

Fredrikstad-løpet

07.04.2013

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	430	Mads Bigum Johansen	01:12:40	00:17:56	3:24	3	00:18:24	3:29	1	00:18:08	3:26	1	00:18:10	3:26	1
2	401	Gjermund Sørstad	01:13:36	00:17:55	3:24	1	00:18:27	3:30	3	00:18:44	3:33	2	00:18:29	3:30	2
3	480	Knut Nordviken	01:14:11	00:17:55	3:24	2	00:18:26	3:30	2	00:18:44	3:33	3	00:19:04	3:37	3
4	487	Johan Hellman	01:14:43	00:17:56	3:24	4	00:18:47	3:33	4	00:19:01	3:36	4	00:18:58	3:35	4
5	502	Didrik Hermansen	01:16:10	00:18:36	3:31	5	00:19:06	3:37	5	00:19:17	3:39	5	00:19:10	3:38	5
6	434	Jann Post	01:17:10	00:19:08	3:37	8	00:19:23	3:40	7	00:19:27	3:41	7	00:19:11	3:38	6
7	383	Kjetil Sørsum	01:17:15	00:18:58	3:36	7	00:19:32	3:42	6	00:19:26	3:41	6	00:19:17	3:39	7
8	415	Halvor Saunes	01:17:44	00:18:47	3:33	6	00:19:56	3:47	8	00:19:48	3:45	8	00:19:11	3:38	8
9	438	Thomas V Schuler	01:18:51	00:19:08	3:37	9	00:19:50	3:45	10	00:19:58	3:47	10	00:19:53	3:46	9
10	450	Vidar Åsly	01:19:13	00:19:08	3:37	10	00:19:49	3:45	9	00:19:56	3:47	9	00:20:18	3:51	10
11	485	Henning Pedersen	01:19:30	00:19:13	3:38	13	00:20:00	3:47	12	00:20:20	3:51	12	00:19:56	3:47	11
12	375	Ole-Hermann Røhr	01:19:37	00:19:09	3:38	12	00:19:49	3:45	11	00:20:02	3:48	11	00:20:35	3:54	12
13	364	Anders B. Øksenholt	01:20:41	00:19:35	3:43	14	00:20:08	3:49	14	00:20:26	3:52	14	00:20:31	3:53	13
14	467	Stephan Neuhaus	01:20:44	00:19:36	3:43	15	00:20:08	3:49	15	00:20:24	3:52	13	00:20:35	3:54	14
15	497	Jon Kristian Andresen	01:21:08	00:20:14	3:50	22	00:20:27	3:52	19	00:20:21	3:51	16	00:20:05	3:48	15
16	352	Mats Pettersen	01:21:11	00:19:09	3:38	11	00:20:34	3:54	13	00:20:36	3:54	15	00:20:51	3:57	16
17	374	Roar Tomter	01:22:09	00:20:17	3:51	29	00:20:49	3:57	23	00:20:41	3:55	19	00:20:20	3:51	17
18	385	Tor Treffen	01:22:39	00:19:41	3:44	17	00:20:39	3:55	16	00:21:05	4:00	17	00:21:13	4:01	18
19	432	Simen Enger	01:22:41	00:19:47	3:45	18	00:20:42	3:55	18	00:21:03	3:59	18	00:21:07	4:00	19
20	462	Tero Markus Rävärinne	01:23:08	00:20:14	3:50	21	00:20:52	3:57	22	00:21:06	4:00	22	00:20:55	3:58	20
21	381	Trond Inge Carlsen	01:23:08	00:20:08	3:49	19	00:20:58	3:58	20	00:20:52	3:57	21	00:21:09	4:00	21
22	362	Vidar Ellefsen	01:23:16	00:19:39	3:43	16	00:20:51	3:57	17	00:21:20	4:02	20	00:21:26	4:04	22
23	427	Ole Erik Flatin	01:23:33	00:20:25	3:52	32	00:21:10	4:00	31	00:21:11	4:01	25	00:20:46	3:56	23
24	507	Ole Arne Eiksund	01:23:46	00:20:15	3:50	24	00:20:50	3:57	21	00:21:15	4:02	23	00:21:24	4:03	24
25	458	Jon Jørgensen	01:24:33	00:20:24	3:52	31	00:21:10	4:01	30	00:21:16	4:02	26	00:21:41	4:07	25
26	411	Ken-Robert Jakobsen	01:24:39	00:20:14	3:50	20	00:20:56	3:58	26	00:21:41	4:06	27	00:21:47	4:08	26
27	336	Kenneth Ådalen	01:24:41	00:20:16	3:50	27	00:20:51	3:57	24	00:21:16	4:02	24	00:22:17	4:13	27
28	348	Rolf Gran	01:25:00	00:20:17	3:51	28	00:21:06	4:00	28	00:22:00	4:10	31	00:21:35	4:05	28
29	386	Svein Arne Sølvberg	01:25:02	00:20:16	3:50	26	00:20:54	3:58	27	00:21:41	4:06	28	00:22:10	4:12	29
30	345	Steinar Lien	01:25:14	00:20:15	3:50	25	00:21:15	4:01	29	00:21:53	4:09	30	00:21:50	4:08	30
31	347	Øistein Olsen	01:25:34	00:20:32	3:53	34	00:21:46	4:07	33	00:21:45	4:07	33	00:21:30	4:04	31
32	380	Vemund Aker	01:25:56	00:20:19	3:51	30	00:21:18	4:02	32	00:21:56	4:09	32	00:22:22	4:14	32
33	379	Morten Mandfloen	01:26:16	00:20:56	3:58	38	00:22:00	4:10	37	00:21:54	4:09	37	00:21:25	4:03	33
34	378	Anders Dahl	01:26:29	00:20:43	3:55	35	00:21:39	4:06	34	00:22:07	4:11	34	00:21:58	4:10	34
35	419	Arne Chr Folmer	01:26:59	00:20:54	3:58	36	00:21:45	4:07	36	00:22:02	4:10	35	00:22:17	4:13	35
36	367	Frode Kraugerud	01:27:21	00:21:01	3:59	39	00:21:56	4:09	38	00:22:12	4:12	38	00:22:11	4:12	36
37	333	Roger Syversen	01:27:29	00:20:27	3:52	33	00:22:01	4:10	35	00:22:20	4:14	36	00:22:40	4:18	37
38	422	Terje Ørås	01:27:46	00:21:01	3:59	40	00:22:00	4:10	39	00:22:23	4:14	39	00:22:20	4:14	38
39	500	Anders Emil Krogstad	01:28:10	00:21:19	4:02	43	00:21:54	4:09	40	00:22:31	4:16	40	00:22:25	4:15	39
40	498	Knut Magnus Skaar	01:28:27	00:20:15	3:50	23	00:20:54	3:58	25	00:21:57	4:09	29	00:25:20	4:48	40
41	402	Rolf Bakken	01:28:38	00:21:16	4:02	42	00:22:08	4:12	41	00:22:31	4:16	41	00:22:42	4:18	41
42	501	Bjarte Ellingsen	01:28:50	00:21:36	4:06	47	00:22:15	4:13	42	00:22:23	4:14	42	00:22:35	4:17	42
43	472	Ivar Kummervold	01:29:17	00:21:26	4:04	44	00:22:33	4:16	44	00:22:23	4:14	43	00:22:53	4:20	43
44	445	Lau Jakobsen	01:29:34	00:22:40	4:18	68	00:22:45	4:19	61	00:22:52	4:20	52	00:21:16	4:02	44
45	447	Tor Christian Pinås	01:29:42	00:21:43	4:07	50	00:22:20	4:14	46	00:22:21	4:14	44	00:23:16	4:24	45
46	404	Roy Freddy Andersen	01:30:10	00:21:44	4:07	52	00:22:20	4:14	47	00:22:42	4:18	45	00:23:23	4:26	46
47	398	Ole Petter Bergaust	01:30:49	00:22:07	4:11	55	00:22:39	4:17	51	00:23:04	4:22	49	00:22:58	4:21	47
48	431	Lars Krogsrud	01:31:20	00:21:31	4:05	46	00:22:24	4:15	43	00:23:03	4:22	46	00:24:21	4:37	48
49	429	Svein Stranddal	01:31:25	00:21:43	4:07	49	00:23:10	4:23	54	00:23:32	4:28	55	00:22:58	4:21	49
50	329	Håkon Bull	01:31:26	00:22:42	4:18	78	00:22:58	4:21	66	00:23:03	4:22	59	00:22:41	4:18	50

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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	324	Tom Sognlien	01:31:30	00:21:54	4:09	53	00:23:18	4:25	57	00:23:13	4:24	53	00:23:04	4:22	51
52	326	Tor-Arne Stenhaug	01:31:30	00:22:08	4:12	57	00:22:38	4:17	52	00:23:04	4:22	50	00:23:38	4:29	52
53	301	Thomas Rene Hansen	01:31:41	00:22:41	4:18	73	00:23:08	4:23	69	00:22:53	4:20	57	00:22:58	4:21	53
54	436	Steinar Basberg	01:31:51	00:22:37	4:17	67	00:22:48	4:19	62	00:23:00	4:22	54	00:23:25	4:26	54
55	384	Lars Hauge	01:32:06	00:22:21	4:14	61	00:23:07	4:23	63	00:23:21	4:25	62	00:23:16	4:25	55
56	477	Per Gunnar Gulsten	01:32:13	00:22:46	4:19	81	00:22:55	4:21	67	00:23:03	4:22	60	00:23:28	4:27	56
57	478	Andreas Høgfeldt	01:32:18	00:21:05	4:00	41	00:22:55	4:20	45	00:23:37	4:28	47	00:24:40	4:40	57
58	454	Marius Pettersen	01:32:18	00:22:42	4:18	77	00:23:07	4:23	70	00:22:53	4:20	58	00:23:34	4:28	58
59	474	Tor-Henrik Solbakken	01:32:20	00:22:23	4:14	62	00:23:11	4:23	64	00:23:13	4:24	61	00:23:33	4:28	59
60	503	Pål Torger Kjus	01:32:43	00:22:30	4:16	65	00:23:09	4:23	65	00:23:39	4:29	66	00:23:24	4:26	60
61	414	Marius Eggerud	01:33:01	00:22:44	4:18	80	00:23:21	4:25	73	00:23:50	4:31	67	00:23:05	4:22	61
62	343	Fredrik Camilo Halsbog	01:33:02	00:22:09	4:12	59	00:23:03	4:22	56	00:23:43	4:30	64	00:24:07	4:34	62
63	506	Morten Karlsen	01:33:05	00:22:40	4:18	69	00:22:44	4:18	59	00:23:15	4:24	56	00:24:24	4:37	63
64	302	Allan Berg Nielsen	01:33:18	00:23:34	4:28	93	00:23:32	4:27	87	00:23:25	4:26	79	00:22:46	4:19	64
65	313	Roy Gundersen	01:33:27	00:22:07	4:11	56	00:22:38	4:17	50	00:23:26	4:26	51	00:25:14	4:47	65
66	483	Tommy Prøitz	01:33:30	00:21:43	4:07	51	00:22:20	4:14	48	00:23:33	4:28	48	00:25:52	4:54	66
67	350	Tor Ivar Kanestrøm	01:33:32	00:22:19	4:14	60	00:23:03	4:22	58	00:23:52	4:31	65	00:24:16	4:36	67
68	441	Sjur Tømte	01:33:36	00:22:42	4:18	74	00:23:37	4:28	79	00:23:47	4:30	71	00:23:29	4:27	68
69	426	Fred Morgan Larsen	01:33:39	00:22:08	4:12	58	00:23:03	4:22	55	00:23:42	4:29	63	00:24:45	4:41	69
70	510	Trond Nilsen	01:33:40	00:22:42	4:18	75	00:23:36	4:28	76	00:23:48	4:31	70	00:23:33	4:28	70
71	439	Ole Bjørn Braathen	01:33:50	00:22:25	4:15	64	00:23:39	4:29	71	00:23:51	4:31	68	00:23:53	4:32	71
72	387	Morten Borge	01:34:30	00:22:54	4:20	83	00:23:35	4:28	81	00:23:55	4:32	76	00:24:05	4:34	72
73	443	John Gunnar Jakobsen	01:34:34	00:22:41	4:18	70	00:23:38	4:29	78	00:23:56	4:32	75	00:24:17	4:36	73
74	342	Ole Gandrud	01:34:34	00:22:41	4:18	72	00:23:37	4:29	77	00:23:56	4:32	74	00:24:18	4:36	74
75	382	Marius Søland	01:34:39	00:22:42	4:18	76	00:23:23	4:26	72	00:23:52	4:31	69	00:24:40	4:41	75
76	511	Vidar Unnerud	01:34:59	00:23:00	4:21	85	00:23:47	4:30	83	00:23:44	4:30	78	00:24:27	4:38	76
77	407	Christian Hellerud	01:35:09	00:23:34	4:28	91	00:23:43	4:30	88	00:24:00	4:33	85	00:23:51	4:31	77
78	370	Thomas Andresen	01:35:12	00:23:10	4:23	86	00:23:43	4:30	85	00:23:51	4:31	80	00:24:27	4:38	78
79	433	Kenneth Hareide	01:35:14	00:23:33	4:28	88	00:23:45	4:30	89	00:23:59	4:33	84	00:23:56	4:32	79
80	406	Lasse Tønnesen	01:35:21	00:22:33	4:16	66	00:23:39	4:29	74	00:24:15	4:36	77	00:24:53	4:43	80
81	388	Jørn Haabeth	01:35:38	00:23:34	4:28	92	00:23:48	4:31	90	00:24:15	4:36	89	00:24:00	4:33	81
82	346	Trond-Vidar Due Hansen	01:35:43	00:21:55	4:09	54	00:23:29	4:27	60	00:24:42	4:41	72	00:25:35	4:51	82
83	318	Finn Skogum	01:35:52	00:23:40	4:29	97	00:24:17	4:36	92	00:24:30	4:38	91	00:23:23	4:26	83
84	466	Freddy Amundsen	01:35:59	00:22:52	4:20	82	00:24:04	4:34	86	00:24:28	4:38	86	00:24:33	4:39	84
85	363	Terje Gaaserud	01:36:20	00:22:24	4:15	63	00:23:49	4:31	75	00:25:01	4:44	83	00:25:05	4:45	85
86	440	Hans Andre Skaatan	01:36:30	00:21:27	4:04	45	00:23:04	4:22	49	00:25:36	4:51	73	00:26:23	5:00	86
87	457	Joachim Helgesen	01:36:33	00:22:43	4:18	79	00:23:44	4:30	80	00:24:40	4:40	81	00:25:25	4:49	87
88	460	Arve Angen	01:36:39	00:23:13	4:24	87	00:24:48	4:42	93	00:24:44	4:41	92	00:23:53	4:32	88
89	353	Jon Flesjø	01:36:42	00:23:35	4:28	94	00:23:52	4:31	91	00:24:33	4:39	90	00:24:40	4:40	89
90	314	Ove Sanna	01:37:12	00:22:41	4:18	71	00:23:50	4:31	82	00:24:56	4:43	87	00:25:43	4:52	90
91	395	Sigurd Agnalt	01:37:42	00:23:42	4:29	98	00:25:05	4:45	97	00:24:51	4:42	95	00:24:04	4:34	91
92	459	Tom Tuhus	01:38:14	00:24:59	4:44	116	00:24:56	4:43	105	00:24:28	4:38	97	00:23:49	4:31	92
93	332	Erik Aarmo	01:38:36	00:24:33	4:39	108	00:24:52	4:43	103	00:25:24	4:49	101	00:23:47	4:30	93
94	423	Bjørn Nøstvik	01:38:40	00:20:55	3:58	37	00:23:55	4:32	53	00:26:23	5:00	82	00:27:27	5:12	94
95	446	Heiko Pflügner	01:38:56	00:21:37	4:06	48	00:24:07	4:34	68	00:25:46	4:53	88	00:27:24	5:12	95
96	465	Kjell Erik Smedsrud	01:39:10	00:24:04	4:34	100	00:24:43	4:41	96	00:25:03	4:45	96	00:25:19	4:48	96
97	321	Lars Hox	01:39:12	00:23:33	4:28	90	00:24:36	4:40	94	00:25:20	4:48	94	00:25:41	4:52	97
98	417	Trygve Berge	01:39:14	00:25:30	4:50	120	00:25:54	4:54	116	00:25:13	4:47	108	00:22:36	4:17	98
99	491	Ole Tharaldsen	01:39:23	00:24:21	4:37	101	00:24:57	4:44	99	00:25:18	4:48	98	00:24:46	4:42	99
100	305	Terje Svensson	01:39:31	00:24:21	4:37	102	00:24:59	4:44	100	00:25:17	4:47	99	00:24:53	4:43	100

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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	408	Frank Robert Bråthen	01:40:28	00:24:33	4:39	106	00:25:03	4:45	104	00:25:23	4:49	103	00:25:28	4:50	101
102	397	Rune Fossheim	01:40:31	00:24:22	4:37	104	00:25:02	4:45	102	00:25:25	4:49	102	00:25:41	4:52	102
103	389	Geir Rugsveen Engen	01:41:05	00:22:54	4:20	84	00:23:53	4:31	84	00:26:41	5:03	93	00:27:36	5:14	103
104	340	Åge Jensen	01:42:29	00:24:54	4:43	112	00:25:30	4:50	110	00:26:01	4:56	106	00:26:02	4:56	104
105	492	Bendik Kristiansen	01:42:34	00:25:00	4:44	117	00:26:02	4:56	114	00:26:09	4:57	113	00:25:21	4:48	105
106	327	Tormod Kjørvik	01:42:35	00:24:56	4:44	115	00:25:49	4:53	112	00:25:40	4:52	105	00:26:09	4:57	106
107	308	Johnny Engh	01:42:53	00:25:41	4:52	129	00:25:47	4:53	118	00:25:54	4:55	114	00:25:30	4:50	107
108	368	Jon Scheele	01:42:58	00:25:15	4:47	119	00:25:47	4:53	113	00:26:09	4:57	112	00:25:45	4:53	108
109	311	Tom-Erik Larsen	01:43:19	00:24:33	4:39	107	00:25:39	4:52	109	00:26:18	4:59	107	00:26:47	5:05	109
110	418	Knut Gløersen	01:43:27	00:23:38	4:29	96	00:25:22	4:48	98	00:26:27	5:01	104	00:27:59	5:18	110
111	409	Arne Nysted	01:43:31	00:24:22	4:37	103	00:25:48	4:53	108	00:26:27	5:01	109	00:26:53	5:06	111
112	371	Ole Christian Lier	01:43:34	00:25:36	4:51	128	00:26:06	4:57	127	00:26:06	4:57	116	00:25:44	4:53	112
113	473	Oelrik Werbruck	01:43:36	00:25:34	4:51	126	00:26:19	4:59	129	00:26:24	5:00	126	00:25:18	4:48	113
114	376	Petter Wilhelmsen	01:43:38	00:25:36	4:51	127	00:26:02	4:56	125	00:26:32	5:02	120	00:25:26	4:49	114
115	509	Torger Bjørndal	01:43:41	00:26:03	4:56	138	00:26:28	5:01	138	00:26:07	4:57	130	00:25:01	4:44	115
116	512	Roar Skinstad	01:43:44	00:25:31	4:50	122	00:26:22	5:00	128	00:26:03	4:56	117	00:25:47	4:53	116
117	495	Per Egil Sørensen	01:44:23	00:25:55	4:55	132	00:26:34	5:02	133	00:25:46	4:53	125	00:26:06	4:57	117
118	496	Abdirahman Hassan	01:44:27	00:25:56	4:55	133	00:26:34	5:02	135	00:25:49	4:53	129	00:26:07	4:57	118
119	390	Geir Andre Skjæret	01:44:27	00:24:56	4:43	113	00:26:34	5:02	120	00:26:31	5:01	118	00:26:25	5:00	119
120	479	Hallvard Stokke	01:44:30	00:25:59	4:55	136	00:26:03	4:56	131	00:26:16	4:59	128	00:26:11	4:58	120
121	341	Åge Bjørge	01:44:38	00:24:56	4:43	114	00:25:49	4:53	111	00:26:19	4:59	111	00:27:33	5:13	121
122	337	Ronny Alver Gursli	01:44:39	00:25:01	4:44	118	00:26:07	4:57	115	00:26:37	5:03	115	00:26:53	5:06	122
123	365	Pål Lampert	01:44:48	00:25:32	4:50	124	00:26:06	4:57	123	00:26:35	5:02	121	00:26:34	5:02	123
124	320	Per Kristian Klausen	01:44:49	00:25:32	4:50	125	00:26:06	4:57	124	00:26:35	5:02	122	00:26:34	5:02	124
125	392	Jan Gjerløw	01:45:11	00:24:33	4:39	105	00:25:34	4:51	107	00:26:31	5:02	110	00:28:31	5:24	125
126	400	Bjørn Hytjanstorp	01:45:12	00:24:41	4:41	110	00:26:59	5:07	126	00:27:08	5:09	133	00:26:22	5:00	126
127	493	Sverre Mostue	01:45:42	00:25:30	4:50	121	00:26:06	4:57	122	00:26:33	5:02	119	00:27:31	5:13	127
128	316	Tor Olav Eikrem	01:45:43	00:25:59	4:55	135	00:26:03	4:56	130	00:26:15	4:59	127	00:27:24	5:12	128
129	424	Ketil Stølen	01:46:07	00:26:17	4:59	139	00:26:12	4:58	132	00:26:39	5:03	134	00:26:58	5:07	129
130	373	John Mallison	01:46:23	00:24:42	4:41	111	00:26:46	5:04	119	00:27:19	5:11	132	00:27:34	5:13	130
131	309	Jostein Ryan	01:46:32	00:23:38	4:29	95	00:24:51	4:42	95	00:26:15	4:58	100	00:31:48	6:02	131
132	331	Øyvind Halvorsen	01:46:45	00:23:33	4:28	89	00:25:48	4:53	101	00:28:54	5:29	124	00:28:29	5:24	132
133	475	Nils Olav Fondenær	01:46:54	00:25:57	4:55	134	00:26:33	5:02	137	00:26:59	5:07	135	00:27:23	5:11	133
134	304	Stein Bidne	01:47:21	00:25:32	4:50	123	00:26:00	4:56	121	00:26:41	5:03	123	00:29:06	5:31	134
135	499	Christian Holthe	01:48:13	00:25:55	4:55	131	00:26:35	5:02	134	00:27:00	5:07	136	00:28:42	5:26	135
136	449	Ole Christian Andersen	01:48:26	00:27:24	5:12	148	00:28:00	5:18	145	00:27:59	5:18	144	00:25:01	4:44	136
137	515	Hein Haraldsen	01:49:10	00:26:01	4:56	137	00:27:29	5:13	139	00:27:53	5:17	138	00:27:45	5:16	137
138	448	Rene Hegge	01:49:17	00:27:01	5:07	145	00:26:52	5:05	140	00:27:21	5:11	137	00:28:02	5:19	138
139	486	Thomas Ruyter	01:49:37	00:26:34	5:02	143	00:27:34	5:13	141	00:27:38	5:14	139	00:27:50	5:16	139
140	470	Ronny Sletner	01:50:15	00:23:43	4:30	99	00:26:15	4:59	106	00:28:40	5:26	131	00:31:36	5:59	140
141	444	Steinar Angelskår	01:50:36	00:26:52	5:05	144	00:27:59	5:18	144	00:28:00	5:18	143	00:27:43	5:15	141
142	410	Even Wøhni	01:52:43	00:26:29	5:01	141	00:27:42	5:15	142	00:28:35	5:25	142	00:29:56	5:40	142
143	494	Daniel Jonsson	01:54:08	00:25:55	4:55	130	00:26:35	5:02	136	00:29:50	5:39	141	00:31:47	6:01	143
144	377	Daniel Pedersen	01:54:15	00:27:15	5:10	146	00:28:15	5:21	146	00:29:02	5:30	145	00:29:42	5:38	144
145	456	Håvard Hansen	01:54:16	00:27:15	5:10	147	00:28:15	5:21	147	00:29:02	5:30	146	00:29:42	5:38	145
146	451	Glenn Kristiansen	01:55:10	00:24:35	4:39	109	00:26:52	5:06	117	00:30:36	5:48	140	00:33:05	6:16	146
147	482	Børge Erdal	01:55:27	00:26:26	5:01	140	00:27:47	5:16	143	00:30:33	5:47	147	00:30:40	5:49	147
148	372	Arild Bjørn Hansen	01:55:57	00:27:35	5:14	149	00:28:50	5:28	148	00:29:16	5:33	148	00:30:14	5:44	148
149	476	Bjarne Farstad	01:58:10	00:28:07	5:20	150	00:29:11	5:32	150	00:30:13	5:44	149	00:30:37	5:48	149
150	315	Jørgen Gurandsrud	01:58:28	00:28:12	5:21	151	00:29:36	5:37	151	00:30:13	5:44	150	00:30:25	5:46	150

Fredrikstad-løpet

07.04.2013

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	513	Rune Øidvin	01:59:38	00:28:42	5:26	153	00:29:35	5:36	152	00:30:04	5:42	151	00:31:15	5:55	151
152	358	Rino Humlekjær	02:01:22	00:29:21	5:34	157	00:31:07	5:54	154	00:30:43	5:49	153	00:30:10	5:43	152
153	393	Fredrik Klipper	02:05:33	00:28:31	5:24	152	00:30:44	5:50	153	00:32:01	6:04	154	00:34:16	6:30	153
154	489	Thomas Sletne Johansen	02:05:33	00:26:30	5:01	142	00:30:06	5:42	149	00:33:56	6:26	152	00:34:59	6:38	154
155	468	Anders Fjeld	02:09:12	00:29:12	5:32	154	00:33:04	6:16	157	00:33:09	6:17	155	00:33:46	6:24	155
156	455	Halvard Bastiansen	02:12:05	00:29:13	5:32	155	00:32:21	6:08	156	00:34:28	6:32	157	00:36:02	6:50	156
157	360	Leif Nyland	02:15:39	00:29:17	5:33	156	00:31:31	5:58	155	00:34:55	6:37	156	00:39:54	7:34	157
158	514	Lars Try	02:26:23	00:33:49	6:25	158	00:34:56	6:37	158	00:37:10	7:03	158	00:40:28	7:40	158

Fredrikstad-løpet

07.04.2013

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	Gloria Vinstedt	01:23:38	00:20:16	3:50	1	00:20:57	3:58	1	00:21:07	4:00	1	00:21:16	4:02	1
2	357	Rebecka Andersson	01:27:33	00:20:45	3:56	2	00:21:55	4:09	2	00:22:06	4:11	2	00:22:46	4:19	2
3	484	Kjersti Lerkerød	01:28:12	00:21:29	4:04	5	00:21:55	4:09	3	00:22:24	4:15	3	00:22:22	4:14	3
4	330	Janne Kjellberg Johansen	01:29:20	00:20:54	3:58	4	00:22:31	4:16	5	00:23:00	4:21	4	00:22:54	4:20	4
5	356	Cicilia Idland	01:30:10	00:20:54	3:58	3	00:22:31	4:16	4	00:23:00	4:22	5	00:23:44	4:30	5
6	394	Dorte Foss	01:30:19	00:22:07	4:11	6	00:22:37	4:17	6	00:22:53	4:20	6	00:22:40	4:18	6
7	464	Siri Vilberg	01:30:49	00:22:19	4:14	7	00:22:49	4:19	7	00:22:31	4:16	7	00:23:08	4:23	7
8	366	Eva Alexandersen	01:35:16	00:22:22	4:14	8	00:23:32	4:28	8	00:24:29	4:38	8	00:24:52	4:43	8
9	354	Guro Engebretsen	01:39:14	00:25:14	4:47	16	00:27:57	5:18	19	00:30:01	5:41	22	00:16:01	3:02	9
10	412	Marianne Følling	01:39:26	00:25:00	4:44	12	00:25:14	4:47	10	00:25:05	4:45	10	00:24:06	4:34	10
11	306	Kristin Yri	01:39:40	00:23:26	4:26	9	00:25:05	4:45	9	00:25:40	4:52	9	00:25:28	4:49	11
12	344	Anne Eldegard	01:42:33	00:25:05	4:45	13	00:25:47	4:53	12	00:25:59	4:55	12	00:25:40	4:52	12
13	413	Elin Jacobsen	01:43:47	00:24:36	4:40	10	00:25:40	4:52	11	00:26:35	5:02	11	00:26:55	5:06	13
14	369	Linda Christensen	01:44:29	00:25:06	4:45	15	00:25:56	4:55	13	00:26:34	5:02	13	00:26:52	5:05	14
15	428	Siri Slotterøy Johnsen	01:44:52	00:25:30	4:50	17	00:26:07	4:57	16	00:26:37	5:03	14	00:26:37	5:03	15
16	453	Grethe Smith	01:45:59	00:25:05	4:45	14	00:26:12	4:58	14	00:27:16	5:10	15	00:27:25	5:12	16
17	303	Thine Storehjelm	01:47:43	00:25:33	4:50	18	00:26:04	4:56	17	00:27:25	5:12	16	00:28:39	5:26	17
18	425	Kirsti Eriksen	01:48:26	00:26:27	5:01	22	00:26:54	5:06	20	00:27:23	5:11	19	00:27:41	5:15	18
19	325	Marte Amundsen	01:49:02	00:26:09	4:57	20	00:27:23	5:11	21	00:27:58	5:18	20	00:27:32	5:13	19
20	435	Linda Hæger	01:49:18	00:24:51	4:43	11	00:26:43	5:04	15	00:27:51	5:17	17	00:29:51	5:40	20
21	505	May Ulvåen	01:50:11	00:25:58	4:55	19	00:26:42	5:04	18	00:27:24	5:12	18	00:30:05	5:42	21
22	504	Nina Stene Wilhelmsen	01:50:16	00:26:12	4:58	21	00:27:48	5:16	22	00:28:08	5:20	21	00:28:06	5:20	22
23	488	Hanne Magnussen	01:52:42	00:27:23	5:11	26	00:28:01	5:19	24	00:28:37	5:25	23	00:28:39	5:26	23
24	405	Marianne Røhme	01:54:56	00:29:26	5:35	33	00:29:58	5:41	29	00:28:00	5:18	28	00:27:31	5:13	24
25	508	Marie Flatland	01:55:48	00:26:28	5:01	23	00:28:18	5:22	23	00:30:15	5:44	24	00:30:46	5:50	25
26	471	Marit Fredriksen	01:57:16	00:27:38	5:14	27	00:29:02	5:30	26	00:29:46	5:39	25	00:30:48	5:50	26
27	452	Rigmor Gunapala	01:57:33	00:28:04	5:19	28	00:29:13	5:32	27	00:29:50	5:39	26	00:30:23	5:46	27
28	396	Ellen Wold	01:57:58	00:29:26	5:35	32	00:29:58	5:41	30	00:29:06	5:31	29	00:29:26	5:35	28
29	490	Linda Sletne	01:58:47	00:26:57	5:06	24	00:29:39	5:37	25	00:30:36	5:48	27	00:31:33	5:59	29
30	338	Anne-Lene Frølandshage	02:03:24	00:30:03	5:42	37	00:30:13	5:44	31	00:30:50	5:51	30	00:32:16	6:07	30
31	335	Aurore Fleur Uger	02:04:54	00:32:16	6:07	38	00:31:03	5:53	38	00:30:55	5:52	32	00:30:38	5:48	31
32	328	Tanja Lybæk	02:08:05	00:30:03	5:42	36	00:31:47	6:01	35	00:32:38	6:11	33	00:33:35	6:22	32
33	469	Kristine Fjeld	02:09:13	00:29:12	5:32	29	00:33:03	6:16	37	00:33:09	6:17	35	00:33:47	6:24	33
34	399	Margrethe Bergaust	02:09:29	00:29:41	5:38	35	00:32:03	6:04	34	00:33:12	6:18	34	00:34:32	6:33	34
35	322	Marthe Barstad	02:09:52	00:27:16	5:10	25	00:30:27	5:46	28	00:34:19	6:30	31	00:37:49	7:10	35
36	361	Elisabeth Imrik	02:14:11	00:29:30	5:36	34	00:31:54	6:03	33	00:35:08	6:40	36	00:37:37	7:08	36
37	391	Hilde Gøthesen	02:14:49	00:29:22	5:34	31	00:32:33	6:10	36	00:34:44	6:35	37	00:38:08	7:14	37
38	307	Silje Skarning Olsen	02:17:09	00:29:12	5:32	30	00:31:23	5:57	32	00:36:21	6:53	38	00:40:12	7:37	38