

Fredrikstad-løpet

5km

Komplett Resultatliste

Kvinner

7.4.2013

Plass	StNr	Navn	Klasse	Klubb	Tid	Tid Bak
1	219	Gunhild Halle Haugen	40-44		00:17:23	00:00:00
2	160	Cecilie Pernille Thomassen	40-44		00:18:04	00:00:41
3	150	Julie Haabeth	20-29	IK TJALVE	00:18:21	00:00:58
4	131	Ida Marie Dahl	20-29	RINGKOLLEN SKIKLUBB	00:19:09	00:01:46
5	178	Stine Rajala Granerud	20-29	ULLENSAKER KISA	00:19:17	00:01:54
6	142	Mari Brox	20-29	LIER BALKONG-GRØNT	00:19:24	00:02:01
7	137	Synøve Brox	50-54	STURLA	00:19:27	00:02:05
8	155	Solveig Sikkeland	50-54		00:19:37	00:02:14
9	147	Hedvig Røsberg Gjerde	20-29	BUL IL	00:19:39	00:02:17
10	83	Marte Pedersen	20-29	HYTTEPLAN SPORT	00:19:42	00:02:19
11	130	Ingeborg Dahl	20-29	RINGKOLLEN SKIKLUBB	00:20:27	00:03:04
12	117	Tonje Nielsen	20-29	BUL	00:20:51	00:03:28
13	242	Agnethe Wedum Storihe	30-39	ELIXIA HØNEFOSS	00:21:01	00:03:38
14	249	Hilde Skaatan	30-39	TEAM SKAATAN	00:21:05	00:03:42
15	97	Gry Emilie Granstedt	17-19	HALDEN SKIKLUBB	00:21:58	00:04:36
16	235	Tine Gulbrandsen	45-49	MYKJEMEIR	00:22:09	00:04:46
17	165	Anna Ryymin	30-39	OSLO KOMMUNE BIL	00:22:37	00:05:14
18	205	Christina Fredheim	30-39	FREDRIKSTAD SKIKLUBB	00:22:46	00:05:24
19	254	Karoline Syversen	12-16	GRESSVIK IF	00:23:20	00:05:57
20	116	Jenny Toftner	30-39	BUL	00:23:25	00:06:02
21	227	Malin Iren Haug	20-29	BUL	00:23:25	00:06:02
22	204	Silja Svanstrøm Amundsen	30-39	OSI / KONDIS	00:23:27	00:06:04
23	253	Kim Jacqueline Slieper	20-29		00:23:47	00:06:24
24	167	Kristin Isachsen	55-59	ASKER SKIKLUBB	00:23:50	00:06:28
25	215	Brit Gløersen	45-49	FREDRIKSTAD IF	00:23:56	00:06:33
26	126	Laila Frederikke Andreassen	30-39		00:23:59	00:06:36
27	114	Marta Hajtko	20-29	INGEN	00:24:02	00:06:39
28	273	Elisabeth Ludahl	40-44	RØA	00:24:08	00:06:45
29	261	May-Britt Eriksen	45-49		00:24:26	00:07:04
30	72	Elise Eiksund	12-16		00:24:44	00:07:22
31	241	Irene Rakvåg	40-44	TEAM LUMBAGO	00:24:46	00:07:23
32	266	Alvilde Dancke	55-59	JOGGEKAMERATENE	00:24:47	00:07:25
33	69	Christine Fisker	40-44		00:25:03	00:07:40
34	119	Line Henriette Hjemdal	40-44	FREDRIKSTAD IF	00:25:06	00:07:43
35	187	Ingeborg Hjemdahl	20-29	FREDRIKSTAD IF	00:25:06	00:07:43
36	225	Hilde Sofie Larsen	30-39		00:25:07	00:07:44
37	250	Hege Tokerud	50-54	FREDRIKSTAD IF	00:25:15	00:07:52
38	267	Turid Malmo Knutsen	60-64	JOGGEKAMERATENE	00:25:16	00:07:53
39	292	Marthe Helene Langbråten	30-39		00:25:22	00:07:59
40	268	Oddrun Rønning	60-64	JOGGEKAMERATENE	00:25:26	00:08:03
41	179	Anne Karine Roos	40-44	MOSSJONISTENE	00:25:29	00:08:06
42	210	Tove Hassing	70-74	FREDRIKSTAD IF	00:25:29	00:08:07
43	132	Runa Skogvoll	17-19	ÅS IL	00:25:43	00:08:20
44	295	Sandra Nielsen Hvidsten	12-16	EIKER KVIKK IF	00:25:57	00:08:34
45	294	Linda Andersen	30-39	HELFO REGION ØST	00:26:22	00:08:59
46	166	Hannah Eriksen	12-16	Rolvsøy If	00:26:24	00:09:02
47	113	Herborg Andrea Horvei	50-54		00:26:35	00:09:13
48	138	Kari Jensen	50-54	ROMERIKE RUNNERS TEAM	00:26:50	00:09:27
49	195	Turid Veggeland	50-54	KONDIS	00:26:52	00:09:29
50	256	Marthe Renberg	17-19		00:27:12	00:09:50

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Kvinner

7.4.2013

Plass	StNr	Navn	Klasse	Klubb	Tid	Tid Bak
51	190	Marthe Sofie Antonsen	12-16	GRESSVIK IF	00:27:34	00:10:12
52	191	Mia Ålerød	12-16	GRESVIK IF	00:27:35	00:10:13
53	258	Monica Kristensen	30-39	HELFO REGION ØST	00:27:41	00:10:18
54	99	Alexandra Utgaard	30-39		00:27:48	00:10:25
55	282	Anett Hellerud	40-44	MOSSJONISTENE	00:28:04	00:10:41
56	101	Connie Borgan	50-54	STUDIOSIGDAL	00:28:14	00:10:51
57	144	Else Husa	60-64		00:28:20	00:10:57
58	259	Marit Holsten	45-49	TONSENHAGEN FYS.INST.	00:28:22	00:10:59
59	247	Anne Knutsen	30-39	KVIK FREDRIKSTAD	00:28:24	00:11:01
60	85	Lill Mari Ellingsen	20-29	HANDELSHØYSKOLEN BI	00:28:52	00:11:30
61	246	Anette Siebenherz	40-44		00:29:01	00:11:39
62	189	Annelen Henriksen	17-19		00:29:02	00:11:39
63	74	Jeanette Mari Johansen	30-39		00:29:04	00:11:42
64	281	Miriam Aakre	30-39	MOSSJONISTENE	00:29:16	00:11:54
65	226	Yvonne Forslund	40-44	KVIK FREDRIKSTAD	00:29:31	00:12:08
66	192	Karina Antonsen	40-44		00:29:33	00:12:10
67	224	Mariann Dalseth	30-39	MOSSJONISTENE	00:29:36	00:12:13
68	221	Constance Hauser	30-39	HELFO REGION ØST	00:29:51	00:12:28
69	233	Therese Dwyer Løken	30-39		00:29:57	00:12:35
70	124	Rita Rønning	30-39		00:30:12	00:12:50
71	121	Maria Kjølme	30-39		00:30:13	00:12:50
72	177	Guro Svendsen	20-29		00:30:13	00:12:51
73	251	Signe Kløften Hovland	12-16	FREDRIKSTAD IF	00:30:33	00:13:11
74	120	Else-Marit Skovly	50-54	FRESENIUS KABI BIL	00:31:02	00:13:39
75	80	Christine Gundersen	20-29	RÅDE KOMMUNE	00:31:57	00:14:35
76	152	Trude Hjelseng	50-54	FIL BORG	00:32:09	00:14:46
77	209	Inger-Lise Olsen	40-44		00:32:23	00:15:01
78	269	Anne-Berit Skoghus	65-69	JOGGEKAMERATENE	00:32:32	00:15:10
79	277	Torill Minge	55-59	KONDIS	00:32:47	00:15:24
80	140	Anita Valnes	50-54	HELFO	00:32:49	00:15:26
81	81	Marita Granholt	30-39	NOR GÅRD / RÅDE KOMMUNE	00:33:27	00:16:04
82	148	Karin Eriksen	40-44	TRIM	00:34:26	00:17:03
83	222	Ellen Ovesen	30-39	KVIK FREDRIKSTAD	00:35:53	00:18:30
84	104	Martha Gjermundsen Gangsø	30-39		00:35:57	00:18:34
85	149	Anne Kløften	40-44		00:36:10	00:18:48
86	285	Hannah Lindelien	17-19	MOSS	00:37:38	00:20:15
87	284	Mathilde Markussen	17-19	MOSS	00:37:38	00:20:15
88	65	Torill Helene Granholt	60-64	FREDRIKSTAD IDRETTSFORENING	00:40:30	00:23:07

Antall: 88

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Menn

7.4.2013

Plass	StNr	Navn	Klasse	Klubb	Tid	Tid Bak
1	278	Hassan Abd Ali	20-29	BUL	00:15:26	00:00:00
2	194	Helge Langen	20-29	RINDAL IL / KONDIS	00:15:29	00:00:04
3	234	Kristian Monsen	30-39	ULLENSAKER KISA	00:15:29	00:00:04
4	212	Endre Aamodt	17-19	BAGN IL - VALDRES LANGLØPARLA	00:15:32	00:00:06
5	223	John Henry Strupstad	30-39	FIK REN-ENG	00:15:42	00:00:16
6	88	Bjørn Ivar Nilsen	30-39	VIDAR	00:15:43	00:00:18
7	171	Robert Bergstå	20-29	SVARSTAD IL	00:15:51	00:00:25
8	141	Lasse Blom	30-39	MODUM FIK	00:15:54	00:00:28
9	170	Stian Bergstå	20-29	SVARSTAD IL	00:16:18	00:00:52
10	135	Håkon Hjemly	40-44	TØNSBERG FIK	00:16:27	00:01:01
11	91	Martin Blomhoff Holm	20-29	SK VIDAR	00:16:27	00:01:02
12	77	Robert Haugen	30-39	HYTTEPLAN SPORT AS	00:16:34	00:01:09
13	176	Gudmund Høst	50-54	HEMING	00:16:35	00:01:10
14	112	Knut Solum	20-29	ADVOKATFIRMAET SCHJØDT	00:16:36	00:01:10
15	220	Simen Halle Haugen	12-16	RUNAR IL	00:16:36	00:01:11
16	236	Christian Fredriksen	20-29	ELIXIA	00:16:57	00:01:32
17	262	Rune Nilsen	45-49	RAUMNES & ÅRNES	00:17:12	00:01:46
18	199	Bjørn Johannessen	40-44	KONDIS	00:17:14	00:01:49
19	274	Tor Erik Heyerdahl Nyquist	45-49	VALDRES LANGLØPERLAG	00:17:17	00:01:51
20	290	Rik Wemmenhøve	30-39	OSI FRIIDRETT	00:17:19	00:01:53
21	283	Magnus Rosen	30-39	TEAM SKIGO/NORDEA	00:17:20	00:01:55
22	146	Ola Matre	20-29		00:17:24	00:01:59
23	271	Magne O Rønningen	30-39	OSI FRIIDRETT	00:17:27	00:02:02
24	240	Johan Nordby	30-39	ERNST OG YOUNG BIL	00:17:29	00:02:04
25	197	Thomas Hetland	30-39	EIK FRIIDRETT/KONDIS	00:17:36	00:02:11
26	288	Eldar Thomassen Fagerbakke	12-16	BØLER IF - FRIIDRETT	00:17:39	00:02:14
27	172	Torbjörn Karlsson	30-39		00:17:41	00:02:15
28	230	Simen Rypdal	17-19	RINGKOLLEN SKIKLUBB	00:17:45	00:02:20
29	293	Jon Tjørsvaag Nilsen	30-39	BUL IL	00:17:51	00:02:26
30	270	Jon Haske	30-39	RØA IL	00:17:51	00:02:26
31	129	Sondre Skaug	20-29	FREDRIKSTAD IF	00:17:55	00:02:29
32	196	Trond Hansen	30-39	KONDIS	00:18:01	00:02:35
33	111	Joakim Kalmar Markussen	20-29		00:18:02	00:02:36
34	98	Stein Kamfjord Andersen	40-44	BUL IL	00:18:06	00:02:41
35	265	Arne Gilberg	50-54		00:18:13	00:02:48
36	186	Stig Rognes	30-39	ROGNES RACING	00:18:14	00:02:49
37	275	Tor Omar Heyerdahl Nyquist	12-16	VALDRES LANGLØPERLAG	00:18:14	00:02:49
38	198	Runar Gilberg	45-49	SK VIDAR / KONDIS	00:18:17	00:02:52
39	287	Johan Wipen	30-39	ÅS IL	00:18:24	00:02:59
40	168	Rolf Karlsen	45-49	BUL	00:18:25	00:03:00
41	133	Bjørn-Erik Pedersen	40-44	ÅS IL	00:18:27	00:03:02
42	289	Per Thomas Thomassen	40-44	BØLER IF FRIIDRETT	00:18:32	00:03:06
43	208	Torbjørn Høitomt	20-29	ÅS IL	00:18:36	00:03:11
44	127	Stig Pettersen	40-44	BØLER FRIIDRETT	00:18:39	00:03:14
45	151	Oddbjørn Homstvedt	45-49	FIL BORG	00:18:41	00:03:16
46	228	Emil Wiig	12-16	SKIMT LANGRENN	00:18:44	00:03:18
47	214	Vetle Blekken	20-29	FREDRIKSTAD IF	00:18:45	00:03:19
48	78	Trond-Reidar Bukholm	50-54	HALDEN IL	00:18:46	00:03:21
49	244	Ahmed Abdi Ali	20-29	INGEN	00:18:56	00:03:30
50	276	Hassan Bouka	40-44	BUL	00:19:04	00:03:39

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Menn

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Plass	StNr	Navn	Klasse	Klubb	Tid	Tid Bak
51	237	Kurth Asle Magnussen	55-59	BØLER IF FRIIDRETT	00:19:05	00:03:39
52	161	Rune Holm	45-49	LARVIK KOMMUNE	00:19:06	00:03:41
53	257	Anders Reiten	55-59	GAUSDAL IL	00:19:08	00:03:43
54	203	Øystein Johansen	45-49	HALDEN IL	00:19:10	00:03:45
55	231	Rune Arnesen	45-49	FREDRIKSTAD SKIKLUBB	00:19:11	00:03:46
56	68	Ivar Hovland	50-54	ONSØY	00:19:15	00:03:49
57	239	Arvin Patel	45-49	BUL	00:19:16	00:03:51
58	156	Anders Omholt- Jensen	20-29	BUL	00:19:16	00:03:51
59	89	Eivind Svennar	30-39		00:19:26	00:04:01
60	139	Rolf E. Bøhn	50-54	HALDEN IL	00:19:34	00:04:08
61	213	Preben Gautun	30-39	FREDRIKSTAD IF	00:19:37	00:04:12
62	175	Rene Fredholm Larsen	12-16	ULLENSAKER-KISA IL	00:19:39	00:04:14
63	218	Anders Kvamme Jensen	45-49	NJÅRD	00:19:44	00:04:19
64	92	Pål Espen Eriksen	40-44		00:20:02	00:04:36
65	73	Knut Viggo Andersen	50-54	FREDRIKSTAD IDRETTSFORENING	00:20:03	00:04:38
66	162	Kristian Skaar	30-39		00:20:07	00:04:42
67	263	Pål-Helge Tøffen Nilssen	40-44	NORTHERN RUNNERS	00:20:11	00:04:46
68	211	Egil Holme	55-59	FREDRIKSTAD IF	00:20:16	00:04:51
69	71	Kai Berg	40-44	FREDRIKSTAD IDRETTSFORENING	00:20:21	00:04:55
70	109	Geir Aa Schmidt	45-49	HAUKETI IF	00:20:23	00:04:58
71	291	Bjørn Thomas Hultberg	30-39	STIF VOKSEN	00:20:27	00:05:02
72	206	Morten Häbler	45-49	FREDRIKSTAD IF	00:20:31	00:05:06
73	188	Helge Horn	60-64	SKI FRIIDRETT	00:20:33	00:05:08
74	217	Magne Brenna	40-44		00:20:40	00:05:15
75	202	Henrik Kofoed Nielsen	55-59	KONDIS	00:20:43	00:05:18
76	136	Knut A. Brox	55-59		00:20:50	00:05:25
77	96	Rolf Andre Bøhn	17-19	HALDEN	00:20:51	00:05:26
78	193	Robin Holt Paulsen	30-39		00:20:51	00:05:26
79	216	Herman Gløersen	12-16	FREDRIKSTAD IF	00:20:53	00:05:28
80	64	Rahmatullah Rezai	17-19	FREDRIKSTAD IDRETTSFORENING	00:21:02	00:05:37
81	298	Sverre Aarhus Gulbrandsen	30-39	HELFO REGION ØST	00:21:15	00:05:50
82	154	Sven Simonsen	50-54	FREDRIKSTAD IF	00:21:17	00:05:52
83	164	Terje Hansen	55-59	FREDRIKSTAD IF	00:21:22	00:05:57
84	90	Emil Sunsbø	12-16		00:21:26	00:06:01
85	173	Erik Andreas Malm	50-54		00:21:34	00:06:09
86	106	Nils Wiig	50-54	FRISKIS OG SVETTIS	00:21:38	00:06:12
87	123	Stian Rønning	30-39	TOTEN-KRANKEN CK	00:21:44	00:06:19
88	232	Mads Arnesen	12-16	FREDRIKSTAD SKIKLUBB	00:21:47	00:06:21
89	66	Martin Sagen Andersen	30-39	Andersen & Mørck As	00:21:48	00:06:23
90	87	Kristoffer Kvamme Jensen	12-16	STABÆK FK	00:22:02	00:06:37
91	180	Herman Maiset	17-19		00:22:03	00:06:38
92	299	Jørgen Bækken	30-39		00:22:08	00:06:42
93	143	Trond Bjørseth	45-49	OSLOFJORD TRIATLON	00:22:12	00:06:47
94	82	Anders Vegsgård	40-44	BEGBY	00:22:18	00:06:53
95	70	Terje Rød	45-49	FREDRIKSTAD IDRETTSFORENING	00:22:18	00:06:53
96	93	Magne Strand Olsen	50-54	FREDRIKSTAD IDRETTSFORENING	00:22:25	00:06:59
97	128	Rino Skaug	40-44	GAARDS-SERVICE AS	00:22:26	00:07:00
98	157	Theodor Imrik	12-16	GIF	00:22:28	00:07:03
99	185	Per Willy Sola	40-44	LUNDE FLYERS	00:22:29	00:07:03
100	125	Jon-Inge Danielsen	30-39		00:22:44	00:07:19

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Plass	StNr	Navn	Klasse	Klubb	Tid	Tid Bak
101	229	Steinar Skaug	30-39	COWI	00:22:49	00:07:24
102	297	Philip Olafsen	12-16	FREDRIKSTAD IDRETTSFORENING	00:22:51	00:07:26
103	200	John Tvedt	40-44	KONDIS	00:22:54	00:07:29
104	238	Henrik Aasnes	30-39	DNB	00:22:58	00:07:33
105	86	Stig Ove Syversen	40-44		00:23:05	00:07:40
106	67	Henrik Øiseth	30-39	COGNACLOSJEN	00:23:06	00:07:41
107	243	Terje Lundberg	40-44	FREDRIKSTAD SK	00:23:19	00:07:53
108	245	Victor Sture	12-16		00:23:20	00:07:55
109	182	Peder Nicolay Nicolaysen	12-16	GRESSVIK IF	00:23:21	00:07:56
110	79	Thor Gjerløw	45-49	GRESSVIK IF	00:23:30	00:08:04
111	181	Dag Maiset	55-59		00:23:30	00:08:05
112	280	Hans Morten Hoff	40-44	JØTUL B.I.L	00:23:32	00:08:07
113	169	Fredrik Hansen	20-29		00:23:45	00:08:20
114	248	Kim Haugen	30-39	BLODSMAK SPORTSKLUBB	00:23:47	00:08:22
115	184	Geir Kvalsvik	60-64	KRÅKERØY IL	00:23:49	00:08:24
116	105	Jim Gangsoy	30-39		00:23:55	00:08:30
117	122	Espen Skaufel	30-39		00:24:00	00:08:35
118	183	Ole Mork-Olsvik	12-16	MOSS SKIKLUBB	00:24:07	00:08:42
119	296	Niclas Imanuel Paus Bekkevo	12-16	FREDRIKSTAD IDRETTSFORENING	00:24:26	00:09:01
120	264	Stian Grannes	30-39		00:25:20	00:09:54
121	174	Joseph Wagenheim	55-59		00:25:28	00:10:03
122	260	Jan Arild Wallin Røste	40-44		00:25:35	00:10:10
123	255	Roger Renberg	45-49		00:25:47	00:10:22
124	201	Gisle Sellevold	60-64	IF KLYPETUSSEN	00:25:57	00:10:31
125	286	Rune Markussen	55-59	SPAREBANK 1	00:26:04	00:10:39
126	207	Sverre Sanengen	70-74	FREDRIKSTAD IF	00:26:12	00:10:47
127	102	Harald Borgan	50-54	STUDIOSIGDAL	00:26:15	00:10:50
128	252	Jan Roger Sørensen	50-54	HVALER KOMUNE	00:26:33	00:11:08
129	94	Per Øystein Vegsgård	40-44	MOSS CK	00:28:16	00:12:51
130	158	Håvard Skaar	20-29		00:28:36	00:13:11
131	75	Sven Mo Johansen	50-54		00:29:05	00:13:39
132	115	Hans Georg Øverby	60-64	LYN	00:30:05	00:14:40
133	153	Geir Skaara	50-54	NORDEA BIL	00:30:34	00:15:08
134	76	Simen Lier	12-16		00:30:39	00:15:13
135	84	Herman Eldal	12-16		00:30:40	00:15:15
136	95	Tor Wilhelm Veegård	70-74	RYGGEJOGGEN	00:31:48	00:16:23
137	272	Per Erik Holsten	45-49	ABB IL	00:48:31	00:33:06

Antall: 137