

Resultatliste

Skåla opp

Loen 17.08.2013

Plass	Navn	Klubb	Mellomtid	Tid	Etter
Jenter 15-17 år					
1	Marte Håkenstad Bråten	-	58:36 42:37	1:41:13	
2	Karoline Erdal	Førde II	1:03:14 45:06	1:48:20	07:07
Antall	2	Påmeldte: 4	Startende: 2		
Kvinner 20-22 år					
1	Malene Blikken Haukøy	Il Høyang	58:29 41:58	1:40:27	
2	Elisabeth Hildenes	Eid II	57:42 44:29	1:42:11	01:44
3	Eirin Kvalheim	Måløy	1:18:31 57:52	2:16:23	35:56
4	Gunvor Johanne Veitebeg	Ntnui	1:19:34 57:03	2:16:37	36:10
Antall	4	Påmeldte: 6	Startende: 4		
Kvinner 23-34 år					
1	Inger Liv Bjerkrem Nilsen	Lillehammer O-Klubb	48:52 34:48	1:23:40	
2	Merete Weng	Il I Bul	52:38 40:35	1:33:13	09:33
3	Merete Helgheim	Deknepollen	54:52 42:25	1:37:17	13:37
4	Ingvild Årøen Lein	Kondis Ålesund	1:01:17 43:54	1:45:11	21:31
5	Elena Eide	Ernst&young	1:04:31 46:21	1:50:52	27:12
6	Marianne Erdal	Bergen	1:03:04 47:59	1:51:03	27:23
7	Lina Rivedal	Bergen	1:02:44 48:20	1:51:04	27:24
8	Stine Mari Taule	Kyrkjebø	1:06:25 47:49	1:54:14	30:34
9	Mari Aksnes	Lauvstad	1:07:17 47:35	1:54:52	31:12
10	Karine Falck-Pedersen	Oslo	1:08:04 49:10	1:57:14	33:34
11	Hege Vagstad	Dale II Sykkel	1:09:46 47:43	1:57:29	33:49
12	Kristin Syltesæter	Førde	1:07:53 51:30	1:59:23	35:43
13	Ragnhild Minde Romarheim	Hjellvik II	1:09:18 50:10	1:59:28	35:48
14	Trine Økland Lien	Sweco Bil	1:05:44 53:47	1:59:31	35:51
15	Karen Sofie Åsemyr	Hjellvik II	1:10:17 49:27	1:59:44	36:04
16	Elisabeth Gausdal	Nesttun	1:10:43 49:58	2:00:41	37:01
17	Ellen Vigen	Oslo	1:10:56 51:38	2:02:34	38:54
18	Ane Charlotte Christensen	Oslo	1:11:30 51:09	2:02:39	38:59
19	Camilla Ødegård	Tine	1:12:11 52:08	2:04:19	40:39
20	Hanne Nøvik	Ntnu	1:11:26 54:06	2:05:32	41:52
21	Guro Pauck Øglund	Oslo	1:13:30 53:29	2:06:59	43:19
22	Hilde Bøyum	Emas Amc	1:12:20 54:54	2:07:14	43:34
23	Therese Vågenes	Frekhaug	1:14:29 56:27	2:10:56	47:16
24	Anni Fretheim	Vik II	1:16:18 55:26	2:11:44	48:04
25	Tone Marit Vedå	Hjellvik II	1:15:44 56:27	2:12:11	48:31
26	Heidi Gravdal	Vassenden	1:13:41 59:55	2:13:36	49:56
27	Hilde Kristin Njøten	Dream	1:17:19 57:07	2:14:26	50:46
28	Marianne Midthun	Multiconsult Bil	1:18:39 55:50	2:14:29	50:49
29	Marit Aarnes	Supersprek	1:17:46 58:56	2:16:42	53:02
30	Jeanette Haga Holgersen	Lerøy	1:18:16 58:43	2:16:59	53:19
31	Hanne Marit Ulseth Bjerkan	Klæbu	1:20:54 1:00:55	2:21:49	58:09
32	jørunn Hoås	Elnesvågen	1:23:38 1:04:39	2:28:17	1:04:37
33	Kjersti Gjerstad	Team Karlsmarka	1:22:56 1:07:29	2:30:25	1:06:45
34	Therese Syvertsen	Jølster II	1:21:56 1:08:37	2:30:33	1:06:53
35	Andrea Drivenes	Lerøy	1:24:48 1:06:20	2:31:08	1:07:28
36	Camilla Sørensen	Jølster II	1:25:08 1:08:37	2:33:45	1:10:05
37	Ida Kvalheim	Måløy	1:28:56 1:06:44	2:35:40	1:12:00
38	Beate Trellevik	Morvik	1:27:19 1:09:21	2:36:40	1:13:00
39	Lena Andreassen	Hokksund	1:29:08 1:13:49	2:42:57	1:19:17
40	Kristine Andersen	Team Fotopro	1:29:30 1:19:00	2:48:30	1:24:50
41	Solveig Birkeland	Hjellvik II	1:37:16 1:28:41	3:05:57	1:42:17
42	Anne-Randi Nilsen	Ålesund	1:46:02 1:40:30	3:26:32	2:02:52
Antall	42	Påmeldte: 59	Startende: 43		

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Plass	Navn	Klubb	Mellomtid	Tid	Etter
Kvinner 35-39 år					
1	May Britt Buer	Gular II	48:27 36:31	1:24:58	
2	Therese Sjursen	Bfg Bergen	52:37 39:00	1:31:37	06:39
3	Karine Fluge Ulleberg	Il Try	57:13 41:37	1:38:50	13:52
4	Benita Lundgren	Multitude Salomon Test	1:02:17 45:30	1:47:47	22:49
5	Susanna Niskanen	Eid II	1:03:22 46:10	1:49:32	24:34
6	Ingrid Fjellestad	Eidsfossen Sykkell	1:04:35 46:10	1:50:45	25:47
7	Vibeke Raa	Morvik	1:04:20 48:10	1:52:30	27:32
8	Caroline Christie	Varegg II (melkesyren)	1:04:39 48:06	1:52:45	27:47
9	Anne Grethe Sandvik	Florø Sportsklubb	1:05:02 48:27	1:53:29	28:31
10	Mette Camilla Furustad	Bvif	1:12:04 53:16	2:05:20	40:22
11	Irene Winterthun	Statoil Bil	2:05:29	2:05:29	40:31
12	Mette Pettersen	Oslo	1:11:24 54:55	2:06:19	41:21
13	Gro Zahl	Paradis	1:10:28 56:35	2:07:03	42:05
14	Anne Nordahl	Bergen	1:18:15 57:40	2:15:55	50:57
15	Eva Bjørnevik	Dalebrand	1:17:35 59:53	2:17:28	52:30
16	Bjørge Elvevoll	-	1:18:05 1:00:05	2:18:10	53:12
17	Kate Birkelund	Fana	1:18:10 1:03:17	2:21:27	56:29
18	Bente Skogseide	Varegg Team Melkesyre	1:19:13 1:03:37	2:22:50	57:52
19	Inger Merethe Høydal	Sparebanken Sogn Og	1:20:08 1:05:51	2:25:59	1:01:01
20	Jannicke sekkingstad	Sekkingstad As	1:21:06 1:08:58	2:30:04	1:05:06
21	Nina Fosse	Nesttun	1:30:22 1:11:40	2:42:02	1:17:04
22	Siri Mitchell	Morvik	1:28:18 1:19:34	2:47:52	1:22:54
23	Janicke Sjursen Nyheim	Godvik	1:35:37 1:18:13	2:53:50	1:28:52
Antall	23	Påmeldte: 30	Startende: 23		

Kvinner 40-44 år

1	Kirsten Marathon Melkevik	Gular	48:52 38:02	1:26:54	
2	Janne Eikås	Jølster	58:56 44:08	1:43:04	16:10
3	Audil Kvåle	-	1:00:36 43:30	1:44:06	17:12
4	Vigdis Gaupholm Reigstad	Il Fri	1:00:23 43:59	1:44:22	17:28
5	Julia Connor	Innerleithen	1:06:01 47:59	1:54:00	27:06
6	Benedikte Liepelt	Molde Og Omegn	1:04:51 51:18	1:56:09	29:15
7	Merete Tviberg Torsvik	Godvik	1:08:19 50:37	1:58:56	32:02
8	Lin Wæhle	La Nucia (alicante)	1:08:03 51:30	1:59:33	32:39
9	Bente Hermansen	Joggedilla	1:09:34 50:47	2:00:21	33:27
10	Tone Aarberg	Stråleterapien	1:10:29 50:24	2:00:53	33:59
11	Marianne Nesbø Ådland	Fri	1:09:30 52:10	2:01:40	34:46
12	Bente Berle	Team Melkesyre	1:11:25 53:28	2:04:53	37:59
13	Monica Sognnes Rasmussen	Fjellgeitene	1:10:07 55:17	2:05:24	38:30
14	Vibeke Ludvigsen	Varegg Team Melkesyre	1:13:32 53:58	2:07:30	40:36
15	Kjersti Westrum Flø	Hødd	1:14:14 54:03	2:08:17	41:23
16	Unni Austefjord	Frekhaug	1:17:40 55:50	2:13:30	46:36
17	Jorunn Sudbø Sivertsen	Il Gneist	1:17:51 55:50	2:13:41	46:47
18	Ellen Bakkene	Fana	1:17:40 1:01:25	2:19:05	52:11
19	Linda Larsen	Lerøy	1:23:25 1:04:57	2:28:22	1:01:28
20	Grete may Engeseth	Ståleterapien	1:32:16 1:15:10	2:47:26	1:20:32
Antall	20	Påmeldte: 26	Startende: 20		

Kvinner 45-49 år

1	Anita Håkenstad Evertsen	Øystre Slidre II	51:04 39:43	1:30:47	
2	Jeanette Amundsen	Flaktveit	1:01:49 45:38	1:47:27	16:40
3	Camilla Grieg	Grieg Team	1:04:03 46:10	1:50:13	19:26
4	Astrid Olafsdottir	Fri	1:04:30 48:39	1:53:09	22:22
5	Grethe Albrektsen	Trondheim	1:10:33 52:40	2:03:13	32:26
6	Therese Sæbøe Strand	Måløy Idrettslag	1:11:52 52:17	2:04:09	33:22

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Plass	Navn	Klubb	Mellomtid	Tid	Etter
Kvinner 45-49 år					
7	Jorunn Lunde Fleten	Holsen	1:14:07 55:27	2:09:34	38:47
8	Metta Aune Jakobsen	Blåfall As	1:14:45 58:01	2:12:46	41:59
9	Turid H. Hustad	Åndalsnes	1:17:08 55:39	2:12:47	42:00
10	Anne Elin Lunde	Storesunde	1:15:33 59:14	2:14:47	44:00
11	Anne Berit Holsen	Holsen	1:16:07 58:59	2:15:06	44:19
12	Gunn Haugen	Klp	1:23:31 1:01:38	2:25:09	54:22
13	Siren Olsen	Bergen	1:22:57 1:02:38	2:25:35	54:48
14	Inger Johanne Fjellanger	Hillkillers	1:21:41 1:04:21	2:26:02	55:15
15	Torunn Herfindal	Hib	1:20:49 1:10:35	2:31:24	1:00:37
16	Jorunn Førde Bolme	Statoil	1:29:16 1:09:57	2:39:13	1:08:26
17	Kjersti Pisani	Mjølkeråen	1:29:37 1:12:01	2:41:38	1:10:51
DNF	Laila Tøsse	Melkesyre.no			
Antall	18	Påmeldte: 30	Startende: 20		

Kvinner 50-54 år

1	Inger Dagny Saanum	Ge Healthcare	55:29 40:54	1:36:23	
2	Marte Grahl-Madsen	Bergen	1:03:24 45:14	1:48:38	12:15
3	Rikke Lill Holund	Hufserypene Nittedal	1:07:13 49:36	1:56:49	20:26
4	Mary Moe	Bremanger Idrettslag	1:09:44 49:24	1:59:08	22:45
5	Eva Jellestad	Bergen Kommune	1:10:45 50:00	2:00:45	24:22
6	Anna Ersland	Hsi	1:10:02 55:08	2:05:10	28:47
7	Anne Bjørsom	Vassmyra-Damene	1:12:53 54:29	2:07:22	30:59
8	Karin Collett	Hsi	1:16:03 53:14	2:09:17	32:54
9	Sissel Smaller	Chamonix Mont Blanc	1:14:13 56:42	2:10:55	34:32
10	Anita Olsen Kvaase	Mandal	1:13:23 58:12	2:11:35	35:12
11	Ann Berit Steiro	Førde II	1:18:41 56:57	2:15:38	39:15
12	Grete Hamre	Syril	1:20:53 1:03:47	2:24:40	48:17
13	Andrine Gjerstad	Mjøsdaalen ,I	1:24:56 1:09:51	2:34:47	58:24
14	Bodil Tessem	Kwintet	1:27:10 1:12:44	2:39:54	1:03:31
15	Gro Anderssen	Lerøy	1:33:23 1:17:32	2:50:55	1:14:32
16	Hilde Isdahl	Nesttun	1:43:47 1:32:25	3:16:12	1:39:49
DNF	Åse Tøsse	Melkesyre.no			
Antall	17	Påmeldte: 20	Startende: 18		

Kvinner 55-59 år

1	Anna Magrethe Tråve	Lærdal II	59:33 44:25	1:43:58	
2	Norunn Stavø	Florø Tif	1:03:19 47:24	1:50:43	06:45
3	Anne Line Johannesen	Fana II	1:05:40 47:39	1:53:19	09:21
4	Bente Tøsse Morvik	Varegg Team Melkesyre	1:23:21 59:51	2:23:12	39:14
5	Linda Straume	-	1:29:11 1:09:09	2:38:20	54:22
6	Elsa Langhaug	-	1:32:03 1:16:09	2:48:12	1:04:14
Antall	6	Påmeldte: 6	Startende: 6		

Kvinner 60-64 år

1	Ingunn Ytrehus	Northern Runners	1:12:08 53:19	2:05:27	
2	Solveig Arnhild Svardal	Eikefjord I.I.	1:13:12 54:55	2:08:07	02:40
3	Liv Berge	Åheim II	1:18:56 1:03:00	2:21:56	16:29
4	Guri Faller	Bsk	1:47:41 1:43:18	3:30:59	1:25:32
Antall	4	Påmeldte: 4	Startende: 4		

Kvinner 65-69 år

1	Berit Høyvik	Lillehammer	1:07:47 50:48	1:58:35	
Antall	1	Påmeldte: 1	Startende: 1		

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Skåla opp

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Plass	Navn	Klubb	Mellomtid	Tid	Etter
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Kvinner 70-74 år

1	Halldis Nagell-Dahl	Tif.viking	1:23:54 1:02:16	2:26:10	
2	Turid Lid	Øystese II	1:37:23 1:10:42	2:48:05	21:55
Antall	2	Påmeldte: 3	Startende: 3		

Gutar 15-17 år

1	Rasmus Haugen	Hornindal II	48:46 34:49	1:23:35	
2	Andreas Rauset	Sandane Turn Og II	51:05 37:34	1:28:39	05:04
3	Øyvind Odland	Nore Neset II	55:04 37:23	1:32:27	08:52
4	Eirik Høydal	Florø	1:02:35 44:09	1:46:44	23:09
5	Olav Schmitt Gran	Halden SK	1:01:49 46:21	1:48:10	24:35
6	Peter Falkevik	Skavøypoll II	1:08:47 48:48	1:57:35	34:00
7	Lars Nyhammer Hosøy	Nbk	1:12:13 54:41	2:06:54	43:19
8	Jon Ingar Hamre	Moi II	1:12:30 54:42	2:07:12	43:37
9	Sigmund Kvalheim	Måløy	1:16:36 53:14	2:09:50	46:15
10	Gaute Bø	Markane II	1:21:44 51:26	2:13:10	49:35
11	Lars Andre Hamre	Moi Skate	1:15:38 1:01:18	2:16:56	53:21
12	Johannes Borch	Tromsø Løpeklubb	1:22:31 59:59	2:22:30	58:55
Antall	12	Påmeldte: 15	Startende: 12		

Menn 18-19 år

1	Håvard Austevoll	Kalandseid	51:12 37:58	1:29:10	
2	Torstein Bu	Førde	52:39 38:26	1:31:05	01:55
3	Eirik Voksøy Bringsvor	Sandsøy II	53:41 38:29	1:32:10	03:00
4	Henrik Waagan Skarbø	Il Lauparen	56:18 41:08	1:37:26	08:16
5	Sebastian Aagnes	Bærums Skiklub	56:16 44:36	1:40:52	11:42
6	Vebjørn Hamre	Moi II	1:10:05 48:05	1:58:10	29:00
7	Stewart Robertson	Svint II	1:06:50 55:25	2:02:15	33:05
Antall	7	Påmeldte: 7	Startende: 7		

Menn 20-22 år

1	Jørn Hustad	Åndalsnes If	47:40 35:59	1:23:39	
2	Ole Martin Erdal	Førde II	48:54 34:51	1:23:45	00:06
3	Nikolai Andersen	Aiv	1:14:27 58:25	2:12:52	49:13
4	Ørjan Vemmålsvik	Deknepollen	1:17:13 56:58	2:14:11	50:32
Antall	4	Påmeldte: 5	Startende: 4		

Menn 23-34 år

1	Ahmet Arslan	Ankara	39:18 32:31	1:11:49	
2	Thorbjørn Thorsen Ludvigsen	Bfg Bergen	40:53 31:02	1:11:55	00:06
3	Eirik Dagssønn Haugsnes	Il Pioner	42:06 30:57	1:13:03	01:14
4	Tomas Bereket	SK Vidar	41:48 31:39	1:13:27	01:38
5	Lars Erik Skjervheim	Voss II	43:32 31:21	1:14:53	03:04
6	Arve Rindal	Eid I.I.	46:10 33:57	1:20:07	08:18
7	Arild Een	Voss II	47:05 37:09	1:24:14	12:25
8	Roger Nevland	Gjesdal II	48:02 36:48	1:24:50	13:01
9	Otto Eikeset	Sweco Bil	50:05 36:11	1:26:16	14:27
10	Knut Christophersen	Bergen	50:52 35:26	1:26:18	14:29
11	Svein Arne Haugen	Multiconsult Bil	51:01 36:41	1:27:42	15:53
12	Morten Gjendem	-	50:00 37:47	1:27:47	15:58
13	Espen Waage Skjeflo	Innstrandens II	51:16 36:33	1:27:49	16:00
14	Knut Anders Hatlen	Stranda II	50:26 38:03	1:28:29	16:40
15	Harald Sundgot-Borgen	Sportsmaster	51:22 37:19	1:28:41	16:52

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Plass	Navn	Klubb	Mellomtid		Tid	Etter
Menn 23-34 år						
16	Vetle Thyli	Raufoss	50:38	38:20	1:28:58	17:09
17	Lars Eid Nielsen	Multiconsult	51:59	37:04	1:29:03	17:14
18	Gunnar Waage Skjeflo	Team Waage	51:12	38:10	1:29:22	17:33
19	Jan Roger Hagen	Straumsnes II	52:27	37:09	1:29:36	17:47
20	Dagfinn Edvardsen	Nyborg	52:43	38:12	1:30:55	19:06
21	Jon Ivar Djønne	Il Fri	55:03	39:17	1:34:20	22:31
22	Trygve Andresen	Bergen	55:26	40:04	1:35:30	23:41
22	Jan Henrik Olsnes	Fri	53:01	42:29	1:35:30	23:41
24	Idar Heimdal Espe	Fjellgeitene.no	54:53	40:39	1:35:32	23:43
25	Thomas Finshus	Stegaberg	53:49	42:42	1:36:31	24:42
26	Christian Lønøy	Fjellgeitene	55:38	41:05	1:36:43	24:54
27	Bjørnar Hornnes	Vik II	55:35	41:26	1:37:01	25:12
28	André Basteskår	Prakt Eiendom	55:31	41:48	1:37:19	25:30
29	Thomas Myrvold Ølness	Søfteland Friidrett	56:51	41:31	1:38:22	26:33
30	Erik Fristad Drageset	Fjellgeitene.no	57:46	40:43	1:38:29	26:40
31	Bjørø Nevland	Gjesdal II	55:12	43:36	1:38:48	26:59
32	Leif Åge Svår	Hornindal	57:07	41:50	1:38:57	27:08
33	Vegard Hansen	Bergen	58:24	40:44	1:39:08	27:19
34	Johan Landrø	Multiconsult Bil	57:09	42:11	1:39:20	27:31
35	Stig Jarle Svardal	Swco Bil	57:49	41:36	1:39:25	27:36
36	Asgeir Årdal	Team Moses	55:32	43:54	1:39:26	27:37
37	Stian Tufte	Ullensaker SK	56:48	43:18	1:40:06	28:17
38	Andreas Hallan	Unitech Power Systems	57:52	42:35	1:40:27	28:38
39	Roger Edvardsen	Bergen	58:41	41:57	1:40:38	28:49
40	Mats Steinsland	Melkesyre.no	58:26	42:30	1:40:56	29:07
41	Askild Bø	Elverum	58:19	43:29	1:41:48	29:59
42	Emanuel Carlsson	Göteborg	59:09	42:47	1:41:56	30:07
43	Sigbjørn Emblem	Hakallestranda	55:57	46:27	1:42:24	30:35
44	Peter Stølen	Multiconsult	59:55	44:10	1:44:05	32:16
45	Kristian Årdal	Spar Handelshuset	57:09	47:18	1:44:27	32:38
46	Nikolai Hydle Rivedal	Veritas Bil	58:59	45:34	1:44:33	32:44
47	Kay Roger Haugen	Loen	1:00:35	45:21	1:45:56	34:07
47	Asbjørn Øystese	Multiconsult	1:00:43	45:13	1:45:56	34:07
49	Runar Andersen	Team Fotopro	59:42	46:16	1:45:58	34:09
50	Morten Eek	Pedro Asa	1:03:10	42:52	1:46:02	34:13
51	Kristoffer Rogne	Bulandet II	1:01:53	44:25	1:46:18	34:29
52	Ole Daniel Nitter	Dream	1:01:28	46:14	1:47:42	35:53
53	Joachim Bernhardsen	Prakt Eiendom	1:01:59	45:47	1:47:46	35:57
54	Eivind Trippestad	Trøgstad	1:00:19	47:31	1:47:50	36:01
55	Jan-Eirik Småbrekke	Sweco Bil	1:00:59	47:04	1:48:03	36:14
56	Kristoffer Jacobsen	Bare David Skiklubb	1:03:07	45:04	1:48:11	36:22
57	Jonas Brännmyr	Ok Djerf	1:02:42	45:53	1:48:35	36:46
58	Carl W. Janssen	Nhhi	1:03:17	45:36	1:48:53	37:04
59	Eirik Andersen	Vestfossen If	1:01:55	47:27	1:49:22	37:33
60	Jonas Langeteig	Lerøy	1:03:12	46:16	1:49:28	37:39
61	Kenneth Vedvik	Eid II	1:02:39	47:24	1:50:03	38:14
62	Andre Øygard	Fjærland II	1:04:33	45:54	1:50:27	38:38
63	Sindre Hansen	Mjøsdalen I.I	1:02:01	49:32	1:51:33	39:44
64	Arne Mjåtvædt	Sweco Bil	1:04:13	47:25	1:51:38	39:49
65	Lim Nordeide	Outdoor Bergen	1:05:47	46:12	1:51:59	40:10
66	Vegard Åstebøl Larssen	Måløy II Sykkel	1:52:03		1:52:03	40:14
67	Halvor Lund	Ntnu	1:08:33	44:07	1:52:40	40:51
68	Geir Ove Pettersen	Lerøy	1:04:15	48:47	1:53:02	41:13
69	Jogeir Romarheim	Hjellvik II	1:05:30	47:43	1:53:13	41:24
70	Roger Holte	Klæbu	1:06:56	47:02	1:53:58	42:09
71	Andreas Bratlie	Sweco Bil	1:05:27	48:48	1:54:15	42:26
72	Johan Hjartnes	Team Hjartnes	1:07:01	47:24	1:54:25	42:36

Resultatliste

Skåla opp

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Plass	Navn	Klubb	Mellomtid	Tid	Etter
Menn 23-34 år					
73	Lars Martin Håvardstun	Seige-Menn	1:11:25 44:33	1:55:58	44:09
74	Jonas Byrkjeland	Team Outdoor Bergen	1:08:21 48:30	1:56:51	45:02
75	Endre Edvardsen	Godvik	1:06:55 49:58	1:56:53	45:04
76	Harald Austrheim	Sweco Bil	1:07:49 49:11	1:57:00	45:11
77	Mattias Kullberg	Småkraft As	1:08:25 48:40	1:57:05	45:16
78	Marius Gaassand Jacobsen	Fjellgeitene.no	1:08:52 48:14	1:57:06	45:17
79	Endre Risøy	Eid II	1:05:33 51:48	1:57:21	45:32
80	Ole Fiksdal	Frekhaug	1:05:52 51:31	1:57:23	45:34
81	Jon Andre Sørensen	Oslo	1:05:12 52:24	1:57:36	45:47
82	Jan Reidar Kalstad	Lerøy	1:08:01 50:01	1:58:02	46:13
83	Christian Carlson	Bergen	1:08:15 49:49	1:58:04	46:15
84	Erling-Andrè Kvistad Nilsen	Ålesund	1:07:09 50:57	1:58:06	46:17
85	Håkon Bergsodden	-	1:08:45 49:26	1:58:11	46:22
86	Magne Wathne	Stryn	1:05:10 53:02	1:58:12	46:23
87	Åge Fjellheim Midthun	Il Ny Von	1:09:17 49:12	1:58:29	46:40
88	Bent Vidar Kårstad	Småkraft As	1:09:05 49:26	1:58:31	46:42
89	Ben Holan	Vembli Fk	1:09:37 49:16	1:58:53	47:04
90	Johannes Nygaard	Vestringen II /mjøsen	1:10:01 49:00	1:59:01	47:12
91	Nicolay Jansen Wiig	Nhhi	1:08:17 50:52	1:59:09	47:20
92	Fredrik Bjøråneset	Prakt Eiendom	1:07:18 52:01	1:59:19	47:30
93	Frank- Jakob Sandbakk	Markane II	1:09:50 49:34	1:59:24	47:35
94	Rune Holte	Ålesund	1:10:02 49:48	1:59:50	48:01
95	Tommy Totland Hauge	Seige-Menn	1:11:31 48:23	1:59:54	48:05
96	Kenneth Holte	Loddefjord	1:10:05 50:52	2:00:57	49:08
97	Lars Hovland	Sparebank1	1:09:35 51:45	2:01:20	49:31
98	Hallvard Breistein	Unitech Power Systems	1:10:01 51:24	2:01:25	49:36
99	Bård Moberg	Norsk Kraft	1:11:55 51:49	2:03:44	51:55
100	Morten Muri	Starmotor	1:11:05 52:40	2:03:45	51:56
101	Espen Bø	Hjellvik II	1:13:56 50:12	2:04:08	52:19
102	Ronny Rongved Hansen	Team Karlsmarka	1:11:41 53:14	2:04:55	53:06
103	Stig Torheim	Byggmester Markhus	1:11:29 53:43	2:05:12	53:23
104	Bjørn Magne Olsen	Rsk	1:12:26 53:33	2:05:59	54:10
105	Stian Garmann Oestreich	Multiconsult As	1:13:54 52:07	2:06:01	54:12
105	Kjetil Grung	Multiconsul Bil	1:11:44 54:17	2:06:01	54:12
107	Jon Anders Birkeland	Hjellvik II	1:12:14 53:59	2:06:13	54:24
108	Tore Haugen	Hankø Consulting	1:13:37 53:00	2:06:37	54:48
109	Harald Andreas N. Simonsen	Multiconsult	1:12:09 54:58	2:07:07	55:18
110	Remi Stusdal	Lerøy	1:08:06 59:05	2:07:11	55:22
111	Øyvind Aass	Øvre Frogner Løp Og	1:07:57 59:22	2:07:19	55:30
112	Sindre Egeland	Multiconsult Bil	1:13:16 55:02	2:08:18	56:29
113	Frode Torvanger	Bergen	1:13:53 54:40	2:08:33	56:44
114	Einar Vadøy	Davik	1:12:12 56:53	2:09:05	57:16
115	David Basteskår	Bare David Klubb	1:15:47 53:28	2:09:15	57:26
116	Lorenz Pfeifer	Wien	1:09:48 1:01:55	2:11:43	59:54
117	Petter Riise Boska	Bellevue Athlete Club	1:13:26 58:30	2:11:56	1:00:07
118	Henrik Rachlew	Oslo	1:18:09 55:24	2:13:33	1:01:44
119	Hans Thorvald Nygaard	Vestringen II	1:16:19 57:31	2:13:50	1:02:01
120	Anders Anker-Rasch	Multiconsult	1:18:50 55:44	2:14:34	1:02:45
121	Eivind Berge Hofland	The Hoffice	1:16:14 59:52	2:16:06	1:04:17
122	Mats Hagen Tranvåg	Laksevåg	1:17:49 58:53	2:16:42	1:04:53
123	Ole-Jørgen Fæø	Straume	1:17:03 1:00:55	2:17:58	1:06:09
124	Jon Olav Stadheim	Stadheim	1:18:34 1:02:30	2:21:04	1:09:15
125	Joacim Johansen	Privatmegleren	1:24:16 1:02:23	2:26:39	1:14:50
126	Jørgen Egenes Nilsen	Lerøy	1:22:05 1:06:09	2:28:14	1:16:25
127	Hans- Fredrik Pedersen	Lerøy	1:24:24 1:20:58	2:45:22	1:33:33
DNF	Simen Gjetrang	Oslo			
Antall	128	Påmeldte: 173	Startende: 129		

Resultatliste

Skåla opp

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Plass	Navn	Klubb	Mellomtid		Tid	Etter
Menn 35-39 år						
1	Orlando Edwards	London	41:50	31:48	1:13:38	
2	Tesfayohannes Mesfun	Bodø Friidrettsklubb	43:56	36:09	1:20:05	06:27
3	Rune Olsen	Pwcbil	46:08	36:23	1:22:31	08:53
4	Ørjan Nilsen	Fjellgeitene	50:48	35:51	1:26:39	13:01
5	Sverre Nesdal Aske	Fjellhug Vereide	50:00	36:52	1:26:52	13:14
6	Geir Storetvedt Skaten	Opptur Motbakkeklubb	50:10	38:15	1:28:25	14:47
7	Jon Are Sundland	Il Fri	51:11	39:00	1:30:11	16:33
8	Helge Vestrheim	Austevoll Sykkelklubb	52:25	38:46	1:31:11	17:33
9	Anders Bringsvor	Sandsøy Il	53:36	38:34	1:32:10	18:32
10	Joar Moldskred	Hakallestranda	54:01	38:55	1:32:56	19:18
11	Rune Kalhagen	Nordfjordeid	52:59	40:27	1:33:26	19:48
12	Einar Johansen	Runner Up	53:12	40:24	1:33:36	19:58
13	Knut Magnus Ljåstad	SK Rye / Move Bil	56:02	39:43	1:35:45	22:07
14	Anders Johansen	Ottestad Sykleklubb	54:17	41:39	1:35:56	22:18
15	Stian Helgesen	Team Nipo	56:11	40:16	1:36:27	22:49
16	Jon Inge Kusslid	Førde	56:03	41:33	1:37:36	23:58
17	Bjarte Rasmussen	Ck Henie	57:28	40:56	1:38:24	24:46
18	Torgeir Dalseth	Team Moa Revisjon	56:27	43:03	1:39:30	25:52
19	Bjørn Oksavik	Oksavikingen	58:44	41:45	1:40:29	26:51
20	Lars Engeli	Fjellgeitene	58:21	42:13	1:40:34	26:56
21	Stian Hordvik	Thommessen	57:44	42:56	1:40:40	27:02
22	Håvard Alnes	Statoil Bil	57:06	43:36	1:40:42	27:04
23	Kjell Olav Kusslid	Haukedalen	59:02	41:44	1:40:46	27:08
24	Ole Martin Saltkjel	Bergen	58:25	43:03	1:41:28	27:50
25	Pål Thomassen	Fjellgeitene	59:13	42:41	1:41:54	28:16
26	Tormod Vågenes	Nordhordland Skiklubb	58:33	43:24	1:41:57	28:19
27	Steinar Haugen	Avinor	58:49	43:23	1:42:12	28:34
28	Arild Vonheim	Dnb	59:31	44:01	1:43:32	29:54
29	Arild Skriden	Skjåk Il	57:29	46:32	1:44:01	30:23
30	Kenneth Fure	Fjellhugvereide Il	1:00:47	43:58	1:44:45	31:07
31	Arne Sjursæther	Hordvik	1:00:20	44:26	1:44:46	31:08
32	Bjørn Magne Kleppenes	Hyen Il	1:02:15	42:42	1:44:57	31:19
33	Vegard Vågene	SK Brann	1:01:20	43:38	1:44:58	31:20
34	Björn Eide	Utopia	1:02:28	43:36	1:46:04	32:26
35	Helge Heimseter	Eikefjord Il	1:02:22	44:42	1:47:04	33:26
36	Stig Carlson	Team Supersprek:)	1:01:27	45:39	1:47:06	33:28
37	Bjarte Skår	Brødrene Dahl	1:01:46	45:35	1:47:21	33:43
38	Roald Nesse	Byggmester Markhus	1:03:34	43:59	1:47:33	33:55
39	Stig Savland	Tambarskjelvar	1:02:36	45:15	1:47:51	34:13
40	Øyvind Skar	Rasta	1:05:11	43:04	1:48:15	34:37
41	Tobias Fridhed	Neumann Bygg As	1:03:59	46:28	1:50:27	36:49
42	Roger Erstad	Varegg/ Fjellgeitene	1:02:14	48:17	1:50:31	36:53
43	Arild Steinsland	Motbakkekameratene	1:03:22	47:34	1:50:56	37:18
44	Thomas Martinsen	Bergen	1:04:16	46:42	1:50:58	37:20
45	Geir Flatjord	Sparebanken Vest	1:05:03	46:28	1:51:31	37:53
46	Inge Andre Visnes	Almenning Il	1:04:20	47:17	1:51:37	37:59
47	Aslak Hordvik	Hordvik	1:05:03	46:42	1:51:45	38:07
48	Jonny Andersen	Team Karlsmarka	1:02:09	50:38	1:52:47	39:09
49	Øyvind Fanavoll Tvedt	Garnes	1:05:14	48:08	1:53:22	39:44
50	Espen Hordvik	Deloitte Bil	1:06:29	48:29	1:54:58	41:20
51	Knut Bolme	Trollheimen Klivarlag	1:05:01	50:21	1:55:22	41:44
52	Øyvind Hope	Hjellestad	1:05:29	49:59	1:55:28	41:50
53	Reidar Langeland	Team Arnanipa	1:06:51	49:06	1:55:57	42:19
54	Sverre Bringsrud Fekjær	Team Kjerringfri	1:08:39	47:26	1:56:05	42:27
55	Lars Otto Alme	Fjellhug-vereide Il	1:07:46	48:30	1:56:16	42:38
56	Cato Indrebø	Spenst Førde	1:06:48	49:35	1:56:23	42:45
57	Frode Johannesen	Tertnes	1:07:58	48:51	1:56:49	43:11

Resultatliste

Skåla opp

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Plass	Navn	Klubb	Mellomtid		Tid	Etter
Menn 35-39 år						
58	Jarle Fretheim Konstali-	Stryn Friidrett	1:10:28	47:34	1:58:02	44:24
59	Cato Richardsen	Kleppestø	1:06:53	51:33	1:58:26	44:48
60	Lars Arne Nes	Åkbil	1:08:16	50:26	1:58:42	45:04
61	Dag Tore Raknes	Morvik	1:07:28	51:48	1:59:16	45:38
62	Gunnar Husebø	Fana	1:03:48	55:32	1:59:20	45:42
63	Runar Vedå	Hjellvik II	1:09:57	49:29	1:59:26	45:48
64	Karl-Magnus Tobiassen	Bergen	1:09:58	49:30	1:59:28	45:50
65	Espen Vangsnes Pedersen	Datamatrix Bil	1:10:03	49:50	1:59:53	46:15
66	Geir Borge	Sognakrutt	1:07:37	53:19	2:00:56	47:18
67	Jan Bjarte Skrøppa	Førde	1:07:15	53:50	2:01:05	47:27
68	Remy Aasen	Ålesund	1:10:00	51:46	2:01:46	48:08
69	Rune Pedersen	Fri	1:05:31	56:42	2:02:13	48:35
70	Roger Eide	Airlift	1:14:48	48:11	2:02:59	49:21
71	Bård Svensen	Utopia	1:05:09	59:19	2:04:28	50:50
72	Øystein Tveiten	Privat	1:11:03	53:37	2:04:40	51:02
73	Thor Hvidsten	Bergen	1:05:23	1:02:16	2:07:39	54:01
74	Stian Rønnekleiv	Flora Ck	1:14:26	55:06	2:09:32	55:54
75	Gaute Grønfur	Jølster I.I.	1:14:21	55:17	2:09:38	56:00
76	Anders Rørvik Ellingbø	Vollen	1:12:25	58:21	2:10:46	57:08
77	Jan-Tore Nordberg	Oddfjell Well Service	1:14:59	56:28	2:11:27	57:49
78	Marius Engeli	Fjellgeitene	1:18:31	53:53	2:12:24	58:46
79	Leif Egil Bjørsvik	Hsi	1:13:09	59:19	2:12:28	58:50
80	Eivind Iversen	Nesttun	1:16:23	56:43	2:13:06	59:28
81	Juha Latvala	Tampere	1:18:20	54:55	2:13:15	59:37
82	Jovard Valen	Mathopen	1:13:29	59:56	2:13:25	59:47
83	Anders Nagel-Dahl	Dbbi	1:19:30	56:55	2:16:25	1:02:47
84	Ørjan Tenden-Vie	Il Fri	1:18:00	58:59	2:16:59	1:03:21
85	Bjarte Aaland	Indre Arna	1:16:16	1:01:13	2:17:29	1:03:51
86	Torgeir Thunes	Bergen	1:14:06	1:03:25	2:17:31	1:03:53
87	Rune Offenberg	Oslo	1:17:37	1:00:24	2:18:01	1:04:23
88	Ketil Isaksen	Oslo	1:21:25	56:42	2:18:07	1:04:29
89	Andreas Iversen	Morvik	1:18:02	1:00:08	2:18:10	1:04:32
90	Idar Sekkingstad	Bravo Seafood	1:18:42	1:01:15	2:19:57	1:06:19
91	Eirik Villand	Florø	1:20:18	1:03:08	2:23:26	1:09:48
92	Brede Bredesen-Opset	Bo Bil	1:25:42	1:03:29	2:29:11	1:15:33
93	Jon Andre Helbostad	Team Kjerringfri	1:24:01	1:10:49	2:34:50	1:21:12
94	Kristian Valaker	Team Bedbull	1:22:46	1:12:23	2:35:09	1:21:31
95	Magnus Mølsæter	Tomaco	1:38:09	1:23:27	3:01:36	1:47:58
DNF	Ørjan Smaadal	Jølster II				
DNF	Jan Erik Thorkildsen	Il Frigg				
DNF	Roy A. Kihl	Bergen				
Antall	98	Påmeldte: 130	Startende: 99			

Menn 40-44 år

1	Jonathan Wyatt	Atletica Trento	40:00	29:39	1:09:39	
2	Jann Olav Tjønneland	Viksdalen II	46:58	34:29	1:21:27	11:48
3	Roger Lillestøl	Sparebanken Sogn Og	47:00	34:43	1:21:43	12:04
4	Odd-Bjørn Hjelmeset	Bama	46:59	35:08	1:22:07	12:28
5	Jan Ove Standal	Stryn T & II	48:15	35:40	1:23:55	14:16
6	Paul Faulkner	Carnethy Hrc	48:42	36:09	1:24:51	15:12
6	Sven Nylund	Molde Olymp	48:14	36:37	1:24:51	15:12
8	Lars Olaf Haaheim	Varegg	49:06	37:22	1:26:28	16:49
9	Ingvar Skaar	Statoil Bergen Bil	51:27	37:15	1:28:42	19:03
9	Odd Arild Løseth	Il Høyang/sport'n	50:16	38:26	1:28:42	19:03
11	Per Eivind Gurvin	Førde II	50:03	38:45	1:28:48	19:09
12	Ole Jonny Vallestad	Holsen	52:30	38:23	1:30:53	21:14

Resultatliste

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Plass	Navn	Klubb	Mellomtid		Tid	Etter
Menn 40-44 år						
13	Harald Hauso	Arnatveit	52:21	39:27	1:31:48	22:09
14	Sigbjørn Fænn	Markane II	52:50	39:31	1:32:21	22:42
15	Trond Inge Nilsen	Søfteland	53:57	38:48	1:32:45	23:06
16	Tore Instebø	Bergen Ck	53:46	39:08	1:32:54	23:15
17	Jarle Flo	Sogndal II	54:41	39:15	1:33:56	24:17
18	Henrik Strøm-Roum	Up And Coming	54:25	41:29	1:35:54	26:15
19	Bjarne Ludvigsen	Varegg Team Melkesyre	57:21	41:14	1:38:35	28:56
20	Kjetil Styrvoll	Søftelan I.I.	56:53	41:43	1:38:36	28:57
21	Ingvold Knivsfå	Geiranger II	57:01	42:25	1:39:26	29:47
22	Kim Øivind Larsen	Eid Motbakkelag	57:43	42:15	1:39:58	30:19
23	Anders Jørnli	Uo And Coming	58:12	41:57	1:40:09	30:30
24	Cato Rachlew	Oslo	58:57	41:15	1:40:12	30:33
25	Gunnar Emblem	Hakallestranda	58:38	41:36	1:40:14	30:35
26	Rune K Skaar	Sula SK	58:55	41:49	1:40:44	31:05
27	John Hodnefjell	Måløy I.I.	58:28	42:33	1:41:01	31:22
28	Klas Færøvik	Opptur Motbakkeklubb	56:28	45:21	1:41:49	32:10
29	Rune Askeland	Fjellgeitene.no	58:42	43:36	1:42:18	32:39
30	Benny Østerbye Hansen	Eidsfossen Sykkel	58:47	43:43	1:42:30	32:51
31	Kent Sviggum	Avinor	57:50	44:45	1:42:35	32:56
32	Stig Amundsen	Indre Arna	59:47	43:07	1:42:54	33:15
33	Rune K. Aadland	Team Arnanipa	1:00:00	43:50	1:43:50	34:11
34	Cato Winterthun	Team Optimist	1:00:38	44:27	1:45:05	35:26
35	Rudy Amundsen	Kleven	59:45	45:47	1:45:32	35:53
36	Kjell Morten Hamre	Vollen Comets	59:29	46:05	1:45:34	35:55
37	Øyvind Bjordal	Nesttun	59:49	45:50	1:45:39	36:00
38	Jakob Rusten	Mjøndalen	59:50	45:59	1:45:49	36:10
39	Johan Furunäs	Ifk Mariefred	1:01:54	43:59	1:45:53	36:14
40	Glenn Harald Tafjord	Sykkylven II	1:00:25	45:32	1:45:57	36:18
41	Bjarte Osa	Loddefjord	1:01:35	44:25	1:46:00	36:21
42	Bjørn Berge	Førde	1:01:40	44:37	1:46:17	36:38
43	Knut Arve Helle	Førde II	1:00:47	46:03	1:46:50	37:11
44	Morten Tronstad	Varegg Team Melkesyre	1:00:56	46:01	1:46:57	37:18
45	Martin Mølsæter	First Asset Management	1:02:32	44:55	1:47:27	37:48
46	Anders Espeset	Svanøybukt	1:03:21	44:51	1:48:12	38:33
47	Roger Nygård	Nordfjordeid	1:01:42	46:45	1:48:27	38:48
48	Frode Nygård	Kråkerøy	1:04:48	46:56	1:51:44	42:05
49	Richard Müller	Lyn / Godt Brød	1:03:32	48:18	1:51:50	42:11
50	Håkon Åsvang	Bravo Seafood	1:03:10	48:48	1:51:58	42:19
51	Håvard Kjempenes	Jølster II	1:04:09	47:58	1:52:07	42:28
52	André Aune	Bravo Seafood Avd	1:04:45	47:28	1:52:13	42:34
53	Frode Vedå	Hjellvik II	1:05:52	47:36	1:53:28	43:49
54	Knut Orre	Sykkylven Kommune	1:06:52	46:51	1:53:43	44:04
55	Geir Fauske	Tryg Forsikring	1:05:36	48:08	1:53:44	44:05
56	Tormod Iversen	Føde Ck	1:03:50	50:09	1:53:59	44:20
57	Kjell Harald Otterlei	Langevåg II	1:06:38	47:23	1:54:01	44:22
58	Arve Einar Sørland	Nordfjordeid	1:05:06	48:59	1:54:05	44:26
59	John Kenneth Porten	Embl	1:04:36	49:41	1:54:17	44:38
60	Christian Magnussen	Team F.I.opp	1:06:46	51:04	1:57:50	48:11
61	Jan Grov	Florø	1:08:01	49:56	1:57:57	48:18
62	Eirik Bergan	Mjøsdalen I.I	1:08:08	49:59	1:58:07	48:28
63	Jan-Erik Vangsnes	I.I Eldar	1:08:13	51:01	1:59:14	49:35
64	Lars Petter Osa	Bønes	1:08:43	51:00	1:59:43	50:04
65	Christopher Dahl	Team F.I.opp	1:06:40	53:21	2:00:01	50:22
66	Are Muri	Team Åjaaau	1:08:37	52:24	2:01:01	51:22
67	Birger Solheim	Paradis	1:08:31	52:44	2:01:15	51:36
68	Bjørnar Haveland	Førde	1:07:43	54:10	2:01:53	52:14
69	Jon Holsvik Sørland	Florø	1:06:56	55:29	2:02:25	52:46

Resultatliste

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Plass	Navn	Klubb	Mellomtid		Tid	Etter
Menn 40-44 år						
70	Rune Blytt	Fyllingsdalen	1:10:54	51:35	2:02:29	52:50
71	Eivind Tjønneland	Viksdalen II	1:12:21	52:24	2:04:45	55:06
72	Brynjar Gunnarskog	Arnanipa	1:11:12	53:39	2:04:51	55:12
73	Petter Furset	Forsvaret Kolsås Bil	1:12:14	53:13	2:05:27	55:48
74	Are Totland	Varegg Team Melkesyre	1:12:37	53:11	2:05:48	56:09
75	Helge Åkernes	Emblem I.I	1:11:28	54:37	2:06:05	56:26
76	Tor Anders Offerdal	Lærdal II	1:12:36	53:32	2:06:08	56:29
77	Pål Fonn	Team Fana Glass	1:12:49	53:57	2:06:46	57:07
78	Kenneth Iversen	-	1:14:01	52:49	2:06:50	57:11
79	Torbjørn Vedå	Hjellvik II	1:15:45	51:41	2:07:26	57:47
80	Bjørnar Leithe Borch	Tromsø Løpeklubb	1:13:00	56:35	2:09:35	59:56
81	Richard Bertelsen	Hjellvik II	1:12:17	57:24	2:09:41	1:00:02
82	Karl Johannes Romarheim	Lindås Og Meland	1:16:27	56:14	2:12:41	1:03:02
83	Brendan Stewart Mitchell	Morvik	1:15:22	58:51	2:14:13	1:04:34
84	Jan Sten Husøy	Il Valder	1:13:59	1:02:30	2:16:29	1:06:50
85	Ken Carlson	Måløy	1:19:02	57:34	2:16:36	1:06:57
86	Frode Sørhøy	Varegg Team Melkesyre	1:14:12	1:03:38	2:17:50	1:08:11
87	Frode Hellebust	Sunnfjord Energi	1:20:27	57:40	2:18:07	1:08:28
88	Svein Bruheim	Bravoseafood	1:17:29	1:00:45	2:18:14	1:08:35
89	Atle Kristian Hornnes	Førde II	1:16:24	1:04:00	2:20:24	1:10:45
90	Terje Hopland	Hjellvik II	1:19:37	1:00:55	2:20:32	1:10:53
91	Frode Sunde	Team Åjaaau	1:20:38	59:57	2:20:35	1:10:56
92	Jan Erik Skogseide	Varegg Team Melkesyre	1:08:53	1:16:16	2:25:09	1:15:30
93	Roy Arthur Høyvik	Btc/fjellgeitene	1:25:28	1:01:48	2:27:16	1:17:37
94	Arne Vatne	Lerøy	1:22:03	1:05:47	2:27:50	1:18:11
95	Arvid Mellingen	Syrl	1:26:24	1:01:46	2:28:10	1:18:31
96	Terje Lunde	Dispa	1:26:33	1:11:10	2:37:43	1:28:04
97	Kenneth Hauge	Bruvik	1:26:30	1:11:37	2:38:07	1:28:28
98	Igor Kabarov	Lerøy	1:25:05	1:14:38	2:39:43	1:30:04
99	Øyvind Lien	Skåla Minutt For Minutt	1:27:35	1:12:49	2:40:24	1:30:45
DNF	Jon Brunvoll	F.I.opp				
DNF	Karsten V. S. Nielsen	Tcm Statoil				
Antall	101	Påmeldte: 114	Startende: 102			

Menn 45-49 år

1	Kristen Skjeldal	Bulken II	43:33	31:54	1:15:27	
2	Kjell Erling Mundal	Fjærland	49:02	36:53	1:25:55	10:28
3	Kåre Aanensen	Sparebanken Pluss	49:48	36:45	1:26:33	11:06
4	Stein Aanensen	Mandal	51:57	38:31	1:30:28	15:01
5	Arvid Brudevoll	Vik II	52:46	39:53	1:32:39	17:12
6	Geir Orrestad	Sogndal	52:45	40:26	1:33:11	17:44
7	Johannes Hovden	Hjellvik II	53:56	39:28	1:33:24	17:57
8	Jørund Hammersvik	Førde	54:47	41:00	1:35:47	20:20
9	Geir Grindedal	Il Jotun	55:09	40:57	1:36:06	20:39
10	Jørn Lothe	Eidsfossen Sykkel	55:10	41:20	1:36:30	21:03
11	Trond Løkke	Sortland	56:19	40:17	1:36:36	21:09
12	Inge Værøy	Florø	56:15	41:38	1:37:53	22:26
13	Trond Midtkandal	Eidsfossen Sykkel	55:58	42:16	1:38:14	22:47
14	Geir Evensen	Statoil Bil	56:09	42:09	1:38:18	22:51
15	Tore Klanderud	Varegg	59:03	41:31	1:40:34	25:07
16	Arnstein Vatsaas	Volda Landgrenn	58:01	42:51	1:40:52	25:25
17	Harald Svein Nystøl	Hakallestranda	59:17	41:38	1:40:55	25:28
18	Tom-Eirik Eikanger	Gular	58:30	42:28	1:40:58	25:31
19	Torbjørn Sætre	Moi II	59:51	42:32	1:42:23	26:56
20	Ole Dag Auflem	Loen	58:52	43:32	1:42:24	26:57
21	Herman Erdal	Førde II	59:33	42:59	1:42:32	27:05

Resultatliste

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Plass	Navn	Klubb	Mellomtid	Tid	Etter
Menn 45-49 år					
22	Lars Rune Hamre	Moi	59:28 44:36	1:44:04	28:37
23	Ove Wolff	Hyllestad II	1:00:12 44:01	1:44:13	28:46
24	Rune Wolff	Syril II	1:00:11 44:04	1:44:15	28:48
25	Freddy Mossestad	Oldengutane	1:00:46 43:32	1:44:18	28:51
26	Eivind Rauset	Gfil	57:30 47:10	1:44:40	29:13
27	Martin Øvrebø	Måløy II	1:00:58 44:42	1:45:40	30:13
28	Ben Sture Tveit	Tertnes	1:00:13 45:48	1:46:01	30:34
29	Rolf Lohne	-	1:02:45 43:41	1:46:26	30:59
30	Kjartan Øye	Koll	1:00:41 46:39	1:47:20	31:53
31	Magne Espelid	Mjøsdaalen I.I	1:00:51 46:33	1:47:24	31:57
32	Per Endestad	Eikefjord II	1:02:24 45:21	1:47:45	32:18
33	Helge Roska	Eidsfossen Sykkel	1:01:46 46:42	1:48:28	33:01
34	Svein Tore Tysseland	Samnanger II	1:02:33 46:07	1:48:40	33:13
35	Kåre Bøe	Markane II	1:02:25 46:54	1:49:19	33:52
36	Knut Hildre	Ålesund	1:02:15 47:35	1:49:50	34:23
37	Kjetil Flo	Stryn	1:03:45 46:35	1:50:20	34:53
38	Frank Bu	Tertnes II	1:05:17 45:38	1:50:55	35:28
39	Per Jakob Kyrkjeeide	Team Motbakke	1:05:44 45:14	1:50:58	35:31
40	Bjørn Ulvang	Tryg Forsikring	1:03:16 48:02	1:51:18	35:51
41	Jarle Rognø	Yit Bil	1:04:02 47:35	1:51:37	36:10
42	Ketil Ola Skjelvan	Varegg Team Melkesyre	1:05:54 46:40	1:52:34	37:07
43	Nils Tore Sæterdal	Fri	1:05:04 47:53	1:52:57	37:30
44	Kjell Ove Høydal	Florø	1:04:53 48:05	1:52:58	37:31
45	Vegard Skrede	Molde	1:04:12 48:52	1:53:04	37:37
46	Jonny Pedersen	Oldengutane	1:05:40 47:44	1:53:24	37:57
47	Jon Arne Skram	Måløy	1:00:53 52:54	1:53:47	38:20
48	Jarle Thorstensen	Oldengutane	1:05:40 48:45	1:54:25	38:58
49	Jan Hoel	Bergen	1:07:26 47:26	1:54:52	39:25
50	Martin Ramsdal	Flora Ck	1:08:19 47:04	1:55:23	39:56
51	Dag Andre Espeseth	Lerøy	1:07:33 48:29	1:56:02	40:35
52	Trond Naustdal	Pwc B.i.l.	1:06:21 50:15	1:56:36	41:09
53	Asbjørn Ekroll	Ålesund	1:05:08 51:44	1:56:52	41:25
54	Audun Bruflot	-	1:05:20 51:49	1:57:09	41:42
55	Asbjørn Årøen	Veten II	1:07:39 49:40	1:57:19	41:52
56	Stein Kjetil Holvik	Team Bedbull	1:07:22 49:58	1:57:20	41:53
57	Oddgeir Bukve	Jotun II	1:09:05 49:37	1:58:42	43:15
58	Fridtjof Fredriksen	Sykkylven II	1:06:34 52:14	1:58:48	43:21
59	Jan Harald Pedersen	Hyen II	1:09:10 50:14	1:59:24	43:57
60	Helge Reinholt	Treungen II	1:11:06 48:44	1:59:50	44:23
61	Roy-Ove Halland	Il Fri	1:08:38 52:36	2:01:14	45:47
62	Bjørn Bungum	Unitech Powersystems	1:08:56 52:29	2:01:25	45:58
63	Roy Alapnes	Stil	1:09:08 52:34	2:01:42	46:15
64	Vidar Eide	Eidsfossen Sykkel	1:11:41 50:07	2:01:48	46:21
65	Stig Sandvik	Yit Bil	1:08:30 53:45	2:02:15	46:48
66	Ken Solheimdal	Molde	1:06:00 56:47	2:02:47	47:20
67	Arild Lingjerde	Oldengutane	1:12:43 50:55	2:03:38	48:11
68	Jan Ove Indrebø	Eid	1:09:04 54:45	2:03:49	48:22
69	Bjarte Sævig	Lerøy	1:10:24 54:01	2:04:25	48:58
70	Sverre Søraa	-	1:11:28 53:53	2:05:21	49:54
71	Bjørn Axel Gran	Halden SK	1:08:03 57:36	2:05:39	50:12
72	Bjørn Oskar Holstad	Hareid II	1:11:01 55:13	2:06:14	50:47
73	Odd Atle Rygg	Måløy II	1:14:19 51:57	2:06:16	50:49
74	Harald Mo	Pwc	1:10:24 55:56	2:06:20	50:53
75	Jan Ove Nesheim	Multisport Lyngdal	1:11:51 55:16	2:07:07	51:40
76	Jan Erik Øygard	Mef	1:10:49 56:32	2:07:21	51:54
77	Trond Einar Martinsen	Sweco Bil	1:11:21 56:53	2:08:14	52:47
78	Stein Otto Johannessen	Byggmester Markhus	1:14:31 53:47	2:08:18	52:51

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Plass	Navn	Klubb	Mellomtid	Tid	Etter
Menn 45-49 år					
79	Tormod Espelid	Mjøsdaalen I.I	1:14:32 53:48	2:08:20	52:53
80	Dag Gjert Thomassen	Frekhaug	1:14:03 55:47	2:09:50	54:23
81	Olvar Øvrebø	Bergen	1:17:57 53:50	2:11:47	56:20
82	Jan Egil Gjørven	Markane	1:14:51 58:19	2:13:10	57:43
83	Morten Hilt	Embl	1:14:54 1:00:24	2:15:18	59:51
84	Roald Sporild	Unitech Power Systems	1:16:26 1:00:18	2:16:44	1:01:17
85	Atle Damm	Onninen Bil	1:15:41 1:01:04	2:16:45	1:01:18
86	Lars Inge Kårstad	Bygstad	1:12:16 1:05:47	2:18:03	1:02:36
87	Harald Engevik	Florø	1:17:45 1:01:27	2:19:12	1:03:45
88	Richard Cornell	Embl	1:21:24 1:00:24	2:21:48	1:06:21
89	Lars Tjugen	Rebil	1:23:35 1:05:37	2:29:12	1:13:45
90	Tore Fossen	Team Bedbull	1:25:30 1:08:55	2:34:25	1:18:58
91	Roald Duesund	Ask	1:27:24 1:08:02	2:35:26	1:19:59
92	Eystein Sandvik	Bekkestua	1:37:49 00:10 1:15:13	2:53:12	1:37:45
DNF	Claus Guttesen	Breimsbygda II			
Antall	93	Påmeldte: 120	Startende: 95		

Menn 50-54 år

1	Magnor Rypdal	Isfjorden II	47:39 34:58	1:22:37	
2	Terje Hordnes	Bfg Bergen	51:26 38:31	1:29:57	07:20
3	Bright Strømmen	Il Fri	52:01 38:56	1:30:57	08:20
4	Petter Kragset	Hakallestranda	52:42 38:40	1:31:22	08:45
5	Jan Arve Solheim	Eikefjord II	52:23 39:07	1:31:30	08:53
6	Sverre Løken	Fossum If	53:07 38:48	1:31:55	09:18
7	Brynjulf Vonen	Varegg	53:07 39:12	1:32:19	09:42
8	Ole-Petter Soltvedt	Kalandseid II	53:34 39:19	1:32:53	10:16
9	Terje Skinstad	If Sturla	53:09 40:20	1:33:29	10:52
10	Øystein Hanstveit	Mjøsdaalen I.I	53:44 42:00	1:35:44	13:07
11	Jens Riis	Bergen	54:58 40:54	1:35:52	13:15
12	Henry Hammersland	Eidsfossen Sykkell	56:27 40:10	1:36:37	14:00
13	Ketil Horn	Asker	55:59 40:41	1:36:40	14:03
14	Dag Nylund	Nordbygda/løten Ski	57:11 41:56	1:39:07	16:30
15	Per Oddvar Lien	Kyrkjebø II	58:37 40:32	1:39:09	16:32
16	Martin Grahl-Madsen	Fana	58:45 40:49	1:39:34	16:57
17	Kjell Gaukstad	Lom II	57:35 43:00	1:40:35	17:58
18	Jan Karsten Nygård	Bremanger II	57:57 43:57	1:41:54	19:17
19	Kjell Øygard	Jølster II	58:30 43:29	1:41:59	19:22
20	Stein Hefte	Mjøsdaalen I.I	58:37 43:44	1:42:21	19:44
21	Torstein Tarraldsen	Treungen II	57:32 45:22	1:42:54	20:17
22	Trond Andreassen	Espa	1:00:44 42:12	1:42:56	20:19
23	Morten Sæther	Oslo	58:55 45:00	1:43:55	21:18
24	Gullak Tonning	Hydro BILHøyanger	58:57 45:18	1:44:15	21:38
25	Hans-Aksel Fjellidal	Eid II	1:00:10 44:54	1:45:04	22:27
26	Olav Kvalheim	Nyborg	59:04 46:08	1:45:12	22:35
27	Anders Bakkebø	Åheim Idrettslag	1:01:51 44:57	1:46:48	24:11
28	Magne Aksnes	Lauvstad	1:02:40 45:11	1:47:51	25:14
28	Erlend Folstad	Airlift	1:03:08 44:43	1:47:51	25:14
30	Åge Høines	Kondis	1:03:24 45:57	1:49:21	26:44
31	Jan Arne Nygaard	Molde Og Omegn If	1:03:55 46:34	1:50:29	27:52
32	Klaus Nyhammer	Knarvik Idrettslag	1:03:51 46:46	1:50:37	28:00
33	Morten Lossius	Nesøya	1:04:06 46:32	1:50:38	28:01
34	Jens-Eivind Kobbeltvedt	Abb Bil	1:03:05 48:40	1:51:45	29:08
35	Vidar Gjerstad	Mjøsdaalen I.I	1:05:11 47:16	1:52:27	29:50
36	Egil Holvik	Almenning II	1:05:30 48:24	1:53:54	31:17
37	Tony Kavli	Asker	1:05:35 48:42	1:54:17	31:40
38	Magnus Frøyen	Eikefjord II	1:09:12 46:12	1:55:24	32:47

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Plass	Navn	Klubb	Mellomtid		Tid	Etter
Menn 50-54 år						
39	Terje Myklebust	Tussa	1:07:23	48:12	1:55:35	32:58
40	Dag Nestegjerde	Hydro Bil	1:07:18	48:42	1:56:00	33:23
41	Per Arild Tysse	Team Bulandet	1:07:50	48:28	1:56:18	33:41
42	Valter Midseter	Mjøsdalen I.I	59:23	57:53	1:57:16	34:39
43	Ove Tombre	Ytre Arna	1:05:26	51:52	1:57:18	34:41
44	Geir Solberg	Melkesyre.no	1:09:20	48:00	1:57:20	34:43
45	Tor Havåg	Ulstein Sykkelklubb	1:08:27	49:29	1:57:56	35:19
46	Hugo Bjørdal	Kondis	1:09:03	50:09	1:59:12	36:35
47	Steinar Austefjord	Justagjerdskameratane	1:10:28	48:53	1:59:21	36:44
48	Trygve Eriksen	Norengros K.j. Brusdal	1:09:16	50:11	1:59:27	36:50
49	Morthen Askildsen	Dnb	1:11:13	50:34	2:01:47	39:10
50	Einar Moen	Lærdal II	1:11:34	50:23	2:01:57	39:20
51	Håkon Mogstad	Fana II	1:10:52	52:16	2:03:08	40:31
52	Odd Arne Hanstveit	Mjøsdalen I.I	1:11:11	52:51	2:04:02	41:25
53	Bjørn Helge Kleppe	Mjøsdalen	1:11:37	53:46	2:05:23	42:46
54	Øystein Tombre Larsen	Melkesyre.no	1:13:23	53:04	2:06:27	43:50
55	Lars Olav Knutsen	Tysse	1:12:23	54:22	2:06:45	44:08
56	Halfdan Marøy	Ny Pers	1:11:09	55:59	2:07:08	44:31
57	Ole Morten Rønning	Øvrevoll/ Hosle I.I.	1:12:40	54:44	2:07:24	44:47
58	Øyvind Sandal	Tryg	1:14:24	53:36	2:08:00	45:23
59	Hans Petter Røykenes	Klp	1:12:10	56:12	2:08:22	45:45
59	Audun Rørvig	Ankeret	1:13:27	54:55	2:08:22	45:45
61	Are Selheim	Statoil Bil	1:13:43	54:42	2:08:25	45:48
62	Tor Magne Madland	Nesttun	1:16:49	57:12	2:14:01	51:24
63	Kjell Kleiven	Førde II	1:18:38	56:15	2:14:53	52:16
64	Helge Skeie	Norwegian Hull Club	1:16:58	57:59	2:14:57	52:20
65	Jukka Peltala	Tampere	1:18:32	1:01:21	2:19:53	57:16
66	Geir Hundvebakke	Bergen	1:14:25	1:06:46	2:21:11	58:34
67	Åsmund Ellingsen	Blåfall As	1:20:23	1:01:18	2:21:41	59:04
68	Egil Kvalheim	Måløy	1:18:36	1:03:44	2:22:20	59:43
69	Asbjørn Røyrvik	Florø	1:21:40	1:02:24	2:24:04	1:01:27
70	Asgeir Thomassen	Gular	1:23:29	1:01:30	2:24:59	1:02:22
71	Geir Loftesnes	Spar Handelshuset	1:18:06	1:07:31	2:25:37	1:03:00
72	Ivar Humberset	Volda T Og II	1:23:52	1:05:49	2:29:41	1:07:04
73	Bjørge Christiansen	Statoil	1:20:51	1:10:36	2:31:27	1:08:50
74	Sjur Clementsen	Kyma As	1:27:25	1:05:26	2:32:51	1:10:14
75	Eirik Bækkevold	Hsi	1:23:46	1:12:40	2:36:26	1:13:49
76	Christian Alejandro Garate	Team Melkesyre	1:38:16	1:08:41	2:46:57	1:24:20
77	Hermund Mjelstad	Syril	1:36:31	1:14:05	2:50:36	1:27:59
78	Nils Erling Yndesdal	Syril	1:34:34	1:16:58	2:51:32	1:28:55
DNF	Bård Aune	Ålesund				
Antall	79	Påmeldte: 97	Startende: 80			

Menn 55-59 år

1	Magnar Solheim	Norddalsfjord I.I	53:03	39:43	1:32:46	
2	Bjørn Aanensen	Ryvingen Skiklubb	55:16	40:42	1:35:58	03:12
3	Lars Sverdrup-Thygeson	Høvik Jogg	56:00	40:28	1:36:28	03:42
4	Terje Torvanger	Bremanger Idrettslag	56:07	41:57	1:38:04	05:18
5	Erik Waage Nielsen	Bodø	55:28	42:57	1:38:25	05:39
6	Arild Bjarkø	Nord Østerdal Ok	56:23	42:16	1:38:39	05:53
7	Øystein Øvsthus	Mjøsdalen I.I	57:25	42:20	1:39:45	06:59
8	Dag-Arne Eide	Eidsfossen Sykkel	58:52	42:00	1:40:52	08:06
9	Aage Torvanger	Florø	1:00:58	44:46	1:45:44	12:58
9	Claus Clausen	Askøy Sykleklubb	1:01:30	44:14	1:45:44	12:58
11	Magne Vikne	Osterøy II	1:00:03	48:46	1:48:49	16:03
12	Torbjørn Ugelvik	Team Skigo	1:02:51	47:59	1:50:50	18:04

Resultatliste

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Plass	Navn	Klubb	Mellomtid		Tid	Etter
Menn 55-59 år						
13	Rune Gjerstad	Mjøsdaalen I.I	1:04:27	46:36	1:51:03	18:17
14	Reidar Eide	Førde II	1:05:05	47:27	1:52:32	19:46
15	Petter Danielsen	Fiskelaget	1:03:33	49:39	1:53:12	20:26
16	Ole Holm	Sandsli	1:04:05	49:20	1:53:25	20:39
17	Einar Strand	Olden	1:06:41	49:24	1:56:05	23:19
18	Arne Andersson	Hässelby	1:08:32	49:52	1:58:24	25:38
19	Petter Alfsen	Dnb	1:08:58	50:12	1:59:10	26:24
20	Per Ole Nygaard	Vestringen	1:10:19	49:21	1:59:40	26:54
21	Olav Terøy	Eikefjord	1:09:53	54:41	2:04:34	31:48
22	Kjetil Kristiansen	Sportsmaster	1:16:51	51:04	2:07:55	35:09
23	Arvid Morvik	Varegg Team Melkesyre	1:14:50	57:50	2:12:40	39:54
24	Paul Alnes	Ålesund	1:13:30	59:16	2:12:46	40:00
25	Terje Solberg	Mjøsdaalen I.I	1:15:35	57:42	2:13:17	40:31
26	Olav Eide	-	1:15:43	58:32	2:14:15	41:29
27	Audun Ramsdal	Eikefjord II	1:18:40	56:14	2:14:54	42:08
28	Paul Ove Straume	-	1:17:42	59:06	2:16:48	44:02
29	Arne Jakobsen	Blåfall As	1:19:00	58:08	2:17:08	44:22
30	Olav M. Hjelle	Eid II	1:14:56	1:02:42	2:17:38	44:52
31	Bjørnulf Vik	Team Arena	1:17:33	1:03:53	2:21:26	48:40
32	Arne Straume	-	1:20:43	1:02:35	2:23:18	50:32
33	Erik Jønsson	Nesttun	1:23:33	1:01:08	2:24:41	51:55
34	Rolf Gjetrang	Fetsund	1:56:46	1:45:47	3:42:33	2:09:47
Antall	34	Påmeldte: 43	Startende: 36			

Menn 60-64 år

1	Jon Sjurgard	Lom II	53:51	38:58	1:32:49	
2	John A. Andersen	Varegg	56:10	40:59	1:37:09	04:20
3	Lars Eivind Sulheim	Bøverdalen I.I.	58:01	42:55	1:40:56	08:07
4	Ove Bernes	Mjøsdaalen I.I	58:58	42:53	1:41:51	09:02
5	Erik Driveklepp	Vti	58:41	44:00	1:42:41	09:52
6	Aksel Øvsthus	Mjøsdaalen I.I	1:00:07	43:34	1:43:41	10:52
7	Per Gunnar Vasset	Sparebanken Møre	1:47:57		1:47:57	15:08
8	Jarle Torheim	Eid II	1:03:33	46:14	1:49:47	16:58
9	Sivert Søvik	Lørenskog SK	1:02:58	48:03	1:51:01	18:12
10	Sigvald Øyberg	Skjåk II	1:04:34	47:26	1:52:00	19:11
11	Normann Natland	Tryg Forsikring	1:04:08	48:35	1:52:43	19:54
12	Per Gunnar Kvenseth	Villa	1:06:29	47:49	1:54:18	21:29
13	Geir Halsvik	Ålesund	1:11:54	51:47	2:03:41	30:52
14	Tor Bjarne Repstad	Søgne Skiklubb	1:12:54	54:28	2:07:22	34:33
15	Torgeir Ødegård	Skjåk	1:16:30	53:06	2:09:36	36:47
16	Trygve Njåstad	Neumann Bygg As	1:16:35	55:29	2:12:04	39:15
17	Halvor Thurn-Basberg	Sauradnkameratadn	1:18:00	1:00:14	2:18:14	45:25
18	Edvard Johansen	Florø	1:12:36	1:10:10	2:22:46	49:57
19	Kjetil Byrkjeland	Ottadalen Sykkelklubb	1:22:22	1:00:25	2:22:47	49:58
20	Brynjar Holsen	Eikefjord II	1:21:34	1:03:14	2:24:48	51:59
21	Tor Gunnar Hanstveit	Mjøsdaalen I.I	1:24:04	1:07:32	2:31:36	58:47
Antall	21	Påmeldte: 26	Startende: 22			

Menn 65-69 år

1	Per Øyvind Tveiten	Tørvikbygd I.I.	58:57	45:18	1:44:15	
2	Helmut Reitmeir	Berglaupur	1:04:18	46:29	1:50:47	06:32
3	Trond Sundby	Balestrand	1:03:40	49:53	1:53:33	09:18
4	Rolf Tennebø	Gloppen Fil	1:10:10	57:01	2:07:11	22:56
5	Roger Anglevik	Il Fri	1:17:40	59:27	2:17:07	32:52
6	Jan Solheimslid	Førde	1:20:40	1:02:51	2:23:31	39:16

Resultatliste

Skåla opp

Loen 17.08.2013

Plass	Navn	Klubb	Mellomtid	Tid	Etter
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Menn 65-69 år

7	Bjørn Sørheim	Sauradnkameratadn	1:21:22 1:07:43	2:29:05	44:50
Antall	7	Påmeldte: 9	Startende: 7		

Menn 70-74 år

1	Birger Normann Hanstveit	Mjøsdalen	1:04:32 47:37	1:52:09	
2	Christian Børs Lind	Røa II	1:08:54 51:23	2:00:17	08:08
3	Jan Steinar Roset	Gloppen Friidrettslag	1:14:57 56:39	2:11:36	19:27
4	Lars Håheim	Olsvik	1:20:37 58:02	2:18:39	26:30
5	Andreas Etterlid	Førde II	1:22:00 1:03:44	2:25:44	33:35
6	Nils Are Klubben	Posten	1:25:11 1:06:29	2:31:40	39:31
Antall	6	Påmeldte: 7	Startende: 6		

Menn 75-79 år

1	Asbjørn Hoff	Viksdalen	1:25:38 1:02:06	2:27:44	
2	Roald Korssjøen	Spillum	1:25:56 1:04:06	2:30:02	02:18
3	Eivind Skjerven	-	3:11:51	3:11:51	44:07
Antall	3	Påmeldte: 4	Startende: 3		