

Resultatliste Sølvestufoss Maraton 30. juli 2011

M 17-29			Mellomtid 1	Mellomtid 2	Mellomtid 3	Sluttid
1	Jo Thorson Nordskar	Team United Bakeries	1:08:43,09	2:09:26,61	2:52:25,70	3:14:05,48
2	Kristoffer Sommer Wormsen	Team United Bakeries	1:11:31,71	2:12:20,31	2:55:22,45	3:15:19,58
3	Knut Erik Nesteby	Brumunddal SK / Hedmark terren	1:10:50,92	2:14:46,33	2:59:46,40	3:22:06,81
4	Lars Granberg	Team Merida Smart Safety	1:10:52,15	2:16:26,68	3:03:16,01	3:26:09,98
5	Carl Fredrik Hagen	Team Oslo Sportslager				3:26:18,44
6	Even Antonsen	Solør CK	1:14:05,23	2:18:55,51	3:04:17,54	3:26:24,78
7	Ola Skatvedt	Eidsvoll SK	1:15:39,98	2:21:29,99	3:06:37,49	3:32:02,75
8	Tobias Sæther	Team United Bakeries	1:10:48,62	2:25:18,82	3:11:48,77	3:34:07,82
9	Thomas Engelsgjerd	Halden CK	1:15:47,77	2:22:43,99	3:10:23,70	3:34:40,76
10	Nils-Gunnar Arnegard	Andebarkji TSK	1:15:53,37	2:24:12,42	3:12:25,34	3:37:33,96
11	Torgeir Bekkemoen	Solør CK	1:22:14,77	2:31:45,69	3:18:03,03	3:40:14,16
12	Kenneth Valråoen	Brumunddal SK	1:16:48,20	2:25:38,68	3:16:54,45	3:41:25,10
13	Odin Gundersen	Solør CK	1:16:12,45	2:28:15,06	3:17:56,03	3:42:12,58
14	Kjartan Pedersen Gurholt	IF Frøy Sykkel	1:19:19,95		3:18:37,11	3:44:14,26
15	Ole Martin Slettemoen Brenno	Andebarkji TSK	1:18:32,32	2:29:50,08	3:21:06,38	3:46:47,47
16	Marius Andre Bekkeveld	Halden CK	1:22:48,15	2:32:43,33	3:21:35,31	3:47:14,61
17	Brede Edvardsen	Halden CK	1:15:47,47	2:30:26,38	3:22:47,59	3:48:15,92
18	Erik Sæter	TVK Sykkel	1:17:24,27	2:28:36,69	3:18:03,40	3:49:04,32
19	Ole Kristian Lied	Bærum OCK	1:20:42,56	2:39:29,93	3:28:42,84	3:52:50,63
20	Martin Nymoen	Team Fuji Norge	1:20:27,91	2:33:44,70	3:26:45,03	3:53:50,59
21	Olav Ulven	CK ValdresEkspressen	1:20:31,82	2:36:14,96	3:28:56,60	3:55:21,88
22	Frode Jansen	Ottestad IL Sykkel	1:22:22,23	2:36:25,06	3:29:07,67	3:55:52,49
23	Jonas Amundsen	Nes SK	1:22:09,07	2:35:21,60	3:29:42,30	3:56:18,14
24	Leif Trønnes	Ottadalen SK	1:22:08,21	2:35:19,36	3:30:45,55	4:01:24,58
25	Anders Dalgaard	Romeriksåsen Sykkelklubb	1:25:27,35	2:39:25,35	3:34:50,28	4:04:52,77
26	Even Rege	Team NorBicycles	1:23:14,51	2:35:20,67		4:10:44,15
27	Erik Elden Kay	Follo Sykkelklubb	1:33:18,71	2:54:04,75		4:11:00,00
28	Marcus Dahlman	Halden CK	1:21:46,78	2:37:18,08		4:11:12,53
29	Eivind Nilsen Taugbøl	Bærum OCK	1:30:58,54	2:49:20,49		4:11:53,26
30	Christian Amdahl	NOTEAM	1:29:06,75	2:48:54,15		4:12:56,78
31	Torbjørn Svanstrøm	Tromsø CK	1:15:52,43	3:16:34,06		4:28:54,71
32	Sondre Gårdsrud Underdal	NOTEAM	1:31:51,25	2:59:36,75		4:29:46,18
33	Kjetil Smedberg	Asker Cykleklubb	1:28:33,96	2:49:33,24		4:35:15,14
34	Christopher Mowe Martinsen	Nesodden SK	1:42:03,49	3:09:58,61		4:40:39,39
35	Stefan Russvoll	Skjeberg Cykleklub	1:38:02,37	3:07:48,83		4:43:12,04
36	Markus Tangen Salte	Bærum OCK	1:29:01,75	2:54:18,71		4:43:45,10
37	Ole-Fredrik Aamodt	Sarpsborg Sykleklubb	1:35:41,36	3:10:18,33		5:01:09,71
38	Steinar Holøs	NOTEAM	1:48:32,56			5:12:49,28
DNF	Pål Flattum	CK Toten-Tråkk				
DNF	Tormod Ulven	CK ValdresEkspressen				
DNF	Kasper Grøtvedt Nilsen	Sarpsborg Sykleklubb	1:30:51,28			
DNF	Espen Rygge	IF Frøy Sykkel				
DNF	Heine Jensen	NOTEAM				
DNF	Balder Sture	NTNUI				
M 30-39						
1	Lars Ragnar Manengen	Lillehammer CK	1:08:42,47	2:09:26,07	2:52:26,16	3:14:05,38
2	Tor Halvor Bjørnstad	Team Proteinfabrikken-Abax	1:10:50,01	2:12:20,76	2:55:22,92	3:15:56,79
3	Hallvar Barlaup	Fannefjord Sykkelklubb	1:10:49,73	2:14:44,47	2:59:31,75	3:20:50,90
4	Kristian Tokle	Orkla CK	1:13:33,65	2:16:25,56	2:59:32,14	3:20:51,15
5	Håkon Marius Guldhau	Solør CK / Hedmark terrengsykk	1:10:51,66	2:14:44,75	2:59:22,14	3:21:24,67
6	Joakim Vika	Brumunddal SK / Hedmark terren	1:13:33,93	2:18:30,94	3:03:48,59	3:25:10,80
7	Jan Sæther	Trollheimen SK	1:14:53,93	2:20:26,60	3:06:31,56	3:28:04,14
8	Tor Atle Fuglerud	Hard Rocv Racing Team / Raufos	1:13:33,23	2:18:56,64	3:06:32,73	3:28:27,87
9	Flemming Lundø Kristiansen	Team United Bakeries	1:14:53,16	2:20:46,19	3:06:37,96	3:28:40,14
10	Thomas Morgan Knutsen	Hard Rocv Racing Team / Kloppa	1:13:32,35	2:18:31,35	3:05:07,39	3:28:40,73
11	Jon Flydal	IF Frøy Sykkel	1:15:23,27	2:21:30,86	3:06:37,08	3:30:15,13
12	Lars-Ove Thoresen	Østmarka IL Sykkel	1:10:52,39	2:16:26,85	3:06:07,36	3:33:44,27
13	Per Øyvind Alvim	Smaalenene SK	1:19:18,53	2:25:39,18	3:12:24,51	3:35:16,71
14	Jens Arne Svartedal	Sarpsborg Sykleklubb	1:19:07,50	2:25:40,17	3:12:24,88	3:36:13,65
15	Bent Olav Aamodt	Ullevål Sykkelklubb	1:15:40,27	2:24:13,04	3:12:23,93	3:37:35,42
16	Ola Hofseth	NOTEAM	1:00:29,06	2:18:54,14		3:46:33,71
17	Geir Ottar Kvernstuen	SpKl. Rye Sykkelgruppe	1:20:42,92	2:31:44,31	3:20:15,38	3:47:48,00
18	Vegard Triseth	SpKl. Rye Sykkelgruppe	1:24:29,31	2:38:11,60	3:33:34,87	3:59:11,93

19	Bjørn-Tore Martinussen	Sarpsborg Sykleklubb	1:24:47,48	2:39:51,14	3:35:19,60	4:00:54,27
20	Frode Nielsen	Follo Sykkeklubb	1:27:08,31	2:44:53,01	3:38:56,83	4:06:02,90
21	Henrik Alpers	Bærum OCK	1:25:48,24		3:40:13,43	4:07:40,20
22	Kjetil Enger Olsen	Moss CK	1:33:17,22	2:48:00,56	3:42:16,14	4:09:40,60
23	Roy-Vidar Bangor	Skjeberg Cykleklub	1:34:17,30	2:58:08,10		4:23:02,47
24	Steve Kaspersen	Skjeberg Cykleklub				4:25:00,00
25	Stian Larsen	CK Øst	1:35:45,82	2:59:23,01		4:27:31,82
26	Ingve Martin Nasvik	SpKl. Rye Sykkelgruppe	1:29:47,58	2:49:46,58		4:27:49,60
27	Bjørn Terje Guttersrud	Hurdal IL Sykkel	1:33:14,76	2:59:22,36		4:28:52,06
28	Arild Vegstø	Soon CK	1:35:51,65	3:01:17,28		4:30:06,39
29	Hans Kristian Bekkevard	NOTEAM	1:35:21,89	3:01:32,85		4:34:09,26
30	Nikolai Fekjær	Moss CK	1:32:54,92	2:58:10,88		4:35:44,66
31	Per Ivar Barth Berntsen	Aker Solutions	1:47:19,40			4:36:55,63
32	Vebjørn Breivik Myhr	Svarstad IL Sykkel	1:40:01,14	3:12:09,99		4:42:12,92
33	Bård Olav Høstmark	Bergen MTB Klubb	1:35:21,20	3:08:04,09		4:45:12,42
34	Ørjan Rogne Rise	Ullensaker CK	1:31:51,56	2:58:12,07		4:48:20,60
35	Henrik Kirkeby	IF Frøy Sykkel				5:00:10,88
36	Fredrik Thorsen	NOTEAM	1:41:06,10			5:05:34,35
37	Oddvar Grønning	CK Øst	1:42:02,97			5:20:14,96
38	Lars Erik Johannessen	Sarpsborg Sykleklubb	2:00:48,35			5:58:40,84
39	Henning Bragge	NOTEAM	2:06:13,84			6:11:05,19
DNF	Bjørge Nesengen	Sarpsborg Sykleklubb				
DNF	Bjørn Morten Gjellebæk	Sarpsborg Sykleklubb				
DNF	Johannes Hovde	Brumunddal SK / Hedmark terren				
DNF	Ole-Morten Munz	SpKl. Rye Sykkelgruppe				
DNF	Terje Holm	Ottestad IL Sykkel				
DNF	Bjørn Andre Grubbli	IK Hero Sykkel				
DNF	Oddbjørn Grimsbø	Raufoss & Gjøvik SK				
DNF	Ola Holmestad	Ullevål Sykkeklubb				
DNF	Jørgen Kosberg Feldt	Follo Sykkeklubb				
DNF	Tom Egil Feldt Ruud	Lillehammer CK				
DNF	Ivar-Andre Flakstad Ihle	CK Øst				
DNF	Knut Sjøvold	Sarpsborg Sykleklubb				
DNF	Thomas Bäckstrøm	Sarpsborg Sykleklubb				
DNF	Frank Holmen	Nes Sp.Kl. Sykkel				

M 40-49

1	Johannes Reiten	Oppdal SK	1:10:48,80			3:16:27,53
2	Jan Olav Beitmyren	Lørenskog CK	1:15:24,83	2:21:29,78	3:06:33,41	3:29:46,31
3	Kjell Karlsen	Hard Rocv Racing Team / Kloppa	1:10:50,24	2:25:38,77	3:12:30,47	3:36:13,68
4	Trond Aarstad	Tvedestrand OSK	1:22:13,68	2:31:44,72	3:18:27,56	3:42:17,51
5	Ole Kristian Sørland	Hasle-Løren IL Sykkel	1:18:37,49	2:31:43,58	3:18:27,42	3:42:17,85
6	Geir Treseng Lien	Team Merida Smart Safety	2:24:11,87		3:15:50,83	3:42:33,33
7	Roy Kjærnet	SpKl Ceres Sykkel	1:17:24,54	2:25:39,91	3:18:57,95	3:44:37,27
8	Trond Aarstad	Glåmdal SK	1:20:24,43	2:31:44,96	3:27:25,30	3:54:50,38
9	Heine Antonio Moen	Skjeberg Cykleklub	1:19:07,89	2:38:19,17	3:30:31,00	3:55:36,86
10	Ron-Werner Waatsveen	CK Øst	2:41:43,77		3:35:13,42	4:02:35,90
11	Øyvind Haugen	SpKl. Rye Sykkelgruppe				4:12:59,96
12	Svein Olav Rege	Hafersfjord SK	1:28:27,71	2:48:21,70		4:14:56,71
13	Lars Dalgaard	Romeriksåsen Sykkeklubb	1:28:37,69	2:48:42,15	3:45:46,10	4:15:14,82
14	Christian Korvald	SpKl. Rye Sykkelgruppe	1:28:14,83	2:52:26,03		4:16:49,37
15	Svein Svendsen	Halden CK	1:37:35,89	2:58:33,06		4:19:55,32
16	Svein Gåsbakk	Moss CK	1:31:09,93	2:54:37,60		4:20:40,61
17	Jon Arild Ringdal	Skjeberg Cykleklub	1:34:30,54	2:53:27,34		4:22:27,01
18	Tommy Sande	Sarpsborg Sykleklubb	1:31:52,09	2:52:45,00		4:25:06,41
19	Jon Camillo Wille	Horten OCK	3:09:57,90			4:40:36,61
20	Tommy Tangeland	Moss CK	1:37:36,64	3:09:48,48		4:48:30,89
21	Eivind Aakre	Svarstad IL Sykkel	1:43:54,89			4:50:54,83
22	Lars Birger Nielsen	Follo Sykkeklubb	1:50:07,07			4:54:44,61
23	Tore Vegard Sørum	Brumunddal SK				4:56:46,68
24	Ole Henrik Aakeberg	NOTEAM	1:43:55,82			5:06:59,55
25	John Rudi	IF Frøy Sykkel	1:45:59,48			5:09:29,67
26	Espen Juehl	Drøbak-Frogn IL Sykkel	2:01:41,73			5:26:19,20
27	Per Olav Skyum	CK Øst	2:03:09,94			5:28:04,62
28	Tor Egil Strømnes	Sarpsborg Sykleklubb	1:39:09,87			5:34:56,37
29	Bendt Thorkildsen	NOTEAM	1:36:38,57			5:40:09,25
30	Dag Leon Bjerkeli	Sarpsborg Sykleklubb	2:02:48,40			5:42:29,44

DNF	Arild Christophersen	Team United Bakeries
DNF	Dag Eivind Syverstad	Moss CK
DNF	Jan Steffan Repshus	Brumunddal SK / Hedmark terren
DNF	Karl Erik Nordengen	Brumunddal SK / Hedmark terren
DNF	Morten Vangen	Fiskum IL Sykkel
DNF	Remi Bergstrøm	NOTEAM
DNF	Svein Tore Aakerlund	Hadeland CK

M 50+

1	Rolf Jappee	CK Nittedal	1:28:34,74	2:46:49,06	3:41:26,16	4:09:03,62
2	Trond Overn	SpKl. Rye Sykkelgruppe	1:29:47,13	2:49:14,78	3:44:49,65	4:11:54,39
3	Ole Kristian Silseth	Molde CK	1:25:49,78	2:44:53,64	3:42:17,05	4:12:19,86
4	Dag Svendsen	CK Nittedal	1:28:34,53	2:49:26,44		4:18:30,48
5	John Arne Holtop	SpKl Ceres Sykkel	1:30:30,92	2:56:42,61		4:29:22,13
6	Arild Nygaard	Solør CK	1:39:11,96	3:09:49,43		4:46:18,95
7	Roger Amundsen	SpKl. Rye Sykkelgruppe	1:50:34,76			5:19:35,69
DNF	Rune Shelderup Gjesdahl	CK Nittedal				
DNF	Kjell Arne Olsen	Brumunddal SK	1:30:30,34	2:49:43,69		
DNF	Harald Vika	SpKl Ceres Sykkel				

K 17-29

1	Heidi Rosasen Sandstø	Team United Bakeries	1:24:30,71	2:37:17,83	3:28:55,36	3:53:50,03
2	Hildegunn Gjertrud Hovdenak	Sogn CK	1:33:59,94	2:53:52,08		4:12:33,51
3	Mari Trønnes	Ottadalen SK	1:30:58,98	2:50:58,37		4:18:24,24
4	Ida Malene Thomsen	Smaalenene SK	1:49:27,10	3:24:30,37		5:05:12,72
DNF	Sandra Vika	SpKl Ceres Sykkel				

K 30-39

1	Borghild Løvset	Orkla CK	1:23:15,63	2:35:20,25	3:25:41,68	3:50:09,84
2	Hanne Trønnes	Ottadalen SK	1:23:15,13	2:35:20,00	3:25:41,90	3:50:10,63
3	Marie Waagan	Moss CK	1:47:17,63			4:53:12,52
DNF	Anne Kristin Hæg	Lillehammer CK				
DNF	Linda Wibe Larsen	Team Merida Smart Safety				

K 40-49

1	Marianne Lambine	Bærum OCK	1:25:45,42	2:40:00,44	3:32:16,70	3:57:14,93
2	Ingrid Jevne Framstad	Hard Rocv Racing Team / CK Tot	1:30:53,09	2:48:00,56		4:11:52,03
3	Camilla Hott	SpKl. Rye Sykkelgruppe	1:30:23,38	2:49:20,76		4:14:15,94
4	Kristin Ankile	Drammen CK	1:46:51,97			4:57:02,08

K 50+

1	Marianne Mowè	Nesodden SK	2:06:20,33			5:47:51,00
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Halvmaraton Menn

1	Asbjørn Hansen	Team United Bakeries / CK Felg	1:21:50,99		2:10:40,37	2:33:56,94
2	Lars Aurebekk	CK Øst	1:22:47,84		2:10:57,99	2:34:48,86
3	Tore Syverstad	Skjeberg Cykleklub	1:25:21,22		2:16:18,21	2:42:33,10
4	Morten Andersen	Halden CK			2:20:31,65	2:46:28,75
5	Sindre Østhagen	Fredrikstad Skiklubb	1:29:05,94		2:27:28,03	2:55:33,01
6	Lars Pederstad	NOTEAM	1:41:36,45		2:36:35,16	3:02:16,98
7	Arnfinn Sørli	Sarpsborg Sykleklubb	1:44:48,69		2:44:53,58	3:14:55,84
8	Vidar Willumsen	NOTEAM	1:43:53,12		2:47:10,51	3:17:57,49
9	Espen Kristiansen	Follo Sykkelklubb			2:50:34,83	3:23:36,69
10	Jonas Bøhaugen	Fredrikstad SK	1:58:07,70		3:03:30,28	3:38:25,15
11	Lars Erik Gabestad	NOTEAM	1:54:32,15		3:03:44,29	3:38:44,36
12	Ivar Edvardsen	Sarpsborg Sykleklubb	1:55:26,88		3:05:02,95	3:40:11,93
13	Jon Sandum	Romeriksåsen Sykkelklubb	1:56:48,60		3:05:46,13	3:40:39,88
14	Trond-Einar Grønvik	Halden CK			3:10:44,38	3:41:06,29
DNF	Odd Magnar Holmen	NOTEAM				

Halvmaraton Kvinner

1	Ida Sofie Snorheim	Eidsvoll SK	1:43:51,46		2:43:39,91	3:12:42,94
2	Tiril Hole Mohr	Hafersfjord SK	1:42:51,81		2:43:40,63	3:12:51,80
3	Sara Thune	Sarpsborg Sykleklubb	1:50:32,44		2:57:03,35	3:29:03,23
4	Cecilie Rise	Ullensaker CK	2:03:45,56		3:12:09,59	3:46:35,85

Aktiv kvinner 15-16			Mellomtid	Sluttid
1	Frida Helena Rønning	Lillehammer CK	37:23,89	1:02:59,48
2	Marthe Rødsgaard	Halden CK	38:18,57	1:04:08,33
3	Henriette Elvrum Handal	IF Frøy Sykkel	38:18,37	1:04:24,46
4	Marte Kjærnet	Romeriksåsen Sykkelklubb	41:11,94	1:08:34,11

Aktiv menn 15-16				
1	Emil Hasund Eid	Kloppa Off Road Klubb	31:31,57	51:56,90
2	Eskil Evensen-Lie	Kloppa Off Road Klubb	31:31,16	52:09,22
3	Audun Øverbye Hanssen	Romeriksåsen Sykkelklubb	31:32,03	53:09,32
4	Marius Andresen	Halden CK	31:29,42	53:35,24
5	Markus Mellegaard Eid	Sarpsborg Sykleklubb	31:54,24	54:29,21
6	Tormod Stikbakke	CK Toten-Tråkk		54:31,12
7	Markus Mowe Martinsen	Nesodden SK	31:54,62	54:35,38
8	Henrik Sæter	Drammen CK	32:42,92	55:18,58
9	Einar Akselsen	Sarpsborg Sykleklubb	32:43,45	56:12,22
10	Gaute Solheim	IF Frøy Sykkel	34:56,36	58:55,64
11	Marius Grettland	Halden CK	33:57,72	59:57,96
12	Christian Karlsen	Sarpsborg Sykleklubb	34:57,40	1:01:57,37
13	Jørgen Amundsen	SpKl. Rye Sykkelgruppe	36:37,94	1:02:01,81
14	Henrik Furu	Romeriksåsen Sykkelklubb		1:06:49,62
15	Mathias Aas Rolid	Raufoss & Gjøvik SK	31:31,46	1:06:49,99
16	Andreas Nygaard	Solør CK	34:26,18	1:06:50,58

Aktiv kvinner 13-14				
1	Ingrid Elisabeth Bagger	Halden CK	42:15,18	57:09,57
2	Mina C Veland	Nes SK	48:36,28	1:06:48,50
3	Kristina Teig Bergstrøm	NOTEAM	51:38,95	1:11:02,07

Aktiv menn 13-14				
1	Petter Fagerhaug	Romeriksåsen Sykkelklubb	31:32,02	53:52,32
2	Alexander Høvik	Halden CK	31:32,11	54:47,69
3	Sander Smaaskjær	Soon CK	33:06,37	56:17,76
4	Martin Emil Siggerud	Soon CK	33:06,78	56:17,77
5	Magnus Faanes	Fiskum IL Sykkel	33:38,29	57:04,79
6	Sebastian Angelsen	Hafersfjord SK	33:34,84	58:33,55
7	Ludvik Aspelund Holstad	Drøbak-Frogn IL Sykkel	33:48,41	59:08,64
8	Erlend Rinden	Romeriksåsen Sykkelklubb	35:25,40	1:00:56,37
9	Eivind Stikbakke	CK Toten-Tråkk	36:37,34	1:02:17,72
10	Erlend Hegrum Askjer	Horten OCK	37:22,85	1:02:59,06
11	Erik Lindh	Sarpsborg Sykleklubb		1:08:26,89
12	Håkon Amundsen	SpKl. Rye Sykkelgruppe	51:39,13	1:10:43,60
13	Axel Dannevig	Halden CK	43:52,98	1:13:10,19
14	Bjørnar Jacobsen	Follo Sykkelklubb	43:27,20	1:14:02,21
15	Henrik Jacobsen Githmark	Sarpsborg Sykleklubb	44:58,41	1:16:22,27
16	Simen Rønning	Lillehammer CK	43:51,18	1:17:47,71
17	Elias Landquist	Horten OCK		1:22:27,49
18	Magnus Mathisen	Horten OCK	48:19,21	1:22:27,91

Aktiv kvinner 11-12				
1	Nora Landquist	Horten OCK	53:50,63	1:13:38,12

Aktiv menn 11-12				
1	Kevin Skofteby	Follo Sykkelklubb	36:38,44	51:20,05
2	Simon Holstad	Drøbak-Frogn IL Sykkel	38:47,44	53:09,07
3	Oscar Rolid Aas	Raufoss & Gjøvik SK	39:16,87	55:17,80
4	Kristian Høvik	Halden CK	42:16,06	57:08,65
5	Andreas Hegrum Askjer	Horten OCK	44:59,29	1:01:30,84
6	Marius Smaaskjær	Soon CK	46:51,38	1:04:51,25
7	Sivert Andersen Hasle	Sarpsborg Sykleklubb	51:44,28	1:10:32,38