

# Halden Ultraintervall - Resultater 2014



Start													Snitt pr.	Snitt pr.		
nr.	Navn	Lag	Født	Totaltid	Total Km	Løp 1	Løp 2	Løp 3	Løp 4	Løp 5	Løp 6	Løp 7	Løp 8	Løp	Km	Kjønn
47	Mattias Karlsson	Slevig IL	1984	<b>2:28:18</b>	40	00:36:26	00:37:44	00:36:45	00:37:23					0:37:05	0:03:42	
49	Bjørn Tore Kronen Taranger	Gular	1979	<b>2:29:29</b>	40	00:36:28	00:37:50	00:37:26	00:37:45					0:37:22	0:03:44	
42	Robert Hansen	Storgaten Bil /Hytteplan Sport	1975	<b>2:33:57</b>	40	00:37:00	00:37:57	00:38:34	00:40:26					0:38:29	0:03:51	
21	Kim Olsen	Fredrikstad IF	1976	<b>2:41:25</b>	40	00:38:41	00:40:19	00:41:26	00:40:59					0:40:21	0:04:02	
38	Felix Haug	Eidsberg O2	1992	<b>2:43:21</b>	40	00:41:11	<b>00:40:19</b>	<b>00:41:20</b>	<b>00:40:31</b>					0:40:50	0:04:05	
39	Simon Björnholm	BUL	1980	<b>2:46:25</b>	40	00:41:11	00:40:45	00:41:47	00:42:42					0:41:36	0:04:10	
43	Erik Andersen	Østmarka IL Triathlon / Team Ra	1981	<b>2:50:38</b>	40	00:42:06	00:41:59	00:42:19	00:44:14					0:42:40	0:04:16	
12	<i>Guro Skjeggerud</i>	<i>Northern Runners</i>	<i>1973</i>	<b>2:54:16</b>	40	00:42:12	00:42:39	00:44:07	00:45:18					0:43:34	0:04:21	
37	Johnny Stensrud	Moss CK	1963	<b>2:55:08</b>	40	00:43:22	00:43:09	00:43:26	00:45:11					0:43:47	0:04:23	
17	<i>Kari Langerud</i>	<i>Hytteplan Sport</i>	<i>1959</i>	<b>2:55:24</b>	40	00:42:14	00:43:12	00:44:23	00:45:35					0:43:51	0:04:23	
7	Even Nedberg		1977	<b>2:57:36</b>	40	00:43:55	00:43:50	00:43:47	00:46:04					0:44:24	0:04:26	
19	Victor Borge Svendsen	Halden triathlon klubb	1995	<b>2:58:59</b>	40	00:42:49	00:44:02	00:45:19	00:46:49					0:44:45	0:04:28	
45	John Gunnar Jakobsen	Nøstret	1967	<b>3:00:34</b>	40	00:47:03	00:44:54	00:43:47	00:44:50					0:45:09	0:04:31	
44	Kim Maarud Høistad	Østmarka IL Triatlon	1973	<b>3:02:41</b>	40	00:42:51	00:45:01	00:46:21	00:48:28					0:45:40	0:04:34	
8	Per Ole Justad	Tofte/Fremad	1964	<b>3:12:09</b>	40	00:46:18	00:46:27	00:47:34	00:51:50					0:48:02	0:04:48	
32	<i>Jorunn Hagesæther</i>	<i>Haugesund triatlon klubb</i>	<i>1971</i>	<b>3:12:35</b>	40	00:47:57	00:48:18	00:48:06	00:48:14					0:48:09	0:04:49	
11	Stein-Vidar Torø	Tofte Fremad IL	1969	<b>3:14:29</b>	40	00:46:18	00:46:27	00:49:25	00:52:19					0:48:37	0:04:52	
26	Stian Heimsvik	Romerike Ultraløperklubb	1989	<b>3:15:00</b>	40	00:48:17	00:47:32	00:47:48	00:51:23					0:48:45	0:04:52	
14	<i>Hilde Johansen</i>	<i>Romerike Ultraløperklubb</i>	<i>1973</i>	<b>3:18:28</b>	40	00:48:53	00:48:52	00:49:32	00:51:11					0:49:37	0:04:58	
27	<i>Ingvill Merete Stedøy-Johan</i>	<i>Romerike Ultraløperklubb</i>	<i>1957</i>	<b>3:19:12</b>	40	00:47:56	00:48:48	00:49:59	00:52:29					0:49:48	0:04:59	
30	Jon Frøyland	Skjeberg CK	1968	<b>3:21:24</b>	40	00:49:19	00:49:10	00:50:19	00:52:36					0:50:21	0:05:02	
25	Glenn Kristiansen	Halliburton	1979	<b>3:22:07</b>	40	00:47:31	00:47:52	00:51:06	00:55:38					0:50:32	0:05:03	
13	<i>Åshild Nilsen</i>	<i>Northern Runners</i>	<i>1967</i>	<b>3:24:22</b>	40	00:49:39	00:50:04	00:51:17	00:53:22					0:51:06	0:05:07	
24	<i>Miriam Delphin</i>	<i>Romerike Ultraløperklubb</i>	<i>1970</i>	<b>3:26:54</b>	40	00:48:12	00:50:33	00:50:54	00:57:15					0:51:44	0:05:10	
6	<i>Paula Francisca Helcl</i>		<i>1976</i>	<b>3:31:27</b>	40	00:51:20	00:52:20	00:53:18	00:54:29					0:52:52	0:05:17	
31	Thor-Martin Frøyland	Grandahl Eiendomsmegling AS	1992	<b>3:32:13</b>	40	00:51:17	00:52:24	00:53:14	00:55:18					0:53:03	0:05:18	
40	Stian Bøhmer	S&F pil	1977	<b>3:35:21</b>	40	00:51:12	00:52:25	00:54:27	00:57:17					0:53:50	0:05:23	
28	Daniel Andersen		1988	<b>3:36:52</b>	40	00:51:40	00:51:10	00:55:12	00:58:50					0:54:13	0:05:25	
9	Odd Hilberg Johansen		1952	<b>3:39:58</b>	40	00:51:16	00:52:15	00:56:50	00:59:37					0:55:00	0:05:30	
2	<i>Marit K. Berg Bjerknes</i>	<i>Romerike Ultraløperklubb</i>	<i>1963</i>	<b>3:41:01</b>	40	00:51:10	00:52:44	00:57:14	00:59:53					0:55:15	0:05:32	
29	Denny Søreng Lunde		1988	<b>3:46:17</b>	40	00:54:47	00:54:56	00:57:44	00:58:50					0:56:34	0:05:39	
1	Atle Simonsen	Halden Cykleklubb	1978	<b>3:47:33</b>	40	00:54:22	00:52:31	00:57:43	01:02:57					0:56:53	0:05:41	
18	Knut Kronstad	Romerike Ultraløperklubb	1953	<b>3:47:36</b>	40	00:51:02	00:52:28	00:56:59	01:07:07					0:56:54	0:05:41	
22	Gregor Gucwa		1974	<b>3:50:09</b>	40	00:56:06	00:55:25	00:59:31	00:59:07					0:57:32	0:05:45	
4	Tom Larsen	Romerike Ultraløperklubb	1967	<b>3:51:17</b>	40	00:51:18	00:54:53	00:57:58	01:07:08					0:57:49	0:05:47	
16	Stig Andy Kvalheim Rambø	Hyttplan Sport	1969	<b>3:53:40</b>	40	00:58:01	00:56:49	00:57:59	01:00:51					0:58:25	0:05:50	
3	<i>Ingunn Ytrehus</i>	<i>Northern Runners</i>	<i>1950</i>	<b>3:58:49</b>	40	00:56:03	00:54:09	01:00:36	01:08:01					0:59:42	0:05:58	
10	Sondre Weum Johansen	Romerike Ultraløperklubb	1983	<b>4:03:39</b>	40	00:50:57	00:53:02	01:03:39	01:16:01					1:00:55	0:06:05	
41	Kristoffer Olsen		1992	<b>4:04:03</b>	40	00:56:05	00:56:52	01:03:56	01:07:10					1:01:01	0:06:06	
48	Aleksander Moen	Team Moen	1985	<b>4:14:54</b>	40	01:01:50	01:02:04	01:03:48	01:07:12					1:03:43	0:06:22	
50	Martin Skjelin	Team Moen	1988	<b>4:14:56</b>	40	01:01:51	01:02:04	01:03:53	01:07:08					1:03:44	0:06:22	
36	Thomas Engelsgjerd	Halden Cykleklubb	1994	<b>1:32:24</b>	20	00:44:54	00:47:30	DNF						0:46:12	0:04:37	
				<b>1:32:24</b>		0:38:41	0:40:19	0:41:20	0:40:31					0:40:21	0:04:02	
				<b>3:22:27</b>		0:49:03	0:49:30	0:51:47	0:54:50					0:51:12	0:05:07	