

Official results for World Masters Ski Orienteering Championships 2023, long

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Name: World Masters Ski Orienteering Championships 2023

Organisers:  Lillomarka OL /  Nordmarka Skiorienteringsklubb /  Norway

Date: 10 February 2023 - 12 February 2023

 Long  Sprint

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M35 11 190 m, 5 starting competitors

Plac	Name	Organisation	Nationality	Time	Diff	Km time	R
1	Lauri Leinonen	SK Pohjantahti	Finland	1:01:36		5:30	
2	Zoltan Szep	CSM VSK Csikszereda Miercurea Ci	Romania	1:05:24	+3:48	5:50	
3	Klaus Csucs	IFK Mora OK	Romania	1:07:19	+5:43	6:00	
4	Arnis Saltums	Mezmalas MTB	Latvia	1:34:58	+33:22	8:29	
5	Radu Urdea	CS Chimia Victoria	Romania	1:35:10	+33:34	8:30	

W35 8 530 m, 2 starting competitors

Plac	Name	Organisation	Nationality	Time	Diff	Km time	R
1	Iliana Ilieva	Halden SK	Bulgaria	1:01:57		7:15	
2	Laura Csucs Fenyesi	IFK Mora OK	Hungary	1:16:19	+14:22	8:56	

M40 11 190 m, 9 starting competitors

Plac	Name	Organisation	Nationality	Time	Diff	Km time	R
1	Oystein Kvaal Osterbo	Wing OK	Norway	56:25		5:02	
2	Henrik Persson	Umea OK	Sweden	1:00:42	+4:17	5:25	
3	Dmitrijs Andrejevs	Stiga OK	Latvia	1:01:47	+5:22	5:31	
4	Bernd Kohlschmidt	SV Robotron Dresden	Germany	1:04:42	+8:17	5:46	
5	Jon Lindmark	Centrum OK	Sweden	1:07:21	+10:56	6:01	
6	Eduard Novicenko	OK Siurpys	Lithuania	1:07:59	+11:34	6:04	
7	Nicholas Morgan	Malvik il	Great Britain	1:13:03	+16:38	6:31	
8	Jurijus Siskovas	OK Siurpys	Lithuania	1:32:04	+35:39	8:13	
9	Kyrre Sataoen	Geilo IL	Norway	1:36:00	+39:35	8:34	

W40 8 530 m, 3 starting competitors

Plac	Name	Organisation	Nationality	Time	Diff	Km time	R
1	Lubova Pavlukova	Stiga OK	Latvia	1:10:15		8:14	
2	Silvia Shandurkova	Uzana	Bulgaria	1:16:58	+6:43	9:01	
3	Sunniva Morgan	Malvik il	Norway	1:18:28	+8:13	9:11	

M45 10 090 m, 10 starting competitors

Plac	Name	Organisation	Nationality	Time	Diff	Km time	R
1	Christian Hohl	Byasen IL	Switzerland	48:15		4:46	
2	Mika Hakkinen	Hiiltomiehet	Finland	52:51	+4:36	5:14	
3	Toms Veits	Kapa OK	Latvia	53:52	+5:37	5:20	
4	Eivind Tonna	Norway	Norway	55:48	+7:33	5:31	
5	Thomas Melsom Edvardsen	Asker Skiklubb	Norway	56:00	+7:45	5:33	
6	Asbjørn Byggland	Hoydalsmo IL	Norway	57:34	+9:19	5:42	
7	Johan Rydberg	Umea OK	Sweden	58:51	+10:36	5:49	
8	Marko Vapa	Free Adventure	Finland	1:03:49	+15:34	6:19	
9	Hans Welti	SkiO Swiss	Switzerland	1:04:26	+16:11	6:23	
10	Nick Barrable	South Yorkshire Orienteers	Great Britain	1:34:44	+46:29	9:23	

W45 8 530 m, 10 starting competitors

Plac	Name	Organisation	Nationality	Time	Diff	Km time	R
1	Asa Zetterberg Eriksson	OK Djerf	Sweden	47:01		5:30	
2	Sara Forsgren	OK Nolaskogsarna	Sweden	54:41	+7:40	6:24	
3	Zsuzsa Fey	Tyrving IL	Romania	57:53	+10:52	6:47	
4	Iris Bolliger	SkiO Swiss	Switzerland	59:26	+12:25	6:58	

Plac	Name	Organisation	Nationality	Time	Diff	Km time	R
5	Cecilia Rydberg	Umea OK	Sweden	1:00:23	+13:22	7:04	
6	Yvonne Welti	SkiO Swiss	Switzerland	1:00:34	+13:33	7:06	
7	Asta Januskeviciene	OK FORTUNA	Lithuania	1:01:56	+14:55	7:15	
8	Virpi Komulainen	Rasti Jyry	Finland	1:14:36	+27:35	8:44	
9	Miwa Takahashi	Arc Communications Ski Team	Japan	1:19:19	+32:18	9:17	
10	Anastasia Routsis	Rasti Jyry	Finland	1:23:01	+36:00	9:43	

M50 9 220 m, 17 starting competitors

Plac	Name	Organisation	Nationality	Time	Diff	Km time	R
1	Magnus Lindmark	IFK Kiruna	Sweden	45:13		4:54	
2	Thore Kornmo	Porsgrunn OL	Norway	49:40	+4:27	5:23	
3	Henrik Johnsson	IFK Mora OK	Sweden	50:34	+5:21	5:29	
4	Oyvind Lien	Gjoe Vard OL	Norway	51:35	+6:22	5:35	
5	Viktors Lescovs	Stiga OK	Latvia	52:00	+6:47	5:38	
6	Knut Saetnan	Fossum IF	Norway	52:37	+7:24	5:42	
7	Magnus Eliasson	Domnarvets Golf	Sweden	52:44	+7:31	5:43	
8	Jorgen Tegdan	Freidig	Norway	56:49	+11:36	6:09	
9	Janne Skarner	Leksands OK	Sweden	58:38	+13:25	6:21	
10	Raul Kudre	Varska OK Peko	Estonia	1:00:21	+15:08	6:32	
11	Bjorn Berge	Hadeland OL	Norway	1:00:56	+15:43	6:36	
12	Lars Bern	ToleredUtby OL	Sweden	1:01:56	+16:43	6:43	
13	Kjetil Molund	Tyrving IL	Norway	1:02:28	+17:15	6:46	
14	Carl Fey	Nydalens SK	United States	1:14:31	+29:18	8:04	
15	Sven Buchholz	MTK Bad Harzburg	Germany	1:15:27	+30:14	8:10	
16	Even Erlien	Gjoe Vard OL	Norway	1:20:34	+35:21	8:44	
17	Chris Dibben	Interlopers	Great Britain	1:21:33	+36:20	8:50	

W50 7 380 m, 13 starting competitors

Plac	Name	Organisation	Nationality	Time	Diff	Km time	R
1	Valborg Madslien	Lillehammer OK	Norway	45:29		6:09	
2	Christina White	SSOK	Sweden	47:45	+2:16	6:28	
3	Ingrid Kvistad	Kongsberg OL	Norway	53:23	+7:54	7:14	
4	Virpi Palmen	Espoon Suunta	Finland	56:19	+10:50	7:37	
5	Arnhild Krogh	Oppsal Orientering	Norway	57:19	+11:50	7:45	
6	Hanne Lerche Raadal	Halden SK	Norway	57:21	+11:52	7:46	
7	Anke von Gaza	OLV Uslar	Germany	57:48	+12:19	7:49	
8	Eli Ringstad Lien	Gjoe Vard OL	Norway	58:28	+12:59	7:55	
9	Yoshiko Sakai	Japan	Japan	59:28	+13:59	8:03	
10	Ursi Ruppenthal	Ski O Swiss OLG Chur	Switzerland	59:44	+14:15	8:05	
11	Margit Room	Rakvere OK	Estonia	1:01:36	+16:07	8:20	
12	Elise Gisholt	Fossum IF	Norway	1:12:57	+27:28	9:53	
13	Tanja Buchholz	MTK Bad Harzburg	Germany	1:22:42	+37:13	11:12	

M55 8 920 m, 20 starting competitors

Plac	Name	Organisation	Nationality	Time	Diff	Km time	R
1	Antti Virtanen	Tarpian Suunta	Finland	43:10		4:50	
2	Pekka Linnainmaa	Valkeakosken Haka	Finland	51:13	+8:03	5:44	
3	Lasse Arnesen	Heming Orientering	Norway	53:27	+10:17	5:59	
4	Borge Harvey	IL BUL Tromsoe	Norway	54:03	+10:53	6:03	
5	Tomas Persson	Skelleftea OK	Sweden	54:39	+11:29	6:07	
6	Agnar Renolen	Wing OK	Norway	54:53	+11:43	6:09	
7	Jurg Niggli	O'Jura	France	55:08	+11:58	6:10	
8	Odd Arve Lien	Fossum IF	Norway	55:17	+12:07	6:11	
9	Olli Savikko	Tarpian Suunta	Finland	55:19	+12:09	6:12	
10	Hannu Heinila	Rastivarsat	Finland	57:19	+14:09	6:25	
11	Kjetil Bjorlo	Halden SK	Norway	59:26	+16:16	6:39	
12	Jon Iver Bakken	Nydalens SK	Norway	1:00:32	+17:22	6:47	
13	Regimantas Januskevicius	OK FORTUNA	Lithuania	1:02:13	+19:03	6:58	
14	Marcel Ruppenthal	Ski O Swiss OLG Chur	Switzerland	1:04:05	+20:55	7:11	
15	Ralf Wittiber	Skiclub Bonn	Germany	1:04:17	+21:07	7:12	
16	Petter Loe	Notodden OL	Norway	1:05:46	+22:36	7:22	
17	Ole Petter Haugen	Nydalens SK	Norway	1:06:43	+23:33	7:28	

Plac	Name	Organisation	Nationality	Time	Diff	Km time	R
18	Einar Gisholt	Fossum IF	Norway	1:07:10	+24:00	7:31	
19	Lars Baklid	Konnerud IL	Norway	1:07:12	+24:02	7:32	
20	Jyrki Piirainen	Jarvenpaan Palo	Finland	1:29:35	+46:25	10:02	

W55 7 380 m, 16 starting competitors

Plac	Name	Organisation	Nationality	Time	Diff	Km time	R
1	Sirra Toivonen	Epilan Esa	Finland	48:34		6:34	
2	Carina Sandberg	Saterbygdens OK	Sweden	50:18	+1:44	6:48	
3	Signe Astrup Arnesen	Heming Orientering	Norway	54:48	+6:14	7:25	
4	Johanna Perkkalainen	Epilan Esa	Finland	55:00	+6:26	7:27	
5	Ingrid Alexandersson	Stora Tuna OK	Sweden	55:11	+6:37	7:28	
6	Ingrit Kala	Varska OK Peko	Estonia	58:07	+9:33	7:52	
7	Isa Heggedal	Konnerud IL	Norway	58:59	+10:25	7:59	
8	Hege Soleroed	Gjoe Vard OL	Norway	59:12	+10:38	8:01	
9	Charlotte Lindkvist	IK Jarl Rattvik	Sweden	59:53	+11:19	8:06	
9	Anne Madslien	Nydalens SK	Norway	59:53	+11:19	8:06	
11	Tove Heimdal	Konnerud IL	Norway	1:05:39	+17:05	8:53	
12	Liv Karen Johannessen	BUL Tromso	Norway	1:06:07	+17:33	8:57	
13	Vanja Staff	OL TotenTroll	Norway	1:07:26	+18:52	9:08	
14	Kjersti Smaastuen	OL TotenTroll	Norway	1:17:33	+28:59	10:30	
15	Anneli Wickbom	I19 IF	Sweden	1:17:58	+29:24	10:33	
16	Hege Heiberg	Hadeland OL	Norway	1:40:24	+51:50	13:36	

M60 8 550 m, 25 starting competitors

Plac	Name	Organisation	Nationality	Time	Diff	Km time	R
1	Seppo Makinen	Free Adventure	Finland	43:48		5:07	
2	Kimmo Maeaettae	Ounasvaaran Hiihtoseura	Finland	44:20	+0:32	5:11	
3	Frans Wickbom	I19 IF	Sweden	47:59	+4:11	5:36	
4	Asko Sippola	Kuortaneen Kunto	Finland	50:21	+6:33	5:53	
5	Ulf Hylander	Nykopings OK	Sweden	51:52	+8:04	6:03	
6	Bo Engdahl	IL Koll	Norway	52:36	+8:48	6:09	
7	Kim Farnes Hansen	Lierbygda Orienteringslag	Norway	52:46	+8:58	6:10	
8	Juha Koskinen	Vaajakosken Tera	Finland	54:03	+10:15	6:19	
9	Per Sandberg	Saterbygdens OK	Sweden	54:09	+10:21	6:19	
10	Peter Nordstrom	Taby OK	Sweden	55:07	+11:19	6:26	
11	Bjorn Albinsson	IFK Mora OK	Sweden	55:23	+11:35	6:28	
12	Sindre Langaas	Nydalens SK	Norway	55:52	+12:04	6:32	
13	Stefan Killberg	Kvarnsvedens Golf OK	Sweden	56:19	+12:31	6:35	
14	Maximilian Habenicht	No club membership	Austria	57:28	+13:40	6:43	
15	Nikolajs Grigorjevs	Stiga OK	Latvia	57:46	+13:58	6:45	
16	Markku Laine	Mantsalan Urheilijat	Finland	58:52	+15:04	6:53	
17	Juerg Hellmueller	SkiO Swiss	Switzerland	1:02:34	+18:46	7:19	
18	Magnus Aasa	IFK Goteborg	Sweden	1:02:58	+19:10	7:21	
19	Alois Achermann	SkiO Swiss	Switzerland	1:03:17	+19:29	7:24	
20	Hansruedi Haeny	SkiO Swiss	Switzerland	1:05:15	+21:27	7:37	
21	Guenther Kradischnig	OLC Graz	Austria	1:14:55	+31:07	8:45	
22	Nils Harald Staff	OL TotenTroll	Norway	1:15:08	+31:20	8:47	
23	Andras Csucs	CSM VSK Csikszereda Miercurea Ci	Romania	1:31:24	+47:36	10:41	
24	Robert Lee	Interlopers	Great Britain	1:36:31	+52:43	11:17	
25	Colin Blackburn	Interlopers	Great Britain	2:12:06	+1:28:18	15:27	

W60 6 910 m, 5 starting competitors

Plac	Name	Organisation	Nationality	Time	Diff	Km time	R
1	Marita Vaeaeraelae	Ounasvaaran Hiihtoseura	Finland	51:37		7:28	
2	Gunhild Hennum	Lierbygda Orienteringslag	Norway	52:51	+1:14	7:38	
3	Heike Girardin	SkiO Swiss	Switzerland	57:49	+6:12	8:22	
4	Saija Laurila	Epilan Esa	Finland	1:03:34	+11:57	9:11	
5	Susi Rutz	SkiO Swiss	Switzerland	1:05:05	+13:28	9:25	

M65 6 910 m, 16 starting competitors

Plac	Name	Organisation	Nationality	Time	Diff	Km time	R
1	Soren Jonsson	Nydalens SK	Norway	45:27		6:34	

Plac	Name	Organisation	Nationality	Time	Diff	Km time	R
2	Sergej Sonnenberg	Osnabruecker TB	Germany	45:35	+0:08	6:35	
3	Harald Maennel	OL Team Wehrsdorf	Germany	46:29	+1:02	6:43	
4	Radovan Kunc	OOB TJ Tatran Jablonec nad Nisou	Czechia	49:33	+4:06	7:10	
5	Janola Karlsson	OK Njudung	Sweden	50:41	+5:14	7:20	
6	Ulf Eriksson	Stora Tuna OK	Sweden	51:28	+6:01	7:26	
7	Juris Kokins	Meridians OK	Latvia	51:45	+6:18	7:29	
8	Edmunds Zvaigzne	A2	Latvia	52:06	+6:39	7:32	
9	Tomas Andersson	OK Tor	Sweden	52:59	+7:32	7:40	
10	Johannes Mayer	OLC Wienerwald	Austria	55:39	+10:12	8:03	
11	Ingemar Jansson Haverstad	Lierbygda Orienteringslag	Norway	56:57	+11:30	8:14	
12	Geir Holm Gundersen	Konnerud IL	Norway	57:45	+12:18	8:21	
13	Johan Carlsson	Trollhattans SOK	Sweden	59:11	+13:44	8:33	
14	Aake Gustafsson	Bergnaset's AIK	Sweden	1:04:14	+18:47	9:17	
15	Eero O Niemi	Skogsloparna	Sweden	1:12:26	+26:59	10:28	
16	Fredrik Holmgren	Bergnaset's AIK	Sweden	1:13:24	+27:57	10:37	

W65 5 030 m, 12 starting competitors

Plac	Name	Organisation	Nationality	Time	Diff	Km time	R
1	Anne Peltö Huikko	Epilän Esa	Finland	32:33		6:28	
2	Helga Haverstad	Lierbygda Orienteringslag	Norway	36:57	+4:24	7:20	
3	Saima Vaerton	OK Polva Kobras	Estonia	38:39	+6:06	7:41	
4	Railla Liimatainen	Hyvinkaan Rasti	Finland	39:02	+6:29	7:45	
5	Siiri Poopuu	JOKA	Estonia	41:42	+9:09	8:17	
6	Erja Raiko	Hyvinkaan Rasti	Finland	43:12	+10:39	8:35	
7	Raija Lappeteläinen	Hyvinkaan Rasti	Finland	43:53	+11:20	8:43	
8	Agneta Holmgren	Bergnaset's AIK	Sweden	44:18	+11:45	8:48	
9	Lis Daehli	Loten OL	Norway	50:16	+17:43	9:59	
10	Jirina Kuncova	OOB TJ Tatran Jablonec nad Nisou	Czechia	50:39	+18:06	10:04	
11	Renate Troesse	SV TU Ilmenau	Germany	51:16	+18:43	10:11	
12	Inger Vennberg	OK Renen	Sweden	1:13:27	+40:54	14:36	

M70 5 820 m, 12 starting competitors

Plac	Name	Organisation	Nationality	Time	Diff	Km time	R
1	Seppo Ollikainen	Juvan Urheilijat	Finland	35:12		6:02	
2	Sigurd Daehli	Loten OL	Norway	37:06	+1:54	6:22	
3	Heikki Saarinen	SOC Asikkala	Finland	37:40	+2:28	6:28	
4	Kauno Mourujärvi	Kannuksen Ura	Finland	38:45	+3:33	6:39	
5	Lars Sjölander	Harnosands OK	Sweden	39:07	+3:55	6:43	
6	Lutz Troesse	SV TU Ilmenau	Germany	41:39	+6:27	7:09	
7	Keijo Lakkinen	Suunta Sepot	Finland	44:18	+9:06	7:36	
8	Jarmo Vainio	Hameenlinnan Suunnistajat	Finland	45:04	+9:52	7:44	
9	Kjell Sandström	Bodens BK OS	Sweden	49:17	+14:05	8:28	
10	David Rosen	SROC	Great Britain	1:02:13	+27:01	10:41	
11	Frantisek Wald	VSK CVUT Fakulta Stavební Praha	Czechia	1:08:37	+33:25	11:47	
12	Thayer Raines	Empire Orienteering Club	United States	1:55:01	+1:19:49	19:45	

W70 4 030 m, 1 starting competitor

Plac	Name	Organisation	Nationality	Time	Diff	Km time	R
1	Bodil Fred	IF Femman	Finland	41:58		10:24	

M75 5 030 m, 9 starting competitors

Plac	Name	Organisation	Nationality	Time	Diff	Km time	R
1	Paavo Inkinen	Rasti Jyry	Finland	29:43		5:54	
2	Teuvo Lehtinen	SOC Asikkala	Finland	31:01	+1:18	6:09	
3	Olle Adolfsson	Lerums SOK	Sweden	33:51	+4:08	6:43	
4	Mauno Hanhela	Haukiputaan Heitto	Finland	34:28	+4:45	6:51	
5	Risto Orpana	SOC Asikkala	Finland	35:28	+5:45	7:03	
6	Unto Virkkula	Nivalan Urheilijat	Finland	35:34	+5:51	7:04	
7	Paavo Nikkari	Lahden Suunnistajat 37	Finland	45:02	+15:19	8:57	
8	LarsAke Sjökvist	Varend GN	Sweden	55:42	+25:59	11:04	
9	Leif Carlsson	Leksands OK	Sweden	57:31	+27:48	11:26	

W75 4 030 m, 3 starting competitors

Plac	Name	Organisation	Nationality	Time	Diff	Km time	R
1	Sharon Crawford	Rocky Mountain Orienteering Club	United States	39:52		9:53	
2	Anna Blomgren	Tullinge SK	Sweden	42:31	+2:39	10:33	
3	Sirpa Tarkiainen	Suunta Sepot	Finland	59:00	+19:08	14:38	

M80 3 540 m, 4 starting competitors

Plac	Name	Organisation	Nationality	Time	Diff	Km time	R
1	Gunnar Osterbo	Freidig	Norway	33:37		9:29	
2	Jukka Luukko	Paijat Rasti	Finland	33:51	+0:14	9:33	
3	Pertti Nyberg	SOC Asikkala	Finland	34:09	+0:32	9:38	
4	Markku Tunturi	Valkeakosken Haka	Finland	47:40	+14:03	13:27	

W80 3 540 m, 1 starting competitor

Plac	Name	Organisation	Nationality	Time	Diff	Km time	R
1	Torid Kvaal	Freidig	Norway	39:55		11:16	

M85 3 540 m, 2 starting competitors

Plac	Name	Organisation	Nationality	Time	Diff	Km time	R
1	Toivo Ryyppo	Joutsenon Kullervo	Finland	30:49		8:42	
2	Veijo Tahvanainen	Paijat Rasti	Finland	51:18	+20:29	14:29	

Please report errors in the result list to the organiser.