

# Halden Ultraintervall - Resultater 2014



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