

# Rankingløp

Dato/sted: 9. november 2024 -

Kart:

Arr: IL GeoForm v/

Antall: Totalt: 132 (GeoForm: 13, OSI: 1, DNV/ESS0: 2, Andre: 116)

Løpsrapport: Alder: 21-: 131, 17-20: 0, 13-16: 1, 0-12: 0

Startkont: kr. 50: 115 kr. 30: 17 kr. 0: 0

Betalt: kr. 50: 115 kr. 30: 15 kr. 0: 2

Leiebrikker: 8 stk

Resultater: [Lang\(50\)](#) | [Mellom\(53\)](#) | [Kort\(29\)](#) | [Grafisk](#)

Strekktider: [Lang\(50\)](#) | [Mellom\(53\)](#) | [Kort\(29\)](#)

## Resultater Lang (5.3 km)

Plass	Navn	Klubb	Tid	Poeng
1	Hjermstad, Erling	Fossum IF	0:39:50 + 00:00	152.50
2	Hjermstad, Øyvind	Fossum IF	0:39:52 + 00:02	152.48
3	Olausson, Mikael	Oslostudentenes IK	0:44:43 + 04:53	149.74
4	Prydz, Espen Beer	Heming Orientering	0:47:32 + 07:42	148.15
5	Agervig, Ida	IFK Göteborg	0:49:20 + 09:30	147.13
6	Blom-hagen, Torbjørn	Fossum IF	0:50:12 + 10:22	146.64
7	Hjermstad, Ragnhild	Fossum IF	0:51:05 + 11:15	146.14
8	Bæk, Sindre	Oppsal Orientering	0:51:53 + 12:03	145.69
9	Sommerhein, Erlend	Fossum IF	0:52:22 + 12:32	145.42
10	Kællvik Leufven, Johanne	IFK Göteborg	0:52:51 + 13:01	145.15
11	Borg, Christian Fredrik	IL Koll	0:54:24 + 14:34	144.27
12	Ødegaard, Morten	Lillomarka OL	0:56:51 + 17:01	142.89
13	Henriksen, Jan Tore	Norges Bank BIL	1:00:45 + 20:55	140.68
14	Mella, Thor	Oppsal Orientering	1:00:55 + 21:05	140.59
15	Lesteberg, Ola	Kongsberg OL	1:02:01 + 22:11	139.97
16	Seierstad, Ivar	IL GeoForm	1:02:10 + 22:20	139.88
17	Lund, Trond	Tyrving IL	1:02:16 + 22:26	139.83
18	Saugestad, Fredrik	Nydalens SK	1:02:47 + 22:57	139.53
19	Stenshorne, Per Christian	Nydalens SK	1:02:48 + 22:58	139.53
20	Grotnes, Christian	IL Tyrving	1:02:50 + 23:00	139.51
21	Hobøl, Vigdis	Oppsal Orientering	1:03:39 + 23:49	139.04
22	Aarseth, Lars-Ivar	Nydalens SK	1:03:59 + 24:09	138.86
23	Rustad, Gunnar	Nittedal OL	1:05:02 + 25:12	138.26
24	Kippernes, Frank Åge	IL GeoForm	1:05:15 + 25:25	138.14
25	Noer, Lars Karelius	NRK	1:05:45 + 25:55	137.86
26	Heitmann, Ståle	IL GeoForm	1:06:00 + 26:10	137.72
27	Aarseth, Mari	Nydalens SK	1:06:50 + 27:00	137.25
28	Fjær, Hallvard	Lillomarka OL	1:06:51 + 27:01	137.24
29	Birkeland, Roger	Telenor BIL	1:08:49 + 28:59	136.13
30	Teigen, Jorunn	Privat	1:09:21 + 29:31	135.83

31	Haugland, Øyvind	Lillomarka OL	1:10:28 + 30:38	135.19
32	Iwe, Harald	IL GeoForm	1:12:23 + 32:33	134.11
33	Heilemann, Nicolai	Privat	1:12:41 + 32:51	133.94
34	Koren, Hallvard	OK Moss	1:15:14 + 35:24	132.50
35	Roald, Hedda	Oppsal Orientering	1:16:20 + 36:30	131.88
36	Fagerhaug, Are	IL GeoForm	1:16:36 + 36:46	131.73
37	Ask, Kjetil	Nittedal OL	1:16:54 + 37:04	131.56
38	Onstad, Lars	OoC	1:17:23 + 37:33	131.29
39	Brækken, Bård	TPWB-O	1:21:25 + 41:35	129.01
40	Sauar, Brita Opheim	IL Koll	1:22:19 + 42:29	128.50
41	Refsland, Ivar	IL Tyrving	1:27:25 + 47:35	125.62
42	Melsom, Terje	Fossum IF	1:29:10 + 49:20	124.63
43	Standal, Helge	IL Koll	1:31:06 + 51:16	123.54
44	Hultgreen Karlsen, Stig	IL GeoForm	1:31:34 + 51:44	123.28
45	Risvoll, Ketil	Telenor BIL	1:46:47 +1:06:57	114.68
46	Sæteren, Sjur	Lillomarka OL	1:49:18 +1:09:28	113.26
DSQ	Onsager, Knut	IL GeoForm	1:16:27 (-1 poster)	96.88
DSQ	Niklasson, Alva	NTNUI Orientering	0:53:20 (-3 poster)	90.63
DSQ	Eastwood, Steinar	Lillomarka OL	0:01:41 (-16 poster)	50.00
	Søgård, Simen Teigen	Privat	DELTATT	50.00

## Resultater Mellom (3.7 km)

Plass	Navn	Klubb	Tid	Poeng
1	Norman, Niklas	IL GeoForm	0:34:28 + 00:00	137.48
2	Sommerhein, Pål	Fossum IF	0:36:33 + 02:05	136.57
3	Berge, Rune	IL Tyrving	0:42:44 + 08:16	133.88
4	Teigland, Rune	Østmarka OK	0:43:20 + 08:52	133.62
5	Helland, Knut	Østmarka OK	0:43:43 + 09:15	133.45
6	Åsmul, Eskil	Geoform IL	0:45:03 + 10:35	132.87
7	Fossum, Jon Arvid	Asker Skiklubb	0:45:45 + 11:17	132.56
8	Røstadsand, Per Arne	Nydalens SK	0:46:06 + 11:38	132.41
9	Fismen, Morten	Fossum IF	0:46:19 + 11:51	132.32
10	Moe, Morten	Fet OL	0:46:42 + 12:14	132.15
11	Karlsen, Kjetil	Team Jeløy	0:47:04 + 12:36	131.99
12	Grandal, Bjørn Henning	IL Tyrving	0:47:42 + 13:14	131.71
13	Fismen, Britta	Fossum IF	0:47:58 + 13:30	131.60
14	Gjerme, Christine	Østmarka OK	0:50:15 + 15:47	130.60
15	Brurberg, May Bente	Ås-NMBU Orientering	0:50:22 + 15:54	130.55
16	Limi, Jørn	Oppsal Orientering	0:51:40 + 17:12	129.99
17	Longva, Tore	VBIL	0:52:05 + 17:37	129.80
18	Hjermstad, Lars	Fossum IF	0:52:12 + 17:44	129.75
18	Eijsink, Vincent	Ås-NMBU Orientering	0:52:12 + 17:44	129.75
20	Strand, Tove	Måren OK	0:53:30 + 19:02	129.19
21	Kalleson, Elin	Oppsal IF	0:53:50 + 19:22	129.04
22	Åsten, Pamela	Nydalens SK	0:54:38 + 20:10	128.69
23	Pettersen, Alf	Tyrving IL	0:54:56 + 20:28	128.56
24	Lefdal, Per Morten	Privat	0:55:06 + 20:38	128.49

25	Lahlum, Tor	Nordre Follo Orientering	0:55:08 + 20:40	128.48
26	Kildahl, Øystein	Østmarka OK	0:55:22 + 20:54	128.37
27	Johansen, Frode	Equinor BIL	0:55:28 + 21:00	128.33
28	Ekeberg, Per Kristian	IL Tyrving	0:55:45 + 21:17	128.21
29	Njåstein, Marianne	IL Tyrving	0:57:05 + 22:37	127.63
29	Hole, Torstein	Nydalens SK	0:57:05 + 22:37	127.63
31	Mella, Stein	Oppsal Orientering	0:57:48 + 23:20	127.31
32	Kløvstad, Anders	Nydalens SK	0:58:51 + 24:23	126.86
33	Danielsen, Berit	Tyrving IL	0:59:04 + 24:36	126.76
34	Haugen, Øyvind	Lillomarka OL	0:59:25 + 24:57	126.61
35	Bakke, Sara Angell	Lillomarka OL	0:59:58 + 25:30	126.37
36	Christiansen, Håvard	Forsvarsbygg	1:00:23 + 25:55	126.19
37	Gylver, Bård	Asker Skiklubb	1:00:24 + 25:56	126.18
38	Grandal, Siri	IL Tyrving	1:00:36 + 26:08	126.09
39	Rønning Johansen, Lars	Måren OK	1:01:32 + 27:04	125.69
40	Angell, Truls	Lillomarka OL	1:02:20 + 27:52	125.34
41	Aarseth, Iver	Nydalens SK	1:02:31 + 28:03	125.26
42	Flydal, Roar	Oppsal Orientering	1:04:09 + 29:41	124.55
43	Raaen, Trine Marit Justad	Lierbygda OL	1:05:41 + 31:13	123.88
44	Rikheim, Harald	Privat	1:06:11 + 31:43	123.66
45	Wenhaug, Anders	Solution seeker	1:07:48 + 33:20	122.96
46	Tho, Kjersti	Stabæk IF	1:11:40 + 37:12	121.27
47	Engzelius, Margrete	Asker Skiklubb	1:14:10 + 39:42	120.18
48	Jensen, Johan Toverud	Nydalens SK	1:16:19 + 41:51	119.24
49	Graff-Iversen, Sidsel	Fossum IF	1:22:54 + 48:26	116.38
50	Hjelm, Morten	VBIL	1:37:22 +1:02:54	110.07
51	Hofstad, Bjørn	Vestre Akers SK	1:44:22 +1:09:54	107.02
52	Gylver, Øyvind	Asker Skiklubb	1:53:34 +1:19:06	103.01
	Danielsen, Anne	Nydalens SK	DELTATT	50.00

## Resultater Kort (2.3 km)

Plass	Navn	Klubb	Tid	Poeng
1	Berteig, Vidar	IL GeoForm	0:27:07 + 00:00	121.18
2	Løken, Aleidis	Heming Orientering	0:30:00 + 02:53	120.24
3	Mariussen, Lina Undrum	Oppsal Orientering	0:31:14 + 04:07	119.84
4	Lund, Harald Østgaard	IL GeoForm	0:32:13 + 05:06	119.52
5	Modalsli, Sigbjørn	Fossum IF	0:33:08 + 06:01	119.22
6	Sundelin Rørvik, Gisela	Heming Orientering	0:35:53 + 08:46	118.33
7	Sæther, Øystein	Lillomarka OL	0:36:09 + 09:02	118.24
8	Johansen, Hege	Måren OK	0:36:11 + 09:04	118.23
9	Broadwell, Sharon	IL GeoForm	0:36:32 + 09:25	118.12
10	Kaarby, Per	IL GeoForm	0:37:30 + 10:23	117.80
11	Hugdahl, Lise	Coop	0:38:35 + 11:28	117.45
12	Kierulf, Reidar	Privat	0:39:51 + 12:44	117.04
13	Erøy, Karl Aasmund	OK Moss	0:42:32 + 15:25	116.16
14	Jacobsen, Kjetil	Hamar OK	0:43:34 + 16:27	115.83
15	Eikeland, Inger Johanne	Nydalens SK	0:43:51 + 16:44	115.74

16	Kletтели, Odd	Bækkelagets SK	0:44:17 + 17:10	115.59
17	Solheim, Knut Tore	Nydalens SK	0:46:04 + 18:57	115.01
18	Nilstad, Randi	Tyrving IL	0:47:40 + 20:33	114.49
19	Lea, Tor	Nydalens SK	0:48:47 + 21:40	114.13
20	Lesteberg, Ann-Karin	Kongsberg OL	0:52:35 + 25:28	112.89
21	Bjordal, Roar	Oppsal Orientering	0:52:41 + 25:34	112.86
22	Fougner, Jon C.	Heming Orientering	0:55:28 + 28:21	111.96
23	Jenseth, Stina	Privat	0:56:30 + 29:23	111.62
24	Madsen, Øystein	Haugerud IF	1:03:13 + 36:06	109.44
25	Drage, Unni	Haugerud IF	1:06:44 + 39:37	108.29
26	Drage, Tor	Haugerud IF	1:06:47 + 39:40	108.27
27	Scheie, Arne Christian	Østmarka OK	1:13:41 + 46:34	106.03
28	Grymyr, Aina	Norde Follo Orientering	1:25:46 + 58:39	102.10
DSQ	Ouyang, Ping	Østmarka OK	1:22:50 (-3 poster)	78.57

## Strekktider Lang

Class	Navn	Klubb	Tid	Poeng
<b>1</b>	<b>Hjermstad, Erling</b>	<b>Fossum IF</b>	<b>0:39:50 + 00:00</b>	<b>152.50</b>
	02:14-1 04:09-1 07:51-1 10:14-1 14:09-1 17:05-2 19:18-2 21:50-2 24:02-2 26:33-2 28:28-2 31:00-2 32:21-1 34:52-1 37:05-2 39:05-1 39:50-2			
	02:14-1 01:55-2 03:42-1 02:23-3 03:55-2 02:56-3 02:13-2 02:32-2 02:12-2 02:31-1 01:55-3 02:32-2 01:21-1 02:31-1 02:13-2 02:00-2 00:45-2			
	00:00= 00:01+ 00:00= 00:07+ 00:08+ 00:22# 00:02+ 00:03+ 00:07+ 00:00= 00:14# 00:05+ 00:00= 00:00= 00:02+ 00:02+ 00:02+			
<b>2</b>	<b>Hjermstad, Øyvind</b>	<b>Fossum IF</b>	<b>0:39:52 + 00:02</b>	<b>152.48</b>
	02:29-2 04:23-2 08:14-2 10:30-2 14:17-2 16:51-1 19:10-1 21:39-1 23:44-1 26:28-1 28:23-1 30:56-1 32:22-2 34:53-2 37:04-1 39:07-2 39:52-3			
	02:29-2 01:54-1 03:51-2 02:16-1 03:47-1 02:34-1 02:19-4 02:29-1 02:05-1 02:44-4 01:55-3 02:33-3 01:26-3 02:31-1 02:11-1 02:03-3 00:45-2			
	00:15# 00:00= 00:09+ 00:00= 00:00= 00:00= 00:08+ 00:00= 00:00= 00:13+ 00:14# 00:06+ 00:05+ 00:00= 00:00= 00:05+ 00:02+			
<b>3</b>	<b>Olausson, Mikael</b>	<b>Oslostudentenes IK</b>	<b>0:44:43 + 04:53</b>	<b>149.74</b>
	03:42-23 06:36-13 11:23-9 13:58-9 18:31-8 21:40-8 23:53-7 26:28-5 28:40-3 31:14-4 33:12-3 35:39-3 37:03-3 39:35-3 41:51-3 43:49-3 44:43-4			
	03:42-23 02:54-8 04:47-8 02:35-4 04:33-7 03:09-5 02:13-2 02:35-3 02:12-2 02:34-2 01:58-5 02:27-1 01:24-2 02:32-3 02:16-3 01:58-1 00:54-9			
	01:28& 01:00& 01:05& 00:19# 00:46# 00:35# 00:02+ 00:06+ 00:07+ 00:03+ 00:17# 00:00= 00:03+ 00:01+ 00:05+ 00:00= 00:11&			
<b>4</b>	<b>Prydz, Espen Beer</b>	<b>Heming Orientering</b>	<b>0:47:32 + 07:42</b>	<b>148.15</b>
	02:44-4 05:41-6 10:16-6 13:18-6 18:00-6 21:03-4 23:22-4 26:25-4 28:56-4 31:41-5 33:34-4 36:35-4 38:13-4 41:33-4 44:22-4 46:39-4 47:32-5			
	02:44-4 02:57-11 04:35-7 03:02-15 04:42-9 03:03-4 02:19-4 03:03-7 02:31-4 02:45-5 01:53-2 03:01-4 01:38-5 03:20-8 02:49-6 02:17-5 00:53-8			
	00:30# 01:03& 00:53# 00:46& 00:55# 00:29# 00:08+ 00:34# 00:26# 00:14+ 00:12# 00:34# 00:17# 00:49& 00:38& 00:19# 00:10#			
<b>5</b>	<b>Agervig, Ida</b>	<b>IFK Göteborg</b>	<b>0:49:20 + 09:30</b>	<b>147.13</b>
	03:03-8 05:32-4 10:23-7 13:04-5 17:32-4 20:56-3 23:07-3 26:10-3 29:42-6 32:35-6 34:16-6 37:32-6 39:52-6 42:54-5 45:41-5 48:24-5 49:20-6			
	03:03-8 02:29-3 04:51-10 02:41-7 04:28-5 03:24-8 02:11-1 03:03-7 03:32-18 02:53-6 01:41-1 03:16-9 02:20-29 03:02-5 02:47-5 02:43-13 00:56-10			
	00:49& 00:35& 01:09& 00:25# 00:41# 00:50& 00:00= 00:34# 01:27& 00:22# 00:00= 00:49& 00:59& 00:31# 00:36& 00:45& 00:13&			
<b>6</b>	<b>Blom-hagen, Torbjørn</b>	<b>Fossum IF</b>	<b>0:50:12 + 10:22</b>	<b>146.64</b>
	02:32-3 05:23-3 09:34-3 13:56-8 19:04-9 22:34-9 25:02-9 28:21-9 30:54-9 34:04-10 36:08-8 39:13-7 41:03-7 44:10-6 47:04-6 49:16-6 50:12-7			
	02:32-3 02:51-7 04:11-3 04:22-37 05:08-14 03:30-9 02:28-7 03:19-11 02:33-5 03:10-9 02:04-6 03:05-5 01:50-7 03:07-6 02:54-8 02:12-4 00:56-10			
	00:18# 00:57& 00:29# 02:06& 01:21& 00:56& 00:17# 00:50& 00:28# 00:39& 00:23# 00:38& 00:29& 00:36# 00:43& 00:14# 00:13&			
<b>7</b>	<b>Hjermstad, Ragnhild</b>	<b>Fossum IF</b>	<b>0:51:05 + 11:15</b>	<b>146.14</b>
	03:05-9 05:48-8 10:35-8 13:28-7 18:19-7 21:39-7 24:22-8 27:43-8 30:41-8 34:00-9 36:45-9 39:58-9 41:49-9 45:10-7 47:52-7 50:13-7 51:05-8			
	03:05-9 02:43-5 04:47-8 02:53-11 04:51-11 03:20-6 02:43-11 03:21-12 02:58-10 03:19-13 02:45-19 03:13-6 01:51-8 03:21-9 02:42-4 02:21-7 00:52-7			
	00:51& 00:49& 01:05& 00:37& 01:04& 00:46& 00:32# 00:52& 00:53& 00:48& 01:04& 00:46& 00:30& 00:50& 00:31# 00:23# 00:09#			
<b>8</b>	<b>Bæk, Sindre</b>	<b>Oppsal Orientering</b>	<b>0:51:53 + 12:03</b>	<b>145.69</b>
	03:10-10 05:44-7 10:12-5 12:32-3 16:58-3 21:15-6 23:51-6 26:52-7 29:56-7 33:12-8 35:42-7 39:18-8 41:23-8 45:21-8 48:34-9 51:03-8 51:53-9			

03:10-10	02:34-4	04:28-5	02:20-2	04:26-4	04:17-21	02:36-9	03:01-6	03:04-12	03:16-10	02:30-11	03:36-19	02:05-16	03:58-18	03:13-17	02:29-9	00:50-6
00:56&	00:40&	00:46#	00:04+	00:39#	01:43&	00:25#	00:32#	00:59&	00:45&	00:49&	01:09&	00:44&	01:27&	01:02&	00:31&	00:07#
<b>9</b>	<b>Sommerhein, Erlend</b>			<b>Fossum IF</b>				<b>0:52:22 + 12:32</b>		<b>145.42</b>						
03:39-21	06:35-12	13:47-23	16:26-18	20:46-13	23:34-11	25:59-10	28:43-10	32:02-10	34:37-11	37:08-10	40:26-10	42:05-10	45:33-9	48:24-8	51:20-9	52:22-10
03:39-21	02:56-10	07:12-34	02:39-6	04:20-3	02:48-2	02:25-6	02:44-4	03:19-16	02:35-3	02:31-12	03:18-11	01:39-6	03:28-10	02:51-7	02:56-18	01:02-18
01:25&	01:02&	03:30&	00:23#	00:33#	00:14+	00:14#	00:15#	01:14&	00:04+	00:50&	00:51&	00:18#	00:57&	00:40&	00:58&	00:19&
<b>10</b>	<b>Källvik Leufven, Johanne</b>			<b>IFK Göteborg</b>				<b>0:52:51 + 13:01</b>		<b>145.15</b>						
02:51-5	05:39-5	10:09-4	12:53-4	17:42-5	21:05-5	23:36-5	26:35-6	29:37-5	32:38-7	38:18-12	41:31-11	43:04-11	46:04-10	49:01-10	51:52-10	52:51-11
02:51-5	02:48-6	04:30-6	02:44-8	04:49-10	03:23-7	02:31-8	02:59-5	03:02-11	03:01-7	05:40-42	03:13-6	01:33-4	03:00-4	02:57-10	02:51-16	00:59-15
00:37&	00:54&	00:48#	00:28#	01:02&	00:49&	00:20#	00:30#	00:57&	00:30#	03:59@	00:46&	00:12#	00:29#	00:46&	00:53&	00:16&
<b>11</b>	<b>Borg, Christian Fredrik</b>			<b>IL Koll</b>				<b>0:54:24 + 14:34</b>		<b>144.27</b>						
03:20-13	08:22-34	12:44-16	15:45-14	20:25-11	23:55-12	26:34-12	30:15-12	33:10-12	36:44-13	39:03-13	42:18-13	45:10-13	48:21-12	51:24-12	53:41-12	54:24-13
03:20-13	05:02-46	04:22-4	03:01-13	04:40-8	03:30-9	02:39-10	03:41-19	02:55-8	03:34-15	02:19-9	03:15-8	02:52-43	03:11-7	03:03-13	02:17-5	00:43-1
01:06&	03:08@	00:40#	00:45&	00:53#	00:56&	00:28#	01:12&	00:50&	01:03&	00:38&	00:48&	01:31@	00:40&	00:52&	00:19#	00:00=
<b>12</b>	<b>Ødegaard, Morten</b>			<b>Lillomarka OL</b>				<b>0:56:51 + 17:01</b>		<b>142.89</b>						
03:27-15	07:14-19	12:30-12	15:18-11	19:49-10	23:29-10	26:14-11	29:50-11	32:43-11	35:48-12	38:11-11	42:05-12	44:00-12	49:41-13	53:31-13	55:53-13	56:51-14
03:27-15	03:47-26	05:16-13	02:48-10	04:31-6	03:40-11	02:45-12	03:36-17	02:53-7	03:05-8	02:23-10	03:54-24	01:55-12	05:41-43	03:50-32	02:22-8	00:58-13
01:13&	01:53&	01:34&	00:32#	00:44#	01:06&	00:34&	01:07&	00:48&	00:34#	00:42&	01:27&	00:34&	03:10@	01:39&	00:24#	00:15&
<b>13</b>	<b>Henriksen, Jan Tore</b>			<b>Norges Bank BIL</b>				<b>1:00:45 + 20:55</b>		<b>140.68</b>						
03:01-6	06:33-11	12:42-14	15:28-13	21:04-14	24:53-13	27:49-13	31:13-13	34:05-13	38:25-14	44:15-16	47:38-16	49:50-16	54:00-16	56:56-15	59:41-14	60:45-15
03:01-6	03:32-21	06:09-22	02:46-9	05:36-18	03:49-13	02:56-14	03:24-13	02:52-6	04:20-27	05:50-45	03:23-15	02:12-21	04:10-22	02:56-9	02:45-14	01:04-23
00:47&	01:38&	02:27&	00:30#	01:49&	01:15&	00:45&	00:55&	00:47&	01:49&	04:09@	00:56&	00:51&	01:39&	00:45&	00:47&	00:21&
<b>14</b>	<b>Mella, Thor</b>			<b>Oppsal Orientering</b>				<b>1:00:55 + 21:05</b>		<b>140.59</b>						
03:41-22	07:07-17	14:22-29	18:15-26	24:42-25	28:43-25	31:30-23	35:01-21	37:57-18	41:50-18	44:34-17	47:54-17	49:56-17	53:28-14	56:47-14	59:52-15	60:55-16
03:41-22	03:26-17	07:15-35	03:53-31	06:27-37	04:01-15	02:47-13	03:31-14	02:56-9	03:53-21	02:44-18	03:20-12	02:02-15	03:32-12	03:19-19	03:05-25	01:03-21
01:27&	01:32&	03:33&	01:37&	02:40&	01:27&	00:36&	01:02&	00:51&	01:22&	01:03&	00:53&	00:41&	01:01&	01:08&	01:07&	00:20&
<b>15</b>	<b>Lesteborg, Ola</b>			<b>Kongsberg OL</b>				<b>1:02:01 + 22:11</b>		<b>139.97</b>						
05:33-43	08:37-38	13:32-21	19:55-31	25:04-29	28:47-26	32:05-25	35:36-23	39:42-24	42:58-23	45:41-20	49:19-20	51:27-20	54:59-18	57:59-16	60:47-16	62:01-17
05:33-43	03:04-12	04:55-11	06:23-46	05:09-15	03:43-12	03:18-23	03:31-14	04:06-29	03:16-10	02:43-17	03:38-20	02:08-17	03:32-12	03:00-12	02:48-15	01:14-42
03:19@	01:10&	01:13&	04:07@	01:22&	01:09&	01:07&	01:02&	02:01&	00:45&	01:02&	01:11&	00:47&	01:01&	00:49&	00:50&	00:31&
<b>16</b>	<b>Seierstad, Ivar</b>			<b>IL GeoForm</b>				<b>1:02:10 + 22:20</b>		<b>139.88</b>						
03:10-11	06:32-10	12:42-15	15:18-12	21:37-16	25:59-14	29:17-14	32:35-14	35:45-14	39:09-15	41:59-14	46:10-14	48:02-14	53:44-15	58:20-18	61:00-17	62:10-18
03:10-10	03:22-16	06:10-24	02:36-5	06:19-35	04:22-23	03:18-23	03:18-10	03:10-14	03:24-14	02:50-22	04:11-29	01:52-10	05:42-44	04:36-39	02:40-11	01:10-37
00:56&	01:28&	02:28&	00:20#	02:32&	01:48&	01:07&	00:49&	01:05&	00:53&	01:09&	01:44&	00:31&	03:11@	02:25@	00:42&	00:27&
<b>17</b>	<b>Lund, Trond</b>			<b>Tyrving IL</b>				<b>1:02:16 + 22:26</b>		<b>139.83</b>						
03:16-12	07:12-18	14:29-32	19:21-29	25:31-32	29:51-32	33:00-28	36:40-26	39:58-25	43:32-24	45:48-22	49:09-19	51:22-19	55:07-20	58:13-17	61:07-18	62:16-19
03:16-12	03:56-28	07:17-36	04:52-41	06:10-29	04:20-22	03:09-20	03:40-18	03:18-15	03:34-15	02:16-8	03:21-13	02:13-22	03:45-16	03:06-14	02:54-17	01:09-35
01:02&	02:02@	03:35&	02:36@	02:23&	01:46&	00:58&	01:11&	01:13&	01:03&	00:35&	00:54&	00:52&	01:14&	00:55&	00:56&	00:26&
<b>18</b>	<b>Saugestad, Fredrik</b>			<b>Nydalens SK</b>				<b>1:02:47 + 22:57</b>		<b>139.53</b>						
03:30-17	06:38-14	12:47-17	16:25-17	22:34-20	27:06-18	30:33-18	34:47-20	38:55-21	42:47-21	45:58-23	50:02-25	51:53-22	55:33-21	58:40-20	61:42-20	62:47-20
03:30-17	03:08-13	06:09-22	03:38-27	06:09-28	04:32-30	03:27-30	04:14-31	04:08-30	03:52-20	03:11-32	04:04-28	01:51-8	03:40-14	03:07-15	03:02-23	01:05-25
01:16&	01:14&	02:27&	01:22&	02:22&	01:58&	01:16&	01:45&	02:03&	01:21&	01:30&	01:37&	00:30&	01:09&	00:56&	01:04&	00:22&
<b>19</b>	<b>Stenshorne, Per Christian</b>			<b>Nydalens SK</b>				<b>1:02:48 + 22:58</b>		<b>139.53</b>						
03:29-16	06:24-9	11:49-10	17:06-20	22:09-17	26:09-16	29:18-15	33:14-15	36:45-15	40:19-16	43:01-15	47:15-15	49:28-15	54:19-17	59:14-21	61:52-21	62:48-21
03:29-16	02:55-9	05:25-15	05:17-43	05:03-13	04:00-14	03:09-20	03:56-22	03:31-17	03:34-15	02:42-16	04:14-31	02:13-22	04:51-41	04:55-41	02:38-10	00:56-10
01:15&	01:01&	01:43&	03:01@	01:16&	01:26&	00:58&	01:27&	01:26&	01:03&	01:01&	01:47&	00:52&	02:20&	02:44@	00:40&	00:13&
<b>20</b>	<b>Grotnes, Christian</b>			<b>IL Tyrving</b>				<b>1:02:50 + 23:00</b>		<b>139.51</b>						
04:24-39	07:51-28	14:29-30	18:53-28	23:53-23	28:15-23	31:14-22	34:26-18	38:10-19	42:57-22	45:30-19	49:09-18	51:07-18	55:07-19	58:37-19	61:39-19	62:50-22
04:24-39	03:27-18	06:38-29	04:24-38	05:00-12	04:22-23	02:59-16	03:12-9	03:44-21	04:47-36	02:33-13	03:39-21	01:58-13	04:00-19	03:30-23	03:02-23	01:11-38
02:10&	01:33&	02:56&	02:08&	01:13&	01:48&	00:48&	00:43&	01:39&	02:16&	00:52&	01:12&	00:37&	01:29&	01:19&	01:04&	00:28&
<b>21</b>	<b>Hobøl, Vigdis</b>			<b>Oppsal Orientering</b>				<b>1:03:39 + 23:49</b>		<b>139.04</b>						





02:45@	02:56@	04:01@	01:55&	03:15&	18:57@	02:43@	03:21@	06:16@	05:42@	02:38@	03:06@	01:58@	03:54@	03:16@	03:04@	00:56@
<b>DSQ</b>	<b>Onsager, Knut</b>			<b>IL GeoForm</b>			<b>1:16:27 (-1 poster)</b>		<b>96.88</b>							
03:51-28	07:22-22	14:06-26		26:50-36	31:53-37	36:10-36	41:19-37	45:02-33	50:23-35	56:10-39	60:27-39	63:10-38	67:55-39	71:55-37	75:20-37	76:27-38
03:51-28	03:31-20	06:44-32		05:03-41	04:17-41	05:09-41	03:43-20	05:21-44	05:47-44	04:17-32	02:43-41	04:45-40	04:00-36	03:25-35	01:07-28	
01:37&	01:37&	03:02&		02:29&	02:06&	02:40@	01:38&	02:50@	04:06@	01:50&	01:22@	02:14&	01:49&	01:27&	00:24&	
<b>DSQ</b>	<b>Niklasson, Alva</b>			<b>NTNUI Orientering</b>			<b>0:53:20 (-3 poster)</b>		<b>90.63</b>							
03:02-7	06:47-16	11:51-11	14:55-10	20:38-12	27:42-22				30:36-3	33:54-5	37:10-5	39:23-5	46:23-11	49:37-11	52:18-11	53:20-12
03:02-7	03:45-25	05:04-12	03:04-17	05:43-20	07:04-43				03:18-33	03:16-9	02:13-22	07:00-47	03:14-18	02:41-12	01:02-18	
00:48&	01:51&	01:22&	00:48&	01:56&	04:30@				01:37&	00:49&	00:52&	04:29@	01:03&	00:43&	00:19&	
<b>DSQ</b>	<b>Eastwood, Steinar</b>			<b>Lillomarka OL</b>			<b>0:01:41 (-16 poster)</b>		<b>50.00</b>							
																01:41-1
	<b>Søgård, Simen Teigen</b>			<b>Privat</b>			<b>DELTATT</b>		<b>50.00</b>							

## Strekktider Mellom

Plass	Navn	Klubb	Tid	Poeng									
1	Norman, Niklas	IL GeoForm	0:34:28 + 00:00	137.48									
	02:57-1	05:15-1	09:51-1	13:52-1	14:27-1	19:07-1	20:35-1	22:30-1	25:51-1	28:25-1	31:19-1	33:42-1	34:28-1
	02:57-1	02:18-1	04:36-1	04:01-22	00:35-1	04:40-1	01:28-1	01:55-1	03:21-2	02:34-8	02:54-31	02:23-1	00:46-2
	00:00=	00:00=	00:00=	01:10&	00:00=	00:00=	00:00=	00:00=	00:01+	00:16#	01:13&	00:00=	00:01+
2	Sommerhein, Pål	Fossum IF	0:36:33 + 02:05	136.57									
	03:45-5	06:32-2	12:10-2	15:26-2	16:14-2	21:31-2	23:07-2	25:08-2	28:28-2	31:13-2	32:54-2	35:48-2	36:33-2
	03:45-5	02:47-2	05:38-2	03:16-3	00:48-3	05:17-2	01:36-2	02:01-2	03:20-1	02:45-17	01:41-1	02:54-2	00:45-1
	00:48&	00:29#	01:02#	00:25#	00:13&	00:37#	00:08+	00:06+	00:00=	00:27#	00:00=	00:31#	00:00=
3	Berge, Rune	IL Tyrving	0:42:44 + 08:16	133.88									
	03:43-4	07:42-7	13:44-3	17:34-3	18:35-3	24:16-3	26:09-3	28:33-3	32:48-3	36:20-3	38:38-4	41:32-3	42:44-3
	03:43-4	03:59-15	06:02-3	03:50-15	01:01-15	05:41-3	01:53-5	02:24-4	04:15-9	03:32-29	02:18-14	02:54-2	01:12-21
	00:46&	01:41&	01:26&	00:59&	00:26&	01:01#	00:25&	00:29&	00:55&	01:14&	00:37&	00:31#	00:27&
4	Teigland, Rune	Østmarka OK	0:43:20 + 08:52	133.62									
	03:32-2	06:49-3	14:16-4	17:40-4	18:36-4	24:52-4	26:47-4	29:44-4	33:46-4	36:47-5	39:03-5	42:13-4	43:20-4
	03:32-2	03:17-5	07:27-19	03:24-4	00:56-8	06:16-4	01:55-7	02:57-13	04:02-7	03:01-24	02:16-13	03:10-7	01:07-11
	00:35#	00:59&	02:51&	00:33#	00:21&	01:36&	00:27&	01:02&	00:42#	00:43&	00:35&	00:47&	00:22&
5	Helland, Knut	Østmarka OK	0:43:43 + 09:15	133.45									
	05:54-41	08:59-21	15:25-10	18:16-5	19:03-5	25:24-5	27:14-5	30:11-5	34:05-5	36:23-4	38:21-3	42:26-5	43:43-5
	05:54-41	03:05-3	06:26-6	02:51-1	00:47-2	06:21-5	01:50-4	02:57-13	03:54-4	02:18-1	01:58-2	04:05-28	01:17-28
	02:57@	00:47&	01:50&	00:00=	00:12&	01:41&	00:22&	01:02&	00:34#	00:00=	00:17#	01:42&	00:32&
6	Åsmul, Eskil	Geoform IL	0:45:03 + 10:35	132.87									
	03:39-3	06:56-4	14:36-5	19:02-8	20:04-8	26:26-6	28:28-6	31:36-6	35:33-6	38:04-6	40:51-6	44:04-6	45:03-6
	03:39-3	03:17-5	07:40-23	04:26-29	01:02-18	06:22-6	02:02-11	03:08-20	03:57-5	02:31-5	02:47-29	03:13-8	00:59-4
	00:42#	00:59&	03:04&	01:35&	00:27&	01:42&	00:34&	01:13&	00:37#	00:13+	01:06&	00:50&	00:14&
7	Fossum, Jon Arvid	Asker Skiklubb	0:45:45 + 11:17	132.56									
	04:11-9	07:52-8	16:32-20	20:01-15	20:49-14	27:26-11	30:00-12	32:40-12	36:40-7	39:04-7	41:16-7	44:24-7	45:45-7
	04:11-9	03:41-9	08:40-31	03:29-6	00:48-3	06:37-9	02:34-30	02:40-5	04:00-6	02:24-3	02:12-8	03:08-4	01:21-30



01:14&	01:23&	04:04&	00:38#	00:13&	01:57&	01:06&	00:45&	00:40#	00:06+	00:31&	00:45&	00:36&
<b>8</b>	<b>Røstadsand, Per Arne</b>			<b>Nydalens SK</b>			<b>0:46:06 +</b>	<b>11:38</b>	<b>132.41</b>			
04:17-12	07:39-6	15:58-16	19:03-9	20:15-12	27:58-12	29:53-11	32:40-11	36:58-11	39:29-9	41:57-9	45:05-8	46:06-8
04:17-12	03:22-7	08:19-28	03:05-2	01:12-34	07:43-25	01:55-7	02:47-10	04:18-11	02:31-5	02:28-23	03:08-4	01:01-7
01:20&	01:04&	03:43&	00:14+	00:37@	03:03&	00:27&	00:52&	00:58&	00:13+	00:47&	00:45&	00:16&
<b>9</b>	<b>Fismen, Morten</b>			<b>Fossum IF</b>			<b>0:46:19 +</b>	<b>11:51</b>	<b>132.32</b>			
05:00-26	08:44-18	15:32-13	19:09-11	20:05-9	27:16-10	29:33-10	32:14-7	36:57-9	39:21-8	41:45-8	45:17-9	46:19-9
05:00-26	03:44-12	06:48-9	03:37-7	00:56-8	07:11-15	02:17-19	02:41-6	04:43-22	02:24-3	02:24-20	03:32-16	01:02-8
02:03&	01:26&	02:12&	00:46&	00:21&	02:31&	00:49&	00:46&	01:23&	00:06+	00:43&	01:09&	00:17&
<b>10</b>	<b>Moe, Morten</b>			<b>Fet OL</b>			<b>0:46:42 +</b>	<b>12:14</b>	<b>132.15</b>			
04:23-13	08:24-14	15:29-12	19:14-12	20:14-11	27:11-9	29:29-9	32:26-9	37:05-12	39:49-12	42:01-10	45:28-10	46:42-10
04:23-13	04:01-17	07:05-14	03:45-12	01:00-12	06:57-12	02:18-20	02:57-13	04:39-21	02:44-15	02:12-8	03:27-14	01:14-22
01:26&	01:43&	02:29&	00:54&	00:25&	02:17&	00:50&	01:02&	01:19&	00:26#	00:31&	01:04&	00:29&
<b>11</b>	<b>Karlsen, Kjetil</b>			<b>Team Jeløy</b>			<b>0:47:04 +</b>	<b>12:36</b>	<b>131.99</b>			
04:34-18	08:50-19	15:12-9	18:55-7	19:50-7	27:03-8	29:08-7	32:28-10	36:51-8	39:48-11	42:07-12	45:42-11	47:04-11
04:34-18	04:16-23	06:22-5	03:43-9	00:55-7	07:13-16	02:05-14	03:20-24	04:23-13	02:57-23	02:19-15	03:35-18	01:22-32
01:37&	01:58&	01:46&	00:52&	00:20&	02:33&	00:37&	01:25&	01:03&	00:39&	00:38&	01:12&	00:37&
<b>12</b>	<b>Grandal, Bjørn Henning</b>			<b>IL Tyrving</b>			<b>0:47:42 +</b>	<b>13:14</b>	<b>131.71</b>			
04:25-15	08:59-22	15:53-15	20:31-20	21:44-20	30:36-22	32:22-22	34:34-14	38:10-13	40:53-13	42:54-13	46:42-13	47:42-12
04:25-15	04:34-31	06:54-11	04:38-34	01:13-36	08:52-37	01:46-3	02:12-3	03:36-3	02:43-14	02:01-3	03:48-21	01:00-5
01:28&	02:16&	02:18&	01:47&	00:38@	04:12&	00:18#	00:17#	00:16+	00:25#	00:20#	01:25&	00:15&
<b>13</b>	<b>Fismen, Britta</b>			<b>Fossum IF</b>			<b>0:47:58 +</b>	<b>13:30</b>	<b>131.60</b>			
04:45-22	08:18-12	15:29-11	19:17-13	20:19-13	26:56-7	29:18-8	32:23-8	36:58-10	39:46-10	42:06-11	46:24-12	47:58-13
04:45-21	03:33-8	07:11-16	03:48-13	01:02-18	06:37-9	02:22-22	03:05-19	04:35-19	02:48-21	02:20-17	04:18-33	01:34-37
01:48&	01:15&	02:35&	00:57&	00:27&	01:57&	00:54&	01:10&	01:15&	00:30#	00:39&	01:55&	00:49@
<b>14</b>	<b>Gjerme, Christine</b>			<b>Østmarka OK</b>			<b>0:50:15 +</b>	<b>15:47</b>	<b>130.60</b>			
04:01-8	08:00-10	18:17-29	22:37-26	23:33-26	30:59-23	32:53-23	35:34-19	39:50-16	42:36-15	44:55-15	49:06-14	50:15-14
04:01-8	03:59-15	10:17-44	04:20-26	00:56-8	07:26-20	01:54-6	02:41-6	04:16-10	02:46-19	02:19-15	04:11-32	01:09-16
01:04&	01:41&	05:41@	01:29&	00:21&	02:46&	00:26&	00:46&	00:56&	00:28#	00:38&	01:48&	00:24&
<b>15</b>	<b>Brurberg, May Bente</b>			<b>Ås-NMBU Orientering</b>			<b>0:50:22 +</b>	<b>15:54</b>	<b>130.55</b>			
04:12-10	07:54-9	16:16-17	20:09-16	21:12-16	29:06-18	31:30-17	34:53-16	39:17-15	42:07-14	44:22-14	49:14-15	50:22-15
04:12-10	03:42-11	08:22-29	03:53-17	01:03-21	07:54-29	02:24-23	03:23-25	04:24-14	02:50-22	02:15-12	04:52-42	01:08-14
01:15&	01:24&	03:46&	01:02&	00:28&	03:14&	00:56&	01:28&	01:04&	00:32#	00:34&	02:29@	00:23&
<b>16</b>	<b>Limi, Jørn</b>			<b>Oppsal Orientering</b>			<b>0:51:40 +</b>	<b>17:12</b>	<b>129.99</b>			
05:20-34	10:11-35	17:46-25	21:14-22	22:18-22	28:40-14	32:14-20	35:16-17	39:52-17	42:37-16	47:18-20	50:32-17	51:40-16
05:20-34	04:51-36	07:35-20	03:28-5	01:04-22	06:22-6	03:34-41	03:02-17	04:36-20	02:45-17	04:41-44	03:14-9	01:08-14
02:23&	02:33@	02:59&	00:37#	00:29&	01:42&	02:06@	01:07&	01:16&	00:27#	03:00@	00:51&	00:23&
<b>17</b>	<b>Longva, Tore</b>			<b>VBIL</b>			<b>0:52:05 +</b>	<b>17:37</b>	<b>129.80</b>			
04:59-25	09:20-24	16:18-18	20:16-18	21:23-17	28:59-17	31:15-15	34:50-15	40:40-19	44:27-21	46:57-18	50:51-18	52:05-17
04:59-25	04:21-25	06:58-12	03:58-20	01:07-31	07:36-24	02:16-18	03:35-30	05:50-37	03:47-34	02:30-24	03:54-23	01:14-22
02:02&	02:03&	02:22&	01:07&	00:32&	02:56&	00:48&	01:40&	02:30&	01:29&	00:49&	01:31&	00:29&
<b>18</b>	<b>Hjermstad, Lars</b>			<b>Fossum IF</b>			<b>0:52:12 +</b>	<b>17:44</b>	<b>129.75</b>			
04:24-14	08:11-11	14:49-7	19:09-10	20:09-10	28:00-13	31:42-18	35:40-20	40:09-18	42:53-17	47:10-19	51:08-20	52:12-19
04:24-14	03:47-13	06:38-8	04:20-26	01:00-12	07:51-27	03:42-42	03:58-37	04:29-16	02:44-15	04:17-41	03:58-25	01:04-9
01:27&	01:29&	02:02&	01:29&	00:25&	03:11&	02:14@	02:03@	01:09&	00:26#	02:36@	01:35&	00:19&
<b>18</b>	<b>Eijsink, Vincent</b>			<b>Ås-NMBU Orientering</b>			<b>0:52:12 +</b>	<b>17:44</b>	<b>129.75</b>			
05:26-36	09:44-33	18:06-27	21:49-23	22:56-23	30:06-21	32:20-21	36:32-23	41:42-23	44:04-18	46:15-16	50:57-19	52:12-18
05:26-36	04:18-24	08:22-29	03:43-9	01:07-31	07:10-14	02:14-16	04:12-39	05:10-28	02:22-2	02:11-6	04:42-40	01:15-26
02:29&	02:00&	03:46&	00:52&	00:32&	02:30&	00:46&	02:17@	01:50&	00:04+	00:30&	02:19&	00:30&
<b>20</b>	<b>Strand, Tove</b>			<b>Måren OK</b>			<b>0:53:30 +</b>	<b>19:02</b>	<b>129.19</b>			
05:14-30	10:41-39	20:32-39	24:28-35	25:35-35	33:41-31	36:02-31	38:47-28	43:16-25	47:11-27	49:17-24	52:26-21	53:30-20

05:14-30	05:27-39	09:51-40	03:56-19	01:07-31	08:06-32	02:21-21	02:45-9	04:29-16	03:55-37	02:06-4	03:09-6	01:04-9
02:17&	03:09@	05:15@	01:05&	00:32&	03:26&	00:53&	00:50&	01:09&	01:37&	00:25#	00:46&	00:19&
<b>21</b>	<b>Kalleson, Elin</b>			<b>Oppsal IF</b>		<b>0:53:50 +</b>	<b>19:22</b>		<b>129.04</b>			
04:15-11	08:42-17	16:24-19	20:28-19	21:25-18	28:42-15	31:09-14	37:12-24	41:34-22	44:11-19	48:36-21	52:34-22	53:50-21
04:15-11	04:27-29	07:42-24	04:04-23	00:57-11	07:17-17	02:27-25	06:03-47	04:22-12	02:37-9	04:25-42	03:58-25	01:16-27
01:18&	02:09&	03:06&	01:13&	00:22&	02:37&	00:59&	04:08@	01:02&	00:19#	02:44@	01:35&	00:31&
<b>22</b>	<b>Åsten, Pamela</b>			<b>Nydalens SK</b>		<b>0:54:38 +</b>	<b>20:10</b>		<b>128.69</b>			
04:27-17	08:23-13	20:47-40	25:54-37	26:54-37	34:03-33	36:15-32	39:30-31	44:13-28	46:59-26	49:11-23	53:21-23	54:38-22
04:27-17	03:56-14	12:24-48	05:07-41	01:00-12	07:09-13	02:12-15	03:15-22	04:43-22	02:46-19	02:12-8	04:10-31	01:17-28
01:30&	01:38&	07:48@	02:16&	00:25&	02:29&	00:44&	01:20&	01:23&	00:28#	00:31&	01:47&	00:32&
<b>23</b>	<b>Pettersen, Alf</b>			<b>Tyrving IL</b>		<b>0:54:56 +</b>	<b>20:28</b>		<b>128.56</b>			
05:29-37	10:13-36	17:48-26	22:25-24	23:31-25	31:06-25	33:39-25	37:27-26	43:21-26	46:27-25	48:47-22	53:33-24	54:56-23
05:29-37	04:44-34	07:35-20	04:37-33	01:06-30	07:35-23	02:33-28	03:48-35	05:54-40	03:06-25	02:20-17	04:46-41	01:23-33
02:32&	02:26@	02:59&	01:46&	00:31&	02:55&	01:05&	01:53&	02:34&	00:48&	00:39&	02:23@	00:38&
<b>24</b>	<b>Lefdal, Per Morten</b>			<b>Privat</b>		<b>0:55:06 +</b>	<b>20:38</b>		<b>128.49</b>			
05:18-31	09:29-27	16:41-21	20:34-21	21:38-19	29:25-20	31:58-19	35:28-18	41:19-20	44:55-22	50:01-27	53:45-26	55:06-24
05:18-31	04:11-20	07:12-17	03:53-17	01:04-22	07:47-26	02:33-28	03:30-29	05:51-38	03:36-32	05:06-47	03:44-20	01:21-30
02:21&	01:53&	02:36&	01:02&	00:29&	03:07&	01:05&	01:35&	02:31&	01:18&	03:25@	01:21&	00:36&
<b>25</b>	<b>Lahlum, Tor</b>			<b>Nordre Follo Orientering</b>		<b>0:55:08 +</b>	<b>20:40</b>		<b>128.48</b>			
05:02-27	09:27-26	18:23-31	23:17-30	24:31-29	32:37-28	35:02-28	38:25-27	43:46-27	47:19-28	49:45-25	53:41-25	55:08-25
05:02-27	04:25-27	08:56-34	04:54-38	01:14-37	08:06-32	02:25-24	03:23-25	05:21-33	03:33-31	02:26-22	03:56-24	01:27-34
02:05&	02:07&	04:20&	02:03&	00:39@	03:26&	00:57&	01:28&	02:01&	01:15&	00:45&	01:33&	00:42&
<b>26</b>	<b>Kildahl, Øystein</b>			<b>Østmarka OK</b>		<b>0:55:22 +</b>	<b>20:54</b>		<b>128.37</b>			
03:58-6	07:39-5	14:39-6	19:26-14	21:08-15	29:07-19	31:09-13	34:07-13	38:41-14	45:33-24	49:46-26	54:13-27	55:22-26
03:58-6	03:41-9	07:00-13	04:47-36	01:42-49	07:59-31	02:02-11	02:58-16	04:34-18	06:52-50	04:13-40	04:27-36	01:09-16
01:01&	01:23&	02:24&	01:56&	01:07@	03:19&	00:34&	01:03&	01:14&	04:34@	02:32@	02:04&	00:24&
<b>27</b>	<b>Johansen, Frode</b>			<b>Equinor BIL</b>		<b>0:55:28 +</b>	<b>21:00</b>		<b>128.33</b>			
												55:28-27
<b>28</b>	<b>Ekeberg, Per Kristian</b>			<b>IL Tyrving</b>		<b>0:55:45 +</b>	<b>21:17</b>		<b>128.21</b>			
05:08-28	09:30-28	18:34-33	23:40-31	24:41-31	32:15-27	34:16-26	37:20-25	41:44-24	44:25-20	46:46-17	50:26-16	55:45-28
05:08-28	04:22-26	09:04-36	05:06-40	01:01-15	07:34-22	02:01-10	03:04-18	04:24-14	02:41-12	02:21-19	03:40-19	05:19-50
02:11&	02:04&	04:28&	02:15&	00:26&	02:54&	00:33&	01:09&	01:04&	00:23#	00:40&	01:17&	04:34@
<b>29</b>	<b>Njåstein, Marianne</b>			<b>IL Tyrving</b>		<b>0:57:05 +</b>	<b>22:37</b>		<b>127.63</b>			
04:45-21	09:10-23	17:18-22	26:02-38	27:03-38	34:54-36	39:46-38	42:56-35	47:44-35	50:23-33	52:36-31	55:54-29	57:05-30
04:45-21	04:25-27	08:08-26	08:44-50	01:01-15	07:51-27	04:52-48	03:10-21	04:48-24	02:39-11	02:13-11	03:18-10	01:11-18
01:48&	02:07&	03:32&	05:53@	00:26&	03:11&	03:24@	01:15&	01:28&	00:21#	00:32&	00:55&	00:26&
<b>29</b>	<b>Hole, Torstein</b>			<b>Nydalens SK</b>		<b>0:57:05 +</b>	<b>22:37</b>		<b>127.63</b>			
05:31-38	10:53-41	18:31-32	22:46-28	24:02-28	33:15-30	35:49-29	39:12-29	44:39-29	48:10-29	50:55-28	55:29-28	57:05-29
05:31-38	05:22-38	07:38-22	04:15-24	01:16-39	09:13-41	02:34-30	03:23-25	05:27-35	03:31-28	02:45-28	04:34-37	01:36-39
02:34&	03:04@	03:02&	01:24&	00:41@	04:33&	01:06&	01:28&	02:07&	01:13&	01:04&	02:11&	00:51@
<b>31</b>	<b>Mella, Stein</b>			<b>Oppsal Orientering</b>		<b>0:57:48 +</b>	<b>23:20</b>		<b>127.31</b>			
05:08-29	09:58-34	20:01-37	25:37-36	26:41-36	34:01-32	38:21-35	41:10-33	46:06-33	49:53-31	52:29-30	56:34-30	57:48-31
05:08-28	04:50-35	10:03-41	05:36-43	01:04-22	07:20-19	04:20-44	02:49-11	04:56-27	03:47-34	02:36-26	04:05-28	01:14-22
02:11&	02:32@	05:27@	02:45&	00:29&	02:40&	02:52@	00:54&	01:36&	01:29&	00:55&	01:42&	00:29&
<b>32</b>	<b>Kløvstad, Anders</b>			<b>Nydalens SK</b>		<b>0:58:51 +</b>	<b>24:23</b>		<b>126.86</b>			
04:51-23	09:32-30	18:50-34	22:40-27	23:45-27	34:14-35	36:42-33	40:44-32	46:03-32	50:24-34	54:22-32	57:40-32	58:51-32
04:51-23	04:41-32	09:18-37	03:50-15	01:05-27	10:29-46	02:28-27	04:02-38	05:19-32	04:21-43	03:58-37	03:18-10	01:11-18
01:54&	02:23@	04:42@	00:59&	00:30&	05:49@	01:00&	02:07@	01:59&	02:03&	02:17@	00:55&	00:26&
<b>33</b>	<b>Danielsen, Berit</b>			<b>Tyrving IL</b>		<b>0:59:04 +</b>	<b>24:36</b>		<b>126.76</b>			

05:20-35	09:34-31	17:44-24	23:12-29	24:38-30	33:12-29	35:51-30	39:19-30	45:00-30	49:03-30	52:26-29	57:27-31	59:04-33
05:20-34	04:14-21	08:10-27	05:28-42	01:26-45	08:34-36	02:39-34	03:28-28	05:41-36	04:03-39	03:23-35	05:01-44	01:37-40
02:23&	01:56&	03:34&	02:37&	00:51@	03:54&	01:11&	01:33&	02:21&	01:45&	01:42@	02:38@	00:52@
<b>34</b>	<b>Haugen, Øyvind</b>		<b>Lillomarka OL</b>			<b>0:59:25 + 24:57</b>			<b>126.61</b>			
16:23-49	19:30-49	25:45-47	29:34-45	30:28-45	36:55-40	40:04-39	43:39-37	50:06-39	52:39-36	54:47-34	58:18-33	59:25-34
16:23-49	03:07-4	06:15-4	03:49-14	00:54-5	06:27-8	03:09-36	03:35-30	06:27-44	02:33-7	02:08-5	03:31-15	01:07-11
13:26@	00:49&	01:39&	00:58&	00:19&	01:47&	01:41@	01:40&	03:07&	00:15#	00:27&	01:08&	00:22&
<b>35</b>	<b>Bakke, Sara Angell</b>		<b>Lillomarka OL</b>			<b>0:59:58 + 25:30</b>			<b>126.37</b>			
05:18-32	13:36-46	20:28-38	24:11-34	25:13-33	34:07-34	37:31-34	41:12-34	46:02-31	50:15-32	54:23-33	58:44-34	59:58-35
05:18-31	08:18-49	06:52-10	03:43-9	01:02-18	08:54-38	03:24-38	03:41-34	04:50-26	04:13-41	04:08-39	04:21-35	01:14-22
02:21&	06:00@	02:16&	00:52&	00:27&	04:14&	01:56@	01:46&	01:30&	01:55&	02:27@	01:58&	00:29&
<b>36</b>	<b>Christiansen, Håvard</b>		<b>Forsvarsbygg</b>			<b>1:00:23 + 25:55</b>			<b>126.19</b>			
04:38-19	10:53-40	25:26-46	29:24-44	30:28-44	37:14-41	42:53-42	45:46-41	50:34-42	53:11-39	55:22-35	59:23-36	60:23-36
04:38-19	06:15-47	14:33-50	03:58-20	01:04-22	06:46-11	05:39-51	02:53-12	04:48-24	02:37-9	02:11-6	04:01-27	01:00-5
01:41&	03:57@	09:57@	01:07&	00:29&	02:06&	04:11@	00:58&	01:28&	00:19#	00:30&	01:38&	00:15&
<b>37</b>	<b>Gylver, Bård</b>		<b>Asker Skiklubb</b>			<b>1:00:24 + 25:56</b>			<b>126.18</b>			
04:26-16	08:41-16	15:51-14	20:13-17	22:06-21	41:31-45	43:29-44	46:10-42	50:15-40	52:56-38	55:51-37	59:17-35	60:24-37
04:26-16	04:15-22	07:10-15	04:22-28	01:53-50	19:25-51	01:58-9	02:41-6	04:05-8	02:41-12	02:55-32	03:26-13	01:07-11
01:29&	01:57&	02:34&	01:31&	01:18@	14:45@	00:30&	00:46&	00:45#	00:23#	01:14&	01:03&	00:22&
<b>38</b>	<b>Grandal, Siri</b>		<b>IL Tyrving</b>			<b>1:00:36 + 26:08</b>			<b>126.09</b>			
04:53-24	09:35-32	19:18-35	24:01-33	25:21-34	35:24-37	40:35-40	44:48-40	50:05-38	53:43-41	56:23-38	59:41-37	60:36-38
04:53-24	04:42-33	09:43-39	04:43-35	01:20-42	10:03-45	05:11-49	04:13-40	05:17-31	03:38-33	02:40-27	03:18-10	00:55-3
01:56&	02:24@	05:07@	01:52&	00:45@	05:23@	03:43@	02:18@	01:57&	01:20&	00:59&	00:55&	00:10#
<b>39</b>	<b>Rønning Johansen, Lars</b>		<b>Måren OK</b>			<b>1:01:32 + 27:04</b>			<b>125.69</b>			
04:00-7	09:30-29	17:20-23	23:42-32	24:47-32	32:04-26	34:18-27	43:37-36	49:28-36	52:51-37	55:25-36	60:03-38	61:32-39
04:00-7	05:30-40	07:50-25	06:22-47	01:05-27	07:17-17	02:14-16	09:19-49	05:51-38	03:23-27	02:34-25	04:38-38	01:29-35
01:03&	03:12@	03:14&	03:31@	00:30&	02:37&	00:46&	07:24@	02:31&	01:05&	00:53&	02:15&	00:44&
<b>40</b>	<b>Angell, Truls</b>		<b>Lillomarka OL</b>			<b>1:02:20 + 27:52</b>			<b>125.34</b>			
04:41-20	08:50-20	18:09-28	22:36-25	23:30-24	31:03-24	33:05-24	36:22-22	47:25-34	52:01-35	57:17-40	60:51-39	62:20-40
04:41-20	04:09-19	09:19-38	04:27-30	00:54-5	07:33-21	02:02-11	03:17-23	11:03-50	04:36-45	05:16-48	03:34-17	01:29-35
01:44&	01:51&	04:43@	01:36&	00:19&	02:53&	00:34&	01:22&	07:43@	02:18@	03:35@	01:11&	00:44&
<b>41</b>	<b>Aarseth, Iver</b>		<b>Nydalens SK</b>			<b>1:02:31 + 28:03</b>			<b>125.26</b>			
	08:26-15	15:02-8	18:39-6	19:43-6	28:44-16	31:20-16	36:00-21	41:22-21	45:27-23	57:00-39	61:20-40	62:31-41
		06:36-7	03:37-7	01:04-22	09:01-39	02:36-32	04:40-43	05:22-34	04:05-40	11:33-50	04:20-34	01:11-18
		02:00&	00:46&	00:29&	04:21&	01:08&	02:45@	02:02&	01:47&	09:52@	01:57&	00:26&
<b>42</b>	<b>Flydal, Roar</b>		<b>Oppsal Orientering</b>			<b>1:04:09 + 29:41</b>			<b>124.55</b>			
06:00-42	10:33-37	21:09-41	26:51-39	28:18-41	36:45-38	39:22-36	43:40-38	50:21-41	55:12-43	58:39-42	62:29-41	64:09-42
06:00-42	04:33-30	10:36-45	05:42-44	01:27-46	08:27-34	02:37-33	04:18-42	06:41-45	04:51-46	03:27-36	03:50-22	01:40-42
03:03@	02:15&	06:00@	02:51@	00:52@	03:47&	01:09&	02:23@	03:21@	02:33@	01:46@	01:27&	00:55@
<b>43</b>	<b>Raaen, Trine Marit Justad</b>		<b>Lierbygda OL</b>			<b>1:05:41 + 31:13</b>			<b>123.88</b>			
05:36-40	10:38-38	19:26-36	27:45-42	28:50-42	36:45-39	39:44-37	44:01-39	50:01-37	53:33-40	58:16-41	63:46-42	65:41-43
05:36-40	05:02-37	08:48-32	08:19-49	01:05-27	07:55-30	02:59-35	04:17-41	06:00-41	03:32-29	04:43-45	05:30-47	01:55-46
02:39&	02:44@	04:12&	05:28@	00:30&	03:15&	01:31@	02:22@	02:40&	01:14&	03:02@	03:07@	01:10@
<b>44</b>	<b>Rikheim, Harald</b>		<b>Privat</b>			<b>1:06:11 + 31:43</b>			<b>123.66</b>			
05:34-39	11:48-42	22:03-42	26:59-41	28:15-40	38:09-43	42:53-43	46:33-43	51:45-43	54:54-42	58:56-43	64:33-43	66:11-44
05:34-39	06:14-46	10:15-43	04:56-39	01:16-39	09:54-44	04:44-46	03:40-33	05:12-29	03:09-26	04:02-38	05:37-48	01:38-41
02:37&	03:56@	05:39@	02:05&	00:41@	05:14@	03:16@	01:45&	01:52&	00:51&	02:21@	03:14@	00:53@
<b>45</b>	<b>Wenhaus, Anders</b>		<b>Solution seeker</b>			<b>1:07:48 + 33:20</b>			<b>122.96</b>			
15:25-48	20:57-50	28:20-48	32:51-48	34:05-48	43:06-46	45:33-46	49:27-44	55:41-44	59:38-44	62:03-44	66:08-44	67:48-45
15:25-48	05:32-41	07:23-18	04:31-31	01:14-37	09:01-39	02:27-25	03:54-36	06:14-42	03:57-38	02:25-21	04:05-28	01:40-42
12:28@	03:14@	02:47&	01:40&	00:39@	04:21&	00:59&	01:59@	02:54&	01:39&	00:44&	01:42&	00:55@

<b>46</b>	<b>Tho, Kjersti</b>			<b>Stabæk IF</b>		<b>1:11:40 + 37:12</b>	<b>121.27</b>							
	08:00-46	14:00-47	25:19-45	30:09-46	31:30-46	40:03-44	44:25-45	49:46-45	56:03-45	59:51-45	64:55-45	69:54-45	71:40-46	
	08:00-46	06:00-43	11:19-46	04:50-37	01:21-43	08:33-35	04:22-45	05:21-45	06:17-43	03:48-36	05:04-46	04:59-43	01:46-44	
	05:03@	03:42@	06:43@	01:59&	00:46@	03:53&	02:54@	03:26@	02:57&	01:30&	03:23@	02:36@	01:01@	
<b>47</b>	<b>Engzelius, Margrete</b>			<b>Asker Skiklubb</b>		<b>1:14:10 + 39:42</b>	<b>120.18</b>							
	06:19-43	12:20-43	22:33-43	26:52-40	28:10-39	37:30-42	41:01-41	51:58-46	59:13-46	63:46-46	66:49-46	72:05-46	74:10-47	
	06:19-43	06:01-44	10:13-42	04:19-25	01:18-41	09:20-42	03:31-39	10:57-51	07:15-46	04:33-44	03:03-33	05:16-46	02:05-47	
	03:22@	03:43@	05:37@	01:28&	00:43@	04:40@	02:03@	09:02@	03:55@	02:15&	01:22&	02:53@	01:20@	
<b>48</b>	<b>Jensen, Johan Toverud</b>			<b>Nydalens SK</b>		<b>1:16:19 + 41:51</b>	<b>119.24</b>							
	05:19-33	09:22-25	18:23-30	28:34-43	29:46-43	47:58-48	51:57-48	55:35-48	60:47-47	67:18-47	70:05-47	74:45-47	76:19-48	
	05:19-33	04:03-18	09:01-35	10:11-51	01:12-34	18:12-50	03:59-43	03:38-32	05:12-29	06:31-49	02:47-29	04:40-39	01:34-37	
	02:22&	01:45&	04:25&	07:20@	00:37@	13:32@	02:31@	01:43&	01:52&	04:13@	01:06&	02:17&	00:49@	
<b>49</b>	<b>Graff-Iversen, Sidsel</b>			<b>Fossum IF</b>		<b>1:22:54 + 48:26</b>	<b>116.38</b>							
	06:47-45	12:53-45	25:13-44	31:02-47	32:41-47	46:02-47	49:20-47	54:44-47	63:59-48	69:23-48	74:00-48	80:46-48	82:54-49	
	06:47-45	06:06-45	12:20-47	05:49-46	01:39-48	13:21-48	03:18-37	05:24-46	09:15-49	05:24-48	04:37-43	06:46-50	02:08-48	
	03:50@	03:48@	07:44@	02:58@	01:04@	08:41@	01:50@	03:29@	05:55@	03:06@	02:56@	04:23@	01:23@	
<b>50</b>	<b>Hjelm, Morten</b>			<b>VBIL</b>		<b>1:37:22 +1:02:54</b>	<b>110.07</b>							
	06:34-44	12:26-44	28:39-49	34:26-49	36:00-49	49:15-49	53:59-49	59:13-49	67:14-49	72:24-49	89:31-50	95:36-50	97:22-50	
	06:34-44	05:52-42	16:13-51	05:47-45	01:34-47	13:15-47	04:44-46	05:14-44	08:01-48	05:10-47	17:07-51	06:05-49	01:46-44	
	03:37@	03:34@	11:37@	02:56@	00:59@	08:35@	03:16@	03:19@	04:41@	02:52@	15:26@	03:42@	01:01@	
<b>51</b>	<b>Hofstad, Bjørn</b>			<b>Vestre Akers SK</b>		<b>1:44:22 +1:09:54</b>	<b>107.02</b>							
	08:40-47	16:10-48	29:04-50	36:23-50	38:28-50	52:12-50	57:34-50	66:05-50	80:01-51	86:53-51	93:54-51	101:36-51	104:22-51	
	08:40-47	07:30-48	12:54-49	07:19-48	02:05-51	13:44-49	05:22-50	08:31-48	13:56-51	06:52-50	07:01-49	07:42-51	02:46-49	
	05:43@	05:12@	08:18@	04:28@	01:30@	09:04@	03:54@	06:36@	10:36@	04:34@	05:20@	05:19@	02:01@	
<b>52</b>	<b>Gylver, Øyvind</b>			<b>Asker Skiklubb</b>		<b>1:53:34 +1:19:06</b>	<b>103.01</b>							
	23:41-50	32:08-51	41:03-51	45:35-51	47:00-51	56:35-51	60:06-51	70:50-51	78:26-50	82:43-50	86:01-49	91:03-49	113:34-52	
	23:41-50	08:27-50	08:55-33	04:32-32	01:25-44	09:35-43	03:31-39	10:44-50	07:36-47	04:17-42	03:18-34	05:02-45	22:31-51	
	20:44@	06:09@	04:19&	01:41&	00:50@	04:55@	02:03@	08:49@	04:16@	01:59&	01:37&	02:39@	21:46@	
	<b>Danielsen, Anne</b>			<b>Nydalens SK</b>		<b>DELTATT</b>				<b>50.00</b>				

## Strekktider Kort

Plass	Navn	Klubb	Tid	Poeng					
<b>1</b>	<b>Berteig, Vidar</b>	<b>IL GeoForm</b>	<b>0:27:07 + 00:00</b>	<b>121.18</b>					
	05:23-1	08:04-1	10:15-1	14:28-1	18:12-1	23:02-1	26:04-1	27:07-1	
	05:23-1	02:41-1	02:11-1	04:13-2	03:44-2	04:50-1	03:02-1	01:03-2	
	00:00=	00:00=	00:00=	00:04+	00:02+	00:00=	00:00=	12:24+	
<b>2</b>	<b>Løken, Aleidis</b>	<b>Heming Orientering</b>	<b>0:30:00 + 02:53</b>	<b>120.24</b>					
	05:46-2	09:03-3	11:31-3	15:40-2	19:56-2	24:53-2	28:40-2	30:00-2	
	05:46-2	03:17-9	02:28-7	04:09-1	04:16-4	04:57-2	03:47-4	01:20-7	
	00:23+	00:36#	00:17#	00:00=	00:34#	00:07+	00:45#	12:41+	
<b>3</b>	<b>Mariussen, Lina Undrum</b>	<b>Oppsal Orientering</b>	<b>0:31:14 + 04:07</b>	<b>119.84</b>					
	06:38-8	09:30-5	11:49-5	16:31-4	20:35-3	26:09-3	29:55-3	31:14-3	
	06:38-8	02:52-3	02:19-2	04:42-3	04:04-3	05:34-5	03:46-3	01:19-6	
	01:15#	00:11+	00:08+	00:33#	00:22+	00:44#	00:44#	12:40+	

<b>4</b>	<b>Lund, Harald Østgaard</b>	<b>IL GeoForm</b>	<b>0:32:13 + 05:06</b>	<b>119.52</b>					
06:17-6	09:18-4	11:43-4	17:27-6	21:09-4	27:29-4	31:00-4	32:13-4		
06:17-6	03:01-5	02:25-6	05:44-11	03:42-1	06:20-8	03:31-2	01:13-3		
00:54#	00:20#	00:14#	01:35&	00:00=	01:30&	00:29#	12:34+		
<b>5</b>	<b>Modalsli, Sigbjørn</b>	<b>Fossum IF</b>	<b>0:33:08 + 06:01</b>	<b>119.22</b>					
06:16-5	09:45-6	12:27-7	17:18-5	21:58-5	27:48-5	31:41-5	33:08-5		
06:16-5	03:29-12	02:42-9	04:51-5	04:40-8	05:50-7	03:53-5	01:27-9		
00:53#	00:48&	00:31#	00:42#	00:58&	01:00#	00:51&	12:48+		
<b>6</b>	<b>Sundelin Rørvik, Gisela</b>	<b>Heming Orientering</b>	<b>0:35:53 + 08:46</b>	<b>118.33</b>					
06:54-11	10:21-10	13:07-10	18:18-8	23:03-7	30:10-7	34:37-6	35:53-6		
06:54-11	03:27-11	02:46-10	05:11-7	04:45-10	07:07-13	04:27-9	01:16-4		
01:31&	00:46&	00:35&	01:02#	01:03&	02:17&	01:25&	12:37+		
<b>7</b>	<b>Sæther, Øystein</b>	<b>Lillomarka OL</b>	<b>0:36:09 + 09:02</b>	<b>118.24</b>					
06:07-4	10:07-9	12:29-8	18:19-9	23:00-6	30:04-6	34:38-7	36:09-7		
06:07-4	04:00-15	02:22-3	05:50-12	04:41-9	07:04-12	04:34-11	01:31-10		
00:44#	01:19&	00:11+	01:41&	00:59&	02:14&	01:32&	12:52+		
<b>8</b>	<b>Johansen, Hege</b>	<b>Måren OK</b>	<b>0:36:11 + 09:04</b>	<b>118.23</b>					
09:43-19	12:52-15	15:52-14	21:19-12	25:39-11	30:56-9	34:53-9	36:11-8		
09:43-19	03:09-7	03:00-14	05:27-10	04:20-5	05:17-4	03:57-7	01:18-5		
04:20&	00:28#	00:49&	01:18&	00:38#	00:27+	00:55&	12:39+		
<b>9</b>	<b>Broadwell, Sharon</b>	<b>IL GeoForm</b>	<b>0:36:32 + 09:25</b>	<b>118.12</b>					
07:24-13	10:24-11	12:48-9	17:52-7	23:08-8	30:11-8	34:42-8	36:32-9		
07:24-13	03:00-4	02:24-4	05:04-6	05:16-12	07:03-11	04:31-10	01:50-20		
02:01&	00:19#	00:13+	00:55#	01:34&	02:13&	01:29&	13:11+		
<b>10</b>	<b>Kaarby, Per</b>	<b>IL GeoForm</b>	<b>0:37:30 + 10:23</b>	<b>117.80</b>					
06:49-10	09:51-7	12:23-6	22:29-15	26:56-12	32:00-10	35:58-10	37:30-10		
06:49-10	03:02-6	02:32-8	10:06-25	04:27-6	05:04-3	03:58-8	01:32-11		
01:26&	00:21#	00:21#	05:57@	00:45#	00:14+	00:56&	12:53+		
<b>11</b>	<b>Hugdahl, Lise</b>	<b>Coop</b>	<b>0:38:35 + 11:28</b>	<b>117.45</b>					
06:47-9	09:57-8	13:20-11	18:43-10	23:36-9	32:02-11	36:58-11	38:35-11		
06:47-9	03:10-8	03:23-17	05:23-9	04:53-11	08:26-19	04:56-13	01:37-12		
01:24&	00:29#	01:12&	01:14&	01:11&	03:36&	01:54&	12:58+		
<b>12</b>	<b>Kierulf, Reidar</b>	<b>Privat</b>	<b>0:39:51 + 12:44</b>	<b>117.04</b>					
06:35-7	10:43-12	13:32-12	20:00-11	25:18-10	32:04-12	38:10-12	39:51-12		
06:35-7	04:08-17	02:49-13	06:28-16	05:18-14	06:46-9	06:06-18	01:41-16		
01:12#	01:27&	00:38&	02:19&	01:36&	01:56&	03:04@	13:02+		
<b>13</b>	<b>Erøy, Karl Aasmund</b>	<b>OK Moss</b>	<b>0:42:32 + 15:25</b>	<b>116.16</b>					
06:58-12	15:49-21	20:06-22	26:38-19	31:14-16	36:57-15	40:53-13	42:32-13		
06:58-12	08:51-28	04:17-22	06:32-18	04:36-7	05:43-6	03:56-6	01:39-13		
01:35&	06:10@	02:06&	02:23&	00:54#	00:53#	00:54&	13:00+		
<b>14</b>	<b>Jacobsen, Kjetil</b>	<b>Hamar OK</b>	<b>0:43:34 + 16:27</b>	<b>115.83</b>					
11:07-24	14:43-18	17:30-17	22:48-16	29:23-15	36:12-13	41:48-14	43:34-14		
11:07-24	03:36-14	02:47-12	05:18-8	06:35-19	06:49-10	05:36-15	01:46-17		
05:44@	00:55&	00:36&	01:09&	02:53&	01:59&	02:34&	13:07+		
<b>15</b>	<b>Eikeland, Inger Johanne</b>	<b>Nydalens SK</b>	<b>0:43:51 + 16:44</b>	<b>115.74</b>					
07:59-15	11:20-13	15:33-13	21:39-13	27:31-13	36:24-14	42:03-15	43:51-15		
07:59-15	03:21-10	04:13-21	06:06-13	05:52-15	08:53-20	05:39-17	01:48-18		
02:36&	00:40#	02:02&	01:57&	02:10&	04:03&	02:37&	13:09+		
<b>16</b>	<b>Kletteli, Odd</b>	<b>Bækkelagets SK</b>	<b>0:44:17 + 17:10</b>	<b>115.59</b>					
18:30-28	24:38-28	27:50-28	34:56-25	41:04-25	49:09-23	55:38-23	44:17-16		
18:30-28	06:08-21	03:12-15	07:06-19	06:08-16	08:05-16	06:29-20	11:21-1		

13:07@	03:27@	01:01&	02:57&	02:26&	03:15&	03:27@	00:00=		
<b>17</b>	<b>Solheim, Knut Tore</b>			<b>Nydalens SK</b>			<b>0:46:04 +</b>	<b>18:57</b>	<b>115.01</b>
08:02-16	12:37-14	15:57-15	22:25-14	28:46-14	37:50-16	43:57-16	46:04-17		
08:02-16	04:35-18	03:20-16	06:28-16	06:21-17	09:04-22	06:07-19	02:07-22		
02:39&	01:54&	01:09&	02:19&	02:39&	04:14&	03:05@	13:28+		
<b>18</b>	<b>Nilstad, Randi</b>			<b>Tyrving IL</b>			<b>0:47:40 +</b>	<b>20:33</b>	<b>114.49</b>
10:16-21	14:18-17	17:42-18	23:56-17	31:40-18	39:11-17	45:52-17	47:40-18		
10:16-21	04:02-16	03:24-18	06:14-14	07:44-22	07:31-15	06:41-21	01:48-18		
04:53&	01:21&	01:13&	02:05&	04:02@	02:41&	03:39@	13:09+		
<b>19</b>	<b>Lea, Tor</b>			<b>Nydalens SK</b>			<b>0:48:47 +</b>	<b>21:40</b>	<b>114.13</b>
05:57-3	08:39-2	11:25-2	16:11-3	35:07-19	42:35-18	47:25-18	48:47-19		
05:57-3	02:42-2	02:46-10	04:46-4	18:56-27	07:28-14	04:50-12	01:22-8		
00:34#	00:01+	00:35&	00:37#	15:14@	02:38&	01:48&	12:43+		
<b>20</b>	<b>Lesteborg, Ann-Karin</b>			<b>Kongsberg OL</b>			<b>0:52:35 +</b>	<b>25:28</b>	<b>112.89</b>
12:56-27	16:31-22	18:55-19	26:47-20	37:36-22	45:59-21	50:56-19	52:35-20		
12:56-27	03:35-13	02:24-4	07:52-21	10:49-25	08:23-18	04:57-14	01:39-13		
07:33@	00:54&	00:13+	03:43&	07:07@	03:33&	01:55&	13:00+		
<b>21</b>	<b>Bjordal, Roar</b>			<b>Oppsal Orientering</b>			<b>0:52:41 +</b>	<b>25:34</b>	<b>112.86</b>
07:54-14	21:00-27	25:39-27	32:00-24	37:16-21	45:26-20	51:02-20	52:41-21		
07:54-14	13:06-29	04:39-24	06:21-15	05:16-12	08:10-17	05:36-15	01:39-13		
02:31&	10:25@	02:28@	02:12&	01:34&	03:20&	02:34&	13:00+		
<b>22</b>	<b>Fougner, Jon C.</b>			<b>Heming Orientering</b>			<b>0:55:28 +</b>	<b>28:21</b>	<b>111.96</b>
10:04-20	15:36-20	19:34-20	28:11-21	35:26-20	44:20-19	52:52-21	55:28-22		
10:04-20	05:32-20	03:58-19	08:37-22	07:15-21	08:54-21	08:32-25	02:36-24		
04:41&	02:51@	01:47&	04:28@	03:33&	04:04&	05:30@	13:57+		
<b>23</b>	<b>Jenseth, Stina</b>			<b>Privat</b>			<b>0:56:30 +</b>	<b>29:23</b>	<b>111.62</b>
08:14-17	13:03-16	17:28-16	24:34-18	31:34-17	46:23-22	54:28-22	56:30-23		
08:14-17	04:49-19	04:25-23	07:06-19	07:00-20	14:49-27	08:05-24	02:02-21		
02:51&	02:08&	02:14@	02:57&	03:18&	09:59@	05:03@	13:23+		
<b>24</b>	<b>Madsen, Øystein</b>			<b>Haugerud IF</b>			<b>1:03:13 +</b>	<b>36:06</b>	<b>109.44</b>
08:59-18	15:15-19	19:55-21	35:44-27	42:14-26	53:30-26	60:42-24	63:13-24		
08:59-18	06:16-22	04:40-25	15:49-28	06:30-18	11:16-23	07:12-23	02:31-23		
03:36&	03:35@	02:29@	11:40@	02:48&	06:26@	04:10@	13:52+		
<b>25</b>	<b>Drage, Unni</b>			<b>Haugerud IF</b>			<b>1:06:44 +</b>	<b>39:37</b>	<b>108.29</b>
10:46-22	17:16-23	22:01-23	31:03-22	39:10-23	50:29-24	63:56-26	66:44-25		
10:46-22	06:30-26	04:45-26	09:02-24	08:07-23	11:19-24	13:27-28	02:48-26		
05:23@	03:49@	02:34@	04:53@	04:25@	06:29@	10:25@	14:09+		
<b>26</b>	<b>Drage, Tor</b>			<b>Haugerud IF</b>			<b>1:06:47 +</b>	<b>39:40</b>	<b>108.27</b>
10:47-23	17:16-24	22:03-24	31:04-23	39:22-24	50:47-25	63:39-25	66:47-26		
10:47-23	06:29-25	04:47-27	09:01-23	08:18-24	11:25-25	12:52-27	03:08-28		
05:24@	03:48@	02:36@	04:52@	04:36@	06:35@	09:50@	14:29+		
<b>27</b>	<b>Scheie, Arne Christian</b>			<b>Østmarka OK</b>			<b>1:13:41 +</b>	<b>46:34</b>	<b>106.03</b>
12:09-25	18:34-25	25:09-26	35:27-26	47:10-27	61:44-27	70:35-27	73:41-27		
12:09-25	06:25-24	06:35-28	10:18-26	11:43-26	14:34-26	08:51-26	03:06-27		
06:46@	03:44@	04:24@	06:09@	08:01@	09:44@	05:49@	14:27+		
<b>28</b>	<b>Grymyr, Aina</b>			<b>Norde Follo Orientering</b>			<b>1:25:46 +</b>	<b>58:39</b>	<b>102.10</b>
12:51-26	19:07-26	23:10-25	40:25-28	60:21-28	75:55-28	83:00-28	85:46-29		
12:51-26	06:16-22	04:03-20	17:15-29	19:56-28	15:34-28	07:05-22	02:46-25		
07:28@	03:35@	01:52&	13:06@	16:14@	10:44@	04:03@	14:07+		
<b>DSQ</b>	<b>Ouyang, Ping</b>			<b>Østmarka OK</b>			<b>1:22:50 (-3 poster)</b>	<b>78.57</b>	
25:33-29	33:03-29	42:00-29	55:52-29				82:50-28		

25:33-29 07:30-27 08:57-29 13:52-27  
20:10@ 04:49@ 06:46@ 09:43@