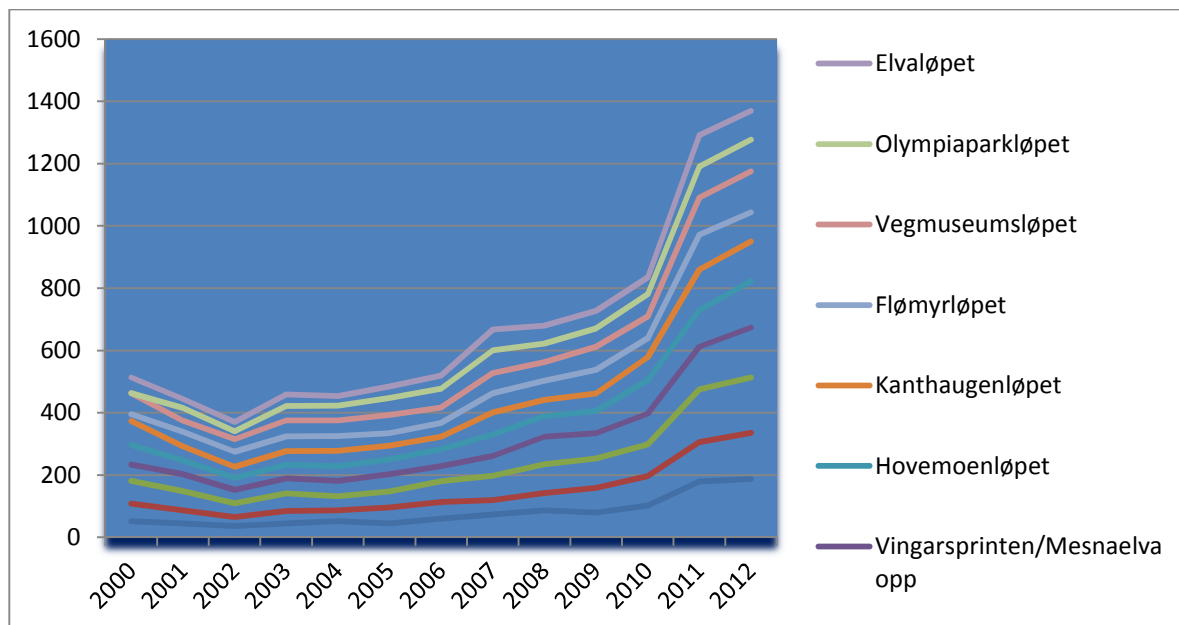
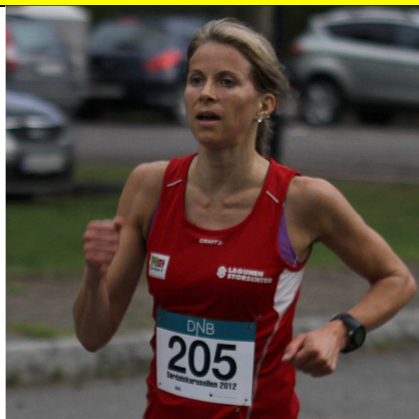




Kringsjåløpet	102	179	187
Strandpromenaden	95	127	148
Maihaugenløpet	101	169	178
Mesnaelva opp	99	137	161
Hovemoenløpet	108	117	149
Kanthaugenløpet	74	131	127
Flømyrløpet	61	112	94
Vegmuseumsløpet	70	119	131
Olympiaparkløpet	70	99	102
Elvaløpet	55	101	92
	835	1291	1369



Aktiv K16-35



Nr 1 Theres Sjursen



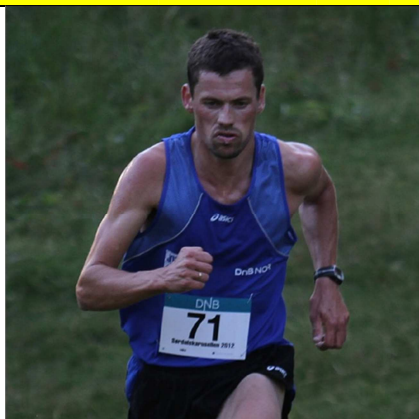
Nr 2 Idunn Stabell



Nr 3 Line Øverli Andersen

Nr. 2 Idunn Stabell															Nr. 3 Line Øverli Andersen														
				Poeng	Kringsjå-løpet	Strand-promenaden	Maihaugen-løpet	Hovemoen-løpet	Mesnaelva opp	Kanthaugen-løpet	Flømyr - løpet	Vegmuseums-løpet	Olympiapark-løpet	Elva- løpet															
1	*	Therese	Sjursen	300	09:41.5	1	41:22.8	2	09:14.2	1	18:19.6	1	23:11.6	1	23:02.0	3			14:17.6	1			11:33.0	1	8				
2	*	Idunn	Stabell	288			46:02.1	3			20:17.5	4	26:43.2	3	25:33.3	5					49:32.1	1	12:28.8	2	6				
3	*	Line Øverli	Andersen	286	10:55.8	2	48:18.7	4	10:23.1	4	20:53.2	5	26:54.3	4	25:53.6	6	28:00.4	1							7				
4		Ida Gjermundshaug	Pedersen	148	09:43.9	2	40:14.5	1							22:49.6	2									3				
5		Marthe	Engen	134			55:19.4	6	12:37.2	6	25:41.5	7													3				
6		Marte	Nordlunde	98					09:45.2	2	18:50.9	2													2				
7		Maiken Caspersen	Falla	50											22:30.0	1									1				
8		Marthe	Bjørnsgaard	49									24:45.2	2											1				
8		Ingvild	Kildal	49														16:21.6	2						1				
10		Nathalie	Skyttermoen	48	10:50.4	3																			1				
10		Marita	Thorsvik	48							18:51.3	3													1				
10		Audhild	Høgåsen	48																		13:14.2	3		1				
13		Emilie	Fleten	47											23:49.2	4									1				
14		Trine	Breen	44											26:53.7	7									1				
15		Kristiane	Vollum Bø	43											27:08.5	8									1				
16		Teine	Andersen	42											27:59.3	9									1				

Aktiv M16-35



Nr 1 Gert Moen



Nr. 1 Kristian Kjonerud

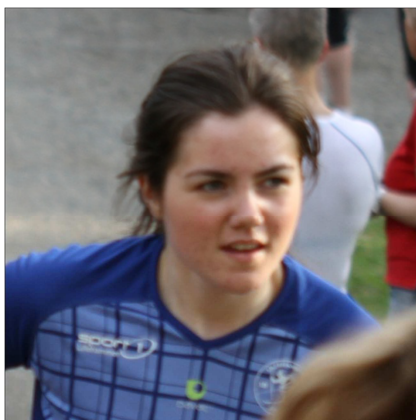
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			Poeng	Kringsjå- løpet		Strand- promenaden		Maihaugen- løpet		Hovemoen- løpet		Mesnaelva opp		Kanthaugen- løpet		Flømyr løpet		Vegmuseums- løpet		Olympiapark- løpet		Elva- løpet	
14	Eva	Nesje-Haugli	108	13:26.1	15			12:20.1	17	26:39.9	13												3
15	Ingrid	Hoff- Nordstrand	89					10:25.2	8	20:57.7	5												2
16	Kaja	Mysen	88			01:03:53.4	7			28:34.1	7												2
17	Elida	Stakston Hilleren	82	11:50.1	10					24:19.1	10												2
18	Ane Holm	Grøneng	79	11:45.1	9			11:55.6	14														2
19	Sofie	Christensen	48																	49:30.0	3		1
20	Andrea	Freng	44			56:50.7	7																1
20	Sara	Nerstad	44																		22:31.1	7	1
22	Ada Havn	Børresen	42															27:03.1	9				1
23	Elisabeth Lykken	Hamre	41					10:47.9	10														1
24	Eline	Rud	37	13:03.8	14																		1
25	Oda	Holmestad	34	16:14.8	17																		1
26	Kristina	Blakli	33					12:22.2	18														1
27	Ingvild	Bossum	32					13:53.9	19														1
28	Maria	Anker Bolstad	31					13:59.4	20														1
29	Emilie	Høgås	30					14:23.7	21														1

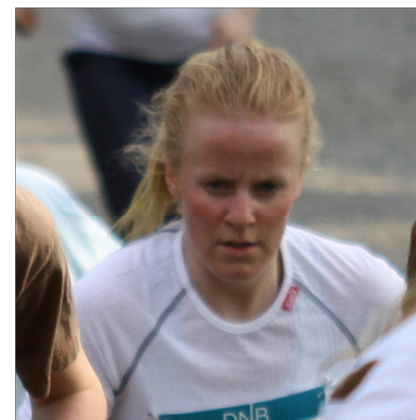
K16-29



Nr 1 Mathea Geitnes



Nr 2 Anna Bergehagen

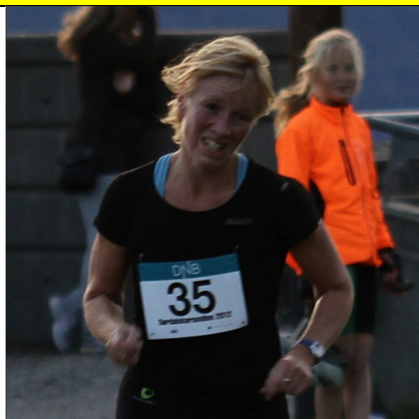


Nr 3 Eline Dehli

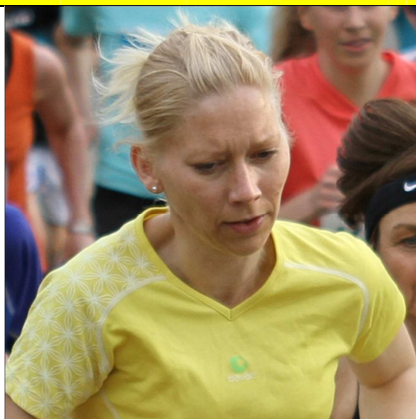
|--|

17	Signe	Isum	49														15:20.9	2					1
18	Silje Heen	Kletthagen	47								31:53.6	4											1
19	Marthe Mina	Tornes	45					11:25.8	6														1
19	Kristin	Brekke	45										27:57.3	6									1
19	Idunn	Hamnes	45								32:42.3	6											1
22	Charlotte	Bordum	44																		15:21.2	7	1
23	Marte	Aunemo	43																		17:14.5	8	1
24	Ida	Jørstad	40														18:18.7	11					1
25	Karoline	Strømsvåg	39														18:35.3	12					1

K30-39

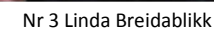
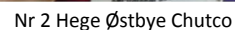


Nr 1 Reidun Karlsen



Nr 2 Hanne Monica Storhagen

Nr. 1 Reidun Karlsen						Nr. 2 Hanne Monica Storhagen																			
				Poeng	Kringsjå-løpet		Strand-promenaden		Maihaugen-løpet		Hovemoen-løpet		Mesnaelva opp		Kanthaugen-løpet		Flømyr løpet		Vegmuseums-løpet		Olympiapark-løpet		Elva- løpet		
1	*	Reidun O.	Karlsen	300	10:13.7	1	43:15.3	1			19:41.2	1			24:53.0	1	25:41.7	1			47:07.4	1		6	
2	*	Monica	Storhagen	290	11:29.0	3	01:04:24.9	10	11:29.2	3	23:06.2	4			27:56.2	3	30:25.4	5	16:49.9	3	54:58.3	3	13:37.5	1	9
3	*	Miriam	Nerstad	289			46:12.5	4					26:17.5	3	24:53.3	1	25:57.0	2	15:39.0	2			22:31.8	4	6
4	*	Eli	Ytredal	286	11:49.6	4	52:34.7	7	10:57.8	2	22:24.4	3	29:36.5	5	28:29.6	4			17:41.4	4			14:40.8	3	8
5	*	Eivor	Løkken	273	12:31.5	5			11:53.1	4	24:28.6	5	32:16.4	8	29:01.7	5	30:58.9	6			55:33.0	4	14:18.5	2	8
6		Helene	Melbø	197	10:25.9	2	43:57.7	2	10:18.0	1			25:26.8	2										4	
7		Hilde	Bakken	181			50:59.4	5	11:04.2	5	22:27.0	6	29:39.5	7										4	
8		Borghild	Ouren	147			45:07.6	3			19:54.9	2	25:24.1	1										3	
9		Liv Kjersti	Bergman	94			49:24.4	5									27:06.4	3						2	
10		Anne Grethe	Bleken	50															14:34.4	1				1	
11		Christina	Eide	49																	49:15.3	2		1	

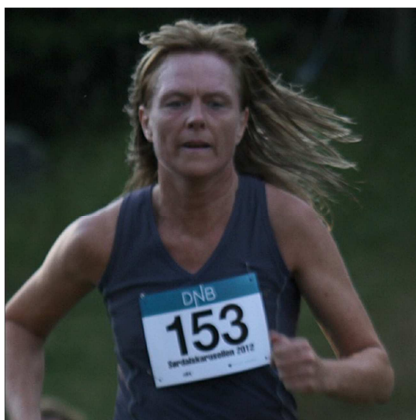
[illegible]8

9	Line	Loen	184			53:39.5	14	10:41.5	3	20:54.5	2							49:46.7	1			4
10	Hege Kullsveen	Søbye	164	12:32.8	11			12:18.6	11	24:18.8	10			30:56.4	8							4
11	Hilde	Grøneng	149	10:22.5	1			09:59.4	2							26:03.1	1					3
12	Marit	Valset	140					12:34.2	5	25:39.7	5	32:45.8	4					fullført	0			4
13	Kjersti A.	Kjonerud	123			56:18.0	16	09:49.5	3			33:42.2	11									3
14	Guri	Owren	123			52:42.5	12	11:38.4	9	23:43.1	9											3
15	Anne	Olaussen	121	11:56.9	10	52:46.0	13									18:31.4	9					3
16	Kari Strand	Båtnes	115			59:14.6	17	13:24.4	12					33:05.5	9							3
17	Kaja	Haaland	95			48:07.2	4			21:11.3	3											2
18	Björg	Hagen	95													29:55.3	3	17:02.3	4			2
19	Heidi Hagman	Aunaas	93			48:38.3	3			22:23.6	6											2
20	Eli Botterud	Stalenget	92									29:40.2	6							14:44.7	4	2
21	Jorunn Nordlunde	Bossum	90	11:33.9	7									28:04.9	5							2
22	Pernille	Moen	80	12:52.9	12			11:49.3	10													2
23	Hilde	Gjermundshaug Pedersen	49	10:40.8	2																	1
24	Aud Jorunn	Hagesveen	47	11:01.3	4																	1
25	Kari-Anne	Fredriksen	46	11:14.7	5																	1
26	June	Olaussen	43									30:39.1	8									1
27	Eirin	Lodgaard	40			52:22.3	11															1
28	Siv	Evensplass	38	13:19.6	13																	1
29	Lena Hallberg	Bakkestuen	37	13:47.3	14																	1
30	Liv Hilde	Drugli	36	25:15.1	15																	1
31	Ingunn	Grewe Norberg	36			55:26.5	15															1
32	Marianne	Wottestad	35	30:32.0	16																	1

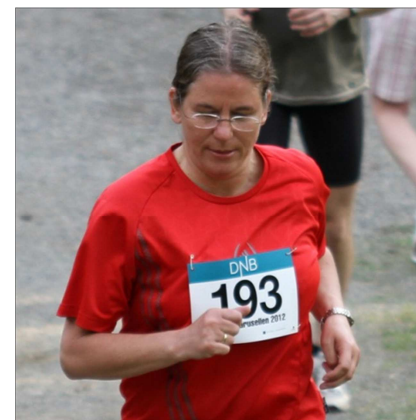
K50-59



Nr 1. Anne Størmer Steira



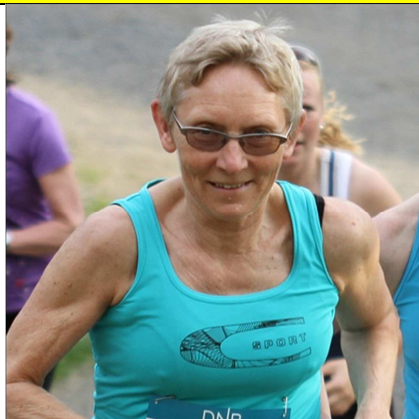
Nr 2 Liv-Merethe Kjærstad Bjugstad



Nr 3. Oddveig Aasen

Liv-Merethe Kjærstad Bjugstad															Oddveig Aasen														
				Poeng	Kringsjå-løpet		Strand-promenaden		Maihaugen-løpet		Hovemoen-løpet		Mesnaelva opp		Kanthaugen-løpet		Flømyr løpet		Vegmuseums-løpet		Olympiapark-løpet		Elva- løpet						
1	*	Anne	Størmer Steira	300			46:25.0	1					26:43.7	1	25:41.6	1	27:03.9	1	15:57.9	1	48:26.8	1	12:37.4	1					
2	*	Liv-Merethe Kjærstad	Bjugstad	294	11:38.5	2			11:25.5	3	23:07.2	1					30:31.9	2	17:09.7	2	54:26.7	2							
3	*	Oddveig Aasen	Bakken	277	13:02.7	4	56:55.0	5	13:13.4	8	25:33.3	4	34:56.9	5	32:31.0	3	fullført		fullført		fullført		fullført						
4		Anne	Solås	247	11:31.5	1	48:33.3	2	10:55.1	1			28:43.3	2	29:59.7	2													
5		Marita	Jacobsen	232							21:24.4	6	38:33.8	7	35:32.9	5					01:07:41.1	3	17:36.4	2					
6		Ragnhild S.	Linnerud	186	13:21.6	6	56:05.9	4	12:49.9	6	24:35.4	2																	
7		Bente	Hamnes	179					14:42.4	9	28:30.7	6	36:50.0	6	35:19.1	4													
8		Oddveig Kvikne	Dotterud	145			48:49.3	3	10:59.7	2			28:44.0	3															
9		Grethe	Lindstad	138	13:04.4	5			12:58.4	7	25:15.5	3																	
10		Trude	Schistad	95	12:46.7	3			12:16.0	4																			
11		Margareth	Nestavold	48														18:31.5	3										
12		Evvy	Koppervik	45			01:01:37.7	6																					

K60-69



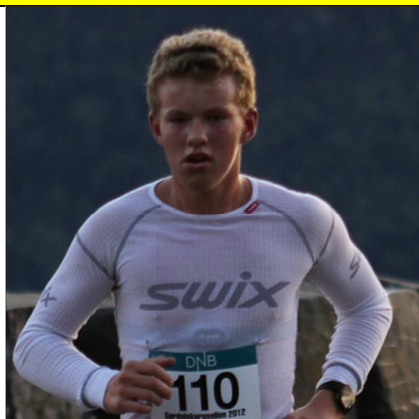
Nr 1. Oddrun Hovsengen



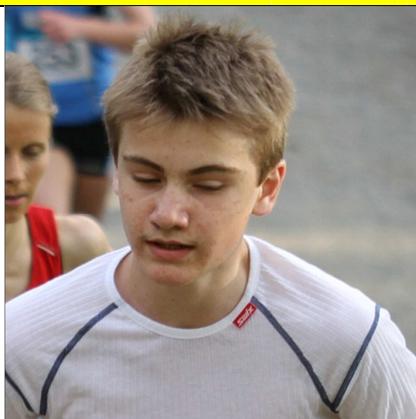
Nr 3 Jannike Berg Leonardsen

				Poeng	Kringsjå-løpet		Strand-promenaden		Maihaugen-løpet		Hovemoen-løpet		Mesnaelva opp		Kanthaugen-løpet		Flømyr løpet		Vegmuseums-løpet		Olympiapark-løpet		Elva- løpet		
1	*	Oddrun	Hovsengen	299	13:02.9	1	56:55.0	1	12:50.7	2	25:14.9	2	34:26.6	2	32:30.6	1	40:53.7	1	19:04.7	1	01:03:52.4	2	16:01.5	2	10
2		Berit	Høyvik	200					12:02.2	1	23:33.3	1									56:34.1	1	15:01.3	1	4
3	*	Jannike Berg	Leonardsen	197	15:32.1	2	01:06:04.6	2	15:44.4	3					40:29.3	2			fullført				fullført		6

M0-15



Nr 1 Petter Statston



Nr 2 Håvard Offigstad



Nr 3 Christoffer Henningsen

Nr 1 Petter Stakston						Nr 2 Håvard Øingstad						Nr 3 Christoffer Henningsen													
				Poeng	Kringsjå-løpet	Strand-promenaden		Maihaugen-løpet		Hovemoen-løpet		Mesnaelva opp		Kanthaugen-løpet		Flømyr løpet		Vegmuseums-løpet		Olympiapark-løpet		Elva- løpet			
1	*	Petter	Stakston	300			37:48.4	1	08:21.6	1	16:50.5	1	21:13.3	1	20:50.3	1					41:16.2	1	10:12.4	1	
2	*	Håvard	Offigstad	287	10:00.2	2	45:22.1	6	09:16.0	4	18:47.8	5	23:48.3	3		26:35.7	3	14:51.5	5			11:18.0	2		
3	*	Christoffer	Henningsen	283	10:13.5	7	43:56.9	4	09:24.1	6			24:03.5	5	23:06.7	2	25:02.5	2					11:20.2	3	
4	*	Håkon A.	Kjonerud	281	10:07.5	4	43:21.2	3	09:29.5	8	18:53.9	6	23:59.5	4	23:32.5	3		15:34.3	7			11:36.1	5		
5	*	Torjus	Loen	278	10:05.2	3	44:55.4	5	09:28.9	7	18:59.1	8	23:45.7	2				16:06.8	9	45:59.6	2				
6	*	Ener Sjøberg	Vaglum	268			42:48.3	2	09:30.2	9	19:08.8	9	26:49.4	9				14:53.6	6			11:20.8	3		
7	*	Isak Skari	Berger	261	10:44.2	12	54:50.6	7	10:16.7	16	21:18.8	14	28:11.9	14	31:52.5	11	31:14.7	5	16:47.0	10	54:40.0	5	12:43.1	7	1
7	*	Vebjørn Hallberg	Bakkestuen	261	10:20.6	8			09:47.9	13	21:07.4	13	25:35.9	7	24:58.9	5	27:08.2	4	15:37.9	8					
9	*	Kevin	Lunde	255	11:53.7	22	56:37.6	8	11:05.6	22	24:56.4	19	27:42.6	12	28:20.0	8	31:33.3	8	17:19.6	13	57:14.9	6	13:23.2	9	1
10		Erik	Staum	247					08:54.7	2	16:53.5	2					24:02.8	1	13:22.8	1	45:59.8	2			
11		Amund	Holmestad	219	10:08.3	5			09:30.7	9	19:25.4	10			25:24.3	7					49:17.0	4			
12		Torstein	Brusveen	182					09:23.1	5	18:53.4	6	24:24.5	6	23:43.3	4									
13		Einar	Hoff	181					11:00.5	20	22:21.8	17	28:50.5	17	29:27.2	9			16:49.8	11					
14		Ingvar	Owren	163					10:00.5	15	20:15.2	12	26:10.6	8	25:23.0	6									
15		Erik	Toftaker	153	10:28.2	9			09:33.2	11	19:28.2	11	48:51.8	20											
16		Sivert Raddum	Skaug	148	11:14.1	15							28:46.0	16					19:54.7	14			14:54.9	11	

			Poeng	Kringsjå- løpet	Strand- promenaden	Maihaugen- løpet	Hovemoen- løpet	Mesnaelva opp	Kanthaugen- løpet	Flømyr løpet	Vegmuseums- løpet	Olympiapark- løpet	Elva- løpet	
17	Christian	Skyttermoen	145	09:46.9	1	09:06.6	3	18:36.3	4		14:06.6	2		4
18	Birk Strand	Bjørnaa	141	11:00.1	13	10:37.5	17	22:02.5	15	29:01.0	18			4
19	Simen Eide	Brøste	131	10:08.6	5	09:35.7	12				14:31.0	4		3
20	Peder	Stalenget	123					27:08.0	10		17:02.8	12	12:47.1	8
21	Even	Karlsen	118	11:04.5	14			28:11.4	14	31:16.6	7			3
21	Odin	Aasen Bakken	118	12:36.8	24	12:04.7	28	27:59.2	22				15:29.1	12
23	Jostein	Karlsen	112	11:16.7	16			29:05.8	19	31:15.8	6			3
24	Sigurd	Wangen	106	10:40.0	11	11:21.3	25	27:25.0	11					3
25	Eilev	Aa Klokk	99	11:30.5	19	10:55.9	19	22:14.9	16					3
25	Anton	Evensen	99			11:06.0	23	23:13.9	18	27:49.5	13			3
27	Sylfest	Horten	78	10:39.6	10	09:55.6	14							2
28	Andreas	Bossum	73			11:52.6	26				14:30.4	3		2
29	Patrick	Lunde	65	12:55.4	27				30:48.0	10				2
30	Lars Ivar	Skårset	63	11:19.8	17	11:02.5	21							2
31	Sondre	Ulven	61	12:13.3	23	10:52.0	18							2
32	Trym	Nesje-Haugli	57	12:47.2	25		27:32.6	20						2
33	Torjus	Flækøy	53	13:57.8	28		27:54.5	21						2
34	Henrik	Gullikstad	48				18:01.7	3						1
35	Sverre	Skøyen Stiansen	46	14:22.9	29	11:57.7	27							2
36	Daniel	Jensen	45										11:59.7	6
37	Sondre	Albrigtsen	41										13:25.1	10
38	Amund	Aarnes	36								22:28.7	15		1
39	Even	Tomter	34	11:19.4	17									1
40	Frikk	Dukefoss	31	11:40.7	20									1
41	Håvard	Linn	30	11:51.8	21									1
42	Eystein	Abrahamsen	27			11:20.0	24							1
43	Erling	Wangen	25	12:52.6	26									1
44	Fredrik	Holberg	22			12:17.1	29							1
45	Simen	Øvreås	21	14:27.7	30									1
46	Markus	Haugen	20	15:23.3	31									1
47	Ola	Wottestad	19	17:09.4	32									1

M16-29



Nr. Per Ola Flaten



Nr 2 Jørn Ivar Holland

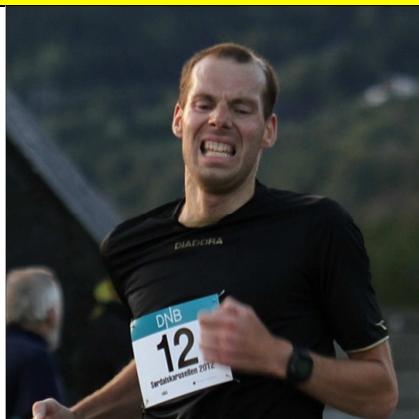


Nr 3 Andre Bjugstad

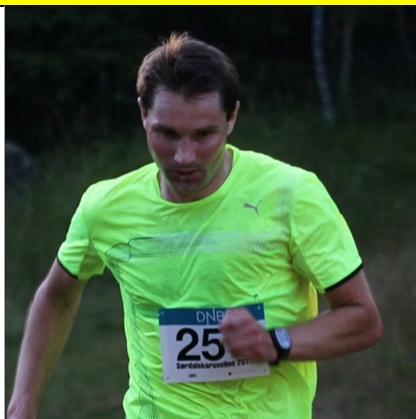
				Poeng	Kringsjå-løpet		Strand-promenaden			Maihaugen-løpet		Hovemoen-løpet		Mesnaelva opp		Kanthaugen-løpet		Flømyr løpet		Vegmuseums-løpet		Olympiapark-løpet		Elva- løpet	
1	*	Per Ola Flaten	Bredvold	294	09:18.7	3					17:56.0	2	21:54.1	3			21:40.9	1	12:58.0	3	39:15.4	2	10:16.0	1	
2	*	Jørn Ivar	Holland	284	09:56.8	7			09:06.0	1	18:35.2	4	23:40.0	7	23:08.0	2	23:49.6	3					11:41.9	5	
3	*	Andrè	Bjugstad	278	09:38.6	4			09:13.3	3	18:10.3	3	34:39.6	14			24:23.8	5	14:02.6	7	44:30.3	6			
4	*	Petter	Hattestad	276					09:52.7	6	19:30.7	6			23:33.2	4	23:49.9	3	14:01.6	6			11:23.7	4	
5	*	Ole Amund	Øvstehage	273	09:58.3	8	44:12.0	6	09:43.2	5	19:33.0	7	24:05.9	8	23:10.6	3	24:27.7	6	14:13.3	8	44:37.5	7	11:48.8	6	1
6	*	Thomas	Lavik	253	13:46.8	12	01:07:12.4	8					36:12.2	15	32:41.9	7	31:47.9	8	18:21.2	11			14:13.1	7	
7		Håvard	Jubskås	210	10:26.4	9			09:57.3	8	21:18.1	10	27:59.1	13	25:46.7	5									
8		Vetle	Brekmo	199	08:36.9	1					17:06.8	1							12:47.3	2	39:00.9	1			
9		Aleksander	Aasen Bakken	168	11:24.8	11	53:05.2	7			20:52.9	8							18:03.0	10					
10		Håkon	Lindvik	138	09:51.4	6			09:40.4	4	19:19.4	5													
11		Martin	Øvstehage	138													23:06.8	2	13:54.6	5	46:31.8	8			
12		Lars	Buraas	98			38:10.5	3					21:06.5	1											
13		Jørgen	Hustad	96															13:15.9	4			10:29.3	2	
14		Kristian	Kolstad	92									23:11.0	6							43:09.0	4			
15		Christian	Sæten	88			41:06.6	4	10:43.5	10															
16		Hans Thorvald	Nygaard	85									27:43.2	11	27:54.2	6									
17		Thomas	Skaug	84					10:32.9	9	21:05.7	9													
18		Johannes	Nygaard	81									27:52.9	12						16:42.2	9				

			Poeng	Kringsjå- løpet		Strand- promenaden		Maihaugen- løpet		Hovemoen- løpet		Mesnaelva opp		Kanthaugen- løpet		Flømyr løpet		Vegmuseums- løpet		Olympiapark- løpet		Elva- løpet		
19	Eirik	Bratli	50			36:46.6	1																1	
19	Vegar Hattestad	Jensen	50											22:20.8	1								1	
19	Kristoffer	Hestetraet	50															12:33.0	1				1	
22	Henrik	Kjærnsli	49	09:12.2	2																		1	
22	Ronny	Hafsås	49			36:46.3	1																1	
22	Ali	Faizi	49					09:11.9	2														1	
22	Vegard	Hamnes	49									21:31.5	2										1	
26	Øyvind	Hasli	48							fullført	0	21:59.2	4										2	
26	Jonas	Jensen Croff	48																	39:58.5	3		1	
26	Lars	Kåsin Eiksrud	48																			10:55.6	3	1
29	Amund	Owren	46	09:47.9	5																		1	
29	Espen	Østigård	46			43:20.5	5																1	
29	Torgeir	Skjeldnes	46									22:18.6	5										1	
29	Simen	Vestreng	46																	44:10.8	5		1	
33	Mohammad	Ahmadi	44					09:52.0	6														1	
33	Ole Christian	Haarseth	44													25:06.4	7						1	
35	Espen	Bakken	43																			14:38.3	8	1
36	Steinar	Veka	42									24:49.4	9										1	
36	Bertil	Klaussen	42																	47:22.0	9		1	
38	Aleksander	Hinchliffe	41	10:29.6	10																		1	
38	Erling	Bjørnson	41									25:25.1	10										1	

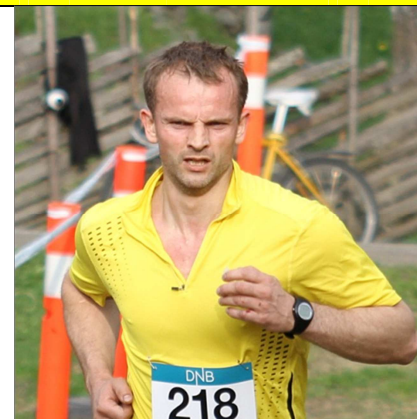
M30-39



Nr 1 Frode Nybakken



Nr 1 Per Christian Lysaker Torgersrud

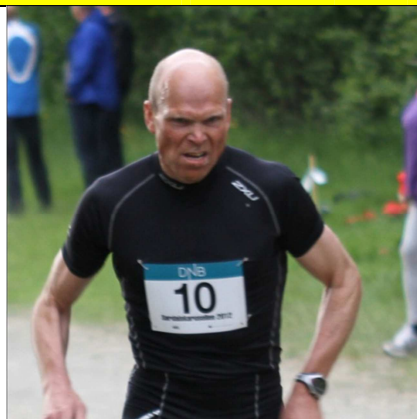


N3 Børre Storhagen

				Poeng	Kringsjå- løpet		Strand- promenaden		Maihaugen- løpet		Hovemoen- løpet		Mesnaelva opp		Kanthaugen- løpet		Flømyr løpet		Vegmuseums- løpet		Olympiapark- løpet		Elva- løpet		
1	*	Frode	Nybakken	299	08:27.4	1	36:15.8	2	07:59.3	1	16:11.8	1	21:03.8	2	20:10.8	1			12:24.0	1	38:55.9	2	10:06.8	2	9
1	*	Per-Christian Lysaker	Torgersrud	299			36:08.6	1	08:01.3	2	16:18.4	2	19:38.9	1			20:59.4	1	12:25.4	2	38:29.1	1	10:03.2	1	8
3	*	Børre	Storhagen	257	11:27.5	9	53:07.6	14	10:57.6	10							30:43.9	7	17:02.1	5	49:00.2	12	13:28.5	6	7
4	*	Ola	Andersbakken	252			46:24.3	11			21:43.6	8	26:20.2	10	25:32.8	5	28:42.5	6			51:40.7	14			6
5		Gustav	Michelsson	233									24:24.8	8	23:14.4	3	24:07.2	3	13:59.9	4			11:04.5	4	5
6		Bjørn Ivar	Austrem	220			41:49.1	9	09:19.9	7	18:55.5	6	24:40.0	9	23:19.3	4									5
7		Lasse	Sæther	180					09:00.7	5							23:45.1	3	14:16.0	6	45:35.0	10			4
8		Arnstein	Volden	179			41:42.2	8			18:44.4	5					24:47.8	4			45:05.3	8			4
9		Geir Arne	Nordengen	177	10:25.3	7			09:44.7	8	19:29.6	7					25:35.7	5							4
10		Hans Olav	Kjøs	160	10:50.3	18			10:37.2	20	16:54.0	3	21:52.1	3							40:32.7	3			5
11		Per Ola	Gasmann	144	08:40.0	2	38:16.1	4	08:15.5	3							22:07.5	2							4
12		Sindre	Viberg	140									22:20.8	6					13:25.4	3	41:36.2	4			3
13		Morten	Sand	139	09:33.4	5			09:05.4	5	18:34.2	4													3
14		Geir	Sandbakken	137			39:11.2	5	08:46.5	4			23:20.4	7											3
15		Terje Andre` Wad	Andreassen	135			40:08.8	7	09:08.1	6											42:41.5	5			3

			Poeng	Kringsjå- løpet		Strand- promenaden		Maihaugen- løpet		Hovemoen- løpet		Mesnaelva opp		Kanthaugen- løpet		Flømyr løpet		Vegmuseums- løpet		Olympiapark- løpet		Elva- løpet		
16	Sture	Hallberg Løkken	120	13:33.3	12			13:30.6	12	26:22.7	9													3
17	Lars	Krogsveen	94									22:13.7	5									10:21.7	3	2
18	Kristof	Van Buggenhout	87	10:18.3	6			09:53.8	9															2
19	Geir Andre	Holum- Jakobsen	85			42:24.8	10													44:43.7	7			2
19	Gudmund	Lien	85									28:12.0	11	26:39.4	6									2
21	Jan Øystein	Bolstad	84																	49:28.1	13	12:33.7	5	2
22	Sindre	Alver	75									29:15.7	12							56:19.1	15			2
23	Kristian	Brenden	74			53:15.6	15					30:08.1	13											2
24	Arne	Krogsveen	49											23:03.4	2									1
25	Stian	Ellefsen	48	09:27.9	3																			1
25	Rune	Kvikstad	48			36:59.2	3																	1
27	Hans Kristian	Nordseth	47	09:28.1	4																			1
27	Halvor Fretland	Danielsen	47									21:58.1	4											1
29	Ola	Kjørstad	45			39:29.5	6																	1
29	Syver	Berg-Domås	45																	42:48.0	6			1
31	Thor Martin	Holmestad	43	11:09.4	8																			1
32	Bjørnar	Sandstad	42																	45:09.5	9			1
33	Torgeir	Haugen	41	11:35.5	10																			1
34	Terje	Sørheim	40	11:48.7	11																			1
34	Haakon	Engen	40					11:16.0	11															1
34	Sondre	Bolstad	40																	48:12.0	11			1
37	Ove	Bontveit	39			51:21.9	12																	1
38	Sebastian	Dransfeld	38			52:23.5	13																	1
39	Marius	Köhler-Olsen	37									37:04.7	14											1

M40-49



Nr Geir Standbakke



Nr 2. Ulf Holberg



Nr 3 Jørn Gunnar Kleven

				Poeng	Kringstjå-løpet		Strand-promenaden		Maihaugen-løpet		Hovemoen-løpet		Mesnaelva opp		Kanthaugen - løpet		Fløymyr løpet		Vegmuseums - løpet		Olympiapark-løpet		Elva- løpet		
1	*	Geir	Strandbakke	300	08:41.8	2	36:22.7	1	08:09.9	2	16:31.6	1	23:38.0	4	21:32.4	1	21:30.1	1	12:49.9	1	39:12.0	1	10:16.4	1	10
2	*	Ulf	Holberg	294	09:18.8	5	38:22.3	2	08:49.8	4	17:37.9	4	21:34.1	1	21:45.8	2	23:01.9	3	13:19.3	2	42:54.7	3	10:57.7	2	10
3	*	Jørn Gunnar	Kleven	281			39:55.8	5	08:52.2	5	17:54.7	6	23:01.7	3	22:48.2	4					43:13.3	5	11:14.1	3	7
4	*	Michael	Myers	281									24:18.6	5	22:49.3	5	23:54.6	5	14:09.8	3	42:53.1	2	11:21.6	5	6
5	*	Fritjof	Loen	270	09:22.6	7	40:26.7	6	09:10.9	8	17:51.4	5	24:51.1	7			24:29.2	6	14:24.3	5	43:26.1	6			8
6	*	Per Martin	Johansen	268	10:03.0	11	41:50.7	7	09:21.2	9	19:17.3	10	24:51.6	7	22:58.1	6			14:24.8	5			11:20.4	4	8
7	*	Gunnar	Jensen	258					09:41.7	11	19:00.9	8	24:36.4	6	23:24.4	7			14:54.1	8	46:51.9	8	11:36.4	6	7
8	*	Ola	Kjonerud	255	10:04.3	12			09:54.2	13	19:30.3	11			24:45.2	9	25:39.2	8	14:52.7	7	47:17.1	9	12:16.4	7	8
9	*	Anders	Strömvall	251			42:16.9	8	09:52.1	12	19:14.8	9	26:41.1	11	24:33.0	8	25:32.6	7							6
10		Roger	Bakkestuen	240			39:22.7	4	08:46.8	3	17:33.7	3			22:06.4	3	22:41.6	2							5
11	*	Morten	Paulsen	224	10:59.9	20	47:32.8	12	10:23.8	16	21:43.9	20	27:13.6	12	25:46.4	10			16:17.0	12					7
12	*	Erik	Thoresen	216	11:07.6	22	47:55.0	13	10:50.4	23	22:00.4	22	29:03.3	18	fullført		fullført		16:29.2	13	53:51.3	14	14:42.0	10	8
13	*	Arnt Erik	Andreassen	214	Fullført		48:40.8	15	10:33.2	19	21:20.2	17	28:26.5	16	26:58.0	13	29:28.0	12							6
14	*	Arnt Steinar	Olasveen	214	11:44.2	31			11:16.9	27	22:48.1	26	29:17.8	19	28:01.8	16	30:02.8	14	17:16.0	19	54:52.0	15	13:57.7	9	9
15	*	Ulf	Prestegård	206	11:11.3	24			11:10.9	25					27:34.1	15	29:29.5	13	16:37.8	15			13:29.1	8	6
16	*	Kjell	Søbye	193	11:40.5	29			11:10.3	25	22:35.0	25	29:26.9	20	27:19.7	14			16:49.1	16	52:03.1	12			7
17	*	Jan Erik	Berger	190	11:25.2	27	54:53.7	16			22:27.1	24			31:54.9	18	30:39.4	15			01:02:10.2	16			6

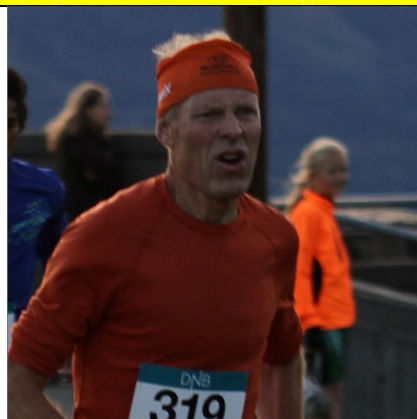
18		Ole	Skaug	184	10:30.3	14					21:11.4	15	29:44.9	21					16:11.4	10			15:08.3	11	5
19		Kristen	Kankerud	183	10:43.4	4			09:58.0	3	18:13.5	7										44:24.2	7		4
20		Tennstrand	Bernt	181			48:01.2	14	10:24.8	17	21:29.3	19	28:07.8	14			27:14.3	10							5
21		Robert	Karlsen	175	11:33.1	28					21:23.2	18	27:17.5	13	26:29.9	11						51:12.7	10		5
22	*	Erik Magnus	Ring	172	11:57.3	32	56:09.8	17	11:20.0	28	23:10.9	28	32:28.0	24	28:37.1	17			17:57.0	20					7
23		Anders	Jøranli	142	09:20.6	6	39:09.5	3							22:53.0	2									3
24		Arve	Hilleren	135	10:48.7	17			10:49.9	22	21:18.4	16							16:33.9	14					4
25		Einar Carl	Opsahl	132	11:41.3	30											29:07.3	11	17:07.4	18	53:47.2	13			4
26		Lars	Gullikstad	122	12:44.2	13			12:03.1	15	16:55.9	2													3
27		Trond Arne	Nordstrand	118			44:55.5	9	10:03.3	14	20:25.5	12													3
28		Tore	Owren	115			46:33.5	10	10:04.4	15	20:27.8	13													3
29		Geir	Evensen	106					10:28.2	18	20:32.2	14	28:21.0	15			25:49.7	9							4
30		Frode	Stiansen	100	08:34.8	1			08:07.9	1															2
31		Espen	Eide	90	09:23.2	8															43:04.6	4			2
32		Lars	Berg	90	11:08.9	23					22:13.5	23							17:06.1	17					3
33		Richard	Høgås	87	09:41.4	9			08:56.1	6															2
34		Piet	Verhees	83					09:22.1	10			25:05.3	9											2
35		Aadne	Smidesang	80														16:12.2	11	51:38.5	11				2
36		Kjell	Overvåg	75	10:38.7	15	47:27.8	11																	2
37		Hans Petter	Aas	73									28:48.8	17	26:49.6	12									2
38		Jan Einar	Johrde	71	11:15.6	25			11:27.5	30	23:01.9	27													3
39		Einar	Tomter	62	10:51.0	19			10:45.6	21															2
40		Nils Christian	Blakli	57					11:04.8	24	21:45.3	21													2
41		Knut	Lium	48	08:55.2	3																			1
42		Morten	Dam	47	09:13.6	4																			1
43		Arnt	Nyborg	47													23:43.2	4							1
44		Jon Halvor	Midtmageli	47														14:12.3	4						1
45		Øystein	Engesveen	44					09:03.9	7															1
46		Eirik	Torbjørnsen	42														15:39.3	9						1
47		Eirik	Røysheim	41	10:01.7	10																			1
48		Jan	Lenndin	41									25:56.4	10											1
49		Per	Eriksson	38	10:26.3	13																			1
50		Per	Bø	36	10:38.0	15																			1
51		Halvor	Dehli	33			56:51.3	18																	1
52		Jan Kristian	Haugen	30	11:00.6	21																			1

13		Steinar	Bakken	237	09:54.3	5			09:02.4	1	18:22.7	3	24:43.5	4						45:20.2	5			5	
14	*	Bjørn Ola	Foss	220	11:25.0	16			11:10.9	17	22:29.8	10	29:51.7	16	27:44.4	14			17:15.5	15	54:39.9	15		7	
15		Per	Solbakken	220	10:27.2	8	43:18.8	6	09:47.1	9					23:56.4	3				47:04.3	9		5		
16		Kjell	Eide	211	10:45.3	10			10:11.8	10			27:00.5	8	25:30.4	7			16:07.9	9			5		
17	*	Leiv Roar	Østerhagen	208			55:37.8	21	12:19.6	22	24:17.9	13	34:10.4	17	30:09.5	16	33:14.0	13	18:24.7	18			7		
18		Geir	Jensen	206							22:05.5	8	29:23.4	14	26:45.8	8	27:56.6	9	16:08.0	10			5		
19	*	Gunnar	Henriksen	205	13:43.8	22	fullført	0	13:58.8	23	26:58.1	16	35:00.9	22	33:21.7	19	fullført	0	20:09.7	19	01:04:08.9	17	16:00.8	8	10
20	*	Knut Birger	Bakken	201	11:46.9	18	51:49.9	20	11:47.0	19	23:41.6	12	34:57.2	21	29:58.6	15	fullført	0					7		
21	*	Anders	Owren	193	12:50.6	19	55:50.4	22	12:13.4	21	25:15.8	15	34:26.8	19	30:34.5	17							6		
22		Hans Ivar	Hattestad	167							25:13.8	14	34:28.1	20	38:08.1	20	39:48.2	14	23:10.7	20			5		
22		Geir	Haugen	167													28:45.0	10	16:22.9	11	51:45.5	12	13:14.1	4	4
24		Ole	Evensen	142									29:28.5	4					17:03.6	5	42:56.6	2		3	
25		Magne	Lundefaret	140									25:38.0	6			25:58.5	4	14:57.5	3			3		
26		Nils-Jørgen	Kristiansen	112	11:35.7	17	48:03.6	14							27:14.0	10							3		
27		Gudmund	Bakken	110	11:23.2	15	47:40.6	13	11:01.8	15													3		
28		Jens Martin	Vesterås	97					12:07.1	20			34:18.7	18	32:08.0	18							3		
29		Ulf	Johansson	93			41:51.7	2	09:33.2	7													2		
30		Bjørn	Bakkelund	84			45:06.5	8												49:17.1	10		2		
31		Thorbjørn	Bjørnson	77			48:16.2	15					28:09.7	10									2		
32		Erik Peter	Skogestad	70			50:42.0	19	10:54.8	13													2		
33		Dag	Sulheim	49									23:43.3	2									1		
34		Anders	Reiten	47														15:13.1	4				1		
34		Håvard	Håkonsen	47																44:58.9	4		1		
36		Knut	Libakken	44	10:07.7	7																	1		
37		Lars Kristian	Dahl	41			46:11.7	10															1		
38		Per	Brandslien	39			47:00.4	12															1		
38		Per Ole	Nygaard	39									28:41.7	12									1		
38		Rune	Edvardsen	39														16:49.6	12				1		
41		Andreas	Karlsen	38																51:58.2	13		1		
42		Sveinar	Kildal	37														17:04.3	14				1		
43		Øystein	Lauen	35																55:59.8	16		1		
44		Guttorm Steig	Gunstad	34			49:16.4	17															1		
45		Thor	Stenbæk	33					11:33.2	18								17:23.6	16				2		
46		Morten	Kval	31	13:06.1	20																	1		
47		Tord	Linnerud	30	13:30.1	21																	1		

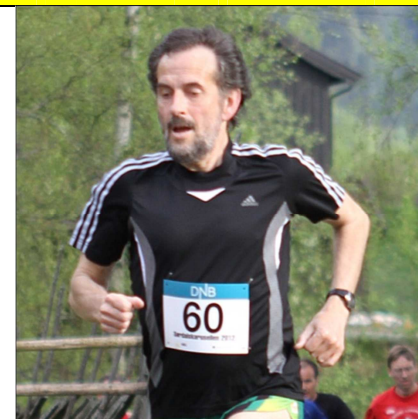
M60-69



Nr 1 Eivind Nybakken



Nr 2 Jon Andreas Krogsvæn



Nr 3 Dag Amundsen

Nr 1 Eivind Nybakken						Nr 2 Jon Andreas Krogsvæn								Nr 3 Dag Amundsen											
				Poeng	Kringsjå- løpet	Strand- promenaden	Maihaugen- løpet	Hovemoen- løpet	Mesnaelva opp	Kanthaugen - løpet	Flømyr løpet	Vegmuseums - løpet	Olympiapark- løpet	Elva- løpet											
1	*	Eivind	Nybakken	300	09:41.1	1	42:02.3	1	09:33.2	1		24:40.7	1			14:55.6	1			11:55.7	1	6			
2	*	Jon Andreas	Krogsvæn	297							26:07.8	2	25:03.7	1	26:12.3	1	15:47.5	2	47:21.7	1	12:30.6	2	6		
3	*	Dag	Amundsen	292	10:29.5	2	45:12.3	3	10:21.6	2	20:41.9	1		25:36.3	3		16:25.6	4			13:08.8	3	7		
4	*	Arnfinn	Stubrud	289	11:17.0	3	47:26.0	5	10:35.6	3	21:23.8	2	27:20.2	3	26:05.6	4	28:24.3	3	16:24.5	3	51:19.6	3	13:44.8	5	10
5	*	Einar	Haugen	279	11:39.3	4	47:38.7	6	11:06.1	4	22:25.6	3	30:07.6	4	27:35.1	6		16:52.5	6			14:08.1	7	8	
6	*	Alfred	Unosen	276	11:47.8	6	49:28.0	7	12:24.3	6	22:35.8	4	30:13.0	5	27:48.6	7	29:34.0	5	16:55.3	7	53:36.9	4	13:45.9	6	10
7	*	Jan Rune	Lavik	272	14:40.5	10						30:47.6	6	27:02.0	5	28:46.9	4	16:32.9	5			13:19.6	4	6	
8	*	Arne	Stonor	268	12:19.5	8	51:41.5	9	11:39.4	5	23:23.3	5	32:14.2	7	29:12.1	8				56:12.0	5	14:20.4	8	8	
9	*	Helge	Leonhardsen	256	11:46.1	5	52:01.5	10					40:29.3	9	31:30.4	8	18:37.0	8			19:27.3	10	6		
10		Magne Harald	Kvikstad	98			45:02.0	2							26:29.8	2								2	
11		Arne	Brudal	98									25:11.6	2					49:39.8	2				2	
12		Sverre	Fossen	88			49:38.9	8							30:55.7	6								2	
13		Roar	Øverby	86											31:26.2	7					14:55.3	9	2		
14		Gunstein	Wigemyr	47			47:09.2	4																1	
15		Øystein	Roland	44	11:50.5	7																		1	
16		Otto	Øye	42	13:11.5	9																		1	

M70+



				Poeng	Kringsjå- løpet	Strand- promenaden	Maihaugen- løpet	Hovemoen- løpet	Mesnaelva opp	Kanthaugen - løpet	Flømyr løpet	Vegmuseums - løpet	Olympiapark- løpet	Elva- løpet							
1	*	Åge Magne	Ludvigsen	300		53:41.1	1	12:37.8	1	24:23.2	1		29:51.9	1		01:00:27.6	1	15:23.5	1	6	
2		Svein	Larsen	49												01:06:36.6	2			1	
Trim mix (u/tid)																					
				Poeng	Kringsjå- løpet	Strand- promenaden	Maihaugen- løpet	Hovemoen- løpet	Mesnaelva opp	Kanthaugen - løpet	Flømyr løpet	Vegmuseums - løpet	Olympiapark- løpet	Elva- løpet							
	*	Ingeborg	Bakke	6					fullført	0	fullført	0	fullført	0	fullført	0	fullført	0	fullført	0	6
		Gry-Mona	Nordli	1					fullført	0										1	
		Oskar	Aarnes	1								fullført	0							1	



Imponerende var det at 16 deltakere stilte på startstreken i samtlige 10 løp i Sjørdalskarusellen. Vi klarte å samle 15 av dem, bare Ulf Holberg klar å "snike" seg unna. Bakre rekke fra venstre: Jan Ingar Hagen, Erik Thoresen, Gunnar Henriksen (har fullført 30 karuseller siden 1983), Vidar Åsly, Alfred Unosen, Arnfinn Stubrud og Geir Strandbakke. Midtre rad: Oddrun Hovsengen (har fullført 30 karuseller fra 1983), Linda Breidablikk (fullførte 10 også i fjor), Kevin Lunde, Isak Skari Berger, Pernille Gullikstad, Ola Amund Øvstehage, Karoline Aasen Bakken (fullførte 10 også i fjor) og Oddveig Aasen Bakken.