

Halden Ultraintervall - Resultater 2012



Start				Total										Snitt pr.	
nr.	Navn	Lag	Født	Totaltid	Km	Løp 1	Løp 2	Løp 3	Løp 4	Løp 5	Løp 6	Løp 7	Løp 8	Løp	Km
152	Gjermund Sørstad	IF Sturla/Team joggen	1979	5:01:28	80	00:36:07	00:36:01	00:36:59	00:37:31	00:38:03	00:38:10	00:39:51	00:38:46	0:37:41	0:03:46
125	Espen Ringom	SK Vidar	1975	5:52:18	80	00:39:37	00:39:22	00:40:42	00:42:40	00:46:20	00:45:58	00:48:47	00:48:52	0:44:02	0:04:24
123	Arne Chr. Folmer	Halden IL	1966	6:04:14	80	00:44:31	00:44:16	00:44:31	00:44:25	00:45:00	00:46:08	00:48:05	00:47:18	0:45:32	0:04:33
137	Christopher Aalholm	SK Vidar	1969	6:12:09	80	00:44:01	00:43:22	00:45:05	00:46:32	00:46:10	00:47:00	00:49:08	00:50:51	0:46:31	0:04:39
144	Mikael Hoffström	Strömstad Löparklubb	1963	6:44:41	80	00:48:22	00:48:04	00:51:46	00:48:42	00:51:05	00:52:45	00:53:34	00:50:23	0:50:35	0:05:04
127	<i>Hilde Johansen</i>	<i>Romerike Ultraløperklu</i>	<i>1973</i>	6:50:59	80	00:49:17	00:48:28	00:48:58	00:49:20	00:51:49	00:52:59	00:55:43	00:54:25	0:51:22	0:05:08
136	Jan Kr. Bråten-Obel	Hønefoss putters	1969	6:56:06	80	00:50:26	00:48:31	00:49:55	00:52:57	00:54:53	00:53:51	00:55:08	00:50:25	0:52:01	0:05:12
151	<i>Karianne Christina Holene</i>	<i>Spent Moss</i>	<i>1987</i>	7:27:09	80	00:49:15	00:48:30	00:51:24	00:54:04	00:56:29	00:58:45	01:02:58	01:05:44	0:55:54	0:05:35
128	Knut Kronstad	Romerike Ultraløperklu	1953	7:52:28	80	00:53:29	00:50:36	00:53:16	00:57:12	01:01:26	01:03:37	01:06:33	01:06:19	0:59:04	0:05:54
126	<i>Ingunn Ytrehus</i>	<i>Northern Runners</i>	<i>1950</i>	8:09:40	80	00:57:03	00:56:32	00:56:50	00:59:56	01:01:38	01:04:23	01:06:52	01:06:26	1:01:12	0:06:07
146	Stian Bøhmer	Sogn og Fjordane Polit	1977	8:10:19	80	00:53:18	00:58:51	01:03:12	00:57:41	01:03:19	01:05:07	01:09:44	00:59:07	1:01:17	0:06:08
133	<i>Berit Frøisland Messelt</i>	<i>MOFIL</i>	<i>1985</i>	8:32:28	80	00:57:41	00:58:50	01:03:12	01:04:41	01:03:19	01:05:07	01:09:44	01:09:54	1:04:03	0:06:24
134	Ole Jørgen Juelsen	MOFIL	1976	8:32:28	80	00:57:40	00:58:51	01:03:12	01:04:41	01:03:19	01:05:06	01:09:44	01:09:55	1:04:03	0:06:24
124	<i>Marit K. Berg Bjerknes</i>	<i>Romerike Ultraløperklu</i>	<i>1963</i>	8:37:04	80	00:56:30	00:56:09	00:58:11	01:02:45	01:04:15	01:15:52	01:16:37	01:06:45	1:04:38	0:06:28
141	<i>Hege Thorkildsen Jelsnes</i>	<i>MOFIL</i>	<i>1981</i>	9:54:45	80	00:57:40	00:59:16	01:03:42	01:06:32	01:12:20	01:17:36	01:37:38	01:40:01	1:14:21	0:07:26
143	Endre Vindheim	Spiridon LLL	1964	9:59:57	80	00:51:17	00:56:09	01:01:51	01:05:52	01:14:46	01:32:21	01:37:40	01:40:01	1:15:00	0:07:30
142	Kim Johannesen	Romerike	1985	4:31:57	60	00:43:36	00:42:51	00:44:05	00:44:06	00:50:16	00:47:03	dns	dns	0:45:20	0:04:32
148	Atle Simonsen	Halden Cykleklub	1978	6:23:21	60	00:57:41	00:59:17	01:03:43	01:07:59	01:08:19	01:06:22	dnf	dns	1:03:53	0:06:23
5145	Martin Roos	Strömstad Löparklubb	1975	4:28:08	50	00:49:56	00:49:32	00:50:36	00:55:44	01:02:20	dns	dns	dns	0:53:38	0:05:22
135	<i>Wibeke Andersen</i>	<i>Romerike ultraløpeklub</i>	<i>1973</i>	3:31:32	40	00:51:10	00:50:38	00:52:19	00:57:25	dns				0:52:53	0:05:17
131	Bjørn Hytjanstorp	Spiridon LLL	1966	2:33:50	30	00:51:11	00:49:21	00:53:18	dnf	dns	dns	dns	dns	0:51:17	0:05:08
132	Jostein Ryan	Fredrikstad IF	1982	1:39:05	20	00:47:44	00:51:21	dnf	dns	dns	dns	dns	dns	0:49:33	0:04:57
129	<i>Torill Forbord</i>	<i>Spiridon LLL / Steinkjer</i>	<i>1966</i>	DNS	0										
130	<i>Ellen Wold</i>	<i>Romerike Ultraløperklu</i>	<i>1965</i>	DNS	0										
138	Frants Mohr	Romerike Ultraløperklu	1963	DNS	0										
139	<i>Wenche Dørum</i>	<i>Royal Sport</i>	<i>1954</i>	DNS	0										
140	<i>Ragnhild Audestad</i>	<i>Ultraløpeklubb</i>	<i>1965</i>	DNS	0										
147	Bjørn Nøstvik	Halden Cykleklub	1969	DNS	0										
149	<i>Cicilia Idland</i>	<i>Halden Cykleklub</i>	<i>1967</i>	DNS	0										
150	Aasmund Danielsen	Family SportsClub Hald	1975	DNS	0										
Beste Tid						0:36:07	0:36:01	0:36:59	0:37:31	0:38:03	0:38:10	0:39:51	0:38:46	0:37:41	0:03:46
Snitt tid						0:50:21	0:50:40	0:53:11	0:55:02	0:57:38	0:59:54	1:04:14	1:02:49	0:55:38	0:05:34