

<b>Harry Lagerts Nattcup 2024</b>			<b>Løp # 116</b>				
<b>Løp #2 9. okt Movassbekken P</b>			<b>191 startende</b>				
<b>Løypelegger: Mathilde R Koren</b>							
<b>Kari 3 800 m, 13 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	Emma Arnesen	NTNUI	0:33:30	0:01:00	0:32:30	0:00:00	
2	Helena Karlsson	Nydalens SK	0:33:59	0:00:40	0:33:19	0:00:49	
3	Anne M Hausken Nordberg	Nydalens SK	0:34:30	0:00:30	0:34:00	0:01:30	
4	Kaja Winsnes Nordhagen	Nydalens SK	0:36:18	0:00:20	0:35:58	0:03:28	
5	Mathea Gløersen	Bækkelagets SK	0:37:13	0:00:10	0:36:20	0:03:50	
6	Oda Scheele	NTNUI	0:38:23		0:36:30	0:04:00	
7	Joelle Meister	Nydalens SK	0:39:37		0:36:30	0:04:00	
8	Hanna Wey	Halden SK	0:39:41		0:36:30	0:04:00	
9	Tone Bergerud Lye	Nydalens SK	0:42:01		0:36:30	0:04:00	
10	Alice Eid	Nydalens SK	0:42:20		0:36:30	0:04:00	
11	Marie Kravdal	Bækkelagets SK	0:48:17		0:36:30	0:04:00	
12	Elise Wærp Hauge	Nydalens SK	0:52:08		0:36:30	0:04:00	
13	Cathrine Sandvik	Raumar Orientering	1:01:23		0:36:30	0:04:00	
<b>Ikke startet</b>					<b>0:37:30</b>	<b>0:05:00</b>	
<b>Legendar 3 800 m, 34 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	Anders Nordberg	Nydalens SK	0:26:47	0:01:00	0:25:47	0:00:00	
2	Herman Ryen Martinsen	Fredrikstad SK	0:27:56	0:00:40	0:27:16	0:01:29	
3	Vegard Jarvis Westergård	Oppsal Orientering	0:28:34	0:00:30	0:28:04	0:02:17	
4	Alastair Thomas	NTNUI	0:28:38	0:00:20	0:28:18	0:02:31	
4	Rasmus Rørholt Theisen	Nydalens SK	0:28:38	0:00:20	0:28:18	0:02:31	
6	Eirik Kamstrup Hovind	Nydalens SK	0:28:47		0:28:47	0:03:00	
7	Simen Aamodt	Nydalens SK	0:29:35		0:29:35	0:03:48	
8	Olai Stensland Lillevold	Oppsal Orientering	0:30:11		0:29:47	0:04:00	
9	Oskar Leinonen	Nydalens SK	0:30:31		0:29:47	0:04:00	
10	Karl Oraug Rygh	Nydalens SK	0:30:49		0:29:47	0:04:00	
11	Sindre Østgulen Deisz	Nydalens SK	0:31:16		0:29:47	0:04:00	
12	Andreas Arntzen Polden	Nydalens SK	0:32:22		0:29:47	0:04:00	
13	Sondre Sande Gullord	Bækkelagets SK	0:32:32		0:29:47	0:04:00	
14	Espen Jakobsen	Tyrving IL	0:32:48		0:29:47	0:04:00	
15	Kasper Bakken Ulseth	Nydalens SK	0:33:11		0:29:47	0:04:00	
16	Mathias Stensland Lillevold	Oppsal Orientering	0:33:48		0:29:47	0:04:00	
17	Markus Hirsch	Bækkelagets SK	0:34:06		0:29:47	0:04:00	
18	Eskil Sande Gullord	Bækkelagets SK	0:34:09		0:29:47	0:04:00	
19	Tobias Alstad	Frol IL	0:34:12		0:29:47	0:04:00	
20	Elias Skjolden Sørensen	Lillomarka OL	0:34:33		0:29:47	0:04:00	
21	Kristian Stenerud	Nydalens SK	0:35:02		0:29:47	0:04:00	
22	Mikael Olausson	Oslostudentenes IK	0:35:14		0:29:47	0:04:00	
23	Filip Kubina	Nydalens SK	0:35:28		0:29:47	0:04:00	
24	Tobias Svarer	Nydalens SK	0:36:23		0:29:47	0:04:00	
25	Lavran Thorstensen	Oppsal Orientering	0:38:47		0:29:47	0:04:00	
26	Rasmus Mackenzie	Nydalens SK	0:39:46		0:29:47	0:04:00	
27	Eskil Hafskjold	Nydalens SK	0:40:59		0:29:47	0:04:00	
28	Emil Friedländer	Nydalens SK	0:41:21		0:29:47	0:04:00	
29	Johan Svedberg	Heming Orientering	0:41:41		0:29:47	0:04:00	

	30	Ludvig Rødnes	Oppsal Orientering		0:44:18		0:29:47	0:04:00
	31	Vegard Line	Nydalens SK		0:46:13		0:29:47	0:04:00
	32	Mathias Vold	Lillomarka OL		0:49:14		0:29:47	0:04:00
	33	Didrik Bredesen	Lillomarka OL		0:50:54		0:29:47	0:04:00
	34	Endre Wigaard	Oppsal Orientering		1:01:53		0:29:47	0:04:00
	<b>Ikke startet</b>						<b>0:30:47</b>	<b>0:05:00</b>
	<b>Ola 3 800 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	Ragnar Tonjer	Haugesund IL Orientering		0:31:30	0:01:00	0:30:30	0:00:00
	2	Øystein Pettersen	Nydalens SK		0:32:36	0:00:40	0:31:56	0:01:26
	2	Are Wigaard	Oppsal Orientering		0:33:03	0:00:30	0:32:33	0:02:03
	4	Mathias Benjaminsen	Lillomarka OL		0:33:56	0:00:20	0:33:36	0:03:06
	5	Anders B. Øksenholt	Nydalens SK		0:34:25	0:00:10	0:34:15	0:03:45
	6	Simen Eid Nielsen	Nydalens SK		0:34:28		0:34:28	0:03:58
	7	Lars-Christian Unger	Nydalens SK		0:34:57		0:34:30	0:04:00
	8	Sondre Hafskjold	Nydalens SK		0:35:05		0:34:30	0:04:00
	9	Sigve Vågsnes	Oppsal Orientering		0:35:49		0:34:30	0:04:00
	10	Håkon Bogason	Lillomarka OL		0:36:15		0:34:30	0:04:00
	11	Dag Aalvik	Nydalens SK		0:36:32		0:34:30	0:04:00
	12	Christian Vogelsang	Nydalens SK		0:37:10		0:34:30	0:04:00
	13	Rune Scheele	Nydalens SK		0:37:13		0:34:30	0:04:00
	14	Tobias Tronbøl Lium	Bækkelagets SK		0:39:27		0:34:30	0:04:00
	15	Viktor Meland-Tangen	Bækkelagets SK		0:39:55		0:34:30	0:04:00
	16	Boye Wangensteen	Lillomarka OL		0:39:56		0:34:30	0:04:00
	17	Runar Hafskjold	Nydalens SK		0:41:46		0:34:30	0:04:00
	18	Martin Ekholt McAdam	NOTEAM		0:43:13		0:34:30	0:04:00
	19	Svein Nygård	Lillomarka OL		0:43:35		0:34:30	0:04:00
	20	Per Øyvind Stene	Nydalens SK		0:44:21		0:34:30	0:04:00
	21	Torbjørn Blom-Hagen	Fossum IF		0:45:40		0:34:30	0:04:00
	22	Maximilian Mackenzie	Nydalens SK		0:47:34		0:34:30	0:04:00
	23	Mikkel Michelsen	Natthauken IL		0:49:35		0:34:30	0:04:00
	24	Johan Michelsen	Natthauken IL		0:49:40		0:34:30	0:04:00
	25	Eivind Vågsnes	Oppsal Orientering		0:50:40		0:34:30	0:04:00
	26	Lorant Farkas	Østmarka OK		0:53:13		0:34:30	0:04:00
	27	Frank Åge Kippernes	Kårvåg IL		0:54:00		0:34:30	0:04:00
	28	Rudi B Olsen	Lillomarka OL		1:06:51		0:34:30	0:04:00
		Niklas Norman	IL GeoForm		DNF		0:35:00	0:04:30
	<b>Ikke startet</b>						<b>0:35:30</b>	<b>0:05:00</b>
	<b>Lokal Damer 3 600 m, 30 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	Kari-Ann Ånensen	Oppsal Orientering		0:39:11	0:01:00	0:38:11	0:00:00
	2	Silje Taraldlien	Fet OL		0:40:28	0:00:40	0:39:48	0:01:37
	3	Mie Fosshaug Weinholdt	Østmarka OK		0:40:28	0:00:30	0:39:58	0:01:47
	4	Hanne Wærp Hauge	Nydalens SK		0:43:36	0:00:20	0:41:51	0:03:40
	5	Ida Berge Gjellestad	Nydalens SK		0:46:00	0:00:10	0:42:01	0:03:50
	6	Selja Boldingh Debernard	Nydalens SK		0:46:27		0:42:11	0:04:00
	7	Ester Møll Nyiri	Nydalens SK		0:46:27		0:42:11	0:04:00
	8	Wilma Stopar	Tyrving IL		0:47:02		0:42:11	0:04:00
	9	Silje Egeberg	Tyrving IL		0:47:03		0:42:11	0:04:00
	10	Juni Gjedrem	Tyrving IL		0:47:06		0:42:11	0:04:00
	11	Inka Marte Boldingh Deberna	Nydalens SK		0:48:12		0:42:11	0:04:00
	12	Audrun Utskarpen	IL GeoForm		0:48:39		0:42:11	0:04:00
	13	Linda Hanssen	Østmarka OK		0:48:52		0:42:11	0:04:00

14	Julie Hjortland	Larvik OK		0:49:10		0:42:11	0:04:00
15	Karoline Heidisdatter Sønsterud	Lillomarka OL		0:50:18		0:42:11	0:04:00
16	Britta Fismen	Fossum IF		0:50:38		0:42:11	0:04:00
17	Heidi Tronbøl	Fet OL		0:51:47		0:42:11	0:04:00
18	Leonie Svensvik	Østmarka OK		0:54:12		0:42:11	0:04:00
19	Boiana Iordanova	Nydalens SK		0:54:14		0:42:11	0:04:00
20	Ann Elin Flågen	Heming Orientering		0:55:21		0:42:11	0:04:00
21	Marianne Njåstein	Tyrving IL		0:55:49		0:42:11	0:04:00
22	Hedda Roald	Oppsal Orientering		0:56:01		0:42:11	0:04:00
23	Anne Stine Taraldlien	Fet OL		1:02:15		0:42:11	0:04:00
24	Maiken Skirstad Mo	Nydalens SK		1:04:50		0:42:11	0:04:00
25	Signe Astrup Arnesen	Heming Orientering		1:05:14		0:42:11	0:04:00
26	Ingrid Bakkehøi	Nydalens SK		1:19:55		0:42:11	0:04:00
27	Ylva Smidt Nikolaisen	Nydalens SK		1:20:49		0:42:11	0:04:00
	Helle S. Boldingh Debernard	Nydalens SK		DNF		0:42:41	0:04:30
	Mari Aarseth	Nydalens SK		DSQ		0:42:41	0:04:30
	Frøya Weum Thorsrud	Nydalens SK		DNF		0:42:41	0:04:30
	<b>Ikke startet</b>					<b>0:43:11</b>	<b>0:05:00</b>
<b>Lokal Herrer 3 600 m, 75 startende</b>							
	<b>Plass</b>	<b>Navn</b>	<b>Organisasjon</b>	<b>Løpsti</b>	<b>Bonus</b>	<b>Off. Tid</b>	<b>18</b>
	1	Harald Bakke	Fossum IF	0:34:35	0:01:00	0:33:35	0:00:00
	2	Oliver Benberg	Bækkelagets SK	0:34:59	0:00:40	0:34:19	0:00:44
	3	Jan Tore Henriksen	Nydalens SK	0:35:18	0:00:30	0:34:48	0:01:13
	4	Einar Lunøe	Nydalens SK	0:35:31	0:00:20	0:35:11	0:01:36
	5	Even Angell-Petersen	Nydalens SK	0:36:57	0:00:10	0:36:47	0:03:12
	6	Andreas N Aspelund	Nydalens SK	0:37:56		0:37:35	0:04:00
	7	Vidar Benjaminsen	Lillomarka OL	0:38:33		0:37:35	0:04:00
	8	Steinar Eastwood	Lillomarka OL	0:39:57		0:37:35	0:04:00
	9	Gaute Skjønhaug	Fet OL	0:41:03		0:37:35	0:04:00
	10	Morten Fismen	Fossum IF	0:41:10		0:37:35	0:04:00
	11	Bjørn Hauge	Nydalens SK	0:41:20		0:37:35	0:04:00
	12	Henning Bratland Carlsen	OK Moss	0:41:28		0:37:35	0:04:00
	13	Sören Jonsson	Nydalens SK	0:42:15		0:37:35	0:04:00
	14	Jonas Hirsch	Bækkelagets SK	0:42:22		0:37:35	0:04:00
	15	Carl Erik Wasberg	Oppsal Orientering	0:42:52		0:37:35	0:04:00
	16	Peder Natvig	IL Koll	0:42:54		0:37:35	0:04:00
	17	Guttorm Egge	IL GeoForm	0:43:00		0:37:35	0:04:00
	18	Alfred Holtan Sanderud	Lillomarka OL	0:43:18		0:37:35	0:04:00
	19	Hallvard Fjær	Lillomarka OL	0:43:29		0:37:35	0:04:00
	20	Øyvind Haugland	Lillomarka OL	0:43:35		0:37:35	0:04:00
	21	Tarjei Hausken Nordberg	Nydalens SK	0:43:45		0:37:35	0:04:00
	22	Christian Grotnes	Tyrving IL	0:43:56		0:37:35	0:04:00
	22	Trond K Nyland	Nydalens SK	0:44:46		0:37:35	0:04:00
	24	Kjetil Espedal	Nydalens SK	0:45:16		0:37:35	0:04:00
	25	Lars Karelius Noer	Brandval/Kongsvinger OK	0:45:16		0:37:35	0:04:00
	26	Tom Bergan	Fet OL	0:47:32		0:37:35	0:04:00
	27	Fredrik Saugestad	Nydalens SK	0:47:40		0:37:35	0:04:00
	27	Erling Melvær Ettestøl	Oppsal Orientering	0:47:57		0:37:35	0:04:00
	29	Martin Granly	Lillomarka OL	0:48:35		0:37:35	0:04:00
	30	Morten Ødegaard	Lillomarka OL	0:48:46		0:37:35	0:04:00
	31	Pål Christian Ingierd	Bækkelagets SK	0:49:14		0:37:35	0:04:00
	32	Are Eriksen	Oslostudentenes IK	0:49:16		0:37:35	0:04:00
	33	Jon Gunnar Henriksen	Rudsbygd IL	0:49:27		0:37:35	0:04:00
	34	Per Ola Ulseth	Nydalens SK	0:49:47		0:37:35	0:04:00

35	Lasse Arnesen	Heming Orientering		0:50:04		0:37:35	0:04:00
36	Harald Iwe	IL GeoForm		0:50:18		0:37:35	0:04:00
37	Per Christian Stenshorne	Nydalens SK		0:50:43		0:37:35	0:04:00
38	Alexander Smidt Olsen	Nydalens SK		0:51:12		0:37:35	0:04:00
39	Anders Emilsson	Oppsal Orientering		0:51:19		0:37:35	0:04:00
40	Ståle Heitmann	IL GeoForm		0:51:21		0:37:35	0:04:00
41	Sindre Langaas	Nydalens SK		0:51:36		0:37:35	0:04:00
42	Hallvard Koren	OK Moss		0:51:49		0:37:35	0:04:00
43	Oskar Stene	Nydalens SK		0:51:57		0:37:35	0:04:00
44	Amund Saugestad	Nydalens SK		0:52:17		0:37:35	0:04:00
45	Karl Rikard Løvhaug	IL Koll		0:52:21		0:37:35	0:04:00
46	Hugo Mackenzie	Nydalens SK		0:52:29		0:37:35	0:04:00
47	Håkon Fenne Ingierd	Bækkelagets SK		0:53:02		0:37:35	0:04:00
48	Terje Wiig Mathisen	Nydalens SK		0:53:09		0:37:35	0:04:00
49	Andreas Erichsen	Nydalens SK		0:53:09		0:37:35	0:04:00
50	Peer Stiansen	Nydalens SK		0:54:22		0:37:35	0:04:00
51	Gjermund Weisz	Nydalens SK		0:54:35		0:37:35	0:04:00
52	Anders Flågen	Heming Orientering		0:54:54		0:37:35	0:04:00
53	Peter Klaveness	Nydalens SK		0:55:37		0:37:35	0:04:00
54	Richard Zeiner-Gundersen	Lierbygda OL		0:55:48		0:37:35	0:04:00
55	Sigurd Bjella Unneberg	Oppsal Orientering		0:56:03		0:37:35	0:04:00
56	Per Sandberg	Nydalens SK		0:56:09		0:37:35	0:04:00
57	Andreas Ramberg	Østmarka OK		0:56:25		0:37:35	0:04:00
58	Nils Nikolaisen	Oppsal Orientering		0:56:54		0:37:35	0:04:00
59	Øystein Flenning	Årvoll IL		0:58:57		0:37:35	0:04:00
60	Audun Sanderud	Lillomarka OL		1:00:14		0:37:35	0:04:00
61	Pål Woldstad Hanssen	Eiker OL		1:00:32		0:37:35	0:04:00
62	Ove Martinsen	Hauketo IF		1:01:48		0:37:35	0:04:00
63	Stig Hultgreen Karlsen	IL GeoForm		1:02:39		0:37:35	0:04:00
64	Hasse Bergstrøm	Tyrving IL		1:03:09		0:37:35	0:04:00
65	Ragnar Maalen-Johansen	NOTEAM		1:04:02		0:37:35	0:04:00
66	Øyvind Grandum	IL GeoForm		1:04:55		0:37:35	0:04:00
67	Anders Kløvstad	Nydalens SK		1:05:21		0:37:35	0:04:00
68	Jappe Hjelseth	Nydalens SK		1:09:26		0:37:35	0:04:00
69	Bjørn Bendiktsen	Modum OL		1:10:12		0:37:35	0:04:00
70	Vegard Bendiktsen	Modum OL		1:23:40		0:37:35	0:04:00
71	Erik Høivold	Nydalens SK		1:25:56		0:37:35	0:04:00
72	Dag Haugland	Østmarka OK		1:45:56		0:37:35	0:04:00
	Inge Ramberg	Østmarka OK		DSQ		0:38:05	0:04:30
	Per-Ivar Nikolaisen	Oppsal Orientering		DNF		0:38:05	0:04:30
	Petter Halvorsen	Nydalens SK		DSQ		0:38:05	0:04:30
	<b>Ikke startet</b>					<b>0:38:35</b>	<b>0:05:00</b>

### Rekrutt 2,000 m 15 startende

Plass	Navn	Organisasjon	Løpsti
1	Mikal Startnes	NOTEAM	0:31:44
2	Abel Maubach	Bækkelagets SK	0:31:45
3	Brigt Møll Nyiri	Nydalens SK	0:43:43
4	Mikkel Holte	Nydalens SK	0:43:55
5	Hans Lye	Nydalens SK	0:44:28
6	Tonje Haugen	NOTEAM	0:58:34
7	Amalie Tonjer	Nydalens SK	1:01:29
8	Linde Tonjer	Nydalens SK	1:01:30
9	Tina Bakkehøi	Nydalens SK	1:01:30
10	Amalie Haugland	NOTEAM	1:07:33