

<b>Harry Lagerts Nattcup 2023</b>				<b># HL-Løp nr 117</b>		
<b>Løp #3 16.10 Grønmo</b>				<b>180 Startende</b>		
<b>Løypelegger: Jostein Andersen</b>						
<b>Kari 3500 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	Helena Karlsson	Nydalens SK	0:29:24	0:01:00	0:28:24	0:00:00
2	Oda Scheele	NTNUI	0:29:52	0:00:40	0:29:12	0:00:48
3	Emma Arnesen	NTNUI	0:31:03	0:00:30	0:30:33	0:02:09
4	Anne M Hausken Nordberg	Nydalens SK	0:32:19	0:00:20	0:31:59	0:03:35
5	Joelle Meister	Nydalens SK	0:33:26	0:00:10	0:32:14	0:03:50
6	Karoline Brevig Aune	Oppsal Orientering	0:34:48		0:32:24	0:04:00
7	Hanna Wey	Halden Sk	0:35:31		0:32:24	0:04:00
8	Mathea Gløersen	Bækkelagets SK	0:35:33		0:32:24	0:04:00
9	Tone Bergerud Lye	Nydalens SK	0:41:41		0:32:24	0:04:00
10	Mathilde R Koren	Nydalens SK	0:44:24		0:32:24	0:04:00
11	Marie Scheele	Nydalens SK	0:45:22		0:32:24	0:04:00
12	Cathrine Sandvik	Raumar Orientering	0:47:52		0:32:24	0:04:00
<b>Ikke startet</b>					<b>0:33:24</b>	<b>0:05:00</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	Sindre Østgulen Deisz	Nydalens SK	0:23:51	0:01:00	0:22:51	0:00:00
2	Anders Vister	Bækkelagets SK	0:25:11	0:00:40	0:24:31	0:01:40
3	Isak Jonsson	NTNUI	0:25:19	0:00:30	0:24:49	0:01:58
4	Alastair Thomas	NTNUI	0:25:24	0:00:20	0:25:04	0:02:13
5	Eirik Kamstrup Hovind	Nydalens SK	0:25:28	0:00:10	0:25:18	0:02:27
6	Herman Ryen Martinsen	Fredrikstad SK	0:26:15		0:26:15	0:03:24
7	Rasmus Rørholt Theisen	Nydalens SK	0:26:57		0:26:51	0:04:00
8	Espen Jakobsen	Tyrving IL	0:27:51		0:26:51	0:04:00
9	Oskar Leinonen	Nydalens SK	0:27:53		0:26:51	0:04:00
10	Torkid Eide Solstad	Nydalens SK	0:27:54		0:26:51	0:04:00
11	Simen Aamodt	Nydalens SK	0:28:33		0:26:51	0:04:00
12	Tarjei Holo	Fossum IF	0:28:39		0:26:51	0:04:00
13	Håkon Fruseth Christiansen	Nydalens SK	0:28:59		0:26:51	0:04:00
14	Kristian Stenerud	Nydalens SK	0:29:18		0:26:51	0:04:00
15	Karl Oraug Rygh	Nydalens SK	0:29:21		0:26:51	0:04:00
16	Kasper Bakken Ulseth	Nydalens SK	0:30:56		0:26:51	0:04:00
17	Filip Kubina	Nydalens SK	0:31:05		0:26:51	0:04:00
18	Andreas Arntzen Polden	Nydalens SK	0:31:21		0:26:51	0:04:00
19	Sondre Sande Gullord	Bækkelagets SK	0:32:28		0:26:51	0:04:00
20	Vegard Ruttenborg	Kamp/Vestheim IF	0:32:59		0:26:51	0:04:00
21	Mikael Olausson	Oslostudentenes IK	0:33:14		0:26:51	0:04:00
22	Esten Koren	Nydalens SK	0:33:45		0:26:51	0:04:00
23	Mathias Stenslaand Lillevold	Oppsal Orientering	0:34:22		0:26:51	0:04:00
24	Elias Skjolden Sørensen	Lillomarka OL	0:35:40		0:26:51	0:04:00
25	Emil Friedländer	Nydalens SK	0:35:56		0:26:51	0:04:00
26	Tobias Svarer	Nydalens SK	0:40:59		0:26:51	0:04:00
27	Lavran Thorstensen	Oppsal Orientering	0:42:50		0:26:51	0:04:00
28	Vegard Line	Nydalens SK	0:44:36		0:26:51	0:04:00
29	Didrik Bredesen	Lillomarka OL	0:46:08		0:26:51	0:04:00

30	Rasmus Mackenzie	Nydalens SK	0:49:14		0:26:51	0:04:00
	Markus Hirsch	Bækkelagets SK	DSQ		0:27:21	0:04:30
	Ludvig Rødnes	Oppsal Orientering	DSQ		0:27:21	0:04:30
	Anders Nordberg	Nydalens SK	DSQ		0:27:21	0:04:30
<b>Ikke startet</b>					<b>0:27:51</b>	<b>0:05:00</b>
<b>Ola 3500 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	Anders Brokstad	Tyrving IL	0:26:00	0:01:00	0:25:00	0:00:00
2	Ola Marius Pedersen	Oppsal Orientering	0:27:30	0:00:40	0:26:50	0:01:50
3	Are Wigaard	Oppsal Orientering	0:28:04	0:00:30	0:27:34	0:02:34
4	Simen Eid Nielsen	Nydalens SK	0:29:59	0:00:20	0:28:40	0:03:40
5	Sondre Hafskjold	Nydalens SK	0:30:34	0:00:10	0:28:50	0:03:50
6	Tobias Tronbøl Lium	Bækkelagets SK	0:31:38		0:29:00	0:04:00
7	Lars-Christian Unger	Nydalens SK	0:31:45		0:29:00	0:04:00
8	Dag Aalvik	Nydalens SK	0:32:27		0:29:00	0:04:00
9	Viktor Meland-Tangen	Bækkelagets SK	0:32:57		0:29:00	0:04:00
10	Christian Vogelsang	Nydalens SK	0:34:08		0:29:00	0:04:00
11	Torbjørn Blom Hagen	Fossum IF	0:34:11		0:29:00	0:04:00
12	Bjørn Erik Glomsrud	Indre Østfold OK	0:34:17		0:29:00	0:04:00
13	Martin Ekholt McAdam	NOTEAM	0:34:29		0:29:00	0:04:00
14	Runar Hafskjold	Nydalens SK	0:35:15		0:29:00	0:04:00
15	Kristoffer Jacobsen	Tyrving IL	0:36:32		0:29:00	0:04:00
16	Jacob Finstad Land	Tyrving IL	0:40:19		0:29:00	0:04:00
17	Per Øyvind Stene	Nydalens SK	0:40:41		0:29:00	0:04:00
18	Thor Mella	Oppsal Orientering	0:42:08		0:29:00	0:04:00
19	Alfred Teig	Nydalens SK	0:45:16		0:29:00	0:04:00
20	Lorant Farkas	Østmarka OK	0:46:04		0:29:00	0:04:00
21	Eivind Vågsnes	Oppsal Orientering	0:47:53		0:29:00	0:04:00
22	Mikhail Martemyanov	Asker Skiklubb	0:48:30		0:29:00	0:04:00
23	Maximilian Mackenzie	Nydalens SK	0:49:27		0:29:00	0:04:00
24	Frank Åge Kippernes	Kårvåg IL	0:52:52		0:29:00	0:04:00
25	Rudi B Olsen	Lillomarka OL	0:55:32		0:29:00	0:04:00
	Sigve Vågsnes	Oppsal Orientering	DSQ		0:29:30	0:04:30
<b>Ikke startet</b>					<b>0:30:00</b>	<b>0:05:00</b>
<b>Lokal Damer 3300 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	Wilma Stopar	Tyrving IL	0:36:43	0:01:00	0:35:43	0:00:00
2	Sije Egeberg	Tyrving IL	0:36:44	0:00:40	0:36:04	0:00:21
3	Julia Malathi Brox Rayamajhi	Oppsal Orientering	0:37:04	0:00:30	0:36:34	0:00:51
4	Ingrid Bakkehøi	Nydalens SK	0:37:34	0:00:20	0:37:14	0:01:31
5	Live Robøle Løberg	Nydalens SK	0:39:51	0:00:10	0:39:33	0:03:50
6	Mari Aarseth	Nydalens SK	0:40:40		0:39:43	0:04:00
7	Mie Fosshaug Weinholdt	Østmarka OK	0:41:23		0:39:43	0:04:00
8	Silje Taraldlien	Fet OL	0:41:23		0:39:43	0:04:00
9	Audrun Utskarpen	IL GeoForm	0:42:11		0:39:43	0:04:00
10	Maria Jonsson	Nydalens SK	0:44:24		0:39:43	0:04:00
11	Varvara Martemianova	Asker Skiklubb	0:44:56		0:39:43	0:04:00
12	Ingeborg R Koren	Nydalens SK	0:45:26		0:39:43	0:04:00
13	Celine Kjenseth	Heming Orientering	0:48:46		0:39:43	0:04:00
14	Sine Wallberg	Heming Orientering	0:48:48		0:39:43	0:04:00
15	Linda Hanssen	Østmarka OK	0:49:45		0:39:43	0:04:00

16	Anne Stine Taraldlien	Fet OL	0:49:46		0:39:43	0:04:00
17	Ida Berge Gjellestad	Nydalens SK	0:50:27		0:39:43	0:04:00
18	Tiril Jacobsen	Tyrving IL	0:53:15		0:39:43	0:04:00
19	Leonie Svensvik	Østmarka OK	0:57:55		0:39:43	0:04:00
20	Boiana Iordanova	Nydalens SK	0:57:57		0:39:43	0:04:00
21	Marte Krohn Mørland	Oppsal Orientering	0:59:03		0:39:43	0:04:00
22	Ingeborg Røhjell	Oppsal Orientering	0:59:06		0:39:43	0:04:00
23	Ylva Smidt Nikolaisen	Nydalens SK	0:59:43		0:39:43	0:04:00
24	Helle S: Boldingh Debernard	Nydalens SK	1:04:08		0:39:43	0:04:00
25	Maiken Skirstad Mo	Nydalens SK	1:05:39		0:39:43	0:04:00
26	Jenny Mackenzie	Nydalens SK	1:21:19		0:39:43	0:04:00
	Ann Elin Flågen	Heming Orientering	DSQ		0:40:13	0:04:30
	Kari-Ann Ånensen	Oppsal Orientering	DSQ		0:40:13	0:04:30
	Kaisu Kolehmainen	Nydalens SK	DSQ		0:40:13	0:04:30
<b>Ikke startet</b>					<b>0:40:43</b>	<b>0:05:00</b>
<b>Lokal Herrer 3300 m</b>						
<b>Plass</b>	<b>Navn</b>	<b>Organisasjon</b>	<b>Løpsti</b>	<b>Bonus</b>	<b>Off. Tid</b>	<b>Bak</b>
1	Harald Bakke	Fossum IF	0:30:16	0:01:00	0:29:16	0:00:00
2	Einar Lunøe	Nydalens SK	0:31:53	0:00:40	0:31:13	0:01:57
3	Arne Dybdahl	Lillomarka OL	0:35:47	0:00:30	0:32:46	0:03:30
4	Per Christian Stenshorne	Nydalens SK	0:36:20	0:00:20	0:32:56	0:03:40
5	Vidar Benjaminsen	Lillomarka OL	0:36:27	0:00:10	0:33:06	0:03:50
6	Even Angell-Petersen	Nydalens SK	0:36:50		0:33:16	0:04:00
7	Øystein Holo	Fossum IF	0:37:01		0:33:16	0:04:00
8	Carl Erik Wasberg	Oppsal Orientering	0:37:01		0:33:16	0:04:00
9	Amund Saugestad	Nydalens SK	0:37:05		0:33:16	0:04:00
10	Jan Tore Henriksen	Nydalens SK	0:37:13		0:33:16	0:04:00
11	Henning Bratland Carlsen	OK Moss	0:37:22		0:33:16	0:04:00
12	Alexander Smidt Olsen	Nydalens SK	0:38:44		0:33:16	0:04:00
13	Oliver Benberg	Bækkelagets SK	0:38:49		0:33:16	0:04:00
14	Christian Grotnes	Tyrving IL	0:38:58		0:33:16	0:04:00
15	Bjørn Hauge	Nydalens SK	0:39:00		0:33:16	0:04:00
16	Guttorm Egge	IL GeoForm	0:39:15		0:33:16	0:04:00
17	Lars Karelius Noer	Brandval / Kongsvinge	0:40:44		0:33:16	0:04:00
18	Gaute Skjønhaug	Fet OL	0:41:46		0:33:16	0:04:00
19	Erling Melvær Ettestøl	Oppsal Orientering	0:42:15		0:33:16	0:04:00
20	Sören Jonsson	Nydalens SK	0:42:17		0:33:16	0:04:00
21	Ståle Heitmann	IL GeoForm	0:42:55		0:33:16	0:04:00
22	Jan Sverre Edstrøm	Bækkelagets SK	0:43:12		0:33:16	0:04:00
23	Lasse Arnesen	Heming Orientering	0:43:30		0:33:16	0:04:00
24	Kjetil Espedal	Nydalens SK	0:44:17		0:33:16	0:04:00
25	Lasse Simonsen	Oppsal Orientering	0:44:44		0:33:16	0:04:00
26	Øystein Flenning	Årvoll IL	0:44:51		0:33:16	0:04:00
27	Martin Granly	Lillomarka OL	0:44:55		0:33:16	0:04:00
28	Richard Zeiner-Gundersen	Lierbygda OL	0:44:58		0:33:16	0:04:00
29	Stein Mella	Oppsal Orientering	0:45:12		0:33:16	0:04:00
30	Håkon Fenne Ingierd	Bækkelagets SK	0:45:28		0:33:16	0:04:00
31	Tarjei Hausken Nordberg	Nydalens SK	0:45:45		0:33:16	0:04:00
32	Hallvard Fjær	Lillomarka OL	0:46:00		0:33:16	0:04:00
33	Oskar Stene	Nydalens SK	0:46:38		0:33:16	0:04:00
34	Gunnar Halden	Nydalens SK	0:46:48		0:33:16	0:04:00
35	Hugo Mackenzie	Nydalens SK	0:47:08		0:33:16	0:04:00
36	Fredrik Saugestad	Nydalens SK	0:47:55		0:33:16	0:04:00

37	Thomas Johansson	Heming Orientering	0:48:36		0:33:16	0:04:00
38	Morten Ødegaard	Lillomarka OL	0:48:37		0:33:16	0:04:00
39	Andreas Erichsen	Nydalens SK	0:50:26		0:33:16	0:04:00
40	Karl Aasmund Erøy	OK Moss	0:50:31		0:33:16	0:04:00
40	Pål Christian Ingierd	Bækkelagets SK	0:50:38		0:33:16	0:04:00
42	Gjermund Weisz	Nydalens SK	0:53:30		0:33:16	0:04:00
43	Bjørn Bendiktsen	Modum OL	0:54:18		0:33:16	0:04:00
44	Trond K Nyland	Nydalens SK	0:55:12		0:33:16	0:04:00
45	Anders Kløvstad	Nydalens SK	0:55:58		0:33:16	0:04:00
46	Torstein Hole	Nydalens SK	0:56:11		0:33:16	0:04:00
47	Terje Wiig Mathisen	Nydalens SK	0:56:26		0:33:16	0:04:00
48	Ove Martinsen	Hauketo IF	0:56:39		0:33:16	0:04:00
49	Pål Woldstad Hanssen	Eiker OL	1:00:42		0:33:16	0:04:00
50	Jon Gunnar Henriksen	Rudsbygd IL	1:00:43		0:33:16	0:04:00
51	Peer Stiansen	Nydalens SK	1:02:09		0:33:16	0:04:00
52	Øyvind Grandum	IL GeoForm	1:04:40		0:33:16	0:04:00
53	Ragnar Maalen-Johansen	NOTEAM	1:06:23		0:33:16	0:04:00
54	Ketil Åstebøl	Oppsal Orientering	1:13:47		0:33:16	0:04:00
55	Erik Høivold	Nydalens SK	1:15:58		0:33:16	0:04:00
56	Dag Haugland	Østmarka OK	1:25:31		0:33:16	0:04:00
57	Henning Bragge	Stokke IL	1:31:29		0:33:16	0:04:00
58	Per Ole Dahlsrud	Nydalens SK	1:00:00		0:33:16	0:04:00
	Stig Hultgreen Karlsen	IL GeoForm	DSQ		0:33:46	0:04:30
	Anders Flågen	Heming Orientering	DSQ		0:33:46	0:04:30
	Peter Klaveness	Nydalens SK	DSQ		0:33:46	0:04:30
	Hasse Bergstrøm	Tyrving IL	DSQ		0:33:46	0:04:30
	Øystein Kildahl	Østmarka OK	DSQ		0:33:46	0:04:30
	Øyvind Haugland	Lillomarka OL	DSQ		0:33:46	0:04:30
	Steinar Eastwood	Lillomarka OL	DSQ		0:33:46	0:04:30
	Lars Audun Vold	Lillomarka OL	DSQ		0:33:46	0:04:30
	Espen Lunøe	Nydalens SK	DSQ		0:33:46	0:04:30
	Hallvard Koren	OK Moss	DSQ		0:33:46	0:04:30
	Endre Stokseth	Nydalens SK	DSQ		0:33:46	0:04:30
	Karl Rikard Løvhaug	IL Koll	DSQ		0:33:46	0:04:30
	<b>Ikke startet</b>				<b>0:34:16</b>	<b>0:05:00</b>
	<b>Rekrutt 2300 m</b>					
	<b>Plass</b>	<b>Navn</b>	<b>Organisasjon</b>	<b>Løpstid</b>		
1	Abel Maubach	Bækkelagets SK	28:30			
2	Vera Chvalova	ZTC Západočeské spor	32:16			
3	Ondrej Vanatko	NOTEAM	32:54			
4	Johanne Ragvin Rystad	Nydalens SK	34:56			
5	Linde Tonjer	Nydalens SK	35:59			
6	Tina Bakkehøi	Nydalens SK	36:35			
7	Sigrid Hausken Nordberg	Nydalens SK	38:21			
8	Kari Schjølberg-Henriksen	Nydalens SK	43:24			
9	Hans Lye	Nydalens SK	DSQ			
10	Mikkel Holte	Nydalens SK	DSQ			