

# Resultatliste

Treningskarusell 2010

06.05.2010

Class	Navn	Klubb	Distrikt	Tid	Etter Km-tid
<b>Gutter 1,7km</b>					
	Fredrik Holen	Hamar OK		27:44	
	Torjus Jørgensen	Ringsaker OK		23:46	
	Sander L. Berntsen	Ringsaker OK		26:49	
	Torstein Storlien	Ringsaker OK		25:33	
	Vegard Ranestad	Ringsaker OK		29:50	
	Even Bordal	Ringsaker OK		29:57	
	Johan Filip Skarpnord	Ringsaker OK		39:04	
	Kjell Skarpnord	Ringsaker OK		39:09	
	Johan Storebakken	Hamar OK		27:22	
Antall	9	Påmeldte: 9	Startende: 9		
<b>Jenter 1,7km</b>					
	Ida Eline Pedersen	Ringsaker OK		29:50	
	Lena Skarpnord	Ringsaker OK		39:10	
	Heidi Therese Wiest	OL Vallset-Stange		16:28	
Antall	3	Påmeldte: 3	Startende: 3		
<b>Kvinner 2,1km</b>					
1	Merete Haug	Hamar OK		20:49	
2	Eli Narum	OL Vallset-Stange		23:02	02:13
3	Signe Dahl	Hamar OK		23:29	02:40
4	Heidi Wiest	OL Vallset-Stange		23:53	03:04
5	Rita Wiest	OL Vallset-Stange		24:19	03:30
6	Ingeborg Fallbakken Berge	Løten OL		33:10	12:21
DSQ	Sissel S. Dahlen	Hamar OK			
Antall	7	Påmeldte: 7	Startende: 7		Deltatt
<b>Kvinner 2,7km</b>					
1	Nina Sandmoen	Hamar OK		24:23	
2	Kjersti Vestengen	Hamar OK		24:50	00:27
3	Karoline Haug	Hamar OK		25:12	00:49
4	Dorte Narum	OL Vallset-Stange		25:15	00:52
4	Tone Nyseter	Vang OL		25:15	00:52
6	Laila Sørlien	Ringsaker OK		27:17	02:54
7	Sara Græsli	Hamar OK		27:44	03:21
8	Hilde Skramstad	Hamar OK		29:36	05:13
9	Elisabet Rise	Ringsaker OK		29:54	05:31
10	Siri Herstad	Hamar OK		30:15	05:52
11	Elise Jevanord	Ringsaker OK		31:10	06:47
12	Elin Lauritsen	Hamar OK		31:40	07:17
13	Anne Sørum	Ringsaker OK		31:58	07:35
14	Ragnhild Skogsrud	OL Vallset-Stange		32:05	07:42
15	Anne Katrin Elisenberg	Hamar OK		33:14	08:51
16	Astrid Pedersen	Ringsaker OK		33:46	09:23
17	Sidsel Storihe	Ringsaker OK		35:43	11:20
18	Marte N. Helseth	Hamar OK		35:57	11:34
19	Anne..... Stenberg	Hamar OK		38:10	13:47
20	Mali Nyløkken	Hamar OK		40:51	16:28
DSQ	Mari Jevne Arnesen	Hamar OK			
DSQ	Anne-Brit Danielsen	Vang OL			
Antall	22	Påmeldte: 22	Startende: 22		Deltatt Deltatt

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<b>Kvinner 4km</b>						
1	Anne Marit Bordal	Ringsaker OK		<b>37:56</b>		
2	Yngvild Malmo	Vang OL		<b>37:57</b>	00:01	
3	Kjersti Narum	OL Vallset-Stange		<b>42:19</b>	04:23	
4	Anine Lome	Hamar OK		<b>43:04</b>	05:08	
5	Mona Lome	Hamar OK		<b>43:08</b>	05:12	
6	Anne Størihle Linnerud	Ringsaker OK		<b>45:14</b>	07:18	
7	Ingrid Ljones	Hamar OK		<b>47:37</b>	09:41	
8	Hilde Ryen	Hamar OK		<b>49:54</b>	11:58	
9	Trine Lise Strøm	Hamar OK		<b>50:37</b>	12:41	
10	Emilie Westli Andersen	Løten OL		<b>50:45</b>	12:49	
11	Liv Feiring	Hamar OK		<b>51:01</b>	13:05	
12	Inger E. Vamnes	Hamar OK		<b>1:02:19</b>	24:23	
13	Gunnhild Ljones	Hamar OK		<b>1:03:41</b>	25:45	
DSQ	Eldbjørg Narum	OL Vallset-Stange				Deltatt
Antall	14	Påmeldte: 14	Startende: 14			

## Kvinner 5,7km

1	Marte F. Berge	Løten OL		<b>57:48</b>		
2	Wenche Bjørnstad	Ringsaker OK		<b>59:27</b>	01:39	
3	Marit Engelstad	Ringsaker OK		<b>1:03:40</b>	05:52	
Antall	3	Påmeldte: 3	Startende: 3			

## Menn 2,1km

1	Knut Andersen	Løten OL		<b>26:11</b>		
2	Lars Moen	Hamar OK		<b>27:54</b>	01:43	
3	Jørgen Sømoe	Hamar OK		<b>39:41</b>	13:30	
4	Brage Sømoe	Hamar OK		<b>39:49</b>	13:38	
5	Gabriel Simensen	Hamar OK		<b>50:41</b>	24:30	
6	Magne Johansen	Vang OL		<b>54:29</b>	28:18	
6	Magne Johansen	Vang OL		<b>54:29</b>	28:18	
6	Oskar Johansen	Vang OL		<b>54:29</b>	28:18	
Antall	8	Påmeldte: 8	Startende: 8			

## Menn 2,7km

1	Lars Otto Pedersen	Ringsaker OK		<b>23:32</b>		
2	Hans Petter Jevanord	Ringsaker OK		<b>23:57</b>	00:25	
3	Knut Wikstrøm	Ringsaker OK		<b>24:19</b>	00:47	
4	Willy Johansen	Ringsaker OK		<b>24:59</b>	01:27	
5	Knut Røhrsveen	Ringsaker OK		<b>25:03</b>	01:31	
6	Jan Danielsen	Vang OL		<b>25:55</b>	02:23	
7	Bård Stang	Ringsaker OK		<b>26:41</b>	03:09	
8	Tor Arne Arnesen	Hamar OK		<b>27:27</b>	03:55	
9	Arnfinn Nordhagen	Ringsaker OK		<b>27:28</b>	03:56	
10	Stig Wiest	OL Vallset-Stange		<b>27:40</b>	04:08	
11	Arne Sveen	Ringsaker OK		<b>29:11</b>	05:39	
12	Olav Rustadbakken	Ringsaker OK		<b>29:55</b>	06:23	
13	Arvid Haug	OL Vallset-Stange		<b>31:33</b>	08:01	
14	Johannes Bordal	Ringsaker OK		<b>33:08</b>	09:36	
15	Wiggo Pedersen	Ringsaker OK		<b>37:14</b>	13:42	
16	Eirik Sømoe	Hamar OK		<b>39:49</b>	16:17	
17	Harald Brekke	Hamar OK		<b>40:28</b>	16:56	
Antall	17	Påmeldte: 17	Startende: 17			

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<b>Menn 4km</b>					
1	Jørn H. Dahl	Hamar OK		<b>26:22</b>	
2	Vidar Nomerstad	Ringsaker OK		<b>28:56</b>	02:34
3	Knut Malmo	Ringsaker OK		<b>31:07</b>	04:45
4	Simen Bordal	Ringsaker OK		<b>31:49</b>	05:27
5	Arne Arnesen	Hamar OK		<b>33:14</b>	06:52
6	Henning Jordheim	Vang OL		<b>34:42</b>	08:20
7	Tor Idar Lillekroken	OL Vallset-Stange		<b>35:21</b>	08:59
8	Hans A. Tingvold	Raufoss IL		<b>36:34</b>	10:12
9	Erik Grøndalen	Hamar OK		<b>37:09</b>	10:47
10	Magne Smeland	Vang OL		<b>37:55</b>	11:33
11	Jørgen Elisenberg	Hamar OK		<b>39:37</b>	13:15
12	Terje Malm	Hamar OK		<b>39:57</b>	13:35
13	Odd Rise	Ringsaker OK		<b>40:00</b>	13:38
14	Harald Volden	Hamar OK		<b>41:10</b>	14:48
15	Ole M. Øvergård	OL Vallset-Stange		<b>41:56</b>	15:34
16	John M. Karlsen	Hamar OK		<b>43:43</b>	17:21
17	Helge Ryen	Hamar OK		<b>47:39</b>	21:17
18	Trygve Hestad	Hamar OK		<b>48:08</b>	21:46
19	Yngvar Aarebrot	Hamar OK		<b>50:28</b>	24:06
20	Dag Erik Hovde	Ringsaker OK		<b>59:50</b>	33:28
Antall	20	Påmeldte: 20		Startende: 20	

## Menn 5,7km

1	Kenneth Bilstad	Vang OL		<b>30:56</b>		
2	Pål Stenberg	Vang OL		<b>37:21</b>	06:25	
3	Truls Johansen	Ringsaker OK		<b>42:20</b>	11:24	
4	Øystein T. Engelstad	Ringsaker OK		<b>43:45</b>	12:49	
5	Frode Haug	Hamar OK		<b>45:08</b>	14:12	
6	Stein Arne Negård	Vang OL		<b>45:48</b>	14:52	
7	Knut Skjeset	Vang OL		<b>48:48</b>	17:52	
8	Vegard Urset	Vang OL		<b>49:03</b>	18:07	
9	Harald Berge	Løten OL		<b>52:20</b>	21:24	
10	Trond Feiring	Hamar OK		<b>1:01:14</b>	30:18	
11	Gjermund Bjørn	Vang OL		<b>1:11:23</b>	40:27	
DSQ	Kristian Græsli	Hamar OK				Deltatt
DSQ	Svein Godager	Løten OL				Deltatt
DSQ	Harald Haugen	Ringsaker OK				Deltatt
DSQ	Jon Anders Græsli	Hamar OK				Deltatt
DSQ	Håkon Godager	Løten OL				Deltatt
Antall	16	Påmeldte: 16		Startende: 16		