

Klasse K16-19

1. Cathrine Thoresen	N.C.K.	2:53:17.00
" Karina Solheim	N.C.K.	2:53:17.00
3. Mona Haakonsen	Hero	3:00:49.00

Klasse K20-24

1. Nina Charlotte Wiger	Norsk Data B.I.L.	2:53:55.00
2. Vibeke Marthinsen	I.K.Hero	2:55:34.00
3. Tanja Torbergesen		3:16:21.00
" Elisabet Bjøre		3:16:21.00
5. Elin Tveiten		3:16:44.00
6. Anne Hølstad		3:17:05.00
7. Edel Th. Høiseth		3:17:47.00
8. June Lisbeth Wold	Ing.Bonde & Co.	3:34:56.00

Klasse K25-29

1. Astrid Mathisen	Sarpsborg S.K.	2:31:07.00
2. Edith K. Birkeland	Hero	2:42:02.00
3. Karin Langbakk		2:44:35.00
4. Ellen Spangelid		2:52:23.00
5. Ann-Christin Sørensen	I.K.Hero	2:55:34.00
6. Bente Ljungren		3:30:34.00
7. Bodil Evensen	Postgiro B.I.L.	3:50:14.00

Klasse K30-34

1. Grethe Døhli		3:06:12.00
2. Bente Samuelson		3:06:27.00

Klasse K40-44

1. Edel Schiøtz	Follo S.K.	2:37:10.00
2. Kristin Kardel	Rye	2:42:45.00
3. Jorunn Kjørstad		3:04:07.00
4. Ruth Ring		3:32:35.00

Klasse K45-49

1. Janniche Schanche	Vinmonopolets sp.k	2:47:23.00
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Klasse K60-64

1. Tone Hjort		3:19:49.00
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Klasse M-?

1. Erik Håkonsen	Sagene I.F.	2:12:28.00
2. Helge Hallan		2:27:12.00
3. Kris Nore	Follo S.K.	2:31:07.00
4. S. Angelsen		2:33:36.00
5. Gunnar Repskar		2:42:02.00
6. Jan Guldbrandsen	Gilde B.I.L.	2:46:27.00
7. Jan Halvorsen elsbergvn.14		2:47:19.00
" Gunnar Aarhus		2:47:19.00
9. Per R. Christensen		2:52:30.00

10.	Rodny Kaastad		2:53:54.00
11.	Arne Kjell Gunnes		3:12:49.00
"	Ronny Aasland		3:12:49.00
13.	Jan Klausen		3:14:49.00
14.	Geir Lundsæter		3:15:55.00

Klasse M16-19

1.	Lars Wilskog	Nittedal C.K.	1:59:55.00
2.	Erik Stokke	Hero	2:10:06.00
"	Vegard Christensen	Hero	2:10:06.00
"	Rune Sæther	Hero	2:10:06.00
"	Sture Kristiansen	Hero	2:10:06.00
"	Stig Kristiansen	Hero	2:10:06.00
7.	Kåre Eriksen	Nittedal C.K.	2:12:28.00
"	Geir Stensrud	R.O.C.	2:12:28.00
9.	Ragnar Jacobsen		2:14:24.00
10.	Andre Schau	Hero	2:15:06.00
11.	Dag Henning Ruud	Rye	2:15:39.00
12.	Espen Skjæret	Hero	2:17:23.00
13.	Robert Caspersen		2:21:50.00
14.	John Larsen	S.F.Grei	2:22:22.00
"	Jarle Edvartsen	S.F.Grei	2:22:22.00
16.	Jarl-Øyvind Gaarder		2:26:50.00
17.	Svein Korshavn		2:28:06.00
"	Lars Petter Marken		2:28:06.00
19.	Erik Jensen	S.F.Grei	2:38:20.00
20.	Rune Schau	S.F.Grei	2:40:29.00
21.	Øyvin Wormnæs	I.K.Hero	2:43:08.00
22.	Geir Lyngaas	Hero	2:57:10.00
23.	Marius Lundin	Hero	2:59:13.00
24.	Nicolai Christie		3:07:10.00

Klasse M20-24

1.	Roger Larsson	Nittedal C.K.	1:59:55.00
"	Sverre Sørberg	Nittedal C.K.	1:59:55.00
"	Roy Kjærset	Nittedal C.K.	1:59:55.00
4.	Stein Krosby	Hero	2:04:55.00
5.	Jens Dahlen	Hero	2:08:34.00
6.	Rune Gustafson	Nittedal C.K.	2:12:28.00
7.	Terje Johansen		2:14:11.00
8.	Jon Are Vøien	I.K.Hero	2:15:06.00
9.	Asbjørn Wexahl	I.K.Hero	2:20:06.00
10.	Trond Narten Svendsen	Raufoss D.C.	2:21:07.00
11.	Per Ivar Netteberg	I.K.Hero	2:21:50.00
12.	Kai Knudsen	BOC	2:24:44.00
13.	Kim Helsvig		2:26:05.00
14.	Geir Asphaug		2:27:12.00
15.	Øyvind Elseth		2:28:06.00
16.	Petter Føyn	I.K.Hero	2:28:36.00
17.	Karl-Erik Ljungmann	I.K.Hero	2:32:09.00
18.	Fredrik W. Baumann		2:32:40.00
19.	Nils Finstad		2:40:00.00
20.	Knut-Arne Samuelson		2:40:06.00
21.	Bjørn Kyrre		2:40:26.00
22.	Terje Torp		2:43:25.00
23.	Bjørn Tyrhaug		3:03:01.00
24.	Fal Østli		3:06:00.00

Klasse M25-29

1. Frank Hofseth	Nittedal C.K.	2:00:40.00
2. Roald Karlsen	Follo S.K.	2:07:41.00
3. Hans J. Nordhov		2:08:34.00
4. Einar Skaarud	S.F.Grei	2:09:24.00
" Erik Røste	S.F.Grei	2:09:24.00
6. Jon Sperstad		2:09:26.00
7. Knut Bergsholm		2:14:11.00
8. Tormod Myhre	Follo S.K.	2:14:27.00
9. Bjørn Ottesen		2:14:42.00
10. Per Thomas Lund	I.K.Hero	2:15:06.00
11. Svein Kr. Jørgensen	I.K.Hero	2:15:26.00
12. Morten Masserud		2:15:27.00
13. Rune Sollien	Rye	2:17:29.00
14. Geir Kjær	Rørkam.	2:21:07.00
15. Steinar Eggen		2:23:20.00
16. Geir A. Nilsen	Rye	2:26:33.00
" Frank Olav Kobbhaug	Rye	2:26:33.00
18. Jarle Slettum		2:27:12.00
19. Jørgen Ganer	Rørkam.	2:29:43.00
20. Rolf E. Eidsvold	Ullensaker S.K.	2:31:00.00
21. Bo Wolfgram	I.K.Hero	2:31:50.00
22. Jørn Wattenberg		2:32:12.00
23. Claus Kondrup		2:32:40.00
" Rune Johansen		2:32:40.00
25. Arve Israelesen	Sagene I.F.	2:33:25.00
26. Jon Matzow		2:33:50.00
27. Jan Halvorsrud	Ullensaker S.K.	2:33:52.00
28. Jon H. Auli		2:36:06.00
29. Erik Nøkleby	Follo S.K.	2:37:10.00
30. Jørn Elisenberg	UNI	2:37:35.00
31. Arne Fosseli		2:38:18.00
" Trond Sørum		2:38:18.00
33. Rolf Strand	Kreditkassen BIL	2:40:27.00
34. Atle Alvær	Rye	2:41:59.00
35. Gunnar Ottesen		2:43:53.00
36. Terje ertvaag		2:44:12.00
37. Ketil Nordermoen		2:46:27.00
" Jan Svoren		2:46:27.00
39. Bent Arild Aspeli		2:48:16.00
40. Øyvind Wollan		2:50:06.00
41. Martin Cambell		2:56:54.00
" James Matthews		2:56:54.00
43. Ståle Skaarud		3:01:50.00
44. Ketil Skau Mikkelsen		3:02:03.00
" Hilmar Davidsen		3:02:03.00
46. Johny Johansen		3:03:01.00
47. Øyvind Johnsen		3:05:55.00
" Rune Jacobsen		3:05:55.00
49. Ståle Samuelsen		3:06:27.00
50. Werner Jørgensen	Kreditkassen BIL	3:12:49.00

Klasse M30-34

1. Bjørn Klev	Nittedal C.K.	1:59:55.00
2. Stein Møhlum	Rye	2:04:55.00
" Ivar Aarnes		2:04:55.00

4.	Steinar Forsmo	I.K.Hero	2:07:28.00
5.	Terje Sørensen	Follo S.K.	2:07:41.00
6.	Tage Johansen	R.O.C.	2:09:24.00
7.	Bjørn Epenes	NEBB Askim	2:09:26.00
"	Jan Espenes		2:09:26.00
9.	Eigil Juul		2:09:55.00
10.	Eivind Christiansen	S.F.Grei	2:12:28.00
"	Per Age Bjerke	Norske Skog	2:12:28.00
12.	Per O. Evjen	Landsbanken	2:14:11.00
"	Rune Fossheim		2:14:11.00
"	Per Gunnar Johnsen		2:14:11.00
15.	Per Jarås	Follo S.K.	2:14:27.00
"	Roger Erlandsen		2:14:27.00
"	Oddvar Schmidt		2:14:27.00
18.	Gunnar Gravalid		2:14:42.00
19.	Johnny F. Olsen		2:16:26.00
20.	Vegard Myhrvold	Raufoss O.C.	2:17:28.00
21.	Jan Erik Myrvold		2:18:36.00
22.	Tore Haugen		2:19:11.00
23.	Gunnar Eilifsen	UNI	2:21:33.00
24.	Bjørn Andersen	S.F.Grei	2:22:47.00
25.	Ingar Karlsen	Follo S.K.	2:26:12.00
26.	Tom Sørensen	I.K.Hero	2:26:50.00
27.	Ivar Ekanger	Follo S.K.	2:27:41.00
28.	John Fr. Fønserud	S.F.Grei	2:28:51.00
29.	Kjell Johansson	Postgiro B.I.L.	2:31:07.00
30.	John Ivar Liudalen		2:31:33.00
31.	Vidar Syversen	Hero	2:31:50.00
32.	Olav Røstad	Raufoss O.C.	2:32:23.00
33.	Tor D. Gustafsson	Follo S.K.	2:37:10.00
34.	Stig Audun Hansen	I.K.Hero	2:38:54.00
35.	Tom Filberg	Kreditkassen BIL	2:40:27.00
36.	Sven E. Myhrvold	UNI	2:41:50.00
37.	Einar Kaasa	Raufoss O.C.	2:42:40.00
38.	Arne Instebo	Postgiro B.I.L.	2:45:48.00
"	Roar Valgermo		2:45:48.00
40.	Arne Aarhus		2:47:19.00
41.	Per Langseth	Rye	2:47:23.00
"	Rolf Amundsen		2:47:23.00
43.	Georg Olsen	Kreditkassen BIL	2:49:13.00
44.	Frode Bakken		2:53:55.00
45.	Tore Bergstrøm		2:54:00.00
46.	Morten Midtun		2:56:21.00
47.	Jon Bjørnlid		3:01:59.00
48.	Tom Simensen	An.Thorbjørnsen&Co	3:05:51.00
49.	R. Thomassen		3:05:55.00
"	P. Rangtoft		3:05:55.00
51.	Stig Samuelsen		3:06:00.00
52.	Istvan Hajba		3:12:24.00
53.	Morten Tessem	Kreditkassen BIL	3:12:49.00
54.	Flemming Andersen		3:14:15.00
55.	Bjørn Sandbekk		3:19:12.00
56.	Tom Amundsen		3:21:10.00
"	Levi Gravdal		3:21:10.00
58.	Robert Nilsen	O.V.A.	3:31:53.00

Klasse M35-39

1. Thor Svendsen		2:07:20.00
2. Thor Engh	I.K.Hero	2:07:28.00
3. Harald Sotberg	Follo S.K.	2:07:41.00
4. Rolf Vestgård	Rye	2:09:24.00
5. Svein Lamo	Nittedal C.K.	2:12:28.00
" Frank Haraldsen		2:12:28.00
" Tom-Terje Johansen	R.O.C.	2:12:28.00
8. Einar Vesterheim		2:14:11.00
" Arild Ødegaard		2:14:11.00
" Hans-Jørgen Dingstad		2:14:11.00
" Morten Ralger	Rye	2:14:11.00
12. Arne Evensen	B.O.C.	2:14:24.00
13. Knut Einar Fjulsrud	Follo S.K.	2:14:27.00
" Sigvart Knutsen	Follo S.K.	2:14:27.00
15. Knut Eilertsen	Hjemmets B.I.L.	2:16:07.00
" Bjørn Lauglo	GOAS I.L.	2:16:07.00
" Leif S. Godager	Kreditkassen BIL	2:16:07.00
" Svein-Arild Sørensen	Kreditkassen BIL	2:16:07.00
19. Bjørn Nysæter	Hero	2:16:31.00
20. Steinar Engebretsen		2:17:00.00
21. Bjørn Lyseggen		2:20:17.00
22. Steinar Brannstøl	I.K.Hero	2:20:26.00
23. Ingvar Aandalen	Raufoss O.C.	2:21:07.00
" Terje Haraldsen	Nittedal C.K.	2:21:07.00
" Sigm. Thoresen	N.C.K.	2:21:07.00
26. Pål Bergan	Follo S.K.	2:22:00.00
27. Ole Sandvik		2:24:55.00
28. Olav Haukeland jr.	Ringerike S.K.	2:25:12.00
29. Svein Maassen	I.K.Hero	2:25:26.00
30. Jan A. Isaksen	Kreditkassen BIL	2:25:55.00
31. Sven-Ole Nøtvett		2:26:12.00
32. Trond Stenslie		2:27:30.00
33. Truls Tyreid	B.O.C.	2:29:24.00
34. Gustav Gjessing	Kreditkassen BIL	2:29:35.00
35. Roy Gulbrandsen		2:29:42.00
36. Rolf Schjerven		2:31:00.00
37. Arne Holden	Hero	2:32:13.00
38. Bjørn Melgård		2:32:40.00
39. Rolf Sørli		2:37:32.00
40. Hans-Kristian Kleven	Pay / Brinck B.I.L.	2:40:26.00
41. Knut Ragnar Bjerke	S.F.Grei	2:40:29.00
42. Oddvar Aaslien	Ringnes B.I.L.	2:40:30.00
43. Rolf Isaksen		2:42:29.00
44. Jan Andersen		2:44:14.00
45. Dag Skogli		2:46:27.00
46. John Kjøss	D.V.A.	2:47:12.00
47. Rolf Holm		2:47:23.00
48. Ove Ødegård		2:51:58.00
49. Jan Misund		2:52:48.00
50. Per Nyvold		2:53:55.00
51. Ulf Jacobsen		2:55:10.00
52. Werner Bye		2:58:25.00
53. Sven E. Otten		2:58:42.00
54. Trond Tørnby	B.O.C.	3:01:41.00
55. Willy Hanssen		3:02:34.00
56. Knut Andersen		3:03:21.00

57. Erik E. Ingebrigtsen	Kreditkassen BIL	3:12:49.00
58. Per Linna		3:14:35.00
59. Sverre Bry		3:16:14.00
60. Tom Smestad	O.V.A.	3:31:53.00

Klasse M40-44

1. Kjell Erik Arnold		1:59:55.00
2. Martin Kjelsås		2:06:07.00
3. Knut Strømsøe		2:06:13.00
4. Kåre Gloslie	I.K.Hero	2:07:28.00
" Kjell Winger	I.K.Hero	2:07:28.00
6. Jan Grimstad	I.K.Hero	2:10:00.00
7. Paul Kr. Wangsmo	Lørenskog C.K.	2:11:50.00
8. Knut A. Olsen		2:12:28.00
" Torgeir Mathisen	R.O.C.	2:12:28.00
10. Reidar A. Strømsøe		2:13:23.00
11. Odd Håvard Østmo	An.Thorbjørnsen&Co	2:14:11.00
" Svein Hagenes	Rye	2:14:11.00
" Leif R. Bjørnseth	Rye	2:14:11.00
14. Thor Kristoffersen		2:15:39.00
15. Asbjørn Møllegaard	Nittedal C.K.	2:19:07.00
16. Gunnar Aanmoen	Scaniaklubben	2:21:07.00
17. Erik Løkke		2:23:43.00
18. Svein Osvær	Hjemmets B.I.L.	2:23:52.00
19. Erling Røli	Ringerike S.K.	2:24:27.00
20. William Hagen	Rye	2:26:01.00
21. Ragnar Eriksen	Follo S.K.	2:26:12.00
" Knut Sætre	Follo S.K.	2:26:12.00
23. Willy Johansen		2:26:33.00
" Yngvar B. Pedersen		2:26:33.00
" Ottar Friborg	Rye	2:26:33.00
" Petter Kraft		2:26:33.00
27. Terje Woldengen	Grei	2:26:50.00
28. Tormod Belgum		2:27:12.00
" Birger Hagen		2:27:12.00
" Olaf Heggen		2:27:12.00
31. Leif Skjøret	Hero	2:27:23.00
32. Bjørn Jeksrud		2:27:28.00
33. Per-Erik Andersen	Progress I.F.	2:28:55.00
" Leiv Olav Dalen		2:28:55.00
35. Tore Ulverud	An.Thorbjørnsen&Co	2:29:43.00
" Tom Haug		2:29:43.00
37. Harald Radich		2:29:54.00
38. Per Anker Andersen	J.I.L. Grorud	2:30:26.00
39. Svein Ola Hope		2:30:39.00
40. Rolf Robert Johansen	Lørenskog C.K.	2:30:55.00
41. Kai Eriksen		2:31:33.00
" Harald Kolstad		2:31:33.00
43. Annar Aasheim		2:32:00.00
44. Gunnar Saugstad	Postgiro B.I.L.	2:32:48.00
45. Svein Tollefsen		2:36:07.00
46. Reidar Høgseth		2:39:49.00
47. Øivind Egner		2:40:45.00
48. Gunnstein Skogen		2:41:07.00
49. Svein Lehne	O.V.A.	2:42:10.00
50. Cato Nilsen		2:42:20.00
51. Per Isaksen		2:42:29.00
52. Arvid Rødsand		2:47:23.00

53. Ole Lyder Andersen	Nittedal C.K.	2:50:45.00
" Tor Bråten		2:50:45.00
55. Kjell Schau	I.K.Hero	2:51:53.00
56. Bjørn Solberg		2:53:20.00
57. Stein Lysaker	Merkantildata B.I.	2:57:00.00
58. Kjetil Lian		2:57:20.00
59. Kjell Jansen		2:58:15.00
60. Arve Fredriksen		2:58:19.00
61. Terje Bolt-Hansen		2:58:20.00
62. Kjell Schulte		3:01:47.00
63. Øystein Larsen		3:14:35.00
64. Dag Sture Eine Friis		3:23:16.00

Klasse M45-49

1. Per Derbakk	Rye	2:14:11.00
" Tormod Dahl	Askim S.K.	2:14:11.00
" Egil Granås		2:14:11.00
4. Ibrahim Tahir	Nittedal C.K.	2:17:28.00
" R. Sandberg		2:17:28.00
6. Geir Johansen	Pay / Brinck B.I.L	2:20:39.00
7. Terje Selvin		2:21:07.00
8. Hakon Øverby	Follo S.K.	2:24:23.00
9. Fredrik Leibnitz	I.K.Hero	2:25:35.00
10. Ove Mortensen	Askim I.F.	2:26:33.00
" Per Knutsen	Rye	2:26:33.00
12. Jan H. Nordby	J.I.L. Grorud	2:30:26.00
13. Tor Fossum		2:31:50.00
14. John Brevik		2:32:07.00
15. Kåre Berg		2:32:13.00
16. Kåre Kirkerød	Follo S.K.	2:32:18.00
17. Halvor Skjelbred	Follo S.K.	2:34:50.00
18. Per Erik Johansen	BOC	2:35:06.00
19. Tor Jacobsen		2:35:26.00
20. Arvid Bjørneklett		2:35:48.00
21. Svein Winnæss	O.V.A.	2:36:07.00
22. Gunnar Ellefsen	Follo S.K.	2:37:10.00
23. Ivar Kristiansen		2:38:09.00
" Bjarne Johansen	Nittedal C.K.	2:38:09.00
25. Arve Brevik	Rye	2:40:12.00
26. Ottar Bjørndalen	Ringnes B.I.L.	2:40:38.00
27. Per A. Føyn	I.K.Hero	2:41:10.00
28. Ragnar Engebret	Follo S.K.	2:42:25.00
29. Ola Olsen		2:42:58.00
30. Svein Kristoffersen		2:43:34.00
31. Erik S. Steffensen		2:46:27.00
" Nils Samuelson	Gilde B.I.L.	2:46:27.00
33. Werner Müller	I.K.Hero	2:48:04.00
34. Leif Sollin		2:48:06.00
35. Knut Gundersen		2:50:26.00
36. John Lynne	Follo S.K.	2:52:24.00
37. Arild Henriksen	O.V.A.	3:07:56.00
38. Jonny Karlsen		3:12:18.00
39. Odd Werner		3:14:11.00

Klasse M50-54

1. Svein Erik Carlsen	Follo S.K.	2:15:41.00
2. Johan Marthinsen	I.K.Hero	2:21:24.00

3. Erik Kristiansen	Follo S.K.	2:22:00.00
4. Magne Aanonsen		2:26:07.00
5. Per Lars Brøndsvang	Rye	2:26:50.00
6. Gunnar Kullebund		2:28:55.00
7. Odd Tjernshaugen		2:29:31.00
8. Bjørn Øvrim		2:35:23.00
9. Mikkel Kardel	Rye	2:42:45.00
10. B.M. Hallett		2:44:22.00
11. Armann Olsen		2:46:27.00
12. Kåre Holter		2:54:54.00
13. Jan Christie		3:07:10.00
14. Terje N. Holthe		3:18:42.00

Klasse M55-59

1. Odd Myhre	Follo S.K.	2:15:12.00
2. Torold Amundsen	Follo S.K.	2:26:12.00
3. Hans Rostad	Rikshospitalets B.	2:28:52.00
4. Arild Andersen	B.O.C.	2:32:34.00
5. Erik Nilsen	Follo S.K.	2:38:20.00
6. Kjell Røvik		2:42:10.00
7. Karl-Anders Hovden		3:01:59.00
8. Willy Marken	Kreditkassen BIL	3:11:28.00
9. Per Myhr	O.V.A.	3:31:53.00

Klasse M60-64

1. Ivar Nerby	Ringerike S.K.	2:31:37.00
2. Hans Th. Waaler		2:35:26.00
" Peter F. Hjort		2:35:26.00
4. Harald Baklid		2:39:43.00
5. Olav Haukeland sr.	Ringerike S.K.	3:13:26.00

Klasse M65-69

1. Karl Sjøberg		2:40:29.00
2. Erling Ekstrøm		3:12:24.00
3. Kjell Weum Eriksen		3:39:56.00

Klasse M70-

1. Asmund Erøy	Vansjø Svindal	3:06:40.00
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