

Fredrikstad-løpet

10.4.2011

5km

Komplett Resultatliste



Kvinner

Plass	StNr	Navn	Klasse	Klubb	Tid	Tid Bak	Total Plass
1	174	Hanne Bolstad	K40-44	SK VIDAR	00:19:18	00:00:00	42
2	157	Mette Bakken Skauerud	K40-44		00:19:32	00:00:14	48
3	139	Eva Slørdahl Conradi	K30-39	FREDRIKSTAD IF	00:19:44	00:00:26	50
4	212	Marte Pedersen	K20-29	HYTTEPLAN SPORT	00:19:44	00:00:26	51
5	134	Linda Karlsson Kjäll	K30-39	STRÖMSTAD LÖPARKLUBB	00:19:51	00:00:33	57
6	197	Line Søvik	K30-39	SK VIDAR	00:21:18	00:02:00	71
7	235	Tine Gulbrandsen	K40-44	HUK	00:22:30	00:03:12	81
8	228	Anne Porsmyr	K40-44		00:22:39	00:03:21	83
9	126	Lone Haugen Lie	K12-16	GRESSVIK IF	00:22:53	00:03:35	86
10	220	Christina Fredheim	K30-39		00:22:53	00:03:35	87
11	160	Ingrid Nordahl	K12-16	FREDRIKSTAD IF	00:23:07	00:03:49	89
12	130	Ingrid Brastad	K40-44	BØLER IF FRIIDRETT	00:23:14	00:03:56	90
13	125	Anikke Jørgensen	K30-39	FREDRIKSTAD IF	00:23:30	00:04:12	91
14	103	Elisabeth Throne-Holst	K40-44		00:23:33	00:04:15	92
15	124	Marit Hall	K50-54	FREDRIKSTAD IF	00:23:37	00:04:19	93
16	231	Alvilde Dancke	K50-54	JOGGEKAMERATENE	00:23:41	00:04:23	94
17	223	Hanna Torjusen	K12-16	FREDRIKSTAD SKIKLUBB	00:23:41	00:04:23	95
18	224	Alma Kvisgaard	K12-16	FREDRIKSTAD SKIKLUBB	00:23:42	00:04:24	96
19	207	Gisela Kjellberg	K50-54	STRÖMSTAD LÖPARKLUBB	00:24:05	00:04:47	98
20	138	Mariann Stenbakk	K65-69	MOSS IDRETTSLAG	00:24:16	00:04:58	100
21	122	Kamilla Bentsdal Hovland	K12-16		00:24:17	00:04:59	101
22	230	Turid Malmo Knutsen	K60-64	JOGGEKAMERATENE	00:24:26	00:05:08	103
23	200	Anna Bruce	K30-39	TRENINGSCAMP IDRETTSLAG	00:25:04	00:05:46	106
24	127	Tove Hassing	K70-74	FREDRIKSTAD IF	00:25:12	00:05:54	108
25	150	Astrid Nome	K30-39	TRENINGSCAMP IDRETTSLAG	00:25:37	00:06:19	109
26	250	Eva Carlsen	K70-74	NRK BIL	00:25:43	00:06:25	111
27	162	Hanne Helvig	K20-29	TRENINGSCAMP IDRETTSLAG	00:25:48	00:06:30	112
28	140	Emilie Johansen	K12-16	FREDRIKSTAD IF	00:25:54	00:06:36	113
29	175	Tora Klevås Schondelmeier	K30-39		00:26:05	00:06:47	115
30	247	Hilde Stensland	K50-54	SARPSBORG	00:26:26	00:07:08	118
31	176	Ann Kristin Tharaldsen	K40-44	FREDRIKSTAD IF	00:26:27	00:07:09	119
32	119	Ragnhild Hafstad	K30-39	FREDRIKSTAD IF	00:26:36	00:07:18	121
33	195	Nina Ørmen Andreassen	K30-39		00:26:36	00:07:18	122
34	183	Maria Berg	K30-39	FREDRIKSTAD IF	00:27:19	00:08:01	124
35	218	Lisbeth Villien	K55-59		00:27:27	00:08:09	126
36	158	Liv Jensen	K30-39	FIL BORG	00:28:06	00:08:48	128
37	498	Alexandra Utgaard	K30-39		00:28:45	00:09:27	130
38	137	Ina Gimle	K45-49		00:28:53	00:09:35	131
39	116	Anne-Kari Saxegård Olsen	K45-49	FREDRIKSTAD IF	00:29:50	00:10:32	132
40	232	Anne-Berit Skoghush	K65-69	JOGGEKAMERATENE	00:31:50	00:12:32	134
41	213	Marita Hauge Granholt	K20-29		00:32:44	00:13:26	135
42	117	Kirsten Elvsveen	K55-59		00:32:58	00:13:40	136
43	185	Marit Bjerke	K60-64	JOGGEKAMERATENE	00:35:05	00:15:47	138
44	194	Nina Bråthen	K20-29		00:36:11	00:16:53	139

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Menn

Plass	StNr	Navn	Klasse	Klubb	Tid	Tid Bak	Total Plass
1	226	Arne Mjelde Sæther	M30-39	LILLEHAMMER IF	00:15:02	00:00:00	1
2	205	Trond Arne Rugland	M20-29	TFIK	00:15:04	00:00:02	2
3	225	Gishe Abdi Wako	M20-29	LILLEHAMMER IF	00:15:18	00:00:16	3
4	202	Kristian Monsen	M30-39	ULL / KISA FRIIDRETT	00:15:45	00:00:43	4
5	217	Robert Hansen	M30-39	STORGATEN BIL	00:15:59	00:00:57	5
6	155	Gudmund Høst	M50-54	RÅDTASSENE	00:16:10	00:01:08	6
7	214	Per Christian Stokke	M30-39	OSI	00:16:17	00:01:15	7
8	215	Einar Haakon Rose	M20-29	OSI	00:16:18	00:01:16	8
9	198	Ole-Petter Fjeld	M12-16	OSEBERG	00:16:19	00:01:17	9
10	180	Asle Slettemoen	M40-44	IL I BUL	00:16:28	00:01:26	10
11	209	Jan Billy Aas	M20-29	OPPEGÅRD IL	00:16:29	00:01:27	11
12	113	Bjørn Johannessen	M30-39	HALDEN IL	00:16:31	00:01:29	12
13	148	Anders Sandvik	M17-19	ASKIM FRIIDRETT	00:16:37	00:01:35	13
14	229	Trond Olav Berg	M50-54	BØLER IF	00:16:39	00:01:37	14
15	238	Even Olsen	M30-39	BK TRIATHLON	00:16:42	00:01:40	15
16	243	Rik Wemmenhove	M20-29	OSI FRIIDRETT	00:16:46	00:01:44	16
17	203	Tor Erik Nyquist	M40-44	VALDRES LANGLØPARLAG	00:16:52	00:01:50	17
18	237	Joachim Qvale	M12-16	BØLER IF	00:16:57	00:01:55	18
19	173	Hermann Bruun	M45-49	BØLER IF FRIIDRETT	00:17:01	00:01:59	19
20	163	Tor Gunnar Bjørnstad	M20-29	OSLO FRONTRUNNERS	00:17:24	00:02:22	20
21	221	Mons Mjelde Sæther	M30-39		00:17:31	00:02:29	21
22	206	Geir Inge Selte	M40-44	HYTTEPLAN SPORT	00:17:47	00:02:45	22
23	186	Asgeir Ristesund	M12-16	FREDRIKSTAD SKIKLUBB	00:17:50	00:02:48	23
24	193	Terje Kongsfjell	M45-49	SENSOROR TECHNOLOGIES	00:17:52	00:02:50	24
25	129	Ole Kjell Langmyren	M50-54	LILLOMARKA OL	00:17:53	00:02:51	25
26	246	Jon Tjørsvaag Nilsen	M20-29	IL I BUL	00:17:54	00:02:52	26
27	233	Øystein Rognes	M30-39	STATKRAFT BIL	00:17:57	00:02:55	27
28	111	Sondre Skaug	M17-19	FREDRIKSTAD IF	00:18:02	00:03:00	28
29	227	Trond Inge Carlsen	M45-49	RUSTAD IL	00:18:08	00:03:06	29
30	179	Bjørn-Erik Pedersen	M40-44	ÅS IL	00:18:19	00:03:17	30
31	167	Eldar Fagerbakke	M12-16	BØLER IF FRIIDRETT	00:18:40	00:03:38	31
32	177	Erlend Haflan	M12-16	FREDRIKSTAD IF	00:18:40	00:03:38	32
33	211	Johan Widen	M20-29	ÅS IL	00:18:40	00:03:38	33
34	110	Rene Fredholm Larsen	M12-16	ULLENSAKER KISA IL	00:18:42	00:03:40	34
35	156	Rolf Bøhn	M50-54	HALDEN IL	00:18:54	00:03:52	35
36	245	Arvin Patel	M40-44	IL I BUL	00:18:58	00:03:56	36
37	204	Tor Omar Nyquist	M12-16	VALDRES LANGLØPARLAG	00:18:59	00:03:57	37
38	168	Per Thomas Thomassen	M40-44		00:19:00	00:03:58	38
39	190	Santo Angel Maican Lara	M40-44		00:19:01	00:03:59	39
40	152	Christian Prestegård	M55-59	KONDIS	00:19:13	00:04:11	40
41	101	Pål Granheim	M40-44	FREDRIKSTAD IF	00:19:15	00:04:13	41
42	166	Håvard T Rud	M50-54	ASKIM IF	00:19:20	00:04:18	43
43	178	Vetle Blekken	M17-19	FREDRIKSTAD IF	00:19:29	00:04:27	44
44	242	Ozzy Gurung	M30-39		00:19:31	00:04:29	45
45	114	Morten Häbler	M40-44	FREDRIKSTAD IF	00:19:32	00:04:30	46
46	143	Rune Halvorsen	M40-44	OSLO FRONTRUNNERS	00:19:32	00:04:30	47
47	109	Helge Rosnes	M45-49		00:19:35	00:04:33	49
48	241	Oddbjørn Overskott	M45-49	OSI FRIIDRETT	00:19:45	00:04:43	52
49	135	Sven Simonsen	M45-49	FREDRIKSTAD IF	00:19:46	00:04:44	53
50	145	Helge Horn	M60-64	SKI FRIIDRETT	00:19:48	00:04:46	54

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Plass	StNr	Navn	Klasse	Klubb	Tid	Tid Bak	Total Plass
51	244	Willem Posthoorn	M20-29		00:19:49	00:04:47	55
52	210	Thor-Håkon Venåsen	M17-19	IDRETTSLINJEN RINGERIKE	00:19:50	00:04:48	56
53	108	Fredrik Paus	M30-39		00:19:54	00:04:52	58
54	236	Anders Kvamme Jensen	M40-44		00:20:01	00:04:59	59
55	141	Kai Berg	M30-39	FREDRIKSTAD IF	00:20:12	00:05:10	60
56	240	Michael Floater	M45-49	OSI	00:20:17	00:05:15	61
57	136	Lasse Simonsen	M12-16	FREDRIKSTAD SKIKLUBB	00:20:18	00:05:16	62
58	161	Fredrik Ellingsen	M17-19	FREDRIKSTAD IF	00:20:22	00:05:20	63
59	199	Thorbjørn Nørgaard Skjævest	M12-16	MOSS SKIKLUBB	00:20:38	00:05:36	64
60	123	Terje Rød	M40-44	FREDRIKSTAD IF	00:20:42	00:05:40	65
61	118	Tom Sognlien	M50-54	FREDRIKSTAD IF	00:20:44	00:05:42	66
62	169	Robin Holt Paulsen	M30-39		00:21:00	00:05:58	67
63	153	Arne Iversen	M50-54	ABB BIL	00:21:10	00:06:08	68
64	219	Anders Fredheim	M30-39		00:21:10	00:06:08	69
65	208	Håkon Strand Olsen	M45-49	FREDRIKSTAD IF	00:21:15	00:06:13	70
66	121	Rino Skaug	M40-44	GAARDS-SERVICE AS	00:21:19	00:06:17	72
67	165	Magnus Krogsrud	M12-16	GRESSVIK IF	00:21:24	00:06:22	73
68	164	Lars Krogsrud	M30-39	GRESSVIK IF	00:21:27	00:06:25	74
69	181	Espen Rymoene	M45-49	MOSS SKIKLUBB	00:21:32	00:06:30	75
70	115	Magne Strand Olsen	M45-49	FREDRIKSTAD IF	00:22:08	00:07:06	76
71	184	Jon Skaug	M40-44	GAARDS-SERVICE AS	00:22:09	00:07:07	77
72	189	Olav Dag Rosnes	M45-49		00:22:10	00:07:08	78
73	249	Murat Gertkaya	M60-64	LYEHE IL	00:22:12	00:07:10	79
74	159	Morten Daugbjerg Juul	M30-39		00:22:14	00:07:12	80
75	222	Ole Dennis Heggeli	M12-16		00:22:36	00:07:34	82
76	151	Jan Erik Karlsen	M30-39	SENTRUM KAMPSPORT - SARPSBO	00:22:45	00:07:43	84
77	216	Göran Brattström	M65-69	ASKIM IF	00:22:48	00:07:46	85
78	239	Morten Qvenild	M30-39	UGLEROMMET RUNNING	00:22:53	00:07:51	88
79	170	Jan Olav H. Fossen	M30-39		00:24:01	00:08:59	97
80	144	Andreas Fuglesteg Dale	M12-16	FREDRIKSTAD IF	00:24:06	00:09:04	99
81	192	Geir Kvalsvik	M60-64	KIL TRIM	00:24:24	00:09:22	102
82	154	Fredrik Fosserud	M20-29	FIL BORG	00:24:52	00:09:50	104
83	146	Hans-Erik Sand	M45-49	FREDRIKSTAD IF	00:24:57	00:09:55	105
84	234	Sverre Sanengen	M70-74	FREDRIKSTAD IF	00:25:06	00:10:04	107
85	149	Arvid Dale	M30-39		00:25:38	00:10:36	110
86	196	Ole-Petter Andreassen	M40-44	BORG MC	00:25:57	00:10:55	114
87	133	Fredrik Hansen	M20-29		00:26:16	00:11:14	116
88	187	Daniel Pedersen	M30-39	SKOGSTRAND IL	00:26:23	00:11:21	117
89	188	Stian Pedersen	M12-16	SKOGSTRAND IL	00:26:28	00:11:26	120
90	142	Dan Christiansen	M55-59	FREDRIKSTAD IF	00:27:01	00:11:59	123
91	120	Hans Georg Øverby	M60-64	LYN	00:27:25	00:12:23	125
92	248	Anne Marie Glosli	M40-44	EIDSBORG IL	00:27:38	00:12:36	127
93	112	Ivar Granholt	M60-64	FREDRIKSTAD IF	00:28:28	00:13:26	129
94	201	Dijana Jasarevic	M20-29		00:29:52	00:14:50	133
95	191	Johan Fredrik Hansen	M30-39		00:33:00	00:17:58	137