



## Klasse ??????

1. Tor Gylterud	Sp. Klubben Rye	2:51,20.00
2. Dag Holtop	Sp. Klubben Rye	3:00,03.00
3. Lasse Heier		3:18,14.00
4. Øivind Sæter	Ellco Etikett Tryk	3:32,15.00
5. Herbjørn Hovin		3:35,20.00
6. Kjell Jansen		3:37,21.00
7. Arnfinn Eid		3:39,15.00
8. Truls Natland		3:45,41.00
9. Pål Cortsen		3:46,03.00
10. Willy Marken		3:51,56.00

## Klasse K16-19

1. Heidi Håkonsen	S.F. Grei	2:26,36.00
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## Klasse K20-24

1. Ragnhild Haug	BOC	2:42,36.00
2. Gunn Ramsrud	Raufoss & Omegn CK	2:59,48.00
3. Anne-Line Sandvold	Ullensaker CK	3:18,31.00

## Klasse K25-29

1. Astrid Nyvoll	Sp. Klubben Rye	3:31,40.00
" Nina Charlotte Wiger		3:31,40.00
3. Eva Aslaug Wærstad	J.I.L. Grorud	3:59,26.00

## Klasse K30-34

1. Ingegerd Hauknes	BOC	2:49,31.00
2. Ellen Spangelid	Rye	3:06,25.00
3. Gro D. Øfjord	Aqua kam.	3:18,39.00

## Klasse K35-39

1. Johanne Monsen		3:34,34.00
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## Klasse K45-49

1. Ashild Nygard	Sp. Klubben Rye	3:33,53.00
2. Ingrid Briseid	Sp. Klubben Rye	4:18,33.00

## Klasse K50-54

1. Jannicke Schancke	Vinmonopolet BIL	3:19,48.00
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## Klasse M16-19

1. Hans Petter Erikstad	S.F. Grei	2:25,56.00
" Jan Prestegård	Nittedal CK	2:25,56.00
3. Stein Ødegaard	S.F. Grei	2:26,36.00
" Tommy Holter	S.F. Grei	2:26,36.00
" Elling Starrem	Hero	2:26,36.00
6. Frode Nilsen	Follo SK	2:46,25.00
7. Håvard Huseby	Spydeberg IL	2:56,11.00
8. Jan-Christer Jansson	Ullensaker CK	3:01,25.00



## Klasse M16-19 forts.

9. Pål Aronsen	m25-29	3:02,40.00
10. Lars Skoveng	Ceres	3:07,05.00
11. Mads Ringnes	Emmelle Team	3:10,08.00
12. Alexander Hoem		3:20,55.00
13. Knut Erik Grøholt	Hasle-Løren	3:21,39.00
14. Lars-Marius Waldal		3:30,23.00
15. Bjørn Erik Sannerud	LHB	3:46,08.00
16. Espen Davidsen	Hasle-Løren	3:51,21.00

## Klasse M20-24

1. Jahn Gullbrandsen	Askim	2:23,48.00
" Jan Wilskog	Nittedal CK	2:23,48.00
3. Pål Drummond	SF Grei	2:25,56.00
" Bernt Andersen	S.F. Grei	2:25,56.00
5. Cato Ljones	SF Grei	2:26,36.00
" Bård Sterri	LCK	2:26,36.00
7. Morten Andresen	SF Grei	2:27,26.00
8. Rune Sæther	Hero	2:28,02.00
" André Jean	Ceres	2:28,02.00
10. Glenn R. Skjolden	Askim	2:29,07.00
11. Roger Hansen		2:35,03.00
12. Wegar Løkken	Raufoss & Omegn CK	2:37,36.00
13. Thor van Leeuwen	Lørenskog SK	2:44,34.00
14. Trond Grønnerud	Raufoss & Omegn CK	2:46,00.00
15. Espen Lund	Sp. Klubben Rye	2:48,49.00
" Even Ralger	Sp. Klubben Rye	2:48,49.00
17. Ole-Kr Westby	Eidsvoll SK	2:49,31.00
18. Roy Brunstrøm	Sp. Klubben Rye	2:51,20.00
19. Knut Jo Strømsborg	Sp. Klubben Rye	2:54,07.00
20. Adrian Stray		2:55,30.00
21. Ståle Kristiansen	Kraft BIL	2:58,34.00
" Paal-Gunnar Mathisen	V/S IL	2:58,34.00
23. Rolf Schjerven	Rye	3:06,25.00
24. Terje Prøven	Ullensaker CK	3:07,04.00
25. Tom Ødegård	Sp. Klubben Rye	3:09,31.00
26. Lars-Steinar Sundby	Ullensaker CK	3:12,12.00
27. Egil Olsen	LHB	3:27,45.00
28. Ørjan Eriksen	Follo SK	3:39,48.00
29. Øivind Frøstad	Hasle-Løren	3:45,23.00
30. Christian Beylich	Hasle-Løren	3:52,31.00

## Klasse M25-29

1. Morten Eriksen	SF Grei	2:23,48.00
" Roy Kjærnet	SF Grei	2:23,48.00
3. Hans Bjørkeng	SF Grei	2:26,36.00
" Arild Hustad	S.F. Grei	2:26,36.00
" Geir Enberg	Hero	2:26,36.00
" Tore Bratberg	Raufoss & Omegn CK	2:26,36.00
7. Geir Asphaug	Nordstrand Triathl	2:35,03.00
8. Harald Vingerhagen		2:37,36.00
9. Arne Ole Vold	Lørenskog SK	2:40,03.00
10. Sven Axel Svensson	Nittedal CK	2:42,36.00
11. Terje Ellingsen	Raufoss & Omegn CK	2:46,25.00
12. Hans Peter Stenberg	Ringnes BIL	2:48,20.00



## Klasse M25-29 forts.

13.	Per Kristian Dahl	Ullensaker CK	2:52,13.00
"	Stein Gundersen	Ullensaker CK	2:52,13.00
"	Kjetil Hertzzenberg	Ullensaker CK	2:52,13.00
16.	Ole Anders Olsen	Sp. Klubben Rye	2:57,32.00
17.	Pål E. Dingstad	Hero	3:02,52.00
18.	Rune Søfteng	Ceres	3:02,57.00
19.	Thomas Laudal		3:03,45.00
20.	Finn Wilhelmsen		3:04,34.00
21.	Ronny Nilsen		3:04,48.00
"	Hans O. Skofteby		3:04,48.00
"	Frode Kirkerud	EB Askim BIL	3:04,48.00
24.	Morgan Thomassen	Ceres	3:05,08.00
25.	Stig Nyvold		3:05,27.00
26.	Johan Alvheim	Brevpost BIL	3:09,48.00
27.	Terje Gundersen		3:10,08.00
28.	Bjørn Granerud	Ullensaker CK	3:11,24.00
29.	Geir Lyngaas	Hero	3:12,38.00
30.	Jan Tore Sletta	Esselte BIL	3:17,45.00
31.	Espen Sørby	Ceres	3:18,32.00
32.	Oddbjørn Nygård Vik	HABIL	3:25,57.00
33.	Terje Sterner		3:26,14.00
34.	Tron Sperre Olsen		3:27,41.00
35.	Tom Erik Heggedal		3:29,02.00
"	Erik Lund		3:29,02.00
37.	Arne Jacobsen		3:50,55.00

## Klasse M30-34

1.	Oddmund Brekke	SF Grei	2:26,36.00
"	Jan A. Sagadalen	Nittedal CK	2:26,36.00
"	Pål Fredriksen	Ceres	2:26,36.00
"	Frank Hofseth	Eidsvoll	2:26,36.00
5.	Martin Kristoffersen	Nittedal CK	2:29,07.00
6.	Tormod Lysenstøen	Hadeland CK	2:39,18.00
7.	Knut Bergsholm	Askim CK	2:41,25.00
8.	Frank Haver	Ironman Lamb.	2:41,40.00
9.	Per Brovold	Nes SK	2:42,25.00
10.	Eivind Kjeldsø	Nittedal CK	2:42,36.00
"	Per Rune Larsson	Nittedal CK	2:42,36.00
"	Leif Arne Brandal	Nittedal CK	2:42,36.00
13.	Geir Klaussen	Rye	2:43,20.00
14.	Knut G. Haga	Ceres	2:47,36.00
15.	John Arne Holtopp		2:48,55.00
16.	Steinar Eggem		2:49,48.00
"	Odd Nilsen	Inter-Media	2:49,48.00
18.	Knut Øistad	NCK	2:51,25.00
19.	Erling Rekdal	Sp. Klubben Rye	2:54,07.00
20.	Tom Olberg	Follo SK	2:54,46.00
21.	Stein Simensen		2:56,04.00
22.	Svein-Atle Bakkebø	Posten BIL	2:57,36.00
23.	Øyvind Andersen	DnB BIL	2:59,31.00
24.	Hans-Petter Olsen	BOC	2:59,35.00
25.	Ole T. Moy	BOC	2:59,48.00
26.	Eivind Næss		3:02,40.00
27.	Ståle Jensen	Nittedal CK	3:04,26.00
28.	Knut M. Ballangrud		3:04,34.00



## Klasse M30-34 forts.

" Per Ole Nyggjelten	Kreditkassen BIL	3:04,34.00
30. Harald Rønning		3:09,08.00
31. Knut Larsen		3:09,35.00
32. Vidar Petterson	LSK	3:12,03.00
33. Erik Nøkleby		3:13,01.00
34. Tom Erik Grønberg		3:15,59.00
35. Geir Nilsen	Kreditkassen BIL	3:17,38.00
36. Stig Erik Madsen	Taxi Sport	3:17,52.00
" Jan Svoren	Rye	3:17,52.00
38. Rune Johansen	Smygerne	3:19,02.00
39. Espen Larsen	Ellco Etikett Tryk	3:19,26.00
40. Stein Sterner	Oslo Renholdsverk	3:19,34.00
41. Sigsten Olsen		3:21,40.00
42. Gunnar Repshus		3:23,26.00
" Tor-Arne Lund		3:23,26.00
44. Thomas Tangen	Ceres	3:23,57.00
45. Mgne Aldrin	FBI	3:25,39.00
46. Morten Bø	NV-BIL	3:26,16.00
47. Rolf E. Eidsvold	Eidsvoll SK	3:27,10.00
48. Karl Egil Stubsjøen	Rye	3:27,54.00
49. Terje Neumann		3:28,34.00
50. Gerhard B. Seljehammer		3:32,10.00
51. Truls Natland		3:32,11.00
52. Stig Gjerde		3:35,10.00
53. Alf Jan Bentsen		3:35,20.00
54. Roger Kristiansen	Rye	3:37,05.00
55. Øyvind Eriksen	Follo SK	3:39,48.00

## Klasse M35-39

1. Tom Thomassen		2:26,36.00
" Steinar Forsmo	Hero	2:26,36.00
" Arild Jansson	Sarpsborg SK	2:26,36.00
4. Olav Svensli	Nittedal CK	2:29,07.00
5. Tore Tomter	NCK	2:32,57.00
6. Reidar Kristiansen	Nittedal CK	2:39,07.00
7. John Hohnstul	BOC	2:40,03.00
8. Per Jorås		2:41,47.00
9. Nils Terje Brandal	Nittedal CK	2:42,36.00
10. Morten Werner Nielsen	Rye	2:44,17.00
" Stein Brudal	Rye	2:44,17.00
12. Tommy Jensen	Asker CK	2:45,10.00
13. Tage Johansen	Raufoss & Omegn CK	2:46,25.00
14. Rolf Getz	ACK	2:47,25.00
15. Johnny Jørgenvåg	Bertel O. Steen BI	2:47,36.00
" Jørn Brynstad	Raufoss & Omegn CK	2:47,36.00
" Stein Bråthen	NCK	2:47,36.00
18. Vidar Syversen	Hero	2:48,01.00
19. John Ivar Liudalen	Raufoss & Omegn CK	2:50,03.00
20. Odd O. Bjelke	Sp. Klubben Rye	2:51,20.00
21. Asbjørn Rud	Ullensaker CK	2:52,32.00
22. Eiulf Schie	IF Frøy	2:53,15.00
23. Morten Bergstrøm	International Syst	2:58,31.00
24. Trygve Blørstad	Sarpsborg Politiid	2:59,02.00
25. Knut Nydal	Hadeland CK	3:00,30.00
26. Trond Andersen		3:03,30.00



## Klasse M35-39 forts.

27. Geir Heimdal		3:04,48.00
28. Øystein Evensen	ACK	3:06,40.00
29. Aage Ringdal	Hasle Løren	3:16,56.00
30. Vidar Svendsen	DnB BIL	3:19,14.00
31. Nils-Jørgen Kjærnei		3:19,35.00
32. Bjarne Sitter	Rasterix IL	3:26,16.00
33. Arne Olsen	LHB	3:27,45.00
34. Per Moe		3:28,10.00
35. Leif Urdal	Follo SK	3:31,43.00
36. Geir Kjønigsen	Oslo Vegvesen Bil	3:39,46.00
37. Frank Olsen	Feiring IL	3:44,40.00
38. Jon Bjørnlid		3:50,10.00

## Klasse M40-44

1. Svein Lamo	Nittedal CK	2:32,57.00
2. Thor Engh	Hero	2:34,07.00
3. Leif S. Godager	Kreditkassen BIL	2:37,36.00
4. Tor Arne Simonsen	Follo SK	2:38,39.00
5. Bjørn Braaten	NCK	2:42,36.00
6. Thor Svendsen	Follo SK	2:43,48.00
7. Lars Erik Løvdal	Sp. Klubben Rye	2:48,49.00
" Harald Nordhagen	Sp. kl. Rye	2:48,49.00
9. Sverre Eliassen	Ullensaker CK	2:49,07.00
10. Bjørn Tore Nysæter	Hero	2:51,25.00
11. Steinar Aarstad	Ullensaker CK	2:52,13.00
12. Arne Blakkisrud	Ullensaker CK	2:52,32.00
13. Ole Sakshaug	International Syst	2:58,44.00
" Bjørn Lyseggen		2:58,44.00
15. Gunnar-Herbert Larsen	Sarpsborg SK	2:59,02.00
16. Thor H. Haraldsen	Nittedal CK	2:59,18.00
17. Per F. Johansen		3:00,03.00
18. Magne Morken	Kreditkassen BIL	3:04,34.00
19. Ivar Vestad		3:04,48.00
" Ake Gustafsson	Nittedal CK	3:04,48.00
21. Lasse Ralger	Sp. Klubben Rye	3:06,25.00
22. Christian Albech	Grenland SK	3:06,33.00
23. Knut Andersen	Grünerløkka Ballkl	3:08,15.00
24. Per Nyvold	Sp. Klubben Rye	3:08,30.00
25. Knut Johansen		3:08,31.00
26. Willy Hanssen		3:08,44.00
27. Kjell Larsen	Sønnico BIL	3:09,19.00
28. Lan Petter Jonstad	Astra BIL	3:10,56.00
29. Geir Skjevling		3:11,24.00
30. Per Undli	Nittedal CK	3:11,55.00
31. Hasse Farstad	DNX A/S	3:17,02.00
32. Kåre Aasheim	Ullensaker CK	3:18,31.00
33. Kjell-Erik Algarr	OPIL	3:21,40.00
34. Ingar Wilhelmsen	Hasle-Løren	3:22,00.00
" Tom Corneliusen	Hasle-Løren	3:22,00.00
36. Håkon Øvergård	Kraft	3:23,57.00
37. Frode Østby	Ullensaker CK	3:25,49.00
38. Torbjørn Lundegaard	Alcatel STK BIL	3:27,10.00
39. Hans. E Karlsen	Halden CK	3:33,35.00
40. John Kjoss	OVA	3:37,51.00
41. Arne Olav Bjerkeli	Foll SK	3:39,14.00





## Klasse M40-44 forts.

42. Per Otto Engnes		3:42,47.00
43. Kjell Johannesen	Stein Glass	3:43,09.00
44. Trond Tørnby		3:47,15.00
45. Svein Kulperudbakken		4:17,00.00

## Klasse M45-49

1. Leif Pettersen	Sarpsborg SK	2:23,48.00
2. Kjell Erik Amold	Sp. Klubben Rye	2:26,36.00
" Knut Løvli	Sarpsborg SK	2:26,36.00
" Karl Helland	TVK	2:26,36.00
5. Fredrik Lamo	Nittedal CK	2:29,07.00
6. Kjell Furre	Follo SK	2:31,36.00
7. Håvard Østmo	Ullensaker CK	2:34,07.00
8. Arne Aspen	Nittedal CK	2:41,25.00
9. Age Delerud	Nes SK	2:41,31.00
10. Thor Bie	Siemens BIL	2:42,26.00
11. Bjørn Jeksrud	Ceres	2:42,36.00
12. Stein Østerlie	Hoydensenter MOss	2:44,31.00
13. Tor Aas	Sarpsborg SK	2:44,57.00
14. Ottar Haugmo	Sykkelsenteret Mos	2:46,14.00
15. Gunnar Bendiksbj	Rye	2:48,10.00
16. Morten Ralger	Sp. Klubben Rye	2:48,49.00
" Leif R. Bjørneseth	Gilde BIL	2:48,49.00
18. Jan Grimstad	Hero	2:49,18.00
19. Sverre Haugerud	Hero	2:50,37.00
20. Bjørn Lillesteth	Ullensaker CK	2:52,13.00
" Arnstein Sevilhaug	Ullensaker CK	2:52,13.00
" John Schj. Olaisen	BOC	2:52,13.00
" Erik Løkke		2:52,13.00
24. Lasse Roar Andersen	Ullensaker CK	2:52,32.00
25. Knut Sætre		2:52,36.00
" Tor Gressberg		2:52,36.00
27. Jostein Helland	EB I & O BIL	2:53,15.00
28. Ottar Simonsen	Sp. Klubben Rye	2:54,07.00
" Bjørnar Thoresen	Sp. Klubben Rye	2:54,07.00
30. Tor Amundsen	BA-BIL	2:54,34.00
31. Rolf Robert Johansen	Ceres	2:55,30.00
32. Ragnar Fjeldheim	Ullensaker CK	2:56,04.00
33. Inge Nilsen	Follo SK	2:56,43.00
34. Arild Myhrvold	Hero	2:57,32.00
35. Willy Pettersen	BOC	2:57,58.00
36. Jan Rasmussen	Ullensaker CK	3:04,31.00
37. Willy Johannessen	Gunnar Karlsen BIL	3:04,48.00
38. Torger Amdal	Alcatel STK BIL	3:08,30.00
" Eivind Bakken	Sp. Klubben Rye	3:08,30.00
40. Svein Hensel	ABN Racing Team	3:08,58.00
41. John W. Pedersen	Forende Trykkerier	3:16,40.00
42. Harald Kolstad	Jutul	3:21,28.00
43. Knut Hugdal	Astra BIL	3:22,52.00
44. Øivind Egner	Kreditkassen BIL	3:23,15.00
45. Einar Alexandersen	Kraft	3:23,57.00
46. Knut Vold	ABN Racing Team	3:30,31.00
47. Odd A. Svendsen	Forende Trykkerier	3:30,45.00
48. Olaf Mathisen	Oslo Vegvesen BIL	3:31,34.00
49. Harald Radich	Sarpsborg Sykleklu	3:33,34.00



## Klasse M45-49 forts.

50. Kai Eriksen	Halden CK	3:33,35.00
51. Per Rønning	Taxi Sport	3:35,21.00
52. Geir Windsrygg	m35-39	3:37,51.00
53. Edgar Elveslett	Gustav Thrane-Stee	3:38,13.00
54. Steinar Fjeldheim		3:42,52.00
55. Trond Martinsen		3:43,25.00
56. Arve Fredriksen	Cers	3:45,18.00
57. Gunnar-Martin Kjenner	Hasle Løren	3:45,23.00
58. Einar Stobakk	Ellco BIL	3:50,55.00
59. Jan Klausen		3:56,03.00
60. Ståle Findahl	J.I.L. Grorud	3:59,26.00
" Per Anker Andersen	J.I.L. Grorud	3:59,26.00
62. Per Christensen		4:04,17.00
63. Bjørn D. Solberg	Hartmark-Iras BIL	4:10,22.00
64. Stein Lysaker	Mediadata BIL	4:24,13.00

## Klasse M50-54

1. Geir Johansen	Pay & Brinck BIL	2:47,13.00
2. Hallvard Dørum	Ullensaker CK	2:52,13.00
3. Tor Fossum	Nittedal CK	2:52,48.00
4. Gunnar Stølan	Ullensaker CK	2:53,15.00
5. Rikard Sandberg	Nittedal CK	3:05,49.00
6. Arve Brevik	Sp. Klubben Rye	3:08,30.00
7. Arvid Bjørneklett	Rikshospitalet BIL	3:10,14.00
8. John Brevik	Ceres	3:13,35.00
9. Arne A. Andersen	Sp. kl. Rye	3:17,03.00
10. Erik S. Steffensen	Rye	3:17,52.00
11. Ola Olsen		3:20,49.00
12. Svein Røed	Rye	3:27,35.00
13. Ulf Beylich	Hasle-Løren	3:35,47.00
14. Jørgen Vinther		3:39,48.00

## Klasse M55-59

1. Arvid Martinsen	Ullensaker CK	2:52,13.00
2. Arne H. Kulsrud	Hero	2:53,57.00
3. Bjørn Rolf Ørvin	Kolbotn I.L.	2:57,12.00
4. Magne Aanonsen	Brevpost BIL	3:15,59.00
5. Armann Olsen		3:17,52.00
6. Ørnulf Pedersen	Hasle-Løren	3:22,00.00
7. Odd Tjernshaugen		3:35,10.00
8. Kåre Holter		3:45,06.00
9. Thorleif Bakken	L.C.K.	4:17,00.00

## Klasse M60-64

1. Hans Rostad	Rikshospitalet BIL	3:15,59.00
2. Arild Andersen	BOC	3:16,28.00
3. Erik Nilsen	Ceres	3:39,14.00
4. Karl-Anders Hovden		3:50,10.00

## Klasse M65-69

1. Kjell Norderhaug	BOC	3:07,48.00
2. Iver Nerby	Ringerike SK	3:26,42.00



Klasse M65-69 forts.

" Peter F. Hjort	3:26,42.00
" Hans H. Waaler	3:26,42.00
5. Paul Thomassen	4:44,00.00

Skifare

Klasse TANDEM

1. Karin Rutherford	3:36,54.00
2. Andrew Rutherford	