

Fredrikstad Maraton

Mellomtider

Menn

27.10.2012

Pls	StNr	Navn	Tid	Runde1:			Runde2:			Runde3:		
				Tid	min/km	Pls	Tid	min/km	Pls	Tid	min/km	Pls
1	892	Henning Pedersen	02:49:20	00:56:22	3:58	1	00:55:32	3:58	1	00:57:24	4:06	1
2	852	Håkon Urdal	02:59:31	00:56:27	3:58	2	00:58:12	4:09	2	01:04:51	4:37	2
3	808	Per Øivind Sundell	03:05:26	00:58:16	4:06	4	01:01:26	4:23	4	01:05:43	4:41	3
4	895	Gisle Johnsen	03:08:48	00:58:16	4:06	3	00:59:42	4:15	3	01:10:49	5:03	4
5	886	Lars Dørum	03:09:42	01:01:58	4:21	7	01:02:25	4:27	6	01:05:18	4:39	5
6	825	Odd Gunnar Tveit	03:14:29	01:02:04	4:22	8	01:02:26	4:27	7	01:09:58	4:59	6
7	834	Johannes Fiskerstra Ble	03:15:07	01:03:29	4:28	13	01:03:13	4:30	8	01:08:24	4:53	7
8	835	John Lund	03:15:47	01:06:05	4:39	22	01:04:50	4:37	16	01:04:51	4:37	8
9	812	Stein Henrik Olaussen	03:16:01	01:08:16	4:48	31	01:02:39	4:28	17	01:05:05	4:38	9
10	863	Espen Medbø	03:16:21	01:03:59	4:30	18	01:03:49	4:33	9	01:08:32	4:53	10
11	802	Roy Freddy Andersen	03:16:31	01:03:45	4:29	16	01:05:06	4:39	14	01:07:39	4:49	11
12	846	Sindre Brevold	03:16:52	01:02:04	4:22	9	01:05:47	4:41	10	01:09:00	4:55	12
13	854	Stian Kvernsmyr	03:17:11	01:02:41	4:24	10	01:05:15	4:39	12	01:09:14	4:56	13
14	839	Morten E Lund	03:19:37	01:03:36	4:28	15	01:04:19	4:35	11	01:11:42	5:07	14
15	875	Lasse Lieberknecht	03:21:01	01:03:33	4:28	14	01:04:35	4:36	13	01:12:52	5:12	15
16	897	Jonas Nergård	03:22:18	01:01:55	4:21	6	01:02:24	4:27	5	01:17:58	5:34	16
17	901	John Grimsby	03:22:20	01:08:03	4:47	30	01:07:16	4:48	27	01:07:01	4:47	17
18	850	Tore Mortensen	03:22:21	01:07:10	4:43	29	01:08:10	4:52	28	01:07:00	4:47	18
19	868	Tor Andreas Andersen	03:22:50	01:05:37	4:37	19	01:05:48	4:42	19	01:11:24	5:06	19
20	884	Bjørn Gjerde	03:23:40	01:05:58	4:38	21	01:08:10	4:52	25	01:09:31	4:57	20
21	809	Erling Marthinsen	03:25:36	01:03:20	4:27	12	01:06:39	4:45	15	01:15:36	5:24	21
22	831	Arve Markussen	03:28:00	01:06:13	4:39	24	01:07:46	4:50	24	01:14:00	5:17	22
23	817	Sjur Tømte	03:29:11	01:06:53	4:42	27	01:09:07	4:56	30	01:13:10	5:13	23
24	857	Hans-Petter Lystad	03:30:54	01:06:52	4:42	26	01:08:34	4:53	29	01:15:26	5:23	24
25	860	Ross Wakelin	03:31:01	01:05:42	4:37	20	01:06:29	4:44	21	01:18:49	5:37	25
26	813	Geir Sigurd Olsvold	03:31:25	01:08:17	4:48	32	01:06:58	4:47	26	01:16:09	5:26	26
27	849	Bjørn Christensen	03:32:06	01:06:05	4:39	23	01:05:22	4:40	20	01:20:38	5:45	27
28	870	Eirik Wekre	03:34:52	01:12:55	5:08	36	01:10:24	5:01	33	01:11:32	5:06	28
29	900	Ole-Morten Svenkerud	03:36:02	01:03:08	4:26	11	01:10:09	5:00	23	01:22:44	5:54	29
30	816	Tom Sognlien	03:36:43	01:01:53	4:21	5	01:09:08	4:56	18	01:25:40	6:07	30
31	885	Ivar Kieding Kummervold	03:41:43	01:03:46	4:29	17	01:08:38	4:54	22	01:29:18	6:22	31
32	859	Erik Wennemo	03:41:53	01:15:08	5:17	41	01:12:23	5:10	37	01:14:21	5:18	32
33	844	Trond Nilsen	03:44:32	01:06:51	4:42	25	01:10:43	5:03	31	01:26:56	6:12	33
34	815	Kordian Staniszewski	03:46:43	01:13:56	5:12	38	01:14:41	5:20	39	01:18:06	5:34	34
35	837	Håkon Bull	03:51:29	01:12:41	5:07	35	01:13:41	5:15	35	01:25:06	6:04	35
36	893	Per Tveit	03:51:49	01:10:19	4:57	33	01:16:02	5:25	34	01:25:27	6:06	36
37	822	Stig Wigum	03:51:53	01:13:21	5:09	37	01:14:37	5:19	38	01:23:53	5:59	37
38	820	Steve Collier	03:51:55	01:20:11	5:38	56	01:16:55	5:29	46	01:14:48	5:20	38
39	890	Lars Georg Gjertsen	03:56:35	01:18:53	5:33	53	01:19:51	5:42	52	01:17:50	5:33	39
40	902	Magne Janitz	03:56:39	01:07:05	4:43	28	01:12:33	5:10	32	01:37:00	6:55	40
41	805	Erlend Leganger	03:56:53	01:17:03	5:25	50	01:16:40	5:28	43	01:23:09	5:56	41
42	836	Hagbart Vebostad	03:57:16	01:16:02	5:21	44	01:19:24	5:40	44	01:21:49	5:50	42
43	851	Rune Thorbjørnsen	04:00:01	01:17:43	5:28	51	01:18:45	5:37	45	01:23:32	5:58	43
44	869	Ole Tharaldsen	04:01:01	01:12:40	5:07	34	01:14:49	5:20	36	01:33:31	6:40	44
45	803	Terje Svensson	04:04:09	01:15:42	5:19	42	01:17:10	5:30	40	01:31:15	6:31	45
46	889	Tom-Rune Bertelsen	04:05:38	01:25:36	6:01	60	01:22:02	5:51	58	01:17:58	5:34	46
47	810	Trygve Gjølberg	04:06:13	01:20:36	5:40	57	01:25:16	6:05	57	01:20:20	5:44	47
48	855	Jon Weydahl	04:07:51	01:16:50	5:24	48	01:20:33	5:45	47	01:30:27	6:27	48
49	898	Sverre Ingebrigtsen	04:09:43	01:16:33	5:23	45	01:20:51	5:46	48	01:32:18	6:35	49
50	865	Jon Hovden	04:12:29	01:20:50	5:41	58	01:21:29	5:49	53	01:30:09	6:26	50

Fredrikstad Maraton

Mellomtider

Menn

27.10.2012

Pls	StNr	Navn	Tid	Runde1:			Runde2:			Runde3:		
				Tid	min/km	Pls	Tid	min/km	Pls	Tid	min/km	Pls
51	806	Vidar Blaafjelldal	04:13:24	01:16:54	5:24	49	01:20:39	5:45	49	01:35:49	6:50	51
52	828	Eivind Sandvik	04:13:47	01:16:43	5:24	47	01:21:05	5:47	50	01:35:58	6:51	52
53	864	Terje Hansen	04:15:21	01:15:47	5:20	43	01:17:33	5:32	41	01:42:00	7:17	53
54	896	Kristian Waalen	04:21:52	01:23:09	5:51	59	01:26:43	6:11	59	01:31:59	6:34	54
55	829	Bård Rødde	04:25:06	01:30:05	6:20	69	01:29:25	6:23	63	01:25:36	6:06	55
56	894	Øyvind Halvorsen	04:26:56	01:16:33	5:23	46	01:21:15	5:48	51	01:49:07	7:47	56
57	903	Tommy Ek	04:26:57	01:14:12	5:13	40	01:19:19	5:39	42	01:53:25	8:06	57
58	881	Henrik Aasbø	04:27:50	01:27:45	6:10	65	01:28:00	6:17	62	01:32:04	6:34	58
59	841	Odd Ivar Kjærås	04:28:53	01:18:52	5:33	52	01:26:27	6:10	54	01:43:34	7:23	59
60	888	Jan Einar Kjærås	04:28:53	01:18:56	5:33	54	01:26:33	6:10	56	01:43:23	7:23	60
61	891	Einar Idland	04:28:53	01:18:57	5:33	55	01:26:26	6:10	55	01:43:29	7:23	61
62	853	Tormod Kjørvik	04:37:46	01:26:46	6:06	62	01:27:11	6:13	61	01:43:47	7:24	62
63	843	Knut Anderssen	04:42:39	01:28:33	6:14	67	01:34:45	6:46	67	01:39:20	7:05	63
64	887	Jarle Hammer	04:46:07	01:27:34	6:10	64	01:39:00	7:04	69	01:39:31	7:06	64
65	847	Lennart Skoog	04:47:43	01:28:31	6:14	66	01:32:57	6:38	66	01:46:14	7:35	65
66	871	Tobby Simonsen	04:50:27	01:29:15	6:17	68	01:32:07	6:34	65	01:49:04	7:47	66
67	807	Inge Asbjørn Haugen	04:54:17	01:27:20	6:09	63	01:38:02	7:00	68	01:48:54	7:46	67
68	804	Svein Jansen	04:55:51	01:25:46	6:02	61	01:33:57	6:42	64	01:56:08	8:17	68
69	876	Birger Weydahl	05:10:28	01:36:53	6:49	73	01:40:22	7:10	71	01:53:12	8:05	69
70	877	Per Øyvind Weydahl	05:10:29	01:36:52	6:49	72	01:40:24	7:10	72	01:53:12	8:05	70
71	830	Arild Bauer	05:10:43	01:31:16	6:25	70	01:41:52	7:16	70	01:57:34	8:23	71
72	873	Wiggo Bakken	05:13:22	01:37:29	6:51	74	01:44:50	7:29	73	01:51:02	7:55	72
73	819	Even Hjartholm	05:24:28	01:14:00	5:12	39	01:37:33	6:58	60	02:32:54	10:55	73
74	845	Øistein Ackenhausen	06:09:43	01:52:20	7:54	76	02:08:39	9:11	76	02:08:43	9:11	74
75	872	Sverre Lefsaker	06:24:26	01:36:23	6:47	71	02:14:17	9:35	74	02:33:45	10:58	75
76	801	Lars Try	06:27:02	01:51:03	7:49	75	02:07:23	9:05	75	02:28:35	10:36	76

Fredrikstad Maraton

Mellomtider

Kvinner

27.10.2012

Pls	StNr	Navn	Tid	Runde1:			Runde2:			Runde3:		
				Tid	min/km	Pls	Tid	min/km	Pls	Tid	min/km	Pls
1	840	Linn Karlsvik	03:23:18	01:04:06	4:30	1	01:07:05	4:47	1	01:12:05	5:08	1
2	862	Anja Elise Lid	03:50:07	01:07:54	4:46	2	01:15:30	5:23	2	01:26:42	6:11	2
3	858	Kristine Tørre Asprusten	03:51:32	01:12:02	5:04	3	01:16:09	5:26	3	01:23:19	5:57	3
4	899	Synne Granå Vesterhus	03:51:46	01:15:55	5:20	5	01:16:50	5:29	4	01:18:59	5:38	4
5	811	Torill Forbord	04:02:39	01:16:33	5:23	6	01:21:36	5:49	7	01:24:28	6:02	5
6	867	Turid Holemark Sunde	04:05:49	01:16:34	5:23	7	01:21:19	5:48	6	01:27:54	6:16	6
7	861	Grid Skogen	04:11:15	01:12:40	5:07	4	01:20:58	5:47	5	01:37:36	6:58	7
8	866	Åse Hovden	04:12:29	01:20:43	5:41	8	01:21:24	5:48	8	01:30:21	6:27	8
9	883	May Ulvåen	04:15:10	01:26:39	6:06	10	01:24:01	6:00	10	01:24:29	6:02	9
10	878	Linda Bengtsson	04:15:43	01:28:31	6:14	11	01:34:56	6:46	11	01:12:15	5:09	10
11	818	Astrid Nome	04:16:09	01:21:03	5:42	9	01:22:35	5:53	9	01:32:31	6:36	11
12	832	Titina Bakken	04:47:22	01:29:54	6:19	12	01:35:03	6:47	12	01:42:24	7:18	12