

# Resultatliste

## Ryeløpet

25.05.2010

Plass	Navn	Klubb	Distrikt	Tid	Etter
<b>K12-13</b>					
1	Sara Pettersen Fuglu	Nes SKI		<b>21:12,67</b>	
2	Astrid Tromald	Lyn Ski		<b>23:29,58</b>	02:16,91
Antall	2	Påmeldte: 2	Startende: 2		
<b>K14-15</b>					
1	Kaja Norheim Morken	SK Rye		<b>20:38,81</b>	
2	Ingrid Sørum	Gjelleråsen skigruppe		<b>22:11,63</b>	01:32,82
Antall	2	Påmeldte: 4	Startende: 4		
<b>K18-19</b>					
1	Kristine Dalen	Gjelleråsen		<b>23:07,71</b>	
2	Marie Sørum	Gjelleråsen		<b>26:12,24</b>	03:04,53
Antall	2	Påmeldte: 3	Startende: 3		
<b>K20-39</b>					
1	Ingrid Vikman	IFK Mora		<b>17:28,77</b>	
2	Lana Kelley	NOTEAM		<b>18:02,89</b>	00:34,12
3	Mari Brox	OSI		<b>18:30,83</b>	01:02,06
4	Ida Marie Dahl	Ringkollen Skiklubb		<b>19:08,04</b>	01:39,27
5	Marianne Sandvik	Tyrving		<b>19:46,05</b>	02:17,28
6	Elisabeth Kollerød	NOTEAM		<b>20:05,74</b>	02:36,97
7	Ingeborg Dahl	Ringkollen Skiklubb		<b>20:09,12</b>	02:40,35
8	Lene Berger	Treningshuset		<b>20:28,70</b>	02:59,93
9	Stine Haugen	Rustad IL		<b>21:07,50</b>	03:38,73
10	Klara Lyngnes	Rail-X BIL		<b>21:15,71</b>	03:46,94
11	Mieke Hesselink	Vidar		<b>21:40,74</b>	04:11,97
12	Jeanette Olsen	NOTEAM		<b>21:45,54</b>	04:16,77
13	Ingild Martinsen	SK Rye		<b>21:46,60</b>	04:17,83
14	Tonje Heggren	NOTEAM		<b>22:24,85</b>	04:56,08
15	Wenke Skotte	Opil		<b>22:47,44</b>	05:18,67
16	Marit Svegaarden	Bul		<b>22:53,44</b>	05:24,67
17	Martha Lyngnes	Nettlife Research		<b>23:00,81</b>	05:32,04
18	Kirsten Rakkestad	OSI		<b>23:26,95</b>	05:58,18
19	Cathrine Normann	Asker CK		<b>23:35,96</b>	06:07,19
20	Turid Sylte	Bul		<b>23:36,42</b>	06:07,65
21	Silja Svanstrøm Amundsen	OSI friidrett		<b>23:58,46</b>	06:29,69
22	Anja Gahr	NOTEAM		<b>24:19,42</b>	06:50,65
23	Linn Olsvik	Ingen		<b>24:50,88</b>	07:22,11
24	Astrid Nome	Treningscamp		<b>25:02,86</b>	07:34,09
25	Kristin Pedersen	SK Rye		<b>25:16,46</b>	07:47,69
26	Anette Ingjer	Ingen		<b>25:36,41</b>	08:07,64
27	Anne Marie Dalen	Gjelleråsen		<b>25:39,34</b>	08:10,57
28	Margrethe Sæther	SmIL		<b>25:39,41</b>	08:10,64
29	Ingrid Bakstad	Ingen		<b>26:22,88</b>	08:54,11
30	Connie Nordengen	NOTEAM		<b>27:07,50</b>	09:38,73
31	Vibeke Eggen Berg	FMOA		<b>27:39,15</b>	10:10,38
32	Karina Larsen	Privat		<b>27:43,60</b>	10:14,83
33	Tonje Imsgard	NOTEAM		<b>28:33,97</b>	11:05,20
34	Hatibo Mwanaisha	NOTEAM		<b>30:40,87</b>	13:12,10
35	Gunhild Aasen	NOTEAM		<b>30:55,59</b>	13:26,82
36	Jannike Colbjørnsen	OT BIL		<b>30:58,04</b>	13:29,27
37	Elisabeth Lyfjell	NOTEAM		<b>36:29,09</b>	19:00,32
Antall	37	Påmeldte: 40	Startende: 40		

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25.05.2010

Class	Navn	Klubb	Distrikt	Tid	Etter
<b>K40-44</b>					
1	Hanna Blom Breivik	IL Sandvin		<b>20:43,20</b>	
2	Line Møller	SK Rye		<b>22:33,21</b>	01:50,01
3	Ingebjørt Steinsli	SK Rye		<b>22:42,49</b>	01:59,29
4	Elisabeth Nes	Heggedal IL		<b>22:56,46</b>	02:13,26
5	Eva Graff Bjerke	SK Rye		<b>24:18,00</b>	03:34,80
6	Else Marie Grotterød	SK Rye		<b>24:28,11</b>	03:44,91
7	Camilla Sundsbak	NOTEAM		<b>24:31,73</b>	03:48,53
8	Lise Sofie Woie	Norges idrettshøgskole		<b>24:46,81</b>	04:03,61
9	Anette Bogerud Martinsen	If Forsikring		<b>25:41,35</b>	04:58,15
10	Mi Stjernberg	Lyn Ski		<b>27:36,18</b>	06:52,98
Antall	10	Påmeldte: 11	Startende: 11		
<b>K45-49</b>					
1	Liv Rognlien Østensen	Østre Toten Skilag		<b>21:37,18</b>	
2	Marianne Følling Elgjo	Privat		<b>21:50,60</b>	00:13,42
3	Sissel Pettersen Fuglu	Nes SKI		<b>22:02,47</b>	00:25,29
4	Mirja Rahm	SK Rye		<b>23:01,04</b>	01:23,86
5	Oddny Ringheim	CSC		<b>23:06,37</b>	01:29,19
6	Carina Nyvoll	Fossum IF		<b>23:40,58</b>	02:03,40
7	Karen Mostad	SK Rye		<b>23:42,48</b>	02:05,30
8	Mari Tromald	Lyn Ski		<b>24:21,80</b>	02:44,62
9	Gerd Kirkebøen Støren	Lyn Ski		<b>25:02,25</b>	03:25,07
10	Marianne Joranger	Fossum IF		<b>25:02,43</b>	03:25,25
11	Solbjørg Engeset	Privat		<b>25:10,28</b>	03:33,10
12	Kristin Ekbråthen	FMOA		<b>26:01,11</b>	04:23,93
13	Therese Bjark	Asker Skiklubb		<b>26:25,43</b>	04:48,25
Antall	13	Påmeldte: 16	Startende: 16		
<b>K50-54</b>					
1	Inge Marie Vinje	NOTEAM		<b>23:50,72</b>	
2	Jorun Lolland	Moss Skiklubb		<b>25:17,41</b>	01:26,69
3	Anita Sjøvik	Høvik Jogg		<b>26:03,19</b>	02:12,47
4	Laila Eide Risanger	OUS		<b>32:27,97</b>	08:37,25
Antall	4	Påmeldte: 6	Startende: 6		
<b>K55-59</b>					
1	Tove Kurås	SK Rye		<b>23:55,64</b>	
2	Anne Fjeld	SK Rye		<b>23:59,15</b>	00:03,51
3	Anne Søbstad Rye	SK Rye		<b>26:40,25</b>	02:44,61
4	Ertugrul Fakioglu	Ankara		<b>26:42,24</b>	02:46,60
Antall	4	Påmeldte: 4	Startende: 4		
<b>K65-69</b>					
1	Oline Yksnøy	Rustad IL		<b>27:06,52</b>	
Antall	1	Påmeldte: 1	Startende: 1		
<b>K70-74</b>					
1	Lillemor Grøntun	Spiridon LLL		<b>30:39,89</b>	
Antall	1	Påmeldte: 1	Startende: 1		

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Plass	Navn	Klubb	Distrikt	Tid	Etter
<b>K75-79</b>					
1	Ingvild Garberg	NOTEAM		<b>31:46,57</b>	
Antall	1	Påmeldte: 1	Startende: 1		
<b>M10-11</b>					
1	Hans Ola Pettersen Fuglu	Nes SKI		<b>23:09,09</b>	
Antall	1	Påmeldte: 1	Startende: 1		
<b>M12-13</b>					
1	Henrik Rognes	Røa IL		<b>21:38,90</b>	
2	Magnus Dörsch Noodt	Røa IL		<b>22:50,76</b>	01:11,86
3	Eirik Bergo	Sk Rye/X Triatlon		<b>23:00,59</b>	01:21,69
4	Jørgen Fischer	Nes SKI		<b>23:45,07</b>	02:06,17
5	Simen Wager	Røa IL		<b>25:24,22</b>	03:45,32
6	Peder Sverdrup	Røa IL		<b>27:05,20</b>	05:26,30
7	William Hofsåy	Røa IL		<b>28:52,55</b>	07:13,65
8	Ola Tromald	Lyn Ski		<b>29:30,75</b>	07:51,85
Antall	8	Påmeldte: 10	Startende: 10		
<b>M14-15</b>					
1	Stian Elverhøi	Nes SKI		<b>18:12,87</b>	
2	Espen Persen	Røa IL		<b>18:31,73</b>	00:18,86
3	Joachim Qvaler	Bøler IF		<b>18:33,14</b>	00:20,27
4	Sigurd Blom Breivik	IL Sandvin		<b>19:05,98</b>	00:53,11
5	Aleksander Hølen	Nes SKI		<b>19:45,53</b>	01:32,66
6	Eirik Jonas Blomseth	Lillomarka skiklubb		<b>20:15,21</b>	02:02,34
7	Sigmund Kalseng	Lyn Ski		<b>21:18,89</b>	03:06,02
8	Jens Petter Toresen	Lillomarka skiklubb		<b>22:48,70</b>	04:35,83
9	Olav V. Espenes	Lyn Ski/SK Rye		<b>23:45,79</b>	05:32,92
10	Helge Bergo	Sk Rye/X Triatlon		<b>23:59,37</b>	05:46,50
Antall	10	Påmeldte: 10	Startende: 10		
<b>M16-17</b>					
1	Sivert Vonen	Gjelleråsen		<b>16:52,47</b>	
2	Andreas Molden	Nes SKI		<b>17:15,10</b>	00:22,63
3	Kjetil Andre Bjerkerheim	Nesbyen IF		<b>17:21,68</b>	00:29,21
4	Jostein Gjevve	Kjelsås IL		<b>17:25,53</b>	00:33,06
5	Nikolas Døssland	SK Rye		<b>17:35,52</b>	00:43,05
6	Johannes Sørli Hagrup	Lyn Ski		<b>17:49,48</b>	00:57,01
7	Henrik Gjemdal	Heming/X Triatlon		<b>23:34,49</b>	06:42,02
8	Håkon Eknes	X Triatlon		<b>23:58,57</b>	07:06,10
Antall	8	Påmeldte: 9	Startende: 9		
<b>M18-19</b>					
1	Ulrik Lolland	Moss IL		<b>16:19,73</b>	
Antall	1	Påmeldte: 1	Startende: 1		
<b>M20-39</b>					
1	Eirik Gramstad	OSI		<b>15:22,58</b>	
2	Jan Christian Kaltenborn	Tjalve		<b>15:36,66</b>	00:14,08
3	Øystein Mørk	Bøler IF		<b>15:42,73</b>	00:20,15

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25.05.2010

Plass	Navn	Klubb	Distrikt	Tid	Etter
<b>M20-39</b>					
4	Lasse Blom	Modum		15:46,83	00:24,25
5	Per Christian Stokke	OSI		16:31,00	01:08,42
6	Gerard Cornelissen	Vidar		16:33,29	01:10,71
7	Eirik Solum	OSI		16:47,19	01:24,61
8	Kjell Christian Markset	Koll Team Oso-hotwater		16:50,32	01:27,74
9	Halvor Nilsen	OSI		16:58,01	01:35,43
10	Eldar Frøland	OSI		17:09,03	01:46,45
11	Sergio Lizana Calvo	C.A. Alcorcón		17:16,88	01:54,30
12	Kjetil Ask	Bøler IF		17:18,41	01:55,83
13	Jack Patton	Tjalve		17:23,79	02:01,21
14	Teodor Sveen Nilsen	Argo Securities		17:24,63	02:02,05
15	Ingve Nasvik	SK Rye		17:29,74	02:07,16
16	Tor Gunnar Bjørnstad	Oslo Fronrunners		17:48,37	02:25,79
17	Marius Strandseter	Bøler IF		18:02,36	02:39,78
18	Ole Sondre Kaalstad	Vidar		18:10,38	02:47,80
19	Kristian Ulvik	Team Myrens		18:17,04	02:54,46
20	Øystein Rognes	Statkraft Bil		18:21,58	02:59,00
21	Ola Beiness Fosse	NOTEAM		18:22,21	02:59,63
22	Fredrik Smith	NOTEAM		18:30,30	03:07,72
23	Kristoffer Bråten	Koll Team Oso-hotwater		18:34,41	03:11,83
24	Terje Michelsen	Nordea		18:43,67	03:21,09
25	Ken Tore Tallakstad	Team Sinsen		19:00,02	03:37,44
26	Torfinn Nome	Treningscamp		19:18,98	03:56,40
27	Jens Laurits Nielsen	SK Rye		19:21,41	03:58,83
28	Petter Storsten	NOTEAM		19:23,31	04:00,73
29	Mads Lolland	Moss Skiklubb		19:33,56	04:10,98
30	Mathias Strand	NOTEAM		19:33,91	04:11,33
31	Martin Hay	Bærums skiklub		19:38,71	04:16,13
32	Matthew Wilson	SK Rye		19:46,81	04:24,23
33	Amund Hansen	Nes SKI		19:51,73	04:29,15
34	Thomas Riis	NOTEAM		19:54,45	04:31,87
35	Trond Hansen	Galterud IF		20:21,76	04:59,18
36	Jaan Ivar Semlitsch	NOTEAM		20:33,64	05:11,06
37	Tore Jørgen Rye	Storebrand Sport		20:54,09	05:31,51
38	Anders Gudevold	KPMG		21:11,49	05:48,91
39	Bjørn Ingar Skinnes	NOTEAM		21:32,38	06:09,80
40	Stig Ove Øren	Halden Poltiidrettslag		21:34,26	06:11,68
41	Lars Martin Dobbe	SK Rye		21:39,63	06:17,05
42	Iver Båtvik	NOTEAM		21:50,25	06:27,67
43	Rune Willumsen	Havfonn		21:50,72	06:28,14
44	Christian Falkenberg Kjøde	Oslo Børs		22:18,80	06:56,22
45	Øystein Langangen	NOTEAM		22:28,30	07:05,72
46	Torkel Haugødegård	SmIL		22:52,15	07:29,57
47	Henric Söderlund	Oslofjord Triatlon		25:14,35	09:51,77
48	Senthuran Selvaratnam	NOTEAM		27:35,78	12:13,20
49	Martha Eike	NOTEAM		30:55,44	15:32,86
Antall	49	Påmeldte: 51	Startende: 51		

## M40-44

1	Jon Per Nygaard	Persbråten vgs		16:27,88	
2	Frank Dennis Kristiansen	SK Rye		17:06,51	00:38,63
3	Øyvind Simonsen	Rema		17:30,83	01:02,95
4	Geir Lunde	Bøler IF		17:35,11	01:07,23
5	Knut Bergo	X Triatlon		18:07,58	01:39,70
6	Ole-Kristian Kristensen	Fossum IF		18:51,16	02:23,28
7	Rolf Karlisen	Bul		19:01,12	02:33,24

# Resultatliste

## Ryeløpet

25.05.2010

Plass	Navn	Klubb	Distrikt	Tid	Etter
<b>M40-44</b>					
8	Jørgen Saxegaard	Hjellnes Consult		<b>19:17,28</b>	02:49,40
9	Aleksander Stray	Bygdø IL		<b>19:23,00</b>	02:55,12
10	Jan Magne Sund	Nexans		<b>19:46,02</b>	03:18,14
11	Jens Arne Morken	Njal		<b>20:04,72</b>	03:36,84
12	Frode Georgsen	FBI		<b>20:32,31</b>	04:04,43
13	Ketil Sigde	Linderud IL		<b>21:28,28</b>	05:00,40
14	Ole Magnus Kinn	NOTEAM		<b>21:50,81</b>	05:22,93
15	Espen Wager	Røa IL		<b>22:10,20</b>	05:42,32
16	Frank Thommesen	SK Rye		<b>22:16,69</b>	05:48,81
17	Christopher Aalholm	Privat		<b>22:31,40</b>	06:03,52
18	Petter Sundsbak	NOTEAM		<b>23:15,00</b>	06:47,12
Antall	18	Påmeldte: 19		Startende: 19	
<b>M45-49</b>					
1	Bjørnar Andersen	Bøler IF		<b>16:55,23</b>	
2	Tor Fauske	Løplabben		<b>17:25,81</b>	00:30,58
3	Tore Bjerkheim	Sportsmaster		<b>17:31,80</b>	00:36,57
4	Fredrik Baumann	Heming/OKK		<b>18:04,88</b>	01:09,65
5	Dag Eirik Vågdal	EDB IT Operations		<b>18:45,92</b>	01:50,69
6	Erik Henriksen	Computas BIL		<b>19:00,22</b>	02:04,99
7	Oddbjørn Overskott	OSI		<b>19:11,99</b>	02:16,76
8	Michael Floater	OSI		<b>19:33,96</b>	02:38,73
9	Ejgil Nielsen	TCK		<b>20:21,36</b>	03:26,13
10	Arild Espenes	Lyn		<b>20:29,29</b>	03:34,06
11	Petter Endsjø	First BIL		<b>21:48,36</b>	04:53,13
12	Dag Sørsdahl	Oslofjord Triathlon		<b>25:35,27</b>	08:40,04
13	John Cods	NOTEAM		<b>27:33,44</b>	10:38,21
14	Karl Johan Tvedt	Kfum-Kam, Oslo		<b>29:33,58</b>	12:38,35
Antall	14	Påmeldte: 17		Startende: 17	
<b>M50-54</b>					
1	Trond Olav Berg	Bøler IF		<b>17:31,78</b>	
2	Torbjørn Dahl	Follum BIL		<b>18:10,31</b>	00:38,53
3	Dag Espeland	Jutul IL		<b>18:51,50</b>	01:19,72
4	Per Gunnar Gulstuen	Obos		<b>19:40,91</b>	02:09,13
5	Kurth Asle Magnussen	Bøler IF		<b>19:58,72</b>	02:26,94
6	Jon Erik Arnesen	Nordea IL		<b>21:01,57</b>	03:29,79
7	Heming Leira	Songsvann Rundt		<b>21:13,02</b>	03:41,24
8	Ketil Stølen	SINTEF		<b>21:19,46</b>	03:47,68
9	Reidar Søbstad	SK Rye		<b>22:19,19</b>	04:47,41
10	Rolf Inge Dalen	Gjelleråsen		<b>22:38,24</b>	05:06,46
11	Stein Foss	SK Rye		<b>23:20,46</b>	05:48,68
12	Odd Erik Haugland	Flytoget		<b>24:31,90</b>	07:00,12
13	Øystein Valldal	e-joggen		<b>26:10,59</b>	08:38,81
Antall	13	Påmeldte: 13		Startende: 13	
<b>M55-59</b>					
1	Finn Erhard Johannessen	OSI		<b>18:52,18</b>	
2	Arne Nestegård	Veritas BIL		<b>19:06,22</b>	00:14,04
3	Yngve Slettholm	Oppsal IF		<b>20:10,14</b>	01:17,96
4	Harald Sverdrup-Thygeson	Høvik Jogg		<b>20:28,34</b>	01:36,16
5	Helge Fjeldstad	Rustad IL		<b>20:28,36</b>	01:36,18
6	Rune Fossheim	Kondis		<b>21:11,98</b>	02:19,80

# Resultatliste

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Plass	Navn	Klubb	Distrikt	Tid	Etter
<b>M55-59</b>					
7	Ragnar Solberg	Oppsal		<b>22:21,22</b>	03:29,04
8	Kåre Klevjer	SEB		<b>23:37,37</b>	04:45,19
9	Ove Andre Kvalnes	SK Rye		<b>23:43,96</b>	04:51,78
10	Thomas Vermes	SK Rye		<b>23:57,25</b>	05:05,07
11	Baard Haugen	Rustad IL		<b>25:58,08</b>	07:05,90
Antall	11	Påmeldte: 13	Startende: 13		
<b>M60-64</b>					
1	Bjørn Lauglo	Stovner Kameratene		<b>19:37,72</b>	
2	Helge Lund	NOTEAM		<b>21:49,25</b>	02:11,53
3	Dag Erichsrud	OSI/DnB NOR BIL		<b>22:18,45</b>	02:40,73
4	Jarl-Eirik Thune	Ren O Fin		<b>23:06,15</b>	03:28,43
5	Bjørn Haugen	SK Rye		<b>23:09,79</b>	03:32,07
6	Tommy Kristoffersen	SK Rye		<b>24:22,54</b>	04:44,82
Antall	6	Påmeldte: 6	Startende: 6		
<b>M65-69</b>					
1	Kjell Anders Kraakmo	Nordea BIL		<b>20:38,10</b>	
2	Botolf Myrvold	Jutul IL		<b>22:58,70</b>	02:20,60
3	Bjarne Farstad	IL Bryn		<b>24:53,37</b>	04:15,27
DNF	Bjarne Nordengen	NOTEAM		<b>21:16,44</b>	
Antall	4	Påmeldte: 5	Startende: 5		
<b>M70-74</b>					
1	Gunnar Serck-Hanssen	Heming		<b>22:25,18</b>	
2	Bjørn Arnesen	Nordea Idrettslag		<b>25:01,74</b>	02:36,56
Antall	2	Påmeldte: 3	Startende: 3		
<b>M75-59</b>					
DNF	Frode Høivik	NOTEAM			
Antall	1	Påmeldte: 1	Startende: 1		
<b>M75-79</b>					
1	Rudolf Bernhardsen	NOTEAM		<b>27:39,83</b>	
Antall	1	Påmeldte: 1	Startende: 1		