

<b>Harry Lagerts Nattcup 2022</b>				<b>Løp # 104</b>			
<b>Løp #1 28.9 Movassbekken</b>				<b>172 Startende</b>			
<b>Løypelegger: Alan Cherry</b>							
<b>Legendar 5 500 m, 30 startende</b>							
<b>Plass</b>	<b>Navn</b>	<b>Organisasjon</b>	<b>Løpstimid</b>	<b>Bonus</b>	<b>Off. Tid</b>	<b>Bak</b>	
1	Bojan Blumenstein	Nydalens SK	0:34:26	0:01:00	0:33:26	0:00:00	
2	Anders Tiltnes Brokstad	Tyrving IL	0:34:38	0:00:40	0:33:58	0:00:32	
3	Halvor Tørnqvist Halden	Nydalens SK	0:34:39	0:00:30	0:34:09	0:00:43	
4	Håkon Raadal Bjørlo	Oppsal Orientering	0:35:07	0:00:20	0:34:47	0:01:21	
5	Karl Fremstad	Tyrving IL	0:37:28	0:00:10	0:37:16	0:03:50	
6	Vegard Blomseth Johnsen	Nydalens SK	0:38:51		0:37:26	0:04:00	
7	Espen Jakobsen	Tyrving IL	0:38:52		0:37:26	0:04:00	
8	Jo Forseth Indgaard	Bækkelagets SK	0:39:16		0:37:26	0:04:00	
9	Anders Haugskott	Ås-NMBU Orientering	0:40:08		0:37:26	0:04:00	
10	Sigurd Melsom	Oppsal Orientering	0:40:34		0:37:26	0:04:00	
11	Halvor Eid Nielsen	Nydalens SK	0:41:03		0:37:26	0:04:00	
12	Sverre Turtur Sandvold	Nydalens SK	0:41:27		0:37:26	0:04:00	
13	Simen Aamodt	Nydalens SK	0:41:31		0:37:26	0:04:00	
14	Einar Melsom	Fossum IF	0:42:03		0:37:26	0:04:00	
15	Torkil Eide Solstad	Nydalens SK	0:42:07		0:37:26	0:04:00	
16	Håkon Fruseth Christiansen	Nydalens SK	0:43:17		0:37:26	0:04:00	
17	Sander Tonjer Fingarsen	Ås-NMBU Orientering	0:43:22		0:37:26	0:04:00	
18	Eirik Kamstrup Hovind	Nydalens SK	0:43:26		0:37:26	0:04:00	
19	Ask Olausen	Oppsal Orientering	0:43:48		0:37:26	0:04:00	
20	Elias Skjolden Sørensen	Lillomarka OL	0:44:22		0:37:26	0:04:00	
21	Simen Eid Nielsen	Nydalens SK	0:45:10		0:37:26	0:04:00	
22	Filip Kubina	Nydalens SK	0:45:12		0:37:26	0:04:00	
23	Mathias Vold	Lillomarka OL	0:47:48		0:37:26	0:04:00	
24	Jostein Svaland Dale	Ås-NMBU Orientering	0:48:53		0:37:26	0:04:00	
25	Esten Koren	Nydalens SK	0:50:07		0:37:26	0:04:00	
26	Gunnar A Fiskum	Tyrving IL	0:51:00		0:37:26	0:04:00	
27	Anton Kamolz	Nydalens SK	0:51:15		0:37:26	0:04:00	
28	Marius Borge Heir	Asker Skiklubb	0:55:01		0:37:26	0:04:00	
29	Rudi B Olsen	Lillomarka OL	1:15:05		0:37:26	0:04:00	
	Mikael Olausson	Oslostudentenes IK			0:37:56	0:04:30	
<b>Ikke startet</b>					<b>0:38:26</b>	<b>0:05:00</b>	
<b>Kari 4 400 m, 15 startende</b>							
<b>Plass</b>	<b>Navn</b>	<b>Organisasjon</b>	<b>Løpstimid</b>	<b>Bonus</b>	<b>Off. Tid</b>	<b>Bak</b>	
1	Helena Karlsson	Nydalens SK	0:34:22	0:01:00	0:33:22	0:00:00	
2	Alice Hugosson	Nydalens SK	0:42:01	0:00:40	0:36:42	0:03:20	
3	Siri Ulvestad	Nydalens SK	0:42:13	0:00:30	0:36:52	0:03:30	
4	Katarína Kubinová	Nydalens SK	0:42:51	0:00:20	0:37:02	0:03:40	
5	Mari Brøndbo Dahl	Ås-NMBU Orientering	0:44:36	0:00:10	0:37:12	0:03:50	
6	Ingeborg Roll Mosland	Oppsal Orientering	0:45:14		0:37:22	0:04:00	
7	Ane Ingeborg Kalbækken	Ås-NMBU Orientering	0:48:06		0:37:22	0:04:00	
8	Helene Scheele	Nydalens SK	0:48:17		0:37:22	0:04:00	
9	Inga Skaarer Wiklund	Nydalens SK	0:51:15		0:37:22	0:04:00	
10	Martine Arntsen Haug	Østmarka OK	0:51:19		0:37:22	0:04:00	
11	Henriette Apenæs Smeby	Nydalens SK	0:51:31		0:37:22	0:04:00	

	12	Ellen Margrete Stubban Hygen	Østmarka OK	0:52:08		0:37:22	0:04:00
	13	Cathrine Sandvik	Raumar Orientering	1:02:32		0:37:22	0:04:00
	14	Hanne Wærp Hauge	Nydalens SK	1:08:47		0:37:22	0:04:00
	15	Mathilde Sønsterudbråten	Lillomarka OL	1:11:07		0:37:22	0:04:00
	<b>Ikke startet</b>					<b>0:38:22</b>	<b>0:05:00</b>
	<b>Ola 4 600 m 29 startende</b>						
	<b>Plass</b>	<b>Navn</b>	<b>Organisasjon</b>	<b>Løpsti</b>	<b>Bonus</b>	<b>Off. Tid</b>	<b>Bak</b>
	1	Jonas Fenne Ingierd	Bækkelagets SK	0:31:57	0:01:00	0:30:57	0:00:00
	2	Christoffer Ånensen	Oppsal Orientering	0:33:14	0:00:40	0:32:34	0:01:37
	3	Øystein Pettersen	Nydalens SK	0:33:20	0:00:30	0:32:50	0:01:53
	4	Magne Jutulstad	Bækkelagets SK	0:33:23	0:00:20	0:33:03	0:02:06
	5	Håvard Myhre	Bækkelagets SK	0:34:54	0:00:10	0:34:44	0:03:47
	6	Sigurd Rødnes	Oppsal Orientering	0:35:38		0:34:57	0:04:00
	7	Dag Aalvik	Nydalens SK	0:35:41		0:34:57	0:04:00
	7	Erik Persson	Oppsal Orientering	0:36:14		0:34:57	0:04:00
	9	Sindre Vie Strisland	Fossum IF	0:36:25		0:34:57	0:04:00
	10	Eskil Sande Gullord	Bækkelagets SK	0:36:56		0:34:57	0:04:00
	11	Håvard Eik	Lillomarka OL	0:37:24		0:34:57	0:04:00
	12	Svein Nygård	Lillomarka OL	0:37:44		0:34:57	0:04:00
	13	Olav Eide	Bækkelagets SK	0:37:52		0:34:57	0:04:00
	14	Lars Ivar Aarseth	Nydalens SK	0:38:42		0:34:57	0:04:00
	15	Sveinung Syversen	Oppsal Orientering	0:40:36		0:34:57	0:04:00
	16	Mathias Benjaminen	Lillomarka OL	0:41:35		0:34:57	0:04:00
	17	Trond Kortner	Østmarka OK	0:42:59		0:34:57	0:04:00
	18	Rune Rystad	Nydalens SK	0:43:57		0:34:57	0:04:00
	19	Pål Christian Ingierd	Bækkelagets SK	0:44:10		0:34:57	0:04:00
	20	Markus Hirsch	Bækkelagets SK	0:44:11		0:34:57	0:04:00
	21	Ask Felland Sætnan	Fossum IF	0:47:30		0:34:57	0:04:00
	22	Stig Heir	Asker Skiklubb	0:47:58		0:34:57	0:04:00
	23	Vetle Frydenlund Norling	Nydalens SK	0:53:12		0:34:57	0:04:00
	24	Eskil Hafskjold	Nydalens SK	0:55:47		0:34:57	0:04:00
	25	Christian Reusch	Heming Orientering	0:56:20		0:34:57	0:04:00
	26	Eivind Ruth	VBIL	0:59:17		0:34:57	0:04:00
	27	Elias Stubberud	Nydalens SK	1:04:57		0:34:57	0:04:00
	28	Didrik Bredesen	Lillomarka OL	1:09:48		0:34:57	0:04:00
		Halvor Aurmo	Heming Orientering	DSQ		0:35:27	0:04:30
	<b>Ikke startet</b>					<b>0:35:57</b>	<b>0:05:00</b>
	<b>Lokal Damer 4 500 m, 20 startende</b>						
	<b>Plass</b>	<b>Navn</b>	<b>Organisasjon</b>	<b>Løpsti</b>	<b>Bonus</b>	<b>Off. Tid</b>	<b>Bak</b>
	1	Maria Jonsson	Nydalens SK	0:44:42	0:01:00	0:43:42	0:00:00
	2	Marianne Njåstein	Tyrving IL	0:45:44	0:00:40	0:45:04	0:01:22
	3	Hege Feiring	Tyrving IL	0:46:32	0:00:30	0:46:02	0:02:20
	4	Kari-Ann Ånensen	Oppsal Orientering	0:47:09	0:00:20	0:46:49	0:03:07
	5	Emma Green	Heming Orientering	0:47:21	0:00:10	0:47:11	0:03:29
	6	Linda Hanssen	Østmarka OK	0:49:59		0:47:42	0:04:00
	7	Solveig Blandkjenn	Tyrving IL	0:51:02		0:47:42	0:04:00
	8	Hanna Mironova	Modum OL	0:51:45		0:47:42	0:04:00
	9	Heidi Tronbøl	Fet OL	0:55:23		0:47:42	0:04:00
	10	Synnøve Lyssand Sandberg	Nydalens SK	0:56:02		0:47:42	0:04:00
	11	Audrun Utskarpen	IL GeoForm	0:58:18		0:47:42	0:04:00
	12	Silje Taraldlien	Fet OL	1:01:15		0:47:42	0:04:00
	13	Trude Fixdal	Heming Orientering	1:01:54		0:47:42	0:04:00

14	Maiken Mo	Nydalens SK	1:03:54		0:47:42	0:04:00	
15	Christine Teig	Nydalens SK	1:04:37		0:47:42	0:04:00	
16	Ingeborg Øderud	Bækkelagets SK	1:08:30		0:47:42	0:04:00	
17	Inka Boldingh Debernard	Nydalens SK	1:19:56		0:47:42	0:04:00	
18	Ulla Lunøe Akselsen	Nydalens SK	1:39:07		0:47:42	0:04:00	
18	Clara Gram-Knutsen Weisz	Nydalens SK	1:39:07		0:47:42	0:04:00	
18	Serin Selvik	Nydalens SK	1:39:07		0:47:42	0:04:00	
<b>Ikke startet</b>					<b>0:48:42</b>	<b>0:05:00</b>	
<b>Lokal Herrer 4 500 m, 61 startende</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	0:36:53	0:01:00	0:35:53	0:00:00	
2	Peter Telle-Hansen	Tyrving IL	0:37:24	0:00:40	0:36:44	0:00:51	
3	Roger Telle-Hansen	Tyrving IL	0:37:42	0:00:30	0:37:12	0:01:19	
4	Asgeir Lium	Fet OL	0:38:17	0:00:20	0:37:57	0:02:04	
5	Erik Paulsrud	IL Koll	0:38:23	0:00:10	0:38:13	0:02:20	
6	Vidar Benjaminsen	Lillomarka OL	0:38:27		0:38:27	0:02:34	
7	Espen Lunøe	Nydalens SK	0:38:57		0:38:57	0:03:04	
8	Karl Even Rygh	Heming Orientering	0:39:04		0:39:04	0:03:11	
9	Janne Kempas	Fossum IF	0:39:06		0:39:06	0:03:13	
10	Christian Grotnes	Tyrving IL	0:40:32		0:39:53	0:04:00	
11	Sigmund Gustav Ølstad	Fet OL	0:40:43		0:39:53	0:04:00	
12	Jo Inge Fjellstad	Ås-NMBU Orientering	0:41:14		0:39:53	0:04:00	
13	Alexander Smidt Olsen	Nydalens SK	0:41:47		0:39:53	0:04:00	
14	Ottar Wiklund	Nydalens SK	0:42:25		0:39:53	0:04:00	
15	Per Christian Stenshorne	Nydalens SK	0:42:39		0:39:53	0:04:00	
16	Sivert Høilund Dragseth	Fet OL	0:42:51		0:39:53	0:04:00	
17	Audun Bjerknes	Måren OK	0:43:13		0:39:53	0:04:00	
18	Gaute Skjønhaug	Fet OL	0:43:46		0:39:53	0:04:00	
19	Ole Kristian Kristensen	Bodø og Omegn IF Orientering	0:44:23		0:39:53	0:04:00	
20	Richard Zeiner-Gundersen	Lierbygda OL	0:44:50		0:39:53	0:04:00	
21	Endre Wigaard	Oppsal Orientering	0:45:02		0:39:53	0:04:00	
22	Kjetil Espedal	Nydalens SK	0:45:35		0:39:53	0:04:00	
23	Boye Wangensteen	Lillomarka OL	0:46:00		0:39:53	0:04:00	
24	Carl Erik Wasberg	Oppsal Orientering	0:46:13		0:39:53	0:04:00	
25	Guttorm Egge	IL GeoForm	0:46:32		0:39:53	0:04:00	
26	Terje Wiig Mathisen	Nydalens SK	0:46:42		0:39:53	0:04:00	
27	Ståle Heitmann	IL GeoForm	0:47:21		0:39:53	0:04:00	
28	Torstein Hole	Nydalens SK	0:47:50		0:39:53	0:04:00	
29	Hallvard Fjær	Lillomarka OL	0:48:06		0:39:53	0:04:00	
30	Bjørn Hauge	Nydalens SK	0:48:47		0:39:53	0:04:00	
31	Gunnar Hope	Modum OL	0:48:55		0:39:53	0:04:00	
32	Magnus R Jevanord	Fossum IF	0:48:57		0:39:53	0:04:00	
33	Lars Hjermstad	Fossum IF	0:49:29		0:39:53	0:04:00	
34	Otto Schjølberg-Henriksen	Nydalens SK	0:50:44		0:39:53	0:04:00	
35	Morten Fredh	OK Moss	0:51:51		0:39:53	0:04:00	
36	Anders Emilsson	Oppsal Orientering	0:52:01		0:39:53	0:04:00	
37	Alfred Holtan Sanderud	Lillomarka OL	0:52:46		0:39:53	0:04:00	
38	Trond K Nyland	Nydalens SK	0:52:47		0:39:53	0:04:00	
39	Tormod Bøe	VBIL	0:52:57		0:39:53	0:04:00	
40	Olav Hasaas	Fossum IF	0:53:22		0:39:53	0:04:00	
41	Hans Jevanord	Fossum IF	0:53:54		0:39:53	0:04:00	
42	Halvor Songe	Bækkelagets SK	0:54:15		0:39:53	0:04:00	
43	Peer Stiansen	Nydalens SK	0:54:46		0:39:53	0:04:00	

44	Andreas N Aspelund	Nydalens SK	0:54:52		0:39:53	0:04:00
45	Sondre Hafskjold	Nydalens SK	0:56:11		0:39:53	0:04:00
46	Fredrik Saugestad	Nydalens SK	0:57:13		0:39:53	0:04:00
47	Magnus Thomassen	Nydalens SK	0:58:40		0:39:53	0:04:00
48	Eirik Tandrevold	Fossum IF	0:59:41		0:39:53	0:04:00
49	Øyvind Grandum	IL GeoForm	0:59:55		0:39:53	0:04:00
50	Bjørn Bendiktsen	Modum OL	0:59:57		0:39:53	0:04:00
51	Are Eriksen	Oslostudentenes IK	0:1:00:26		0:39:53	0:04:00
52	Harald Aulie	Heming Orientering	0:1:02:28		0:39:53	0:04:00
53	Ragnar Maalen-Johansen	NOTEAM	0:1:04:40		0:39:53	0:04:00
54	Audun Sanderud	Lillomarka OL	0:1:04:49		0:39:53	0:04:00
55	Per Ole Dahlsrud	Nydalens SK	0:1:05:27		0:39:53	0:04:00
56	Gjermund Weisz	Nydalens SK	0:1:11:44		0:39:53	0:04:00
57	Ove Martinsen	Hauketo IF	0:1:12:07		0:39:53	0:04:00
58	Stig Hultgreen Karlsen	IL GeoForm	0:1:12:28		0:39:53	0:04:00
59	Dag Haugland	Østmarka OK	0:1:34:21		0:39:53	0:04:00
	Ivar Maalen	Ås-NMBU Orientering	diskvalifisert		0:40:23	0:04:30
	Rasmus Mackenzie	Nydalens SK	diskvalifisert		0:40:23	0:04:30
	<b>Ikke startet</b>				<b>0:40:53</b>	<b>0:05:00</b>