

## Klasse ?

1. Truls Tyreid		2:28:20.00
2. Petter Kraft		2:38:53.00
3. Willy Johansen		2:47:16.00
4. Sigurd Hertzberg	I.F. Frøy	2:53:36.00
5. Bjørn Ørvins		2:55:46.00

## Klasse K16-19

1. Vibeke Martinsen	I.K. Hero	2:54:33.00
2. Cecilie Norheim	Spk. RYE	3:06:11.00
3. Eli Møll		3:24:00.00

## Klasse K20-24

1. Tove Kvarme	Follo S.K	2:48:43.00
2. Edith Kalve Birkeland	I.K. Hero	2:54:33.00
" Lisbeth Dyrkorn	I.K. Hero	2:54:33.00
4. Ase Stensrud		3:26:10.00
" Aslaug Røberg		3:26:10.00
6. Anne Lien	Ericsson B.I.L	3:27:45.00
7. Kjersti Evensen	OPAC B.I.L.	3:39:05.00
8. Elin Strande	RYE	3:41:38.00

## Klasse K25-29

1. Wenche Langseth	RYE	2:43:42.00
2. Karin Langbakk		2:49:33.00
3. Laila Strand	Raufoss og Omegn C.	2:54:22.00
4. Mona Frantzen		3:43:43.00

## Klasse K30-34

1. Torhild Maubach	Ing. Bonde & Co B.	4:13:58.00
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## Klasse K35-39

1. Edel Schiøtz	Follo S.K	2:48:43.00
2. Anne Sofie Eriksen	RYE	3:26:38.00
" Tone Løken		3:26:38.00
4. Jorun Frantzen	S.T.K.	3:38:28.00

## Klasse K40-44

1. Eva M. Hansen	B.O.C	2:38:43.00
2. Jorunn Kjerstad		3:03:36.00
3. Ruth Ring	Spk. RYE	4:25:59.00

## Klasse K45-49

1. Janniche Schancke	Vinmonopolet B.I.L	2:53:57.00
2. Elin Fossum	An. Thorbjørnsen &	3:27:04.00

## Klasse M16-19

1. Lars Wilekog	Nittedal C.K.	2:10:56.00
2. Vegard Christensen	I.K. Hero	2:12:17.00

"	Andre Schau	I.K. Hero	2:12:17.00
"	Yngve Finkenhamn	I.K. Hero	2:12:17.00
5.	Stian Dragseth	Bingsfoss S.K.	2:19:34.00
6.	Rune Sæther	I.K. Hero	2:20:45.00
7.	Erik Stokke	I.K. Hero	2:22:00.00
8.	Roger Mathisen	Raufoss og omegn C	2:25:56.00
9.	Sture Kristiansen	I.K. Hero	2:26:11.00
10.	Rune Berg	Bingsfoss S.K.	2:31:00.00
11.	Per Chr. Nilsen	I.K. Hero	2:31:33.00
12.	Øivind Wormnæs	I.K. Hero	2:32:38.00
13.	Bjørn Geir From	I.K. Hero	2:35:09.00
14.	Kåre Andre Hestvik	RYE	2:35:29.00
15.	Kåre Werner Eriksen		2:40:11.00
16.	Johnny Bjerke		2:44:00.00
17.	Hans Laavek	Grei	2:51:00.00
18.	John Larsen	Grei	2:54:49.00
19.	Erik Wangen		3:06:41.00

## Klasse M20-24

1.	Magne Bjørnstad	Follo S.K	2:10:23.00
2.	Fred Magne Hval		2:12:17.00
3.	Øivind Antonsen	Bingsfoss S.K.	2:15:02.00
4.	Rune Sollien	RYE	2:15:56.00
5.	Lars Th. Moen		2:23:57.00
"	Dagfinn Gaarder	RYE	2:23:57.00
7.	Per Thomas Lund	I.K. Hero	2:27:38.00
8.	Hans J. Nordha		2:28:04.00
9.	Jørgen Møland		2:28:20.00
10.	Morten Ødelien	RYE	2:29:01.00
11.	Tore Skovdal		2:33:36.00
12.	Geir Krogh		2:37:13.00
13.	Øistein Myhrvold		2:42:00.00
14.	B. H. Solheim		2:42:42.00
15.	Bjørn Roar Stenhaug	Brumundal S.K.	2:50:48.00
"	Bjørn Granli	Brumundal S.K.	2:50:48.00
17.	Inge Simonsen		2:52:51.00
18.	Tore Anshus	I.F. Frøy	2:53:36.00
"	Roy Midtsjø	I.F. Frøy	2:53:36.00
20.	Bjørn Kyrre		2:58:19.00
"	Erik Larsen		2:58:19.00
22.	Kjetil Ruud	N.M.D.-klubben	3:12:56.00
23.	Petter Thams	A/S EDB B.I.L.	3:14:25.00
24.	Colin Blackburn		3:15:08.00
25.	Aavald Kaasa		3:17:11.00
26.	Rune Marstrøm	Kreditkassen B.I.L.	3:20:35.00
27.	Tore Vatne	Postgiro B.I.L.	3:21:19.00
"	Alf Helge Norvik	Postgiro B.I.L.	3:21:19.00
29.	Gunnar Stavlund	Kreditkassen B.I.L.	3:22:42.00
30.	Jo Aastorp		3:40:54.00
"	Jostein Mathisen		3:40:54.00
32.	Petter Føyn	I.K. Hero	3:46:32.00

## Klasse M25-29

1.	Martin Kristoffersen	Nittedal C.K.	2:10:56.00
"	Frank Hofseth	Eidsvoll S.K	2:10:56.00
3.	Erik Håkensen	Sagene I.F.	2:15:56.00
4.	Tor Gustafsson	Follo S.K	2:18:04.00

"	Ole Kjell Taleberg	Follo S.K	2:18:04.00
6.	Tormod Myhre	Follo S.K	2:23:42.00
7.	Bjørn Espenes	NEBB Askim	2:25:55.00
"	Jan Tore Sperstad	Skiptvet I.L	2:25:55.00
9.	Roald Karlisen	Follo S.K	2:29:00.00
10.	Oddmund Rustad	Driv	2:32:04.00
11.	Svein Kristian Jørgensen	I.K. Hero	2:35:09.00
"	Jon Matzow	I.K. Hero	2:35:09.00
13.	Ståle Samuelsen	Spk. RYE	2:35:56.00
"	Øyvind Johnsen		2:35:56.00
15.	Thorbjørn Maurstad		2:37:57.00
16.	Runar Thorgersen	Raufoss og omegn C	2:38:39.00
17.	Rune Jacobsen		2:38:53.00
18.	Morten Søvik	Follo S.K	2:39:25.00
19.	Erik-Arne Nore		2:39:58.00
20.	Sean Morrissey		2:40:29.00
21.	Bo Wolfgram	I.K. Hero	2:40:39.00
22.	Knut Ballangrud	RYE	2:43:42.00
"	FrankOlav Kobbhaug	RYE	2:43:42.00
24.	Kjell Henriksen	Postgiro B.I.L.	2:45:20.00
25.	Rolf E. Eidsvold		2:46:26.00
"	Jan Halvorsrud		2:46:26.00
27.	Håvard Julner		2:46:33.00
28.	Olav H. Kristiansen		2:46:39.00
29.	Morten K. Staubo		2:47:21.00
30.	Oddbjørn K. Engstad	Follo S.K	2:48:43.00
31.	Arne Instebo	Postgiro B.I.L.	2:49:22.00
32.	Claus Konderup	A/S EDB B.I.L.	2:49:57.00
33.	Kjell Storerud	Brumundal S.K.	2:50:48.00
34.	Baard Paulsen	I.F. Frøy	2:53:36.00
"	Finn Sveiven		2:53:36.00
36.	Bjørn Sandbekk	Bjart	2:54:22.00
37.	Jon Hove		2:58:48.00
38.	Ole Grøv		2:59:00.00
39.	Roar Valgermo		2:59:22.00
40.	Rolf Strand	Kreditkassen B.I.L.	3:01:00.00
41.	Kai Simonsen	Brevpost B.I.L.	3:02:26.00
42.	Malcolm Perrin		3:05:51.00
43.	Jon Age Vestøl	I.K. Hero	3:05:59.00
44.	Are Alvær		3:06:31.00
45.	Gunnar Repshus		3:08:36.00
46.	Bent Arild Aspeli		3:09:33.00
47.	Jarle Slettum		3:12:40.00
48.	Hans Asheim	Leira I.L.	3:13:39.00
49.	Olav Kjøs	Gilde B.I.L.	3:18:14.00
50.	Arne Kjell Gunnes		3:20:35.00
"	Ronny Aasland	Kreditkassen B.I.L.	3:20:35.00
52.	Leif Inglingstad		3:25:09.00
53.	Tor Inge Tollehaug		3:26:17.00
54.	Helge Ullsand		3:27:57.00
55.	Ståle Skaarud		3:36:58.00
56.	Jon Bjørnlid		3:39:03.00
57.	Kjetil Skaun Mikkelsen		3:41:58.00
"	Truls Andresen		3:41:58.00
59.	Leif Skofteby	An. Thorbjørnsen &	3:53:48.00

## Klasse M30-34

1. Ivar Aamen		2:14:10.00
2. Thor Svendsen	Follo S.K	2:14:57.00
3. Rolf Jacobsen	B.O.C.	2:15:23.00
4. Thor G. Bakke		2:19:34.00
5. Steinar Forsmo	I.K. Hero	2:21:11.00
6. Per Jordås	Follo S.K	2:21:33.00
7. Per Gunnar Johnsen	Askim I.F.	2:22:42.00
8. Lasse Ralger	RYE	2:23:57.00
9. Per Evjen	Askim I.F.	2:24:58.00
10. Carl Erik Semb	Follo S.K	2:25:11.00
11. Tom Espenes		2:25:55.00
12. Thor Engh	I.K. Hero	2:26:33.00
13. Stein Erik Arnes	Postgiro B.I.L.	2:26:47.00
" Eigil W. Juul	HEAB B.I.L.	2:26:47.00
15. Alf Brøndum		2:27:34.00
" Tage Johansen	Raufoss og omegn C	2:27:34.00
17. Gunnar Solberg		2:29:45.00
18. Eivind Christiansen	Grei	2:30:12.00
" Vegard Myrvold	Raufoss og omegn C	2:30:12.00
20. Roger Erlandsen		2:30:30.00
" Oddvar Schmidt		2:30:30.00
22. Gunnar Gravalid	Asker C.K	2:31:25.00
23. Kjell Marthinsen		2:34:22.00
24. Terje Sørensen		2:35:56.00
25. Kjetil Jonassen		2:36:52.00
26. Jan-Aage Andersen	Raufoss og omegn C	2:37:12.00
27. Svein Lamo	Nittedal C.K.	2:37:38.00
28. Stig Audun Hansen	I.K. Hero	2:42:20.00
29. Ole Kristian Hanshaugen	RYE	2:43:42.00
" Jonny F. Olsen	RYE	2:43:42.00
31. Geir Yttervik		2:43:43.00
32. Kjell Johansson	Postgiro B.I.L.	2:45:20.00
33. Stein R. Julner		2:46:33.00
34. Helge Hallan		2:47:00.00
35. Johann Koss	Strømmen I.F.	2:48:36.00
36. Oddvar Døssland	Scanvest Ring B.I.	2:48:39.00
37. Ingar Karlsen	Follo S.K	2:48:43.00
" Pål Bergan	Follo S.K	2:48:43.00
39. Kjell-Erik Algarr	QPIL	2:52:04.00
40. Bjørn Ruud	Aftenposten B.I.L.	2:53:20.00
41. Tore Haugen	B.O.C.	2:55:46.00
42. Trond Tørnby		3:04:01.00
43. Morten Furu	RYE	3:05:07.00
44. Sigmund Gundersen	Postgiro B.I.L.	3:13:19.00
45. I.P. May		3:13:43.00
46. Rolf Thomassen		3:22:20.00
" Petter Rangtoft		3:22:20.00
48. Per Langseth	RYE	3:23:48.00
49. Lars Guldbrandsen		3:25:09.00
" Helge Guldbrandsen		3:25:09.00
51. Tom Erik Simensen	An. Thorbjørnsen &	3:25:30.00
52. Tom Amundsen		3:32:20.00
" Levi Gravdal		3:32:20.00
54. Knut Ragner Bjerke	Grei	3:34:08.00
55. Roger Johansen		3:35:48.00
56. Yngve Eriksen	O.V.A.	3:38:48.00

57. Tore Eriksen		3:39:11.00
58. Svein Aasgaard	Ericsson B.I.L.	3:42:19.00

## Klasse M35-39

1. Hans Sæther	Follo S.K.	2:10:23.00
2. Roger Larsson	Nittedal C.K.	2:10:56.00
3. Arne Evensen	B.O.C.	2:19:34.00
4. Halvor Brutnow	Nes S.K.	2:22:42.00
5. Tor Aas	Sarpsborg S.K.	2:24:00.00
6. Knut Fjulerud	Follo S.K.	2:25:11.00
7. Per Wang	B.O.C.	2:25:39.00
8. Tom Terje Johansen	Raufoss og Omegn C	2:25:56.00
9. Rolf Meek	Ceres	2:29:39.00
10. Torgeir Mathisen	Raufoss og omegn C	2:30:12.00
" Einar Vesterheim		2:30:12.00
12. Thor Kristoffersen		2:30:32.00
13. Svein Hagenes	RYE	2:31:11.00
14. Bjørn Lyseggen	Brevpost B.I.L.	2:35:12.00
" Bjørn Lauglo	GOAS B.I.L.	2:35:12.00
16. Tom Weinholdt		2:35:30.00
17. Terje Haraldsen	Nittedal C.K.	2:35:32.00
18. Jan Novotny	I.K. Hero	2:35:39.00
19. Leif S. Godager	Kreditkassen B.I.L.	2:35:58.00
20. Rolf Robert Johansen		2:36:11.00
21. Knut Eilertsen		2:36:33.00
22. Jardar Frantzen	RYE	2:36:52.00
23. K. Strømsøe		2:37:26.00
24. Bjørn Jeksrud	Ceres	2:38:08.00
25. Ove Ødegård		2:38:53.00
26. Ulf Bjørklund	F.F.S.B. I.L.	2:39:14.00
27. Bjørn Hågensen		2:40:56.00
28. Ingar Andersen	I.K. Hero	2:41:12.00
29. Inge Nielsen	Gunnar Karlson A/S	2:42:00.00
" Otto Jørgensen	Vestby Sykehjem	2:42:00.00
31. Torbjørn Øygard	RYE	2:42:38.00
32. Per Erik Andersen		2:44:20.00
33. Arild Ødegaard	Askim I.F.	2:44:21.00
" Hans S. Dingstad	Askim I.F.	2:44:21.00
35. Knut Andersen		2:44:34.00
36. Svein Sørensen	Kreditkassen B.I.L.	2:44:45.00
37. Odd Svenkerud	Follo S.K.	2:46:35.00
38. Terje Andersson	Ericsson B.I.L.	2:47:42.00
39. Bengt Finn Hansen		2:48:43.00
40. Tor Bråten	Lørenskog C.K.	2:50:30.00
41. Gustav Gjessing	Kreditkassen B.I.L.	2:51:20.00
42. Tormod Belgum		2:52:38.00
43. Arnfinn Eid	A/S EDB B.I.L.	2:53:04.00
44. Odd Hjort Sørensen		2:53:36.00
45. Stig Øien	Reber Schindler	2:53:49.00
46. Henry Vetås	Nittedal C.K.	2:54:25.00
47. Jan Wold	Televerket B.I.L.	2:55:48.00
48. Svein Ola Hope	JUTUL B:I:L.	2:59:45.00
49. Oluf Saltveit		3:00:11.00
50. Arild Gangnes	Kreditkassen B.I.L.	3:01:00.00
51. Kjell Larsen		3:02:04.00
52. Knut Tr. Erichsen		3:05:53.00
53. John Kjøss	O.V.A.	3:09:13.00
54. Kjell Jensen	N.M.D.-klubben	3:12:56.00

55. Jan Gulbrandsen	Gilde B.I.L.	3:18:14.00
56. Terje Kristoffersen	Ericsson B.I.L.	3:21:03.00
57. Terje Ø. Andersen	B.O.C.	3:23:51.00
58. Willy Hanssen		3:29:32.00
59. Terje Greiner		3:32:57.00
60. Henning Larsen	Bertel O. Steen	3:36:57.00
61. Arild Johannessen	Ericsson B.I.L.	3:41:18.00
62. Thor Simonsen	A/S EDB B.I.L.	3:43:51.00
63. Kjell Johansen		3:56:24.00

## Klasse M40-44

1. Svein Berg	Bingsfoss S.K.	2:14:10.00
2. Jan Grimstad	I.K. Hero	2:15:23.00
3. John Bringeli	Bingsfoss S.K.	2:19:34.00
4. Viggo Christensen	I.K. Hero	2:20:45.00
5. Knut A. Olsen		2:20:56.00
6. Ingar Bollerud	Nes S.K.	2:22:42.00
7. Knut Løvli		2:24:00.00
8. Kåre Glosli	I.K. Hero	2:25:06.00
9. Gisle Bjøntegaard	Follo S.K.	2:25:39.00
" Erik Engebretsen		2:25:39.00
" Lasse Efskind		2:25:39.00
12. Reidar Strømsøe		2:28:57.00
13. Egil Granås		2:29:39.00
14. Arne Ringsrød		2:30:32.00
15. Håkon Øverby	Follo S.K.	2:30:39.00
16. Harald Schønning	Elkem B.I.L.	2:30:49.00
17. Erik Løkke	Agro Maskiner B.I.	2:32:34.00
18. William Hagen	RYE	2:34:58.00
19. Asbjørn Møllegaard	Nittedal C.K.	2:35:32.00
20. Kai Eriksen		2:36:47.00
21. Arild Pedersen		2:36:52.00
22. Håvard Odd Østmo	An. Thorbjørnsen &	2:37:01.00
23. Knut Josefsen	I.K. Hero	2:37:20.00
24. Tore Ulverud	An. Thorbjørnsen &	2:37:26.00
25. Per Derbakk	Aftenposten B.I.L.	2:37:46.00
26. Knut Knutsen	RYE	2:38:53.00
27. Leif Skjæret	I.K. Hero	2:39:00.00
28. Yngvar Pedersen	Askim I.F.	2:41:39.00
" Gunnar Saugstad	Askim I.F.	2:41:39.00
30. Kjetil Omberg		2:43:48.00
31. Arvid Næss	Bingsfoss S.K.	2:44:33.00
32. Ottar Friborg	RYE	2:45:46.00
33. Terje Haugen	Fengslenes I.L.	2:46:12.00
34. Halvor Skjelbred	Follo S.K.	2:48:43.00
" Knut Sætre		2:48:43.00
36. Gunstein Skogen		2:51:26.00
37. Egil Karlsen	Askim I.F.	2:52:42.00
" Trond Høvik	Askim I.F.	2:52:42.00
39. Per Erik Johansen		2:54:14.00
40. John Brevik		2:54:33.00
41. Ole Lyder Andersen	Nittedal C.K.	2:54:49.00
42. Kjell H. Schau	I.K. Hero	3:02:20.00
43. Bjørn Norheim	Spk. RYE	3:06:11.00
44. Bjørn Solberg	A/S EDB B.I.L.	3:08:19.00
45. Reidar Høgseth	Eidsvoll S.K.	3:08:20.00
46. Per R. Christensen		3:08:36.00
47. Per A. Føyn	I.K. Hero	3:10:35.00

48. Arvid Redsand	RYE	3:10:39.00
49. Stein Lysaker	Merkantildata A/S	3:11:38.00
50. Harald Kolstad	JUTUL B.I.L.	3:14:39.00
51. Steinar S. Håkonsen		3:18:36.00
52. Jan Olstad		3:22:20.00
53. Arve Fredriksen	L.C.K	3:24:33.00
54. Kjell Jansen		3:24:45.00
55. Otto Johansen		3:26:10.00
56. Bjørn Solberg		3:36:57.00
57. Kjell Schultz		3:41:58.00
58. Kjetil Lian		3:52:45.00

## Klasse M45-49

1. Tormod Dahl	Askim I.F.	2:24:58.00
2. Johan Martinsen	I.K. Hero	2:30:11.00
" Ole Martinsen	I.K. Hero	2:30:11.00
4. Ingar Folberg	Nes S.K.	2:33:43.00
5. Svein Kristiansen	I.K. Hero	2:34:00.00
6. Rikard Sandberg	Nittedal C.K.	2:34:13.00
7. Arild Eikum	I.F. Frøy	2:35:12.00
8. Terje Selvik	Nittedal C.K.	2:38:42.00
9. Arve Brevik	RYE	2:43:42.00
10. Ove Mortensen	Askim I.F.	2:44:21.00
11. Arild Asbjørnsen		2:47:26.00
12. Ragnar Engebret	Follo S.K	2:48:43.00
" Gunnar Ellefsen	Follo S.K	2:48:43.00
" Kåre Kirkerød	Follo S.K	2:48:43.00
15. Arvid Bjørneklett		2:51:33.00
16. Tor Fossum		2:51:39.00
17. Svein Granne	Stål & Stil B.I.L.	3:05:47.00
18. Rodney Kaastad	I.F. Frøy	3:09:33.00
19. Erik Steffensen	Gilde B.I.L.	3:18:14.00
" Nils Samuelson	Gilde B.I.L.	3:18:14.00
21. Ola Olsen	Sennico B.I.L.	3:19:02.00
22. Svein A. Kristoffersen		3:33:36.00
23. Kåre Holter	O.V.A.	3:42:28.00
24. Odd Werner	O.V.A.	5:14:50.00

## Klasse M50-54

1. Magne Aanonsen	Brevpost B.I.L.	2:35:12.00
2. Kjell Eugen Hansen		2:37:46.00
3. Ivar Kjellhov		2:38:48.00
4. Øyvind Kjellhov		2:39:38.00
5. Ørnulf Pedersen		2:43:39.00
6. Per Lars Brændvang	RYE	2:43:42.00
7. Jan Christie	B.O.C.	3:11:33.00
8. Ernst Johansen	Gilde B.I.L.	3:18:14.00
9. Terje Normann Holte		3:57:56.00
10. Thorleif Bakken		3:58:55.00

## Klasse M55-59

1. Odd Myhre	Follo S.K	2:29:13.00
2. Bjarne Fieldstad		2:36:51.00
3. Hans Rostad	Rikshospitalet B.I	2:37:34.00
4. Torolf Amundsen	Follo S.K	2:48:43.00
5. Karl-Anders Hovden		2:56:00.00

6. Willy Marken

Kreditkassen B.I.L. 3:14:21.00

Klasse M60-64

1. Thor Petersen

3:19:25.00

Klasse M65-69

1. Erling Ekstrøm

Stål &amp; Stil B.I.L. 3:18:43.00

2. Karl Sjøberg

3:22:57.00

Klasse M70-&gt;

1. Asbjørn Kristiansen

4:22:09.00

Klasse TANDEM

1. Kjell &amp; Egil Norderhaug

B.O.C. 2:55:46.00