

# Fredrikstad-løpet

10.4.2011

5km

## Komplett Resultatliste



### Kvinner

| Pluss | StNr | Navn                      | Klasse | Klubb                    | Tid      | Tid Bak  | Total Pluss |
|-------|------|---------------------------|--------|--------------------------|----------|----------|-------------|
| 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 IDRETTSKLAG         | 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 IDRETTSKLAG | 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 IDRETTSKLAG | 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 IDRETTSKLAG | 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 Skoghus        | 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

| Class | 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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## 5km

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10.4.2011

#### Menn

| 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 Rymoen                | 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 | EIDSBERG 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         |