

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	Slevik IL	1984	4:25:39	70	00:36:26	00:37:44	00:36:45	00:37:23	00:38:22	00:38:37	00:40:22		0:37:57	0:03:48
49	Bjørn Tore Kronen Taranger	Gular	1979	4:26:45	70	00:36:28	00:37:50	00:37:26	00:37:45	00:38:10	00:38:23	00:40:43		0:38:06	0:03:49
38	Felix Haug	Eidsberg O2	1992	4:54:05	70	00:41:11	00:40:19	00:41:20	00:40:31	00:42:07	00:43:46	00:44:51		0:42:01	0:04:12
39	Simon Bjørnholm	BUL	1980	4:58:05	70	00:41:11	00:40:45	00:41:47	00:42:42	00:42:08	00:44:06	00:45:26		0:42:35	0:04:16
43	Erik Andersen	Østmarka IL Triathlon / Team Ra	1981	5:04:53	70	00:42:06	00:41:59	00:42:19	00:44:14	00:43:51	00:43:55	00:46:29		0:43:33	0:04:21
12	Guro Skjeggerud	Northern Runners	1973	5:14:07	70	00:42:12	00:42:39	00:44:07	00:45:18	00:45:49	00:46:35	00:47:27		0:44:52	0:04:29
19	Victor Borge Svendsen	Halden triathlon klubb	1995	5:17:33	70	00:42:49	00:44:02	00:45:19	00:46:49	00:44:43	00:46:19	00:47:32		0:45:22	0:04:32
45	John Gunnar Jakobsen	Nøstret	1967	5:18:36	70	00:47:03	00:44:54	00:43:47	00:44:50	00:44:42	00:46:18	00:47:02		0:45:31	0:04:33
17	Kari Langerud	Hytteplan Sport	1959	5:18:52	70	00:42:14	00:43:12	00:44:23	00:45:35	00:46:51	00:47:27	00:49:10		0:45:33	0:04:33
7	Even Nedberg		1977	5:26:55	70	00:43:55	00:43:50	00:43:47	00:46:04	00:48:14	00:49:05	00:52:00		0:46:42	0:04:40
44	Kim Maarud Høistad	Østmarka IL Triatlon	1973	5:32:03	70	00:42:51	00:45:01	00:46:21	00:48:28	00:49:16	00:49:10	00:50:56		0:47:26	0:04:45
32	Jorunn Hagesæther	Haugesund triatlon klubb	1971	5:45:25	70	00:47:57	00:48:18	00:48:06	00:48:14	00:49:14	00:51:14	00:52:22		0:49:21	0:04:56
26	Stian Heimsvik	Romerike Ultraløperklubb	1989	5:47:55	70	00:48:17	00:47:32	00:47:48	00:49:20	00:50:29	00:51:57	00:52:32		0:49:42	0:04:58
8	Per Ole Justad	Tofte/Fremad	1964	5:48:18	70	00:46:18	00:46:27	00:47:34	00:51:50	00:49:09	00:54:05	00:52:55		0:49:45	0:04:59
14	Hilde Johansen	Romerike Ultraløperklubb	1973	5:52:52	70	00:48:53	00:48:52	00:49:32	00:49:17	00:50:27	00:51:54	00:53:57		0:50:25	0:05:02
27	Ingvill Merete Stedøy-Johan	Romerike Ultraløperklubb	1957	6:01:20	70	00:47:56	00:48:48	00:49:59	00:52:29	00:54:04	00:54:20	00:53:44		0:51:37	0:05:10
30	Jon Frøyland	Skjeberg CK	1968	6:05:53	70	00:49:19	00:49:10	00:50:19	00:52:36	00:54:20	00:54:48	00:55:21		0:52:16	0:05:14
11	Stein-Vidar Torø	Tofte Fremad IL	1969	6:06:44	70	00:46:18	00:46:27	00:49:25	00:52:19	00:56:26	00:57:14	00:58:35		0:52:23	0:05:14
13	Åshild Nilsen	Northern Runners	1967	6:07:57	70	00:49:39	00:50:04	00:51:17	00:53:22	00:53:16	00:54:39	00:55:40		0:52:34	0:05:15
31	Thor-Martin Frøyland	Grandahl Eiendomsmegling AS	1992	6:37:11	70	00:51:17	00:52:24	00:53:14	00:55:18	00:59:04	01:00:28	01:05:26		0:56:44	0:05:40
25	Glenn Kristiansen	Halliburton	1979	6:40:19	70	00:47:31	00:47:52	00:51:06	00:55:38	01:01:07	01:07:49	01:09:16		0:57:11	0:05:43
9	Odd Hilberg Johansen		1952	6:43:17	70	00:51:16	00:52:15	00:56:50	00:59:37	00:59:51	01:00:50	01:02:38		0:57:37	0:05:46
40	Stian Bøhmer	S&F pil	1977	6:43:27	70	00:51:12	00:52:25	00:54:27	00:57:17	00:59:03	01:03:00	01:06:03		0:57:38	0:05:46
28	Daniel Andersen		1988	6:46:58	70	00:51:40	00:51:10	00:55:12	00:58:50	00:57:34	01:07:48	01:04:44		0:58:08	0:05:49
29	Denny Sørøng Lunde		1988	6:56:54	70	00:54:47	00:54:56	00:57:44	00:58:50	00:58:05	01:07:48	01:04:44		0:59:33	0:05:57
24	Miriam Delphin	Romerike Ultraløperklubb	1970	6:57:35	70	00:48:12	00:50:33	00:50:54	00:57:15	00:58:43	01:08:17	01:23:41		0:59:39	0:05:58
2	Marit K. Berg Bjerknes	Romerike Ultraløperklubb	1963	7:02:46	70	00:51:10	00:52:44	00:57:14	00:59:53	01:01:39	01:08:41	01:11:25		1:00:24	0:06:02
22	Gregor Gucwa		1974	7:06:45	70	00:56:06	00:55:25	00:59:31	00:59:07	01:03:25	01:06:02	01:07:09		1:00:58	0:06:06
6	Paula Francisca Helcl		1976	7:07:21	70	00:51:20	00:52:20	00:53:18	00:54:29	00:58:11	01:06:38	01:31:05		1:01:03	0:06:06
16	Stig Andy Kvalheim Rambø	Hytteplan Sport	1969	7:21:52	70	00:58:01	00:56:49	00:57:59	01:00:51	01:05:20	01:09:22	01:13:30		1:03:07	0:06:19
3	Ingunn Ytrehus	Northern Runners	1950	7:29:16	70	00:56:03	00:54:09	01:00:36	01:08:01	01:08:27	01:14:03	01:07:57		1:04:11	0:06:25
18	Knut Kronstad	Romerike Ultraløperklubb	1953	7:32:17	70	00:51:02	00:52:28	00:56:59	01:07:07	01:09:47	01:13:08	01:21:46		1:04:37	0:06:28
10	Sondre Weum Johansen	Romerike Ultraløperklubb	1983	7:55:19	70	00:50:57	00:53:02	01:03:39	01:16:01	01:11:40	01:13:37	01:26:23		1:07:54	0:06:47
4	Tom Larsen	Romerike Ultraløperklubb	1967	7:56:46	70	00:51:18	00:54:53	00:57:58	01:07:08	01:09:23	01:23:46	01:32:20		1:08:07	0:06:49
41	Kristoffer Olsen		1992	8:15:57	70	00:56:05	00:56:52	01:03:56	01:07:10	01:15:55	01:20:26	01:35:33		1:10:51	0:07:05
1	Atle Simonsen	Halden Cykleklub	1978	8:16:35	70	00:54:22	00:52:31	00:57:43	01:02:57	01:18:26	01:29:28	01:41:08		1:10:56	0:07:06
48	Aleksander Moen	Team Moen	1985	8:25:26	70	01:01:50	01:02:04	01:03:48	01:07:12	01:15:50	01:19:09	01:35:33		1:12:12	0:07:13
50	Martin Skjelin	Team Moen	1988	8:25:31	70	01:01:51	01:02:04	01:03:53	01:07:08	01:15:51	01:19:10	01:35:34		1:12:13	0:07:13
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	DNS			0:44:33	0:04:27
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
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		0:36:28	0:37:50	0:37:26	0:37:45	0:38:10	0:38:23	0:40:43		0:38:06	0:03:49
Snitt tid				6:03:10		0:48:13	0:48:43	0:50:52	0:53:38	0:56:14	1:00:40	1:04:56		0:53:56	0:05:24