

Romerikssprinten Runde 3

Strekktider

-24.08.2013

Plass Navn

Klasse

Tid

D 13-14 Finale

1	Synne Strand	Asker Skiklubb	08:10						
01:03=	03:01=	03:43=	04:28=	05:10=	05:29=	06:01=	07:06=	07:51=	08:10=
01:03=	01:58=	00:42=	00:45=	00:42=	00:19=	00:32=	01:05=	00:45=	00:19=
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=

2	Agnethe Hasli	Synnfjell OK	08:11						
01:05+	03:03+	03:44+	04:29+	05:12+	05:31+	06:04+	07:07+	07:52+	08:11+
01:05+	01:58=	00:41-	00:45=	00:43+	00:19=	00:33+	01:03-	00:45=	00:19=
00:02+	00:00=	00:01-	00:00=	00:01+	00:00=	00:01+	00:02-	00:00=	00:00=

3	Stine Bratlie	Østmarka OK	08:40						
01:01-	03:06+	03:47+	04:33+	05:19+	05:39+	06:11+	07:20+	08:13+	08:40+
01:01-	02:05+	00:41-	00:46+	00:46+	00:20+	00:32=	01:09+	00:53+	00:27+
00:02-	00:07+	00:01-	00:01+	00:04+	00:01+	00:00=	00:04+	00:08#	00:08&

4	Ingrid Aaslund	Fet OL	08:51						
01:06+	03:03+	03:44+	04:30+	05:17+	05:37+	06:11+	07:29+	08:24+	08:51+
01:06+	01:57-	00:41-	00:46+	00:47+	00:20+	00:34+	01:18+	00:55+	00:27+
00:03+	00:01-	00:01-	00:01+	00:05#	00:01+	00:02+	00:13#	00:10#	00:08&

5	Emma Eithun Paulsen	Nittedal OL	09:06						
01:05+	03:07+	03:49+	04:36+	05:24+	05:46+	06:23+	07:41+	08:38+	09:06+
01:05+	02:02+	00:42=	00:47+	00:48+	00:22+	00:37+	01:18+	00:57+	00:28+
00:02+	00:04+	00:00=	00:02+	00:06#	00:03#	00:05#	00:13#	00:12&	00:09&

6	Tuva Nesheim Flatebakken	IL Tyrving	09:37						
01:09+	03:08+	03:55+	04:46+	05:38+	06:01+	06:54+	08:11+	09:12+	09:37+
01:09+	01:59+	00:47+	00:51+	00:52+	00:23+	00:53+	01:17+	01:01+	00:25+
00:06+	00:01+	00:05#	00:06#	00:10#	00:04#	00:21&	00:12#	00:16&	00:06&

Beste strekktid for klassen

01:01 01:57 00:41 00:45 00:42 00:19 00:32 01:03 00:45 00:19

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D 15-16 Finale

1	Johanne Lægran				Nydalens SK						08:00
01:02=	03:13=	03:48=	04:27=	05:08=	05:24=	05:53=	06:51=	07:38=	08:00=		
01:02=	02:11=	00:35=	00:39=	00:41=	00:16=	00:29=	00:58=	00:47=	00:22=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Oda Lægran				Nydalens SK						08:05
01:03+	03:00=	03:39=	04:21=	05:03=	05:20=	05:52=	06:52+	07:41+	08:05+		
01:03+	01:57=	00:39+	00:42+	00:42+	00:17+	00:32+	01:00+	00:49+	00:24+		
00:01+	00:14=	00:04#	00:03+	00:01+	00:01+	00:03#	00:02+	00:02+	00:02+		
3	Ingrid Nytun Nergård				Nittedal OL						08:16
01:07+	03:01=	03:37=	04:19=	05:02=	05:21=	05:55+	06:59+	07:50+	08:16+		
01:07+	01:54=	00:36+	00:42+	00:43+	00:19+	00:34+	01:04+	00:51+	00:26+		
00:05+	00:17=	00:01+	00:03+	00:02+	00:03#	00:05#	00:06#	00:04+	00:04#		
4	Ingvild C. Fleisje				Nittedal OL						08:24
01:00=	02:57=	03:38=	04:22=	05:06=	05:23=	05:56+	07:06+	07:57+	08:24+		
01:00=	01:57=	00:41+	00:44+	00:44+	00:17+	00:33+	01:10+	00:51+	00:27+		
00:02=	00:14=	00:06#	00:05#	00:03+	00:01+	00:04#	00:12#	00:04+	00:05#		
5	Siri Grandal				IL Tyrving						08:58
01:05+	03:16+	03:58+	04:44+	05:31+	05:49+	06:24+	07:37+	08:31+	08:58+		
01:05+	02:11=	00:42+	00:46+	00:47+	00:18+	00:35+	01:13+	00:54+	00:27+		
00:03+	00:00=	00:07#	00:07#	00:06#	00:02#	00:06#	00:15&	00:07#	00:05#		
6	Kristin Brekke				Lillomarka OL						09:28
00:59=	03:12=	04:14+	05:04+	05:48+	06:08+	06:45+	08:02+	09:02+	09:28+		
00:59=	02:13+	01:02+	00:50+	00:44+	00:20+	00:37+	01:17+	01:00+	00:26+		
00:03=	00:02+	00:27&	00:11&	00:03+	00:04#	00:08&	00:19&	00:13&	00:04#		

Beste strekktid for klassen

00:59 01:54 00:35 00:39 00:41 00:16 00:29 00:58 00:47 00:22

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

D 17 Finale

1	Ingrid Gulbrandsen					Asker Skiklubb						10:15
01:01=	02:29=	04:41=	05:19=	06:03=	06:35=	06:53=	07:28=	07:59=	09:03=	09:49=	10:15=	
01:01=	01:28=	02:12=	00:38=	00:44=	00:32=	00:18=	00:35=	00:31=	01:04=	00:46=	00:26=	
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	
2	Karoline Sønsterudbråten					Raumar Orientering						10:28
01:01=	02:32+	04:38=	05:20+	06:06+	06:37+	06:55+	07:30+	08:02+	09:10+	10:01+	10:28+	
01:01=	01:31+	02:06=	00:42+	00:46+	00:31=	00:18=	00:35=	00:32+	01:08+	00:51+	00:27+	
00:00=	00:03+	00:06=	00:04#	00:02+	00:01=	00:00=	00:00=	00:01+	00:04+	00:05#	00:01+	
3	Astrid Kravdal					Gjø-Vard OL						11:08
01:03+	02:45+	04:51+	05:34+	06:24+	06:59+	07:19+	07:54+	08:29+	09:45+	10:41+	11:08+	
01:03+	01:42+	02:06=	00:43+	00:50+	00:35+	00:20+	00:35=	00:35+	01:16+	00:56+	00:27+	
00:02+	00:14#	00:06=	00:05#	00:06#	00:03+	00:02#	00:00=	00:04#	00:12#	00:10#	00:01+	
4	Kari Strand					Lierbygda OL						11:14
01:04+	02:43+	04:53+	05:36+	06:26+	07:02+	07:23+	08:00+	08:38+	09:54+	10:48+	11:14+	
01:04+	01:39+	02:10=	00:43+	00:50+	00:36+	00:21+	00:37+	00:38+	01:16+	00:54+	00:26=	
00:03+	00:11#	00:02=	00:05#	00:06#	00:04#	00:03#	00:02+	00:07#	00:12#	00:08#	00:00=	
5	Elin Cathrine Hagen-Tafjord					Halden SK						12:11
01:06+	02:41+	04:55+	05:39+	06:31+	07:07+	07:29+	08:08+	08:43+	10:01+	11:12+	12:11+	
01:06+	01:35+	02:14+	00:44+	00:52+	00:36+	00:22+	00:39+	00:35+	01:18+	01:11+	00:59+	
00:05+	00:07+	00:02+	00:06#	00:08#	00:04#	00:04#	00:04#	00:04#	00:14#	00:25&	00:33@	

Beste strekktid for klassen

01:01	01:28	02:06	00:38	00:44	00:31	00:18	00:35	00:31	01:04	00:46	00:26
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H 13-14 Finale

1	Herman Brunborg				Nittedal OL								09:38
01:08=	02:33=	04:25=	05:00=	05:43=	06:12=	06:29=	07:09=	07:38=	08:37=	09:18=	09:38=		
01:08=	01:25=	01:52=	00:35=	00:43=	00:29=	00:17=	00:40=	00:29=	00:59=	00:41=	00:20=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Joar Oldernes				Lillomarka OL								10:02
01:05-	02:28-	04:27+	05:02+	05:41-	06:12=	06:31+	07:10+	07:39+	08:40+	09:19+	10:02+		
01:05-	01:23-	01:59+	00:35=	00:39-	00:31+	00:19+	00:39-	00:29=	01:01+	00:39-	00:43+		
00:03-	00:02-	00:07+	00:00=	00:04-	00:02+	00:02#	00:01-	00:00=	00:02+	00:02-	00:23@		
3	Hans Kristian Stubban Hygen				Østmarka OK								10:06
01:07-	02:32-	04:34+	05:09+	05:48+	06:18+	06:36+	07:15+	07:46+	08:49+	09:39+	10:06+		
01:07-	01:25=	02:02+	00:35=	00:39-	00:30+	00:18+	00:39-	00:31+	01:03+	00:50+	00:27+		
00:01-	00:00=	00:10+	00:00=	00:04-	00:01+	00:01+	00:01-	00:02+	00:04+	00:09#	00:07&		
4	Eirik Høst Fossgard				Lillomarka OL								11:00
01:09+	02:37+	04:42+	05:22+	06:09+	06:40+	07:00+	07:54+	08:32+	09:43+	10:35+	11:00+		
01:09+	01:28+	02:05+	00:40+	00:47+	00:31+	00:20+	00:54+	00:38+	01:11+	00:52+	00:25+		
00:01+	00:03+	00:13#	00:05#	00:04+	00:02+	00:03#	00:14&	00:09&	00:12#	00:11&	00:05#		
5	Lavran Thorstensen				Oppsal Orientering								11:35
01:04-	02:30-	04:40+	05:16+	06:04+	06:38+	06:58+	07:58+	08:34+	09:50+	10:58+	11:35+		
01:04-	01:26+	02:10+	00:36+	00:48+	00:34+	00:20+	01:00+	00:36+	01:16+	01:08+	00:37+		
00:04-	00:01+	00:18#	00:01+	00:05#	00:05#	00:03#	00:20&	00:07#	00:17&	00:27&	00:17&		
6	Andreas Ramberg				Østmarka OK								12:25
01:04-	02:39+	05:08+	06:03+	07:10+	07:43+	08:03+	08:41+	09:30+	10:51+	11:53+	12:25+		
01:04-	01:35+	02:29+	00:55+	01:07+	00:33+	00:20+	00:38-	00:49+	01:21+	01:02+	00:32+		
00:04-	00:10#	00:37&	00:20&	00:24&	00:04#	00:03#	00:02-	00:20&	00:22&	00:21&	00:12&		

Beste strekktid for klassen

01:04 01:23 01:52 00:35 00:39 00:29 00:17 00:38 00:29 00:59 00:39 00:20

= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H 15-16 Finale

1	Anders Haga				Raumar Orientering							09:29
	00:52=	02:19=	04:06=	04:44=	05:24=	06:01=	06:20=	06:50=	07:22=	08:24=	09:09=	09:29=
	00:52=	01:27=	01:47=	00:38=	00:40=	00:37=	00:19=	00:30=	00:32=	01:02=	00:45=	00:20=
	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=
2	Bjørnar Løvli				Asker Skiklubb							10:46
	00:58+	02:27+	04:58+	05:42+	06:29+	07:00+	07:19+	07:51+	08:21+	09:28+	10:21+	10:46+
	00:58+	01:29+	02:31+	00:44+	00:47+	00:31-	00:19=	00:32+	00:30-	01:07+	00:53+	00:25+
	00:06#	00:02+	00:44&	00:06#	00:07#	00:06-	00:00=	00:02+	00:02-	00:05+	00:08#	00:05#
3	Mads Aanes Haugen				Raumar Orientering							14:06
	00:57+	02:26+	07:35+	08:17+	09:28+	09:59+	10:19+	10:57+	11:28+	12:57+	13:44+	14:06+
	00:57+	01:29+	05:09+	00:42+	01:11+	00:31-	00:20+	00:38+	00:31-	01:29+	00:47+	00:22+
	00:05+	00:02+	03:22@	00:04#	00:31&	00:06-	00:01+	00:08&	00:01-	00:27&	00:02+	00:02#

Beste strekktid for klassen

00:52	01:27	01:47	00:38	00:40	00:31	00:19	00:30	00:30	01:02	00:45	00:20
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.

H 17 Finale

1	Sondre Ruud Bråten					Raumar Orientering								13:07	
01:40=	02:51=	04:07=	04:35=	05:24=	08:29=	09:30=	09:58=	10:14=	10:31=	11:01=	12:07=	12:46=	13:07=		
01:40=	01:11=	01:16=	00:28=	00:49=	03:05=	01:01=	00:28=	00:16=	00:17=	00:30=	01:06=	00:39=	00:21=		
00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=	00:00=		
2	Jørgen Frøyd					Larvik OK								13:10	
01:42+	02:52+	04:08+	04:35=	05:21-	08:30+	09:32+	09:57-	10:14=	10:30-	10:57-	12:05-	12:51+	13:10+		
01:42+	01:10-	01:16=	00:27-	00:46-	03:09+	01:02+	00:25-	00:17+	00:16-	00:27-	01:08+	00:46+	00:19-		
00:02+	00:01-	00:00=	00:01-	00:03-	00:04+	00:01+	00:03-	00:01+	00:01-	00:03-	00:02+	00:07#	00:02-		
3	Herman Moe					Fet OL								13:31	
01:44+	02:56+	04:15+	04:42+	05:25+	08:38+	09:38+	10:07+	10:24+	10:42+	11:13+	12:14+	13:04+	13:31+		
01:44+	01:12+	01:19+	00:27-	00:43-	03:13+	01:00-	00:29+	00:17+	00:18+	00:31+	01:01-	00:50+	00:27+		
00:04+	00:01+	00:03+	00:01-	00:06-	00:08+	00:01-	00:01+	00:01+	00:01+	00:01+	00:05-	00:11&	00:06&		
4	Rune Brunborg					Nittedal OL								14:51	
01:57+	03:23+	04:46+	05:18+	06:13+	09:29+	10:37+	11:07+	11:26+	11:46+	12:20+	13:33+	14:27+	14:51+		
01:57+	01:26+	01:23+	00:32+	00:55+	03:16+	01:08+	00:30+	00:19+	00:20+	00:34+	01:13+	00:54+	00:24+		
00:17#	00:15#	00:07+	00:04#	00:06#	00:11+	00:07#	00:02+	00:03#	00:03#	00:04#	00:07#	00:15&	00:03#		

Beste strekktid for klassen

01:40	01:10	01:16	00:27	00:43	03:05	01:00	00:25	00:16	00:16	00:27	01:01	00:39	00:19
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= Som klassevinner , - raskere, + senere, # 10% tap, & 25% tap, @ 100% tap.