

Herrer 20-54år



Startno	Fornavn	Etternavn	Klubb navn	Dag 1		Dag 2		Dag 3		SAMMENLAGT	
				Resultat tid	Plassering	Resultat tid	Plassering	Resultat tid	Plassering	TID	PLASSERING
114	Vegard	Sivertsgård	Ålen il	00:54:19	1	01:09:53	1	01:38:08	1	03:42:20	1
148	Ole	Leirvik	Namdal løpeklubb	01:01:19	5	01:10:29	2	01:40:10	2	03:51:58	2
142	Tor Håkon	Skogstad	Heimdal Eiendomsmegling	01:02:00	8	01:10:39	3	01:41:25	3	03:54:04	3
139	Trym	Rostad	Gjerdrum	01:04:14	13	01:14:34	4	01:45:11	4	04:03:59	4
115	Jan	Nyrønning	Team Hardhaus	01:01:02	4	01:16:36	5	01:47:51	8	04:05:29	5
192	Steffen	Blekkkan	Spent Stjørdal	01:01:54	7	01:17:42	10	01:46:28	5	04:06:04	6
121	Jørgen	Sæther	Bratsberg løpeklubb	01:02:39	9	01:17:56	12	01:46:42	6	04:07:17	7
250	Jonas	Nyrønning	Team Hardhaus	01:00:27	3	01:19:54	16	01:49:21	11	04:09:42	8
104	Trond	Storrønning	.	01:04:32	14	01:17:12	8	01:48:08	9	04:09:52	9
140	Hans Erik	Ler	Haltdalen IL	01:05:33	18	01:17:03	7	01:48:32	10	04:11:08	10
175	Michael	Brian Watts	Team Troisman	01:02:57	11	01:17:51	11	01:51:22	14	04:12:10	11
178	Brynjar Lien	Schulerud	Tromsø løpeklubb	01:03:20	12	01:21:56	23	01:49:25	12	04:14:41	12
168	Joachim	Moholdt	Team HARDHAUS	01:05:23	17	01:20:10	18	01:49:32	13	04:15:05	13
169	Eivind Dille	Andersen	Team HARDHAUS	01:11:51	34	01:17:56	13	01:47:40	7	04:17:27	14
106	Kristian	Engdal	Aker Active	01:07:02	23	01:18:05	14	01:54:34	15	04:19:41	15
116	Olav	Grønli	Ålen IL	01:06:18	19	01:20:55	20	01:54:35	16	04:21:48	16
171	Even	Moholt	Team HARDHAUS	01:06:41	20	01:19:49	15	01:57:29	18	04:23:59	17
170	Andreas	Lundereng Skjefte	Team HARDHAUS	01:06:48	22	01:20:14	19	01:58:40	19	04:25:42	18
133	Anders	Reitan	FYK	01:08:40	28	01:25:03	27	01:54:35	17	04:28:18	19
179	Roar	Bakås	Utleira il	01:08:22	27	01:22:21	25	02:01:28	20	04:32:11	20
132	Bjørn	Myran	Eidsvold Værks Skiklub	01:09:27	29	01:24:06	26	02:02:32	22	04:36:05	21
167	Steinar	Trondsetås	Team HARDHAUS	01:08:04	25	01:27:31	30	02:03:58	23	04:39:33	22
130	Helge	Warholm	Byneset IL	01:09:39	30	01:30:03	37	02:01:38	21	04:41:20	23
135	Nils Tomas	Mortensson	Fyk	01:09:55	31	01:28:08	31	02:04:34	25	04:42:37	24
123	Matheus	Mortensson	Brekken IL	01:13:35	37	01:30:11	38	02:04:40	26	04:48:26	25
152	Leif	Foss	Oslo døves sportsklubb	01:14:52	43	01:29:24	36	02:04:21	24	04:48:37	26
164	Lars	Reitan	Svevia	01:17:49	51	01:26:52	29	02:05:42	28	04:50:23	27
154	Arnt Snorre	Rogstad	Rognes IL	01:16:25	48	01:28:54	34	02:05:11	27	04:50:30	28
118	Jogeir	Mylius	Ålen il	01:12:45	36	01:29:07	35	02:10:21	33	04:52:13	29
155	Hans Arvid	Kosberg	Røros	01:16:09	46	01:28:50	33	02:08:14	31	04:53:13	30

143	Frank	Sivertsvold	Hitterdal - Feragen il	01:13:55	40	01:28:29	32	02:11:27	34	04:53:51	31
194	Max	Casteleyn		01:14:19	42	01:33:35	42	02:06:34	29	04:54:28	32
127	Kristian	Steinshylla	Byneset IL	01:17:46	50	01:34:21	46	02:06:41	30	04:58:48	33
102	Magnus	Brørs	-	01:13:54	39	01:33:58	43	02:12:38	35	05:00:30	34
251	Per Håvard	Myran	Vinne IL	01:15:51	45	01:31:41	40	02:13:02	37	05:00:34	35
134	Kåre	Reitan	FYK	01:15:13	44	01:33:15	41	02:13:04	38	05:01:32	36
117	Ola	Nesvold	Ålen IL	01:19:25	53	01:34:12	44	02:09:09	32	05:02:46	37
172	Lasse	Hermo	Team Singsås	01:16:09	47	01:34:16	45	02:13:20	39	05:03:45	38
119	Ola	Kåsen	Ålen IL	01:17:30	49	01:35:33	48	02:14:09	61	05:07:12	39
122	Carl Georg	Konow	Brekken IL	01:21:26	57	01:34:42	47	02:22:36	42	05:18:44	40
160	Marcus Schei	Wiseth	Steinkjer skiklubb	01:11:41	33	01:21:38	22	02:48:50	56	05:22:09	41
128	Nils Arne	Haugum	Byneset IL	01:19:27	54	01:41:17	53	02:21:28	41	05:22:12	42
124	Arnstein	Moen	Budal	01:21:25	56	01:38:31	49	02:22:37	43	05:22:33	43
138	Morten.	Storrønning.	FYK.	01:25:54	67	01:39:05	51	02:20:44	40	05:25:43	44
188	Lasse	Børgersen	Miljødirektoratet IL	01:19:42	55	01:41:52	54	02:26:46	46	05:28:20	45
129	Edvind	By	Byneset IL	01:21:33	58	01:44:46	59	02:25:50	45	05:32:09	46
180	Knut Inge	Opheim	Veidekke BIL	01:23:03	62	01:44:57	60	02:24:52	44	05:32:52	47
161	Jo	Aunøien	Støren	01:27:15	68	01:45:26	61	02:29:37	48	05:42:18	48
174	Håkon	Bredesen	Team Troisman	01:33:09	76	01:43:32	55	02:27:15	47	05:43:56	49
157	Håkon	Wang	Selbu IL Ski	01:19:03	52	01:38:58	50	02:48:04	55	05:46:05	50
109	Terje	Stenmo	Ålen il	01:32:41	74	01:43:58	56	02:32:42	49	05:49:21	51
110	Helge	Stenmo	Ålen il	01:32:41	75	01:43:59	57	02:32:42	50	05:49:22	52
176	Øystein	Bangsund	Team Troisman	01:31:10	71	01:44:35	58	02:36:11	52	05:51:56	53
153	Frode	Ugland	Oslo Triatlon	01:22:55	61	01:55:29	64	02:36:46	53	05:55:10	54
111	Olve	Morken	Ålen IL	01:32:08	72	01:50:56	62	02:49:23	57	06:12:27	55
177	Robert B	Coucheron	Tesla	01:32:08	73	02:00:03	68	02:42:52	54	06:15:03	57
181	Sverre	Grytbakk	Vergrenda	01:45:27	83	01:58:51	67	02:53:47	59	06:38:05	58
151	Ottar	Bakås	OK Fjell	01:47:02	84	02:01:18	69	02:51:23	58	06:39:43	59
149	Geir Helge	Engan	Nei	02:02:44	87	02:20:31	73	03:23:57	60	07:47:12	60
141	Ståle	Bremseth	Haltdalen il	01:49:28	85	02:09:11	71	03:49:02	62	07:47:41	61
103	Trond	Langeng	.	01:33:56	78	01:56:37	65	04:36:28	63	08:07:01	62
165	Robert	Nyhus	Team Hardhaus	01:25:35	66			02:12:41	36		
108	Jon Inge	Breen	Ålen I.L.	01:25:06	64			02:33:05	51		
156	Tor Arne	Slind	Selbu il	01:05:03	16	01:16:49	6				
192	Steffen	Blekkkan	Spenst Stjørdal	01:01:54	6	01:17:42	9				
211	Ludvig	Tronsaune	Røros			01:19:55	17				
162	Martin	Ree	Støren sportsklubb	01:07:03	24	01:21:02	21				
207	Francis	Konow	Brekken IL			01:22:10	24				
126	Nils	Klevset	Byneset	01:12:26	35	01:25:41	28				

212	Eivind	Sjøvold	Røros			01:31:12	39				
112	Espen	Sivertsgård	Ålen il		01:24:25	63	01:39:38	52			
173	Kim	Bjørklund	Team Troisman		01:29:57	70	01:50:57	63			
113	Vegard	Aspås	Ålen IL		01:33:24	77	01:57:30	66			
120	Simen	Jensås	Ålen IL		01:25:34	65	02:05:18	70			
183	Stian	Grønli	Fyk				02:17:11	72			
107	Bjørn Ove	Gjære	Ålen		02:09:25	88	02:32:57	74			
159	Jon Arne	Gaundal	Steinkjer FIK		00:56:54	2					
125	Terje	Drøyvold	Byåsen IL		01:02:43	10					
158	Håvard	Finnland Trøite	Selbustrand IL		01:04:40	15					
105	Bjørnar	Melum	Åfjord		01:06:42	21					
252	Magne	Harborg	Røros IL		01:08:08	26					
136	Joakim	Storrønning	FYK IL		01:11:01	32					
193	Jon Anders	Hamer	Aasguten IL		01:13:35	38					
163	Christofer	Klevsjø	Strindheim IL		01:14:07	41					
186	Henrik Jørgen	Øien	OPIL		01:21:41	59					
146	Jon Håkon	Slungård	Lånke IL		01:22:19	60					
191	Bjarne Aas	Farbu	Strindheim IL		01:29:35	69					
187	Anders	Brennås	Haltdalen IL		01:35:30	79					
185	Sffen	Moan	Deep Sea Valley Athletes		01:36:38	80					
189	Harald	Myhre			01:38:13	81					
147	Jo Sverre	Helgemo	Lundamo IL		01:39:08	82					
137	Christer	Storrønning	Fyk IL		01:53:37	86					
190	Lars	Wik	Røros		02:35:43	89					