

Resultater fra Stegen_5_Juni 05.06.2019

Det var totalt 29 startende.

Klasse N

1 påmeldt, 1 startende

Ambjørn Jenssen Reinåmo

Korgen IL

Klasse Trim

6 påmeldt, 6 startende

Lennart Berglund

Korgen IL

Mette Hoem Evensen

Korgen IL

Kristin Hatten

Korgen IL

Arne Håpnes

Korgen IL

Roar Krutådal

Korgen IL

Ketil Tuven

Korgen IL

Klasse Gutter Lang

1 påmeldt, 1 startende

1	Eirik Reinåmo			Korgen IL				51:29
	2:52 (1)	6:59 (1)	15:21 (1)	19:19 (1)	29:01 (1)	37:57 (1)	44:46 (1)	51:29 (1)
	2:52/66	4:07/52	8:22/82	3:58/59	9:42/83	8:56/135	6:49/46	6:43/100
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)

Klasse Damer Kort

3 påmeldt, 3 startende

1	Renate Reinåmo			Korgen IL				46:22
	2:35 (1)	8:08 (3)	14:56 (1)	23:14 (3)	34:41 (3)	39:45 (3)	44:23 (2)	46:22 (1)
	2:35/66	5:33/52	6:48/82	8:18/59	11:27/83	5:04/135	4:38/46	1:59/100
	+0:00 (1)	+2:17 (3)	+0:00 (1)	+2:51 (3)	+3:27 (3)	+0:00 (1)	+0:00 (1)	+0:00 (1)
2	Hilde Tverrbekkmo			Korgen IL				46:34 (+0:12)
	2:44 (2)	6:40 (1)	15:18 (2)	20:45 (1)	29:27 (1)	37:22 (1)	44:12 (1)	46:34 (2)
	2:44/66	3:56/52	8:38/82	5:27/59	8:42/83	7:55/135	6:50/46	2:22/100
	+0:09 (2)	+0:40 (2)	+1:50 (2)	+0:00 (1)	+0:42 (2)	+2:51 (3)	+2:12 (2)	+0:23 (2)
3	Tone Merete Vårli			Korgen IL				49:03 (+2:41)
	3:28 (3)	6:44 (2)	16:53 (3)	23:11 (2)	31:11 (2)	39:00 (2)	46:11 (3)	49:03 (3)
	3:28/66	3:16/52	10:09/82	6:18/59	8:00/83	7:49/135	7:11/46	2:52/100
	+0:53 (3)	+0:00 (1)	+3:21 (3)	+0:51 (2)	+0:00 (1)	+2:45 (2)	+2:33 (3)	+0:53 (3)

Klasse Herrer Kort

5 påmeldt, 5 startende

1	Julian Ellingsen			Ukjent				35:58
	1:23 (2)	3:15 (2)	13:53 (3)	16:48 (3)	25:44 (1)	30:24 (1)	35:03 (2)	35:58 (1)
	1:23/66	1:52/52	10:38/82	2:55/59	8:56/83	4:40/135	4:39/46	0:55/100
	+0:01 (2)	+0:00 (1)	+4:24 (4)	+0:00 (1)	+0:24 (2)	+0:06 (2)	+0:23 (3)	+0:04 (2)
2	Kristian Molden			Ukjent				35:59 (+0:01)
	1:34 (3)	3:28 (3)	9:42 (2)	14:03 (1)	25:49 (2)	30:44 (3)	35:08 (3)	35:59 (2)
	1:34/66	1:54/52	6:14/82	4:21/59	11:46/83	4:55/135	4:24/46	0:51/100
	+0:12 (3)	+0:02 (3)	+0:00 (1)	+1:26 (2)	+3:14 (4)	+0:21 (3)	+0:08 (2)	+0:00 (1)
3	Egil Trones Christiansen			Ukjent				37:06 (+1:08)
	1:22 (1)	3:14 (1)	9:29 (1)	14:05 (2)	25:52 (3)	30:26 (2)	34:42 (1)	37:06 (3)
	1:22/66	1:52/52	6:15/82	4:36/59	11:47/83	4:34/135	4:16/46	2:24/100
	+0:00 (1)	+0:00 (1)	+0:01 (2)	+1:41 (3)	+3:15 (5)	+0:00 (1)	+0:00 (1)	+1:33 (3)
4	Kjell Arne Odden			Korgen IL				48:59 (+13:01)
	2:58 (5)	10:36 (5)	19:15 (4)	24:09 (4)	32:41 (4)	39:28 (4)	45:39 (4)	48:59 (4)
	2:58/66	7:38/52	8:39/82	4:54/59	8:32/83	6:47/135	6:11/46	3:20/100
	+1:36 (5)	+5:46 (5)	+2:25 (3)	+1:59 (4)	+0:00 (1)	+2:13 (4)	+1:55 (4)	+2:29 (5)

5	Arvid Kongsli		Korgen IL				57:28	(+21:30)	
	2:04 (4)	7:08 (4)	19:35 (5)	25:27 (5)	35:04 (5)	47:49 (5)	54:38 (5)	57:28 (5)	
	2:04/66	5:04/52	12:27/82	5:52/59	9:37/83	12:45/135	6:49/46	2:50/100	
	+0:42 (4)	+3:12 (4)	+6:13 (5)	+2:57 (5)	+1:05 (3)	+8:11 (5)	+2:33 (5)	+1:59 (4)	

Klasse Damer Lang

2 påmeldt, 2 startende

1	Hilde Sofie Hansen		Mo OK				50:21		
	1:14 (2)	8:04 (2)	14:42 (1)	16:38 (1)	20:50 (1)	24:07 (1)	28:06 (1)	31:31 (1)	33:26 (1)
	1:14/66	6:50/149	6:38/115	1:56/56	4:12/114	3:17/46	3:59/135	3:25/132	1:55/60
	+0:11 (2)	+0:32 (2)	+0:00 (1)	+0:00 (1)	+0:04 (2)	+0:00 (1)	+0:35 (2)	+0:00 (1)	+0:00 (1)
	40:25 (1)	42:46 (1)	48:20 (1)	50:21 (1)					
	4:40/59	2:21/82	5:34/52	2:01/100					
	+0:00 (1)	+0:02 (2)	+0:00 (1)	+0:00 (1)					
2	Inger Lise Pettersen		Korgen IL				55:29	(+5:08)	
	1:03 (1)	7:21 (1)	14:51 (2)	17:03 (2)	21:11 (2)	24:58 (2)	28:22 (2)	32:13 (2)	36:09 (2)
	1:03/66	6:18/149	7:30/115	2:12/56	4:08/114	3:47/46	3:24/135	3:51/132	3:56/60
	+0:00 (1)	+0:00 (1)	+0:52 (2)	+0:16 (2)	+0:00 (1)	+0:30 (2)	+0:00 (1)	+0:26 (2)	+2:01 (2)
	45:13 (2)	47:32 (2)	53:23 (2)	55:29 (2)					
	6:34/59	2:19/82	5:51/52	2:06/100					
	+1:54 (2)	+0:00 (1)	+0:17 (2)	+0:05 (2)					

Klasse Herrer Lang

10 påmeldt, 10 startende

1	Sigmund Berglund		Korgen IL				35:19		
	0:45 (1)	3:09 (1)	6:56 (1)	8:38 (1)	12:02 (1)	14:52 (1)	17:05 (1)	19:48 (1)	21:10 (1)
	0:45/66	2:24/149	3:47/115	1:42/56	3:24/114	2:50/46	2:13/135	2:43/132	1:22/60
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:02 (2)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)
	26:57 (1)	28:44 (1)	33:21 (1)	35:19 (1)					
	4:05/59	1:47/82	4:37/52	1:58/100					
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)					
2	Håvard Mølneås		Mo OK				45:35	(+10:16)	
	1:08 (5)	6:10 (10)	12:32 (10)	14:12 (9)	17:51 (7)	20:58 (6)	24:12 (5)	28:24 (5)	30:16 (5)
	1:08/66	5:02/149	6:22/115	1:40/56	3:39/114	3:07/46	3:14/135	4:12/132	1:52/60
	+0:23 (5)	+2:38 (10)	+2:35 (10)	+0:00 (1)	+0:15 (3)	+0:17 (2)	+1:01 (6)	+1:29 (5)	+0:30 (2)
	36:34 (3)	38:54 (3)	43:36 (2)	45:35 (2)					
	4:36/59	2:20/82	4:42/52	1:59/100					
	+0:31 (2)	+0:33 (5)	+0:05 (2)	+0:01 (2)					
3	Olav Oldernes		Korgen IL				46:01	(+10:42)	
	1:14 (8)	5:00 (2)	9:57 (2)	12:02 (2)	16:13 (3)	19:57 (3)	22:54 (2)	26:09 (2)	28:34 (2)
	1:14/66	3:46/149	4:57/115	2:05/56	4:11/114	3:44/46	2:57/135	3:15/132	2:25/60
	+0:29 (8)	+1:22 (3)	+1:10 (3)	+0:25 (4)	+0:47 (5)	+0:54 (5)	+0:44 (3)	+0:32 (2)	+1:03 (7)
	35:30 (2)	38:10 (2)	43:49 (3)	46:01 (3)					
	4:37/59	2:40/82	5:39/52	2:12/100					
	+0:32 (3)	+0:53 (8)	+1:02 (5)	+0:14 (5)					
4	Tore M Valåmo		Korgen IL				46:48	(+11:29)	
	1:10 (7)	5:03 (4)	10:08 (4)	13:24 (6)	16:59 (5)	20:34 (4)	23:41 (3)	28:09 (4)	30:03 (4)
	1:10/66	3:53/149	5:05/115	3:16/56	3:35/114	3:35/46	3:07/135	4:28/132	1:54/60
	+0:25 (7)	+1:29 (5)	+1:18 (4)	+1:36 (8)	+0:11 (2)	+0:45 (3)	+0:54 (4)	+1:45 (8)	+0:32 (4)
	36:52 (4)	39:08 (4)	44:41 (4)	46:48 (4)					
	4:50/59	2:16/82	5:33/52	2:07/100					
	+0:45 (4)	+0:29 (4)	+0:56 (4)	+0:09 (4)					
5	Arnulf Villmo		Korgen IL				48:07	(+12:48)	
	1:08 (5)	5:05 (6)	10:17 (6)	12:38 (4)	16:56 (4)	20:39 (5)	23:57 (4)	27:46 (3)	29:58 (3)
	1:08/66	3:57/149	5:12/115	2:21/56	4:18/114	3:43/46	3:18/135	3:49/132	2:12/60
	+0:23 (5)	+1:33 (7)	+1:25 (7)	+0:41 (5)	+0:54 (7)	+0:53 (4)	+1:05 (7)	+1:06 (4)	+0:50 (5)
	37:25 (5)	40:02 (5)	45:46 (5)	48:07 (5)					
	4:51/59	2:37/82	5:44/52	2:21/100					
	+0:46 (5)	+0:50 (7)	+1:07 (6)	+0:23 (6)					

6	Jan Gaute Buvik		Korgen IL				50:32 (+15:13)			
	1:05 (2)	5:01 (3)	10:11 (5)	13:47 (7)	18:12 (8)	22:13 (8)	25:06 (8)	28:54 (6)	31:14 (6)	33:33 (6)
	1:05/66	3:56/149	5:10/115	3:36/56	4:25/114	4:01/46	2:53/135	3:48/132	2:20/60	2:19/83
	+0:20 (2)	+1:32 (6)	+1:23 (5)	+1:56 (9)	+1:01 (8)	+1:11 (9)	+0:40 (2)	+1:05 (3)	+0:58 (6)	+0:37 (5)
	38:38 (6)	40:49 (6)	47:52 (6)	50:32 (6)						
	5:05/59	2:11/82	7:03/52	2:40/100						
	+1:00 (6)	+0:24 (3)	+2:26 (9)	+0:42 (8)						
7	Ingar Solberg		Olderskog IL				54:45 (+19:26)			
	1:07 (3)	5:04 (5)	11:10 (9)	13:53 (8)	18:45 (9)	22:43 (9)	25:53 (9)	30:20 (7)	32:46 (7)	35:26 (7)
	1:07/66	3:57/149	6:06/115	2:43/56	4:52/114	3:58/46	3:10/135	4:27/132	2:26/60	2:40/83
	+0:22 (3)	+1:33 (7)	+2:19 (9)	+1:03 (7)	+1:28 (10)	+1:08 (8)	+0:57 (5)	+1:44 (7)	+1:04 (8)	+0:58 (9)
	41:05 (7)	44:04 (7)	51:31 (7)	54:45 (7)						
	5:39/59	2:59/82	7:27/52	3:14/100						
	+1:34 (9)	+1:12 (10)	+2:50 (10)	+1:16 (10)						
8	Svein Thomasli		Korgen IL				55:52 (+20:33)			
	1:30 (9)	5:17 (8)	10:27 (7)	13:08 (5)	17:21 (6)	21:06 (7)	24:30 (7)	33:52 (8)	38:09 (9)	40:29 (9)
	1:30/66	3:47/149	5:10/115	2:41/56	4:13/114	3:45/46	3:24/135	9:22/132	4:17/60	2:20/83
	+0:45 (9)	+1:23 (4)	+1:23 (5)	+1:01 (6)	+0:49 (6)	+0:55 (6)	+1:11 (8)	+6:39 (9)	+2:55 (10)	+0:38 (7)
	45:43 (8)	47:45 (8)	53:31 (8)	55:52 (8)						
	5:14/59	2:02/82	5:46/52	2:21/100						
	+1:09 (7)	+0:15 (2)	+1:09 (7)	+0:23 (6)						
9	Jan Kåre Vatne		Mo OK				57:52 (+22:33)			
	1:07 (3)	5:09 (7)	10:44 (8)	14:25 (10)	18:55 (10)	25:56 (10)	29:52 (10)	34:10 (9)	36:44 (8)	39:27 (8)
	1:07/66	4:02/149	5:35/115	3:41/56	4:30/114	7:01/46	3:56/135	4:18/132	2:34/60	2:43/83
	+0:22 (3)	+1:38 (9)	+1:48 (8)	+2:01 (10)	+1:06 (9)	+4:11 (10)	+1:43 (9)	+1:35 (6)	+1:12 (9)	+1:01 (10)
	45:46 (9)	48:35 (9)	54:59 (9)	57:52 (9)						
	6:19/59	2:49/82	6:24/52	2:53/100						
	+2:14 (10)	+1:02 (9)	+1:47 (8)	+0:55 (9)						
10	Torstein Nyrud		Korgen IL				1:09:40 (+34:21)			
	1:51 (10)	5:33 (9)	10:05 (3)	12:03 (3)	15:46 (2)	19:31 (2)	24:14 (6)	50:25 (10)	52:18 (10)	54:15 (10)
	1:51/66	3:42/149	4:32/115	1:58/56	3:43/114	3:45/46	4:43/135	26:11/132	1:53/60	1:57/83
	+1:06 (10)	+1:18 (2)	+0:45 (2)	+0:18 (3)	+0:19 (4)	+0:55 (6)	+2:30 (10)	+23:28 (10)	+0:31 (3)	+0:15 (3)
	59:52 (10)	1:02:14 (10)	1:07:41 (10)	1:09:40 (10)						
	5:37/59	2:22/82	5:27/52	1:59/100						
	+1:32 (8)	+0:35 (6)	+0:50 (3)	+0:01 (2)						

Klasse A Kort

1 påmeldt, 1 startende

1	Sturla Sjøvik		Olderskog IL				34:54			
	1:20 (1)	3:03 (1)	5:51 (1)	10:55 (1)	14:27 (1)	19:42 (1)	23:00 (1)	26:20 (1)	30:15 (1)	34:54 (1)
	1:20/66	1:43/52	2:48/149	5:04/82	3:32/59	5:15/83	3:18/135	3:20/46	3:55/114	4:39/100
	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)	+0:00 (1)