

Oslos Bratteste,03.10.2009

D 12-13

- 1,Ina Piene Børstad, Heming, 24:22,
- 2,Astrid Fiskum, Il Tyrving, 30:47,
- 3,Elisabeth Mo, Moss Ck, 35:03,

D 14-15

- 1,Heidi Mårtensson, Modum Fik, 22:30,
- 2,Nora Ugland, Nittedal Il, 24:17,
- 3,Anna Mårtensson, Modum Fik, 24:49,
- 4,Ragnhild Hjermstad, Fossum If, 26:36,
- 5,Maria Vilde Mo, Moss Ck, 34:01,

D 16-17

- 1,Sylvia Nordskar, Bærums Verk If, 23:24,
- 2,Ida Jahren Herud, Bærums Verk, 26:46,
- 3,Marie Hammer Håversen, Østmarka Orienteringsklubb, 28:19,
- 4,Nora Sørdsahl, Royal Sport / Oi, 30:05,

D 18-19

- 1,Bente Størmer Steira, Il Forsøk, 19:32,
- 2,Linn Beate Petersen Onsrud, Vind Il, 22:35,
- 3,Christina Maria Kasin, Kongsberg Ol, 25:27,
- 4,Charlotte Hansen-Tangen, Fossum Alpin, 27:14,
- 5,Mari Jellum Helgerud, Kongsberg O-Lag, 28:11,
- 6,Fanny Nicolaisen, NOTEAM, 34:45,
- 7,Kia Kriens Haavi, S.v, 38:20,

D 20-22

- 1,Heidi Østlid Bagstevold, Kongsberg Ol, 21:19,
- 2,Astrid Uhrenholt Jacobsen, Heming Il / Team Sector Alarm, 21:48,
- 3,Marit Liland Fredriksen, Stokmarknes Il, 22:10,
- 4,Mari Haugen, Modum Fik, 22:54,
- 5,Agni Fletz Nielsen, Kongsberg O-Lag, 24:40,
- 6,Helene Lund-Johansen, Varegg, 24:42,
- 7,Eldbjørg Dirdal Moxnes, Gjerdrum Il, 25:52,
- 8,Selma Næss-Ulseth, Nydalen SK, 28:13,
- 9,Malin Nilermark, Vikingarna Bowlingklubb, 33:02,
- 10,Hege Songedal, Ingen, 42:27,

D 23-34

- 1,Ellen Sandbakken, Kjelsås Il, 21:16,
- 2,Anja Veum, Lyn Ski, 23:07,
- 3,Ragnhild Bråten, Heming Il, 23:14,
- 4,Cassie Nybråten, Tyrving Il, 24:02,
- 5,Tine Kørpe, Asker Skøyteklubb, 24:15,
- 6,Camilla Marie Manglerød, Terra Incognita, 24:33,
- 7,Samantha Adams, Ready, 24:42,
- 7,Lina Dargyte, NOTEAM, 24:42,

9,Marianne Sandvik, Tyrving Il, 25:36,
10,Dana Bednarova, Nydalens Skiklub, 25:53,
11,Monica Renate Eggen, Ingen, 26:58,
12,Siri Slotterøy Johnsen, Treningscamp, 27:09,
13,Nina Lofstad, Snøgg, 27:26,
14,Benjamin Poulain, Qt Runners, 27:30,
15,Siri Grønborg Christensen, Xxx, 28:28,
16,Marianne Sætra, NOTEAM, 28:41,
17,Julie Moer Aanonsen, Wwv Fitness, 32:20,

D 35-39

1,Trine Kirkhus, Oslofjord Triatlon, 22:14,
2,Jorun Aarebrot, Ingen, 23:40,
3,Heidi Harviken, SK Rye, 24:10,
4,Gunhild Elin Bækken, Veritas Bil, 26:49,
5,Magnhild Hatløy, NOTEAM, 27:56,
6,Cathrine Grimsrud, Try Il, 28:07,
7,Nina Wagenius, Ljungdalens Goif, 29:28,
8,Margrethe Meo, Kreftregisteret, 29:47,
9,Marianne Grønbech, Asker Skiklubb, 32:51,
DNF,Solveig Sæl, Fossum If, 00:00,

D 40-44

1,Inger Hegstad Krüger, Lyn Ski, 21:13,
2,Eva Lill Kvisle, Asker Skiklubb, 21:45,
3,Bente Meisingseth Sjulstad, Molde Og Omegn If, 22:51,
4,Maria Jonsson, Nydalens Skiklub, 24:07,
5,Ingebjørg Steinsli, SK Rye, 24:41,
6,Nina Grønvold, Sørkedalen If, 35:25,

D 45-49

1,Marianne Hjermstad, Fossum If, 23:45,
2,Anne Katrine Gamre, Østmarka I.I, 26:57,
3,Kristin Landmark, Fossum If, 27:10,
4,Aleidis Løken, Advokatfirmaet Riisa&co, 28:06,

D 50-54

1,Åse Brødholt, Askim If, 22:39,
2,Guri Drottning Aarnes, Ås Il, 28:01,
3,Oddbjørg Lid, SK Rye / Kondis, 30:29,

H 12-13

1,Bøe Erik, Njård, 20:03,
2,Rene Fredholm Larsen, Åsen Il, 21:02,
3,Johan Grøgaard, Fossum If, 22:12,
4,Erling Moseby, SK Rye/kjelsås, 22:21,
5,Karsten Martinussen, Fossum If, 22:31,
6,Olai Stensland Lillevold, Kolbotn&skimt, 23:26,
7,Vegard Iversen, Asker Skiklubb, 23:29,
8,Espen Hegstad Krüger, Lyn Ski, 23:40,

9,Elias Jonsson, Nydalens Skiklub, 24:15,
10,Espen Persen, Røa Il, 24:22,
11,Tobias Thowsen, Halden Skiklubb, 24:26,
12,Torjus Tandberg Guntvedt, Fossum If, 24:57,
13,Thomas H. Bjurhult, Haslum Il, 25:46,
14,Einar Kvam Lundberg, Strømmen& Lillestrøm Skiklubb, 29:49,

H 14-15

1,Magne Haga, Åsen Il, 17:59,
2,Aleksander Claussen, Il Jutul/tø.m. Espen Claussen, 19:16,
3,Johan Tjelle, Nittedal Il, 21:34,
4,Simen Kristiansen, Nittedal Il, 22:34,
5,Gustav Fiskum, Il Tyrving, 23:22,

H 16-17

1,Henrik Bakke, Driv /team Synnfjell, 17:41,
2,Sindre Bjørnstad Skar, Bærums Verk Idrettsforening, 18:46,
3,Mathias Stensland Lillevold, Kolbotn&skimt, 18:52,
4,Kristoffer Lamøy, Åsen Il, 19:09,
5,Sondre Kristiansen, SK Rye, 19:19,
6,Ulrik Lolland, Moss Il, 20:30,
7,Jonatan Claussen, Il Jutul/espen Claussen, 21:16,
8,Torjus Solheim Eckhoff, Bvif, 21:41,
9,Lars Erik Tiset Skraastad, Bærums Verk If, 22:17,
10,Håkon Nordtorp, Nittedal Il, 23:17,
11,Henrik Mårtensson, Modum Fik, 23:22,
12,Morten Ulshagen Aas, Røa Il, 23:47,
13,Jørgen Hjermstad, Fossum If, 25:52,
14,Tony Sandnesauet, Sportsklubben Rye, 25:55,
15,Anders Songedal, Ingen, 35:58,

H 18-19

1,Åsmund Treu Røe, Fossum If, 17:42,
2,Vegard Danielsen, Kristiansand Ok, 18:24,
3,Gisle Vestmo, Lørenskog Sk/team Synnfjell, 19:07,
4,Henrik Unhjem-Teigenes, Bærums Verk If, 19:40,
5,Marius Prestegård, Voss Il, 20:00,
6,Sondre Myrøldhaug, Bærums Verk If, 20:07,
7,Halvor Steinsholt, NOTEAM, 20:37,
8,Ole- Henrik Kabbe, Bærums Verk If, 20:50,
9,Jarle Andreas Jensen, Bvif, 20:54,
10,Håkon Grepperud, Ormsund Roklub, 22:57,

H 20-22

1,Trygve Markset, Koll Il/team Oso, 17:39,
2,Kristian Horne, Ceres, 18:10,
3,Nicolas Brun-lie Knudtzon, Njård / Team Sector Alarm, 18:50,
4,Even Skårholen, Løten O-Lag, 19:21,
5,Tobias Vik Steen, Bækkelagets SK, 19:23,
6,Stian Roterud, Raufoss Il, 19:41,

7,Sindre Tengesdal, Gvarv Motbakkelopparforeining, 19:54,
8,Aleksander Svien, Heming, 20:16,
9,Vegard Bjørnstad Skar, Bærums Verk Idrettsforening, 20:24,
10,Kristian Heggebø, Ølen II, 20:29,
11,Stian Christoffersen, Halden II, 21:10,
12,Espen Jacksen, Trolldalen If, 21:41,
13,Kristian Ulvik, Rapp II, 21:49,
14,Vegardåsland Sørensen, Bossmo & Ytteren II, 21:51,
15,Hans-Gunnar Grepperud, Ormsund Roklub, 21:58,
16,Svein Erik Tønnesen, Ås II, 22:22,
17,Frode Hallberg, NOTEAM, 22:28,
17,Christian Magelssen, Trusemannen, 22:28,
19,Jostein Mæland Moe, Granvin II, 22:49,
20,Ludvig Jensen, Bærums Verk If, 23:03,
21,Simen Røgeberg, Trusemannen, 23:41,
22,Joachim Trøbråten, Utrent II, 24:13,
23,Knut Andreas Bremerthun, Ingen, 25:00,
24,David Gottfridson, Nittedal II, 35:19,
DNF,Mauritz Kåshagen, Moelven II, 45:27,

H 23-34

1,Øyvind Heiberg Sundby, Ik Tjalve, 16:17,
2,Anders Kleist, SK Graal, 16:35,
3,Kjell-christian B. Markset, Koll II/team Oso-Hotwater, 16:42,
4,Eirik Gramstad, Osi, 16:58,
5,Erling Christiansen, Team Oso, 17:03,
6,Daniel Marston, Bækkelagets SK, 17:18,
7,Hallvard Nilsen, Gular, 17:21,
8,Erling Hisdal, Ik Tjalve, 17:44,
9,Matthias Gilgien, Tyrving II, 18:31,
10,Christoffer Braathen, Koll /team Oso Hotwater, 18:51,
11,Christian Wiig Bøen, Team Trimtex, 19:05,
12,Paul Westengen, Team Norgesgruppen, 19:49,
13,Per Christian Stokke, Osi, 19:53,
14,Sjur Molstad, NOTEAM, 19:55,
15,Henning Spjelkavik, Tyrving II, 19:58,
16,Lennart Garnes, Rustad II, 20:09,
17,Øyvind Sandbakken, ., 20:10,
18,Tor Jonas Onsrud, Team Treig - Gjøvik, 20:32,
19,Vegard Brox, II Tyrving, 20:38,
20,Olav Tronvoll, Svorkmo Bergknastklivarlaug, 20:55,
21,Øyvind Pedersen, NOTEAM, 21:01,
22,Martin Nilsson, First Securities, 21:10,
23,Håkon Olsrud, Nordbygda/løten Ski, 21:11,
24,Daniel Larsen, Team Fjelluft, 21:26,
25,Asgeir Lande, Solli Klinik, 21:35,
25,Øyvind Lund, Wannabe Ulanbator Beach Boy, 21:35,
27,Anders Løland, Fbi Norsk Regnesentral, 21:49,
28,Anders Aschjem, Team Sinsen Racing, 21:55,
29,Nils Rydenfalk, Mercer Musker Og Morro Bil, 22:01,

30,Lars Edvard Bergdal, SK Rye, 22:06,
31,Martin Løvik, Team Møre Akterspeil, 22:26,
31,Ken Tore Tallakstad, Team Sinsen Racing -, 22:26,
33,Rune Kenneth Meisingset, NOTEAM, 23:10,
34,Fredrik Ekholdt, Fast, 23:17,
35,Tore Hellesø, Pareto Online, 23:21,
36,Martin Lycke, NOTEAM, 23:22,
37,Knut Kristiansen, Bærums Verk If, 23:23,
38,Simen Palm, NOTEAM, 23:25,
39,Per Angell Berntsen, Skutvik Il, 23:27,
40,Martin Malmstrøm, Uio "fun, Sports And Science", 23:43,
41,Richard Dahl, N/a, 23:47,
42,Björn Ilseemann, Wsv Braunlage, 23:48,
43,Marius Holmen, Overtenning SK, 23:57,
44,Torbjørn Høvdde, Klisterfinta, 24:08,
45,Håvard Skånlund, 5 Summits, 24:24,
46,Bjørn Tore Hellesøy, Bergen T.l., 24:30,
47,Vidar Bjørnstad, Peab Bil, 24:32,
48,Magne Sivertsen, Ullevål Sykehus, 24:35,
49,Truls Kvalnes, Overtenning SK, 24:37,
50,Christian Kildal Hansen, Meny, 24:51,
51,Tommy Andre Sande, Molde Ck, 24:58,
52,Lars Tore Baaserud, Team Møre Akterspeil, 25:08,
53,Kjartan Haugen, Nidelv Il, 25:23,
54,Gunnar Bøthun, Os Turn, 25:24,
54,Ole Thomas Reiten, Undheim Il, 25:24,
56,Jens Henrik Haugen, Melkesyra If, 25:29,
57,Frode Sundseth, Leman Norway, 25:34,
58,Runar Røstbø, Dnb Nor/team Drittjerndalen, 25:55,
59,Inge Kleggetveit, NOTEAM, 25:59,
60,Trond Bjerkestrand, Eris, 26:02,
61,Thomas Sørli, NOTEAM, 26:04,
62,Andreas Lie, Team Sinsen Racing, 26:37,
63,Kenneth Ødeskaug, Liva Bil, 27:21,
64,Martin Halvorsen, Agresso Bil, 27:24,
65,Kent Hansen, Qt Runners, 27:45,
66,Magne Lang, Deigmassen, 27:48,
67,Erik Hansen Kåsa, Herkules, 28:04,
68,Freddy Andreassen, NOTEAM, 28:29,
69,Kim Vågenes, NOTEAM, 29:37,
70,Simon Stende, Fet Il, 29:45,
71,Sondre Vestøl, Herkules, 30:35,
72,Lars Brunborg, NOTEAM, 31:57,
73,Gøran Gundersen, Vikingarna Bowlingklubb, 32:57,
74,Jon Øivind Pedersen, Fart Ok, 36:16,
75,Stig Kristiansen, Hb Compagniet avd. Larkollen, 37:28,

H 35-39

1,Jann Olav Tjønneland, Viksdalen Il, 19:04,
2,Eivind Meen, Rustad Il, 19:22,

3,Harald Tesaker, First Securities, 21:07,
4,Egil Aarebrot, Ny Von, 21:39,
5,Jan Holte Karlsen, Snøgg, 22:31,
6,Helge Grenager Solheim, Fast, 23:07,
7,Kristian Olsen Stenbakk, Pareto, 23:23,
8,Daniel Cotanas Salvesen, Lørenskog Fil, 24:02,
9,Morten Mandfloen, Movar Bil, 24:11,
10,Yngve Walle, Lrk, 24:39,
11,Jorge Damas, Privat, 25:42,
12,Brage Rønningen, Børsa II, 28:20,
13,Garvin Whelan, NOTEAM, 28:36,
14,Andreas Skaugen, Real Kikut/dnb-Nor, 28:49,
15,Jan Olaf Ellefsen, We Shall Overcome, 36:38,

H 40-44

1,Erik Tjøtta, Frikransen, 20:29,
2,Carl Arthur David-Andersen, NOTEAM, 20:30,
3,Øyvind Sørhaug, SK Rye/oslo Sportslager, 21:09,
4,Espen Claussen, Il Jutul/tø.m. Espen Claussen, 21:47,
5,Tim Bennett, SK Vidar, 21:50,
6,Einar Glomnes, Hydro Bil, 22:07,
7,Fabrice Cuisiat, Fbi, 22:17,
8,Dagfinn Fridtjov Mo, Moss Ck, 23:20,
9,Steinar Kristoffersen, Oslofjord Triatlon, 24:01,
10,Knut Midttun, Osi Friidrett, 24:24,
11,Ingar Solheim, Sørkedalen If, 24:37,
12,Stig Meldalen, Boc, 25:45,
13,Helge Einar Lundberg, Strømmen & Lillestrøm Skiklubb, 26:52,

H 45-49

1,Bjørnar Andersen, Bøler If, 18:58,
2,Yngve Aasum, Statoilhydro Bil, 19:50,
3,Kjetil Landmark, Overtoppen, 20:56,
4,Paal Erik Nielsen, Luth.no, 20:57,
5,Ketil Berstad, Heming, 21:42,
6,Jostein Mjønerud, Sørums II, 22:20,
7,Knut Ove Kristiansen, Nittedal II, 22:34,
8,Gaute Løge Pedersen, Dnb Nor, 23:06,
9,Pål Thowsen, Halden Skiklubb, 23:30,
10,Rick Meyerz, Sørkedalen If, 24:06,
11,Bjørn Heier, NOTEAM, 24:24,
12,Torvald Steen, Ullern If, 24:51,
13,Lars Chr Heier, NOTEAM, 25:56,
14,Anders Lunde, Ingen, 26:03,
15,Øyvind Grev Møgster, Ingen, 26:14,
16,Ragnar Westad, Visiti As, 26:43,
17,Dag Sørdsahl, Oslofjord Triathlon, 31:05,

H 50-54

1,Eirik Næss-Ulseth, Coremine, 20:44,

- 2,Torbjørn Eika, Røa Il/ Ssb If, 23:20,
- 3,Brynjulf Bøen, Iron Cowboys, 23:32,
- 4,Christian Prestegård, Il Fanaråken / Kondis.no, 24:03,
- 5,Agnar Gundersen, Kondis, 25:08,
- 6,Jan Kristensen, Telenor Asa, 26:14,
- 7,Tore Indregard, NkvtS, 27:52,
- 8,Svein Arild Hildrum, Svinøya Bil, 28:51,

H 55-59

- 1,Jon Rinde, Dnb Nor, 28:09,
- 2,Øystein Vestre, If, 28:33,
- 3,Stein Erik Ellevseth, Norske Geriatiske Snowboarder, 30:43,
- 4,Frank Johansen, First Securities, 32:57,
- 5,Bjørnulf Bjørnulf Vik, Arena Bil, 33:33,

H 60-64

- 1,Inge Skavhaug, Ringkollen Skiklubb, 23:09,
- 2,Jørgen Holmboe, Il Tyrving, 24:35,
- 3,Botolf Myrvold, Jutil Il, 28:02,

H 65-69

- 1,Svein Olav Tho, Stabæk I.f., 26:26,

Stavgang Damer

- 1,Ingrid Kristiansen, ?, 23:59,
- 2,Kirsti Kvam Lundberg, Strømmen Og Lillestrøm Skiklub, 47:37,

Stavgang Herrer

- 1,Erling Kvam Lundberg, Strømmen Og Lillestrøm Skiklub, 47:11,