

# Halden Ultraintervall - Resultater 2014



Start nr.	Navn	Lag	Født	Totaltid	Total Km	Løp 1	Løp 2	Løp 3	Løp 4	Løp 5	Løp 6	Løp 7	Løp 8	Snitt pr. Løp	Snitt pr. Km	Kjønn
47	Mattias Karlsson	Slevik IL		1:14:10	20	00:36:26	00:37:44							0:37:05	0:03:42	M
49	Bjørn Tore Kronen Taranger	Gular		1:14:18	20	00:36:28	00:37:50							0:37:09	0:03:43	K
42	Robert Hansen	Storgaten Bil /Hytteplan Sport	1975	1:14:57	20	00:37:00	00:37:57							0:37:29	0:03:45	K
21	Kim Olsen	Fredrikstad IF	1976	1:19:00	20	00:38:41	00:40:19							0:39:30	0:03:57	M
38	Felix Haug	Eidsberg O2	1992	1:21:30	20	00:41:11	00:40:19							0:40:45	0:04:04	M
39	Simon Bjørnholm	BUL	1980	1:21:56	20	00:41:11	00:40:45							0:40:58	0:04:06	K
43	Erik Andersen	Østmarka IL Triathlon / Team Ra	1981	1:24:05	20	00:42:06	00:41:59							0:42:03	0:04:12	M
12	Guro Skjeggerud	Northern Runners	1973	1:24:51	20	00:42:12	00:42:39							0:42:25	0:04:15	M
17	Kari Langerud	Hyttplan Sport	1959	1:25:26	20	00:42:14	00:43:12							0:42:43	0:04:16	M
37	Johnny Stensrud	Moss CK	1963	1:26:31	20	00:43:22	00:43:09							0:43:15	0:04:20	M
19	Victor Borge Svendsen	Halden triathlon klubb	1995	1:26:51	20	00:42:49	00:44:02							0:43:26	0:04:21	M
7	Even Nedberg		1977	1:27:45	20	00:43:55	00:43:50							0:43:52	0:04:23	K
44	Kim Maarud Høistad	Østmarka IL Triatlon	1973	1:27:52	20	00:42:51	00:45:01							0:43:56	0:04:24	K
45	John Gunnar Jakobsen	Nøstret	1967	1:31:57	20	00:47:03	00:44:54							0:45:58	0:04:36	K
36	Thomas Engelsingjerd	Halden Cykleklub	1994	1:32:24	20	00:44:54	00:47:30							0:46:12	0:04:37	M
8	Per Ole Justad	Tofte/Fremad	1964	1:32:45	20	00:46:18	00:46:27							0:46:23	0:04:38	M
11	Stein-Vidar Torø	Tofte Fremad IL	1969	1:32:45	20	00:46:18	00:46:27							0:46:23	0:04:38	K
25	Glenn Kristiansen	Halliburton	1979	1:35:23	20	00:47:31	00:47:52							0:47:42	0:04:46	M
26	Stian Heimsvik	Romerike Ultraløperklubb	1989	1:35:49	20	00:48:17	00:47:32							0:47:55	0:04:47	M
32	Jorunn Hagesæther	Haugesund triatlon klubb	1971	1:36:15	20	00:47:57	00:48:18							0:48:08	0:04:49	M
27	Ingvill Merete Stedøy-Johan	Romerike Ultraløperklubb	1957	1:36:44	20	00:47:56	00:48:48							0:48:22	0:04:50	M
14	Hilde Johansen	Romerike Ultraløperklubb	1973	1:37:45	20	00:48:53	00:48:52							0:48:53	0:04:53	M
30	Jon Frøyland	Skjeberg CK	1968	1:38:29	20	00:49:19	00:49:10							0:49:15	0:04:55	M
24	Miriam Delphin	Romerike Ultraløperklubb	1970	1:38:45	20	00:48:12	00:50:33							0:49:23	0:04:56	K
13	Åshild Nilsen	Northern Runners	1967	1:39:43	20	00:49:39	00:50:04							0:49:52	0:04:59	M
28	Daniel Andersen		1988	1:42:50	20	00:51:40	00:51:10							0:51:25	0:05:08	M
18	Knut Kronstad	Romerike Ultraløperklubb	1953	1:43:30	20	00:51:02	00:52:28							0:51:45	0:05:11	K
9	Odd Hilberg Johansen		1952	1:43:31	20	00:51:16	00:52:15							0:51:46	0:05:11	M
40	Stian Bøhmer	S&F pil	1977	1:43:37	20	00:51:12	00:52:25							0:51:48	0:05:11	M
6	Paula Francisca Helcl		1976	1:43:40	20	00:51:20	00:52:20							0:51:50	0:05:11	M
31	Thor-Martin Frøyland	Grandahl Eiendomsmegling AS	1992	1:43:41	20	00:51:17	00:52:24							0:51:51	0:05:11	M
2	Marit K. Berg Bjerknes	Romerike Ultraløperklubb	1963	1:43:54	20	00:51:10	00:52:44							0:51:57	0:05:12	K
10	Sondre Weum Johansen	Romerike Ultraløperklubb	1983	1:43:59	20	00:50:57	00:53:02							0:52:00	0:05:12	M
4	Tom Larsen	Romerike Ultraløperklubb	1967	1:46:11	20	00:51:18	00:54:53							0:53:06	0:05:19	M
1	Atle Simonsen	Halden Cykleklub	1978	1:46:53	20	00:54:22	00:52:31							0:53:27	0:05:21	M
29	Denny Søreng Lunde		1988	1:49:43	20	00:54:47	00:54:56							0:54:51	0:05:29	M
3	Ingunn Ytrehus	Northern Runners	1950	1:50:12	20	00:56:03	00:54:09							0:55:06	0:05:31	M
22	Gregor Gucwa		1974	1:51:31	20	00:56:06	00:55:25							0:55:46	0:05:35	M
41	Kristoffer Olsen		1992	1:52:57	20	00:56:05	00:56:52							0:56:28	0:05:39	M
16	Stig Andy Kvalheim Rambø	Hyttplan Sport	1969	1:54:50	20	00:58:01	00:56:49							0:57:25	0:05:44	M
48	Aleksander Moen	Team Moen		2:03:54	20	01:01:50	01:02:04							1:01:57	0:06:12	M
50	Martin Skjelin	Team Moen		2:03:55	20	01:01:51	01:02:04							1:01:58	0:06:12	M
<b>Beste Tid</b>				<b>1:14:10</b>		<b>0:36:26</b>	<b>0:37:44</b>							<b>0:37:05</b>	<b>0:03:42</b>	
<b>Snitt tid</b>				<b>1:36:50</b>		<b>0:48:10</b>	<b>0:48:40</b>							<b>0:48:25</b>	<b>0:04:50</b>	