

25.03.2012

# Fredrikstad-løpet

## Halvmaraton

### Mellomtider



#### Menn

| Pls | StNr | Navn                    | Tid      | Runde1:  |        |     | Runde2:  |        |     | Runde3:  |        |     | Runde4:  |        |     |
|-----|------|-------------------------|----------|----------|--------|-----|----------|--------|-----|----------|--------|-----|----------|--------|-----|
|     |      |                         |          | Tid      | min/km | Pls | Tid      | min/km | Pls | Tid      | min/km | Pls | Tid      | min/km | Pls |
| 1   | 386  | Harald Solhaug Næss     | 01:10:49 | 00:17:24 | 3:18   | 1   | 00:17:57 | 3:24   | 1   | 00:17:51 | 3:23   | 1   | 00:17:36 | 3:20   | 1   |
| 2   | 341  | Knut Eraker Hole        | 01:12:51 | 00:17:45 | 3:22   | 2   | 00:18:20 | 3:28   | 2   | 00:18:27 | 3:30   | 2   | 00:18:17 | 3:28   | 2   |
| 3   | 442  | Mads Bigum Johansen     | 01:14:42 | 00:18:04 | 3:25   | 3   | 00:18:42 | 3:33   | 3   | 00:18:55 | 3:35   | 3   | 00:18:59 | 3:36   | 3   |
| 4   | 330  | Jon Fiva                | 01:16:35 | 00:18:09 | 3:26   | 5   | 00:19:20 | 3:40   | 5   | 00:19:43 | 3:44   | 5   | 00:19:22 | 3:40   | 4   |
| 5   | 431  | Kjetil Bregård          | 01:16:42 | 00:18:08 | 3:26   | 4   | 00:19:21 | 3:40   | 4   | 00:19:43 | 3:44   | 4   | 00:19:29 | 3:41   | 5   |
| 6   | 512  | Per Briskelund          | 01:17:31 | 00:18:40 | 3:32   | 9   | 00:19:29 | 3:41   | 8   | 00:19:44 | 3:44   | 7   | 00:19:36 | 3:43   | 6   |
| 7   | 514  | Rune Kvikstad           | 01:17:51 | 00:18:41 | 3:32   | 10  | 00:19:29 | 3:41   | 9   | 00:19:44 | 3:44   | 8   | 00:19:56 | 3:47   | 7   |
| 8   | 524  | Henning Pedersen        | 01:18:02 | 00:19:02 | 3:36   | 14  | 00:19:43 | 3:44   | 14  | 00:19:54 | 3:46   | 12  | 00:19:22 | 3:40   | 8   |
| 9   | 405  | Henrik Lidman           | 01:18:09 | 00:19:03 | 3:36   | 15  | 00:19:36 | 3:43   | 12  | 00:19:43 | 3:44   | 11  | 00:19:46 | 3:45   | 9   |
| 10  | 425  | Jacob Yakoubi           | 01:18:19 | 00:18:21 | 3:28   | 6   | 00:19:29 | 3:41   | 6   | 00:20:04 | 3:48   | 6   | 00:20:24 | 3:52   | 10  |
| 11  | 525  | Harald Ringen           | 01:18:22 | 00:18:36 | 3:31   | 7   | 00:19:33 | 3:42   | 10  | 00:20:03 | 3:48   | 10  | 00:20:08 | 3:49   | 11  |
| 12  | 450  | Kjetil Sørum            | 01:18:45 | 00:18:42 | 3:32   | 11  | 00:19:28 | 3:41   | 7   | 00:19:57 | 3:47   | 9   | 00:20:37 | 3:54   | 12  |
| 13  | 361  | Eiof Røed               | 01:19:30 | 00:18:39 | 3:32   | 8   | 00:19:45 | 3:44   | 11  | 00:20:29 | 3:53   | 13  | 00:20:36 | 3:54   | 13  |
| 14  | 453  | Håkon Urdal             | 01:19:57 | 00:19:05 | 3:37   | 16  | 00:19:55 | 3:46   | 15  | 00:20:26 | 3:52   | 14  | 00:20:29 | 3:53   | 14  |
| 15  | 467  | Ørjan Strandberg-Jensen | 01:19:59 | 00:18:43 | 3:33   | 12  | 00:20:20 | 3:51   | 16  | 00:20:25 | 3:52   | 15  | 00:20:30 | 3:53   | 15  |
| 16  | 465  | Vidar Asly              | 01:20:42 | 00:19:28 | 3:41   | 18  | 00:20:19 | 3:51   | 17  | 00:20:25 | 3:52   | 18  | 00:20:29 | 3:53   | 16  |
| 17  | 518  | Per Morten Ellingsen    | 01:20:48 | 00:19:28 | 3:41   | 19  | 00:20:19 | 3:51   | 18  | 00:20:21 | 3:51   | 17  | 00:20:38 | 3:55   | 17  |
| 18  | 334  | Sverre Gunnar Brunstad  | 01:21:44 | 00:19:47 | 3:45   | 24  | 00:20:45 | 3:56   | 22  | 00:21:01 | 3:59   | 20  | 00:20:09 | 3:49   | 18  |
| 19  | 358  | Lars Sverdrup-Thygeson  | 01:21:44 | 00:20:02 | 3:48   | 28  | 00:20:31 | 3:53   | 24  | 00:21:01 | 3:59   | 21  | 00:20:09 | 3:49   | 19  |
| 20  | 339  | Lasse Lieberknecht      | 01:21:45 | 00:19:16 | 3:39   | 17  | 00:20:32 | 3:53   | 19  | 00:20:45 | 3:56   | 19  | 00:21:11 | 4:01   | 20  |
| 21  | 434  | Stephan Neuhaus         | 01:22:39 | 00:19:51 | 3:46   | 26  | 00:20:41 | 3:55   | 23  | 00:21:02 | 3:59   | 22  | 00:21:03 | 3:59   | 21  |
| 22  | 416  | Mats Pettersen          | 01:22:52 | 00:19:29 | 3:41   | 20  | 00:21:00 | 3:59   | 20  | 00:21:11 | 4:01   | 23  | 00:21:11 | 4:01   | 22  |
| 23  | 381  | Roar Tomter             | 01:23:19 | 00:20:12 | 3:50   | 29  | 00:20:48 | 3:56   | 27  | 00:21:06 | 4:00   | 25  | 00:21:12 | 4:01   | 23  |
| 24  | 470  | Tor Gunnar Bjørnstad    | 01:24:16 | 00:18:51 | 3:34   | 13  | 00:19:54 | 3:46   | 13  | 00:21:20 | 4:02   | 16  | 00:24:09 | 4:35   | 24  |
| 25  | 419  | Trond Hansen            | 01:24:30 | 00:20:01 | 3:48   | 27  | 00:20:55 | 3:58   | 26  | 00:21:33 | 4:05   | 26  | 00:21:59 | 4:10   | 25  |
| 26  | 357  | Ole-Hermann Røhr        | 01:24:36 | 00:20:13 | 3:50   | 32  | 00:21:02 | 3:59   | 29  | 00:21:14 | 4:01   | 27  | 00:22:04 | 4:11   | 26  |
| 27  | 430  | Tim Bennett             | 01:24:40 | 00:20:12 | 3:50   | 30  | 00:21:05 | 4:00   | 30  | 00:21:27 | 4:04   | 28  | 00:21:55 | 4:09   | 27  |
| 28  | 480  | Bjørn Christensen       | 01:24:44 | 00:19:29 | 3:41   | 21  | 00:21:00 | 3:59   | 21  | 00:21:18 | 4:02   | 24  | 00:22:56 | 4:21   | 28  |
| 29  | 401  | Steinar Lien            | 01:25:11 | 00:20:13 | 3:50   | 33  | 00:21:37 | 4:06   | 33  | 00:21:37 | 4:06   | 30  | 00:21:43 | 4:07   | 29  |
| 30  | 433  | Ole Erik Flatin         | 01:25:37 | 00:20:59 | 3:58   | 44  | 00:21:43 | 4:07   | 38  | 00:21:38 | 4:06   | 34  | 00:21:15 | 4:02   | 30  |
| 31  | 505  | Jan Olav Endrerud       | 01:26:10 | 00:19:47 | 3:45   | 23  | 00:21:07 | 4:00   | 25  | 00:22:22 | 4:14   | 29  | 00:22:53 | 4:20   | 31  |
| 32  | 526  | Gaute Løge Pedersen     | 01:26:32 | 00:20:37 | 3:54   | 36  | 00:21:30 | 4:04   | 35  | 00:22:13 | 4:12   | 33  | 00:22:12 | 4:12   | 32  |
| 33  | 510  | Tore Mortensen          | 01:26:34 | 00:20:59 | 3:59   | 45  | 00:21:43 | 4:07   | 39  | 00:21:49 | 4:08   | 36  | 00:22:01 | 4:10   | 33  |
| 34  | 487  | Ole Audun Haabeth       | 01:27:07 | 00:20:12 | 3:50   | 31  | 00:21:28 | 4:04   | 32  | 00:22:35 | 4:17   | 32  | 00:22:51 | 4:20   | 34  |
| 35  | 399  | Rolf Gran               | 01:27:31 | 00:19:38 | 3:43   | 22  | 00:21:57 | 4:10   | 31  | 00:22:48 | 4:19   | 35  | 00:23:06 | 4:23   | 35  |
| 36  | 468  | Arne Bent Bjørge        | 01:27:38 | 00:20:42 | 3:55   | 39  | 00:22:00 | 4:10   | 36  | 00:22:22 | 4:14   | 37  | 00:22:33 | 4:16   | 36  |
| 37  | 325  | Øistein Olsen           | 01:27:53 | 00:20:29 | 3:53   | 34  | 00:22:32 | 4:16   | 41  | 00:22:41 | 4:18   | 41  | 00:22:09 | 4:12   | 37  |
| 38  | 390  | Vemund Aker             | 01:27:55 | 00:21:30 | 4:04   | 53  | 00:22:22 | 4:14   | 48  | 00:22:18 | 4:13   | 44  | 00:21:44 | 4:07   | 38  |
| 39  | 378  | Frode Monsen            | 01:27:57 | 00:20:43 | 3:55   | 40  | 00:22:00 | 4:10   | 40  | 00:22:52 | 4:20   | 40  | 00:22:21 | 4:14   | 39  |
| 40  | 420  | Rolf E. Bøhn            | 01:28:05 | 00:20:42 | 3:55   | 38  | 00:22:00 | 4:10   | 37  | 00:22:22 | 4:14   | 38  | 00:23:00 | 4:21   | 40  |
| 41  | 508  | Rune Skar               | 01:28:10 | 00:19:47 | 3:45   | 25  | 00:21:16 | 4:02   | 28  | 00:23:02 | 4:22   | 31  | 00:24:03 | 4:33   | 41  |
| 42  | 351  | Morten Karlsen          | 01:28:14 | 00:22:10 | 4:12   | 69  | 00:22:09 | 4:12   | 55  | 00:21:59 | 4:10   | 47  | 00:21:55 | 4:09   | 42  |
| 43  | 475  | Kurth Asle Magnussen    | 01:28:18 | 00:21:40 | 4:06   | 56  | 00:22:12 | 4:12   | 49  | 00:22:18 | 4:13   | 43  | 00:22:06 | 4:11   | 43  |
| 44  | 478  | Ole-Christian Granholt  | 01:28:22 | 00:21:01 | 3:59   | 46  | 00:22:30 | 4:16   | 47  | 00:22:42 | 4:18   | 46  | 00:22:08 | 4:12   | 44  |
| 45  | 520  | Ole Arne Eiksund        | 01:28:27 | 00:20:56 | 3:58   | 43  | 00:22:30 | 4:16   | 44  | 00:22:46 | 4:19   | 45  | 00:22:13 | 4:13   | 45  |
| 46  | 516  | Bjarte Ellingsen        | 01:28:32 | 00:21:27 | 4:04   | 50  | 00:22:26 | 4:15   | 50  | 00:22:17 | 4:13   | 42  | 00:22:21 | 4:14   | 46  |
| 47  | 350  | Ole Peter Bergaust      | 01:28:46 | 00:21:41 | 4:06   | 57  | 00:22:32 | 4:16   | 53  | 00:22:16 | 4:13   | 49  | 00:22:17 | 4:13   | 47  |
| 48  | 413  | Runar Sollien           | 01:29:22 | 00:21:41 | 4:06   | 58  | 00:22:31 | 4:16   | 54  | 00:22:25 | 4:15   | 52  | 00:22:44 | 4:18   | 48  |
| 49  | 506  | Svein Arefjord          | 01:29:25 | 00:21:11 | 4:01   | 47  | 00:22:19 | 4:14   | 46  | 00:23:02 | 4:22   | 51  | 00:22:52 | 4:20   | 49  |
| 50  | 374  | Ivar Kummervold         | 01:29:31 | 00:21:29 | 4:04   | 52  | 00:22:35 | 4:17   | 51  | 00:22:25 | 4:15   | 50  | 00:23:01 | 4:22   | 50  |

25.03.2012

# Fredrikstad-løpet

## Halvmaraton

### Mellomtider



#### Menn

| Pls | StNr | Navn                        | Tid      | Runde1:  |        |     | Runde2:  |        |     | Runde3:  |        |     | Runde4:  |        |     |
|-----|------|-----------------------------|----------|----------|--------|-----|----------|--------|-----|----------|--------|-----|----------|--------|-----|
|     |      |                             |          | Tid      | min/km | Pls | Tid      | min/km | Pls | Tid      | min/km | Pls | Tid      | min/km | Pls |
| 51  | 335  | Roger Syversen              | 01:29:50 | 00:20:44 | 3:56   | 41  | 00:22:25 | 4:15   | 43  | 00:23:16 | 4:24   | 48  | 00:23:24 | 4:26   | 51  |
| 52  | 366  | Tomas Søland                | 01:30:26 | 00:22:07 | 4:11   | 68  | 00:22:13 | 4:12   | 56  | 00:22:26 | 4:15   | 53  | 00:23:39 | 4:29   | 52  |
| 53  | 439  | Morten E Mandfloen          | 01:30:29 | 00:21:57 | 4:10   | 65  | 00:22:31 | 4:16   | 58  | 00:22:51 | 4:20   | 55  | 00:23:09 | 4:23   | 53  |
| 54  | 326  | Harald Sverdrup-Thygesen    | 01:30:32 | 00:21:55 | 4:09   | 63  | 00:22:43 | 4:18   | 60  | 00:22:51 | 4:20   | 56  | 00:23:02 | 4:22   | 54  |
| 55  | 306  | Tom Sognlien                | 01:30:36 | 00:20:41 | 3:55   | 37  | 00:22:48 | 4:19   | 45  | 00:23:50 | 4:31   | 54  | 00:23:16 | 4:24   | 55  |
| 56  | 348  | Arne Chr. Folmer            | 01:30:43 | 00:22:13 | 4:13   | 71  | 00:22:54 | 4:20   | 64  | 00:22:46 | 4:19   | 58  | 00:22:49 | 4:19   | 56  |
| 57  | 424  | Lars Krogsrud               | 01:31:47 | 00:22:04 | 4:11   | 67  | 00:23:04 | 4:22   | 66  | 00:23:17 | 4:25   | 62  | 00:23:20 | 4:25   | 57  |
| 58  | 369  | Terje Ørås                  | 01:31:54 | 00:21:22 | 4:03   | 48  | 00:22:45 | 4:19   | 52  | 00:23:32 | 4:28   | 57  | 00:24:14 | 4:35   | 58  |
| 59  | 373  | Christopher Aalholm         | 01:31:59 | 00:21:31 | 4:05   | 54  | 00:23:07 | 4:23   | 61  | 00:23:45 | 4:30   | 61  | 00:23:34 | 4:28   | 59  |
| 60  | 507  | Aasmund Danielsen           | 01:32:04 | 00:22:25 | 4:15   | 79  | 00:23:15 | 4:24   | 71  | 00:23:19 | 4:25   | 66  | 00:23:03 | 4:22   | 60  |
| 61  | 320  | Espen Dåsvand               | 01:32:20 | 00:21:58 | 4:10   | 66  | 00:23:09 | 4:23   | 63  | 00:23:45 | 4:30   | 65  | 00:23:27 | 4:27   | 61  |
| 62  | 388  | Vegar Solnørdal             | 01:32:20 | 00:22:26 | 4:15   | 80  | 00:23:10 | 4:23   | 70  | 00:23:32 | 4:27   | 67  | 00:23:12 | 4:24   | 62  |
| 63  | 484  | Frode Klevstul              | 01:32:28 | 00:22:59 | 4:21   | 86  | 00:23:27 | 4:27   | 76  | 00:22:57 | 4:21   | 68  | 00:23:03 | 4:22   | 63  |
| 64  | 321  | Fredrik Camilo Halsbog      | 01:32:41 | 00:22:10 | 4:12   | 70  | 00:22:14 | 4:13   | 57  | 00:23:56 | 4:32   | 60  | 00:24:19 | 4:37   | 64  |
| 65  | 495  | Tormod Reiersen             | 01:32:44 | 00:21:41 | 4:07   | 59  | 00:23:04 | 4:22   | 62  | 00:24:03 | 4:33   | 64  | 00:23:54 | 4:32   | 65  |
| 66  | 387  | Michael Floater             | 01:32:52 | 00:22:26 | 4:15   | 81  | 00:23:23 | 4:26   | 73  | 00:23:53 | 4:32   | 70  | 00:23:08 | 4:23   | 66  |
| 67  | 529  | Mats Alnæs                  | 01:33:24 | 00:23:18 | 4:25   | 95  | 00:23:17 | 4:25   | 82  | 00:23:33 | 4:28   | 76  | 00:23:14 | 4:24   | 67  |
| 68  | 368  | Roar Skinstad               | 01:33:26 | 00:22:59 | 4:21   | 85  | 00:23:30 | 4:27   | 79  | 00:23:30 | 4:27   | 74  | 00:23:26 | 4:26   | 68  |
| 69  | 443  | Anders Emil Krogstad        | 01:33:32 | 00:23:51 | 4:31   | 106 | 00:23:33 | 4:28   | 92  | 00:23:18 | 4:25   | 79  | 00:22:49 | 4:19   | 69  |
| 70  | 423  | Lars Hauge                  | 01:33:45 | 00:21:47 | 4:08   | 60  | 00:23:20 | 4:25   | 65  | 00:24:33 | 4:39   | 69  | 00:24:03 | 4:33   | 70  |
| 71  | 461  | Kim Olsen                   | 01:33:47 | 00:21:54 | 4:09   | 62  | 00:23:40 | 4:29   | 69  | 00:24:11 | 4:35   | 71  | 00:24:01 | 4:33   | 71  |
| 72  | 383  | Hans André Skaatan          | 01:33:48 | 00:23:24 | 4:26   | 97  | 00:24:30 | 4:38   | 98  | 00:22:51 | 4:20   | 80  | 00:23:02 | 4:22   | 72  |
| 73  | 418  | Øivind Kristian Kjømro      | 01:34:02 | 00:21:56 | 4:09   | 64  | 00:23:24 | 4:26   | 67  | 00:24:36 | 4:40   | 73  | 00:24:05 | 4:34   | 73  |
| 74  | 511  | Martin Helgesen             | 01:34:12 | 00:24:01 | 4:33   | 110 | 00:24:41 | 4:41   | 105 | 00:23:01 | 4:22   | 84  | 00:22:28 | 4:15   | 74  |
| 75  | 479  | Terje Engen                 | 01:34:21 | 00:20:50 | 3:57   | 42  | 00:22:17 | 4:13   | 42  | 00:25:13 | 4:47   | 59  | 00:25:59 | 4:55   | 75  |
| 76  | 490  | Trygve Tveter               | 01:34:51 | 00:22:19 | 4:14   | 73  | 00:23:30 | 4:27   | 72  | 00:24:14 | 4:36   | 75  | 00:24:47 | 4:42   | 76  |
| 77  | 489  | Per Gunnar Gulstuen         | 01:35:11 | 00:22:20 | 4:14   | 74  | 00:23:37 | 4:28   | 74  | 00:24:20 | 4:37   | 77  | 00:24:52 | 4:43   | 77  |
| 78  | 394  | Sigmund Akselsen            | 01:35:14 | 00:21:28 | 4:04   | 51  | 00:23:05 | 4:22   | 59  | 00:24:08 | 4:34   | 63  | 00:26:32 | 5:02   | 78  |
| 79  | 428  | Arne-Johan Martinsen        | 01:35:15 | 00:21:24 | 4:03   | 49  | 00:24:06 | 4:34   | 68  | 00:24:22 | 4:37   | 72  | 00:25:22 | 4:48   | 79  |
| 80  | 473  | Martin Alsparr              | 01:35:16 | 00:22:53 | 4:20   | 83  | 00:23:39 | 4:29   | 80  | 00:24:05 | 4:34   | 78  | 00:24:38 | 4:40   | 80  |
| 81  | 481  | Ole Guttulsrød              | 01:35:38 | 00:23:11 | 4:24   | 92  | 00:23:56 | 4:32   | 88  | 00:24:11 | 4:35   | 81  | 00:24:18 | 4:36   | 81  |
| 82  | 318  | Fredrik Forsberg Ellingsen  | 01:36:25 | 00:21:54 | 4:09   | 61  | 00:24:30 | 4:38   | 75  | 00:25:32 | 4:50   | 88  | 00:24:28 | 4:38   | 82  |
| 83  | 417  | Stian Løkken                | 01:37:01 | 00:23:34 | 4:28   | 102 | 00:24:14 | 4:36   | 96  | 00:24:37 | 4:40   | 95  | 00:24:34 | 4:39   | 83  |
| 84  | 367  | Torfinn Nome                | 01:37:04 | 00:23:28 | 4:27   | 99  | 00:24:20 | 4:37   | 97  | 00:24:37 | 4:40   | 94  | 00:24:38 | 4:40   | 84  |
| 85  | 497  | Jon Flesjå                  | 01:37:06 | 00:23:00 | 4:21   | 87  | 00:23:39 | 4:29   | 85  | 00:25:00 | 4:44   | 82  | 00:25:26 | 4:49   | 85  |
| 86  | 513  | Vegar Røåsberget            | 01:37:08 | 00:20:35 | 3:54   | 35  | 00:21:30 | 4:04   | 34  | 00:23:12 | 4:24   | 39  | 00:31:50 | 6:02   | 86  |
| 87  | 360  | Fred Morgan Larsen          | 01:37:26 | 00:23:07 | 4:23   | 89  | 00:24:15 | 4:36   | 91  | 00:24:51 | 4:42   | 92  | 00:25:12 | 4:47   | 87  |
| 88  | 370  | Andreas Wiig                | 01:37:28 | 00:22:50 | 4:20   | 82  | 00:24:20 | 4:37   | 89  | 00:24:48 | 4:42   | 90  | 00:25:28 | 4:50   | 88  |
| 89  | 372  | Christopher Haugli Sørensen | 01:37:35 | 00:23:11 | 4:23   | 91  | 00:24:06 | 4:34   | 90  | 00:24:52 | 4:43   | 91  | 00:25:25 | 4:49   | 89  |
| 90  | 527  | Trond Nilsen                | 01:37:39 | 00:22:17 | 4:13   | 72  | 00:24:10 | 4:35   | 77  | 00:25:14 | 4:47   | 83  | 00:25:57 | 4:55   | 90  |
| 91  | 447  | Reidar Eliassen             | 01:37:44 | 00:23:07 | 4:23   | 88  | 00:24:39 | 4:40   | 95  | 00:24:54 | 4:43   | 96  | 00:25:03 | 4:45   | 91  |
| 92  | 483  | John Iversen                | 01:37:48 | 00:22:23 | 4:15   | 77  | 00:24:14 | 4:36   | 84  | 00:25:07 | 4:45   | 85  | 00:26:03 | 4:56   | 92  |
| 93  | 382  | Ole Gandrud                 | 01:37:50 | 00:23:47 | 4:30   | 105 | 00:24:29 | 4:38   | 103 | 00:25:03 | 4:45   | 101 | 00:24:29 | 4:38   | 93  |
| 94  | 347  | Hans-Petter Lystad          | 01:38:09 | 00:22:25 | 4:15   | 78  | 00:24:12 | 4:35   | 83  | 00:25:21 | 4:48   | 89  | 00:26:10 | 4:57   | 94  |
| 95  | 340  | Ivar Akerlie                | 01:38:09 | 00:24:10 | 4:35   | 112 | 00:24:59 | 4:44   | 109 | 00:24:41 | 4:41   | 103 | 00:24:19 | 4:36   | 95  |
| 96  | 463  | Magne Rosnes                | 01:38:21 | 00:23:08 | 4:23   | 90  | 00:24:19 | 4:36   | 93  | 00:24:47 | 4:42   | 93  | 00:26:06 | 4:57   | 96  |
| 97  | 312  | Ole Kristian Brastad        | 01:38:26 | 00:23:28 | 4:27   | 98  | 00:24:42 | 4:41   | 100 | 00:24:54 | 4:43   | 98  | 00:25:21 | 4:48   | 97  |
| 98  | 486  | HÅvard Andresen             | 01:38:59 | 00:22:21 | 4:14   | 75  | 00:24:07 | 4:34   | 78  | 00:25:25 | 4:49   | 87  | 00:27:05 | 5:08   | 98  |
| 99  | 519  | Mads Ahlsen                 | 01:39:11 | 00:22:58 | 4:21   | 84  | 00:23:36 | 4:28   | 81  | 00:25:14 | 4:47   | 86  | 00:27:22 | 5:11   | 99  |
| 100 | 408  | Ove Sanna                   | 01:39:15 | 00:23:29 | 4:27   | 100 | 00:24:37 | 4:40   | 99  | 00:25:08 | 4:46   | 99  | 00:25:59 | 4:55   | 100 |

25.03.2012

# Fredrikstad-løpet

## Halvmaraton

### Mellomtider



#### Menn

| Pls | StNr | Navn                   | Tid      | Runde1:  |        |     | Runde2:  |        |     | Runde3:  |        |     | Runde4:  |        |     |
|-----|------|------------------------|----------|----------|--------|-----|----------|--------|-----|----------|--------|-----|----------|--------|-----|
|     |      |                        |          | Tid      | min/km | Pls | Tid      | min/km | Pls | Tid      | min/km | Pls | Tid      | min/km | Pls |
| 101 | 329  | Roy Christian Flaa     | 01:39:29 | 00:23:57 | 4:32   | 108 | 00:25:07 | 4:46   | 108 | 00:25:10 | 4:46   | 106 | 00:25:14 | 4:47   | 101 |
| 102 | 344  | Andreas Fylling        | 01:39:53 | 00:23:30 | 4:27   | 101 | 00:24:59 | 4:44   | 104 | 00:25:42 | 4:52   | 104 | 00:25:41 | 4:52   | 102 |
| 103 | 310  | Terje Hansen           | 01:39:55 | 00:22:22 | 4:14   | 76  | 00:24:40 | 4:40   | 87  | 00:26:17 | 4:59   | 100 | 00:26:35 | 5:02   | 103 |
| 104 | 404  | Christian Hellerud     | 01:40:24 | 00:23:36 | 4:28   | 103 | 00:25:15 | 4:47   | 106 | 00:25:29 | 4:50   | 107 | 00:26:03 | 4:56   | 104 |
| 105 | 466  | Martin Fredheim        | 01:40:46 | 00:23:46 | 4:30   | 104 | 00:24:30 | 4:38   | 102 | 00:25:17 | 4:47   | 102 | 00:27:13 | 5:09   | 105 |
| 106 | 409  | Johnny Stenseth        | 01:41:07 | 00:23:18 | 4:25   | 94  | 00:24:18 | 4:36   | 94  | 00:25:14 | 4:47   | 97  | 00:28:16 | 5:21   | 106 |
| 107 | 398  | Morten Borge           | 01:41:09 | 00:24:54 | 4:43   | 125 | 00:25:21 | 4:48   | 122 | 00:25:31 | 4:50   | 112 | 00:25:22 | 4:48   | 107 |
| 108 | 452  | Jørn Haabeth           | 01:41:32 | 00:23:19 | 4:25   | 96  | 00:25:44 | 4:53   | 107 | 00:26:29 | 5:01   | 110 | 00:25:58 | 4:55   | 108 |
| 109 | 445  | Geir Rugsveen Engen    | 01:41:41 | 00:24:54 | 4:43   | 126 | 00:25:21 | 4:48   | 123 | 00:25:31 | 4:50   | 113 | 00:25:54 | 4:54   | 109 |
| 110 | 377  | Rune Fosshiem          | 01:42:00 | 00:24:25 | 4:38   | 118 | 00:25:16 | 4:47   | 113 | 00:25:52 | 4:54   | 109 | 00:26:27 | 5:01   | 110 |
| 111 | 303  | Terje Svensson         | 01:42:19 | 00:24:37 | 4:40   | 123 | 00:25:34 | 4:51   | 121 | 00:25:53 | 4:54   | 116 | 00:26:13 | 4:58   | 111 |
| 112 | 392  | Jan-Petter Englund     | 01:42:38 | 00:24:10 | 4:35   | 113 | 00:25:39 | 4:52   | 114 | 00:26:31 | 5:01   | 119 | 00:26:17 | 4:59   | 112 |
| 113 | 322  | Tomas Pinås            | 01:42:50 | 00:24:01 | 4:33   | 109 | 00:25:32 | 4:50   | 111 | 00:26:31 | 5:01   | 114 | 00:26:45 | 5:04   | 113 |
| 114 | 333  | Jan Gjerløw            | 01:43:03 | 00:24:37 | 4:40   | 121 | 00:25:23 | 4:49   | 117 | 00:26:04 | 4:56   | 115 | 00:26:58 | 5:07   | 114 |
| 115 | 509  | Thomas Kristoffersen   | 01:43:06 | 00:25:29 | 4:50   | 132 | 00:25:53 | 4:54   | 128 | 00:25:39 | 4:52   | 122 | 00:26:04 | 4:56   | 115 |
| 116 | 492  | Gerard Cornelissen     | 01:43:22 | 00:24:23 | 4:37   | 117 | 00:25:17 | 4:47   | 112 | 00:26:05 | 4:57   | 111 | 00:27:35 | 5:14   | 116 |
| 117 | 459  | Jostein Ryan           | 01:43:23 | 00:24:04 | 4:34   | 111 | 00:25:56 | 4:55   | 118 | 00:26:16 | 4:59   | 118 | 00:27:06 | 5:08   | 117 |
| 118 | 494  | Morten Granholt        | 01:43:30 | 00:24:11 | 4:35   | 115 | 00:25:42 | 4:52   | 115 | 00:26:38 | 5:03   | 120 | 00:26:57 | 5:06   | 118 |
| 119 | 336  | Tom Christian Alnæs    | 01:43:57 | 00:23:17 | 4:25   | 93  | 00:24:55 | 4:43   | 101 | 00:26:00 | 4:56   | 105 | 00:29:44 | 5:38   | 119 |
| 120 | 469  | Heiko Pflugner         | 01:44:09 | 00:21:36 | 4:05   | 55  | 00:25:24 | 4:49   | 86  | 00:27:21 | 5:11   | 108 | 00:29:47 | 5:39   | 120 |
| 121 | 319  | Åge Kristian Bjørge    | 01:44:11 | 00:24:37 | 4:40   | 122 | 00:25:23 | 4:49   | 116 | 00:26:16 | 4:59   | 117 | 00:27:54 | 5:17   | 121 |
| 122 | 421  | Georg Broch            | 01:44:24 | 00:24:12 | 4:35   | 116 | 00:25:55 | 4:55   | 119 | 00:27:13 | 5:09   | 123 | 00:27:04 | 5:08   | 122 |
| 123 | 356  | Nils Wiig              | 01:44:44 | 00:25:03 | 4:45   | 128 | 00:26:13 | 4:58   | 126 | 00:26:20 | 4:59   | 125 | 00:27:06 | 5:08   | 123 |
| 124 | 437  | Tore Iversen           | 01:44:49 | 00:24:37 | 4:40   | 120 | 00:25:33 | 4:51   | 120 | 00:26:50 | 5:05   | 121 | 00:27:48 | 5:16   | 124 |
| 125 | 308  | Roy Erik Frydenberg    | 01:45:36 | 00:25:05 | 4:45   | 129 | 00:26:17 | 4:59   | 127 | 00:26:36 | 5:02   | 127 | 00:27:37 | 5:14   | 125 |
| 126 | 346  | Thorleiv Aasland       | 01:45:53 | 00:25:37 | 4:51   | 135 | 00:25:52 | 4:54   | 129 | 00:26:38 | 5:03   | 128 | 00:27:45 | 5:16   | 126 |
| 127 | 323  | Tormod Kjervik         | 01:45:59 | 00:25:36 | 4:51   | 134 | 00:26:17 | 4:59   | 131 | 00:26:59 | 5:07   | 130 | 00:27:06 | 5:08   | 127 |
| 128 | 488  | Thor Thomasgaard Osvik | 01:46:44 | 00:24:43 | 4:41   | 124 | 00:26:13 | 4:58   | 125 | 00:27:01 | 5:07   | 126 | 00:28:46 | 5:27   | 128 |
| 129 | 485  | Tore Hovland           | 01:47:21 | 00:26:07 | 4:57   | 140 | 00:26:48 | 5:05   | 134 | 00:27:14 | 5:10   | 133 | 00:27:10 | 5:09   | 129 |
| 130 | 517  | Thomas Rene Hansen     | 01:48:42 | 00:26:04 | 4:56   | 138 | 00:26:28 | 5:01   | 133 | 00:27:02 | 5:07   | 131 | 00:29:07 | 5:31   | 130 |
| 131 | 462  | Lan Jakobsen           | 01:48:47 | 00:23:52 | 4:31   | 107 | 00:25:31 | 4:50   | 110 | 00:28:06 | 5:19   | 124 | 00:31:17 | 5:56   | 131 |
| 132 | 415  | Tom-Erik Larsen        | 01:48:52 | 00:25:19 | 4:48   | 130 | 00:26:41 | 5:03   | 132 | 00:27:55 | 5:17   | 132 | 00:28:55 | 5:29   | 132 |
| 133 | 422  | Jarle S. Hermansen     | 01:49:25 | 00:27:07 | 5:08   | 143 | 00:27:10 | 5:09   | 142 | 00:27:49 | 5:16   | 138 | 00:27:18 | 5:10   | 133 |
| 134 | 451  | Henrik Aasnes          | 01:49:52 | 00:26:03 | 4:56   | 137 | 00:27:28 | 5:12   | 141 | 00:27:49 | 5:16   | 137 | 00:28:30 | 5:24   | 134 |
| 135 | 395  | Odd Inge Ness          | 01:50:10 | 00:25:51 | 4:54   | 136 | 00:27:18 | 5:10   | 137 | 00:27:52 | 5:17   | 135 | 00:29:08 | 5:31   | 135 |
| 136 | 521  | Per-Erik Evensen       | 01:50:11 | 00:26:13 | 4:58   | 142 | 00:27:05 | 5:08   | 138 | 00:27:43 | 5:15   | 136 | 00:29:09 | 5:31   | 136 |
| 137 | 528  | Hein Haraldsen         | 01:50:41 | 00:24:11 | 4:35   | 114 | 00:26:22 | 5:00   | 124 | 00:27:50 | 5:16   | 129 | 00:32:17 | 6:07   | 137 |
| 138 | 522  | Ketil Gjølstad         | 01:51:25 | 00:24:56 | 4:43   | 127 | 00:26:47 | 5:04   | 130 | 00:29:14 | 5:32   | 134 | 00:30:28 | 5:46   | 138 |
| 139 | 354  | Knut Nedregård         | 01:52:40 | 00:28:19 | 5:22   | 151 | 00:28:45 | 5:27   | 148 | 00:27:55 | 5:17   | 146 | 00:27:39 | 5:14   | 139 |
| 140 | 349  | Geir Lind              | 01:52:42 | 00:28:19 | 5:22   | 150 | 00:28:45 | 5:27   | 147 | 00:27:55 | 5:17   | 145 | 00:27:41 | 5:15   | 140 |
| 141 | 491  | Stein Bergan           | 01:53:09 | 00:26:04 | 4:56   | 139 | 00:28:27 | 5:24   | 143 | 00:29:16 | 5:33   | 142 | 00:29:21 | 5:34   | 141 |
| 142 | 482  | Thomas Ruyter          | 01:53:44 | 00:27:26 | 5:12   | 146 | 00:27:41 | 5:15   | 144 | 00:28:30 | 5:24   | 141 | 00:30:06 | 5:42   | 142 |
| 143 | 429  | Henrik Jensen          | 01:54:00 | 00:25:36 | 4:51   | 133 | 00:27:43 | 5:15   | 140 | 00:29:00 | 5:30   | 139 | 00:31:40 | 6:00   | 143 |
| 144 | 501  | Sigurd Agnalt          | 01:54:39 | 00:24:27 | 4:38   | 119 | 00:28:29 | 5:24   | 135 | 00:31:26 | 5:57   | 144 | 00:30:15 | 5:44   | 144 |
| 145 | 414  | Walter Hermansen       | 01:55:40 | 00:27:43 | 5:15   | 147 | 00:28:33 | 5:25   | 145 | 00:28:57 | 5:29   | 147 | 00:30:26 | 5:46   | 145 |
| 146 | 324  | Einar Skar             | 01:55:54 | 00:28:16 | 5:21   | 149 | 00:29:15 | 5:33   | 150 | 00:29:03 | 5:30   | 149 | 00:29:19 | 5:33   | 146 |
| 147 | 376  | Peer Andersen          | 01:56:09 | 00:28:26 | 5:23   | 152 | 00:28:58 | 5:29   | 149 | 00:29:00 | 5:30   | 148 | 00:29:43 | 5:38   | 147 |
| 148 | 474  | Anders Solli Gustavsen | 01:57:27 | 00:26:12 | 4:58   | 141 | 00:27:06 | 5:08   | 139 | 00:29:35 | 5:36   | 140 | 00:34:32 | 6:33   | 148 |
| 149 | 343  | Yngvar Jakobsen        | 01:59:59 | 00:25:20 | 4:48   | 131 | 00:27:47 | 5:16   | 136 | 00:30:48 | 5:50   | 143 | 00:36:03 | 6:50   | 149 |
| 150 | 353  | Trygve Lervik          | 02:02:28 | 00:28:29 | 5:24   | 154 | 00:30:09 | 5:43   | 153 | 00:30:17 | 5:44   | 151 | 00:33:31 | 6:21   | 150 |

25.03.2012

# Fredrikstad-løpet

## Halvmaraton

### Mellomtider



#### Menn

| Pls | StNr | Navn                   | Tid      | Runde1:  |        |     | Runde2:  |        |     | Runde3:  |        |     | Runde4:  |        |     |
|-----|------|------------------------|----------|----------|--------|-----|----------|--------|-----|----------|--------|-----|----------|--------|-----|
|     |      |                        |          | Tid      | min/km | Pls | Tid      | min/km | Pls | Tid      | min/km | Pls | Tid      | min/km | Pls |
| 151 | 436  | Lasse Roger Høili      | 02:02:47 | 00:30:11 | 5:43   | 158 | 00:30:54 | 5:51   | 158 | 00:30:47 | 5:50   | 155 | 00:30:54 | 5:51   | 151 |
| 152 | 400  | Terje Syvertsen        | 02:03:09 | 00:30:14 | 5:44   | 159 | 00:31:03 | 5:53   | 159 | 00:30:49 | 5:50   | 156 | 00:31:02 | 5:53   | 152 |
| 153 | 458  | Morten Olaf Bjørkå     | 02:03:12 | 00:27:25 | 5:12   | 145 | 00:30:16 | 5:44   | 151 | 00:32:20 | 6:08   | 152 | 00:33:10 | 6:17   | 153 |
| 154 | 364  | Jørgen Gurandsrud      | 02:04:09 | 00:27:57 | 5:18   | 148 | 00:30:16 | 5:44   | 152 | 00:32:21 | 6:08   | 153 | 00:33:34 | 6:22   | 154 |
| 155 | 471  | Jacob Breda Antonsen   | 02:05:03 | 00:27:15 | 5:10   | 144 | 00:29:06 | 5:31   | 146 | 00:31:55 | 6:03   | 150 | 00:36:46 | 6:58   | 155 |
| 156 | 502  | Per Erik Holsten       | 02:05:32 | 00:29:29 | 5:35   | 156 | 00:30:24 | 5:46   | 155 | 00:31:26 | 5:58   | 154 | 00:34:12 | 6:29   | 156 |
| 157 | 427  | Ketil Moen             | 02:06:02 | 00:30:25 | 5:46   | 160 | 00:31:30 | 5:58   | 160 | 00:31:51 | 6:02   | 159 | 00:32:15 | 6:07   | 157 |
| 158 | 440  | Jan Arild Wallin Røste | 02:06:19 | 00:28:51 | 5:28   | 155 | 00:31:28 | 5:58   | 156 | 00:32:41 | 6:12   | 157 | 00:33:18 | 6:19   | 158 |
| 159 | 449  | Gunnar Jensen          | 02:07:01 | 00:29:59 | 5:41   | 157 | 00:30:21 | 5:45   | 157 | 00:32:48 | 6:13   | 158 | 00:33:52 | 6:25   | 159 |
| 160 | 384  | Enrique Lietor         | 02:17:55 | 00:28:27 | 5:23   | 153 | 00:31:06 | 5:54   | 154 | 00:37:55 | 7:11   | 160 | 00:40:26 | 7:40   | 160 |
| 161 | 457  | Tor Sandnes            | 02:36:32 | 00:35:57 | 6:49   | 161 | 00:39:00 | 7:24   | 162 | 00:39:53 | 7:34   | 162 | 00:41:41 | 7:54   | 161 |
| 162 | 432  | Roger Evensen          | 02:36:59 | 00:36:00 | 6:49   | 162 | 00:36:48 | 6:59   | 161 | 00:39:51 | 7:33   | 161 | 00:44:19 | 8:24   | 162 |
| 163 | 337  | Lars Try               | 02:50:00 | 00:36:28 | 6:55   | 163 | 00:40:23 | 7:39   | 163 | 00:42:44 | 8:06   | 163 | 00:50:24 | 9:33   | 163 |

25.03.2012

# Fredrikstad-løpet

## Halvmaraton

### Mellomtider



#### Kvinner

| Pls | StNr | Navn                     | Tid      | Runde1:  |        |     | Runde2:  |        |     | Runde3:  |        |     | Runde4:  |        |     |
|-----|------|--------------------------|----------|----------|--------|-----|----------|--------|-----|----------|--------|-----|----------|--------|-----|
|     |      |                          |          | Tid      | min/km | Pls | Tid      | min/km | Pls | Tid      | min/km | Pls | Tid      | min/km | Pls |
| 1   | 406  | Pernille Thomassen       | 01:20:42 | 00:19:28 | 3:41   | 1   | 00:20:19 | 3:51   | 1   | 00:20:25 | 3:52   | 1   | 00:20:29 | 3:53   | 1   |
| 2   | 371  | Eva Conradi              | 01:28:01 | 00:21:28 | 4:04   | 3   | 00:22:25 | 4:15   | 3   | 00:22:17 | 4:13   | 3   | 00:21:50 | 4:08   | 2   |
| 3   | 338  | Janne Kjellberg Johansen | 01:29:20 | 00:20:45 | 3:56   | 2   | 00:22:21 | 4:14   | 2   | 00:22:54 | 4:20   | 2   | 00:23:18 | 4:25   | 3   |
| 4   | 391  | Cicilia Idland           | 01:29:46 | 00:21:49 | 4:08   | 4   | 00:22:35 | 4:17   | 4   | 00:22:42 | 4:18   | 4   | 00:22:38 | 4:17   | 4   |
| 5   | 477  | Kristin Henriksson       | 01:33:58 | 00:22:59 | 4:21   | 6   | 00:23:37 | 4:28   | 6   | 00:23:45 | 4:30   | 6   | 00:23:37 | 4:28   | 5   |
| 6   | 331  | Britt Elin Øiestad       | 01:34:27 | 00:22:11 | 4:12   | 5   | 00:23:41 | 4:29   | 5   | 00:24:04 | 4:34   | 5   | 00:24:30 | 4:39   | 6   |
| 7   | 375  | Ingunn Monsen            | 01:35:34 | 00:23:20 | 4:25   | 8   | 00:24:06 | 4:34   | 7   | 00:23:53 | 4:31   | 7   | 00:24:14 | 4:36   | 7   |
| 8   | 362  | Kristin Josefsen         | 01:37:40 | 00:23:28 | 4:27   | 11  | 00:24:38 | 4:40   | 10  | 00:24:38 | 4:40   | 8   | 00:24:55 | 4:43   | 8   |
| 9   | 396  | Eva Alexandersen         | 01:38:01 | 00:23:51 | 4:31   | 12  | 00:24:24 | 4:37   | 12  | 00:24:47 | 4:42   | 9   | 00:24:57 | 4:44   | 9   |
| 10  | 455  | Grid Skogen              | 01:38:56 | 00:23:28 | 4:27   | 10  | 00:24:42 | 4:41   | 11  | 00:25:12 | 4:46   | 12  | 00:25:34 | 4:51   | 10  |
| 11  | 379  | Hilde Elisabeth Skaatan  | 01:39:12 | 00:23:24 | 4:26   | 9   | 00:24:30 | 4:38   | 9   | 00:25:10 | 4:46   | 10  | 00:26:07 | 4:57   | 11  |
| 12  | 302  | Marianne Følling         | 01:39:36 | 00:23:17 | 4:25   | 7   | 00:24:18 | 4:36   | 8   | 00:25:29 | 4:50   | 11  | 00:26:30 | 5:01   | 12  |
| 13  | 476  | Karin Henriksson         | 01:41:26 | 00:24:24 | 4:37   | 15  | 00:25:17 | 4:47   | 14  | 00:25:49 | 4:54   | 13  | 00:25:55 | 4:55   | 13  |
| 14  | 498  | Anette Hauge             | 01:41:44 | 00:24:09 | 4:34   | 13  | 00:25:16 | 4:47   | 13  | 00:26:08 | 4:57   | 14  | 00:26:11 | 4:58   | 14  |
| 15  | 389  | Anne Sverdrup-Thygeson   | 01:41:55 | 00:25:17 | 4:48   | 20  | 00:26:04 | 4:56   | 18  | 00:25:20 | 4:48   | 18  | 00:25:12 | 4:47   | 15  |
| 16  | 316  | Hege Gathen              | 01:42:06 | 00:24:50 | 4:42   | 17  | 00:25:39 | 4:52   | 17  | 00:25:56 | 4:55   | 16  | 00:25:40 | 4:52   | 16  |
| 17  | 493  | Meike Hesselink          | 01:43:19 | 00:24:24 | 4:37   | 14  | 00:25:17 | 4:47   | 15  | 00:26:05 | 4:57   | 15  | 00:27:32 | 5:13   | 17  |
| 18  | 503  | Anne Porsmyr             | 01:43:34 | 00:24:36 | 4:40   | 16  | 00:25:33 | 4:51   | 16  | 00:26:17 | 4:59   | 17  | 00:27:06 | 5:08   | 18  |
| 19  | 496  | Hege Saltnes             | 01:43:55 | 00:25:35 | 4:51   | 23  | 00:25:52 | 4:54   | 19  | 00:25:57 | 4:55   | 19  | 00:26:30 | 5:01   | 19  |
| 20  | 435  | May Ulvåen               | 01:46:49 | 00:25:36 | 4:51   | 24  | 00:26:17 | 4:59   | 20  | 00:26:59 | 5:07   | 20  | 00:27:56 | 5:18   | 20  |
| 21  | 446  | Rigmor Gunapala          | 01:49:52 | 00:26:31 | 5:01   | 26  | 00:27:16 | 5:10   | 25  | 00:27:48 | 5:16   | 22  | 00:28:15 | 5:21   | 21  |
| 22  | 504  | Line Moen                | 01:50:21 | 00:24:55 | 4:43   | 18  | 00:27:17 | 5:10   | 21  | 00:28:25 | 5:23   | 21  | 00:29:43 | 5:38   | 22  |
| 23  | 407  | Kristine Aleksandersen   | 01:51:09 | 00:25:35 | 4:51   | 22  | 00:28:03 | 5:19   | 24  | 00:28:41 | 5:26   | 25  | 00:28:49 | 5:28   | 23  |
| 24  | 426  | Line Jeppesen            | 01:52:10 | 00:25:20 | 4:48   | 21  | 00:27:47 | 5:16   | 23  | 00:29:06 | 5:31   | 23  | 00:29:56 | 5:40   | 24  |
| 25  | 328  | Ingrid Brastad           | 01:52:29 | 00:24:56 | 4:43   | 19  | 00:27:25 | 5:12   | 22  | 00:29:56 | 5:40   | 24  | 00:30:11 | 5:43   | 25  |
| 26  | 332  | Lotte-Guri Bogfjellmo    | 01:53:16 | 00:27:17 | 5:10   | 28  | 00:27:57 | 5:18   | 27  | 00:29:20 | 5:34   | 27  | 00:28:40 | 5:26   | 26  |
| 27  | 309  | Janne Dâsvand            | 01:54:42 | 00:27:16 | 5:10   | 27  | 00:28:31 | 5:24   | 28  | 00:29:14 | 5:32   | 28  | 00:29:40 | 5:37   | 27  |
| 28  | 327  | Aina Rebekka Korperud-Ø  | 01:55:52 | 00:27:42 | 5:15   | 29  | 00:29:15 | 5:33   | 29  | 00:29:28 | 5:35   | 29  | 00:29:26 | 5:35   | 28  |
| 29  | 460  | Miriam Hasselgård Jørgen | 01:57:14 | 00:26:04 | 4:56   | 25  | 00:28:15 | 5:21   | 26  | 00:30:07 | 5:42   | 26  | 00:32:47 | 6:13   | 29  |
| 30  | 454  | Elisabeth Wiik           | 01:58:50 | 00:28:51 | 5:28   | 34  | 00:29:44 | 5:38   | 32  | 00:29:46 | 5:38   | 31  | 00:30:28 | 5:46   | 30  |
| 31  | 307  | Linda Klerud             | 01:59:47 | 00:27:58 | 5:18   | 31  | 00:29:41 | 5:37   | 30  | 00:30:29 | 5:47   | 30  | 00:31:38 | 6:00   | 31  |
| 32  | 402  | May-Britt Eriksen        | 02:00:55 | 00:28:26 | 5:23   | 32  | 00:30:41 | 5:49   | 34  | 00:30:54 | 5:51   | 34  | 00:30:53 | 5:51   | 32  |
| 33  | 352  | Astrid Nome              | 02:00:56 | 00:30:00 | 5:41   | 35  | 00:31:03 | 5:53   | 36  | 00:29:58 | 5:41   | 35  | 00:29:54 | 5:40   | 33  |
| 34  | 397  | Andrea Oliversen         | 02:01:34 | 00:27:57 | 5:18   | 30  | 00:30:09 | 5:43   | 31  | 00:30:27 | 5:46   | 32  | 00:32:59 | 6:15   | 34  |
| 35  | 385  | Ruth Sainz               | 02:01:53 | 00:28:27 | 5:23   | 33  | 00:30:17 | 5:44   | 33  | 00:30:23 | 5:46   | 33  | 00:32:45 | 6:12   | 35  |
| 36  | 355  | Margrethe Bergaust       | 02:02:30 | 00:30:47 | 5:50   | 37  | 00:30:13 | 5:44   | 35  | 00:30:52 | 5:51   | 36  | 00:30:37 | 5:48   | 36  |
| 37  | 301  | Torill Minge             | 02:07:41 | 00:31:40 | 6:00   | 38  | 00:32:03 | 6:04   | 38  | 00:31:42 | 6:01   | 37  | 00:32:14 | 6:07   | 37  |
| 38  | 438  | Tanja Lybæk              | 02:16:01 | 00:30:11 | 5:43   | 36  | 00:32:22 | 6:08   | 37  | 00:35:15 | 6:41   | 38  | 00:38:12 | 7:14   | 38  |
| 39  | 403  | Tone Nordang Pettersen   | 02:44:32 | 00:35:58 | 6:49   | 39  | 00:40:16 | 7:38   | 39  | 00:41:01 | 7:47   | 39  | 00:47:15 | 8:58   | 39  |