

# Resultatliste

Adidas Skåla rett opp

Offisiell liste

15.08.2009

| Plass | Navn | Klubb | Mellomtid | Tid | Etter |
|-------|------|-------|-----------|-----|-------|
|-------|------|-------|-----------|-----|-------|

## Kvinner 15-17 år

|        |                         |                |               |                |       |
|--------|-------------------------|----------------|---------------|----------------|-------|
| 1      | Elisabeth Overvoll Hole | Stranda IL     | 1:04:59 46:55 | <b>1:51:54</b> |       |
| 2      | Gunnhild Bugge          | NOTEAM         | 1:04:58 50:07 | <b>1:55:05</b> | 03:11 |
| 3      | Kristin Solberg         | Stordal Il-Ski | 1:09:04 52:19 | <b>2:01:23</b> | 09:29 |
| 4      | Frida Øygard            | Jølster IL     | 1:13:05 52:27 | <b>2:05:32</b> | 13:38 |
| Antall | 4                       | Påmeldte: 4    | Startende: 4  |                |       |

## Kvinner 18-19 år

|        |                         |               |                 |                |         |
|--------|-------------------------|---------------|-----------------|----------------|---------|
| 1      | Tuva Staver Toftdal     | Heming Il     | 52:15 39:27     | <b>1:31:42</b> |         |
| 2      | Elisabeth Hildenes      | Eid Il        | 56:39 43:04     | <b>1:39:43</b> | 08:01   |
| 3      | Malene Haukøy           | Il Høyang     | 1:48:25         | <b>1:48:25</b> | 16:43   |
| 4      | Elise Jaasund           | Sola Vgs      | 1:25:34 1:09:09 | <b>2:34:43</b> | 1:03:01 |
| 5      | Signe Berit Mæland      | Sola Vgs      | 1:27:50 1:13:07 | <b>2:40:57</b> | 1:09:15 |
| 6      | Iselin Stangeland       | Sola Vgs      | 1:29:49 1:22:16 | <b>2:52:05</b> | 1:20:23 |
| 7      | Lene Bakken             | Sola Vgs      | 1:39:59 1:29:17 | <b>3:09:16</b> | 1:37:34 |
| DNF    | Hanne Marie Kvenseth    | Villa Organic |                 |                |         |
| DNS    | Maren Espeland Mjåtveit | Sola Vgs      | 1:27:53         |                |         |
| Antall | 9                       | Påmeldte: 9   | Startende: 9    |                |         |

## Kvinner 20-22 år

|        |                     |                   |               |                |       |
|--------|---------------------|-------------------|---------------|----------------|-------|
| 1      | Guro Flatekval      | Oppsal            | 50:15 36:50   | <b>1:27:05</b> |       |
| 2      | Mari Bruflot        | Tambarskjelvar IL | 1:03:54 48:38 | <b>1:52:32</b> | 25:27 |
| 3      | Malene Haugen       | NOTEAM            | 1:08:36 50:21 | <b>1:58:57</b> | 31:52 |
| 4      | Mari Aksnes         | NOTEAM            | 1:09:12 50:19 | <b>1:59:31</b> | 32:26 |
| DNS    | Elisabeth Fjeldvær  | Sprettrumpeklubb  |               |                |       |
| DNS    | Benedikte Aa        | Hyen              |               |                |       |
| DNS    | Solveig Berg Nilsen | NOTEAM            |               |                |       |
| Antall | 7                   | Påmeldte: 7       | Startende: 4  |                |       |

## Kvinner 23-34 år

|     |                        |                       |                     |                |         |
|-----|------------------------|-----------------------|---------------------|----------------|---------|
| 1   | Antonella Confortola   | Italian National Team | 49:21 37:14         | <b>1:26:35</b> |         |
| 2   | Iva Milesova           | Psk Olymp Praha       | 49:58 37:02         | <b>1:27:00</b> | 00:25   |
| 3   | May Britt Buer         | Harding Il            | 50:23 37:27         | <b>1:27:50</b> | 01:15   |
| 4   | Merete Helgheim        | Gloppen Friidrettslag | 52:58 40:51         | <b>1:33:49</b> | 07:14   |
| 5   | Therese Sjursen        | Bfg                   | 54:29 40:23         | <b>1:34:52</b> | 08:17   |
| 6   | Martina Tazzioli       | Aletica Camaiore      | 55:13 46:39         | <b>1:41:52</b> | 15:17   |
| 7   | Elise Reiten           | NOTEAM                | 1:01:53 43:51       | <b>1:45:44</b> | 19:09   |
| 8   | Hilde Aasheim          | Osterøy IL            | 1:01:42 44:43       | <b>1:46:25</b> | 19:50   |
| 9   | Åse Iren Sætre         | Ørsta Idrettslag      | 1:04:09 45:37       | <b>1:49:46</b> | 23:11   |
| 10  | Mette Jersin Ansnes    | Sportsklubben Rye     | 1:06:59 51:51       | <b>1:58:50</b> | 32:15   |
| 11  | Anne Grete Ramstad     | Kaupanger IL          | 1:07:22 53:19       | <b>2:00:41</b> | 34:06   |
| 12  | Alexandra Seiler       | Statoilhydro          | 1:10:26 50:25       | <b>2:00:51</b> | 34:16   |
| 13  | Terese Sunde           | NOTEAM                | 1:13:02 50:30       | <b>2:03:32</b> | 36:57   |
| 14  | Maria Tunset Grinde    | NOTEAM                | 1:13:58 50:31       | <b>2:04:29</b> | 37:54   |
| 15  | Elisabeth Gausdal      | NOTEAM                | 1:12:25 54:33       | <b>2:06:58</b> | 40:23   |
| 16  | Wibeke Stenset         | NOTEAM                | 1:15:39 57:02       | <b>2:12:41</b> | 46:06   |
| 17  | Lillian Breivik        | NOTEAM                | 1:16:30 56:42       | <b>2:13:12</b> | 46:37   |
| 18  | Guro Giskeødegård      | NOTEAM                | 1:16:53 58:47       | <b>2:15:40</b> | 49:05   |
| 19  | Aslaug Nedrebø         | Skjold Skileikarlag   | 1:21:37 00:10 55:00 | <b>2:16:47</b> | 50:12   |
| 20  | Silje Elin Grunnaleite | Hallvard Lerøy        | 1:26:30 1:15:22     | <b>2:41:52</b> | 1:15:17 |
| 21  | Marita Hunder          | NOTEAM                | 1:26:59 1:18:47     | <b>2:45:46</b> | 1:19:11 |
| DNS | Karina Helle           | Dale Il               |                     |                |         |
| DNS | Hege Vagstad           | Dale                  |                     |                |         |
| DNS | Monica Beate Tvedt     | NOTEAM                |                     |                |         |

# Resultatliste

Adidas Skåla rett opp

Offisiell liste

15.08.2009

| Plass | Navn | Klubb | Mellomtid | Tid | Etter |
|-------|------|-------|-----------|-----|-------|
|-------|------|-------|-----------|-----|-------|

## Kvinner 23-34 år

|        |             |              |               |  |  |
|--------|-------------|--------------|---------------|--|--|
| DNS    | Linn Øvrebø | NOTEAM       |               |  |  |
| Antall | 25          | Påmeldte: 25 | Startende: 21 |  |  |

## Kvinner 35-39 år

|        |                          |                  |                 |         |       |
|--------|--------------------------|------------------|-----------------|---------|-------|
| 1      | Helene Pemmer            | Il Fri           | 55:38 43:22     | 1:39:00 |       |
| 2      | Line Lystad              | NOTEAM           | 57:59 47:26     | 1:45:25 | 06:25 |
| 3      | Trude Eimhjellen         | NOTEAM           | 1:03:23 46:41   | 1:50:04 | 11:04 |
| 4      | Anne Skaar               | Sogndal IL       | 1:03:08 49:43   | 1:52:51 | 13:51 |
| 5      | Vigdis G. Reigstad       | Il Fri           | 1:06:35 47:36   | 1:54:11 | 15:11 |
| 6      | Bente Bakke Nødset       | NOTEAM           | 1:06:09 48:44   | 1:54:53 | 15:53 |
| 7      | Margot Bolstad Lynum     | Byåsen           | 1:06:16 49:00   | 1:55:16 | 16:16 |
| 8      | Hanne Sofie Almenning    | NOTEAM           | 1:07:59 50:34   | 1:58:33 | 19:33 |
| 9      | Lin Wæhle                | NOTEAM           | 1:08:56 51:57   | 2:00:53 | 21:53 |
| 10     | Elin Storum Håland       | Dale             | 1:09:55 52:59   | 2:02:54 | 23:54 |
| 11     | Ragnhild Vestad          | NOTEAM           | 1:11:26 52:57   | 2:04:23 | 25:23 |
| 12     | Ingelinn Tangen          | Il Fri           | 1:11:16 53:32   | 2:04:48 | 25:48 |
| 13     | Berit Kolltveit          | Haukeland B.i.l. | 1:11:52 56:01   | 2:07:53 | 28:53 |
| 14     | Anita Hofstad            | NOTEAM           | 1:15:43 53:17   | 2:09:00 | 30:00 |
| 15     | Hege Kristin Brekke      | Fil Aks 77       | 1:15:13 56:26   | 2:11:39 | 32:39 |
| 16     | Gesine Peters            | Phoenix Lübeck   | 1:10:54 1:07:02 | 2:17:56 | 38:56 |
| 17     | Elin Bakke               | Lom IL           | 1:17:11 1:04:46 | 2:21:57 | 42:57 |
| 18     | Kristin Grenan           | Norconsult BIL   | 1:21:36 1:05:38 | 2:27:14 | 48:14 |
| 19     | Linda Larsen             | Hallvard Lerøy   | 1:24:12 1:08:05 | 2:32:17 | 53:17 |
| 20     | Anne-Grete Olsen         | NOTEAM           | 1:26:57 1:11:08 | 2:38:05 | 59:05 |
| DNF    | Annette Arentz Hagen     | Team Åsane       | 1:13:44 25:51   |         |       |
| DNS    | Oddfrid Anne Solheimsnes | Førde Ck         |                 |         |       |
| DNS    | Angelique Helset         | NOTEAM           |                 |         |       |
| DNS    | Linda Marie Fonn         | Stykkjebynight   |                 |         |       |
| DNS    | Helen Edgar              | Trångsvikens IF  |                 |         |       |
| DNS    | Heid June Simonsen       | NOTEAM           |                 |         |       |
| Antall | 26                       | Påmeldte: 26     | Startende: 21   |         |       |

## Kvinner 40-44 år

|        |                         |                  |                 |         |       |
|--------|-------------------------|------------------|-----------------|---------|-------|
| 1      | Nancy Sommer            | Varegg           | 1:02:27 46:04   | 1:48:31 |       |
| 2      | Anne Kristin Lindvik    | Ekornes Bil      | 1:05:43 47:51   | 1:53:34 | 05:03 |
| 3      | Lene Rørvik             | Gti - Stavanger  | 1:06:27 47:32   | 1:53:59 | 05:28 |
| 4      | Ruth Brusdal            | Norengros        | 1:06:58 50:55   | 1:57:53 | 09:22 |
| 5      | Irene Flø Haukeland     | Statoil Hydro    | 1:08:12 52:05   | 2:00:17 | 11:46 |
| 6      | Mona Bakke Svarstad     | Måløy Idrettslag | 1:09:33 52:59   | 2:02:32 | 14:01 |
| 7      | Marianne Nesbø Ådland   | Norengros        | 1:08:03 55:28   | 2:03:31 | 15:00 |
| 8      | Therese Sæbøe Strand    | Måløy Idrettslag | 1:11:21 54:26   | 2:05:47 | 17:16 |
| 9      | Anne Kristine Rohde     | NOTEAM           | 1:13:11 52:42   | 2:05:53 | 17:22 |
| 10     | Ann-Mette Sommer        | Varegg           | 1:12:01 54:27   | 2:06:28 | 17:57 |
| 11     | Berit Brusdal Havre     | Norengros        | 1:13:54 56:57   | 2:10:51 | 22:20 |
| 12     | Irene Terkelsen         | NOTEAM           | 1:13:57 57:41   | 2:11:38 | 23:07 |
| 13     | Maja Von Der Ohe        | Nei Bil          | 1:16:50 55:35   | 2:12:25 | 23:54 |
| 14     | Marit Sandal            | NOTEAM           | 1:18:06 58:16   | 2:16:22 | 27:51 |
| 15     | Merete Storum           | NOTEAM           | 1:14:23 1:03:58 | 2:18:21 | 29:50 |
| 16     | Hilde Dregelid          | NOTEAM           | 1:23:46 1:05:03 | 2:28:49 | 40:18 |
| DNS    | Irena Pakosz            | Technik Komorno  |                 |         |       |
| DNS    | Helene Skeie            | Fossum           |                 |         |       |
| DNS    | Synnøve Humlen          | NOTEAM           |                 |         |       |
| DNS    | Björg Liseth Pedersen   | NOTEAM           |                 |         |       |
| DNS    | Siv Astrid Grasdalsmoen | Statoilhydro Bil |                 |         |       |
| Antall | 21                      | Påmeldte: 21     | Startende: 16   |         |       |

# Resultatliste

## Adidas Skåla rett opp

Offisiell liste

15.08.2009

| Plass            | Navn                   | Klubb          | Mellomtid     |         | Tid     | Etter |
|------------------|------------------------|----------------|---------------|---------|---------|-------|
| Kvinner 45-49 år |                        |                |               |         |         |       |
| 1                | Jorunn Røegh           | Norconsult BIL | 1:05:41       | 47:58   | 1:53:39 |       |
| 2                | Eva Jellestad          | NOTEAM         | 1:07:34       | 52:41   | 2:00:15 | 06:36 |
| 3                | Rikke Lill Holund      | NOTEAM         | 1:10:11       | 51:46   | 2:01:57 | 08:18 |
| 4                | Bente Ormseth Årøen    | NOTEAM         | 1:11:24       | 53:36   | 2:05:00 | 11:21 |
| 5                | Edna Leikvoll          | Bfg Fana       | 1:08:29       | 1:00:07 | 2:08:36 | 14:57 |
| 6                | Inger Lise Sandbakk    | Stryn          | 1:15:09       | 57:03   | 2:12:12 | 18:33 |
| 7                | Bodil Tessem           | Vågstranda IL  | 1:18:35       | 57:47   | 2:16:22 | 22:43 |
| 8                | Gunvor Flo             | Team Jafs      | 2:20:53       |         | 2:20:53 | 27:14 |
| 9                | Grete Hamre            | Domstein       | 1:17:02       | 1:04:30 | 2:21:32 | 27:53 |
| 10               | Rie Moos Villumsen     | Vejle IF       | 1:19:24       | 1:03:42 | 2:23:06 | 29:27 |
| 11               | Irene Tveit            | Hallvard Lerøy | 1:18:08       | 1:05:18 | 2:23:26 | 29:47 |
| 12               | Anna Lipniacka         | UIB            | 1:19:38       | 1:08:20 | 2:27:58 | 34:19 |
| 13               | Hege Heiberg           | NOTEAM         | 1:23:17       | 1:21:24 | 2:44:41 | 51:02 |
| 14               | Heidi Wevik            | NOTEAM         | 1:27:57       | 1:20:38 | 2:48:35 | 54:56 |
| DNS              | Gandrubakken Grindheim | NOTEAM         |               |         |         |       |
| Antall           | 15                     | Påmeldte: 15   | Startende: 14 |         |         |       |

### Kvinner 50-54 år

|        |                   |                |              |         |                |       |
|--------|-------------------|----------------|--------------|---------|----------------|-------|
| 1      | Norunn Stavø      | Florøtif       | 56:40        | 41:59   | <b>1:38:39</b> |       |
| 2      | Annie Ristebråten | NOTEAM         | 1:00:20      | 46:19   | <b>1:46:39</b> | 08:00 |
| 3      | Bente Morvik      | NOTEAM         | 1:19:51      | 57:49   | <b>2:17:40</b> | 39:01 |
| 4      | Oddbjørg Lid      | SK Rye         | 1:23:31      | 1:05:37 | <b>2:29:08</b> | 50:29 |
| DNS    | Signe Aarvik      | Mjøsdaalen I.I |              |         |                |       |
| Antall | 5                 | Påmeldte: 5    | Startende: 4 |         |                |       |

### Kvinner 55-59 år

|        |                         |             |              |       |                |       |
|--------|-------------------------|-------------|--------------|-------|----------------|-------|
| 1      | Åsta Hansen             | NOTEAM      | 1:10:15      | 49:56 | <b>2:00:11</b> |       |
| 2      | Liv Berge               | Åheim IL    | 1:14:45      | 58:07 | <b>2:12:52</b> | 12:41 |
| 3      | Solveig Arnhild Svardal | NOTEAM      | 1:14:17      | 59:53 | <b>2:14:10</b> | 13:59 |
| Antall | 3                       | Påmeldte: 3 | Startende: 3 |       |                |       |

### Kvinner 60-64 år

|        |                 |                     |              |             |                |         |
|--------|-----------------|---------------------|--------------|-------------|----------------|---------|
| 1      | Berit Høyvik    | Lillehammer Sykehus | 1:02:48      | 45:36 10:20 | <b>1:58:44</b> |         |
| 2      | Sigrun Molland  | Aks 77              | 1:07:56      | 51:59       | <b>1:59:55</b> | 01:11   |
| 3      | Sissel Groven   | NOTEAM              | 1:23:35      | 1:04:38     | <b>2:28:13</b> | 29:29   |
| 4      | Randi Vamraak   | Ringerike Kommune   | 1:19:20      | 1:10:04     | <b>2:29:24</b> | 30:40   |
| 5      | Turid Thomassen | NOTEAM              | 1:56:16      | 1:34:51     | <b>3:31:07</b> | 1:32:23 |
| Antall | 5               | Påmeldte: 5         | Startende: 5 |             |                |         |

### Kvinner 65-69 år

|        |                      |                   |              |         |                |       |
|--------|----------------------|-------------------|--------------|---------|----------------|-------|
| 1      | Halldis Nagell-Dahl  | T.i.f.viking      | 1:20:04      | 1:01:05 | <b>2:21:09</b> |       |
| 2      | Johanne-Marie Erstad | Øil Øystese       | 1:38:08      | 1:28:17 | <b>3:06:25</b> | 45:16 |
| DNF    | Turid Lid            | Øystese           | 1:39:56      | 00:11   |                |       |
| DNS    | J. Sonja De La Cour  | American Airlines |              |         |                |       |
| Antall | 4                    | Påmeldte: 4       | Startende: 3 |         |                |       |

### Menn 15-17 år

|   |                         |                      |       |       |                |       |
|---|-------------------------|----------------------|-------|-------|----------------|-------|
| 1 | Håvard Gutubø Bogetveit | Førde II/ Ntg-Geilo  | 47:05 | 34:47 | <b>1:21:52</b> |       |
| 2 | Ole Martin Erdal        | Førde II             | 48:27 | 36:12 | <b>1:24:39</b> | 02:47 |
| 3 | Håvard Solås Taugbø     | Lillehammer Skiklubb | 51:21 | 36:22 | <b>1:27:43</b> | 05:51 |
| 4 | Endre Aamodt            | Valdres Langløparlag | 50:24 | 38:05 | <b>1:28:29</b> | 06:37 |

# Resultatliste

Adidas Skåla rett opp

Offisiell liste

15.08.2009

| Plass         | Navn                    | Klubb                | Mellomtid     |         | Tid     | Etter |
|---------------|-------------------------|----------------------|---------------|---------|---------|-------|
| Menn 15-17 år |                         |                      |               |         |         |       |
| 5             | Tommy Haga              | Sandnes Friidrett Si | 51:39         | 37:48   | 1:29:27 | 07:35 |
| 6             | Trond-Marius Vad        | NOTEAM               | 55:02         | 38:47   | 1:33:49 | 11:57 |
| 7             | Geir Marius Øie         | Stordal IL           | 55:35         | 41:46   | 1:37:21 | 15:29 |
| 8             | Håvard Drivenes         | Tørvikbygd IL        | 56:47         | 40:50   | 1:37:37 | 15:45 |
| 9             | Geir-Olav Roset         | Veten IL             | 56:42         | 41:31   | 1:38:13 | 16:21 |
| 10            | Marius Vedvik           | Førde IL             | 58:24         | 40:57   | 1:39:21 | 17:29 |
| 11            | Elias Ottosen           | NOTEAM               | 58:39         | 44:03   | 1:42:42 | 20:50 |
| 12            | Une Strømme             | Motig IL             | 59:45         | 43:07   | 1:42:52 | 21:00 |
| 13            | Sondre Guddal Muri      | Olden IL             | 58:26         | 45:34   | 1:44:00 | 22:08 |
| 14            | Vegard Kaland           | Sykkylven IL         | 1:00:05       | 44:40   | 1:44:45 | 22:53 |
| 15            | Jarle Midthjell Gjørven | Markane              | 1:02:49       | 44:47   | 1:47:36 | 25:44 |
| 16            | Magnus-Johan Færø       | Eikanger IL          | 1:02:20       | 45:44   | 1:48:04 | 26:12 |
| 17            | Mathias Fjælberg        | Hana IL              | 59:57         | 50:07   | 1:50:04 | 28:12 |
| 18            | Inge Sveen              | NOTEAM               | 1:05:43       | 48:22   | 1:54:05 | 32:13 |
| 19            | Kristian Døble          | NOTEAM               | 1:08:37       | 50:03   | 1:58:40 | 36:48 |
| 20            | Erlend Vabø             | SK Vidar             | 1:14:05       | 56:41   | 2:10:46 | 48:54 |
| 21            | Benjamin Melseth        | Sykkylven IL         | 1:09:10       | 1:01:59 | 2:11:09 | 49:17 |
| DNS           | Simon Tomren            | Ski Team Svarløken   |               |         |         |       |
| Antall        | 22                      | Påmeldte: 22         | Startende: 21 |         |         |       |

## Menn 18-19 år

|        |                        |                          |               |         |         |         |
|--------|------------------------|--------------------------|---------------|---------|---------|---------|
| 1      | Henry Kiplagat         | SK Vidar                 | 41:59         | 34:15   | 1:16:14 |         |
| 2      | Eivind Knutsen         | Oddersjaa Ssk/sirdal Ski | 45:14         | 33:29   | 1:18:43 | 02:29   |
| 3      | Asbjørn Berland        | Fil Aks-77               | 47:04         | 34:38   | 1:21:42 | 05:28   |
| 4      | Richard Bartale        | SK Vidar                 | 49:11         | 33:59   | 1:23:10 | 06:56   |
| 5      | Erlend Drivenes        | Tørvikbygd IL            | 47:34         | 36:05   | 1:23:39 | 07:25   |
| 6      | Einar Moxnes           | Tif Viking               | 52:41         | 37:42   | 1:30:23 | 14:09   |
| 7      | Marius Prestegård      | Voss                     | 55:27         | 39:43   | 1:35:10 | 18:56   |
| 8      | Håvard Myklebust       | Hovdebygda IL            | 55:58         | 40:48   | 1:36:46 | 20:32   |
| 9      | Johan Bugge            | Eidsvåg IL               | 48:26         | 49:45   | 1:38:11 | 21:57   |
| 10     | Bjørn Erik Henden      | Stårheim IL              | 59:21         | 41:28   | 1:40:49 | 24:35   |
| 11     | Espen Torsnes Sørebo   | Kyrkjebø                 | 1:02:07       | 45:04   | 1:47:11 | 30:57   |
| 12     | Erling Thokle Hovden   | NOTEAM                   | 1:05:49       | 46:01   | 1:51:50 | 35:36   |
| 13     | Bendik Ramstad         | Sp. Kl. Nessegutten      | 1:05:39       | 47:34   | 1:53:13 | 36:59   |
| 14     | Kenneth Ajer Lunde     | Sola Vgs                 | 1:07:38       | 50:03   | 1:57:41 | 41:27   |
| 15     | Bjørnar Østerhus Dahle | Sola Vgs                 | 1:15:31       | 49:46   | 2:05:17 | 49:03   |
| 16     | Andreas Stokka         | Sola Vgs                 | 1:13:50       | 54:44   | 2:08:34 | 52:20   |
| 17     | Jonas Aase             | Me Industries            | 1:11:29       | 1:06:27 | 2:17:56 | 1:01:42 |
| 18     | Eirik Magne Meling     | Sola Vgs                 | 1:28:52       | 1:11:59 | 2:40:51 | 1:24:37 |
| 19     | Andre Danielsen        | Sola Vgs                 | 1:33:48       | 1:30:55 | 3:04:43 | 1:48:29 |
| DNS    | Asbjørn Klakeg Forland | Breimsbygda I.L.         |               |         |         |         |
| DNS    | Martin Fremo Lefdal    | Byåsen IL                |               |         |         |         |
| Antall | 21                     | Påmeldte: 21             | Startende: 19 |         |         |         |

## Menn 20-22 år

|    |                      |                      |         |       |         |       |
|----|----------------------|----------------------|---------|-------|---------|-------|
| 1  | John Sombol          | Barakarunner         | 39:08   | 30:47 | 1:09:55 |       |
| 2  | Sammy Kirui          | Barakarunner         | 40:18   | 32:13 | 1:12:31 | 02:36 |
| 3  | Sindre Buraas        | SK Vidar             | 41:39   | 33:02 | 1:14:41 | 04:46 |
| 4  | Joel Dyrhovden       | Samnanger IL         | 44:41   | 34:39 | 1:19:20 | 09:25 |
| 5  | Øyvind Bugge         | Eidsvåg IL           | 46:18   | 36:08 | 1:22:26 | 12:31 |
| 6  | Eliud Kiptanui       | SK Vidar             | 49:11   | 34:38 | 1:23:49 | 13:54 |
| 7  | Morten Eide Pedersen | Lillehammer Skiklubb | 49:36   | 36:51 | 1:26:27 | 16:32 |
| 8  | Vegard Kjøs Hegge    | Lillehammer Skiklubb | 51:36   | 37:18 | 1:28:54 | 18:59 |
| 9  | Stian Øye            | Hovdebygda IL        | 1:01:39 | 43:08 | 1:44:47 | 34:52 |
| 10 | Jan Roger Hagen      | Straumsnes IL        | 1:05:52 | 42:34 | 1:48:26 | 38:31 |

# Resultatliste

Adidas Skåla rett opp

Offisiell liste

15.08.2009

| Plass                | Navn                    | Klubb           | Mellomtid       | Tid            | Etter   |
|----------------------|-------------------------|-----------------|-----------------|----------------|---------|
| <b>Menn 20-22 år</b> |                         |                 |                 |                |         |
| 11                   | Remi Kvalheim           | Team Nautilus   | 1:03:36 45:54   | <b>1:49:30</b> | 39:35   |
| 12                   | Lars-Martin Hejll       | Team Nautilus   | 1:04:38 49:46   | <b>1:54:24</b> | 44:29   |
| 13                   | Håvard Nakken Follesø   | NOTEAM          | 1:58:20         | <b>1:58:20</b> | 48:25   |
| 14                   | Knut Sveinung Rekaa     | NTNUI Friidrett | 1:10:03 49:20   | <b>1:59:23</b> | 49:28   |
| 15                   | Joakim Albrigtsen       | Team Nautilus   | 1:13:58 57:32   | <b>2:11:30</b> | 1:01:35 |
| 16                   | Vegard Skaten           | Team Nautilus   | 1:18:43 1:00:02 | <b>2:18:45</b> | 1:08:50 |
| 17                   | Karsten Klungveit       | Team Nautilus   | 1:23:12 1:11:16 | <b>2:34:28</b> | 1:24:33 |
| DNS                  | Anders Rotstigen Skjöld | Msi             |                 |                |         |
| DNS                  | Per Einar Eggen Ness    | Gaular          | 1:12:06 00:10   |                |         |
| DNS                  | Eirik Kirkeli           | Msi             |                 |                |         |
| DNS                  | Tom Ivar Jacobsen       | NOTEAM          |                 |                |         |
| DNS                  | Vegard Ruttenborg       | NOTEAM          |                 |                |         |
| Antall               | 22                      | Påmeldte: 22    | Startende: 19   |                |         |

## Menn 23-34 år

|    |                          |                            |               |                |       |
|----|--------------------------|----------------------------|---------------|----------------|-------|
| 1  | David Schneider          | Inov-8 Switzerland         | 41:03 29:47   | <b>1:10:50</b> |       |
| 2  | Jon Duncan               | Sandnes IL                 | 40:30 30:37   | <b>1:11:07</b> | 00:17 |
| 3  | Joseph Gray              | Team Usa                   | 40:28 32:20   | <b>1:12:48</b> | 01:58 |
| 4  | Øystein Sylta            | SK Vidar                   | 41:39 31:52   | <b>1:13:31</b> | 02:41 |
| 5  | Rickey Gates             | Usa Team                   | 42:42 32:15   | <b>1:14:57</b> | 04:07 |
| 6  | Kjell Christian Markset  | Koll IL / Oslo Sportslager | 43:30 31:33   | <b>1:15:03</b> | 04:13 |
| 7  | Øyvind Heiberg Sundby    | Ik Tjalve                  | 42:44 33:55   | <b>1:16:39</b> | 05:49 |
| 8  | Espen Harald Bjerke      | Lillehammer Skiklubb       | 43:32 33:56   | <b>1:17:28</b> | 06:38 |
| 9  | Lars Skjeset             | NTNUI Orientering          | 44:47 34:46   | <b>1:19:33</b> | 08:43 |
| 10 | Arve Rindal              | Eid IL                     | 46:53 36:27   | <b>1:23:20</b> | 12:30 |
| 11 | Jon Meyer Tvinnereim     | NOTEAM                     | 48:55 35:29   | <b>1:24:24</b> | 13:34 |
| 12 | Are Løset                | NTNUI                      | 48:27 36:14   | <b>1:24:41</b> | 13:51 |
| 13 | Knut Anders Hatlen       | Stranda IL                 | 48:21 36:40   | <b>1:25:01</b> | 14:11 |
| 14 | Arild Een                | Ørnar IL                   | 50:13 36:17   | <b>1:26:30</b> | 15:40 |
| 15 | Sigbjørn Emblem          | Hakallestranda             | 50:04 38:27   | <b>1:28:31</b> | 17:41 |
| 16 | Eirik Vestrheim          | Varegg                     | 51:12 38:06   | <b>1:29:18</b> | 18:28 |
| 17 | Jo-Harald Færø           | Eikanger IL                | 50:01 39:22   | <b>1:29:23</b> | 18:33 |
| 18 | Sindre Østhagen          | Fredrikstad Skiklubb       | 52:20 37:34   | <b>1:29:54</b> | 19:04 |
| 19 | Rune Venøy               | Eid                        | 50:37 39:26   | <b>1:30:03</b> | 19:13 |
| 20 | Roger Nevland            | Gjesdal IL                 | 52:17 38:59   | <b>1:31:16</b> | 20:26 |
| 21 | Lars Erik Skjervheim     | Ekstrem Utvikling          | 53:31 38:09   | <b>1:31:40</b> | 20:50 |
| 22 | Stein Bjarte Een         | Ørnar IL                   | 53:48 38:59   | <b>1:32:47</b> | 21:57 |
| 23 | Joar Moldskred           | NOTEAM                     | 52:59 40:06   | <b>1:33:05</b> | 22:15 |
| 24 | Jon Inge Kusslid         | Førde IL                   | 53:43 39:56   | <b>1:33:39</b> | 22:49 |
| 25 | Ole Johan Torsnes        | NOTEAM                     | 54:51 39:34   | <b>1:34:25</b> | 23:35 |
| 26 | Tore Mortvedt            | NOTEAM                     | 54:24 40:48   | <b>1:35:12</b> | 24:22 |
| 27 | Kay Roger Haugen         | Loen/syrl                  | 55:39 40:14   | <b>1:35:53</b> | 25:03 |
| 28 | Martin Hauge-Nilsen      | Spjelkavik Og Omegn        | 56:25 40:14   | <b>1:36:39</b> | 25:49 |
| 29 | Cato Indrebø             | NOTEAM                     | 57:23 39:27   | <b>1:36:50</b> | 26:00 |
| 30 | Kjell Olav Kusslid       | NOTEAM                     | 54:48 42:30   | <b>1:37:18</b> | 26:28 |
| 31 | Knut Ødegaard            | Strandbygda IL             | 54:32 43:34   | <b>1:38:06</b> | 27:16 |
| 32 | Kenneth Helleve          | NOTEAM                     | 55:33 42:50   | <b>1:38:23</b> | 27:33 |
| 33 | Øystein Eide             | Førde IL                   | 58:09 41:00   | <b>1:39:09</b> | 28:19 |
| 34 | Tord Astad               | Handelshøyskolen Bi        | 56:17 43:01   | <b>1:39:18</b> | 28:28 |
| 35 | Jon Ivar Djønnne         | NOTEAM                     | 58:16 41:06   | <b>1:39:22</b> | 28:32 |
| 36 | Hans Aleksander Østhagen | NTNUI                      | 56:15 43:27   | <b>1:39:42</b> | 28:52 |
| 37 | Jan Håvard Bleka         | Vågå                       | 59:58 41:23   | <b>1:41:21</b> | 30:31 |
| 38 | Jeremy Edwards           | Warrior Orienteering       | 56:27 45:08   | <b>1:41:35</b> | 30:45 |
| 39 | Jon Vegar Bjune          | Dnv Vbil                   | 57:24 44:32   | <b>1:41:56</b> | 31:06 |
| 40 | Thomas Klovland          | Team Aktiv                 | 59:46 42:34   | <b>1:42:20</b> | 31:30 |
| 41 | Kristian Mardal          | Gfil                       | 1:00:19 42:13 | <b>1:42:32</b> | 31:42 |

# Resultatliste

Adidas Skåla rett opp

Offisiell liste

15.08.2009

| Plass                | Navn                     | Klubb                   | Mellomtid       | Tid            | Etter   |
|----------------------|--------------------------|-------------------------|-----------------|----------------|---------|
| <b>Menn 23-34 år</b> |                          |                         |                 |                |         |
| 42                   | Arve Solheimslid         | NOTEAM                  | 1:01:03 41:43   | <b>1:42:46</b> | 31:56   |
| 43                   | Terje Ulltang            | Dale II Sykkel          | 59:02 43:47     | <b>1:42:49</b> | 31:59   |
| 44                   | Gaute Haukaas            | Multiconsult As Avd.    | 1:00:56 42:25   | <b>1:43:21</b> | 32:31   |
| 45                   | Frode Refsnes            | NOTEAM                  | 59:27 44:24     | <b>1:43:51</b> | 33:01   |
| 46                   | Thomas Martinsen         | NOTEAM                  | 58:38 45:24     | <b>1:44:02</b> | 33:12   |
| 47                   | Endre Risøy              | Eid II                  | 59:51 45:06     | <b>1:44:57</b> | 34:07   |
| 48                   | Åsmund Kringlebotten     | Vindafjord Sykkelklubb  | 1:01:45 43:17   | <b>1:45:02</b> | 34:12   |
| 49                   | Knut Magnus Ljåstad      | Hakadal                 | 1:01:29 44:14   | <b>1:45:43</b> | 34:53   |
| 50                   | Henrik Trumpy            | NOTEAM                  | 1:01:02 45:24   | <b>1:46:26</b> | 35:36   |
| 51                   | Kjartan Nybråten         | NOTEAM                  | 1:00:40 45:57   | <b>1:46:37</b> | 35:47   |
| 52                   | Endre Edvardsdal         | Hallvard Lerøy          | 1:01:07 45:46   | <b>1:46:53</b> | 36:03   |
| 53                   | Matthew Allen            | Valley Striders         | 1:01:00 47:15   | <b>1:48:15</b> | 37:25   |
| 54                   | Trygve Andresen          | Asplan Viak Bil         | 1:01:34 47:02   | <b>1:48:36</b> | 37:46   |
| 55                   | Espen Johan Ellefsen     | Multiconsult Bil        | 1:03:42 44:58   | <b>1:48:40</b> | 37:50   |
| 56                   | Pål Werdenhoff           | NOTEAM                  | 1:03:32 45:31   | <b>1:49:03</b> | 38:13   |
| 57                   | Bjørn Magne Kleppenes    | Hyen II                 | 1:01:54 47:15   | <b>1:49:09</b> | 38:19   |
| 58                   | Rune Kalhagen            | Stryn Sykkelklubb       | 1:03:18 46:14   | <b>1:49:32</b> | 38:42   |
| 59                   | Even Jahnsen             | Seawell                 | 1:04:22 45:30   | <b>1:49:52</b> | 39:02   |
| 60                   | Steven Wøien Augedal     | Team Elg                | 1:03:50 47:00   | <b>1:50:50</b> | 40:00   |
| 61                   | Petter Thoresen          | NOTEAM                  | 1:03:34 47:26   | <b>1:51:00</b> | 40:10   |
| 62                   | Kristian Haarr           | NOTEAM                  | 1:04:20 47:03   | <b>1:51:23</b> | 40:33   |
| 63                   | Jonas Grov               | Telenor Move            | 1:02:55 48:43   | <b>1:51:38</b> | 40:48   |
| 64                   | Ole Kristian Myrbostad   | NOTEAM                  | 1:04:30 47:57   | <b>1:52:27</b> | 41:37   |
| 65                   | Terje Bakke              | Skanska Aktiv           | 1:06:07 47:21   | <b>1:53:28</b> | 42:38   |
| 66                   | Tore Hellesø             | Haugen II/pareto Online | 1:04:31 49:27   | <b>1:53:58</b> | 43:08   |
| 67                   | Martin Espelund          | Stranda IL              | 1:03:22 51:09   | <b>1:54:31</b> | 43:41   |
| 68                   | Geir Sviggum             | NOTEAM                  | 1:04:26 50:11   | <b>1:54:37</b> | 43:47   |
| 69                   | Jo Andre Tandstad        | NOTEAM                  | 1:04:15 50:46   | <b>1:55:01</b> | 44:11   |
| 70                   | Jon Kåre Stene           | NOTEAM                  | 1:07:16 49:36   | <b>1:56:52</b> | 46:02   |
| 71                   | Frode Grønmyr            | Todalen IL              | 1:06:13 51:15   | <b>1:57:28</b> | 46:38   |
| 72                   | Kjetil Stokke            | NOTEAM                  | 1:09:15 48:15   | <b>1:57:30</b> | 46:40   |
| 73                   | Joakim Eikeland          | Spk Høken               | 1:02:56 54:52   | <b>1:57:48</b> | 46:58   |
| 74                   | Pelle Wiberg             | Pareto Online           | 1:05:40 53:16   | <b>1:58:56</b> | 48:06   |
| 75                   | Bruce Thomas Wøien       | NOTEAM                  | 1:07:59 51:16   | <b>1:59:15</b> | 48:25   |
| 76                   | Torstein Vollen          | Heidal II               | 1:08:03 51:17   | <b>1:59:20</b> | 48:30   |
| 77                   | Jan Bjarte Skrøppa       | NOTEAM                  | 1:05:07 54:17   | <b>1:59:24</b> | 48:34   |
| 78                   | Helge Arnstein Heimseter | Eikefjord               | 1:02:15 57:14   | <b>1:59:29</b> | 48:39   |
| 79                   | Audun Røren              | NOTEAM                  | 1:05:02 55:59   | <b>2:01:01</b> | 50:11   |
| 80                   | Kristian Anton Simonsen  | Åsane Ck                | 1:10:20 51:14   | <b>2:01:34</b> | 50:44   |
| 81                   | Johnny Skjæveland        | Aalgaard Sykkel Og      | 1:09:09 52:34   | <b>2:01:43</b> | 50:53   |
| 82                   | Arild Indrefjord         | Hallvard Lerøy          | 1:09:16 52:47   | <b>2:02:03</b> | 51:13   |
| 83                   | Leif Egil Bjørsvik       | NOTEAM                  | 1:10:21 52:59   | <b>2:03:20</b> | 52:30   |
| 84                   | Stian Rønnekleiv         | NOTEAM                  | 1:10:15 56:17   | <b>2:06:32</b> | 55:42   |
| 85                   | Håvard Lien Austerheim   | Team Nautilus           | 2:06:33         | <b>2:06:33</b> | 55:43   |
| 86                   | Hans-Fredrik Pedersen    | Hallvard Lerøy          | 1:12:48 54:37   | <b>2:07:25</b> | 56:35   |
| 87                   | Ketil Isaksen            | Team Kjerringfri        | 1:13:47 55:02   | <b>2:08:49</b> | 57:59   |
| 88                   | Knut Tore Otterlei       | Team Nautilus           | 1:12:14 57:03   | <b>2:09:17</b> | 58:27   |
| 89                   | Erik Vagstad             | Flekke                  | 1:15:16 58:14   | <b>2:13:30</b> | 1:02:40 |
| 90                   | Arnstein Ivesdal         | Stårheim                | 1:16:12 59:26   | <b>2:15:38</b> | 1:04:48 |
| 91                   | Torgeir Dalseth          | NOTEAM                  | 1:12:13 1:03:36 | <b>2:15:49</b> | 1:04:59 |
| 92                   | Stian Pettersen          | Hallvard Lerøy          | 1:15:51 1:01:58 | <b>2:17:49</b> | 1:06:59 |
| 93                   | Einar Senstad            | Hallvard Lerøy          | 1:18:59 59:31   | <b>2:18:30</b> | 1:07:40 |
| 94                   | Christian Tellefsen      | Hallvard Lerøy          | 1:19:59 1:03:26 | <b>2:23:25</b> | 1:12:35 |
| 95                   | Ola Blauw Johansen       | Hallvard Lerøy          | 1:19:01 1:06:00 | <b>2:25:01</b> | 1:14:11 |
| 96                   | Christian Andersen       | Team Andersen           | 1:13:40 1:11:53 | <b>2:25:33</b> | 1:14:43 |
| 97                   | Øyvind Reed              | Domstein                | 1:27:02 1:19:11 | <b>2:46:13</b> | 1:35:23 |
| 98                   | Anders Kvamme            | Team Fatso              | 1:37:03 1:32:30 | <b>3:09:33</b> | 1:58:43 |

# Resultatliste

Adidas Skåla rett opp

Offisiell liste

15.08.2009

| Plass         | Navn                           | Klubb                 | Mellomtid      |         | Tid     | Etter   |
|---------------|--------------------------------|-----------------------|----------------|---------|---------|---------|
| Menn 23-34 år |                                |                       |                |         |         |         |
| 99            | Espen Engevik                  | Hallvard Lerøy        | 1:46:54        | 1:43:24 | 3:30:18 | 2:19:28 |
| 100           | Karl Terje Storesund           | Hallvard Lerøy        | 1:46:58        | 1:43:43 | 3:30:41 | 2:19:51 |
| 101           | Tahir Hussain                  | Østmarka IL           | 4:35:00        |         | 4:35:00 | 3:24:10 |
| DNF           | Kristian Gautesen              | Barakarunner          |                |         |         |         |
| DNS           | Anders Nyhuus                  | Lillogrenda Vikings   |                |         |         |         |
| DNS           | Henrik Johannessen             | NOTEAM                |                |         |         |         |
| DNS           | Ronny Børsheim                 | Fana Kajakklubb       |                |         |         |         |
| DNS           | Arne Ove Rødstøl               | Rolls-Royce           |                |         |         |         |
| DNS           | Rune Martin Jensen             | Sf. Grei              |                |         |         |         |
| DNS           | Espen Rognsvåg                 | Bfg Fana              |                |         |         |         |
| DNS           | Øyvind Hope                    | NOTEAM                |                |         |         |         |
| DNS           | Morten Svinsås                 | Ik. Rindals -troll    |                |         |         |         |
| DNS           | Kristian Jacobsen              | NOTEAM                |                |         |         |         |
| DNS           | Johannes Bysheim               | Mjøsdalen I.I         |                |         |         |         |
| DNS           | Snorre Brandstadmoen           | Lillogrenda Vikings   |                |         |         |         |
| DNS           | Else Nalbant                   | Hallvard Lerøy        |                |         |         |         |
| DNS           | Andreas Nysterud               | Statoilhydro          |                |         |         |         |
| DNS           | Stefan Munters                 | Äppelbo Aik           |                |         |         |         |
| DNS           | Kim Pedersen                   | Gloppen Friidrettslag |                |         |         |         |
| DNS           | Magne Wathne                   | NOTEAM                |                |         |         |         |
| DNS           | Tom Erik Halvorsen             | NOTEAM                |                |         |         |         |
| DNS           | Gunnar Fjellestad              | Gloppen Fil           |                |         |         |         |
| DNS           | Jarle Fretheim Konstali-Lødemø | NOTEAM                |                |         |         |         |
| DNS           | Mats Flo                       | Team Jafs             |                |         |         |         |
| DNS           | Erling Hisdal                  | Tjalve IK             |                |         |         |         |
| DNS           | Espen Lunde                    | Bygstad Skilag        |                |         |         |         |
| DNS           | Arild Haavik                   | Aker-strategenes      |                |         |         |         |
| DNS           | Harald Søviknes                | Kondis                |                |         |         |         |
| DNS           | Ole Martin Saltkjel            | NOTEAM                |                |         |         |         |
| DNS           | Arne Aarhus                    | Hallvard Lerøy        |                |         |         |         |
| DNS           | Anders Prøsch                  | Asplan Viak Bil       |                |         |         |         |
| DNS           | Ivar Sundsbø                   | Aker-strategenes      |                |         |         |         |
| DNS           | Eirik Villand                  | NOTEAM                |                |         |         |         |
| Antall        | 131                            | Påmeldte: 131         | Startende: 103 |         |         |         |

## Menn 35-39 år

|    |                      |                        |       |       |                |       |
|----|----------------------|------------------------|-------|-------|----------------|-------|
| 1  | Jonathan Wyatt       | Salomon Austrian       | 39:30 | 30:30 | <b>1:10:00</b> |       |
| 2  | Odd-Bjørn Hjelmeset  | Fjellhug/vereide       | 45:16 | 33:46 | <b>1:19:02</b> | 09:02 |
| 3  | Roger Lillestøl      | Hornindal IL           | 46:53 | 35:57 | <b>1:22:50</b> | 12:50 |
| 4  | Jann-Olav Tjønneland | Viksdalen IL           | 49:53 | 36:39 | <b>1:26:32</b> | 16:32 |
| 5  | Helge Vestrheim      | NOTEAM                 | 49:29 | 37:24 | <b>1:26:53</b> | 16:53 |
| 6  | Mats Mjøs Andersen   | Varegg                 | 52:36 | 37:16 | <b>1:29:52</b> | 19:52 |
| 7  | Björn Geerdink       | The Netherlands        | 51:47 | 41:07 | <b>1:32:54</b> | 22:54 |
| 8  | Edvard Fjellestad    | Fjellhug/vereide       | 53:55 | 39:34 | <b>1:33:29</b> | 23:29 |
| 9  | Robert Gulbrandsen   | Skodje IL              | 54:54 | 39:06 | <b>1:34:00</b> | 24:00 |
| 10 | Roy Dyrkolbotn       | Mjøsdalen IL           | 54:36 | 39:34 | <b>1:34:10</b> | 24:10 |
| 11 | Maykel Geerdink      | The Netherlands        | 54:30 | 40:23 | <b>1:34:53</b> | 24:53 |
| 12 | Ingvar Skaar         | Statoilhydro Bil       | 55:14 | 40:29 | <b>1:35:43</b> | 25:43 |
| 13 | Jørgen Norling       | Norkart Geoservice BIL | 56:09 | 41:04 | <b>1:37:13</b> | 27:13 |
| 14 | Thomas Andersen      | NOTEAM                 | 55:11 | 43:48 | <b>1:38:59</b> | 28:59 |
| 15 | Per Eivind Gurvin    | NOTEAM                 | 56:32 | 43:14 | <b>1:39:46</b> | 29:46 |
| 16 | Roger Goddard        | Forth Valley           | 56:55 | 43:06 | <b>1:40:01</b> | 30:01 |
| 17 | Gisle Skjøberg       | Bremanger Idrettslag   | 57:31 | 43:17 | <b>1:40:48</b> | 30:48 |
| 18 | Gunnar Emblem        | Hakallestranda         | 58:35 | 42:30 | <b>1:41:05</b> | 31:05 |
| 19 | Kjetil Endal         | NOTEAM                 | 59:12 | 43:24 | <b>1:42:36</b> | 32:36 |
| 20 | Leif Jarle Espedal   | Svint IL               | 59:07 | 44:13 | <b>1:43:20</b> | 33:20 |

# Resultatliste

Adidas Skåla rett opp

Offisiell liste

15.08.2009

| Plass                | Navn                    | Klubb                  | Mellomtid       | Tid     | Etter   |
|----------------------|-------------------------|------------------------|-----------------|---------|---------|
| <b>Menn 35-39 år</b> |                         |                        |                 |         |         |
| 21                   | Sverre Nesdal Aske      | Fj. Vereide            | 58:40 44:43     | 1:43:23 | 33:23   |
| 22                   | Atle Håvåg              | No Team                | 59:52 43:41     | 1:43:33 | 33:33   |
| 23                   | Vegard Strand           | Dale IL                | 59:55 43:53     | 1:43:48 | 33:48   |
| 24                   | Eirik Stangnes          | Valley Striders        | 59:31 44:51     | 1:44:22 | 34:22   |
| 25                   | Finn Ove Pettersen      | NOTEAM                 | 1:00:15 45:31   | 1:45:46 | 35:46   |
| 26                   | Trond Hansen            | Eidsfossen Sykkel      | 1:00:15 45:32   | 1:45:47 | 35:47   |
| 27                   | Per Olav Bøyum          | Syril                  | 1:00:33 45:44   | 1:46:17 | 36:17   |
| 28                   | Jakob Rusten            | NOTEAM                 | 1:01:43 44:43   | 1:46:26 | 36:26   |
| 29                   | Tor Erik Nilsen         | Ahlsell B.i.l          | 1:00:25 46:10   | 1:46:35 | 36:35   |
| 30                   | Sturla Binder           | Syril                  | 59:16 47:45     | 1:47:01 | 37:01   |
| 31                   | Tor Erik Moen           | NOTEAM                 | 1:01:22 45:41   | 1:47:03 | 37:03   |
| 31                   | Svein Otto Melheim      | Eid IL                 | 1:00:16 46:47   | 1:47:03 | 37:03   |
| 33                   | Oddbjørn Dimmen         | Rolls-royce Marine BIL | 1:01:41 45:25   | 1:47:06 | 37:06   |
| 34                   | Erik Skauen             | Team Iver              | 1:02:25 45:08   | 1:47:33 | 37:33   |
| 35                   | Knut Hallvard Lerøy     | Hallvard Lerøy         | 1:01:09 46:51   | 1:48:00 | 38:00   |
| 36                   | Kenneth Fure            | NOTEAM                 | 1:01:35 46:44   | 1:48:19 | 38:19   |
| 37                   | Niklas Grip             | NOTEAM                 | 1:02:03 46:33   | 1:48:36 | 38:36   |
| 38                   | Henrik Wolf Meedom      | NOTEAM                 | 59:44 48:56     | 1:48:40 | 38:40   |
| 39                   | Nikolas Kallas          | Storm Weather Center   | 1:02:58 46:56   | 1:49:54 | 39:54   |
| 40                   | Christopher Orhagen     | Haukeland Sykehus Bil  | 1:01:26 48:45   | 1:50:11 | 40:11   |
| 41                   | Ola Frislid             | Heggjabygda IL         | 1:01:37 48:49   | 1:50:26 | 40:26   |
| 42                   | Dag Steinset            | Team Sportsgutta       | 1:03:21 47:11   | 1:50:32 | 40:32   |
| 43                   | Frode Høgset            | Hakallestranda         | 1:04:40 46:36   | 1:51:16 | 41:16   |
| 44                   | Carl Christian Hoff     | NOTEAM                 | 1:05:39 47:33   | 1:53:12 | 43:12   |
| 45                   | Egil Hamnes             | NOTEAM                 | 1:06:52 46:34   | 1:53:26 | 43:26   |
| 46                   | Rune Askeland           | Bkk Bil                | 1:04:16 49:25   | 1:53:41 | 43:41   |
| 47                   | Sverre Bringsrud Fekjær | Team Kjerringfri       | 1:08:14 45:31   | 1:53:45 | 43:45   |
| 48                   | Morten Haugstvedt       | NOTEAM                 | 1:05:52 48:04   | 1:53:56 | 43:56   |
| 49                   | Inge Andre Visnes       | NOTEAM                 | 1:02:18 52:10   | 1:54:28 | 44:28   |
| 50                   | Øyvind Skar             | Team Kjerringfri       | 1:08:14 46:20   | 1:54:34 | 44:34   |
| 51                   | Bjarte Skår             | Dale Ck                | 1:07:32 47:21   | 1:54:53 | 44:53   |
| 52                   | Karl Helge Albretsen    | NOTEAM                 | 1:05:05 51:13   | 1:56:18 | 46:18   |
| 53                   | Kim Øivind Larsen       | NOTEAM                 | 1:06:59 51:33   | 1:58:32 | 48:32   |
| 54                   | Kjell Harald Otterlei   | Langevåg IL            | 1:06:55 51:49   | 1:58:44 | 48:44   |
| 55                   | Ivan Vindheim           | Hallvard Lerøy         | 1:06:11 53:15   | 1:59:26 | 49:26   |
| 56                   | John Hodnefjell         | Coast Elite            | 1:10:18 50:18   | 2:00:36 | 50:36   |
| 57                   | John Kenneth Porten     | NOTEAM                 | 1:11:55 51:56   | 2:03:51 | 53:51   |
| 58                   | Gavin Edwards           | Warrior Orienteering   | 1:09:22 55:05   | 2:04:27 | 54:27   |
| 59                   | Jan Sten Husøy          | NOTEAM                 | 1:08:40 58:06   | 2:06:46 | 56:46   |
| 60                   | Knut Vindenes           | Reinertsen             | 1:12:44 56:15   | 2:08:59 | 58:59   |
| 61                   | Knut-Arild Emblem       | Hakallestranda         | 1:13:01 59:54   | 2:12:55 | 1:02:55 |
| 62                   | Torgeir Thunes          | NOTEAM                 | 1:10:33 1:03:41 | 2:14:14 | 1:04:14 |
| 63                   | Bjarte Aaland           | NOTEAM                 | 1:18:44 59:45   | 2:18:29 | 1:08:29 |
| 64                   | Trond Wathne            | NOTEAM                 | 1:17:00 1:03:58 | 2:20:58 | 1:10:58 |
| 65                   | Ronny Igland            | Hallvard Lerøy         | 1:16:02 1:05:45 | 2:21:47 | 1:11:47 |
| 66                   | Vidar Stavik            | NOTEAM                 | 1:19:57 1:04:50 | 2:24:47 | 1:14:47 |
| 67                   | Thomas Borge            | Østmarka IL            | 1:16:57 1:08:01 | 2:24:58 | 1:14:58 |
| 68                   | Roger Hagen             | Team Åsane             | 1:21:46 1:07:09 | 2:28:55 | 1:18:55 |
| 69                   | Amund Hjelle            | NOTEAM                 | 1:22:07 1:18:41 | 2:40:48 | 1:30:48 |
| 70                   | Lars Ødegård            | Sola Vgs               | 1:29:04 1:15:38 | 2:44:42 | 1:34:42 |
| 71                   | Jon André Helbostad     | NOTEAM                 | 1:29:22 1:18:14 | 2:47:36 | 1:37:36 |
| DNS                  | Kjetil Iden             | Fil Aks 77             |                 |         |         |
| DNS                  | Tore Aamodt Bastiansen  | Mi Swaco               |                 |         |         |
| DNS                  | Vidar Bekken            | Affecto                |                 |         |         |
| DNS                  | Henrik Hagerup-Jenssen  | Smenesmafian           |                 |         |         |
| DNS                  | Ivar Wulf               | Hallvard Lerøy         |                 |         |         |
| DNS                  | Frode Hellebust         | NOTEAM                 |                 |         |         |

# Resultatliste

Adidas Skåla rett opp

Offisiell liste

15.08.2009

| Plass                | Navn                  | Klubb           | Mellomtid     | Tid | Etter |
|----------------------|-----------------------|-----------------|---------------|-----|-------|
| <b>Menn 35-39 år</b> |                       |                 |               |     |       |
| DNS                  | Arvid Lønne           | Høyanger        |               |     |       |
| DNS                  | Tor Arild Olsen       | NOTEAM          |               |     |       |
| DNS                  | Roy Bratseth          | NOTEAM          |               |     |       |
| DNS                  | Christian Stokkevaag  | NOTEAM          |               |     |       |
| DNS                  | Stein Ivan Sørestrand | NOTEAM          |               |     |       |
| DNS                  | Michael Grasdalsmoen  | Mandag Ik       |               |     |       |
| DNS                  | Roar Husby            | NOTEAM          |               |     |       |
| DNS                  | Roger Berg            | NOTEAM          |               |     |       |
| DNS                  | Trond Eivind Haugland | Volda           |               |     |       |
| DNS                  | Per Ivar Roald        | Hødd            |               |     |       |
| DNS                  | Sjur-Håvard Øygard    | NOTEAM          |               |     |       |
| DNS                  | Andre Simonsen        | Bck Triathlon   |               |     |       |
| DNS                  | Atle Kristian Hornnes | Førde Il        |               |     |       |
| DNS                  | Magne Håvard Forberg  | First Responder |               |     |       |
| DNS                  | Tord Fleime           | NOTEAM          |               |     |       |
| Antall               | 92                    | Påmeldte: 92    | Startende: 72 |     |       |

## Menn 40-44 år

|    |                      |                       |         |       |                |       |
|----|----------------------|-----------------------|---------|-------|----------------|-------|
| 1  | Kristen Skjeldal     | Bulken Il             | 42:42   | 31:28 | <b>1:14:10</b> |       |
| 2  | Sven Nylund          | Il Molde-Olymp        | 46:17   | 34:57 | <b>1:21:14</b> | 07:04 |
| 3  | Harald Hauso         | Bfg Fana              | 50:41   | 37:30 | <b>1:28:11</b> | 14:01 |
| 4  | Pål Bjørn Øvrebust   | Stordal IL            | 51:24   | 37:06 | <b>1:28:30</b> | 14:20 |
| 5  | Ole Jonny Vallestad  | Holsen                | 52:32   | 38:53 | <b>1:31:25</b> | 17:15 |
| 6  | Odd Arild Løseth     | Il Høyang             | 52:34   | 39:29 | <b>1:32:03</b> | 17:53 |
| 7  | Jan Petter Eide      | Vinstra IL            | 53:04   | 39:54 | <b>1:32:58</b> | 18:48 |
| 8  | Sigbjørn Fænn        | Markane I.L.          | 52:17   | 41:18 | <b>1:33:35</b> | 19:25 |
| 9  | Erik Røkke           | Il Lauparen           | 54:17   | 40:39 | <b>1:34:56</b> | 20:46 |
| 10 | Audun Baardsen       | Grieg Team            | 53:46   | 41:17 | <b>1:35:03</b> | 20:53 |
| 11 | Jørund Hammersvik    | Sunnfjord Energi      | 55:52   | 39:42 | <b>1:35:34</b> | 21:24 |
| 12 | Ole Dag Auflem       | NOTEAM                | 55:24   | 40:20 | <b>1:35:44</b> | 21:34 |
| 13 | Audun Skogen         | Hakallestranda Fil    | 54:46   | 41:52 | <b>1:36:38</b> | 22:28 |
| 14 | Oddgeir Bukve        | Jotun Il              | 56:20   | 40:56 | <b>1:37:16</b> | 23:06 |
| 15 | Per Endestad         | Eikefjord Idrettslag  | 57:30   | 40:49 | <b>1:38:19</b> | 24:09 |
| 16 | Rune Mjåtveit        | NOTEAM                | 57:22   | 41:12 | <b>1:38:34</b> | 24:24 |
| 17 | Odd Arne Hamre       | Tambarskjelvar        | 53:45   | 45:10 | <b>1:38:55</b> | 24:45 |
| 18 | Geir Lunde           | Bøler If              | 56:13   | 43:39 | <b>1:39:52</b> | 25:42 |
| 19 | Frode Johansen       | NOTEAM                | 58:33   | 41:31 | <b>1:40:04</b> | 25:54 |
| 20 | Geir Nygård          | Førde                 | 57:23   | 43:19 | <b>1:40:42</b> | 26:32 |
| 21 | Roger Hestholm       | NOTEAM                | 58:47   | 43:52 | <b>1:42:39</b> | 28:29 |
| 22 | Svein Hauge          | Fjellhug Vereide      | 59:01   | 43:57 | <b>1:42:58</b> | 28:48 |
| 23 | Kent Sviggum         | NOTEAM                | 59:07   | 44:24 | <b>1:43:31</b> | 29:21 |
| 24 | Øyvind Litland       | Mjøsdaalen I.L        | 59:32   | 44:06 | <b>1:43:38</b> | 29:28 |
| 25 | Erling Dagsgard      | Skjåk Kommune         | 1:00:13 | 44:27 | <b>1:44:40</b> | 30:30 |
| 26 | Jørn Lothe           | Eidsfossen Sykkel     | 1:00:13 | 44:32 | <b>1:44:45</b> | 30:35 |
| 27 | Roar Aamodt          | Valdres Langløparlag  | 57:19   | 47:50 | <b>1:45:09</b> | 30:59 |
| 27 | Magne Hunvik         | Hunvik                | 59:18   | 45:51 | <b>1:45:09</b> | 30:59 |
| 29 | Atle Asheim          | NOTEAM                | 59:24   | 46:50 | <b>1:46:14</b> | 32:04 |
| 30 | Kjetil Flo           | Stryn                 | 1:01:56 | 44:44 | <b>1:46:40</b> | 32:30 |
| 31 | Arne Thorvik         | Team Småkraft         | 1:01:29 | 45:21 | <b>1:46:50</b> | 32:40 |
| 32 | Knut Michael Gjerde  | Cellvision            | 1:02:06 | 47:10 | <b>1:49:16</b> | 35:06 |
| 33 | Jarle Berge          | Kyrkjebø IL           | 1:04:07 | 45:25 | <b>1:49:32</b> | 35:22 |
| 34 | Inge Værøy           | Sogn & Fj. Politi Il. | 1:03:23 | 46:18 | <b>1:49:41</b> | 35:31 |
| 35 | Per Jakob Kyrkjeeide | Markane IL            | 1:04:22 | 46:28 | <b>1:50:50</b> | 36:40 |
| 36 | Olav Herstad         | Tambarskjelvar IL     | 1:04:40 | 46:39 | <b>1:51:19</b> | 37:09 |
| 37 | Per Magne Hervik     | Sparebanken Sogn Og   | 1:03:04 | 48:19 | <b>1:51:23</b> | 37:13 |
| 38 | Per Morten Frivik    | Vadheim IL            | 1:04:14 | 47:58 | <b>1:52:12</b> | 38:02 |

# Resultatliste

Adidas Skåla rett opp

Offisiell liste

15.08.2009

| Plass                | Navn                            | Klubb                    | Mellomtid       | Tid            | Etter   |
|----------------------|---------------------------------|--------------------------|-----------------|----------------|---------|
| <b>Menn 40-44 år</b> |                                 |                          |                 |                |         |
| 39                   | Askel Rødland                   | Vadheim IL               | 1:04:12 48:20   | <b>1:52:32</b> | 38:22   |
| 40                   | Bjørn Ulvang                    | Bønes IL                 | 1:01:17 51:21   | <b>1:52:38</b> | 38:28   |
| 41                   | Knut Hildre                     | NOTEAM                   | 1:04:37 48:08   | <b>1:52:45</b> | 38:35   |
| 42                   | Harald Svein Nystøyl            | Hakallestranda           | 1:07:01 46:06   | <b>1:53:07</b> | 38:57   |
| 43                   | Lars Haugen                     | NOTEAM                   | 1:05:22 48:28   | <b>1:53:50</b> | 39:40   |
| 44                   | Roy Arthur Høyvik               | Bkk B.i.I                | 1:06:02 49:14   | <b>1:55:16</b> | 41:06   |
| 45                   | Kjetil Ingebretsen              | Sola Vgs                 | 1:05:36 51:00   | <b>1:56:36</b> | 42:26   |
| 45                   | Odd Martin Øvrebø               | Coast Elite              | 1:08:21 48:15   | <b>1:56:36</b> | 42:26   |
| 47                   | Stig Morten Hammersborg         | Hsi                      | 1:08:38 48:29   | <b>1:57:07</b> | 42:57   |
| 48                   | John Roger Meland               | Storesundgruppa          | 1:06:49 50:28   | <b>1:57:17</b> | 43:07   |
| 49                   | Ketil Strand                    | NOTEAM                   | 1:03:51 54:21   | <b>1:58:12</b> | 44:02   |
| 50                   | Jan Erik Øygard                 | Førde IL                 | 1:06:49 52:26   | <b>1:59:15</b> | 45:05   |
| 50                   | Tom Erik Jensen                 | Det Norske Veritas       | 1:08:46 50:29   | <b>1:59:15</b> | 45:05   |
| 52                   | Magnus Strand                   | Måløy Idrettslag         | 1:08:20 51:02   | <b>1:59:22</b> | 45:12   |
| 53                   | Bjarte Søiland                  | NOTEAM                   | 1:07:28 52:11   | <b>1:59:39</b> | 45:29   |
| 54                   | Rolf Kåre Almenning             | NOTEAM                   | 1:09:34 50:20   | <b>1:59:54</b> | 45:44   |
| 55                   | Per Ståle Mo                    | NOTEAM                   | 1:09:17 51:11   | <b>2:00:28</b> | 46:18   |
| 56                   | Vidar Røe                       | NOTEAM                   | 1:03:09 57:34   | <b>2:00:43</b> | 46:33   |
| 57                   | Leiv Rune Kjærvik               | IL Bjørn                 | 1:08:02 53:07   | <b>2:01:09</b> | 46:59   |
| 58                   | Anders Tennefoss                | Hallvard Lerøy           | 1:08:57 52:28   | <b>2:01:25</b> | 47:15   |
| 59                   | Halvor Johnsen                  | Bring Express            | 1:11:28 49:59   | <b>2:01:27</b> | 47:17   |
| 60                   | Jonas Landøy                    | Førde Ck                 | 1:10:04 52:01   | <b>2:02:05</b> | 47:55   |
| 61                   | Jon Olav Utgaard                | Barakarunner             | 1:11:06 51:42   | <b>2:02:48</b> | 48:38   |
| 62                   | Asbjørn Årøen                   | Veten                    | 1:11:36 52:01   | <b>2:03:37</b> | 49:27   |
| 63                   | Torkel Ravndal                  | NOTEAM                   | 1:13:30 50:17   | <b>2:03:47</b> | 49:37   |
| 64                   | Jan Egil Gjølven                | Fluorlux                 | 1:10:28 53:43   | <b>2:04:11</b> | 50:01   |
| 65                   | Tore Farsund                    | NOTEAM                   | 1:10:34 53:39   | <b>2:04:13</b> | 50:03   |
| 66                   | Nils E. Ø. Pedersen             | Hjellestad Jet Ski Klubb | 1:15:41 49:40   | <b>2:05:21</b> | 51:11   |
| 67                   | Hans-Petter Vestre              | Hallvard Lerøy           | 1:14:34 54:47   | <b>2:09:21</b> | 55:11   |
| 68                   | Stein Kjetil Holvik             | NOTEAM                   | 1:14:20 57:41   | <b>2:12:01</b> | 57:51   |
| 69                   | Thor-Jacob Larsen               | No Team                  | 1:12:26 59:36   | <b>2:12:02</b> | 57:52   |
| 70                   | Atle Damm                       | Onninen                  | 1:15:01 57:05   | <b>2:12:06</b> | 57:56   |
| 71                   | Petter Sulebak                  | NOTEAM                   | 1:18:31 55:36   | <b>2:14:07</b> | 59:57   |
| 72                   | Ola Hiis Bergh                  | Hallvard Lerøy           | 1:15:08 1:00:54 | <b>2:16:02</b> | 1:01:52 |
| 73                   | Henning Beltestad               | Hallvard Lerøy           | 1:17:43 58:27   | <b>2:16:10</b> | 1:02:00 |
| 74                   | Arvid Manseth                   | NOTEAM                   | 1:20:07 58:24   | <b>2:18:31</b> | 1:04:21 |
| 75                   | Terje Holvik                    | Sandane T&il             | 1:18:42 1:00:48 | <b>2:19:30</b> | 1:05:20 |
| 76                   | Ola Brattvoll                   | Hallvard Lerøy           | 1:16:16 1:04:22 | <b>2:20:38</b> | 1:06:28 |
| 77                   | Richard Cornell                 | NOTEAM                   | 1:23:18 1:04:50 | <b>2:28:08</b> | 1:13:58 |
| 78                   | Ketil Ola Skjelvan              | Bkk B.i.I.               | 1:24:58 1:07:16 | <b>2:32:14</b> | 1:18:04 |
| 79                   | Erik Adam Pedersen              | Brødrene Dahl            | 1:30:28 1:14:08 | <b>2:44:36</b> | 1:30:26 |
| 80                   | Martin Vangdal                  | Team Småkraft            | 1:26:03 1:23:08 | <b>2:49:11</b> | 1:35:01 |
| DNF                  | Dag Olav Molvik                 | Hakallestranda           | 1:19:20 00:11   |                |         |
| DNS                  | Bjørn Kjønås                    | NOTEAM                   |                 |                |         |
| DNS                  | Sven-Arne Orby                  | Lillehammer Skiklubb     |                 |                |         |
| DNS                  | Arnt Tomren                     | Ski Team Svarløken       |                 |                |         |
| DNS                  | Øyvind Thomassen                | NOTEAM                   |                 |                |         |
| DNS                  | Egil Brekke                     | Ask IL                   |                 |                |         |
| DNS                  | Knut Øivind Børø                | NOTEAM                   |                 |                |         |
| DNS                  | Jan Harald Pedersen             | Hyen IL                  |                 |                |         |
| DNS                  | Enok Voldset                    | Måndalen IL              |                 |                |         |
| DNS                  | Jan Bremnes                     | TV2                      |                 |                |         |
| DNS                  | Terje Storbakken                | Sør-trøndelag Fylke Bil  |                 |                |         |
| DNS                  | Giorgio Carlo Umberto Sangiorgi | Hallvard Lerøy           |                 |                |         |
| DNS                  | Geir Oliver Olsen               | NOTEAM                   |                 |                |         |
| DNS                  | Stig Lillejord                  | NOTEAM                   |                 |                |         |
| DNS                  | Asbjørn Himle                   | Viljar                   |                 |                |         |

# Resultatliste

Adidas Skåla rett opp

Offisiell liste

15.08.2009

| Plass | Navn | Klubb | Mellomtid | Tid | Etter |
|-------|------|-------|-----------|-----|-------|
|-------|------|-------|-----------|-----|-------|

## Menn 40-44 år

|        |                  |                   |               |  |  |
|--------|------------------|-------------------|---------------|--|--|
| DNS    | Pål Skyrud       | Thales Bil        |               |  |  |
| DNS    | Trond Midtkandal | Eidsfossen Sykkel |               |  |  |
| Antall | 97               | Påmeldte: 97      | Startende: 82 |  |  |

## Menn 45-49 år

|    |                           |                        |         |       |         |       |
|----|---------------------------|------------------------|---------|-------|---------|-------|
| 1  | Kjell Mundal              | NOTEAM                 | 48:03   | 37:07 | 1:25:10 |       |
| 2  | Terje Hordnes             | Skanska Aktiv          | 49:46   | 37:41 | 1:27:27 | 02:17 |
| 3  | Dag Nylund                | NOTEAM                 | 50:09   | 37:46 | 1:27:55 | 02:45 |
| 4  | Ole-Petter Soltvedt       | Kalandseid IL          | 51:03   | 39:13 | 1:30:16 | 05:06 |
| 5  | Øystein Hanstveit         | Mjøsdaalen I.I         | 51:50   | 38:39 | 1:30:29 | 05:19 |
| 6  | Petter Kragset            | Hakallestranda         | 52:09   | 39:34 | 1:31:43 | 06:33 |
| 7  | Jan-Ove Juliebø           | Ørsta Idrettslag       | 52:38   | 39:30 | 1:32:08 | 06:58 |
| 8  | Stefan Lund               | Ok Orinto              | 52:06   | 41:32 | 1:33:38 | 08:28 |
| 9  | Alemayehu Sitotaw         | Varegg                 | 55:28   | 40:38 | 1:36:06 | 10:56 |
| 10 | Stig Gribbestad           | Brattvåg IL            | 53:34   | 42:41 | 1:36:15 | 11:05 |
| 11 | Kjetil Eide               | Eidsfossen Sykkel      | 55:44   | 41:17 | 1:37:01 | 11:51 |
| 12 | Henry Hammersland         | Eidsfossen Sykkel      | 55:44   | 41:57 | 1:37:41 | 12:31 |
| 13 | Geir Evensen              | Statoilhydro           | 56:23   | 41:36 | 1:37:59 | 12:49 |
| 14 | Jon Egge                  | Jølster                | 56:17   | 42:14 | 1:38:31 | 13:21 |
| 15 | Owen Westergaard          | Hallvard Lerøy         | 56:11   | 42:35 | 1:38:46 | 13:36 |
| 16 | Jan Karsten Nygård        | NOTEAM                 | 56:19   | 43:16 | 1:39:35 | 14:25 |
| 17 | Ketil Horn                | Nortek-Gasellene       | 57:02   | 42:44 | 1:39:46 | 14:36 |
| 18 | Ivar Odden                | Sparebank 1 Lom Og     | 54:55   | 45:46 | 1:40:41 | 15:31 |
| 19 | Tore Eidsheim             | Mjøsdaalen IL          | 58:08   | 42:38 | 1:40:46 | 15:36 |
| 20 | Anders Bakkebø            | NOTEAM                 | 58:03   | 42:52 | 1:40:55 | 15:45 |
| 21 | Trond Andreassen          | NOTEAM                 | 59:11   | 42:05 | 1:41:16 | 16:06 |
| 22 | Styrk Finne               | Csc                    | 59:41   | 43:39 | 1:43:20 | 18:10 |
| 23 | Aart Bakker               | Av Triathlon           | 1:44:05 |       | 1:44:05 | 18:55 |
| 24 | Helge Roska               | Eidsfossen Sykkel      | 58:54   | 45:49 | 1:44:43 | 19:33 |
| 25 | Per Sørum                 | Maintech Bil           | 59:16   | 45:47 | 1:45:03 | 19:53 |
| 26 | Knut Espetvedt            | Knarvik Idrettslag     | 1:00:35 | 45:06 | 1:45:41 | 20:31 |
| 27 | Arthur Hegrenes           | Førde                  | 1:00:23 | 45:22 | 1:45:45 | 20:35 |
| 28 | Per Ingebrigt Karbø       | Sunnylven IL           | 57:43   | 48:22 | 1:46:05 | 20:55 |
| 29 | Vegard Skrede             | NOTEAM                 | 1:01:55 | 45:07 | 1:47:02 | 21:52 |
| 30 | Terje Arild Kveane        | Il Bjørn               | 1:03:12 | 45:01 | 1:48:13 | 23:03 |
| 31 | Hans Jørgen Sætre         | Ørsta                  | 1:04:46 | 43:54 | 1:48:40 | 23:30 |
| 32 | Klaus Nyhammer            | Knarvik Idrettslag     | 1:02:30 | 47:10 | 1:49:40 | 24:30 |
| 33 | Sjur G Mæland             | Tertnes                | 1:03:28 | 46:19 | 1:49:47 | 24:37 |
| 34 | Gunnar Vigdal             | Il Høyang              | 1:04:39 | 46:48 | 1:51:27 | 26:17 |
| 35 | Thomas Hofsmarken         | Oppkomlingene          | 1:02:42 | 48:54 | 1:51:36 | 26:26 |
| 36 | Rolf Terkelsen            | NOTEAM                 | 1:03:33 | 48:36 | 1:52:09 | 26:59 |
| 37 | Knut Kongsvik             | Førde IL               | 1:05:25 | 47:55 | 1:53:20 | 28:10 |
| 38 | Hans-Aksel Fjellidal      | Eid IL                 | 1:04:28 | 48:56 | 1:53:24 | 28:14 |
| 39 | Kjell Øygard              | Jølster IL             | 1:00:02 | 53:50 | 1:53:52 | 28:42 |
| 40 | Vidar Halland             | Jølster IL             | 1:04:09 | 50:47 | 1:54:56 | 29:46 |
| 41 | Ivar Hovden               | NOTEAM                 | 1:04:20 | 50:40 | 1:55:00 | 29:50 |
| 42 | Erlend Folstad            | NOTEAM                 | 1:08:58 | 47:16 | 1:56:14 | 31:04 |
| 43 | Uffe Villumsen            | Vejle Pi               | 1:04:42 | 51:56 | 1:56:38 | 31:28 |
| 44 | Jan Høgalmen              | Olden IL               | 1:04:01 | 53:01 | 1:57:02 | 31:52 |
| 45 | Trygve Eriksen            | Norengros              | 1:07:40 | 49:26 | 1:57:06 | 31:56 |
| 46 | Arne Scott                | Pacta                  | 1:07:45 | 49:35 | 1:57:20 | 32:10 |
| 47 | Karl Hovden               | Det Norske Veritas Bil | 1:07:18 | 50:11 | 1:57:29 | 32:19 |
| 48 | Tore Leikvoll             | Politi.IL              | 1:06:51 | 50:45 | 1:57:36 | 32:26 |
| 49 | Terje Myklebust           | Team Tussa             | 1:10:16 | 48:17 | 1:58:33 | 33:23 |
| 50 | Valdemar Wilhjelm Geisler | Byåsen IL Langrenn     | 1:07:31 | 51:27 | 1:58:58 | 33:48 |
| 51 | Kjell Kleiven             | Førde IL               | 1:10:17 | 49:50 | 2:00:07 | 34:57 |

# Resultatliste

Adidas Skåla rett opp

Offisiell liste

15.08.2009

| Plass         | Navn                   | Klubb           | Mellomtid     |         | Tid     | Etter   |
|---------------|------------------------|-----------------|---------------|---------|---------|---------|
| Menn 45-49 år |                        |                 |               |         |         |         |
| 52            | Bård Aune              | NOTEAM          | 1:01:51       | 59:51   | 2:01:42 | 36:32   |
| 53            | Ketil Solberg          | Posten          | 1:04:44       | 57:04   | 2:01:48 | 36:38   |
| 54            | Bjørn Arve Brune       | Stranda IL      | 1:08:26       | 54:14   | 2:02:40 | 37:30   |
| 55            | Hans Jostein Røyset    | Hareid IL       | 1:08:34       | 54:54   | 2:03:28 | 38:18   |
| 56            | Halfdan Marøy          | Nypers          | 1:11:27       | 52:10   | 2:03:37 | 38:27   |
| 57            | Kjell Sigve Haugland   | NOTEAM          | 1:08:18       | 55:27   | 2:03:45 | 38:35   |
| 58            | Tor Wilhelm Havåg      | Tussa           | 1:12:42       | 51:24   | 2:04:06 | 38:56   |
| 59            | Ludvig Stendal         | Veritas Bil     | 1:09:59       | 54:19   | 2:04:18 | 39:08   |
| 60            | Åge Gangsø             | Domstein        | 1:09:44       | 55:30   | 2:05:14 | 40:04   |
| 61            | Per-Arild Tysse        | Hallvard Lerøy  | 1:14:59       | 50:36   | 2:05:35 | 40:25   |
| 62            | Bent Gangsø            | NOTEAM          | 1:12:39       | 56:07   | 2:08:46 | 43:36   |
| 63            | Håkon Mogstad          | Fana IL         | 1:13:20       | 55:39   | 2:08:59 | 43:49   |
| 64            | Jan Petter Hansen      | Gular           | 1:13:45       | 55:49   | 2:09:34 | 44:24   |
| 65            | Helge Flesland         | Entusia Consult | 1:15:46       | 55:56   | 2:11:42 | 46:32   |
| 66            | Helge Tysse            | Mjøsdaalen I.I  | 1:14:36       | 1:00:13 | 2:14:49 | 49:39   |
| 67            | Arve Arstein           | Hellevik IL     | 1:14:49       | 1:01:40 | 2:16:29 | 51:19   |
| 68            | Kjell Rune Flo         | Krfs Venner     | 1:21:51       | 57:49   | 2:19:40 | 54:30   |
| 69            | Klemens Wiewiora       | Fortuna Keppeln | 1:16:58       | 1:03:07 | 2:20:05 | 54:55   |
| 70            | Finn Kaland            | Sykkylven IL    | 1:16:08       | 1:05:07 | 2:21:15 | 56:05   |
| 71            | Sigbjørn Rabbe         | Team Småkraft   | 1:18:33       | 1:07:19 | 2:25:52 | 1:00:42 |
| 72            | Tore Fossen            | NOTEAM          | 1:20:16       | 1:06:08 | 2:26:24 | 1:01:14 |
| DNF           | Bjørn Krossøy          | Kalandseid IL   | 1:02:40       | 28:32   |         |         |
| DNS           | Pål Føyn Jespersen     | Asplan Viak Bil |               |         |         |         |
| DNS           | Harald Einar Kjønås    | Lavik IL        |               |         |         |         |
| DNS           | Svein Arne Reiersen    | Ask Friidrett   |               |         |         |         |
| DNS           | Rolf-Jostein Grindheim | NOTEAM          |               |         |         |         |
| DNS           | Øystein Rune Sildnes   | Storsild        |               |         |         |         |
| Antall        | 78                     | Påmeldte: 78    | Startende: 73 |         |         |         |

## Menn 50-54 år

|    |                        |                         |         |       |                |       |
|----|------------------------|-------------------------|---------|-------|----------------|-------|
| 1  | Oddmund Roalkvam       | Stord IL                | 45:07   | 34:22 | <b>1:19:29</b> |       |
| 2  | Olav Krakset           | Hakallestranda          | 53:05   | 39:59 | <b>1:33:04</b> | 13:35 |
| 3  | Terje Torvanger        | Bremanger Idrettslag    | 56:43   | 41:22 | <b>1:38:05</b> | 18:36 |
| 4  | Einar Færø             | Eikanger IL             | 56:02   | 42:25 | <b>1:38:27</b> | 18:58 |
| 5  | Arne Johannessen       | Politiets Fellesforbund | 57:14   | 43:03 | <b>1:40:17</b> | 20:48 |
| 6  | Øystein Øvsthus        | Mjøsdaalen I.I          | 1:40:40 |       | <b>1:40:40</b> | 21:11 |
| 7  | Dag-Arne Eide          | Eidsfossen Sykkel       | 59:01   | 43:01 | <b>1:42:02</b> | 22:33 |
| 8  | Arne Myklebust         | Eidsfossen Sykkelklubb  | 1:00:01 | 44:58 | <b>1:44:59</b> | 25:30 |
| 9  | Lars Sverdrup-Thygeson | Asker SK                | 1:00:11 | 45:26 | <b>1:45:37</b> | 26:08 |
| 10 | Olav Kvalheim          | NOTEAM                  | 58:43   | 47:54 | <b>1:46:37</b> | 27:08 |
| 11 | Reidar Losnegard       | Førde                   | 1:47:02 |       | <b>1:47:02</b> | 27:33 |
| 12 | Aage Aasen             | Førde Ck                | 1:02:11 | 45:50 | <b>1:48:01</b> | 28:32 |
| 13 | Einar Strand           | Olden IL                | 1:02:00 | 46:15 | <b>1:48:15</b> | 28:46 |
| 14 | Knut Skaar             | Ålesund FIK             | 1:02:32 | 46:32 | <b>1:49:04</b> | 29:35 |
| 15 | Rune Minde             | NOTEAM                  | 1:03:20 | 45:56 | <b>1:49:16</b> | 29:47 |
| 16 | Johnny Larsen          | NOTEAM                  | 1:03:25 | 47:14 | <b>1:50:39</b> | 31:10 |
| 17 | Jan Lambrechts         | Kyrkjebø                | 1:03:58 | 47:24 | <b>1:51:22</b> | 31:53 |
| 18 | Per Atle Hjelmeland    | Eid IL                  | 1:03:26 | 49:05 | <b>1:52:31</b> | 33:02 |
| 19 | Torstein Skåra         | NOTEAM                  | 1:04:32 | 51:20 | <b>1:55:52</b> | 36:23 |
| 20 | Olaf Døble             | Eni Norge               | 1:06:14 | 49:45 | <b>1:55:59</b> | 36:30 |
| 21 | Rune Holmgren          | NOTEAM                  | 1:05:35 | 51:30 | <b>1:57:05</b> | 37:36 |
| 22 | Rune Gjerstad          | Mjøsdaalen IL           | 1:08:22 | 50:21 | <b>1:58:43</b> | 39:14 |
| 23 | Harald Hjelldrekk      | Førde                   | 1:09:32 | 49:44 | <b>1:59:16</b> | 39:47 |
| 24 | Åsmund Mehl            | Rosendal TI             | 1:07:36 | 52:05 | <b>1:59:41</b> | 40:12 |
| 25 | Geir Asle Haugen       | NOTEAM                  | 1:09:14 | 52:17 | <b>2:01:31</b> | 42:02 |
| 26 | Paul Terje Haarr       | NOTEAM                  | 1:08:54 | 53:17 | <b>2:02:11</b> | 42:42 |

# Resultatliste

Adidas Skåla rett opp

Offisiell liste

15.08.2009

| Plass         | Navn                  | Klubb               | Mellomtid     |         | Tid     | Etter   |
|---------------|-----------------------|---------------------|---------------|---------|---------|---------|
| Menn 50-54 år |                       |                     |               |         |         |         |
| 27            | Jarle Botnen          | NOTEAM              | 1:08:31       | 53:49   | 2:02:20 | 42:51   |
| 27            | Trond Karlsen         | Hordaveg Bil        | 2:02:20       |         | 2:02:20 | 42:51   |
| 29            | Arvid Bekjorden       | Standa E.           | 1:09:38       | 53:12   | 2:02:50 | 43:21   |
| 30            | Herleif Kristiansen   | Kystlaget           | 1:09:49       | 53:03   | 2:02:52 | 43:23   |
| 31            | Audun Sviggum         | Bautas              | 1:11:42       | 52:16   | 2:03:58 | 44:29   |
| 32            | John Inge Svendsen    | NOTEAM              | 1:09:50       | 56:08   | 2:05:58 | 46:29   |
| 33            | Kjetil Bjørset        | Sparebanken Sogn Og | 1:14:38       | 55:02   | 2:09:40 | 50:11   |
| 34            | Per Rune Siversten    | Bkk Nett            | 1:09:31       | 1:00:17 | 2:09:48 | 50:19   |
| 35            | Kit Smith             | Domstein            | 1:13:27       | 58:05   | 2:11:32 | 52:03   |
| 36            | Hans Sandbakk         | Esso                | 1:14:24       | 57:15   | 2:11:39 | 52:10   |
| 37            | Oddbjørn Kval-Engstad | Ringsaker IF        | 1:14:49       | 1:00:36 | 2:15:25 | 55:56   |
| 38            | Anders Aarnes         | Stryn               | 1:17:49       | 58:43   | 2:16:32 | 57:03   |
| 39            | John-Kjell Hoset      | Eprocess Consulting | 1:18:04       | 1:01:10 | 2:19:14 | 59:45   |
| 40            | Geirmund Dvergsdal    | NOTEAM              | 1:17:03       | 1:08:26 | 2:25:29 | 1:06:00 |
| 41            | Paul Ove Straume      | NOTEAM              | 1:21:13       | 1:13:08 | 2:34:21 | 1:14:52 |
| DNS           | Arve Glomnes          | Krf\\'s Venner      |               |         |         |         |
| DNS           | Rolleiv Sve           | Stranda IL          |               |         |         |         |
| DNS           | Øyvind Bernes         | Osterøy IL          |               |         |         |         |
| DNS           | Christian Litvinienko | Soc                 |               |         |         |         |
| DNS           | Iver Blokkum          | Il Ternen           |               |         |         |         |
| DNS           | Jan Tore Kalvik       | Boc                 |               |         |         |         |
| DNS           | Christian Prestegård  | Il Fanaråk          |               |         |         |         |
| Antall        | 48                    | Påmeldte: 48        | Startende: 41 |         |         |         |

## Menn 55-59 år

|     |                     |                       |         |       |         |       |
|-----|---------------------|-----------------------|---------|-------|---------|-------|
| 1   | Jon Sjurgard        | Lom IL                | 53:49   | 39:02 | 1:32:51 |       |
| 2   | John A. Andersen    | NHH                   | 55:04   | 38:12 | 1:33:16 | 00:25 |
| 3   | Torodd Lybeck       | Fagernes IL           | 55:59   | 40:41 | 1:36:40 | 03:49 |
| 4   | Ove Bernes          | Osterøy IL            | 58:04   | 40:52 | 1:38:56 | 06:05 |
| 5   | Per Gunnar Vasset   | Langevåg IL           | 1:00:03 | 42:46 | 1:42:49 | 09:58 |
| 6   | Olav Halset         | Vik IL                | 1:01:30 | 44:55 | 1:46:25 | 13:34 |
| 7   | Aksel Øvsthus       | Mjøsdaalen IL         | 1:01:42 | 45:58 | 1:47:40 | 14:49 |
| 8   | Nils Soldal         | Bfgfana               | 1:02:08 | 46:34 | 1:48:42 | 15:51 |
| 9   | Haldor Hofset       | Tingvoll              | 1:01:42 | 47:14 | 1:48:56 | 16:05 |
| 10  | Leif Arne Bakke     | Sparebanken Sogn Og   | 1:02:45 | 47:02 | 1:49:47 | 16:56 |
| 11  | Birger Skarpeteig   | NOTEAM                | 1:02:41 | 47:28 | 1:50:09 | 17:18 |
| 12  | Jarle Torheim       | Eid I.I.              | 1:03:24 | 46:50 | 1:50:14 | 17:23 |
| 13  | Per Gunnar Kvanseth | Villa Organic         | 1:04:11 | 46:24 | 1:50:35 | 17:44 |
| 14  | Brynjar Holsen      | Eikefjord Idrettslag  | 1:47:02 | 05:35 | 1:52:37 | 19:46 |
| 15  | Arvid Andenæs       | Sparebanken Sogn Og   | 1:05:08 | 48:51 | 1:53:59 | 21:08 |
| 16  | Lars Dybevoid       | Hornindal I.I.        | 1:04:57 | 49:29 | 1:54:26 | 21:35 |
| 17  | Jarle Eidsvik       | Rolls-royce Marine    | 1:05:03 | 49:36 | 1:54:39 | 21:48 |
| 18  | Håkon Aabrekk       | NOTEAM                | 1:05:35 | 51:04 | 1:56:39 | 23:48 |
| 19  | Harald Forland      | Breimsbygda           | 1:07:02 | 49:39 | 1:56:41 | 23:50 |
| 20  | Olav Kåre Kusslid   | NOTEAM                | 1:02:44 | 55:04 | 1:57:48 | 24:57 |
| 21  | Reidar Eide         | Førde IL              | 1:07:18 | 50:34 | 1:57:52 | 25:01 |
| 22  | Tor Bjarne Repstad  | Søgne IL              | 1:07:47 | 50:43 | 1:58:30 | 25:39 |
| 23  | Arvid Morvik        | NOTEAM                | 1:08:44 | 54:23 | 2:03:07 | 30:16 |
| 24  | Petter Tresselt     | NOTEAM                | 1:10:27 | 52:54 | 2:03:21 | 30:30 |
| 25  | Geir Halsvik        | NOTEAM                | 1:11:44 | 52:20 | 2:04:04 | 31:13 |
| 26  | Kjetil Byrkjeland   | Ottadalen Sykkelklubb | 1:13:07 | 52:13 | 2:05:20 | 32:29 |
| 27  | Ola Haugetun        | NOTEAM                | 1:14:57 | 57:45 | 2:12:42 | 39:51 |
| 28  | Kåre Langeseth      | Statoilhydro Bil      | 2:19:03 |       | 2:19:03 | 46:12 |
| DNS | Stig Bakke          | NOTEAM                |         |       |         |       |
| DNS | Kjell Navelsaker    | Jølster               |         |       |         |       |
| DNS | Reidar Ladehaug     | Nordhordland          |         |       |         |       |

# Resultatliste

Adidas Skåla rett opp

Offisiell liste

15.08.2009

| Plass | Navn | Klubb | Mellomtid | Tid | Etter |
|-------|------|-------|-----------|-----|-------|
|-------|------|-------|-----------|-----|-------|

## Menn 55-59 år

DNS Jan Egil Årnes Sykkylven IL  
Antall 32 Påmeldte: 32 Startende: 28

## Menn 60-64 år

|        |                      |                     |                 |         |         |
|--------|----------------------|---------------------|-----------------|---------|---------|
| 1      | Per Øyvind Tveiten   | Kvam L.s.k          | 56:01 42:12     | 1:38:13 |         |
| 2      | Leif Molland         | Aks 77              | 1:00:49 45:54   | 1:46:43 | 08:30   |
| 3      | Magne Hjortland      | Norengros           | 1:06:47 49:13   | 1:56:00 | 17:47   |
| 4      | Edvin Helle          | NOTEAM              | 1:08:25 50:51   | 1:59:16 | 21:03   |
| 5      | Svein Steinsland     | Samnanger IL        | 1:07:25 52:06   | 1:59:31 | 21:18   |
| 6      | Svein Hagen          | Sauradn             | 2:06:53         | 2:06:53 | 28:40   |
| 7      | Bjørn Sørheim        | Sauradnkameratadn   | 1:11:59 56:46   | 2:08:45 | 30:32   |
| 8      | Steinar Tysse        | Mjøsdaalen I.I      | 1:14:34 54:54   | 2:09:28 | 31:15   |
| 9      | Jan Solheimslid      | NOTEAM              | 1:15:47 54:21   | 2:10:08 | 31:55   |
| 10     | Torgeir Ødegård      | Skjåk               | 1:16:11 55:51   | 2:12:02 | 33:49   |
| 11     | Jon Bakke            | Veidekke            | 1:10:40 1:02:21 | 2:13:01 | 34:48   |
| 12     | Jan Bjarne Halset    | NOTEAM              | 1:16:46 58:32   | 2:15:18 | 37:05   |
| 13     | Halvor Thurn-Basberg | Sauradnkameratadn   | 1:17:44 58:35   | 2:16:19 | 38:06   |
| 14     | Atgeir Førde         | Safari              | 1:19:23 58:27   | 2:17:50 | 39:37   |
| 15     | Rolf Endestad        | Ftlf                | 1:15:34 1:04:47 | 2:20:21 | 42:08   |
| 16     | Magnar Skaare        | Stryn               | 1:23:08 1:05:44 | 2:28:52 | 50:39   |
| 17     | Bjørn Thomassen      | Bufofat             | 1:57:11 1:34:00 | 3:31:11 | 1:52:58 |
| 18     | Vidar Bøe            | Østmarka IL         | 4:35:00         | 4:35:00 | 2:56:47 |
| DNF    | Kjell Lien           | NOTEAM              | 1:26:14 31:11   |         |         |
| DNF    | Trond Sundby         | NOTEAM              | 1:08:34 00:10   |         |         |
| DNS    | Jon Magne Solheim    | Fjellhug Vereide II |                 |         |         |
| Antall | 21                   | Påmeldte: 21        | Startende: 20   |         |         |

## Menn 65-69 år

|        |                     |                       |                 |         |       |
|--------|---------------------|-----------------------|-----------------|---------|-------|
| 1      | Helmut Reitmeir     | Mrrc München          | 1:00:55 46:23   | 1:47:18 |       |
| 2      | John Svahn          | Øystese I.I.          | 1:02:56 44:31   | 1:47:27 | 00:09 |
| 3      | Birger Hanstveit    | Mjøsdaalen I.I        | 1:03:30 48:35   | 1:52:05 | 04:47 |
| 4      | Jan Steinar Roset   | Gloppen Friidrettslag | 1:07:09 49:14   | 1:56:23 | 09:05 |
| 5      | Oddmund Teigland    | Veten IL              | 1:10:46 52:29   | 2:03:15 | 15:57 |
| 6      | Andreas Etterlid    | Førde II              | 1:11:05 54:07   | 2:05:12 | 17:54 |
| 7      | Arnt Ivar Høiberg   | Bergen Pistolklubb    | 1:11:18 1:00:14 | 2:11:32 | 24:14 |
| 8      | Hans Bjørn Kvalsvik | Florø Turn & Idr.f.   | 1:15:31 56:31   | 2:12:02 | 24:44 |
| 9      | Leif Skaar          | Lavik IL              | 1:18:01 54:54   | 2:12:55 | 25:37 |
| 10     | Lars Håheim         | BIL Haraldsplass      | 1:17:41 56:19   | 2:14:00 | 26:42 |
| 11     | Bjørnar Dragøy      | Ik Hind               | 1:18:49 1:04:42 | 2:23:31 | 36:13 |
| 12     | Dagfinn With        | Ik Hind               | 1:18:52 1:09:46 | 2:28:38 | 41:20 |
| 13     | Jostein Visnes      | Almenning II          | 1:19:47 1:10:34 | 2:30:21 | 43:03 |
| 14     | Arne Indredavik     | NOTEAM                | 1:25:36 1:10:23 | 2:35:59 | 48:41 |
| 15     | Nils Klubben        | NOTEAM                | 1:23:37 1:13:05 | 2:36:42 | 49:24 |
| DNF    | Arne Husby          | Kvæfjord IL           | 1:38:09 00:10   |         |       |
| DNS    | Per Jan Helset      | NOTEAM                |                 |         |       |
| Antall | 17                  | Påmeldte: 17          | Startende: 16   |         |       |

## Menn 70-74 år

|   |                   |            |               |         |       |
|---|-------------------|------------|---------------|---------|-------|
| 1 | Martin Sande      | Gaular II. | 1:09:25 52:48 | 2:02:13 |       |
| 2 | Gunnar K. Espevik | Kfum-Kam.  | 1:09:27 52:54 | 2:02:21 | 00:08 |
| 3 | Magne Øyra        | NOTEAM     | 1:10:45 51:41 | 2:02:26 | 00:13 |
| 4 | Asbjørn Hoff      | NOTEAM     | 1:12:32 53:18 | 2:05:50 | 03:37 |
| 5 | Roald Korssjøn    | Høyanger   | 1:12:04 56:21 | 2:08:25 | 06:12 |

# Resultatliste

Adidas Skåla rett opp

Offisiell liste

15.08.2009

| Plass         | Navn               | Klubb            | Mellomtid     |         | Tid     | Etter |
|---------------|--------------------|------------------|---------------|---------|---------|-------|
| Menn 70-74 år |                    |                  |               |         |         |       |
| 6             | Steffen Fjellestad | Fjellhug/vereide | 1:23:34       | 1:05:46 | 2:29:20 | 27:07 |
| 7             | Sigmund Solheim    | Florø Turn Og If | 1:52:35       | 40:17   | 2:32:52 | 30:39 |
| 8             | Eivind Skjerven    | Oppstryn IL      | 1:27:00       | 1:08:57 | 2:35:57 | 33:44 |
| 9             | Ola Jacob Nybråten | NOTEAM           | 1:24:00       | 1:18:03 | 2:42:03 | 39:50 |
| DNF           | Per Bringedal      | Herøysund IL     |               |         |         |       |
| Antall        | 10                 | Påmeldte: 10     | Startende: 10 |         |         |       |

eTiming - [www.emit.no](http://www.emit.no)

18.08.2009 18:22:29

Side:15