

<b>Harry Lagerts Nattcup 2021</b>				<b># HL-Løp nr 102</b>		
<b>Løp #3 12.10 Østmarkssetra</b>				<b>211 startende</b>		
<b>Løypelegger: Kenneth Buch</b>						
<b>Legendar 3700 m</b>						
<b>Plass</b>	<b>Navn</b>	<b>Organisasjon</b>	<b>Løpstid</b>	<b>Bonus</b>	<b>Off. Tid</b>	<b>Bak</b>
1	Håkon Raadal Bjørlo	NTNUI	0:25:41	0:01:00	0:24:41	0:00:00
2	Morten Jarvis Westergård	Tyrving IL	0:27:14	0:00:40	0:26:34	0:01:53
3	Sander Arntzen	NTNUI	0:28:00	0:00:30	0:27:30	0:02:49
4	Anders Haga	Nydalens SK	0:28:19	0:00:20	0:27:59	0:03:18
5	Simen Aamodt	Nydalens SK	0:29:49	0:00:10	0:28:31	0:03:50
6	Ivar Lundanes	Tyrving IL	0:30:08		0:28:41	0:04:00
7	Torkil Eide Solstad	Nydalens SK	0:30:42		0:28:41	0:04:00
8	Steinar Kollerud	Lillomarka OL	0:31:22		0:28:41	0:04:00
9	Kornelius Kriszat-Løvfald	Nydalens SK	0:32:48		0:28:41	0:04:00
10	Vegard Blomseth Johnsen	Nydalens SK	0:33:05		0:28:41	0:04:00
11	Ivar Aukrust Osmoen	Ås-NMBU Orientering	0:33:36		0:28:41	0:04:00
12	Jostein Svaland Dale	Ås-NMBU Orientering	0:34:21		0:28:41	0:04:00
13	Beat Roth	Nydalens SK	0:38:25		0:28:41	0:04:00
14	Thomas Jakobsen	Nydalens SK	0:39:17		0:28:41	0:04:00
15	Esten Koren	Nydalens SK	0:39:33		0:28:41	0:04:00
16	Tamás Néda	Tyrving IL	0:40:44		0:28:41	0:04:00
17	Anton Kamolz	Post SV Dresden	0:43:25		0:28:41	0:04:00
18	Vegard Line	Nydalens SK	0:50:52		0:28:41	0:04:00
19	Filip Kubina	NOTEAM	0:52:56		0:28:41	0:04:00
20	Jostein Bø Fløystad	Fossum IF	0:58:22		0:28:41	0:04:00
21	Øyvind Haugland	Privat	0:58:25		0:28:41	0:04:00
22	Mikael Olausson	Oslostudentenes IK	1:04:33		0:28:41	0:04:00
23	Øystein Flemming	Årvoll IL	1:09:29		0:28:41	0:04:00
	Sindre Østgulen Deisz	Nydalens SK	DSQ		0:29:11	0:04:30
	Linus Olhans	Ås-NMBU Orientering	DSQ		0:29:11	0:04:30
	Mathias Pedersen Vold	Lillomarka OL	DSQ		0:29:11	0:04:30
<b>Ikke startet</b>					<b>0:29:41</b>	<b>0:05:00</b>
<b>Kari 3700 m</b>						
<b>Plass</b>	<b>Navn</b>	<b>Organisasjon</b>	<b>Løpstid</b>	<b>Bonus</b>	<b>Off. Tid</b>	<b>Bak</b>
1	Kaja Winsnes Nordhagen	Ås-NMBU Orientering	0:36:41	0:01:00	0:35:41	0:00:00
2	Pia Young Vik	Nydalens SK	0:38:13	0:00:40	0:37:33	0:01:52
3	Ingeborg Roll Mosland	Oppsal Orientering	0:39:09	0:00:30	0:38:39	0:02:58
4	Ida Marie Flågen	Heming Orientering	0:46:11	0:00:20	0:39:21	0:03:40
5	Ragnhild Mathea Helmersen	Fet OL	0:47:13	0:00:10	0:39:31	0:03:50
6	Britta Fismen	Fossum IF	0:53:16		0:39:41	0:04:00
7	Elise Wærp Hauge	Nydalens SK	0:53:53		0:39:41	0:04:00
8	Kristin Waage	Årvoll IL	0:55:18		0:39:41	0:04:00
9	Vigdis Hobøl	Oppsal Orientering	0:57:19		0:39:41	0:04:00
10	Katrine Bjordal Veggan	Oppsal Orientering	1:02:37		0:39:41	0:04:00
11	Katarína Kubinová	NOTEAM	1:02:48		0:39:41	0:04:00
12	Hedvig Åstebøl	Tyrving IL	1:03:11		0:39:41	0:04:00
13	Julie Berntzen	Fet OL	1:08:04		0:39:41	0:04:00
<b>Ikke startet</b>					<b>0:40:41</b>	<b>0:05:00</b>

<b>Ola 3700 m</b>							
<b>Plass</b>	<b>Navn</b>	<b>Organisasjon</b>	<b>Løpstid</b>	<b>Bonus</b>	<b>Off. Tid</b>	<b>Bak</b>	
1	Lars-Christian Unger	Nydalens SK	0:26:55	0:01:00	0:25:55	0:00:00	
2	Trond Kortner	Østmarka OK	0:32:28	0:00:40	0:29:15	0:03:20	
3	Sveinung Syversen	Oppsal Orientering	0:33:22	0:00:30	0:29:25	0:03:30	
4	Øystein Pettersen	Nydalens SK	0:33:45	0:00:20	0:29:35	0:03:40	
5	Philip Lehmann Romøren	Fossum IF	0:33:47	0:00:10	0:29:45	0:03:50	
6	Christian Vogelsang	Nydalens SK	0:33:59		0:29:55	0:04:00	
7	Sigurd Rødnes	Oppsal Orientering	0:34:42		0:29:55	0:04:00	
8	Christoffer Ånensen	Oppsal Orientering	0:36:14		0:29:55	0:04:00	
9	Tobias Tronbøl Lium	IL Koll	0:36:53		0:29:55	0:04:00	
10	Eirik Vie Strisland	Fossum IF	0:36:58		0:29:55	0:04:00	
11	Leif Størmer	Fossum IF	0:37:19		0:29:55	0:04:00	
12	Simen Eid Nielsen	Nydalens SK	0:38:17		0:29:55	0:04:00	
13	Axel Aalde	Nydalens SK	0:38:21		0:29:55	0:04:00	
14	Pål Christian Ingierd	Bækkelagets SK	0:38:39		0:29:55	0:04:00	
15	Svein Nygård	Lillomarka OL	0:39:21		0:29:55	0:04:00	
16	Håvard Myhre	Bækkelagets SK	0:39:41		0:29:55	0:04:00	
17	Anders Bjergaard	Nydalens SK	0:39:49		0:29:55	0:04:00	
18	Karl Even Rygh	Heming Orientering	0:39:50		0:29:55	0:04:00	
19	Marius Bakke	Fossum IF	0:40:52		0:29:55	0:04:00	
20	Harald Bakke	Fossum IF	0:41:46		0:29:55	0:04:00	
21	Øystein Holo	Fossum IF	0:42:03		0:29:55	0:04:00	
22	Finn Gjerull Rygh	Nydalens SK	0:42:51		0:29:55	0:04:00	
23	Torbjørn Lundebø	Lillomarka OL	0:43:56		0:29:55	0:04:00	
24	Dag Aalvik	Nydalens SK	0:44:30		0:29:55	0:04:00	
25	Rolf Andreas Berg	Nydalens SK	0:44:54		0:29:55	0:04:00	
26	Anders Håvard Larsen	Nydalens SK	0:47:42		0:29:55	0:04:00	
27	Fredrik Larsen	Indre Østfold OK	0:50:44		0:29:55	0:04:00	
28	Andreas Stenstad	Oppsal Orientering	0:52:39		0:29:55	0:04:00	
29	Frank Åge Kippernes	FFI BIL	0:55:47		0:29:55	0:04:00	
30	Lasse Arnesen	Heming Orientering	1:01:18		0:29:55	0:04:00	
31	Per Ole Dahlsrud	Nydalens SK	1:08:17		0:29:55	0:04:00	
32	Sivert Høilund Dragseth	Fet OL	1:11:06		0:29:55	0:04:00	
	Eskil Brænden	Lillomarka OL	DSQ		0:30:25	0:04:30	
	Olav Eide	Bækkelagets SK	DSQ		0:30:25	0:04:30	
	Sindre Vie Strisland	Fossum IF	DSQ		0:30:25	0:04:30	
<b>Ikke startet</b>					<b>0:30:55</b>	<b>0:05:00</b>	
<b>Lokal 3400 m</b>							
<b>Plass</b>	<b>Navn</b>	<b>Organisasjon</b>	<b>Løpstid</b>	<b>Bonus</b>	<b>Off. Tid</b>	<b>Bak</b>	
1	Jan Tore Henriksen	Nydalens SK	0:28:42	0:01:00	0:27:42	0:00:00	
2	Torstein Hole	Nydalens SK	0:30:54	0:00:40	0:30:14	0:02:32	
3	Per Ola Ulseth	Nydalens SK	0:32:31	0:00:30	0:31:12	0:03:30	
4	Even Angell-Petersen	Nydalens SK	0:32:53	0:00:20	0:31:22	0:03:40	
5	Tom Bergan	Fet OL	0:32:55	0:00:10	0:31:32	0:03:50	
6	Steinar Eastwood	Lillomarka OL	0:32:58		0:31:42	0:04:00	
7	Terje Wiig Mathisen	Nydalens SK	0:34:04		0:31:42	0:04:00	
8	Alexander Smidt Olsen	Nydalens SK	0:34:19		0:31:42	0:04:00	
9	Per Christian Stenshorne	Nydalens SK	0:35:17		0:31:42	0:04:00	
10	Asgeir Lium	Fet OL	0:35:49		0:31:42	0:04:00	
11	Knut Aalde	Nydalens SK	0:36:03		0:31:42	0:04:00	
12	Björn Mo Östgren	IL GeoForm	0:36:04		0:31:42	0:04:00	
13	Heidi Tronbøl	Fet OL	0:36:13		0:31:42	0:04:00	

14	Espen Lunøe	Nydalens SK	0:36:47		0:31:42	0:04:00
15	Carl Erik Wasberg	Oppsal Orientering	0:37:22		0:31:42	0:04:00
16	Stein Blomseth	Lillomarka OL	0:37:40		0:31:42	0:04:00
17	Randi Høiland	Fet OL	0:37:43		0:31:42	0:04:00
18	Endre Stokseth	Nydalens SK	0:38:13		0:31:42	0:04:00
19	Einar Lunøe	Nydalens SK	0:38:15		0:31:42	0:04:00
20	Morten Ødegaard	Lillomarka OL	0:38:41		0:31:42	0:04:00
21	Gaute Skjønhaug	Fet OL	0:38:58		0:31:42	0:04:00
22	Bjørn Hauge	Nydalens SK	0:39:22		0:31:42	0:04:00
23	Vidar Benjaminsen	Lillomarka OL	0:39:44		0:31:42	0:04:00
24	Kjell Winther	Oppsal Orientering	0:40:01		0:31:42	0:04:00
25	Guttorm Egge	IL GeoForm	0:40:20		0:31:42	0:04:00
26	Sigurd Hobøl	Oppsal Orientering	0:40:27		0:31:42	0:04:00
27	Martin Granly	Lillomarka OL	0:40:50		0:31:42	0:04:00
28	Markus Hirsch	Bækkelagets SK	0:41:34		0:31:42	0:04:00
29	Håkon Jendal	Fossum IF	0:41:37		0:31:42	0:04:00
30	Arild Andersen	Oppsal Orientering	0:42:38		0:31:42	0:04:00
31	Toril Hallan	Lillomarka OL	0:42:51		0:31:42	0:04:00
32	Jon Gunnar Henriksen	Rudsbygd IL	0:42:52		0:31:42	0:04:00
33	Hallvard Koren	OK Moss	0:43:59		0:31:42	0:04:00
34	Hans Jevanord	Fossum IF	0:44:20		0:31:42	0:04:00
35	Halvor Songe	Bækkelagets SK	0:44:29		0:31:42	0:04:00
36	Olav Hasaas	Fossum IF	0:44:57		0:31:42	0:04:00
37	Helene Bjørkvold Jendal	Fossum IF	0:45:00		0:31:42	0:04:00
38	Hanne Wærp Hauge	Nydalens SK	0:45:50		0:31:42	0:04:00
39	Richard Zeiner-Gundersen	Lierbygda OL	0:45:53		0:31:42	0:04:00
40	Ingrid Johansen-Barli	Oppsal Orientering	0:45:57		0:31:42	0:04:00
40	John Harald Johansen	Oppsal Orientering	0:46:26		0:31:42	0:04:00
42	Are Eriksen	Oslostudentenes IK	0:46:57		0:31:42	0:04:00
43	Lars Hjermstad	Fossum IF	0:47:02		0:31:42	0:04:00
44	Karl Aasmund Erøy	OK Moss	0:47:21		0:31:42	0:04:00
45	Stein Mella	Oppsal Orientering	0:47:24		0:31:42	0:04:00
46	Ragnar Maalen-Johansen	NOTEAM	0:47:28		0:31:42	0:04:00
47	Fredrik Saugestad	Nydalens SK	0:47:32		0:31:42	0:04:00
48	Sigrid Nermoen	Østmarka OK	0:47:38		0:31:42	0:04:00
49	Eivind Vågsnes	Oppsal Orientering	0:47:46		0:31:42	0:04:00
50	Aksel Eide	Bækkelagets SK	0:48:04		0:31:42	0:04:00
51	Christian Reusch	Heming Orientering	0:48:07		0:31:42	0:04:00
52	Hallvard Fjær	Lillomarka OL	0:48:17		0:31:42	0:04:00
53	Bjørn Christensen	Østmarka OK	0:48:36		0:31:42	0:04:00
54	Bjørn Bendiktsen	Modum OL	0:48:46		0:31:42	0:04:00
55	Peer Stiansen	Nydalens SK	0:48:53		0:31:42	0:04:00
56	Tor Lahlum	Nordre Follo Orientering	0:49:06		0:31:42	0:04:00
57	Per Sandberg	Nydalens SK	0:49:18		0:31:42	0:04:00
58	Anders Flågen	Heming Orientering	0:49:38		0:31:42	0:04:00
59	Ellen Margrete Stubban Hygen	Østmarka OK	0:50:20		0:31:42	0:04:00
60	Øyvind Thømt	Indre Østfold OK	0:50:44		0:31:42	0:04:00
61	Eivind Ruth	VBIL	0:51:14		0:31:42	0:04:00
62	Marianne Njåstein	Tyrving IL	0:51:21		0:31:42	0:04:00
63	Gunnar Halden	Nydalens SK	0:51:21		0:31:42	0:04:00
64	Mari Aarseth	Nydalens SK	0:51:33		0:31:42	0:04:00
65	Hasse Bergstrøm	Tyrving IL	0:51:38		0:31:42	0:04:00
66	Anne Stine Taraldlien	Fet OL	0:51:55		0:31:42	0:04:00
67	Sondre Hafskjold	Nydalens SK	0:52:19		0:31:42	0:04:00

68	Stig Hultgreen Karlsen	IL GeoForm	0:52:52		0:31:42	0:04:00
69	Kjersti Hov	Fossum IF	0:54:15		0:31:42	0:04:00
70	Synne Nordby Hvenekilde	Oppsal Orientering	0:54:23		0:31:42	0:04:00
71	Tor Ringstad	Hedrum OL	0:54:55		0:31:42	0:04:00
72	Magnus Thomassen	Nydalens SK	0:56:32		0:31:42	0:04:00
73	Kjetil Espedal	Nydalens SK	0:56:40		0:31:42	0:04:00
74	Ketil Åstebøl	Oppsal Orientering	0:57:47		0:31:42	0:04:00
75	Morten Rannem	Fossum IF	0:57:59		0:31:42	0:04:00
76	Andreas N Aspelund	Nydalens SK	0:58:13		0:31:42	0:04:00
77	Trond K Nyland	Nydalens SK	0:58:15		0:31:42	0:04:00
78	Selma Tørudbakken Jendal	Fossum IF	0:58:35		0:31:42	0:04:00
79	Hege Feiring	Tyrving IL	0:59:02		0:31:42	0:04:00
80	Ingeborg Øderud	Bækkelaget SK	0:59:09		0:31:42	0:04:00
81	Jan Øyvind Woldene	Fossum IF	0:59:29		0:31:42	0:04:00
82	Erik Thorstensen	IL GeoForm	0:59:30		0:31:42	0:04:00
83	Rasmus Mackenzie	Nydalens SK	0:59:37		0:31:42	0:04:00
84	Vetle Frydenlund Norling	Nydalens SK	0:59:39		0:31:42	0:04:00
85	Eskil Hafskjold	Nydalens SK	1:00:41		0:31:42	0:04:00
86	Jappe Hjelseth	Nydalens SK	1:01:40		0:31:42	0:04:00
87	Torbjørn Nørbech	Ringerike OL	1:02:48		0:31:42	0:04:00
88	Fredrik Steiwer	Lillomarka OL	1:03:49		0:31:42	0:04:00
89	Leif Billingsø	Eidskog OL	1:04:58		0:31:42	0:04:00
90	Tom Rådahl	Tyrving IL	1:05:02		0:31:42	0:04:00
91	Otto Schjølberg-Henriksen	Nydalens SK	1:09:42		0:31:42	0:04:00
92	Audun Sanderud	Lillomarka OL	1:11:42		0:31:42	0:04:00
93	Dag Haugland	Østmarka OK	1:18:29		0:31:42	0:04:00
94	Clara Gram-Knutsen Weisz	Nydalens SK	1:20:38		0:31:42	0:04:00
95	Gjermund Weisz	Nydalens SK	1:21:03		0:31:42	0:04:00
96	Kristian S: Førde	Sveio OL - Orientering	1:21:45		0:31:42	0:04:00
97	Tormod Øvergaard	Vestre Akers SK	1:28:43		0:31:42	0:04:00
	Harald Aulie	Heming Orientering	DSQ		0:32:12	0:04:30
	Trude Fixdal	Heming Orientering	DSQ		0:32:12	0:04:30
	Reidunn Hallan	Lillomarka OL	DSQ		0:32:12	0:04:30
	Linda Hanssen	Østmarka OK	DSQ		0:32:12	0:04:30
	Pål Woldstad Hanssen	Eiker OL	DSQ		0:32:12	0:04:30
	Ståle Heitmann	Fossum IF	DSQ		0:32:12	0:04:30
	Audun Hvenekilde	Oppsal Orientering	DSQ		0:32:12	0:04:30
	Nina Woldene	Fossum IF	DSQ		0:32:12	0:04:30
	Magnus R Jevanord	Fossum IF	DSQ		0:32:12	0:04:30
	Anne Berit Rørlien	Fossum IF	DSQ		0:32:12	0:04:30
	Audrun Utskarpen	IL GeoForm	DSQ		0:32:12	0:04:30
	Petter Halvorsen	Nydalens SK	DSQ		0:32:12	0:04:30
	Sindre Langaas	Nydalens SK	DSQ		0:32:12	0:04:30
	Øyvind Grandum	IL GeoForm	DNF		0:32:12	0:04:30
	<b>Ikke startet</b>				<b>0:32:42</b>	<b>0:05:00</b>
	<b>Rekrutt 2200 m</b>					
	<b>Plass</b>	<b>Navn</b>	<b>Organisasjon</b>	<b>Løpstid</b>		
1	Boye Wangensteen	Lillomarka OL	22:02			
2	Alma Rygh Holten	Nydalens SK	22:11			
3	Alf Hattestad Kristensen	Heming Orientering	23:37			
4	Josefine Oraug Rygh	Nydalens SK	23:37			
5	Jone Rygh Holten	Nydalens SK	23:50			
6	Alfred Holtan Sanderud	Lillomarka OL	24:03			

7	Jonas Hirsch	Bækkelagets SK	26:15			
8	Håkon Fenne Ingierd	Bækkelagets SK	26:15			
9	Birk Bosrup Kvalbein Blyverket	Nydalens SK	26:57			
10	Inka Marte Boldingh Debernard	Nydalens SK	27:13			
11	Bjørn Ivar Nielsen	Tyrving IL	29:24			
12	Boiana Iordanova	Nydalens SK	31:46			
13	Vilma Thomassen	Nydalens SK	33:46			
14	Ulla Lunøe Akselsen	Nydalens SK	33:48			
15	Brage Wergeland Biem	Lillomarka OL	34:00			
16	Tobias Eriksen Andersgaard	Lillomarka OL	34:00			
17	Stian Lillegård	Lillomarka OL	35:10			
18	Mathilde Rekkertbø Koren	Nydalens SK	35:46			
19	Kristine Woldene	Fossum IF	38:19			
20	Maximilian Mackenzie	Nydalens SK	44:05			
21	Silje Taraldlien	Fet OL	47:17			
22	Mathias Baastad Moen	Bækkelagets SK	52:51			
23	Aina Grymyr	Haugerud IF	55:06			
24	Hugo Mackenzie	Nydalens SK	57:50			
25	Rasmus Holm-Adolfson	Bækkelagets SK	1:16:20			
	Elise Hafskjold	Nydalens SK	brutt			