			
01:46-5	04:09-4	06:58-6	02:38-6	03:13-4	04:02-2	03:01-5			
00:19#	00:51&	01:05#	00:21#	00:37#	00:34#	00:10+			
5	Bratsberg, Bo		Privat			0:26:15 +	03:54	119,52	
01:35-4	05:47-6	12:10-2	14:36-2	17:30-3	23:03-5	26:15-6			
01:35-4	04:12-6	06:23-2	02:26-2	02:54-2	05:33-10	03:12-6			
00:08+	00:54&	00:30+	00:09+	00:18#	02:05&	00:21#			
6	Lea, Tor		Nydalens SK			0:26:42 +	04:21	119,34	
01:27-1	05:47-5	13:10-7	15:44-7	18:58-7	23:11-6	26:42-7			
01:27-1	04:20-8	07:23-8	02:34-5	03:14-5	04:13-4	03:31-7			
00:00=	01:02&	01:30&	00:17#	00:38#	00:45#	00:40#			
7	Grøtting, Arvid		Nydalens SK			0:28:35 +	06:14	118,59	
01:46-6	05:41-2	13:13-8	16:44-8	20:00-8	24:47-8	28:35-9			
01:46-5	03:55-3	07:32-11	03:31-10	03:16-6	04:47-5	03:48-11			
00:19#	00:37#	01:39&	01:14&	00:40&	01:19&	00:57&			
8	Sundelin, Eva Gisela		Heming Orientering			0:30:01 +	07:40	118,02	
01:46-7	06:16-10	15:42-14	18:26-11	22:16-12	27:03-10	30:01-10			
01:46-5	04:30-11	09:26-17	02:44-7	03:50-13	04:47-5	02:58-4			
00:19#	01:12&	03:33&	00:27#	01:14&	01:19&	00:07+			
9	Nilstad, Randi		IL Tyrving			0:30:55 +	08:34	117,66	
02:01-11	06:29-11	14:00-11	17:46-10	21:35-10	27:15-11	30:55-11			
02:01-11	04:28-10	07:31-10	03:46-13	03:49-12	05:40-12	03:40-10			
00:34&	01:10&	01:38&	01:29&	01:13&	02:12&	00:49&			
10	Broadwell, Sharon Lynn		IL GeoForm			0:31:00 +	08:39	117,63	
02:17-15	06:38-12	13:46-10	17:36-9	21:18-9	26:07-9	31:00-12			
02:17-15	04:21-9	07:08-7	03:50-15	03:42-11	04:49-7	04:53-21			
00:50&	01:03&	01:15#	01:33&	01:06&	01:21&	02:02&			
11	Kierulf, Reidar		Privat			0:33:05 +	10:44	116,80	
02:14-14	07:54-16	16:04-16	19:37-14	23:33-13	29:29-13	33:05-13			
02:14-14	05:40-17	08:10-13	03:33-11	03:56-15	05:56-16	03:36-9			
00:47&	02:22&	02:17&	01:16&	01:20&	02:28&	00:45&			
12	Jacobsen, Kjetil		Hamar OK			0:33:16 +	10:55	116,72	
01:52-9	07:58-17	15:28-12	18:33-12	21:59-11	29:13-12	33:16-14			
01:52-9	06:06-19	07:30-9	03:05-9	03:26-8	07:14-22	04:03-14			
00:25&	02:48&	01:37&	00:48&	00:50&	03:46@	01:12&			
13	Eikeland, Inger Johanne		Nydalens SK			0:34:06 +	11:45	116,39	
02:11-13	07:09-13	15:33-13	19:19-13	23:56-15	29:51-15	34:06-15			
02:11-13	04:58-13	08:24-15	03:46-13	04:37-19	05:55-14	04:15-15			
00:44&	01:40&	02:31&	01:29&	02:01&	02:27&	01:24&			
14	Haugen, Per		Lillomarka OL			0:35:13 +	12:52	115,95	
02:19-16	07:16-14	17:24-18	21:33-17	26:06-17	31:39-16	35:13-16			
02:19-16	04:57-12	10:08-19	04:09-18	04:33-18	05:33-10	03:34-8			
00:52&	01:39&	04:15&	01:52&	01:57&	02:05&	00:43&			
15	Wenhaus, Anders		Solution Seeker			0:35:46 +	13:25	115,73	
02:29-19	07:43-15	15:57-15	19:58-15	23:53-14	29:48-14	35:46-17			
02:29-19	05:14-14	08:14-14	04:01-16	03:55-14	05:55-14	05:58-24			
01:02&	01:56&	02:21&	01:44&	01:19&	02:27&	03:07@			
16	Solheim, Knut Tore		Nydalens SK			0:36:22 +	14:01	115,49	
02:33-20	08:02-19	17:20-17	21:24-16	25:37-16	31:50-17	36:22-18			
02:33-20	05:29-15	09:18-16	04:04-17	04:13-17	06:13-17	04:32-16			
01:06&	02:11&	03:25&	01:47&	01:37&	02:45&	01:41&			
17	Vangen, Geir Magne		Privat			0:38:45 +	16:24	114,54	
02:02-12	08:02-18	18:35-20	23:51-19	27:49-18	34:13-18	38:45-19			

	Scheie, Arne Chr.		Østmarka OK		FULLFØRT		100,00
	Eriksen, Trude		Nydalens SK		FULLFØRT		100,00
DSQ	Grande, Lars		Kjelsås IL		0:27:21	(-1 poster)	91,67
	05:51-7	12:27-4	15:25-5	18:41-5	23:30-7	27:21-8	
		06:36-4	02:58-8	03:16-6	04:49-7	03:51-12	
		00:43#	00:41&	00:40&	01:21&	01:00&	
DSQ	Ouyang, Ping		Østmarka OK		1:23:28	(-1 poster)	91,67
	19:39-31	39:41-32	49:14-32	57:39-31	75:11-31	83:28-33	
		20:02-31	09:33-29	08:25-28	17:32-32	08:17-27	
		14:09@	07:16@	05:49@	14:04@	05:26@	
DSQ	Therkelsen, Pål		Privat		0:00:12	(-6 poster)	50,00
					00:12-1		