

ANTALL LAND 2000-2026, SORTERT PÅ DEN ENKELTE LØPER (5 land eller flere pr 14. august 2026)

Forkortelser:

 AIA = Anguilla (GBR)	 FRA = Frankrike	 NCL = Ny-Caledonia (FRA)
 ALB = Albania	 GBR = Storbritannia	 NED = Nederland
 AND = Andorra	 GEO = Georgia	 NOR = Norge
 ANT = Antigua and Bermuda	 GER = Tyskland	 NZL = New Zealand
 ARG = Argentina	 GBZ = Gibraltar (GBR)	 PAN = Panama
 ARM = Armenia	 GRE = Hellas	 PER = Peru
 AUS = Australia	 GLP = Guadeloupe (FRA)	 POL = Polen
 AUT = Østerrike	 GUA = Guatemala	 POR = Portugal
 BEL = Belgia	 HON = Honduras	 ROU = Romania
 BIH = Bosnia og Hercegovina	 HUN = Ungarn	 RUS = Russland
 BLM = Saint-Barthélemy (FRA)	 IRN = Iran	 SGP = Singapore
 BLR = Hviterussland	 IRL = Irland	 SKN = Saint Kitts og Nevis
 BLZ = Belize	 ISL = Island	 SLO = Slovenia
 BRA = Brasil	 ITA = Italia	 SRB = Serbia *
 BUL = Bulgaria	 JAM = Jamaica	 SUI = Sveits
 CAN = Kanada	 KAZ = Kasakhstan	 SVK = Slovakia
 CAY = Caymanøyene (GBR)	 KEN = Kenya	 SWE = Sverige
 CHN = Kina	 KGZ = Kirgizistan	 SXM = Sint Maarten (NED)
 COL = Colombia	 LAT = Latvia	 TUN = Tunisia
 CRC = Costa Rica	 LIE = Liechtenstein	 TUR = Tyrkia
 CRO = Kroatia	 LKA = Sri Lanka	 TZA = Tanzania
 CSR = Tsjekkoslovakia	 LTU = Litauen	 UKR = Ukraina
 CYP = Kypros	 LUX = Luxembourg	 URY = Uruguay
 CZE = Tsjekkia	 MAF = Saint-Martin (FRA)	 USA = USA
 DEN = Danmark	 MAR = Marokko	 UZB = Usbekistan
 DMA = Dominica	 MRI = Mauritius	 VAT = Vatikanstaten
 ECU = Ecuador	 MDA = Moldova	 VGB = De britiske Jomfruøyer (GBR)
 ESP = Spania	 MDV = Maldivene	 VUT = Vanuatu
 EST = Estland	 MKD = Nord-Makedonia	
 ETH = Etiopia	 MLT = Malta	
 FIN = Finland	 MNE = Montenegro	
 FJI = Fiji	 MYA = Myanmar (Burma)	
	 NCA = Nicaragua	

*) Tidligere  SCG = Serbia og Montenegro),  YUG = (Rest)-Jugoslavia

Norge er inkludert i antall land. Antall starter i hvert land i parentes.

Noen land er delt opp i oversikten, men regnet som ett land. Det gjelder Storbritannia ( GBR-En for England,  GBR-Sc for Skottland,  GBR-Wa for Wales,  GBR-NI for Nord-Irland) og Tyrkia (TUR-As for asiatisk del, TUR-Eu for europeisk del)

Oversjøiske territorier er regnet som eget land i oversikten.

**Rød landskode: Land vi vet løperen har løpt i før år 2000 som medlem av Hamar OK.
Her kan det være noen mangler.**

LIV FEIRING**52 LAND, 718 starter (54 land)**

AIA(1), ARM(2), AUT(3), BLM(1), BLZ(1), BUL(3), CAY(1), CHN(9), COL(2), CRC(5), CYP(3), CRO(5), DEN(5), ECU(1), ESP(11), ETH(1), FIN(5), FRA(2), GBR-En(2), GBR-Wa(1), GEO(4), GER(5), GUA(1), HON(1), HUN(6), ITA(28), JAM(1), KAZ(3), KEN(1), KGZ(3), LAT(6), LKA(2), MAF(1), MDV(2), MLT(1), MYA(1), NCA(2), NOR(466), PAN(2), POL(5), POR(40), RUS(2), SKN(1), SLO(8), SUI(5), SVK(5), SWE(24), SXM(1), TUN(3), TUR-As(16), TUR-Eu(3), TZA(1), UZB(1), VGB(3)

CZE, USA

ERIK GRØNDALEN**52 LAND, 607 starter (52 land)**

AND(1), ANT(1), ARG(1), BEL(2), BLM(1), BLR(3), BLZ(1), BUL(3), BRA(5), CAY(1), CYP(1), DEN(5), DMA(1), ESP(6), EST(5), FIN(5), FJI(2), FRA(5), GBR-En(2), GBR-Sc(12), GER(5), GLP(2), GUA(1), HON(1), HUN(21), IRL(3), ITA(20), JAM(2), LAT(5), LTU(2), MAF(2), MNE(4), NCA(1), NCL(2), NED(4), NOR(322), NZL(6), PAN(2), PER(1), POL(7), POR(14), ROU(3), RUS(2), SGP(1), SKN(1), SLO(12), SUI(1), SVK(5), SWE(73), SXM(1), TUR-As(12), TUR-Eu(4), URY(1), VUT(1)

BENTE GRØNDALEN**45 LAND, 391 starter (45 land)**

AND(1), ANT(1), ARG(1), BLZ(1), BEL(3), BLM(1), BRA(5), CAY(1), CYP(1), DEN(2), DMA(1), ESP(7), EST(5), FIN(5), FJI(2), FRA(6), GBR-En(2), GER(3), GLP(2), GUA(1), HON(1), HUN(2), ITA(31), JAM(2), LAT(5), MAF(2), NCA(1), NCL(2), NED(3), NOR(179), NZL(6), PAN(2), PER(1), POL(7), POR(5), ROU(3), RUS(2), SGP(1), SKN(1), SLO(5), SVK(5), SWE(71), SXM(1), URY(1), VUT(1)

TERJE GUDBRANDSEN**44 LAND, 1100 starter (46 land)**

ALB(1), AND(1), ARM(2), AUT(3), BEL(5), BIH(2), BLR(6), BUL(4), CRO(6), CZE(5), DEN(4), ESP(8), ESP-Af(1), EST(2), FIN(1), GBR-En(4), GBR-NI(1), GBZ(1), GEO(4), GER(5), GRE(3), HUN(33), FRA(4), IRL(2), IRN(1), ITA(9), LAT(2), LIE(1), LTU(2), LUX(2), MAR(1), MDA(1), MKD(4), NED(2), NOR(691), POL(2), POR(2), ROU(4), RUS(1), SCG(5), SLO(4), SRB(2), SUI(2), SVK(3), SWE(223), TUR-As(6), TUR-Eu(9), UKR(7), YUG(5)

CSR(14), KEN(1)

ESP-Af = Ceuta, spansk eksklave på det afrikanske kontinent. YUG, SCG og SRB er regnet som ett land.

INGER E VAMNES**29 LAND, 1002 starter (29 land)**

AUS(16), AUT(9), BEL(7), BRA(5), CAN(9), DEN(16), ESP(8), EST(5), FIN(23), FRA(3), GER(5), GBR-En(15), GBR-NI(9), GBR-Sc(16), GBR-Wa(3), HUN(10), IRL(6), ITA(29), LAT(5), LIE(1), LTU(4), MRI(3), NED(1), NOR(607), NZL(10), POL(4), POR(37), SUI(8), SVK(5), SWE(108), TUR-As(3), TUR-Eu(10), USA(1)

TROND FEIRING**25 LAND, 869 starter (27 land)**

AUT(3), BUL(3), COL(1), CRC(5), CYP(3), CRO(5), DEN(5), ECU(1), ESP(15), EST(5), FIN(5), FRA(5), GBR-En(2), GBR-Wa(2), GER(5), HUN(10), ITA(13), LAT(5), NCA(1), NOR(681), POL(5), POR(46), SLO(8), SUI(5), SWE(29), TUR-As(2), TUR-Eu(3)

CZE, LAT

TROND IVAR TØMMERVOLD**20 LAND, 534 starter (21 land)**

BEL(4), BUL(3), CRO(5), CZE(4), DEN(7), ESP(4), FIN(1), FRA(5), GBR-En(2), GBR-Sc(3), HUN(58), ITA(5), LTU(2), NED(9), NOR(323), POL(1), POR(3), ROU(3), SVK(2), SWE(77), TUR-As(6), TUR-Eu(7)

SUI

HARALD VOLDEN**20 LAND, 342 starter (20 land)**

BEL(2), BUL(3), DEN(2), FIN(1), FRA(5), GBR-En(2), GBR-Sc(12), HUN(35), IRL(3), ITA(5), LTU(2), MNE(4), NED(4), NOR(191), POL(1), POR(8), ROU(2), SLO(5), SVK(2), SWE(42), TUR-As(6), TUR-Eu(4)

IVAR VAMNES**17 LAND, 430 starter (17 land)**

AUS(16), AUT(6), BEL(6), CAN(9), GER(5), GBR-NI(3), GBR-Sc(12), FIN(17), HUN(5), IRL(3), ITA(10), LIE(1), LTU(4), NOR(253), NZL(3), POR(21), SUI(7), SWE(49)

FRODE HJORTH**16 LAND, 391 starter (16 land)**

AUS(1), BLR(3), DEN(8), GBR-En(2), GBR-Sc(12), HUN(9), IRL(3), LTU(2), MNE(4), NED(2), NOR(277), POR(8), ROU(3), SLO(5), SVK(2), SWE(44), TUR-As(1), TUR-Eu(1)

ANDREAS HUBER**14 LAND, 254 starter (14 land)**

BLR(3), CZE(5), DEN(4), GBR-En(6), HUN(3), ITA(18), LAT(3), NED(2), NOR(177), SLO(4), SUI(11), SVK(2), SWE(13), TUR-As(4)

TØRE JØRGENSEN**14 LAND, 117 starter (14 land)**

BLR(2), BUL(3), CZE(2), ESP(4), GBR-En(2), HUN(9), LTU(2), NED(2), NOR(66), POL(5), ROU(2), SVK(4), SWE(5), TUR-As(6), TUR-Eu(3)

KJERSTI RØNNING**14 LAND, 266 starter (14 land)**

BEL(3), CZE(5), ESP(2), GBR-En(2), HUN(2), ITA(30), LAT(3), NED(3), NOR(182), ROU(3), SLO(4), SUI(10), SWE(13), TUR-As(2), TUR-Eu(2)

HELGE RYEN**14 LAND, 255 starter (14 land)**

BEL(1), BUL(3), CRO(5), DEN(2), ESP(4), GBR-En(2), HUN(48), LTU(2), NED(2), NOR(126), ROU(3), SVK(2), SWE(45), TUR-As(6), TUR-Eu(4)

HARALD BREKKE**13 LAND, 522 starter (15 land)**

AUT(3), BEL(7), DEN(56), ESP(67), GER(5), GBZ(1), HUN(5), ITA(8), MAR(1), NOR(224), POR(27), SUI(5), SWE(113)

CZE, LAT

ERIK NEBY**13 LAND, 42 starter (14 land)**

BLR(2), BUL(2), CZE(2), ESP(3), GBR-En(2), HUN(12), LTU(2), NED(2), NOR(3), ROU(2), SVK(1), SWE(1), TUR-As(2), TUR-Eu(4)

FIN

STINE FROGNER TØMMERVOLD**13 LAND, 407 starter (13 land)**

CRO(5), CZE(4), DEN(4), ESP(4), FIN(2), FRA(5), GBR-Sc(3), HUN(1), ITA(3), NOR(309), POR(3), SWE(51), TUR-As(8)

MARITH BREKKE**11 LAND, 478 starter (12 land)**

AUT(3), BEL(7), DEN(59), ESP(70), GER(5), HUN(5), ITA(13), NOR(198), POR(26), SUI(5), SWE(94)

CZE

ANNE KARIN ELISENBERG**11 LAND, 206 starter (11 land)**

BEL(3), ESP(3), FRA(4), GBR-En(2), HUN(2), ISL(3), ITA(17), NED(3), NOR(112), SWE(54), TUR-As(1), TUR-Eu(2)

EDVIN ELISENBERG**11 LAND, 132 starter (11 land)**

ESP(1), FRA(5), GBR-En(2), HUN(8), ITA(4), LTU(2), NED(2), NOR(52), ROU(2), SWE(48), TUR-As(2), TUR-Eu(4)

ANNE-GURI JEVNE**11 LAND, 304 starter (11 land)**

BEL(3), DEN(3), ESP(5), FRA(5), HUN(2), ITA(17), NED(3), NOR(197), ROU(3), SWE(58), TUR-As(2), TUR-Eu(2)

DAG LOFTHUS**11 LAND, 160 starter (11 land)**

CZE(3), DEN(6), GBR-Sc(3), FIN(2), FRA(5), GER(2), LAT(4 *ski-o*), NOR(120), SWE(10), UKR(4 *ski-o*), TUR-As(1)

ØYSTEIN MELBY**11 LAND, 192 starter (11 land)**

BUL(3), FIN(1), FRA(5), GBR-Sc(6), HUN(12), ITA(5), LTU(2), NOR(113), ROU(3), SWE(39), TUR-As(1), TUR-Eu(2)

SIMEN JEVNE ARNESEN**10 LAND, 458 starter (10 land)**

CZE(6), DEN(5), ESP(3), FIN(2), FRA(8), ITA(5), NOR(365), SUI(3), SWE(57), TUR-As(4)

ØYFRID MOEN**10 LAND, 46 starter (10 land)**

BEL(3), ESP(2), GBR-En(2), HUN(2), ITA(12), NED(3), NOR(21), ROU(3), SWE(5), TUR-As(1), TUR-Eu(2)

INGRID ROBØLE**10 LAND, 163 starter (10 land)**

AUS(1), BEL(3), CRO(5), ESP(2), FRA(1), GBR-En(2), ITA(11), NED(3), NOR(92), SWE(40)

MARIANNE FROGNER TØMMERVOLD**10 LAND, 36 starter (10 land)**

CRO(2), CZE(1), ESP(1), FRA(1), GBR-Sc(2), HUN(3), NED(1), NOR(5), SWE(18), TUR-Eu(2)

ARNE ARNESEN**9 LAND, 420 starter (9 land)**

DEN(4), FIN(1), FRA(5), HUN(4), ITA(9), LTU(2), NOR(329), SVK(2), SWE(62)

KNUT FJÆSTAD**9 LAND, 208 starter (13 land)**

ESP(2), GER(5), HUN(6), ITA(5), LTU(3), NOR(175), POR(5), SUI(5), SWE(4)

AUT, CZE, LAT, USA

RANDI AAS FJÆSTAD**9 LAND, 207 starter (14 land)**

GER(5), HUN(5), ITA(5), LTU(3), NOR(172), NZL(3), POR(5), SUI(5), SWE(4)

AUT, CZE, DEN, RUS, USA

ANINE LOME**9 LAND, 455 starter (9 land)**

CHN(3), CRO(1), DEN(8), GBR-Sc(6), ITA(17), NOR(332), SLO(4), SUI(12), SWE(72)

TORMOD LUNDBERG

9 LAND, 51 starter (10 land)

AUT(3), DEN(3), ESP(2), GER(5), HUN(6), ITA(13), NOR(13), POR(5), SUI(5)

CZE

CLAIRE BANT

9 LAND, 30 starter (9 land)

BEL(3), ESP(2), GBR-En(2), ISL(3), ITA(4), NED(2), NOR(10), ROU(4), TUR-As(2), TUR-Eu(1)

METTE MARIT JENSEN

9 LAND, 33 starter (9 land)

BEL(3), ESP(2), GBR-En(2), ISL(3), ITA(7), NED(2), NOR(10), ROU(4), TUR-As(2), TUR-Eu(1)

TERJE MALM

9 LAND, 536 starter (9 land)

DEN(7), GBR-Sc(12), IRL(3), ITA(7), MNE(4), NOR(461), POR(7), SLO(5), SWE(30)

MARIANNE MYKLEBUST

9 LAND, 176 starter (9 land)

BEL(3), DEN(4), ESP(2), FRA(6), GBR-Wa(3), GBR-En(2), ITA(17), NED(2), NOR(82), SWE(53)

JOHANNES NARUM

9 LAND, 220 starter (9 land)

AUS(2), CRO(5), DEN(6), ESP(3), FIN(2), ITA(5), NOR(164), SWE(26), TUR-As(7)

HANS RUUD

9 LAND, 176 starter (10 land)

AUT(4), ESP(1), FRA(5), HUN(5), ITA(4), NOR(144), POR(8), SUI(4), SWE(1)

CZE

INGER JOHANNE RUUD

9 LAND, 154 starter (10 land)

AUT(4), ESP(1), FRA(5), HUN(4), ITA(4), NOR(118), POR(8), SUI(5), SWE(5)

CZE

OLE-JOHAN VANGEN

9 LAND, 234 starter (10 land)

AUT(3), DEN(47), ESP(2), GER(5), HUN(5), ITA(4), NOR(84), SUI(5), SWE(79)

LAT

MARI JEVNE ARNESEN

8 LAND, 305 starter (8 land)

DEN(9), FRA(8), GBR-Sc(3), ITA(5), NOR(227), POR(4), SUI(3), SWE(46)

SIRI HESTAD

8 LAND, 105 starter (8 land)

ESP(6), GER(5), HUN(6), NOR(62), POR(15), SLO(5), SUI(5), SWE(1)

TRYGVE HESTAD

8 LAND, 121 starter (8 land)

ESP(8), GER(5), HUN(6), NOR(72), POR(19), SLO(5), SUI(5), SWE(1)

VEGARD RØNNING HUBER

8 LAND, 145 starter (8 land)

DEN(2), FIN(2), GBR-En(4), ITA(5), NOR(103), SUI(6), SWE(16), TUR-As(7)

EINAR LUND

8 LAND, 346 starter (8 land)

DEN(4), GBR-Sc(12), IRL(3), MNE(4), NOR(292), POR(8), SLO(5), SWE(18)

JOHN MIKALSEN 8 LAND, 71 starter (8 land)
BEL(2), DEN(2), GBR-En(2), HUN(27), LTU(2), NED(2), NOR(30), TUR-As(1), TUR-Eu(2)

MAY JORUNN ROGNLIEN 8 LAND, 139 starter (8 land)
DEN(9), FRA(8), GBR-Sc(3), ITA(5), NOR(98), POR(4), SUI(3), SWE(46)

NINA SØNDMØR 8 LAND, 121 starter (8 land)
BEL(3), ESP(2), GBR-En(2), HUN(2), ITA(13), NOR(75), SWE(20), TUR-As(2), TUR-Eu(2)

MARTE FROGNER TØMMERVOLD 8 LAND, 242 starter (8 land)
DEN(4), FRA(5), HUN(1), ITA(5), NOR(183), POR(2), SUI(6), SWE(35)

IVAR JEVNE ARNESEN 7 LAND, 462 starter (7 land)
DEN(8), FIN(2), FRA(5), GBR-En(4), ITA(5), NOR(375), SWE(64)

TOM-ERIK BROHAUG 7 LAND, 42 starter (13 land)
ESP(2), GBR-En(1), HUN(12), ITA(1), NED(2), NOR(22), TUR-As(1), TUR-Eu(1)
AUT, CSR, DEN, LAT, SUI, SWE

LARS GRØNDALEN 7 LAND, 323 starter (7 land)
CYP(1), DEN(3), FIN(1), FRA(5), ITA(5), NOR(247), SWE(61)

ODDNY GUDMUNDSDOTTIR 7 LAND, 22 starter (7 land)
ESP(2), GBR-En(2), ISL(3), ITA(3), NED(3), NOR(6), TUR-As(2), TUR-Eu(1)

GUDBRAND LIEN 7 LAND, 200 starter (7 land)
AUS(1), CRO(5), FIN(2), FRA(5), ITA(5), NOR(130), SWE(51)

MARI ROBØLE LIEN 7 LAND, 184 starter (7 land)
AUT(2), CRO(5), ESP(2), FRA(5), ITA(5), NOR(121), SWE(44)

KAMILLA LOME 7 LAND, 326 starter (7 land)
CRO(5), DEN(3), ESP(3), FRA(3), ITA(10), NOR(236), SWE(66)

MONA LOME 7 LAND, 270 starter (7 land)
CRO(3), DEN(3), ESP(1), FRA(4), ITA(13), NOR(176), SWE(68)

INGEBORG ELLEGAARD MELBY 7 LAND, 324 starter (7 land)
FIN(1), FRA(5), GBR-Sc(6), ITA(5), NOR(247), SWE(57), TUR-As(4)

DORTE NARUM 7 LAND, 73 starter (7 land)
DEN(3), GBR-En(4), NOR(49), ROU(3), SUI(5), SWE(5), TUR-As(4)

VEGARD RANESTAD 7 LAND, 358 starter (7 land)
DEN(10), ESP(3), FRA(6), GBR-Wa(3), ITA(4), NOR(267), SWE(65)

EGIL RENOLEN 7 LAND, 74 starter (9 land)
AUT(3), HUN(5), LTU(3), NOR(52), POR(5), SUI(5), SWE(1)
CZE, LAT

HILDE TVEDT RYEN 7 LAND, 174 starter (7 land)
CRO(5), ESP(4), HUN(7), ITA(3), NOR(108), SWE(44), TUR-As(1), TUR-Eu(2)

NORA HUI ANDERSEN 6 LAND, 312 starter (6 land)
DEN(3), FIN(1), ITA(5), NOR(266), SWE(33), TUR-As(4)

OLE CHRISTIAN BANG 6 LAND, 125 starter (6 land)
BLR(3), GBR-En(2), NED (2), NOR(104), SVK(2), SWE(12)

JØRGEN ELISENBERG 6 LAND, 240 starter (6 land)
FIN(2), FRA(6), ITA(6), NOR(177), SUI(5), SWE(44)

GRO ELLEGAARD 6 LAND, 201 starter (6 land)
FRA(5), GBR-Sc(6), HUN(2), ITA(7), NOR(134), SWE(47)

EINAR LOFTHUS 6 LAND, 79 starter (6 land)
DEN(2), ESP(4), GBR-En(1), LAT(3), NOR(58), SWE(11)

MARI OVIDIA RANESTAD 6 LAND, 200 starter (6 land)
DEN(2), FRA(6), GBR-Wa(3), ITA(5), NOR(133), SWE(51)

OLE CHRISTIAN SJØLIE 6 LAND, 56 starter (8 land)
AUT(3), DEN(6), ESP(2), ITA(3), NOR(21), SWE(21)
CZE, LAT

HENNING WERNØE 6 LAND, 223 starter (6 land)
DEN(3), FIN(1), GBR-En(2), GER(1), NOR(205), SWE(11)

SIGRID BJØRGEN 5 LAND, 91 starter (5 land)
DEN(3), GBR-En(4), NOR(72), SWE(8), TUR-As(4)

EVEN LINDSTAD BØRRESEN 5 LAND, 104 starter (5 land)
DEN(3), FIN(1), GBR-En(4), NOR(83), SWE(13)

MARI ELISENBERG 5 LAND, 165 starter (5 land)
DEN(3), FRA(5), ITA(1), NOR(127), SWE(29)

FRODE HAUG GBR-Sc(6), HUN(5), ITA(5), NOR(100), SWE(16)	5 LAND, 132 starter (5 land)
STINE OLSEN KIRKEVIK BEL(3), ESP(2), GBR-En(2), ITA(21), NOR(63)	5 LAND, 91 starter (5 land)
NJAAL ELLEGAARD MELBY FRA(5), GBR-Sc(6), ITA(5), NOR(192), SWE(10)	5 LAND, 235 starter (5 land)
SVERRE BANG STØENG DEN(3), FIN(2), GBR-En(4), NOR(175), SWE(21)	5 LAND, 205 starter (5 land)
JAN OLAV TUTERUD HUN(6), NOR(56), ROU(2), SWE(12), TUR-As(2), TUR-Eu(4)	5 LAND, 82 starter (5 land)
ODIN ØYSTEINSON ØSTBY ESP(4), FIN(1), ITA(5), NOR(122), SWE(35)	5 LAND, 167 starter (5 land)

5 eller flere land inkludert tiden før 2000: (Det kan være flere!!)

EDGAR MYRVOLD AUT(3), LTU(3), NOR(114), SWE(6) CZE, DEN, ESP	4 LAND, 126 starter (7 land)
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