

Klasse	K16-19			
	1. Siri Osvær			2:45:44.00
	1. Karina Solheim	Mittedal C.K.		2:45:44.00
	1. Cathrine Thoresen	Mittedal C.K.		2:45:44.00
Klasse	K20-24			
	1. Tove Kvarne			2:29:47.00
	2. Nina Ch. Wiger			2:55:37.00
	3. Eva A. Mørstad	S.I.L. Grorud		3:02:55.00
Klasse	K25-29			
	1. Anne Bjørnsmoen	RYE		2:12:34.00
	2. Bjørg Kristoffersen	Mittedal C.K.		2:47:26.00
Klasse	K30-34			
	1. Wenche Langsæth	RYE		2:23:23.00
Klasse	K35-39			
	1. Sølvi Jørgensen			2:35:49.00
Klasse	K40-44			
	1. Liun Karina			2:21:37.00
	2. Edel Schiøtz	Follo S.K.		2:42:07.00
Klasse	K?????			
	1. Ingunn Sandø			2:43:59.00
Klasse	M16-19			
	9. Knut Eide			3:07:43.00
	5. Johann Koss	Strømmen IF		2:13:05.00
	1. John Larsen	S.F. Grai		2:14:28.00
	8. Ronny Larsen	S.F. Grai		2:37:00
	6. Erik Rogndokken			2:17:11.00
	7. Rune Schau	S.F. Grai		2:26:48.00
	1. Fredrik Solbrekke	S.F. Grai		2:14:28.00
	1. Espen Sæther	S.F. Grai		2:14:28.00
	1. Roger Torkildsen	S.F. Grai		2:14:28.00
Klasse	M20-24			
	11. Terje Andersen	OVA		2:17:34.00
	1. Kjell Arnesen	S.F. Grai		1:58:10.00
	9. Geir Aspshaug			2:10:51.00
	15. Torgeir Austad			2:25:21.00
	10. Kai Werner Eriksen			2:15:36.00
	19. Kai S. Fagernes			2:50:29.00
	21. Pættar Fåyn	Herø		2:55:57.00
	15. Svein Ola Hope			2:25:37.00

Resultatservice ved Stein Kristiansen Torsvei 188, 3472 Dalbø, Tlf. (02) 852941

Klasse	M20-24	forts.		
	1. Arild Husted	S.F. Grai		1:58:10.00
	2. Fred Magne Hval	Team Triathlon		2:00:51.00
	2. Espen Idås	Team Triathlon		2:00:51.00
	1. Roy Kjærnet			1:58:10.00
	17. Are Koppang			2:58:29.00
	22. Bård Ivar Koppang			2:57:15.00
	14. Helge Kristiansen	Team Triathlon		2:50:29.00
	5. Martin Landquist	Follo S.K.		2:01:41.00
	8. Gato Ljones			3:03:25.00
	25. Geir Lynne			2:19:11.00
	13. Jo Ketil Lønnesløykken			2:30:52.00
	14. Oddgeir Lønnesløykken	Erling Storm A/S B		2:29:47.00
	17. Bjørn Erik Rustad			3:24:10.00
	26. Knut-Arne Samuelson	Follo S.K.		2:17:43.00
	12. Hans Petter Stenberg			2:39:06.00
	18. Trond N. Svendsen			2:58:29.00
	23. Terje Torp			1:58:10.00
	1. Jan Wilskog			1:58:10.00
Klasse	M25-29			
	39. Alf Luge Andersen	Team Triathlon		2:52:33.00
	1. Sven Nordby Anderssen			2:00:51.00
	40. Bent Arild Aspeli			2:55:00.00
	48. Trond Bergsvangen			3:34:27.00
	29. Bjørne Blom			2:41:05.00
	23. Fredrik Calmeyer			2:34:51.00
	26. Hilmar Davidsen			2:38:59.00
	34. Rolf E. Eldsvold	Ullensaker C.K.		2:46:49.00
	30. Oyvind Eriksen			2:42:07.00
	41. Rolf Flo			2:57:11.00
	32. Jørgen Ganer			2:45:29.00
	32. Jan Halvorsrud	Ullensaker C.K.		2:46:49.00
	5. Vidar Holtorp	RYE		2:12:34.00
	31. Werner Jørgensen	Kreditkassen BIL		2:15:25.00
	12. Geir Kjør			2:24:30.00
	11. Kai Knudsen			2:23:44.00
	7. Geir Krogh			2:13:26.00
	25. Bjørn Kyrre			2:38:12.00
	3. Per-Rune Larsson	Mittedal C.K.		2:10:51.00
	40. Jon Ted Lier			3:00:11.00
	2. Per-Arne Martinsen			2:09:38.00
	42. Per Arne Martinsen			2:58:25.00
	18. Tore Midtli			2:29:47.00
	5. Hans J. Nordhov			2:15:52.00
	20. Bjørne Nyberg			2:31:40.00
	22. Per Ivar Nørby	RYE		2:34:47.00
	24. Erik Møklaby	Follo S.K.		2:37:17.00
	9. Eivind Orre			2:21:48.00
	43. Magne Overstein	OBIL		3:00:11.00
	10. Baard Paulsen			2:21:52.00
	33. Trond Randen			2:45:49.00
	36. Gunnar Repshus	S.I.L. Grorud		2:44:53.00
	38. Steinar Sande			2:51:40.00
	23. Arvid Schröder			2:40:12.00

Resultatservice ved Stein Kristiansen Torsvei 188, 3472 Dalbø, Tlf. (02) 852941

Klasse	K16-19			
	1. Siri Osvær			
	1. Farina Solheim	Nittedal C.K.	2:45:44.00	
	1. Cathrine Thoresen	Nittedal C.K.	2:45:44.00	
Klasse	K20-24			
	1. Tove Kvarne		2:29:47.00	
	2. Nina Ch. Wiger		2:55:37.00	
	3. Eva A. Mørstad	S.I.L. Grorud	3:02:55.00	
Klasse	K25-29			
	1. Anne Bjørnsmoen	RYE	2:12:34.00	
	2. Bjørg Kristoffersen	Nittedal C.K.	2:47:26.00	
Klasse	K30-34			
	1. Wenche Langsath	RYE	2:23:23.00	
Klasse	K35-39			
	1. Sølvi Jørgensen		2:35:49.00	
Klasse	K40-44			
	1. Linn Karina		2:21:37.00	
	2. Edel Schiøtz	Follo S.K.	2:42:07.00	
Klasse	K?????			
	1. Ingunn Sandø		2:43:59.00	
Klasse	M16-19			
	9. Knut Eide		3:07:43.00	
	5. Johann Koss	Strømmen IF	2:15:05.00	
	1. John Larsen	S.F. Grai	2:14:28.00	
	8. Ronny Larsen	S.F. Grai	2:37:00.00	
	6. Erik Rogndokken		2:17:11.00	
	7. Rune Schau	S.F. Grai	2:26:48.00	
	1. Fredrik Solbrekke	S.F. Grai	2:14:28.00	
	1. Espen Sæther	S.F. Grai	2:14:28.00	
	1. Roger Torkildsen	S.F. Grai	2:14:28.00	
Klasse	M20-24			
	11. Terje Andersen	OVA	2:17:34.00	
	1. Kjell Arnesen	S.F. Grai	1:58:10.00	
	9. Geir Aspshaug		2:10:51.00	
	15. Torgeir Austad		2:25:21.00	
	10. Kai Werner Eriksen		2:15:36.00	
	19. Kai S. Fagernes		2:50:29.00	
	21. Pættar Fåyn	Herø	2:55:57.00	
	15. Svein Ola Hope		2:25:37.00	

Resultatservice ved Stein Kristiansen Torsvei 188, 3472 Dalbø, Tlf. (02) 852941

Klasse	M20-24	forts.		
	1. Arild Hustrad	S.F. Grai	1:58:10.00	
	2. Fred Magnø Hval	Team Triathlon	2:00:51.00	
	2. Espen Idås	Team Triathlon	2:00:51.00	
	1. Roy Kjærne		1:58:10.00	
	17. Arne Koppang		2:58:29.00	
	22. Bård Ivar Koppang		2:57:15.00	
	14. Helge Kristiansen	Team Triathlon	2:50:29.00	
	5. Martin Landquist		2:00:51.00	
	8. Gato Ljones	Follo S.K.	2:01:41.00	
	25. Geir Lynne		3:03:25.00	
	13. Jo Ketil Lønnesløkken		2:19:11.00	
	14. Oddgeir Lønnesløkken	Erling Storm A/S B	2:20:52.00	
	17. Bjørn Erik Rustad		2:29:47.00	
	26. Knut-Arne Samuelson		3:24:10.00	
	12. Hans Petter Stenberg	Follo S.K.	2:17:43.00	
	18. Trond N. Svendsen		2:39:06.00	
	23. Terje Torp		2:58:29.00	
	1. Jan Wilskog		1:58:10.00	
Klasse	M25-29			
	39. Alf Luge Andersen		2:52:33.00	
	1. Sven Hordby Anderssen	Team Triathlon	2:00:51.00	
	40. Bent Arild Aspeli		2:55:00.00	
	48. Trond Bergsvangen		3:34:27.00	
	29. Bjørne Blom		2:41:05.00	
	23. Fredrik Calmeyer		2:34:51.00	
	26. Hilmar Davidsen		2:38:59.00	
	34. Rolf E. Eidsvold		2:46:49.00	
	30. Oyvind Eriksen	Ullensaker C.K.	2:42:07.00	
	41. Rolf Flo		2:57:11.00	
	32. Jørgen Ganer		2:45:29.00	
	32. Jan Halvorsrud	Ullensaker C.K.	2:45:49.00	
	5. Vidar Holtorp	RYE	2:22:34.00	
	31. Werner Jørgensen	Kreditkassen BIL	2:15:25.00	
	12. Geir Kjør		2:24:30.00	
	11. Kai Knudsen		2:23:44.00	
	7. Geir Krogh		2:13:26.00	
	25. Bjørn Kyrre		2:38:12.00	
	3. Per-Rune Larsson	Nittedal C.K.	2:10:51.00	
	40. Jon Ted Lier		3:00:11.00	
	2. Per-Thomas Lund		2:09:38.00	
	42. Per Arne Martinsen		2:58:25.00	
	18. Tore Midtli		2:29:47.00	
	5. Hans J. Nordhov		2:15:52.00	
	20. Bjørne Nyberg		2:31:40.00	
	22. Per Ivar Nørby	RYE	2:34:47.00	
	24. Erik Møklaby	Follo S.K.	2:37:17.00	
	9. Eivind Orre	OBIL	2:21:48.00	
	43. Magne Overstein		3:00:11.00	
	10. Baard Paulsen		2:21:52.00	
	33. Trond Randen		2:45:49.00	
	36. Gunnar Repshus	S.I.L. Grorud	2:44:53.00	
	38. Steinar Sande		2:51:40.00	
	23. Arvid Schröder		2:40:12.00	

Resultatservice ved Stein Kristiansen Torsvei 188, 3472 Dalbø, Tlf. (02) 852941

Klasse M25-29 forts.

45. Tore Setnes		3:02:25.00
4. Einar Skaarud	S.F. Grai	2:11:27.00
25. Ståle Skaarud		2:23:59.00
13. Jarle Sletum		2:25:15.00
21. Rune Sollin	RYE	2:34:06.00
47. Jon Stendal	OBIL	3:06:19.00
37. Rolf Strand	Kreditkassen BIL	2:51:08.00
16. Ove Sveen		2:29:25.00
46. Jan Svoren		3:04:10.00
8. Ola Sæther		2:20:30.00
15. Svein M. Thoresen		2:29:27.00
14. Runar Torgersen		2:26:00.00
15. Nils Vambeseth	RYE	2:23:44.00
19. Truls Wold		2:31:05.00

Klasse M30-34

26. Tom Amundsen	RYE	2:51:49.00
35. Ottar Bekkelund		2:54:10.00
24. Leif A. Brandal		2:50:47.00
29. Nils Terje Brandal		2:50:47.00
23. Lasse Bøhler	Follo S.K.	2:36:05.00
1. Bjørn Espenes	Nebb Askim BIL	2:00:51.00
17. Tom Filberg	Kreditkassen BIL	2:25:37.00
1. Steinar Forsmo		2:00:51.00
20. Rune Fosshelm		2:23:45.00
32. Levi Gravdal	RYE	2:51:49.00
5. Tor D. Gustafsson		2:01:41.00
41. Istvan Hajba	Stål & still BIL	3:13:10.00
1. Frank Hofseth		2:00:51.00
14. Erik Håkensen	Follo S.K.	2:19:28.00
8. Tage Johansen	ROC	2:10:51.00
25. Sven Kr. Jørgensen	Hero	2:45:44.00
21. Ingar Karlsen	Follo S.K.	2:23:47.00
15. Frank Olav Kobbhus	RYE	2:23:25.00
6. Eivind Kristiansen	S.F. Grai	2:03:21.00
7. Martin Kristoffersen	Nittedal C.K.	2:09:52.00
11. Vidar Krogstad	Nebb Askim BIL	2:15:51.00
24. Einar Kaasa	Raufoss og omegn C	2:43:00.00
19. John Ivar Lindalen	Hadeland C.K.	2:28:04.00
9. Hjalmar Marchinussen		2:11:52.00
9. Torbjørn Maurstad		2:17:34.00
10. Tore Misen	OBIL	2:12:34.00
22. Arne Moksnes	OBIL	2:33:04.00
18. Vegard Myhrvold		2:25:52.00
12. Jan Erik Myrvold		2:17:34.00
1. Stein Møhlum		2:00:51.00
40. Rolf Nordberg	OBIL	3:00:11.00
29. John Nyland	OBIL	2:54:47.00
23. Petter Randtoft		2:48:29.00
37. Øyvind Ringstad	OBIL	2:54:47.00
16. Bjørn Sandesli	Hero	2:26:02.00
34. Einar Svendsli		2:52:33.00
31. Olav Svendsli		2:51:02.00
26. Morten Søvik		2:45:25.00

Resultatservice ved Stein Kristiansen Torstvei 133, 3472 Dalbø, Tlf. (02) 852941

Klasse M30-34 forts.

27. Rolf Thomassen		2:43:29.00
23. Per Arne Tvebak		2:54:10.00
39. Øyvind Mollan		2:56:32.00

Klasse M35-39

37. Kjell-Erik Algarr		2:38:12.00
15. Bjørn Andersen	S.F. Grai	2:14:28.00
30. Knut Andersen		2:29:56.00
33. Paul Bætt-Ravden		2:32:15.00
29. P. Bergan	Follo S.K.	2:29:47.00
26. Jan Bjerkeli	Ringarte S.K.	2:22:34.00
34. Halge Drage		2:32:56.00
20. Knut Ellertsen	Hjemets BIL	2:17:00.00
2. Thor Engh		2:00:51.00
16. Håvar Flåtan	OBIL	3:00:11.00
22. John Kr. Fønserud	S.F. Grai	2:13:45.00
24. Gustav Gjessing	Kreditkassen BIL	2:21:36.00
2. Kåre Gjoslie		2:00:51.00
49. Jan Gulbrandsen		3:04:10.00
43. Terje Belt Hansen		2:54:10.00
41. Willy Hanssen		2:48:25.00
1. Frank Haraldsen	Nittedal C.K.	2:00:48.00
25. Torø Haugen		2:21:53.00
52. Torkill Roa Hoel		3:11:47.00
48. Rolf Isaksen		3:02:25.00
27. Rolf Jacobsen		2:26:37.00
35. Ulf Jacobsen		2:33:00.00
53. Rune Jevnås	ROS	3:23:00.00
5. Tom Terje Johansen		2:11:36.00
13. Inge Johnsen		2:15:37.00
3. Per Jørfas		2:01:41.00
2. Eivind W. Junn	HAEB BIL	2:00:51.00
36. Johnny Jørgenvåg		2:34:19.00
10. John Kloss	Oslo Vann og Avløp	2:47:02.00
2. Bjørn Klev		2:00:51.00
7. Bjørn Lauglo	NORAVST	2:14:28.00
12. Lars-Erik Løndahl		2:54:10.00
12. Rolf Neek		2:31:43.00
7. Bjørn Melgård		2:14:28.00
47. Jan Misen		3:00:20.00
50. Per Morten Mortensen	OBIL	3:06:19.00
3. Svein E. Myrvold		2:48:07.00
10. Bjørn Nicolaisen	RYE	2:11:17.00
5. Harald Nordhagen		2:12:34.00
39. Tom Reinertsen		2:45:35.00
13. Torbjørn Rud	RYE	2:12:34.00
21. Rolf Schjerve		2:17:43.00
45. Tom Erik Simansen	An. Thorbjørnsen &	2:57:11.00
31. Dag Skogli		2:30:24.00
7. Thor Svendsen	Follo S.K.	2:01:41.00
3. Hans Sæther		2:01:41.00
23. Jan Edv. Thygesen	Follo S.K.	2:30:12.00
51. Trond Tørnby		3:10:33.00
2. Erik Vea		2:00:51.00

Resultatservice ved Stein Kristiansen Torstvei 133, 3472 Dalbø, Tlf. (02) 852941

Klasse M45-49 forts.

7. Einar Vesterheim	2:14:28.00
23. Thor Viken	2:25:52.00
42. Ove Ødegård	2:49:05.00
11. Steinar Aarstad	2:11:36.00

Klasse M40-44

56. Per A. Andersen	J.I.L. Grorud	3:02:56.00
41. Torodd Belgum		2:42:07.00
2. Svein Berg		2:00:51.00
49. Ulf Bjørklund		2:56:17.00
58. Sveire Bry		3:11:00.00
44. Tore Bråten		2:47:42.00
46. Per R. Christensen		2:48:02.00
25. Kai Eriksen		2:32:09.00
48. Arve Fredriksen		2:55:49.00
40. Otar Friberg		2:37:50.00
53. Sture Frits		3:02:26.00
22. Leif Godager	Kreditkassen BIL	2:17:00.00
19. William Hagan		2:14:28.00
17. Svein Hagenes		2:12:34.00
50. Per Hamre		2:58:24.00
31. Terje J. Haraldsen		2:22:50.00
37. Jan A. Isaksen	Kreditkassen BIL	2:32:09.00
40. Per Isaksen		3:02:26.00
26. Rolf R. Johansen	Løvenskog C.K.	2:19:28.00
39. Otto Jørgensen		2:35:49.00
34. Harald Kolstad	Jutul IL	2:29:11.00
42. Leif Kristiansen		2:45:30.00
52. Tom Kristiansen	OBIL	3:00:11.00
2. Thor Kristoffersen		2:00:51.00
12. Fredrik Lamo		2:07:12.00
33. Kjell Larsen	Mittedal C.K.	2:28:23.00
1. Roger Larsson		1:58:10.00
51. Kjertil Lian		2:58:30.00
6. Bjørn Lillaseth		2:10:51.00
57. Stein Lysaker	Norcomp BIL	3:09:28.00
29. Bjørn Lyseggen		2:21:52.00
21. Svein Monsen		2:15:00.00
24. Inge Nialsen		2:06:09.00
11. Jan Novolny	Kreditkassen BIL	2:26:37.00
32. Georg Olsen		2:17:34.00
13. Kjell Olsen	Ullensaker S.K.	2:11:36.00
16. Knut A. Olsen	Hjemmets BIL	2:14:28.00
9. Svein Osvar		2:47:58.00
45. Yngvar B. Pedersen	Sarpsborg S.K.	2:29:43.00
35. Harald Radich	RYE	2:12:34.00
8. Morten Ralger		3:12:19.00
59. Arild Rio-Eriksen		2:21:41.00
28. Paal Sand		2:10:51.00
6. Arnstein Sevilhaug		2:22:11.00
30. Otar Simonsen	Hero	2:21:02.00
27. Leif Skjæret		3:03:26.00
40. Bjørn P. Solberg		2:05:51.00
10. Svein Solskjær		

Resultatservice ved Stein Kristiansen Torsvei 188, 3472 Dalbø, Tlf. (02) 852941

Klasse M40-44 forts.

2. Knut Strømsøe	2:00:51.00	
2. Raldar Strømsøe	2:00:51.00	
2. Jan H. Svendsen	2:00:51.00	
43. Laase B. Svellingen	2:45:49.00	
23. Knut Sætre	2:17:17.00	
36. Svein Tollefsen	Follo S.K.	2:29:56.00
2. Truls Tyreid	Oslo Vann og Avløp	2:00:51.00
47. Tore Ulvrud	An. Thorbjørnsen &	2:49:06.00
13. Odd Håvard Østermo	An. Thorbjørnsen &	2:10:51.00
2. Kjell Erik Arnold		2:00:51.00
2. Tor Aas		2:00:51.00

Klasse M45-49

25. Ole Lyder Andersen	Mittedal C.K.	2:56:23.00
22. Arvid Bjørnklei		2:45:49.00
18. Arve Brevik	RYE	2:41:21.00
21. John Brevik	CERES	2:43:04.00
12. Torodd Dahl		2:33:51.00
7. Leiv Olav Dalen		2:26:48.00
15. Per Derbakk	Aftenposten BIL	2:36:24.00
13. Frank Edvardsen	Rallingen S.K.	2:34:47.00
19. Gunnar Elløfsen	Follo S.K.	2:42:07.00
28. Sjøle Findaahl	S.I.L. Grorud	3:02:56.00
6. Tor Fossum		2:35:30.00
27. Per A. Føyn	Hero	2:56:57.00
30. Seinar S. Håkonsen		3:05:11.00
25. Kjell Jansen		2:55:44.00
15. Barne Johansen	Mittedal C.K.	2:37:53.00
4. Gafr Johansen	Pay & Brinck A/S B	2:16:37.00
9. Per E. Johansen		2:29:25.00
14. Willy Johansen	Gunnar Karlsten A/S	2:35:49.00
2. Svein Kristiansen		2:12:34.00
24. Svein Kristoffersen		2:55:11.00
29. John Lynne	Follo S.K.	3:03:25.00
11. Jan H. Nordby	J.I.L. Grorud	2:30:24.00
10. Thor K. Olsen		2:29:47.00
2. Øystein Rohlf		2:12:34.00
5. Rikard Sandberg		2:17:00.00
8. Terje Salvik		2:47:56.00
23. Gunnar Saugstad		2:38:37.00
17. Gunnstein Skogen		2:39:06.00
20. Bjørn Solberg		2:42:08.00
1. Leif Wilskog		2:09:52.00

Klasse M50-54

3. Svein-Erik Carlsen	Follo S.K.	2:20:24.00
12. Per-Arne Holmberg		3:09:05.00
13. Terje N. Høltbe		3:22:12.00
2. Jan Karlsen		2:15:52.00
5. Gunnar Kullebund		2:26:48.00
10. Per Myhr		3:05:11.00
1. Leif Nyland		2:14:28.00
6. Ola Olsen		2:28:23.00

Resultatservice ved Stein Kristiansen Torsvei 188, 3472 Dalbø, Tlf. (02) 852941

Klasse M50-54 forts.

7. Ørnulf Pedersen
10. Kjell Saga
9. Erik S. Steffensen
4. Bjørn Ørvins
8. Jens E. Aalborg

Kolbotn i L.

2:29:17.00
3:05:11.00
3:04:19.00
2:25:39.00
2:50:29.00

Klasse M55-59

4. Rolf Fatland
5. Willy Marken
5. Erik Nilsen
7. Armann Olsen
3. Johan Pedersen
1. Hans Rostad
2. Magne Aanonsen

Kredittkassen BIL
Follo S.K.

2:47:11.00
2:58:27.00
2:56:3.00
3:04:2.00
2:34:25.00
2:26:52.00
2:30:24.00

Klasse M60-64

4. T. Amundsen
3. Bjarne Fjeldstad
5. Pater F. Hjort
7. Karl-Anders Hovden
1. Claus Kondrup
2. Iver Nerby
5. Hans Th. Waaler

Follo S.K.

2:37:08.00
2:34:11.00
2:40:12.00
3:02:26.00
2:17:34.00
2:23:45.00
2:40:12.00

Klasse M65-69

2. Gunnar Bakke
1. Karl Sjøberg
3. Kjell Weum

OBIL

2:39:42.00
2:30:51.00
3:40:10.00

Klasse M70-

1. Erling Ekstrøm

Stål & Scil BIL

3:13:10.00

Klasse M???

6. Jon Bjørnlid
3. Helge Hallan
1. Roger Hansen
5. Reidar Høgseth
1. Jon Matzow
4. Jan Egil Wold

3:09:00
2:27:09.00
2:00:51.00
2:37:50.00
2:00:51.00
2:32:26.00