



Deltatt 10 ganger

Arnt Erik Andreassen
Karoline Bakken
Linda Breidablik
Gunnar Henriksen
Åge Ludvigsen
Geir Strandbakke

Flest seire

Liv Hilde Drugli 3 seire
Gishe Abdi Wako 4 seire

Størst deltakelse

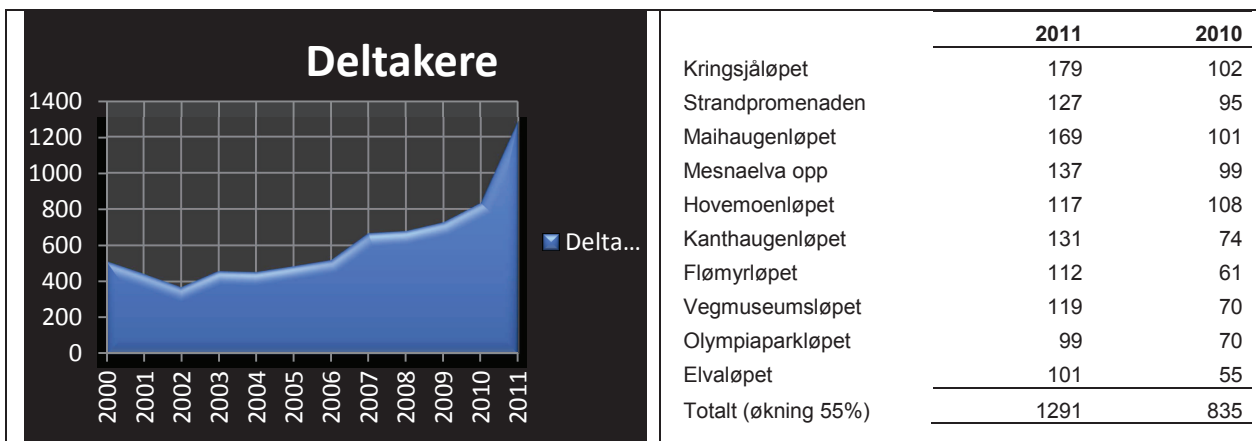
Kringsjåløpet 179 deltaker

Antall som fullført

Sørdalskarusellen: 97



Kringsjåløpet hadde 179 deltakere



S A M M E N L A G T Sjørdalskarusellen 2011

M0 Menn - 15 år



Nr 1 Petter Stakston



Nr 2 Andre Bjugstad



Nr 3 Håkon Andresen Kjonerud

				27.0 4.11	04.05. 11	25.05. 11	01.06. 11	08.06. 11	22.06. 11	17.08. 11	24.08. 11	07.09. 11	21.09. 11
1	*	Petter Stakston	300	8:53 (1)	7:44 (2)	37:58 (1)	17:39 (1)	22:14 (1)		22:56 (1)			10:46 (1)
2	*	Andre Bjugstad	290	9:52 (4)	8:35 (7)	42:39 (4)	19:05 (2)		23:12 (2)	24:47 (5)	15:08 (3)	34:20 (1)	
3	*	Håkon Andresen Kjonerud	274	10:17 (5)	8:54 (8)	44:28 (5)	20:24 (4)			27:49 (7)			11:52 (3)
4	*	Torjus Loen	273	10:42 (9)	9:02 (9)			27:09 (8)		26:12 (6)	15:20 (4)	36:02 (2)	12:09 (4)
5	*	Eirik Toftaker	269	10:47 (10)	9:11 (10)		21:31 (5)	26:27 (6)	24:32 (3)	28:11 (8)	15:32 (5)		
6	*	Isak Skari Berger	251	11:50 (13)	9:36 (11)		Uten tid	29:23 (10)	25:41 (5)	30:15 (10)			13:00 (6)
7		Edvard Raddum Skaug	247	9:08 (2)	7:40 (1)	38:13 (2)		22:50 (2)	21:40 (1)				
8		Vetle Brekmo	240		7:56 (3)	40:56 (3)		23:52 (3)		24:39 (4)			11:07 (2)
9		Sigurd Wangen	209	11:40 (12)	10:09 (12)		22:25 (7)	28:00 (9)	27:43 (6)				
10		Christian Skyttermoen	189	9:34 (3)	8:23 (5)			25:41 (5)			14:12 (2)		
11		Eilev Aa Klokke	166		10:33 (13)		24:06 (8)		30:12 (9)		19:51 (8)		
12		Håkon Lindvik Stubrud	139		8:12 (4)		19:09 (3)	27:07 (7)					
13		Anton Evensen	130	11:26 (11)						30:09 (9)		44:24 (3)	
14		Henrik Gullikstad	98							24:01 (3)	13:46 (1)		
15		Ingvar Owren	90			47:58 (6)	21:56 (6)						
16		Birk Strand Bjørnaa	88						28:03 (7)		17:41 (7)		
17		Sivert Raddum Skaug	87								17:07 (6)		14:26 (9)
18		Sondre Ulven	85						28:20 (8)		20:33 (9)		
19		Per Ola Flaten Bredvold	49							23:58 (2)			
20		Oskar Udnæs	47					24:19 (4)					
		Kristoffer Myklebust	47						25:30 (4)				
22		Erlend Thorsrud	46										12:52 (5)

23	Andreas Bossum	45	10:20 (6)									
	Simen Eide Brøste	45		8:30 (6)								
25	Henrik Granseth	44	10:33 (7)									
	Daniel Jensen	44										13:26 (7)
27	Øistein Nordlund	43	10:40 (8)									
	Jørgen Hoff Nordstrand	43										14:00 (8)
29	Erik German	37	12:42 (14)									
30	Jørgen Jacobsen Vaet	36	12:46 (15)									
31	Håvard Linn	35	15:21 (16)									
32	Erling Wangen	34	18:14 (17)									
33	Vemund Jacobsen Vaet	33	18:15 (18)									

M1 Menn 16 - 35 år aktive



Nr 1. Sondre Ramsrud

				27.04.11	04.05.11	25.05.11	01.06.11	08.06.11	22.06.11	17.08.11	24.08.11	07.09.11	21.09.11
1	*	Sondre Ramsrud	292	8:42 (7)	7:23 (5)			20:45 (1)	20:04 (4)	21:13 (1)	12:45 (2)	30:11 (1)	
2		Gert Moen	236	8:40 (5)					20:37 (6)	22:19 (2)	12:57 (4)	30:33 (2)	
3		Kristian Kjonerud	222	8:55 (10)	7:47 (8)			22:12 (3)	20:40 (7)		13:13 (5)		
4		Gishe Abdi Wako	200	7:41 (1)		32:08 (1)	14:52 (1)				11:12 (1)		
5		Kristoffer Nordlunde	192	8:13 (4)	7:05 (1)		16:28 (5)		19:18 (2)				
6		Øyvind Trøen	191		7:15 (2)	47:58 (6)		21:28 (2)	19:50 (3)				
7		Sondre Kvikne Dotterud	174		7:57 (10)		18:02 (6)	23:18 (6)	22:12 (8)				
8		Petter Tofte	146							22:41 (3)	12:56 (3)		10:44 (1)
9		Magnus Bleken	139			39:34 (4)		23:25 (7)				31:41 (3)	
10		Morten Sand	130	8:56 (11)		40:55 (5)	19:17 (7)						
11		Trond Vognild	98				15:34 (3)		18:51 (1)				
12		Gustav Follerås	97	8:04 (3)		34:10 (2)							
13		Amund Holtklampen	90	8:40 (6)	7:33 (6)								

14		Markus Holen	87	8:45 (8)	7:38 (7)								
15		Sivert Sliper	86		8:47 (12)					23:03 (4)			
16		Henrik Kjærnsli	80	9:22 (13)	7:56 (9)								
17		Arne Mjelde SÆther	49	8:03 (2)									
		Kristian Breili	49				15:31 (2)						
19		Erik Hoffsbakken	48		7:19 (3)								
		Asgeir Bakken Rognstad	48			34:46 (3)							
21		Jonas Nergård	47		7:22 (4)								
		Eirik Richenberg	47				15:44 (4)						
		Lars Hovde Bakke	47					22:31 (4)					
		Simen Hestad	47									35:50 (4)	
25		Sindre Sataslåtten	46					22:56 (5)					
		Jostein Rogstad	46						20:34 (5)				
27		Teodor Strand Johansen	43					25:07 (8)					
28		Håvard Taugbøl	42	8:48 (9)									
		Sondre Evjen	42					25:55 (9)					
30		Nicolai Bergmann	40		8:22 (11)								
31		Johan Ingemarsson	39	9:11 (12)									

M2 Menn 16 - 29 år



Nr 1 Anders Barhaug



Nr 2 Hans Thorvald Nygaard



Nr 3 Thomas Skaug

				27.0 4.11	04.05. 11	25.05. 11	01.06. 11	08.06. 11	22.06. 11	17.08. 11	24.08. 11	07.09. 11	21.09. 11
1	*	Anders Barhaug	297			36:42 (1)	16:44 (2)	23:28 (2)	20:15 (1)	21:07 (2)	12:29 (1)		
2	*	Hans Thorvald Nygaard	266		9:18 (10)	50:29 (5)	21:09 (5)	26:56 (8)	24:24 (9)				12:42 (3)
3	*	Thomas Skaug	263			52:26 (6)	22:02 (6)	30:33 (10)	27:26 (11)			39:54 (6)	12:54 (4)
4		Per Ola Gasman	200	8:27 (1)	7:08 (1)		16:24 (1)	21:12 (1)					
5		Erling Tofte	194		7:59 (4)	40:50 (2)				24:20 (3)			10:49 (1)
6		Petter Hattestad	188		8:25 (5)				23:56 (6)		14:19 (2)	35:57 (3)	
7		Erling Bjørnson	144	9:27 (3)		41:29 (3)	18:46 (3)						
8		Lars Emil Ødegård	140						23:22 (5)		14:52 (3)	37:31 (5)	

9	Magnus Ring	138		8:45 (7)		20:53 (4)				16:50 (4)		
10	Steinar Veka	132					25:45 (6)	24:54 (10)	27:01 (5)			
11	Endre Aamodt	100							20:49 (1)		30:42 (1)	
12	Jonas Jensen Croff	98									31:47 (2)	10:59 (2)
13	Ørjan Brudal	91					25:56 (7)	23:15 (4)				
	Martin Øvstehage	91						23:56 (7)	25:57 (4)			
15	Aleksander Hinchliffe	89	10:14 (5)	8:53 (8)								
	Erik Sjue	89		9:07 (9)							37:29 (4)	
17	Andreas Molden	49	8:38 (2)									
	Vegar Jensen	49		7:53 (2)								
	Aleksander Myklebust	49						21:55 (2)				
20	Håvard Nymoen	48		7:55 (3)								
	Vegard Andersen	48					23:32 (3)					
	Simen Strand	48						22:13 (3)				
23	Eivind Ormvold	47	9:39 (4)									
	Eirik Solbakken	47			43:31 (4)							
	Martin Lindal	47					23:49 (4)					
26	Vegard Hamnes	46					23:53 (5)					
	Eirik Stonor	46										13:08 (5)
28	Sven Olav Løstegaard	45		8:44 (6)								
	Vegard Sagbakken	45							27:20 (6)			
30	Ole Amund Øvstehage	43						24:13 (8)				
31	Øystein Windstad	42					27:18 (9)					
32	Bjørn Inge Øien	40					32:48 (11)					

M3 Menn 30 - 39 år







Nr 1. Frode Nybakken

Nr 2 Terje A.W. Andreassen

Nr 3 Geir Sandbakken

				27.04.11	04.05.11	25.05.11	01.06.11	08.06.11	22.06.11	17.08.11	24.08.11	07.09.11	21.09.11
1	*	Frode Nybakken	299	8:35 (1)	7:21 (1)			22:41 (2)	19:46 (1)	21:38 (1)	12:29 (1)		
2	*	Terje A.W. Andreassen	287			40:28 (4)	18:39 (4)		22:25 (4)	25:12 (4)		32:26 (1)	11:14 (2)
3	*	Geir Sandbakken	283	9:33 (5)	7:49 (4)	39:46 (2)		23:36 (6)		25:55 (6)	13:53 (3)		11:30 (3)

4	*	Morten Paulsen	268	11:08 (11)	9:37 (13)	46:14 (7)	21:07 (9)	27:22 (10)		27:21 (7)	15:10 (5)	35:18 (4)	13:07 (6)
5	*	Bernt Tennstrand	261		9:04 (10)	45:29 (6)	20:59 (8)	29:08 (13)	26:00 (7)	27:22 (8)	15:49 (6)		
6	*	Børre Storhagen	259	10:59 (10)	9:29 (12)	53:28 (8)		30:28 (15)	26:54 (9)	28:45 (10)	17:02 (8)	37:19 (5)	13:21 (7)
7		Fritjof Loen	231		8:14 (6)	40:19 (3)		25:30 (8)	22:37 (5)			33:33 (2)	
8	*	Sture Hallberg Løkken	229		11:08 (15)		26:46 (10)	36:27 (19)		36:12 (13)	19:16 (11)		17:39 (9)
9		Sindre Viberg	198			38:19 (1)	17:48 (2)	22:02 (1)	21:19 (2)				
10		Bjørn Ivar Austrem	180				19:58 (7)	26:42 (9)			14:28 (4)		11:51 (4)
11		Geir Arne Nordengen	177	9:17 (4)	7:58 (5)						17:11 (10)		13:37 (8)
12		Dag Ulven	171					28:53 (12)	24:48 (6)		17:04 (9)	37:57 (6)	
13		Ove Bontveit	164	10:45 (9)	9:11 (11)			27:56 (11)		28:20 (9)			
14		Kristian Brenden	159					31:05 (17)	27:44 (10)	30:26 (11)	17:01 (7)		
15		Lars Krogsveen	149		7:27 (2)		16:58 (1)						10:32 (1)
16		Syver Berg-Domås	145	8:51 (2)	7:48 (3)		17:51 (3)						
17		Geir Andre Holum-Jakobsen	136	9:56 (7)		43:05 (5)				25:26 (5)			
18		Magnus Esberg	133		8:31 (8)		19:12 (5)	25:09 (7)					
19		Stian Ellefsen	96	9:13 (3)					21:58 (3)				
20		Sigbjørn Mykland	92		8:21 (7)							34:34 (3)	
21		Gaute Brattlie	87		8:34 (9)		19:20 (6)						
22		Rune Martinsen	76	13:15 (12)	11:02 (14)								
23		Jarle Jakobsen	49							21:55 (2)			
		Lasse Sæther	49								13:37 (2)		
25		Ola Hofseth	48					22:52 (3)					
		Roger Bakkestuen	48							22:44 (3)			
27		Hans Olav Kjøs	47					22:53 (4)					
28		Jørgen Norling	46					23:35 (5)					
		Egil Sveen	46										12:48 (5)
30		Håvard Nygaard	45	9:43 (6)									
31		Bjarne Søby	43	10:19 (8)									
		Nils Kristian Blakli	43						26:04 (8)				
33		Nils Anders Helset	40						28:30 (11)				
34		Harri Virolainen	39						29:23 (12)				
		Terje Sørheim	39							32:40 (12)			
36		Bjørn Sæther	38	21:16									

				(13)									
37		Morten Nygård	37					30:24 (14)					
38		Kim Kristofferse n	35					30:37 (16)					
39		Marius K"hler- Olsen	33					34:05 (18)					

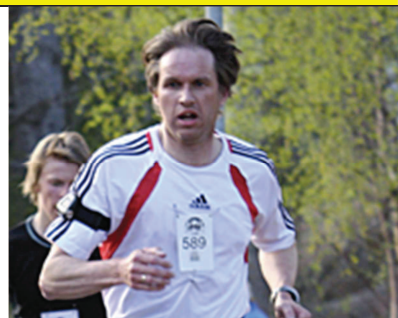
M4 Menn 40 - 49 år



Nr 1 Geir Strandbakke



Nr 2 Ulf Holberg



Nr 3 Arnt Nyborg

				27.0 4.11	04.05. 11	25.05. 11	01.06. 11	08.06. 11	22.06. 11	17.08. 11	24.08. 11	07.09. 11	21.09. 11
1	*	Geir Strandbakke	300	8:31 (2)	7:22 (1)	36:36 (1)	16:33 (1)	22:29 (2)	20:05 (1)	21:53 (1)	12:44 (1)	30:24 (1)	10:23 (1)
2	*	Ulf Holberg	293			38:20 (2)	17:56 (2)	22:06 (1)		23:18 (3)	13:29 (3)	31:15 (2)	11:04 (3)
3	*	Arnt Nyborg	286	9:28 (6)		40:23 (6)	18:15 (4)	23:54 (6)	21:43 (2)	22:58 (2)	13:26 (2)	32:33 (4)	
4	*	Stein Jørstad	273	9:35 (9)	8:12 (6)	39:52 (4)	18:20 (6)			24:29 (7)	13:51 (5)	32:42 (6)	11:26 (6)
5	*	Espen Eide	271	9:13 (5)	8:13 (7)		18:14 (3)			23:55 (5)		33:11 (8)	11:37 (7)
6	*	Gunnar Jensen	260	9:40 (11)	8:15 (8)			24:04 (8)	22:28 (3)		14:25 (7)	33:26 (9)	
	*	Per Martin Johansen	260	9:40 (10)	8:28 (12)	40:35 (7)	18:45 (9)		22:54 (5)		14:24 (6)	34:00 (11)	11:40 (9)
8	*	Eirik Røysheim	250	10:1 7 (19)	8:44 (14)	42:30 (15)	19:19 (10)	25:42 (10)	23:13 (8)	24:45 (10)	14:34 (10)		11:39 (8)
9	*	Mads Holten - Andersen	247	9:56 (15)	8:26 (10)	40:53 (8)			22:59 (6)	24:37 (9)	14:36 (11)		
10	*	Mikal Bjørnaa	244	10:0 2 (17)		42:35 (16)	19:22 (11)		23:31 (9)	25:22 (13)	14:29 (8)	33:50 (10)	13:05 (11)
11	*	Roar Mikkelsen	238	9:47 (12)	8:28 (13)	41:36 (12)			23:11 (7)		14:39 (12)	35:28 (12)	
12		Jørn Gunnar Kleven	231			39:34 (3)	18:23 (8)	23:53 (5)			13:34 (4)		11:13 (4)
13	*	Ola Kjønerud	227	9:53 (14)	8:50 (15)	44:34 (19)	20:03 (13)	27:59 (14)	24:00 (10)	25:26 (14)	14:50 (14)		
14	*	Trond Nordstrand	222	10:3 9 (22)	9:05 (17)	42:58 (17)	19:59 (12)	26:18 (11)	24:21 (12)		15:31 (15)		
15	*	Jan Lenndin	213	10:1 6 (18)	8:27 (11)	44:59 (20)				25:43 (16)	14:44 (13)	35:45 (15)	
	*	Per Gunnar Stakston	213		9:08 (18)	44:25 (18)	20:50 (14)	27:53 (13)	24:59 (14)		15:41 (16)		
17	*	Arnt Erik Andreassen	210	10:5 6 (28)	9:22 (21)	48:05 (23)	21:16 (15)	28:37 (15)	25:53 (16)	28:16 (19)	17:05 (23)	38:09 (17)	13:34 (14)
18		Kristen Kankerud	188		7:56 (3)				22:50 (4)	23:41 (4)		32:37 (5)	
19	*	Kjell Søbye	187	11:1 4 (30)	9:46 (26)		22:11 (16)	29:51 (18)	26:43 (19)		17:02 (22)	41:10 (18)	
20	*	Jan Erik Berger	179	11:5 2 (33)	9:45 (25)		Uten tid	30:43 (19)	26:05 (17)	30:16 (21)			13:19 (12)

21	*	Erik Magnus Ring	174	11:42 (31)	10:21 (29)	51:48 (25)	24:08 (18)	33:04 (22)	28:14 (24)	30:28 (22)	17:29 (25)	42:28 (21)	
22		Geir Evensen	171	10:31 (21)				29:40 (17)	24:33 (13)	26:13 (17)		37:45 (16)	
23		Kjetil Sjørengen	170							24:35 (8)	14:32 (9)	33:09 (7)	11:46 (10)
24	*	Erik Thoresen	169	11:56 (34)	10:45 (31)	51:48 (26)	24:04 (17)		27:37 (22)		17:26 (24)		14:23 (17)
25	*	Arnt Steinar Olasveen	164	11:59 (35)	10:25 (30)	51:54 (27)		32:44 (21)	28:16 (25)	30:29 (23)	17:31 (26)	41:27 (20)	
26		Aadne Smidesang	156	10:30 (20)	9:18 (20)					28:24 (20)	16:05 (17)	42:33 (22)	
27		Jan Einar Johrde	152	10:52 (25)	9:27 (22)				26:47 (20)		16:50 (20)		14:12 (16)
28		Anders Jøranli	140	9:12 (4)				23:36 (3)		24:26 (6)			
29		Jon Halvor Midtmageli	136			40:05 (5)		23:57 (7)					11:15 (5)
30		Ulf Prestegård	129					31:46 (20)	28:04 (23)			41:22 (19)	13:23 (13)
31		Ole Skaug	127	10:40 (23)					26:57 (21)		16:13 (18)		13:57 (15)
32		Robert Andreas Karlsen	102	10:50 (24)				27:46 (12)	25:37 (15)				
33		Rex Hinchliffe	97	8:34 (3)	7:42 (2)								
		Andreas Karlsen	97			47:35 (22)		28:47 (16)	26:09 (18)				
		Frode Stiansen	97									31:42 (3)	10:45 (2)
36		Jon Evensen	93		8:04 (4)		18:18 (5)						
37		Ingar Husemoen	85	9:34 (8)	8:18 (9)								
		Knut Hagemoen	85			41:04 (10)	18:21 (7)						
39		Roar Aamodt	77							24:49 (11)		35:39 (14)	
40		Ulf Johansson	73	10:01 (16)		41:53 (13)							
41		Eirik Torbjørnsen	68		9:00 (16)					26:31 (18)			
42		Torgeir Kval	57			48:52 (24)					16:59 (21)		
43		Olbjørn Lien	56	10:54 (27)	9:12 (19)								
44		Richard Høgås	54	13:02 (36)						24:59 (12)			
45		Halvor Nordby	50	8:11 (1)									
		Tore Lien	50	11:04 (29)	9:33 (23)								
47		Hans-Christian Udnæs	47					23:46 (4)					
48		Øystein Engesveen	46		8:08 (5)								
49		Anders Bergum	44	9:31 (7)									
50		Jan Stenseth	42	11:47 (32)	10:09 (28)								

	Morten Linvollen	42		10:47 (32)	52:21 (28)							
	Åge Walter Inderdal	42			41:00 (9)							
	Anders Bjørnsgård	42					24:45 (9)					
54	Kjell Harald Gullord	40			41:33 (11)							
	Dagfinn Myklebust	40					24:21 (11)					
56	Lars E Stinterud	38	9:53 (13)									
	Kim Tronerud	38								35:32 (13)		
58	Piet Verhees	37			42:05 (14)							
59	Magne Lundefaret	36						25:37 (15)				
60	Lars Berg	32							16:46 (19)			
61	Freddy Jensen	30			46:11 (21)							
62	Tom-Erik Øderud	28					33:09 (23)					
63	Morten S. Andersen	27		9:37 (24)								
64	Jacob Jacobsen	25	10:52 (26)									
65	Truls Traaseth	24		10:07 (27)								

M5 Menn 50 - 59 år

Nr 1 Vidar Åsly

Nr 2 Bjørn Ola Sætha

Nr 3 Hans Ivar Hattestad

				27.0 4.11	04.05. 11	25.05. 11	01.06. 11	08.06. 11	22.06. 11	17.08. 11	24.08. 11	07.09. 11	21.09. 11
1	*	Vidar Åsly	299	9:29 (2)	8:16 (3)	39:21 (1)	18:11 (1)		22:05 (2)	23:28 (1)	13:48 (1)	31:39 (2)	11:11 (1)
2	*	Bjørn Ola Sætha	293		8:19 (4)		18:43 (2)	25:00 (2)		23:55 (2)	13:57 (2)	33:14 (3)	11:18 (2)
3	*	Hans Ivar Hattestad	291	9:20 (1)	8:10 (1)					24:01 (3)	14:13 (3)	33:23 (4)	11:29 (3)
4	*	Reinhard Kuhs	280	9:32 (4)	8:37 (5)		19:10 (3)			25:25 (5)	14:46 (4)	34:07 (5)	
5	*	Per Solbakken	279	10:12 (6)	8:51 (6)	42:24 (2)	19:32 (4)		24:28 (5)	25:21 (4)		34:26 (6)	
6	*	Arve Offigstad	269	10:23 (8)	8:58 (7)		20:15 (5)		24:27 (4)	27:08 (7)	15:37 (6)		
7	*	Egil Paulsrud	268	10:32 (9)	9:09 (9)	44:57 (4)		27:34 (5)	25:04 (6)	27:19 (8)	15:54 (7)	37:03 (8)	
8	*	Rune Edvardsen	266	10:18 (7)		45:26 (5)		29:00 (10)		27:31 (9)	15:33 (5)		12:50 (4)
9	*	Nils Jørgen Kristiansen	260	10:43 (11)		46:32 (7)	21:03 (7)	27:38 (6)	25:43 (9)			38:52 (10)	13:25 (7)
10	*	Geir Jensen	254			45:52 (6)	21:31 (8)	29:26 (12)	25:42 (8)	27:52 (10)	16:04 (8)		

11	*	Arne Brandslien	252		9:35 (11)		21:46 (10)		26:10 (10)		16:34 (9)	37:16 (9)	13:11 (5)
12	*	Guttorm S Gunstad	245			47:16 (9)	21:54 (11)	28:58 (9)	26:39 (13)		16:51 (10)		13:40 (9)
13	*	Torbjørn Bjørnson	238	11:3 8 (18)		47:27 (10)	21:35 (9)	28:33 (7)	26:24 (11)			40:22 (13)	
	*	Jan Ingar Hagen	238	10:4 9 (12)	9:38 (12)	48:25 (12)	22:03 (12)	28:51 (8)	26:32 (12)				
15	*	Bjørn Ola Foss	230	11:0 9 (15)	9:41 (13)	49:34 (16)		29:56 (13)	26:57 (14)		16:52 (11)	40:45 (15)	13:43 (10)
16	*	Pål Hjorthol	222	11:1 2 (17)	9:45 (14)	48:51 (14)			27:06 (15)	30:14 (12)	17:03 (12)		
17	*	Leiv Roar Østerhagen	218	12:0 2 (20)	10:35 (18)	54:16 (18)	24:24 (14)	35:48 (18)	29:02 (17)	34:03 (14)	18:21 (13)		16:04 (12)
18	*	Arne Stonor	215		10:13 (16)	49:13 (15)		32:25 (17)	28:12 (16)			41:19 (16)	14:55 (11)
19	*	Gunnar Henriksen	211	13:5 5 (24)	11:37 (22)	Uten tid	25:52 (16)	36:28 (19)	33:36 (18)	34:53 (15)	19:35 (14)	47:00 (19)	16:08 (13)
20		Morten Thorsrud	207	10:3 7 (10)	9:21 (10)	46:55 (8)						40:35 (14)	13:16 (6)
21		Erik Skogestad	199	11:0 1 (13)		48:28 (13)				29:04 (11)		40:08 (11)	13:28 (8)
22		Roar Øverby	144		10:45 (20)		22:50 (13)	30:06 (14)		30:17 (13)			
23		Steinar Bakken	141	9:30 (3)	8:14 (2)							35:34 (7)	
24		Arvid Berntsen	133	10:0 8 (5)	9:07 (8)				25:11 (7)				
25		Geir Løkken	107	11:1 1 (16)	9:47 (15)			30:13 (15)					
26		Asbjørn Lie	100					21:54 (1)	21:10 (1)				
27		John Sylliåsen	95	12:3 0 (22)	10:40 (19)	53:58 (17)							
28		Knut Libakken	93			42:50 (3)				26:16 (6)			
29		PER Brandslien	81					27:20 (4)				41:37 (17)	
30		Mikael German	77	11:0 7 (14)		47:46 (11)							
31		Knut Birger Bakken	71				25:03 (15)	32:05 (16)					
32		Tor Fredriksen	64	12:1 0 (21)	10:24 (17)								
33		Morten Kval	58	13:1 7 (23)	11:23 (21)								
34		Bjørn Høiby	50									30:47 (1)	
35		Per Morten Lund	48					25:31 (3)					
		Terje Skjeggedal	48						24:10 (3)				
37		Kjell Eide	45				20:57 (6)						
38		Anders Holmberg	40					29:21 (11)					
39		Jon Arne Bruset	39									40:21 (12)	
40		Jens Martin Vesterås	33									45:04 (18)	

41		Gudmund Bakken	32	11:48 (19)									
M6 Menn 60 - 69 år													
													
Nr 1 Eivind Nybakken				Nr 2 Jon Krogsvveen				Nr 3 Dag Amundsen					
				27.04.11	04.05.11	25.05.11	01.06.11	08.06.11	22.06.11	17.08.11	24.08.11	07.09.11	21.09.11
1	*	Eivind Nybakken	300	9:41 (1)	8:23 (1)	41:29 (1)	18:48 (1)	24:53 (1)	22:44 (1)				11:49 (1)
2	*	Jon Krogsvveen	293			43:52 (2)	20:27 (3)	26:02 (2)	23:57 (2)		15:26 (3)	35:51 (2)	12:34 (2)
3	*	Dag Amundsen	288	10:19 (2)	9:14 (3)	44:50 (4)	20:45 (5)	28:27 (5)	24:11 (4)		15:17 (2)		12:43 (3)
4	*	Arnfinn Stubrud	277	10:51 (6)	9:39 (4)		21:10 (6)	27:27 (3)	25:43 (5)				13:39 (5)
5	*	Einar Haugen	274	10:51 (5)	9:55 (6)	45:40 (6)	22:07 (9)		26:53 (7)		16:38 (4)	39:24 (5)	13:45 (6)
6	*	Alfred Unosen	268	11:24 (8)	9:53 (5)	46:45 (7)	21:11 (7)			Uten tid		38:16 (3)	14:37 (8)
	*	Øystein Roland	268	11:06 (7)		47:43 (9)	22:01 (8)		25:46 (6)	28:15 (1)			13:50 (7)
8	*	Helge Leonardsen	265	12:13 (10)	10:27 (8)	52:49 (10)			29:25 (9)	30:56 (2)	17:42 (5)	43:41 (7)	
9		Agnar Skutbergssveen	240	10:29 (3)	9:06 (2)	45:25 (5)	20:00 (2)		24:06 (3)				
10		Arne Brudal	236	10:34 (4)		44:17 (3)	20:44 (4)	27:52 (4)					12:55 (4)
11		Sverre Fossen	218		10:22 (7)		22:47 (10)	30:04 (6)	28:08 (8)			39:50 (6)	
12		Helge Nordstrand	170						34:28 (11)		21:52 (6)	47:53 (8)	17:40 (9)
13		Olaf Pedersen	100								14:59 (1)	34:50 (1)	
14		Petter Marum	85	11:25 (9)		47:05 (8)							
15		Arne Alfei Martinsen	81	12:55 (12)	11:04 (9)								
16		Steinar Brekke	47									38:19 (4)	
17		Harald Austgarden	41						30:28 (10)				
18		Olav Haugen	40	12:15 (11)									
19		Magne Hermann Gudbrandsen	38	15:02 (13)									
		Otto Øye				Uten tid							

M7 Menn 70 år -



Nr 1 Åge Ludvigsen



Nr 2 Svein Larsen

				27.0 4.11	04.05. 11	25.05. 11	01.06. 11	08.06. 11	22.06. 11	17.08. 11	24.08. 11	07.09. 11	21.09. 11
1	*	Åge Ludvigsen	300	12:53 (1)	10:57 (1)	50:47 (1)	23:37 (1)	31:04 (1)	28:37 (1)	31:25 (1)	18:45 (1)	52:51 (2)	15:49 (1)
2	*	Svein Larsen	294	13:59 (2)	12:40 (3)		25:16 (2)	32:14 (2)		33:40 (2)		51:04 (1)	
3		Harald Nilsen	49		12:12 (2)								

K0 Kvinner - 15 år



Nr1 Mari Nordlunde



Nr 2 Martine Korslund



Nr 3 Sigrid Stakston

				27.0 4.11	04.05. 11	25.05. 11	01.06. 11	08.06. 11	22.06. 11	17.08. 11	24.08. 11	07.09. 11	21.09. 11
1	*	Mari Nordlunde	297	9:57 (3)	8:26 (1)	42:11 (1)	18:57 (1)				14:26 (1)		11:42 (2)
2	*	Martine Korslund	289	10:33 (5)	8:55 (3)	46:27 (3)	20:28 (4)	26:38 (2)		26:25 (2)	15:47 (4)		12:15 (3)
3	*	Sigrid Stakston	287	10:38 (6)	9:09 (4)		20:41 (6)	27:29 (3)	24:58 (1)	27:24 (3)	15:25 (3)		12:32 (5)
4	*	Sigrid Linn	278	10:41 (7)	9:29 (6)	48:15 (4)	21:41 (7)		26:13 (2)		17:06 (7)	45:58 (2)	
5	*	Inger Marit Linvolden	269	10:44 (8)	9:37 (7)	50:16 (5)	22:45 (8)			28:34 (4)	16:58 (5)		
6	*	Tiril Loen	259		11:18 (14)			31:14 (6)	30:03 (3)	32:06 (6)	17:46 (8)		14:04 (10)
7		Marte Nordlunde	247	9:52 (1)	8:32 (2)		19:13 (2)				14:32 (2)		11:28 (1)
8		Ingrid Hoff Nordstrand	224	10:53 (9)	9:24 (5)		20:34 (5)	27:29 (4)					13:19 (8)
9		Guro Skari Berger	170	12:00 (10)				30:42 (5)		33:27 (7)			15:00 (12)
10		Ida Gulbrandse n	165	17:15 (14)							20:40 (9)	53:40 (3)	18:24 (13)
		Karoline Bye Øren	165	12:23 (12)	10:31 (10)	57:22 (6)	24:18 (11)						
12		Nora B. Apelgren	146	10:13 (4)		44:28 (2)						39:31 (1)	

13	Pernille Gullikstad	135							31:02 (5)	17:03 (6)		13:06 (7)
14	Andrea Freng	124		10:10 (8)	57:28 (8)	25:36 (13)						
15	Eline Dehli	121	12:01 (11)	10:37 (11)		24:06 (10)						
16	Andrine Korslund	117		10:47 (13)		24:29 (12)						14:38 (11)
17	Marte Sofie Buraas	99	9:53 (2)						25:58 (1)			
18	Marte Håkenstad Bråten	98				19:54 (3)	25:29 (1)					
19	Stine Eggen Persson	86		10:26 (9)	57:23 (7)							
20	Hege Lindvik Stubrud	81		10:42 (12)								14:03 (9)
21	Jenny Feren Kaltenborn	47										12:24 (4)
22	Idunn Stabell	45										12:44 (6)
23	Kaja Heggelund	42				23:28 (9)						
24	Emilie Høgås	38	12:59 (13)									
25	Fredrikke Holberg	37				25:45 (14)						
26	Idunn Hamnes	36		12:40 (15)								

K1 Kvinner 16 - 35 år aktive

			27.04.11	04.05.11	25.05.11	01.06.11	08.06.11	22.06.11	17.08.11	24.08.11	07.09.11	21.09.11
1	Therese Sjursen	249				19:02 (1)	23:38 (2)		24:40 (1)	14:10 (1)		11:38 (1)
2	Sigrid Kleveland	242	11:22 (5)		46:07 (1)		28:33 (3)			16:07 (2)	38:22 (2)	
3	Mari Box	99	9:36 (2)	8:09 (1)								
4	Marthe Bjørnsgaard	97	10:10 (3)	8:28 (2)								
5	Nathalie Skyttermoen	95	11:00 (4)	9:19 (3)								
6	Marita Thorsvik	50	9:19 (1)									
	Monika Kørre	50					21:49 (1)					
	Ida Gjermundshau Pedersen	50									33:49 (1)	

K2 Kvinner 16 - 29 år

													
Nr 1. Stine Marie Borgen				Nr 2 Karoline Bakken				Nr 3 Oda Hovsengen					
				27.0 4.11	04.05. 11	25.05. 11	01.06. 11	08.06. 11	22.06. 11	17.08. 11	24.08. 11	07.09. 11	21.09. 11
1	*	Stine Marie Borgen	297		10:12 (3)	48:14 (1)		29:47 (2)	26:35 (2)	30:57 (3)	16:36 (1)	40:06 (2)	13:30 (1)
2	*	Karoline Bakken	296	11:23 (2)	10:07 (2)	49:29 (2)	21:57 (3)	29:35 (1)	27:38 (3)	30:32 (2)	16:52 (2)	39:49 (1)	13:52 (3)
3	*	Oda Hovsengen	281	12:57 (3)		55:33 (4)	25:43 (4)	35:46 (4)			19:20 (6)	47:48 (4)	
4		Maren Rustadstuen Bruset	145								17:15 (3)	42:40 (3)	13:51 (2)
5		Trine Gjerdrum Stellander	139						29:44 (5)	33:42 (5)	18:36 (4)		
6		Lydia Weydahl	99		8:28 (1)		19:25 (2)						
7		Aud Elisabeth T. Degrimenci	94						29:16 (4)	32:44 (4)			
8		Ragnhild Ildstad	93								18:39 (5)		15:04 (4)
9		Thea Krokan Murud	50	9:17 (1)									
		Marita Thorsvik	50				18:47 (1)						
		Agnethe Wedum Storihle	50						24:18 (1)				
		Solveig Rueslåtten	50							29:27 (1)			
13		Kristine Alice Brendmo	48			55:17 (3)							
		Silje Ludvigsen	48					31:02 (3)					
15		Stine Vorkinn	47		11:12 (4)								
16		Marie Rygh Holten	45						31:25 (6)				
		Ann-Kristin Gylterud	45							37:14 (6)			
18		Line Pernille Andreassen	44						32:37 (7)				

K3 Kvinner 30 - 39 år

Nr. 1. Marthe Tøsse Løvseth

Nr 2 Hanne Monica Storhagen

Nr 3 Astrid Smidesang

				27.04.11	04.05.11	25.05.11	01.06.11	08.06.11	22.06.11	17.08.11	24.08.11	07.09.11	21.09.11
1	*	Marthe Tøsse Løvseth	292	11:11 (3)	9:52 (3)	49:00 (3)	22:14 (1)				17:12 (2)		13:38 (2)
2	*	Hanne Monica Storhagen	285	11:27 (5)	10:17 (7)	49:25 (4)		31:31 (3)	27:19 (4)	30:15 (4)	17:14 (3)	40:39 (4)	14:24 (3)
3	*	Astrid Smidesang	283	11:45 (6)	10:00 (4)	49:48 (5)	22:20 (2)	29:05 (2)			17:45 (4)		
4	*	Eivor Løkken	276	12:33 (7)	11:14 (8)	56:01 (6)	25:47 (3)	34:14 (5)			19:28 (6)	44:33 (6)	15:34 (4)
5		Johanne Haugen	238	11:20 (4)	10:05 (5)	47:40 (2)			26:30 (3)	29:08 (3)			
6		Reidun Karlsen	200	10:02 (1)		44:00 (1)		27:50 (1)					12:29 (1)
7		Hanne Pedersen	176	15:19 (8)	14:12 (9)	1:05:48 (7)	28:53 (4)						
8		Christina Eide	99	10:50 (2)	9:32 (1)		Uten tid						
		Borhild Ouren	99						25:16 (2)	27:19 (1)			
		Liv Kjersti Bergman	99						25:07 (1)	28:23 (2)			
		Helene Melbø	99								15:12 (1)	35:10 (2)	
12		Hanne Trønnes	50									34:32 (1)	
13		Annica Benno Adolfsson	49		9:35 (2)								
14		Hilde Thuen	48									39:25 (3)	
15		Heidi Hauer Hansen	47					31:50 (4)					
16		Bergljot Dahl	46						27:55 (5)				
		Cecilie Lofsberg	46								17:48 (5)		
		Synnøve Dalheim	46									41:12 (5)	
19		Henriette F. Sundgaard	45		10:13 (6)								
20		Lene Cicilie Sæther	42	21:13 (9)									

K4 Kvinner 40 - 49 år

													
Nr 1 Liv Hilde Drugli				Nr 2 Hege Skari				Nr 3 Miriam Delphin Gulbrandsen					
				27.04.11	04.05.11	25.05.11	01.06.11	08.06.11	22.06.11	17.08.11	24.08.11	07.09.11	21.09.11
1	*	Liv Hilde Drugli	300	9:30 (1)	8:25 (1)	40:28 (1)		23:55 (1)	22:54 (1)		14:14 (1)	33:42 (1)	11:30 (1)
2	*	Hege Skari	294	10:00 (2)	8:50 (2)	43:14 (2)		29:25 (4)	23:57 (2)	26:20 (1)			12:36 (3)
3	*	Miriam Delphin Gulbrandsen	290	10:27 (3)	9:13 (3)	44:37 (3)			24:53 (3)	26:39 (2)	15:40 (2)		
4	*	Line Loen	287	10:48 (4)	10:50 (14)	47:12 (5)		27:57 (2)	25:56 (4)	27:04 (3)	15:50 (3)	36:37 (3)	14:10 (6)
5	*	Kari-Anne Fredriksen	285	10:51 (5)		45:56 (4)	21:20 (1)	28:42 (3)	26:07 (5)	28:28 (4)	16:10 (5)	39:01 (4)	
6	*	Marie Lundemo	270		10:33 (8)	48:46 (6)	22:38 (2)	30:59 (7)		30:31 (7)	16:57 (6)		
7	*	Pia Neegaard	264	11:39 (8)	10:19 (6)	50:31 (7)	23:14 (3)	32:47 (13)	28:32 (11)		17:19 (10)		14:30 (8)
	*	Anne Olaussen	264	11:35 (6)	10:11 (5)			30:26 (5)	27:30 (7)		17:21 (11)	41:56 (8)	
9	*	Linda Breidablik	259	11:58 (10)	10:36 (9)	51:43 (9)	23:53 (6)	31:04 (10)	28:21 (10)	32:10 (10)	17:17 (9)	41:26 (7)	14:13 (7)
10	*	June Olaussen	250	12:39 (12)		53:19 (11)	24:05 (7)	31:00 (8)	29:18 (13)	32:07 (9)	17:54 (12)	43:55 (9)	
11	*	Inger Hjorthol	239	11:53 (9)	10:37 (11)				29:05 (12)	32:40 (12)	18:20 (14)		15:00 (9)
12		Jorunn Nordlunde Bossum	227	11:36 (7)	9:59 (4)		23:18 (4)		27:51 (8)				14:01 (5)
13		Anne Smidesang	200	12:22 (11)	10:36 (10)					32:39 (11)	18:11 (13)	44:09 (10)	
14		Bente Kvernstad Haugen	182							29:28 (5)	17:10 (8)	39:47 (5)	13:44 (4)
15		Liv-Merethe Bjugstad	176						28:11 (9)	30:25 (6)	17:09 (7)	41:07 (6)	
16		Irene Håbrekke	174			51:15 (8)	25:12 (8)	30:56 (6)		31:46 (8)			
17		Kari Strand Båtnes	151			57:07 (14)	27:17 (10)		32:14 (14)		19:57 (15)		
18		Guri Owren	125		10:50 (13)	52:53 (10)	23:49 (5)						
19		Pernille Moen	112	12:58 (13)	11:24 (16)			32:04 (12)					
		Line Stakston	112	13:20 (15)	11:45 (17)		25:37 (9)						
21		Berit Svarstad	111	13:08 (14)	11:11 (15)	56:19 (13)							
22		Thea Strand Bjørnaa	107	13:50 (16)		59:42 (15)			32:24 (15)				

23	Hilde Grøneng	98									36:22 (2)	12:31 (2)
24	Marit S Melbø	87					31:03 (9)	26:50 (6)				
25	Mette Eggen	78		10:48 (12)	53:24 (12)							
26	Aud Jorunn Hagesveen	47								16:06 (4)		
27	Björg Hagen	44		10:24 (7)								
28	Iren Grønås	40					31:19 (11)					
29	Åse Lene Myklebust	35						32:43 (16)				
	Liv Irene Lund Høgvoll	35								20:57 (16)		
31	Kristin Vigerust	34	14:2 1 (17)									

K5 Kvinner 50 - 59 år



Nr 1. Anne Størmer Steira



Nr 2 Oddveig Kvikne Dotterud



Nr 3 Marit Valset

				27.0 4.11	04.05. 11	25.05. 11	01.06. 11	08.06. 11	22.06. 11	17.08. 11	24.08. 11	07.09. 11	21.09. 11
1	*	Anne Størmer Steira	296		9:34 (2)	44:58 (2)		26:59 (1)		27:52 (2)		37:39 (1)	13:10 (2)
2	*	Oddveig Kvikne Dotterud	293	11:2 6 (2)		48:52 (3)	22:33 (1)	28:15 (2)		30:00 (3)		39:52 (2)	13:47 (3)
3	*	Marit Valset	288	12:5 4 (4)	10:43 (3)	52:07 (4)	24:20 (2)	30:48 (3)	29:45 (2)				15:39 (5)
4	*	Oddrun Hovsengen	287	12:2 4 (3)				34:04 (5)	30:12 (3)	34:59 (5)	18:17 (1)	48:59 (3)	15:01 (4)
5	*	Trude Schistad	284		11:16 (4)	54:26 (5)	25:17 (3)	32:54 (4)		34:30 (4)	18:47 (2)		
6	*	Marita Jacobsen	229		13:02 (5)	Uten tid		40:20 (6)	35:19 (5)			53:48 (4)	17:44 (6)
7		Brit Tofte	200		8:54 (1)	41:01 (1)				25:31 (1)			12:18 (1)
8		Ragnhild Bratberg	100	10:4 7 (1)					25:19 (1)				
9		Kristin Flaten Gunstad	94				25:24 (4)		31:02 (4)				
10		Gerd Eikemo	93							36:23 (6)	19:54 (3)		
11		Grethe Lindstad	45			56:07 (6)							

K6 Kvinner 60 - 69 år

				27.0 4.11	04.05. 11	25.05. 11	01.06. 11	08.06. 11	22.06. 11	17.08. 11	24.08. 11	07.09. 11	21.09. 11
1		Jannike Berg Leonardsen	50	Uten tid							24:17 (1)		
		Gudrun Gulbrandse n Sire	50	17:1 6 (1)									

	Berit Høyvik	50					30:21 (1)					
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* = har fullført karusellen.

Antall fullførte: 97



De aller ivrigste, fra venstre:

Arnt Erik Andreassen

Linda Breidablik

Geir Strandbakke

Gunnar Henriksen

Karoline Bakken

Åge Ludvigsen

