

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	Slevik IL	1984	3:45:17	60	00:36:26	00:37:44	00:36:45	00:37:23	00:38:22	00:38:37			0:37:33	0:03:45	
49	Bjørn Tore Kronen Taranger	Gular	1979	3:46:04	60	00:36:28	00:37:50	00:37:26	00:37:45	00:38:10	00:38:25			0:37:41	0:03:46	
38	Felix Haug	Eidsberg O2	1992	4:09:14	60	00:41:11	00:40:19	00:41:20	00:40:31	00:42:07	00:43:46			0:41:32	0:04:09	
39	Simon Bjørnholm	BUL	1980	4:12:39	60	00:41:11	00:40:45	00:41:47	00:42:42	00:42:08	00:44:06			0:42:07	0:04:13	
43	Erik Andersen	Østmarka IL Triathlon / Team Ra	1981	4:18:24	60	00:42:06	00:41:59	00:42:19	00:44:14	00:43:51	00:43:55			0:43:04	0:04:18	
12	Guro Skjeggerud	Northern Runners	1973	4:26:40	60	00:42:12	00:42:39	00:44:07	00:45:18	00:45:49	00:46:35			0:44:27	0:04:27	
17	Kari Langerud	Hytteplan Sport	1959	4:29:42	60	00:42:14	00:43:12	00:44:23	00:45:35	00:46:51	00:47:27			0:44:57	0:04:30	
19	Victor Borge Svendsen	Halden triathlon klubb	1995	4:30:01	60	00:42:49	00:44:02	00:45:19	00:46:49	00:44:43	00:46:19			0:45:00	0:04:30	
45	John Gunnar Jakobsen	Nøstret	1967	4:31:34	60	00:47:03	00:44:54	00:43:47	00:44:50	00:44:42	00:46:18			0:45:16	0:04:32	
7	Even Nedberg		1977	4:34:55	60	00:43:55	00:43:50	00:43:47	00:46:04	00:48:14	00:49:05			0:45:49	0:04:35	
44	Kim Maarud Høistad	Østmarka IL Triatlon	1973	4:41:07	60	00:42:51	00:45:01	00:46:21	00:48:28	00:49:16	00:49:10			0:46:51	0:04:41	
32	Jorunn Hagesæther	Haugesund triatlon klubb	1971	4:53:03	60	00:47:57	00:48:18	00:48:06	00:48:14	00:49:14	00:51:14			0:48:51	0:04:53	
8	Per Ole Justad	Tofte/Fremad	1964	4:55:23	60	00:46:18	00:46:27	00:47:34	00:51:50	00:49:09	00:54:05			0:49:14	0:04:55	
26	Stian Heimsvik	Romerike Ultraløperklubb	1989	4:55:23	60	00:48:17	00:47:32	00:47:48	00:49:20	00:50:29	00:51:57			0:49:14	0:04:55	
14	Hilde Johansen	Romerike Ultraløperklubb	1973	4:58:55	60	00:48:53	00:48:52	00:49:32	00:49:17	00:50:27	00:51:54			0:49:49	0:04:59	
27	Ingvill Merete Stedøy-Johan:	Romerike Ultraløperklubb	1957	5:07:36	60	00:47:56	00:48:48	00:49:59	00:52:29	00:54:04	00:54:20			0:51:16	0:05:08	
11	Stein-Vidar Torø	Tofte Fremad IL	1969	5:08:09	60	00:46:18	00:46:27	00:49:25	00:52:19	00:56:26	00:57:14			0:51:22	0:05:08	
30	Jon Frøyland	Skjeberg CK	1968	5:10:32	60	00:49:19	00:49:10	00:50:19	00:52:36	00:54:20	00:54:48			0:51:45	0:05:11	
13	Åshild Nilsen	Northern Runners	1967	5:12:17	60	00:49:39	00:50:04	00:51:17	00:53:22	00:53:16	00:54:39			0:52:03	0:05:12	
25	Glenn Kristiansen	Halliburton	1979	5:31:03	60	00:47:31	00:47:52	00:51:06	00:55:38	01:01:07	01:07:49			0:55:11	0:05:31	
31	Thor-Martin Frøyland	Grandahl Eiendomsmegling AS	1992	5:31:45	60	00:51:17	00:52:24	00:53:14	00:55:18	00:59:04	01:00:28			0:55:17	0:05:32	
24	Miriam Delphin	Romerike Ultraløperklubb	1970	5:33:54	60	00:48:12	00:50:33	00:50:54	00:57:15	00:58:43	01:08:17			0:55:39	0:05:34	
6	Paula Francisca Helcl		1976	5:36:16	60	00:51:20	00:52:20	00:53:18	00:54:29	00:58:11	01:06:38			0:56:03	0:05:36	
40	Stian Bøhmer	S&F pil	1977	5:37:24	60	00:51:12	00:52:25	00:54:27	00:57:17	00:59:03	01:03:00			0:56:14	0:05:37	
9	Odd Hilberg Johansen		1952	5:40:39	60	00:51:16	00:52:15	00:56:50	00:59:37	00:59:51	01:00:50			0:56:47	0:05:41	
28	Daniel Andersen		1988	5:42:14	60	00:51:40	00:51:10	00:55:12	00:58:50	00:57:34	01:07:48			0:57:02	0:05:42	
2	Marit K. Berg Bjerknes	Romerike Ultraløperklubb	1963	5:51:21	60	00:51:10	00:52:44	00:57:14	00:59:53	01:01:39	01:08:41			0:58:34	0:05:51	
29	Denny Sørøng Lunde		1988	5:52:10	60	00:54:47	00:54:56	00:57:44	00:58:50	00:58:05	01:07:48			0:58:42	0:05:52	
22	Gregor Gucwa		1974	5:59:36	60	00:56:06	00:55:25	00:59:31	00:59:07	01:03:25	01:06:02			0:59:56	0:06:00	
16	Stig Andy Kvalheim Rambø	Hytteplan Sport	1969	6:08:22	60	00:58:01	00:56:49	00:57:59	01:00:51	01:05:20	01:09:22			1:01:24	0:06:08	
18	Knut Kronstad	Romerike Ultraløperklubb	1953	6:10:31	60	00:51:02	00:52:28	00:56:59	01:07:07	01:09:47	01:13:08			1:01:45	0:06:11	
3	Ingunn Ytrehus	Northern Runners	1950	6:21:19	60	00:56:03	00:54:09	01:00:36	01:08:01	01:08:27	01:14:03			1:03:33	0:06:21	
4	Tom Larsen	Romerike Ultraløperklubb	1967	6:24:26	60	00:51:18	00:54:53	00:57:58	01:07:08	01:09:23	01:23:46			1:04:04	0:06:24	
10	Sondre Weum Johansen	Romerike Ultraløperklubb	1983	6:28:56	60	00:50:57	00:53:02	01:03:39	01:16:01	01:11:40	01:13:37			1:04:49	0:06:29	
1	Atle Simonsen	Halden Cykleklub	1978	6:35:27	60	00:54:22	00:52:31	00:57:43	01:02:57	01:18:26	01:29:28			1:05:55	0:06:35	
41	Kristoffer Olsen		1992	6:40:24	60	00:56:05	00:56:52	01:03:56	01:07:10	01:15:55	01:20:26			1:06:44	0:06:40	
48	Aleksander Moen	Team Moen	1985	6:49:53	60	01:01:50	01:02:04	01:03:48	01:07:12	01:15:50	01:19:09			1:08:19	0:06:50	
50	Martin Skjelin	Team Moen	1988	6:49:57	60	01:01:51	01:02:04	01:03:53	01:07:08	01:15:51	01:19:10			1:08:19	0:06:50	
21	Kim Olsen	Fredrikstad IF	1976	3:27:03	50	00:38:41	00:40:19	00:41:26	00:40:59	00:45:38	DNF			0:41:25	0:04:08	
37	Johnny Stensrud	Moss CK	1963	3:42:46	50	00:43:22	00:43:09	00:43:26	00:45:11	00:47:38	DNF			0:44:33	0:04:27	
42	Robert Hansen	Storgaten Bil /Hytteplan Sport	1975	2:33:57	40	00:37:00	00:37:57	00:38:34	00:40:26	DNS				0:38:29	0:03:51	
36	Thomas Engelsgjerd	Halden Cykleklub	1994	1:32:24	20	00:44:54	00:47:30	DNF						0:46:12	0:04:37	
Beste Tid				1:32:24		0:37:00	0:37:57	0:38:34	0:40:26	0:43:51	0:43:55			0:38:29	0:03:51	
Snitt tid				5:13:34		0:49:09	0:49:40	0:51:59	0:55:04	0:57:49	1:02:19			0:53:47	0:05:23	