

Harry Lagerts Nattcup 2022				# HL-Løp nr 107		
Løp #3 19.10 Grønliåsen				160 startende		
Løypelegger: Katarina Kubinova og Filip Kubina						
Legendar 3900 m						
Plass	Navn	Klubb	Løpstid	Bonus	Off. Tid	Bak
1	Bojan Blumenstein	Nydalens SK	0:26:01	0:01:00	0:25:01	0:00:00
2	Jonas Madslie Bakken	Nydalens SK	0:26:21	0:00:40	0:25:41	0:00:40
3	Espen Jakobsen	Tyrving IL	0:26:32	0:00:30	0:26:02	0:01:01
4	Eirik Kamstrup Hovind	Nydalens SK	0:26:43	0:00:20	0:26:23	0:01:22
5	Simen Aamodt	Nydalens SK	0:27:43	0:00:10	0:27:33	0:02:32
6	Philip Lehmann Romøren	Fossum IF	0:28:32		0:28:32	0:03:31
7	Matthew Speake	Bækkelagets SK	0:29:05		0:29:01	0:04:00
8	Jonas Espedal	Nydalens SK	0:31:38		0:29:01	0:04:00
9	Sverre Turtur Sandvold	Nydalens SK	0:31:50		0:29:01	0:04:00
10	Emil Ahlbäck	Fossum IF	0:32:17		0:29:01	0:04:00
11	Marius Aamodt	Oppsal Orientering	0:33:28		0:29:01	0:04:00
12	Elias Skjolden Sørensen	Lillomarka OL	0:33:31		0:29:01	0:04:00
13	Sondre Sande Gullord	Bækkelagets SK	0:33:53		0:29:01	0:04:00
14	Håkon Fruseth Christiansen	Nydalens SK	0:34:03		0:29:01	0:04:00
15	Håkon Raadal Bjørlo	Oppsal Orientering	0:34:47		0:29:01	0:04:00
16	Jostein Andersen	Nydalens SK	0:35:01		0:29:01	0:04:00
17	Halvor Eid Nielsen	Nydalens SK	0:35:07		0:29:01	0:04:00
18	Ask Olaussen	Oppsal Orientering	0:36:36		0:29:01	0:04:00
19	Anton Kamolz	Nydalens SK	0:37:56		0:29:01	0:04:00
20	Vegard Jarvis Westergård	Oppsal Orientering	0:41:21		0:29:01	0:04:00
21	Rudi B Olsen	Lillomarka OL	1:00:05		0:29:01	0:04:00
Ikke startet					0:30:01	0:05:00
Kari 3800 m						
Plass	Navn	Klubb	Løpstid	Bonus	Off. Tid	Bak
1	Helena Karlsson	Nydalens SK	0:29:43	0:01:00	0:28:43	0:00:00
2	Kaja Winsnes Nordhagen	Ås-NMBU Orientering	0:32:06	0:00:40	0:31:26	0:02:43
3	Siri Ulvestad	Nydalens SK	0:32:40	0:00:30	0:32:10	0:03:27
4	Alice Hugosson	Nydalens SK	0:36:04	0:00:20	0:32:23	0:03:40
5	Helene Scheele	Nydalens SK	0:37:08	0:00:10	0:32:33	0:03:50
6	Ingeborg Roll Mosland	Oppsal Orientering	0:38:20		0:32:43	0:04:00
7	Mari Brøndbo Dahl	Ås-NMBU Orientering	0:44:38		0:32:43	0:04:00
8	Henriette Apenæs Smeby	Nydalens SK	0:45:51		0:32:43	0:04:00
9	Ane Ingeborg Kalbækken	Ås-NMBU Orientering	0:56:04		0:32:43	0:04:00
10	Maiken Skirstad Mo	Nydalens SK	1:03:32		0:32:43	0:04:00
11	Cathrine Sandvik	Raumar Orientering	1:11:07		0:32:43	0:04:00
Ikke startet					0:33:43	0:05:00
Ola 3800 m						
Plass	Navn	Klubb	Løpstid	Bonus	Off. Tid	Bak
1	Øystein Pettersen	Nydalens SK	0:29:37	0:01:00	0:28:37	0:00:00
2	Tobias Tronbøl Lium	IL Koll	0:29:41	0:00:40	0:29:01	0:00:24
3	Jonas Fenne Ingjerd	Bækkelagets SK	0:30:38	0:00:30	0:30:08	0:01:31
4	Magne Jutulstad	Bækkelagets SK	0:31:55	0:00:20	0:31:35	0:02:58
5	Mathias Benjaminsen	Lillomarka OL	0:32:40	0:00:10	0:32:27	0:03:50

6	Svein Nygård	Lillomarka OL	0:34:43		0:32:37	0:04:00
7	Sondre Ruud Bråten	Nydalens SK	0:36:53		0:32:37	0:04:00
8	Rune Scheele	Nydalens SK	0:37:31		0:32:37	0:04:00
9	Pål Christian Ingjerd	Bækkelagets SK	0:39:51		0:32:37	0:04:00
10	Ole Kjell Langmyren	Lillomarka OL	0:39:56		0:32:37	0:04:00
11	Ask Felland Sætnan	Fossum IF	0:42:57		0:32:37	0:04:00
12	Sigurd Hobøl	Oppsal Orientering	0:52:16		0:32:37	0:04:00
13	Lasse Arnesen	Heming Orientering	0:56:13		0:32:37	0:04:00
14	Didrik Bredesen	Lillomarka OL	0:59:20		0:32:37	0:04:00
15	Eivind Ruth	VBIL	1:05:36		0:32:37	0:04:00
	Aksel Eide	Bækkelagets SK	DSQ		0:33:07	0:04:30
	Elias Stubberud	Nydalens SK	DSQ		0:33:07	0:04:30
	Per Ole Dahlsrud	Nydalens SK	DSQ		0:33:07	0:04:30
	Markus Hirsch	Bækkelagets SK	DSQ		0:33:07	0:04:30
	Håvard Eik	Lillomarka OL	DSQ		0:33:07	0:04:30
	Dag Aalvik	Nydalens SK	DSQ		0:33:07	0:04:30
Ikke startet					0:33:37	0:05:00
Lokal Damer 3500 m						
Plass	Navn	Klubb	Løpstid	Bonus	Off. Tid	Bak
1	Solveig Blandkjenn	Tyrving IL	0:32:20	0:01:00	0:31:20	0:00:00
2	Alma Rygh Holten	Nydalens SK	0:34:41	0:00:40	0:34:01	0:02:41
3	Hanne Wærp Hauge	Nydalens SK	0:34:57	0:00:30	0:34:27	0:03:07
4	Marie Rygh Holten	Nydalens SK	0:35:48	0:00:20	0:35:00	0:03:40
5	Silje Taraldlien	Fet OL	0:36:11	0:00:10	0:35:10	0:03:50
6	Emma Green	Heming Orientering	0:37:52		0:35:20	0:04:00
7	Linda Hanssen	Østmarka OK	0:42:19		0:35:20	0:04:00
8	Maria Jonsson	Nydalens SK	0:44:07		0:35:20	0:04:00
9	Heidi Tronbøl	Fet OL	0:44:54		0:35:20	0:04:00
10	Hege Feiring	Tyrving IL	0:45:40		0:35:20	0:04:00
11	Henni Hattestad Kristensen	Heming Orientering	0:47:13		0:35:20	0:04:00
12	Anne Stine Taraldlien	Fet OL	0:47:16		0:35:20	0:04:00
13	Marianne Njåstein	Tyrving IL	0:47:30		0:35:20	0:04:00
14	Christine Teig	Nydalens SK	0:49:35		0:35:20	0:04:00
15	Mathilde Rekkertbø Koren	Nydalens SK	0:52:01		0:35:20	0:04:00
16	Live R Løberg	Nydalens SK	0:52:40		0:35:20	0:04:00
17	Helle S Boldingh Debernard	Nydalens SK	0:56:45		0:35:20	0:04:00
18	Boiana Iordanova	Nydalens SK	0:56:56		0:35:20	0:04:00
19	Ingeborg Øderud	Bækkelagets SK	0:59:32		0:35:20	0:04:00
20	Ingrid Nerموen	Østmarka OK	1:00:46		0:35:20	0:04:00
21	Nina Woldene	Fossum IF	1:10:10		0:35:20	0:04:00
22	Inka Marte Boldingh Debernard	Nydalens SK	1:11:42		0:35:20	0:04:00
	Ingrid Skaarer	Nydalens SK	DSQ		0:35:50	0:04:30
	Audrun Utskarpen	IL GeoForm	DSQ		0:35:50	0:04:30
	Randi Høilund	Fet OL	DSQ		0:35:50	0:04:30
Ikke startet					0:36:20	0:05:00
Lokal Herrer 3500 m						
Plass	Navn	Klubb	Løpstid	Bonus	Off. Tid	Bak
1	Jan Tore Henriksen	Nydalens SK	0:25:41	0:01:00	0:24:41	0:00:00
2	Jo Inge Fjellstad	Ås-NMBU Orientering	0:26:56	0:00:40	0:26:16	0:01:35
3	Erik Paulsrud	IL Koll	0:26:59	0:00:30	0:26:29	0:01:48
4	Even Angell-Petersen	Nydalens SK	0:28:14	0:00:20	0:27:54	0:03:13
5	Morten Sæue	Nordre Follo Orientering	0:28:15	0:00:10	0:28:05	0:03:24

6	Karl Even Rygh	Heming Orientering	0:28:43		0:28:41	0:04:00
7	Per Ola Ulseth	Nydalens SK	0:28:50		0:28:41	0:04:00
8	Asgeir Lium	Fet OL	0:28:51		0:28:41	0:04:00
9	Serhii Kiziiiov	Oppsal Orientering	0:28:57		0:28:41	0:04:00
10	Torstein Hole	Nydalens SK	0:29:08		0:28:41	0:04:00
11	Olav Hjemsæter	Østmarka OK	0:30:15		0:28:41	0:04:00
12	Vidar Benjaminsen	Lillomarka OL	0:30:18		0:28:41	0:04:00
13	Alexander Smidt Olsen	Nydalens SK	0:31:02		0:28:41	0:04:00
14	Espen Lunøe	Nydalens SK	0:31:12		0:28:41	0:04:00
15	Boye Wangensteen	Lillomarka OL	0:31:22		0:28:41	0:04:00
16	Kristoffer Nesland	Tyrving IL	0:31:37		0:28:41	0:04:00
17	Arne Johannes Løkken	Oppsal Orientering	0:32:38		0:28:41	0:04:00
18	Ståle Sønsterudbråten	Lillomarka OL	0:32:50		0:28:41	0:04:00
19	Carl Erik Wasberg	Oppsal Orientering	0:32:59		0:28:41	0:04:00
20	Bjørn Hauge	Nydalens SK	0:34:35		0:28:41	0:04:00
21	Audun Bjerknes	Måren OK	0:34:41		0:28:41	0:04:00
22	Sivert Høilund Dragseth	Fet OL	0:34:47		0:28:41	0:04:00
23	Tom Bergan	Fet OL	0:35:01		0:28:41	0:04:00
24	Terje Wiig Mathisen	Nydalens SK	0:35:26		0:28:41	0:04:00
25	Gaute Skjønhaug	Fet OL	0:35:28		0:28:41	0:04:00
26	Per Christian Stenshorne	Nydalens SK	0:36:23		0:28:41	0:04:00
27	Fredrik Saugestad	Nydalens SK	0:37:30		0:28:41	0:04:00
28	Øystein Amundrud	Stavanger Orientering	0:37:32		0:28:41	0:04:00
29	Are Eriksen	Oslostudentenes IK	0:37:35		0:28:41	0:04:00
30	Richard Zeiner-Gundersen	Lierbygda OL	0:37:42		0:28:41	0:04:00
31	Gunnar Halden	Nydalens SK	0:38:01		0:28:41	0:04:00
32	Guttorm Egge	IL GeoForm	0:39:13		0:28:41	0:04:00
33	Morten Rannem	Fossum IF	0:39:19		0:28:41	0:04:00
34	Hallvard Fjær	Lillomarka OL	0:40:21		0:28:41	0:04:00
35	Helge Stubberud	Nydalens SK	0:42:57		0:28:41	0:04:00
36	Ove Martinsen	Hauketo IF	0:44:34		0:28:41	0:04:00
37	Ole Kristian Kristensen	Bodø og Omegn IF Ori	0:45:09		0:28:41	0:04:00
38	Alfred Teig	Nydalens SK	0:46:10		0:28:41	0:04:00
39	Eirik Tandrevold	Fossum IF	0:46:18		0:28:41	0:04:00
40	Jan Øyvind Woldene	Fossum IF	0:46:31		0:28:41	0:04:00
41	Kjetil Espedal	Nydalens SK	0:47:36		0:28:41	0:04:00
42	Michael Dähnn	Lillomarka OL	0:49:10		0:28:41	0:04:00
43	Hasse Bergstrøm	Tyrving IL	0:49:20		0:28:41	0:04:00
44	Ståle Heitmann	IL GeoForm	0:49:28		0:28:41	0:04:00
45	Christian Grotnes	Tyrving IL	0:49:50		0:28:41	0:04:00
46	Martin Granly	Lillomarka OL	0:50:20		0:28:41	0:04:00
47	Bjørn Bendiktsen	Modum OL	0:50:34		0:28:41	0:04:00
48	Trond K Nyland	Nydalens SK	0:50:49		0:28:41	0:04:00
49	Andreas N Aspelund	Nydalens SK	0:51:17		0:28:41	0:04:00
50	Alfred Holtan Sanderud	Lillomarka OL	0:51:56		0:28:41	0:04:00
51	Tor Lahlum	Nordre Follo Orienteri	0:51:58		0:28:41	0:04:00
52	Peer Stiansen	Nydalens SK	0:52:43		0:28:41	0:04:00
53	Audun Sanderud	Lillomarka OL	0:53:17		0:28:41	0:04:00
54	Bjørn Christensen	Østmarka OK	0:53:26		0:28:41	0:04:00
55	Lars Hjerme stad	Fossum IF	0:53:59		0:28:41	0:04:00
56	Øyvind Grandum	IL GeoForm	0:55:04		0:28:41	0:04:00
57	Stig Hultgreen Karlsen	IL GeoForm	0:57:30		0:28:41	0:04:00
58	Jon Fredriksen	Hauketo IF	1:03:58		0:28:41	0:04:00
59	Geir Trøan	Nordre Follo Orienteri	1:08:37		0:28:41	0:04:00

60	Morten Ødegaard	Lillomarka OL	1:20:41		0:28:41	0:04:00
61	Dag Haugland	Østmarka OK	1:29:54		0:28:41	0:04:00
	Frode Bakkehøi	Østmarka OK	DSQ		0:29:11	0:04:30
	Pål Woldstad Hanssen	Eiker OL	DSQ		0:29:11	0:04:30
	Magnus Thomassen	Nydalens SK	DSQ		0:29:11	0:04:30
	Otto Schjølberg-Henriksen	Nydalens SK	DSQ		0:29:11	0:04:30
Ikke startet					0:29:41	0:05:00
Rekrutt 2200 m						
Plass		Navn	Organisasjon	Løp	stid	
1	Alf Hattestad Kristensen	Heming Orientering	23:24			
2	Stepan Skvirsky	Oppsal Orientering	26:03			
3	Abel Maubach	Bækkelagets SK	29:10			
4	Håkon Fenne Ingierd	Bækkelagets SK	29:11			
5	Stian Lillegård	Lillomarka OL	33:56			
6	Tobias Eriksen Andersgaard	Lillomarka OL	35:01			
7	Brage Wergeland Biem	Lillomarka OL	35:02			
8	Amund Saugestad	Nydalens SK	39:29			
9	Serin Selvik	Nydalens SK	39:58			
10	Ulla Lunøe Akselsen	Nydalens SK	39:59			
11	Vilma Thomassen	Nydalens SK	42:27			
12	Maria Kollberg Thomassen	NOTEAM	42:31			
13	Ylva Nikolaisen	Nydalens SK	45:27			
14	Sigrid Winge Prytz	Nydalens SK	45:28			
15	Ingrid Bakkehøi	Nydalens SK	58:31			
16	Lilja Moe-Finnesand	Nydalens SK	58:35			
	Jonas Hirsch	Bækkelagets SK	DSQ			