

MNM-Stafett

26.08.2012

Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
D1316							
1	Byåsen IL lag 1			1:27:32			
	1 Ingeborg Eide	29:32 3	02:34	29:32 3	02:34		
	2 Ragnhild Eide	27:17 1	00:00	56:49 1	00:00	2	
	3 Ingvild, Ytterhus Utengen	30:43 1	00:00	1:27:32 1	00:00	0	
2	Byåsen IL lag 2			1:32:56	05:24		
	1 Emma Arnesen	26:58 1	00:00	26:58 1	00:00		
	2 Ida Berg Hanssen	30:11 3	02:54	57:09 3	00:20	-2	
	3 Marte Hoff Hagen	35:47 2	05:04	1:32:56 2	05:24	1	
3	Emblem IL lag 1			1:38:06	10:34		
	1 Ingrid Lundanes	27:05 2	00:07	27:05 2	00:07		
	2 Martha Skogeng Reiten	30:03 2	02:46	57:08 2	00:19	0	
	3 Vilde Årøen Lykke	40:58 5	10:15	1:38:06 3	10:34	-1	
4	Freidig lag 1			1:45:04	17:32		
	1 Gina Mølsvik	32:31 4	05:33	32:31 4	05:33		
	2 Malin Sandstad	32:20 5	05:03	1:04:51 4	08:02	0	
	3 Frida Sæther	40:13 4	09:30	1:45:04 4	17:32	0	
5	Stjørdals-Blink Orientering lag 1			1:50:49	23:17		
	1 Maiken Økern Hågård	41:45 9	14:47	41:45 9	14:47		
	2 Ane Nielsen Solberg	31:11 4	03:54	1:12:56 6	16:07	3	
	3 Sigrid Wanvik Haugen	37:53 3	07:10	1:50:49 5	23:17	1	
6	Byåsen IL lag 3			1:59:58	32:26		
	1 Line Sølberg	32:53 5	05:55	32:53 5	05:55		
	2 Emilie Liabakk Eriksen	33:00 6	05:43	1:05:53 5	09:04	0	
	3 Ane Svegård Bye	54:05 8	23:22	1:59:58 6	32:26	-1	
7	Steinkjer OK lag 1			2:09:31	41:59		
	1 Kjersti Kvistad Dengerud	33:07 7	06:09	33:07 7	06:09		
	2 Lina Kvitvang Benan	48:35 8	21:18	1:21:42 8	24:53	-1	
	3 Marit Ishol Skogan	47:49 7	17:06	2:09:31 7	41:59	1	
8	Verdal OK lag 1			2:13:28	45:56		
	1 Maren Grande	32:57 6	05:59	32:57 6	05:59		
	2 Bente Green	44:47 7	17:30	1:17:44 7	20:55	-1	
	3 Mia Larsen Sveberg	55:44 9	25:01	2:13:28 8	45:56	-1	
9	Wing OK lag 1			2:53:48	1:26:16		
	1 Kristine Klock Fleten	39:32 8	12:34	39:32 8	12:34		
	2 Martine Klock Fleten	1:30:46 9	1:03:29	2:10:18 9	1:13:29	-1	
	3 Eldrid Bratsberg	43:30 6	12:47	2:53:48 9	1:26:16	0	
DSQ	Stjørdals-Blink Orientering lag 2			00:00			
	1 Sigrid Vada Grønlie	1:09:53	42:55	1:09:53	42:55		DSQ
	2 Susanne Eide Haug	43:26	16:09	1:53:19	56:30	0	
	3 Ragnhild Vada Grønlie	46:28	15:45	2:39:47	1:12:15	0	
DNS	OL Trollelg lag 1						
	1						
	2						
	3						
	Freidig lag 2						
	1 Oda Q Fossum	45:34	18:36	45:34	18:36		
	2 Maria Ulseth Sylte	47:25	20:08	1:32:59	36:10	0	
	3						

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Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
H1316							
1	Freidig lag 1			1:15:13			
	1 Oskar Spets Storhov	26:43 8	01:34	26:43 8	01:34		
	2 Nils Ola Kvam	22:16 1	00:00	48:59 1	00:00	7	
	3 Rein Helle Mårdalen	26:14 2	01:31	1:15:13 1	00:00	0	
2	Emblem IL lag 1			1:16:54	01:41		
	1 Erlend Nilsen Sandnes	25:09 1	00:00	25:09 1	00:00		
	2 Are Årøen Lykke	23:55 4	01:39	49:04 2	00:05	-1	
	3 Kristian Nilsen Sandnes	27:50 5	03:07	1:16:54 2	01:41	0	
3	Molde og Omegn IF lag 1			1:17:57	02:44		
	1 Hans Kristian Folde	26:17 6	01:08	26:17 6	01:08		
	2 Rikke Gjeitnes Dahle	23:08 3	00:52	49:25 4	00:26	2	
	3 Erling Hovdenak Sylte	28:32 6	03:49	1:17:57 3	02:44	1	
4	Wing OK lag 1			1:19:49	04:36		
	1 Arvid Lyngstad	26:11 4	01:02	26:11 4	01:02		
	2 Asbjørn Midtbø	22:54 2	00:38	49:05 3	00:06	1	
	3 Johannes Midtbø	30:44 9	06:01	1:19:49 4	04:36	-1	
5	OL Trollelg lag 1			1:22:20	07:07		
	1 Hallvard Seim Grøvlen	25:33 2	00:24	25:33 2	00:24		
	2 Sigrid Merete Moen Pedersli	29:37 9	07:21	55:10 6	06:11	-4	
	3 Brynjar Forseth	27:10 4	02:27	1:22:20 5	07:07	1	
6	Frol IL lag 1			1:22:21	07:08		
	1 Johan Otto Munkeby	30:49 9	05:40	30:49 9	05:40		
	2 Oscar Lyngen	26:49 7	04:33	57:38 9	08:39	0	
	3 Stian Sundsvik	24:43 1	00:00	1:22:21 6	07:08	3	
7	Byåsen IL lag 1			1:24:25	09:12		
	1 Brage Jørum	26:05 3	00:56	26:05 3	00:56		
	2 Even Svegård Bye	31:28 10	09:12	57:33 8	08:34	-5	
	3 Øyvind Wiggen	26:52 3	02:09	1:24:25 7	09:12	1	
8	Freidig lag 2			1:24:33	09:20		
	1 Kjetil Møltnvik	26:39 7	01:30	26:39 7	01:30		
	2 Adrian Opheim	26:46 6	04:30	53:25 5	04:26	2	
	3 Håvard Eidsmo	31:08 10	06:25	1:24:33 8	09:20	-3	
9	Tynset IF lag 1			1:26:41	11:28		
	1 Erlend Kvittum Nytrøen	26:13 5	01:04	26:13 5	01:04		
	2 Trygve Bondhus Often	29:05 8	06:49	55:18 7	06:19	-2	
	3 Petter Vangen Lunåsno	31:23 11	06:40	1:26:41 9	11:28	-2	
10	Stjørdals-Blink Orientering lag 1			1:31:41	16:28		
	1 Sondre Korstad	35:02 14	09:53	35:02 14	09:53		
	2 Endre Aaen	26:15 5	03:59	1:01:17 10	12:18	4	
	3 Ole Wanvik Haugen	30:24 8	05:41	1:31:41 10	16:28	0	
11	Molde og Omegn IF lag 2			1:40:46	25:33		
	1 Aleksander Skoglund	35:10 15	10:01	35:10 15	10:01		
	2 Håvard Støen Gussiås	33:16 13	11:00	1:08:26 13	19:27	2	
	3 Erik Hovdenak Sylte	32:20 12	07:37	1:40:46 11	25:33	2	
12	Verdal OK lag 1			1:42:42	27:29		
	1 Petter Markhus	32:59 13	07:50	32:59 13	07:50		
	2 Håkon Grande	39:50 14	17:34	1:12:49 14	23:50	-1	

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Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
H1316							
	3 Magnus Sivertsen	29:53 7	05:10	1:42:42 12	27:29	2	
13	Steinkjer OK lag 1			1:43:34	28:21		
	1 Trygve Lægran	31:05 10	05:56	31:05 10	05:56		
	2 Simen Barstad Sund	33:15 12	10:59	1:04:20 11	15:21	-1	
	3 Jørgen Rannem Halse	39:14 13	14:31	1:43:34 13	28:21	-2	
14	Stjørdals-Blink Orientering lag 2			1:56:55	41:42		
	1 Emil Aaen	32:55 11	07:46	32:55 11	07:46		
	2 Audun Wanvik Haugen	32:22 11	10:06	1:05:17 12	16:18	-1	
	3 Øyvind Solheim	51:38 15	26:55	1:56:55 14	41:42	-2	
15	Frol IL lag 2			2:01:42	46:29		
	1 Anders Israelsson	32:56 12	07:47	32:56 12	07:47		
	2 Marius Østraat Røkke	40:00 15	17:44	1:12:56 15	23:57	-3	
	3 Karen Rysgård	48:46 14	24:03	2:01:42 15	46:29	0	
DSQ	Nord-Østerdal OK lag 1			00:00			
	1 John Kasper Svergja	26:02	00:53	26:02	00:53		DSQ
	2 Thomas Kort	31:05	08:49	57:07	08:08	0	
	3 Øyvind Berg	29:04	04:21	1:26:11	10:58	0	
	Freidig lag 3			1:04:24			
	1 Magnus Gjersvold Haug	29:25	04:16	29:25	04:16		
	2 Are Helle Mårdalen	34:59	12:43	1:04:24	15:25	0	
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Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
D17							
1	Freidig lag 1			2:01:00			
	1 Mari Angell-Petersen	45:05 3	04:02	45:05 3	04:02		
	2 Torunn Spets Storhov	39:49 2	01:41	1:24:54 3	03:57	0	
	3 Hanne Sandstad	36:06 1	00:00	2:01:00 1	00:00	2	
2	NTNUI lag 1			2:03:44	02:44		
	1 Audhild Bakken Rognstad	44:56 2	03:53	44:56 2	03:53		
	2 Silje Uhlen Maurset	38:08 1	00:00	1:23:04 2	02:07	0	
	3 Emma Johansson	40:40 2	04:34	2:03:44 2	02:44	0	
3	Frol IL lag 1			2:11:19	10:19		
	1 Gøril Rønning Sund	41:03 1	00:00	41:03 1	00:00		
	2 Sara Profors	39:54 3	01:46	1:20:57 1	00:00	0	
	3 Line Sundsvik	50:22 4	14:16	2:11:19 3	10:19	-2	
4	NTNUI lag 2			2:15:28	14:28		
	1 Solveig Blandkjenn	45:12 4	04:09	45:12 4	04:09		
	2 Ida Arnesen Tiltnes	41:54 5	03:46	1:27:06 5	06:09	-1	
	3 Guro Torpe	48:22 3	12:16	2:15:28 4	14:28	1	
5	Steinkjer OK lag 1			2:23:59	22:59		
	1 Eirin Svanøe-Hofstad	45:12 4	04:09	45:12 4	04:09		
	2 Norunn Kvistad Dengerud	41:18 4	03:10	1:26:30 4	05:33	0	
	3 Astrid Lægran	57:29 7	21:23	2:23:59 5	22:59	-1	
6	NTNUI lag 3			2:35:05	34:05		
	1 Ragnhild Lund-Johansen	55:39 6	14:36	55:39 6	14:36		
	2 Marianne Dæhli	46:52 7	08:44	1:42:31 6	21:34	0	
	3 Rannveig Jørgensen	52:34 5	16:28	2:35:05 6	34:05	0	
7	Frol IL lag 2			2:47:37	46:37		
	1 Marie Wold Stavrum	57:27 7	16:24	57:27 7	16:24		
	2 Tora Green Matberg	46:34 6	08:26	1:44:01 7	23:04	0	
	3 Elise Taylor Spets	1:03:36 9	27:30	2:47:37 7	46:37	0	
8	Nord-Østerdal OK lag 1			2:51:09	50:09		
	1 Idun Bækken	1:00:58 8	19:55	1:00:58 8	19:55		
	2 Ellen Merethe Schjelderup Skarpsrud	52:44 8	14:36	1:53:42 8	32:45	0	
	3 Birgit Wikan Berg	57:27 6	21:21	2:51:09 8	50:09	0	
9	NTNUI lag 4			2:53:19	52:19		
	1 Hanne Vefsnmo	1:01:09 9	20:06	1:01:09 9	20:06		
	2 Katharina Rogstad	54:12 9	16:04	1:55:21 9	34:24	0	
	3 Line Hovdenak Stenersen	57:58 8	21:52	2:53:19 9	52:19	0	
DNS	Freidig lag 2						
	1 Solveig Angell-Petersen						
	2 Solveig Angell-Petersen						
	3 Torunn Spets Storhov						
DNS	NTNUI lag 6						
	1						
	2						
	3						
	NTNUI lag 5						
	1 Karoline Dahl Fosby	1:04:33	23:30	1:04:33	23:30		
	2 Sigrid Solheim	52:07	13:59	1:56:40	35:43	0	

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Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
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D17

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Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
H17							
1	Frol IL lag 1			2:17:44			
	1 Johan Asphjell Bjørnaas	54:32 5	01:22	54:32 5	01:22		
	2 Ulf Forseth Indgaard	33:08 2	00:30	1:27:40 2	01:52	3	
	3 Ivar Lundanes	50:04 1	00:00	2:17:44 1	00:00	1	
2	NTNUI lag 1			2:17:48	00:04		
	1 Per Melander Often	53:10 1	00:00	53:10 1	00:00		
	2 Jon Aukrust Osmoen	32:38 1	00:00	1:25:48 1	00:00	0	
	3 Thomas Natvig Årstad	52:00 2	01:56	2:17:48 2	00:04	-1	
3	NTNUI lag 2			2:23:18	05:34		
	1 Vegard Brun Saga	54:15 2	01:05	54:15 2	01:05		
	2 Kjetil Okkenhaug	33:26 3	00:48	1:27:41 3	01:53	-1	
	3 Hans Petter Mathisen	55:37 5	05:33	2:23:18 3	05:34	0	
4	NTNUI lag 3			2:27:19	09:35		
	1 Vegard Blomseth Johnsen	54:30 4	01:20	54:30 4	01:20		
	2 Kristian Stenerud	34:50 7	02:12	1:29:20 5	03:32	-1	
	3 Torkil Eide Solstad	57:59 6	07:55	2:27:19 4	09:35	1	
5	Freidig lag 1			2:27:39	09:55		
	1 Johan Ivarsson	54:26 3	01:16	54:26 3	01:16		
	2 Pål Kittilsen	35:12 8	02:34	1:29:38 6	03:50	-3	
	3 Tomas Eidsmo	58:01 7	07:57	2:27:39 5	09:55	1	
6	Frol IL lag 2			2:33:47	16:03		
	1 Jonas Ressem	55:49 7	02:39	55:49 7	02:39		
	2 Vegard Ressem	36:45 9	04:07	1:32:34 7	06:46	0	
	3 Carl Petter Lyngen	1:01:13 9	11:09	2:33:47 6	16:03	1	
7	Wing OK lag 1			2:33:54	16:10		
	1 Bård Smestad	1:01:59 13	08:49	1:01:59 13	08:49		
	2 Svein Erik Bratsberg	37:00 10	04:22	1:38:59 11	13:11	2	
	3 Lars Hol Moholdt	54:55 4	04:51	2:33:54 7	16:10	4	
8	Frol IL lag 3			2:34:39	16:55		
	1 Espen Sundsvik	58:27 9	05:17	58:27 9	05:17		
	2 Øystein Haug	42:21 15	09:43	1:40:48 12	15:00	-3	
	3 Paul Sirum	53:51 3	03:47	2:34:39 8	16:55	4	
9	OL Trollelg lag 1			2:36:39	18:55		
	1 Ove Baardsgaard	1:01:17 11	08:07	1:01:17 11	08:07		
	2 Trond Einar Moen Pedersli	34:21 6	01:43	1:35:38 10	09:50	1	
	3 Andreas Sølberg	1:01:01 8	10:57	2:36:39 9	18:55	1	
10	NTNUI lag 4			2:47:07	29:23		
	1 Halvor Eid Nielsen	1:01:45 12	08:35	1:01:45 12	08:35		
	2 Ståle Gjelsten	39:38 13	07:00	1:41:23 13	15:35	-1	
	3 Hans Aleksander Østhagen	1:05:44 11	15:40	2:47:07 10	29:23	3	
11	Byåsen IL lag 1			2:52:20	34:36		
	1 Sigurd Stenvik	58:41 10	05:31	58:41 10	05:31		
	2 Snorre Hansen	33:53 5	01:15	1:32:34 7	06:46	3	
	3 Per Wiréhn	1:19:46 16	29:42	2:52:20 11	34:36	-4	
12	NTNUI lag 5			2:54:42	36:58		
	1 Harri Luchsinger	1:08:58 15	15:48	1:08:58 15	15:48		
	2 Wolfgang Kampel	37:27 11	04:49	1:46:25 14	20:37	1	

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Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
H17							
	3 Fredrik Steinsvik	1:08:17 13	18:13	2:54:42 12	36:58	2	
13	NTNUI lag 6			2:54:46	37:02		
	1 Bjørn Tore Mathisen	1:08:41 14	15:31	1:08:41 14	15:31		
	2 Håvard Berget	40:33 14	07:55	1:49:14 15	23:26	-1	
	3 Håvar Birkeland Stormoen	1:05:32 10	15:28	2:54:46 13	37:02	2	
14	Freidig lag 2			2:56:30	38:46		
	1 Sindre Johannessen	56:11 8	03:01	56:11 8	03:01		
	2 Bjørnar Lynum	39:02 12	06:24	1:35:13 9	09:25	-1	
	3 Brage Sæther	1:21:17 17	31:13	2:56:30 14	38:46	-5	
15	Freidig lag 3			3:07:13	49:29		
	1 Håkon Selmer	1:13:14 16	20:04	1:13:14 16	20:04		
	2 Reidar Selmer	47:46 17	15:08	2:01:00 17	35:12	-1	
	3 Stig Magnar Løvås	1:06:13 12	16:09	3:07:13 15	49:29	2	
16	NTNUI lag 7			3:12:36	54:52		
	1 Christian Grønvold	1:14:12 17	21:02	1:14:12 17	21:02		
	2 Henrik Svaland Aas	44:03 16	11:25	1:58:15 16	32:27	1	
	3 Martin Klícha	1:14:21 14	24:17	3:12:36 16	54:52	0	
17	IL Leik lag 1			3:24:19	1:06:35		
	1 Ola Keiserås	1:21:18 18	28:08	1:21:18 18	28:08		
	2 Brage Keiserås	48:33 18	15:55	2:09:51 18	44:03	0	
	3 Geir Inge Keiserås	1:14:28 15	24:24	3:24:19 17	1:06:35	1	
18	NTNUI lag 9			1:28:10			
	1 Torgeir Nørbech	54:43 6	01:33	54:43 6	01:33		
	2 Håvard Vassenden	33:27 4	00:49	1:28:10 4	02:22	2	
	3						
DSQ	Nord-Østerdal OK lag 1			00:00			
	1 Hans Peder Langbekkhei	1:15:36	22:26	1:15:36	22:26		
	2 Atle Berg	50:56	18:18	2:06:32	40:44	0	
	3 Jon Arve U Engebakken	1:09:01	18:57	3:15:33	57:49	0	DSQ
	NTNUI lag 8			1:47:04			
	1 Mikal Brastad Larsen	59:32	06:22	59:32	06:22		
	2 Einar Hjortås	47:32	14:54	1:47:04	21:16	0	
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Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
D35							
1	Byåsen IL lag 1			2:07:55			
	1 Gøril Eide	46:01 4	01:25	46:01 4	01:25		
	2 Nina-Beate Liabakk	37:35 1	00:00	1:23:36 3	00:44	1	
	3 Rine Hanssen	44:19 1	00:00	2:07:55 1	00:00	2	
2	Os IL lag 1			2:08:04	00:09		
	1 Anne Meli Narjord	44:36 1	00:00	44:36 1	00:00		
	2 Ragnhild Dåsnes	38:16 2	00:41	1:22:52 1	00:00	0	
	3 Kari Osmoen	45:12 2	00:53	2:08:04 2	00:09	-1	
3	Freidig lag 2			2:32:37	24:42		
	1 Ingrid Gjersvold	44:37 2	00:01	44:37 2	00:01		
	2 Grete Berge Owren	38:53 3	01:18	1:23:30 2	00:38	0	
	3 Ingerid Angell-Petersen	1:09:07 4	24:48	2:32:37 3	24:42	-1	
4	Stjørdals-Blink Orientering lag 1			2:34:56	27:01		
	1 Mette Wanvik	52:03 5	07:27	52:03 5	07:27		
	2 Margit Eide	42:18 5	04:43	1:34:21 5	11:29	0	
	3 Ellen Nielsen	1:00:35 3	16:16	2:34:56 4	27:01	1	
5	Steinkjer OK lag 1			2:46:21	38:26		
	1 Gunhild Kvistad	45:18 3	00:42	45:18 3	00:42		
	2 Trine Rannem	39:17 4	01:42	1:24:35 4	01:43	-1	
	3 Åse Grøe	1:21:46 5	37:27	2:46:21 5	38:26	-1	
DSQ	Freidig lag 1			00:00			
	1 Katrine Andersen	38:35	-06:01	38:35	-06:01		DSQ
	2 Kari Ulseth	36:21	-01:14	1:14:56	-07:56	0	
	3 Mona J. Mølsvik	42:12	-02:07	1:57:08	-10:47	0	

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Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
H35							
1	Freidig lag 1			2:02:47			
	1 Vegard Grønli	38:18 3	00:17	38:18 3	00:17		
	2 Jostein Mårdalen	44:11 2	03:03	1:22:29 1	00:00	2	
	3 Andreas Sylte	40:18 2	01:18	2:02:47 1	00:00	0	
2	Stjørdals-Blink Orientering lag 1			2:03:36	00:49		
	1 Jon Arne Glomsrud	38:01 1	00:00	38:01 1	00:00		
	2 Bård Solberg	46:35 4	05:27	1:24:36 3	02:07	-2	
	3 Håvard Hågård	39:00 1	00:00	2:03:36 2	00:49	1	
3	Frol IL lag 1			2:07:51	05:04		
	1 Jo Severin Matberg	43:31 4	05:30	43:31 4	05:30		
	2 Gunnar Vatn	41:08 1	00:00	1:24:39 4	02:10	0	
	3 Robert Ressem	43:12 3	04:12	2:07:51 3	05:04	1	
4	OL Trollelg lag 1			2:10:42	07:55		
	1 Roar Skulbørstad	38:05 2	00:04	38:05 2	00:04		
	2 Kjell Baardsgaard	46:27 3	05:19	1:24:32 2	02:03	0	
	3 Dag Ove Tinmannsvik	46:10 4	07:10	2:10:42 4	07:55	-2	
5	Freidig lag 2			2:31:04	28:17		
	1 Sturla Sæther	47:58 5	09:57	47:58 5	09:57		
	2 Arild Heggset	53:58 5	12:50	1:41:56 5	19:27	0	
	3 Arild H Clausen	49:08 5	10:08	2:31:04 5	28:17	0	

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Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
D150							
1	Frol IL lag 1			1:52:27			
	1 Magnhild Forseth	35:09 2	01:03	35:09 2	01:03		
	2 Marit Hæreid Sandstad	40:04 1	00:00	1:15:13 1	00:00	1	
	3 Bente Hovdal Sundsvik	37:14 1	00:00	1:52:27 1	00:00	0	
2	Byåsen IL lag 1			2:10:55	18:28		
	1 Turid Arnesen	35:46 3	01:40	35:46 3	01:40		
	2 Stina Elfving	49:07 2	09:03	1:24:53 2	09:40	1	
	3 Gro Rypdal	46:02 3	08:48	2:10:55 2	18:28	0	
3	Frol IL lag 2			2:11:37	19:10		
	1 Randi Jensen	34:06 1	00:00	34:06 1	00:00		
	2 Anne Midtbust	55:42 3	15:38	1:29:48 3	14:35	-2	
	3 Randi Wold Stavrum	41:49 2	04:35	2:11:37 3	19:10	0	
DSQ	Verdal OK lag 1			00:00			
	1 Kari Sollid	1:28:57	54:51	1:28:57	54:51		DSQ
	2 Astrid Johansen	1:07:41	27:37	2:36:38	1:21:25	0	
	3 Grete Brattaker	1:11:07	33:53	3:47:45	1:55:18	0	
N/C	Nord-Østerdal OK / Tynset IF / lag 1			00:00			
	1 Dagrunn Urseth	40:22	06:16	40:22	06:16		
	2 Helen Schjeldrup	46:10	06:06	1:26:32	11:19	0	
	3 Eldbjørg Kalbakken	44:17	07:03	2:10:49	18:22	0	

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Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
H150							
1	Steinkjer OK lag 1			1:50:57			
	1 Trond Svanøe-Hafstad	38:16 2	00:01	38:16 2	00:01		
	2 Arve Lægran	39:12 2	02:02	1:17:28 2	00:01	0	
	3 Atle Dengerud	33:29 1	00:00	1:50:57 1	00:00	1	
2	Nord-Østerdal OK lag 1			1:53:44	02:47		
	1 Arild Bjarkø	40:17 5	02:02	40:17 5	02:02		
	2 Harald Svergja	37:10 1	00:00	1:17:27 1	00:00	4	
	3 John Svergja	36:17 2	02:48	1:53:44 2	02:47	-1	
3	Frol IL lag 1			2:09:05	18:08		
	1 Arne Grevskott	38:15 1	00:00	38:15 1	00:00		
	2 Olav Martin Indgaard	47:54 4	10:44	1:26:09 3	08:42	-2	
	3 Arild Vassenden	42:56 4	09:27	2:09:05 3	18:08	0	
4	Byåsen IL lag 1			2:16:29	25:32		
	1 Knut Hagen	38:31 4	00:16	38:31 4	00:16		
	2 Eirik Jørum	56:37 6	19:27	1:35:08 6	17:41	-2	
	3 Haakon Arnesen	41:21 3	07:52	2:16:29 4	25:32	2	
5	Stjørdals-Blink Orientering lag 1			2:32:06	41:09		
	1 Jakob Haugen	38:27 3	00:12	38:27 3	00:12		
	2 Tore Solheim	52:51 5	15:41	1:31:18 5	13:51	-2	
	3 Arne Grønlie	1:00:48 5	27:19	2:32:06 5	41:09	0	
6	Verdal OK lag 1			2:59:18	1:08:21		
	1 Tor Ove Hallem	44:43 6	06:28	44:43 6	06:28		
	2 Stein Markhus	43:49 3	06:39	1:28:32 4	11:05	2	
	3 Johannes Sollid	1:30:46 6	57:17	2:59:18 6	1:08:21	-2	
DSQ	Verdal OK lag 2			00:00			
	1 Marius Enes	45:51	07:36	45:51	07:36		DSQ
	2						
	3						

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Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
H175							
1	OL Trollelg lag 1			1:43:33			
	1 Jon Arne Klemetsaune	34:04 2	03:49	34:04 2	03:49		
	2 Bjørn Brenne	37:00 1	00:00	1:11:04 1	00:00	1	
	3 Geir Paulsen	32:29 1	00:00	1:43:33 1	00:00	0	
2	Wing OK lag 1			1:54:13	10:40		
	1 Lars Skrøvseth	37:36 3	07:21	37:36 3	07:21		
	2 Tor Gjermstad	42:10 4	05:10	1:19:46 4	08:42	-1	
	3 Terje Midtbø	34:27 3	01:58	1:54:13 2	10:40	2	
3	OK Nidarøst lag 1			1:54:28	10:55		
	1 Dag Stenersen	30:15 1	00:00	30:15 1	00:00		
	2 Tore Kiste	42:15 5	05:15	1:12:30 2	01:26	-1	
	3 Leif Engen	41:58 4	09:29	1:54:28 3	10:55	-1	
4	Freidig lag 1			1:59:07	15:34		
	1 Nils Olav Vennevik	43:00 6	12:45	43:00 6	12:45		
	2 Jacob Hygen	42:04 3	05:04	1:25:04 5	14:00	1	
	3 Tore Angell-Petersen	34:03 2	01:34	1:59:07 4	15:34	1	
5	OL Trollelg lag 2			2:03:42	20:09		
	1 Øistein Åsmul	40:37 4	10:22	40:37 4	10:22		
	2 Anders Lauglo	38:30 2	01:30	1:19:07 3	08:03	1	
	3 Egil Repvik	44:35 5	12:06	2:03:42 5	20:09	-2	
6	OL Trollelg lag 3			2:16:14	32:41		
	1 Paul Forseth	40:49 5	10:34	40:49 5	10:34		
	2 Stig Arild Haugskott	45:59 7	08:59	1:26:48 6	15:44	-1	
	3 Henry Sundsetvik	49:26 6	16:57	2:16:14 6	32:41	0	
7	Kårvåg IL lag 1			2:18:23	34:50		
	1 Helge Staurnes	44:07 7	13:52	44:07 7	13:52		
	2 Harald K Staurnes	43:12 6	06:12	1:27:19 7	16:15	0	
	3 Asbjørn Utheim	51:04 7	18:35	2:18:23 7	34:50	0	
N/C	Byåsen IL lag 1			00:00			
	1 Bjørn Berger	31:27	01:12	31:27	01:12		
	2 Øystein Wiggen	33:52	-03:08	1:05:19	-05:45	0	
	3 Kjell-Arne Henninen	39:25	06:56	1:44:44	01:11	0	
N/C	Selbu IL lag 1			00:00			
	1 Roar Forbord	34:09	03:54	34:09	03:54		
	2 Jardar Sandstad	44:09	07:09	1:18:18	07:14	0	
	3 Tore Stubbe	46:36	14:07	2:04:54	21:21	0	

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Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
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1	OK Nidarøst lag 1			2:21:33			
	1 Bjørn P. Løvås	42:23 1	00:00	42:23 1	00:00		
	2 Martin Løvås	45:16 1	00:00	1:27:39 1	00:00	0	
	3 Marianne Løvås	53:54 2	07:02	2:21:33 1	00:00	0	
2	Wing OK lag 1			2:31:04	09:31		
	1 Stein-Erik Fleten	54:06 2	11:43	54:06 2	11:43		
	2 Sigrid Bratsberg	50:06 2	04:50	1:44:12 2	16:33	0	
	3 Kjersti Elisabeth Midtbø	46:52 1	00:00	2:31:04 2	09:31	0	
DNS	Stjørdals-Blink Orientering lag 1						
	1						
	2						
	3						
DNS	Verdal OK lag 1						
	1						
	2						
	3						

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Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
DirekteA							
1	Freidig lag 1			53:32			
	1 Olle Malmring	53:32 1	00:00	53:32 1	00:00		
2	Os IL lag 1			55:06	01:34		
	1 Gerard Kort	55:06 2	01:34	55:06 2	01:34		
3	Freidig lag 2			59:03	05:31		
	1 Per Erik Kvam	59:03 3	05:31	59:03 3	05:31		
4	OL Trollelg lag 1			59:11	05:39		
	1 Arve Remmen	59:11 4	05:39	59:11 4	05:39		
5	Os IL lag 1			1:33:13	39:41		
	1 Andrea Myre Johaug	1:33:13 5	39:41	1:33:13 5	39:41		

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Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
DirekteB							
1	Malvik lag 1			32:34			
	1 Hilde Forbord	32:34 1	00:00	32:34 1	00:00		
2	Os IL lag 2			38:02	05:28		
	1 Åse Karin Langbekkhei	38:02 2	05:28	38:02 2	05:28		
3	Os IL lag 1			38:06	05:32		
	1 Synne Meli Narjord	38:06 3	05:32	38:06 3	05:32		
4	Freidig lag 2			38:56	06:22		
	1 Svein Olav Haug	38:56 4	06:22	38:56 4	06:22		
5	Wing OK lag 1			45:51	13:17		
	1 Tone Eidsmo	45:51 5	13:17	45:51 5	13:17		
6	Freidig lag 1			47:39	15:05		
	1 Janne Fossum Malmring	47:39 6	15:05	47:39 6	15:05		
7	OK Nidarøst lag 1			1:21:02	48:28		
	1 Siri H. Augdal	1:21:02 7	48:28	1:21:02 7	48:28		

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Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
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N-åpen

1	Kvikne lag 2			15:50			
	1 Mari Grøtli Sverja	15:50 1	00:00	15:50 1	00:00		
2	Kvikne lag 1			15:54	00:04		
	1 Hanne Grøtli Sverja	15:54 2	00:04	15:54 2	00:04		
3	Frol IL lag 1			25:42	09:52		
	1 Martin Wold Stavrum	25:42 3	09:52	25:42 3	09:52		
4	Freidig lag 3			36:30	20:40		
	1 Ella Sandstad	36:30 4	20:40	36:30 4	20:40		

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Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Status
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