

10.04.2011

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	460	Øystein Sylta	01:06:43	00:16:42	3:10	1		00:16:36	3:08	1		00:16:38	3:09	1		00:16:49	3:11	1	
2	478	Endre Evensen	01:10:45	00:17:35	3:20	4		00:17:46	3:22	2		00:17:45	3:22	2		00:17:41	3:21	2	
3	514	Martin Kjall-Ohlsson	01:10:51	00:17:34	3:20	2		00:17:47	3:22	3		00:17:46	3:22	3		00:17:45	3:22	3	
4	513	Martin Blomhoff Holm	01:11:48	00:17:34	3:20	3		00:17:47	3:22	4		00:18:06	3:26	4		00:18:21	3:28	4	
5	313	Per Briskelund	01:15:52	00:18:16	3:27	5		00:18:56	3:35	5		00:19:22	3:40	5		00:19:19	3:39	5	
6	314	Jon Fiva	01:17:00	00:18:46	3:33	9		00:19:18	3:39	8		00:19:39	3:43	7		00:19:19	3:39	6	
7	392	Arild Engebretsen	01:17:24	00:18:57	3:35	12		00:19:46	3:44	11		00:19:27	3:41	8		00:19:16	3:39	7	
8	344	Are Birkeli	01:17:47	00:18:16	3:27	6		00:18:56	3:35	6		00:19:49	3:45	6		00:20:47	3:56	8	
9	420	Robert Rognli	01:18:30	00:18:53	3:34	10		00:19:24	3:40	10		00:19:55	3:46	9		00:20:19	3:51	9	
10	521	Kjetil Sørum	01:18:40	00:19:23	3:40	13		00:19:20	3:40	12		00:19:43	3:44	11		00:20:16	3:50	10	
11	497	Kristoffer Baksvær	01:19:11	00:18:31	3:30	8		00:19:44	3:44	9		00:20:18	3:51	12		00:20:39	3:55	11	
12	390	Frode Holst	01:19:14	00:18:16	3:27	7		00:19:23	3:40	7		00:20:37	3:54	10		00:20:59	3:58	12	
13	324	Thomas V. Schuler	01:19:44	00:19:30	3:41	16		00:19:43	3:44	15		00:20:14	3:50	14		00:20:19	3:51	13	
14	508	Keino Valstad	01:19:49	00:19:29	3:41	15		00:19:44	3:44	16		00:20:03	3:48	13		00:20:34	3:54	14	
15	340	Lasse Knutsen	01:20:51	00:20:46	3:56	34		00:20:17	3:50	25		00:20:16	3:50	21		00:19:33	3:42	15	
16	352	Ola Matre	01:21:24	00:19:29	3:41	14		00:19:43	3:44	14		00:20:14	3:50	15		00:21:59	4:10	16	
17	417	Mats Pettersen	01:21:28	00:20:00	3:47	23		00:20:15	3:50	20		00:20:27	3:52	17		00:20:47	3:56	17	
18	387	Rolf Gran	01:22:11	00:19:49	3:45	19		00:20:22	3:51	18		00:20:52	3:57	18		00:21:10	4:00	18	
19	529	Gjermund Sørstad	01:22:11	00:20:01	3:47	25		00:20:17	3:50	22		00:21:05	3:59	22		00:20:49	3:56	19	
20	322	Rune Holm	01:22:15	00:19:55	3:46	21		00:20:21	3:51	21		00:20:53	3:57	19		00:21:07	4:00	20	
21	525	Marius Borger	01:22:18	00:18:53	3:34	11		00:20:03	3:48	13		00:20:49	3:57	16		00:22:34	4:16	21	
22	507	Jan Olav Endrerud	01:22:27	00:19:54	3:46	20		00:20:20	3:51	19		00:20:58	3:58	20		00:21:16	4:01	22	
23	506	Rodion Kolevato	01:22:37	00:20:46	3:56	35		00:20:17	3:50	26		00:20:24	3:52	23		00:21:12	4:01	23	
24	528	Olav Kleiveland	01:22:39	00:20:45	3:56	33		00:20:23	3:51	28		00:20:44	3:55	26		00:20:48	3:56	24	
25	425	Lars Aurebekk	01:22:53	00:19:57	3:46	22		00:20:29	3:53	23		00:21:03	3:59	24		00:21:26	4:04	25	
26	455	Kristian Meyer Solvang	01:23:45	00:20:58	3:58	37		00:21:06	4:00	34		00:20:59	3:58	30		00:20:43	3:55	26	
27	337	Frode Kraugerud	01:24:20	00:20:40	3:55	31		00:20:58	3:58	30		00:20:57	3:58	27		00:21:47	4:07	27	
28	518	Sturla Throndsen	01:24:23	00:19:33	3:42	17		00:20:28	3:52	17		00:21:29	4:04	25		00:22:55	4:20	28	
29	522	Eivind Svennar	01:24:32	00:20:32	3:53	30		00:21:08	4:00	31		00:21:39	4:06	32		00:21:14	4:01	29	
30	350	Vidar Ellefsen	01:24:53	00:20:01	3:47	24		00:21:06	4:00	27		00:21:43	4:07	28		00:22:05	4:11	30	
31	383	Lasse Lieberknecht	01:25:06	00:20:19	3:51	27		00:20:52	3:57	29		00:21:38	4:06	29		00:22:18	4:13	31	
32	428	Roar Tomter	01:25:08	00:21:46	4:07	60		00:21:32	4:05	49		00:21:18	4:02	38		00:20:34	3:54	32	
33	515	Frode Monsen	01:25:17	00:21:16	4:01	48		00:21:18	4:02	36		00:21:38	4:06	36		00:21:06	4:00	33	
34	485	Bjørn Christensen	01:25:32	00:21:16	4:02	47		00:21:17	4:02	35		00:21:38	4:06	34		00:21:22	4:03	34	
35	438	Kurth Asle Magnussen	01:25:42	00:21:16	4:02	45		00:21:18	4:02	37		00:21:38	4:06	35		00:21:32	4:05	35	
36	419	Øistein Olsen	01:25:51	00:20:30	3:53	29		00:21:15	4:01	32		00:21:40	4:06	33		00:22:28	4:15	36	
37	444	Henrik Skøllerhag	01:26:13	00:21:04	3:59	42		00:21:37	4:06	39		00:21:55	4:09	39		00:21:38	4:06	37	
38	379	Morten Tveito	01:27:03	00:21:38	4:06	56		00:22:03	4:11	54		00:21:54	4:09	45		00:21:29	4:04	38	
39	448	Vegard Brox	01:27:03	00:21:03	3:59	41		00:22:05	4:11	46		00:21:58	4:09	42		00:21:58	4:10	39	
40	366	Stian Paulsen	01:27:07	00:19:45	3:44	18		00:21:12	4:01	24		00:22:15	4:13	31		00:23:56	4:32	40	
41	329	Arne-Johan Martinsen	01:27:17	00:21:18	4:02	50		00:21:53	4:08	48		00:21:59	4:10	43		00:22:09	4:12	41	
42	373	Thomas Lie	01:27:27	00:20:07	3:48	26		00:21:42	4:06	33		00:22:43	4:18	37		00:22:57	4:21	42	
43	512	Eirik Smidt Sagstuen	01:27:48	00:20:23	3:51	28		00:22:25	4:15	43		00:23:16	4:24	50		00:21:45	4:07	43	
44	517	Per Richard Iversen	01:27:54	00:21:29	4:04	51		00:21:52	4:08	51		00:22:14	4:13	46		00:22:20	4:14	44	
45	331	Trond Hansen	01:28:01	00:21:00	3:58	38		00:21:41	4:06	38		00:22:18	4:13	41		00:23:03	4:22	45	
46	357	Ole Peter Bergaust	01:28:06	00:21:39	4:06	57		00:22:00	4:10	53		00:22:09	4:12	47		00:22:18	4:13	46	
47	309	Hans Otto Bjørkå	01:28:18	00:22:39	4:17	77		00:22:17	4:13	67		00:21:51	4:08	54		00:21:33	4:05	47	
48	511	Runar Sollien	01:28:47	00:22:18	4:13	68		00:22:17	4:13	61		00:22:15	4:13	57		00:21:59	4:10	48	
49	411	Terje Michelsen	01:28:49	00:21:16	4:02	44		00:21:49	4:08	44		00:22:28	4:15	44		00:23:18	4:25	49	
50	355	Sebastian Mikalsen	01:28:57	00:21:02	3:59	39		00:22:06	4:11	45		00:23:11	4:23	51		00:22:40	4:17	50	

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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	492	Bjørge øfstaas	01:29:06	00:22:27	4:15	74	00:22:14	4:12	63	00:22:15	4:13	58	00:22:11	4:12	51
52	516	Trond-Reidar Bukholm	01:29:15	00:21:48	4:08	61	00:22:19	4:13	57	00:22:40	4:17	55	00:22:29	4:15	52
53	375	Egil Holme	01:29:18	00:21:35	4:05	52	00:22:26	4:15	55	00:22:30	4:16	52	00:22:48	4:19	53
54	449	Vemund Aker	01:29:22	00:22:17	4:13	66	00:22:19	4:13	62	00:22:44	4:18	61	00:22:03	4:10	54
55	482	Tor Christian Pinås	01:29:34	00:21:16	4:02	46	00:21:33	4:05	42	00:23:07	4:23	49	00:23:39	4:29	55
56	510	Henrik Strøm-Roum	01:29:48	00:21:16	4:02	49	00:21:53	4:08	47	00:22:42	4:18	48	00:23:58	4:32	56
57	369	Jørgen Saxegaard	01:29:49	00:21:11	4:01	43	00:21:32	4:05	40	00:22:12	4:12	40	00:24:56	4:43	57
58	431	Pål-Helge Nilssen	01:30:07	00:22:23	4:14	69	00:22:36	4:17	70	00:22:39	4:17	63	00:22:30	4:16	58
59	469	Ole Christian Stubberud	01:30:11	00:22:36	4:17	76	00:22:32	4:16	72	00:22:42	4:18	64	00:22:23	4:14	59
60	368	Tom Sollid	01:30:17	00:21:02	3:59	40	00:21:42	4:06	41	00:23:55	4:32	53	00:23:39	4:29	60
61	389	Roger Syversen	01:30:18	00:21:41	4:06	59	00:22:31	4:16	58	00:23:06	4:22	60	00:23:02	4:22	61
62	442	Lars Hauge	01:30:35	00:22:28	4:15	75	00:22:38	4:17	71	00:22:59	4:21	65	00:22:32	4:16	62
63	354	Terje Ørås	01:30:54	00:20:54	3:57	36	00:22:27	4:15	50	00:23:28	4:27	56	00:24:06	4:34	63
64	335	Bengt Lund	01:31:25	00:22:15	4:13	65	00:22:19	4:13	60	00:22:55	4:20	62	00:23:57	4:32	64
65	454	Eirik Bjune Skåtun	01:31:39	00:21:37	4:06	55	00:23:17	4:24	66	00:23:24	4:26	69	00:23:22	4:25	65
66	465	Erling Dahl	01:31:48	00:23:20	4:25	91	00:22:44	4:18	78	00:22:46	4:19	73	00:22:58	4:21	66
67	523	Tormod Reiersen	01:31:53	00:22:25	4:15	72	00:22:47	4:19	73	00:23:26	4:26	71	00:23:16	4:24	67
68	436	Magne Harald Kvikstad	01:31:59	00:21:54	4:09	63	00:22:52	4:20	65	00:23:25	4:26	66	00:23:49	4:31	68
69	427	John Iversen	01:32:10	00:22:18	4:13	67	00:22:40	4:18	68	00:23:19	4:25	68	00:23:55	4:32	69
70	330	John Erik Lein	01:32:30	00:22:49	4:19	80	00:22:46	4:19	74	00:23:14	4:24	72	00:23:42	4:29	70
71	399	Stephen Gangestad	01:32:36	00:22:25	4:15	70	00:22:33	4:16	69	00:23:15	4:24	67	00:24:24	4:37	71
72	334	Jon Flesjå	01:32:50	00:23:15	4:24	89	00:23:05	4:22	80	00:23:26	4:26	78	00:23:06	4:22	72
73	462	Aasmund Danielsen	01:33:11	00:20:42	3:55	32	00:22:44	4:18	52	00:23:41	4:29	59	00:26:06	4:57	73
74	332	Jarl Andrew Stensrud	01:33:16	00:23:15	4:24	88	00:22:46	4:19	77	00:23:29	4:27	75	00:23:47	4:30	74
75	532	Trond Nilsen	01:33:44	00:21:35	4:05	53	00:22:30	4:16	56	00:24:15	4:35	70	00:25:25	4:49	75
76	486	Marius Gathen Kristiansen	01:33:47	00:22:54	4:20	84	00:23:47	4:30	86	00:23:56	4:32	83	00:23:11	4:23	76
77	364	Sjur Tømte	01:33:52	00:22:54	4:20	82	00:23:43	4:30	85	00:23:46	4:30	81	00:23:30	4:27	77
78	447	Lars Huseby Lilleaas	01:34:12	00:23:23	4:26	94	00:23:00	4:21	82	00:23:46	4:30	80	00:24:05	4:34	78
79	409	Roar Skinstad	01:34:14	00:23:23	4:26	93	00:23:23	4:26	87	00:23:48	4:30	82	00:23:41	4:29	79
80	412	Ole Palmstrøm	01:34:16	00:23:25	4:26	95	00:23:30	4:27	88	00:23:47	4:30	84	00:23:36	4:28	80
81	475	Kim Olsen	01:34:39	00:22:27	4:15	73	00:23:21	4:25	76	00:23:43	4:29	76	00:25:10	4:46	81
82	343	Knut Nedregård	01:34:45	00:23:26	4:26	96	00:23:31	4:27	89	00:23:55	4:32	85	00:23:54	4:31	82
83	434	Torfinn Nome	01:34:47	00:22:44	4:18	78	00:22:53	4:20	75	00:23:36	4:28	74	00:25:35	4:51	83
84	306	Halvor Ronneng	01:34:54	00:22:48	4:19	79	00:23:31	4:27	79	00:23:47	4:30	79	00:24:49	4:42	84
85	377	Ivar Kieding-Kummervold	01:35:13	00:21:39	4:06	58	00:22:53	4:20	59	00:25:00	4:44	77	00:25:42	4:52	85
86	433	Ole Guttuilsrød	01:35:37	00:23:20	4:25	90	00:23:48	4:30	93	00:24:25	4:37	90	00:24:06	4:34	86
87	468	Magne Rosnes	01:35:38	00:23:14	4:24	87	00:23:48	4:30	91	00:23:51	4:31	86	00:24:47	4:42	87
88	474	Tobias Persson	01:35:50	00:24:09	4:34	102	00:23:49	4:31	97	00:24:07	4:34	93	00:23:46	4:30	88
89	398	Roar Karlsen	01:35:55	00:23:01	4:22	85	00:23:58	4:32	90	00:24:33	4:39	89	00:24:24	4:37	89
90	395	Preben Gautun	01:36:10	00:24:32	4:39	104	00:24:16	4:36	102	00:23:39	4:29	95	00:23:44	4:30	90
91	382	Lars Petter Brovold	01:36:16	00:21:54	4:09	62	00:24:41	4:40	84	00:25:14	4:47	92	00:24:29	4:38	91
92	349	Geir Runar Johannessen	01:36:27	00:24:00	4:33	100	00:24:16	4:36	100	00:24:35	4:39	99	00:23:37	4:28	92
93	437	Ole Gandrud	01:36:59	00:22:54	4:20	83	00:24:15	4:36	94	00:25:05	4:45	94	00:24:47	4:42	93
94	473	Egil Arne Standal	01:37:16	00:23:59	4:33	99	00:24:04	4:33	99	00:24:50	4:42	100	00:24:23	4:37	94
95	346	Kjell Arne Johansen	01:37:23	00:23:29	4:27	97	00:24:14	4:35	96	00:24:53	4:43	98	00:24:48	4:42	95
96	477	Ingar Diskerud	01:37:31	00:24:38	4:40	107	00:24:26	4:38	104	00:24:21	4:37	101	00:24:07	4:34	96
97	435	Tom Leonardsen	01:37:36	00:22:25	4:15	71	00:23:54	4:32	81	00:25:09	4:46	87	00:26:09	4:57	97
98	338	Rune Fosshiem	01:37:38	00:23:59	4:33	98	00:24:02	4:33	98	00:24:33	4:39	97	00:25:05	4:45	98
99	327	Stig Juliussen	01:37:59	00:22:12	4:12	64	00:24:17	4:36	83	00:25:19	4:48	91	00:26:12	4:58	99
100	371	Tormod Ulsberg	01:38:44	00:23:04	4:22	86	00:23:59	4:32	92	00:25:29	4:50	96	00:26:13	4:58	100

10.04.2011

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Halvmaraton

Mellomtider



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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	520	Willy Forsell	01:39:57	00:21:36	4:05	54	00:23:09	4:23	64	00:26:45	5:04	88	00:28:28	5:24	101
102	494	Ketil Stølen	01:40:27	00:24:48	4:42	108	00:24:51	4:42	105	00:25:12	4:46	105	00:25:38	4:51	102
103	359	Terje Hansen	01:40:58	00:24:04	4:33	101	00:24:33	4:39	101	00:25:54	4:54	102	00:26:28	5:01	103
104	380	Nils Olav Fondenær	01:41:00	00:25:09	4:46	111	00:24:57	4:44	107	00:25:21	4:48	106	00:25:34	4:50	104
105	310	Terje Svensson	01:41:06	00:24:56	4:43	109	00:25:22	4:48	110	00:25:15	4:47	107	00:25:34	4:51	105
106	403	Sverre Mostue	01:41:29	00:25:11	4:46	112	00:25:28	4:49	111	00:25:26	4:49	110	00:25:26	4:49	106
107	489	Freddy Amundsen	01:41:39	00:24:21	4:37	103	00:24:35	4:39	103	00:25:49	4:53	104	00:26:56	5:06	107
108	423	Marius Pettersen	01:41:45	00:25:37	4:51	122	00:26:24	5:00	124	00:26:50	5:05	126	00:22:56	4:20	108
109	342	Georg Broch	01:41:51	00:25:17	4:47	116	00:25:58	4:55	118	00:25:57	4:55	112	00:24:40	4:40	109
110	404	Steve Collier	01:42:29	00:26:15	4:58	136	00:25:35	4:51	120	00:25:31	4:50	117	00:25:10	4:46	110
111	467	Lars Hox	01:42:39	00:25:40	4:52	123	00:25:54	4:54	119	00:25:45	4:53	115	00:25:21	4:48	111
112	370	Roy Christian Flaa	01:42:44	00:24:34	4:39	106	00:25:06	4:45	106	00:26:25	5:00	109	00:26:41	5:03	112
113	432	Odd Martin Vårum	01:42:47	00:24:32	4:39	105	00:25:35	4:51	108	00:26:17	4:59	111	00:26:25	5:00	113
114	496	Lasse Høier	01:42:57	00:25:45	4:53	124	00:24:30	4:38	109	00:25:48	4:53	108	00:26:55	5:06	114
115	367	Jan Gjerløw	01:42:58	00:26:04	4:56	128	00:25:50	4:54	121	00:25:44	4:52	119	00:25:21	4:48	115
116	481	Abdirahman Hassan	01:43:12	00:27:03	5:07	151	00:25:43	4:52	131	00:25:28	4:49	122	00:25:00	4:44	116
117	480	Per Egil Sørensen	01:43:13	00:27:02	5:07	149	00:25:43	4:52	132	00:25:29	4:50	123	00:25:00	4:44	117
118	360	Ole Martin Andersen	01:43:44	00:25:15	4:47	115	00:25:47	4:53	114	00:26:18	4:59	113	00:26:27	5:01	118
119	451	Ole Tharaldsen	01:43:49	00:25:28	4:49	119	00:25:11	4:46	113	00:26:39	5:03	114	00:26:31	5:01	119
120	363	Thomas Owen	01:44:02	00:25:06	4:45	110	00:26:02	4:56	117	00:26:22	5:00	118	00:26:33	5:02	120
121	418	Jon Rødseth	01:44:11	00:25:14	4:47	114	00:25:50	4:54	115	00:26:15	4:58	116	00:26:52	5:05	121
122	316	Ole Kristian Brastad	01:44:28	00:25:13	4:47	113	00:25:52	4:54	116	00:26:34	5:02	120	00:26:50	5:05	122
123	374	Erlend Leganger	01:44:38	00:26:52	5:05	146	00:25:57	4:55	137	00:25:52	4:54	125	00:25:58	4:55	123
124	308	Alexander Rørberg	01:45:15	00:22:54	4:20	81	00:24:20	4:36	95	00:27:28	5:12	103	00:30:35	5:48	124
125	401	Espen Handegård	01:45:45	00:26:02	4:56	126	00:25:56	4:55	122	00:26:15	4:58	121	00:27:34	5:13	125
126	301	Roy Erik Frydenberg	01:45:53	00:26:16	4:58	137	00:26:18	4:59	130	00:26:40	5:03	128	00:26:40	5:03	126
127	466	Martin Schjøllert Fredheim	01:45:58	00:26:07	4:57	134	00:26:08	4:57	125	00:26:07	4:57	124	00:27:38	5:14	127
128	336	Nils Wiig	01:46:08	00:26:05	4:56	130	00:26:13	4:58	126	00:26:37	5:03	127	00:27:14	5:10	128
129	500	Ole-Christian Granholt	01:46:29	01:21:48	15:31	163									129
130	422	Christian Holthe	01:47:01	00:27:03	5:07	150	00:25:49	4:53	139	00:26:42	5:03	130	00:27:27	5:12	130
131	415	Terje Kjerulf Rasmussen	01:47:06	00:26:06	4:57	132	00:26:45	5:04	138	00:27:34	5:13	136	00:26:42	5:03	131
132	533	Erik Unaas	01:47:10	00:25:59	4:55	125	00:26:48	5:05	135	00:27:20	5:11	132	00:27:05	5:08	132
133	421	Jarle S. Hermansen	01:47:40	00:26:10	4:57	135	00:26:37	5:02	134	00:27:21	5:11	133	00:27:34	5:13	133
134	410	Odd Inge Ness	01:47:43	00:26:29	5:01	141	00:26:29	5:01	140	00:27:11	5:09	134	00:27:35	5:13	134
135	405	Fred Morgan Larsen	01:48:16	00:26:29	5:01	140	00:26:17	4:59	133	00:26:42	5:03	129	00:28:49	5:27	135
136	491	Lars Helge Fjeldstad	01:48:34	00:26:06	4:56	133	00:26:54	5:06	141	00:27:22	5:11	135	00:28:14	5:21	136
137	472	Espen Bjørkenes	01:49:05	00:26:04	4:56	129	00:26:23	5:00	128	00:27:13	5:09	131	00:29:27	5:35	137
138	320	Tron Magnus Svagård	01:50:28	00:25:30	4:50	121	00:27:17	5:10	136	00:28:34	5:25	138	00:29:08	5:31	138
139	391	Christian Hellerud	01:50:52	00:26:06	4:57	131	00:26:55	5:06	142	00:28:13	5:21	137	00:29:40	5:37	139
140	408	Reidar Laabak	01:50:53	00:26:27	5:01	139	00:26:50	5:05	143	00:28:21	5:22	140	00:29:15	5:32	140
141	531	Ketil R Gjølstad	01:51:10	00:25:19	4:48	117	00:27:04	5:08	127	00:29:07	5:31	139	00:29:41	5:37	141
142	509	Jan-Andre Alstad-Olsen	01:51:22	00:26:46	5:04	145	00:27:38	5:14	146	00:28:19	5:22	145	00:28:41	5:26	142
143	372	Pål Lampert	01:51:25	00:27:05	5:08	152	00:27:35	5:14	148	00:27:56	5:17	144	00:28:50	5:28	143
144	339	Jan Frode Hanssen	01:52:22	00:26:31	5:01	142	00:28:16	5:21	149	00:28:47	5:27	148	00:28:50	5:28	144
145	439	Lars Aresvik	01:52:27	00:27:41	5:15	155	00:27:32	5:13	151	00:28:07	5:20	147	00:29:09	5:31	145
146	361	Ryszard Matuszak	01:52:33	00:28:21	5:22	156	00:27:15	5:10	153	00:28:03	5:19	150	00:28:55	5:29	146
147	385	Åge Kristian Bjørge	01:52:40	00:26:31	5:01	143	00:27:02	5:07	144	00:28:48	5:27	143	00:30:21	5:45	147
148	407	Peer Andersen	01:52:53	00:27:35	5:14	154	00:27:48	5:16	152	00:28:31	5:24	151	00:29:01	5:30	148
149	414	Arnfinn Breda	01:54:26	00:26:03	4:56	127	00:27:35	5:13	145	00:30:00	5:41	149	00:30:50	5:51	149
150	348	Jørgen Gurandsrud	01:54:53	00:27:21	5:11	153	00:28:30	5:24	154	00:29:10	5:31	153	00:29:53	5:40	150

10.04.2011

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	463	Richard Andersen	01:54:58	00:27:00	5:07	148	00:28:00	5:18	150	00:29:34	5:36	152	00:30:24	5:46	151
152	424	Yngvar Jakobsen	01:55:49	00:25:28	4:49	118	00:26:31	5:01	123	00:30:18	5:44	142	00:33:33	6:21	152
153	400	John Erik Kristensen	01:55:58	00:26:58	5:06	147	00:28:59	5:29	155	00:30:33	5:47	154	00:29:30	5:35	153
154	358	Truls Fagernes Olsen	01:56:25	00:30:54	5:51	162	00:30:19	5:45	161	00:28:38	5:25	158	00:26:34	5:02	154
155	384	Heiko Pflügner	01:56:48	00:23:21	4:25	92	00:27:19	5:10	112	00:31:13	5:55	141	00:34:56	6:37	155
156	381	Steinar Bjørn Karlsen	01:56:54	00:28:22	5:22	157	00:29:04	5:30	157	00:29:44	5:38	155	00:29:45	5:38	156
157	534	Hein Haraldsen	01:57:39	00:25:28	4:49	120	00:27:01	5:07	129	00:30:14	5:44	146	00:34:57	6:37	157
158	347	Einar Skar	01:59:26	00:29:11	5:32	158	00:29:17	5:33	158	00:29:50	5:39	157	00:31:09	5:54	158
159	394	Jostein Ryan	02:04:31	00:26:40	5:03	144	00:27:51	5:16	147	00:33:39	6:22	156	00:36:23	6:54	159
160	378	Hans Rostad	02:04:51	00:30:06	5:42	161	00:31:09	5:54	162	00:31:31	5:58	161	00:32:06	6:05	160
161	457	Ketil Moen	02:06:00	00:30:03	5:41	160	00:30:29	5:47	160	00:32:15	6:07	162	00:33:14	6:18	161
162	396	Ingar Guttormsen	02:06:05	00:29:12	5:32	159	00:30:51	5:51	159	00:32:29	6:09	160	00:33:34	6:22	162
163	429	Matthias Hannisdal	02:10:08	00:26:21	4:59	138	00:29:55	5:40	156	00:35:07	6:39	159	00:38:48	7:21	163

10.04.2011

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	461	Kjersti Karoline Danielsen	01:19:19	00:19:34	3:42	1	00:19:38	3:43	1	00:19:56	3:46	1	00:20:12	3:49	1
2	321	Pernille Thomassen	01:22:18	00:19:55	3:46	2	00:20:22	3:51	2	00:20:53	3:57	2	00:21:09	4:00	2
3	530	Elisabeth Wigaard	01:28:40	00:22:26	4:15	5	00:22:14	4:13	4	00:22:07	4:11	4	00:21:55	4:09	3
4	345	Janne Kjellberg Johansen	01:29:52	00:21:03	3:59	3	00:22:09	4:12	3	00:23:13	4:24	3	00:23:28	4:27	4
5	315	Britt Elin Øiestad	01:33:33	00:22:23	4:14	4	00:23:24	4:26	5	00:23:55	4:32	5	00:23:53	4:31	5
6	495	Julie Meyer Solvang	01:37:06	00:22:29	4:15	6	00:24:19	4:36	6	00:24:49	4:42	6	00:25:29	4:50	6
7	488	Marianne Følling	01:38:14	00:23:59	4:32	9	00:24:00	4:33	7	00:24:42	4:41	7	00:25:35	4:51	7
8	362	Kristin Josefsen	01:38:44	00:24:00	4:33	10	00:24:17	4:36	8	00:25:14	4:47	8	00:25:15	4:47	8
9	493	Eve Vangsnes Bergli	01:38:52	00:23:51	4:31	7	00:24:33	4:39	9	00:25:18	4:47	9	00:25:12	4:46	9
10	353	Janicke Ekelberg	01:41:05	00:24:49	4:42	11	00:24:30	4:38	11	00:25:23	4:48	10	00:26:24	5:00	10
11	505	Wibeke Andersen	01:41:35	00:25:28	4:49	16	00:25:11	4:46	14	00:25:23	4:48	12	00:25:35	4:51	11
12	416	Anna Ryymin	01:42:11	00:25:22	4:48	15	00:25:23	4:48	16	00:25:50	4:54	13	00:25:37	4:51	12
13	323	Wenche Maanum	01:42:47	00:23:52	4:31	8	00:25:25	4:49	10	00:26:12	4:58	11	00:27:20	5:11	13
14	526	Grid Skogen	01:43:25	00:24:59	4:44	14	00:25:40	4:52	15	00:26:11	4:57	14	00:26:37	5:02	14
15	487	Hege Gathen	01:44:09	00:26:04	4:56	22	00:25:57	4:55	18	00:26:12	4:58	18	00:25:58	4:55	15
16	376	May Ulvåen	01:44:39	00:25:29	4:50	17	00:25:40	4:52	17	00:26:32	5:01	15	00:26:59	5:07	16
17	490	Elin Jacobsen	01:46:22	00:26:30	5:01	25	00:26:20	4:59	24	00:26:50	5:05	20	00:26:43	5:04	17
18	527	Adelheid M. Huuse	01:46:23	00:25:29	4:50	18	00:26:48	5:04	19	00:27:16	5:10	19	00:26:51	5:05	18
19	328	Marianne Aasen	01:46:37	00:24:52	4:42	13	00:25:46	4:53	13	00:27:09	5:09	16	00:28:52	5:28	19
20	453	Åse Klinkenberg	01:46:38	00:24:51	4:42	12	00:25:46	4:53	12	00:27:09	5:09	17	00:28:52	5:28	20
21	311	Hilde Johansen	01:47:53	00:25:36	4:51	21	00:26:49	5:05	20	00:27:20	5:11	21	00:28:10	5:20	21
22	351	Kristin Isachsen	01:49:08	00:26:14	4:58	24	00:26:36	5:02	23	00:28:27	5:23	24	00:27:52	5:17	22
23	426	Ingvild Aurebekk	01:49:13	00:25:31	4:50	20	00:26:55	5:06	21	00:27:51	5:16	22	00:28:58	5:29	23
24	393	Torunn Mathisen	01:49:42	00:26:05	4:56	23	00:27:04	5:08	25	00:28:01	5:18	23	00:28:33	5:25	24
25	319	Trude Mette Larsen	01:50:28	00:25:30	4:50	19	00:27:18	5:10	22	00:28:34	5:25	25	00:29:07	5:31	25
26	441	Anne Glesaaen Kraggerud	01:52:26	00:27:01	5:07	28	00:28:00	5:18	27	00:29:09	5:31	29	00:28:16	5:21	26
27	413	Henriette Elisabeth Laurit	01:52:29	00:27:31	5:13	31	00:28:01	5:18	31	00:28:20	5:22	28	00:28:38	5:25	27
28	499	Lise Marie Christensen	01:52:54	00:26:59	5:07	27	00:28:06	5:19	30	00:28:41	5:26	27	00:29:09	5:31	28
29	341	Gunn Edvardsen Berggaard	01:53:33	00:26:34	5:02	26	00:27:55	5:17	26	00:29:03	5:30	26	00:30:03	5:42	29
30	458	Marie Flatland	01:54:32	00:27:03	5:07	30	00:28:00	5:18	29	00:29:23	5:34	30	00:30:08	5:43	30
31	464	Bente Mjelstad	01:54:42	00:27:01	5:07	29	00:28:01	5:18	28	00:29:33	5:36	31	00:30:08	5:43	31
32	388	Elisabeth Wiik	01:55:51	00:28:17	5:21	32	00:28:46	5:27	32	00:29:18	5:33	32	00:29:32	5:36	32
33	502	Hanne Gro Korsvold	02:00:39	00:30:53	5:51	36	00:30:19	5:45	36	00:29:53	5:40	35	00:29:34	5:36	33
34	503	Mona Alstadvald	02:00:43	00:30:53	5:51	37	00:30:19	5:45	37	00:29:53	5:40	34	00:29:39	5:37	34
35	356	Margrethe Bergaust	02:02:49	00:29:51	5:39	35	00:30:24	5:46	35	00:30:48	5:50	33	00:31:47	6:01	35
36	318	May-Britt Eriksen	02:05:27	00:28:56	5:29	33	00:31:09	5:54	34	00:32:29	6:09	37	00:32:54	6:14	36
37	443	Julia Skøllerhag	02:06:52	00:28:59	5:29	34	00:30:48	5:50	33	00:32:33	6:10	36	00:34:33	6:33	37
38	501	Linda Renate Glesnes	02:14:55	00:31:48	6:01	38	00:32:15	6:07	38	00:34:16	6:29	38	00:36:38	6:56	38
39	456	Siri Bjørgulfsen	02:25:08	00:31:49	6:02	39	00:34:24	6:31	39	00:39:51	7:33	39	00:39:06	7:24	39