

## SPORTSMANDENS VÅRKARUSELL 2018

### SAMMENLAGT - SLUTTRESULTATER VÅRKARUSELLEN (mars - mai)

Plass	NAVN	KLUBB	Totaltid	ALDERS KLASSE	Plass aldersklasse	21,1km	10km	5km
<b>MENN</b>								
1	Øystein Høines Larsen	The Beast OCR Team	2.24.06	M23-39	1	1.28.14	37.32	18.20
2	Jørgen Saxegaard	Team Sportsmanden	2.28.02	M50-54	1	1.28.53	40.01	19.08
3	Morten Vestvik	Team Sportsmanden	2.37.23	M50-54	2	1.34.20	42.13	20.50
4	Frode Monsen	Team Sportsmanden	2.40.12	M55-59	1	1.38.35	42.47	20.50
5	Jan Rune Nuland	Team Sportsmanden	3.02.00	M45-49	1	1.52.25	47.47	21.48
6	Ingar Romslo	IL Fri	3.31.41	M60-64	1	2.04.54	59.45	27.02
<b>KVINNER</b>								
1	Silje Christiansen	Driv IL	2.30.05	K40-44	1	1.30.30	40.01	19.34
2	Merete Bolin	Team Sportsmanden	3.01.58	K50-54	1	1.51.27	47.34	22.57
3	Inger Johanne Klokset	Team Sportsmanden	3.08.15	K50-54	2	1.53.04	52.11	23.00
4	Hege Bakken	Team Sportsmanden	3.59.48	K23-39	1	2.24.17	1.02.52	32.39

## SPORTSMANDENS VÅRKARUSELL 2018

### 5 KM SLUTTRESULTATER VÅRKARUSELLEN per 31.mai

Rang. Alle løp	NAVN	KLUBB	TID	Plass kjønn	KLASSE	Plass Klasse	Dato
<b>MENN</b>							
1	Roger Thompson	Driv IL/Team Sportsmanden	16.48	1	M40-44	1	15.apr
2	Marius Borger	Team Sportsmanden	17.31	2	M23-39	1	24.mai
3	Mads Berge	Team Sportsmanden	18.09	3	M23-39	2	28.mai
4	Steffan Aasli	Driv IL/Team Sportsmanden	18.18	4	M23-39	3	17.mar
5	Øystein Høines Larsen	The Beast OCR Team	18.20	5	M23-39	4	30.mai
6	Øystein Høines Larsen	The Beast OCR Team	18.47		M23-39		06.mar
7	Jørgen Saxegaard	Team Sportsmanden	19.08	6	M50-54	1	29.mai
8	Karsten Ladstein	Team Sportsmanden	19.13	7	G15	1	10.mar
9	Kenneth Dæhlen	RULK/Team Sportsmanden	20.18	8	M40-44	2	13.mar
10	Frode Monsen	Team Sportsmanden	20.50	9	M55-59	1	11.mar
11	Morten Vestvik	Team Sportsmanden	20.50	9	M50-54	2	27.mar
12	Frode Monsen	Team Sportsmanden	21.17		M55-59		01.mai
13	Jan Rune Nuland	Team Sportsmanden	21.48	11	M45-49	1	28.mai
14	Morten Vestvik	Team Sportsmanden	22.04		M50-54		06.mar
15	Hans-Jørgen Lund	Team Sportsmanden	22.08	12	M50-54	3	02.apr
16	Jan Rune Nuland	Team Sportsmanden	22.29		M45-49		04.apr
17	Jan Rune Nuland	Team Sportsmanden	22.33		M45-49		01.mar
18	Frode Monsen	Team Sportsmanden	24.34		M55-59		31.mai
19	Peder Guldbjørnsen	Team Sportsmanden	26.37	13	M65-59	1	17.apr
20	Ingar Romslo	IL Fri	27.02	14	M60-64	1	28.apr
21	Ingar Romslo	IL Fri	27.07		M60-64		22.mai
22	Peder Guldbjørnsen	Team Sportsmanden	27.26		M65-59		18.mai
23	Peder Guldbjørnsen	Team Sportsmanden	27.27		M65-59		23.mar
24	Peder Guldbjørnsen	Team Sportsmanden	27.47		M65-59		25.apr
25	Ingar Romslo	IL Fri	27.59		M60-64		21.mar
<b>KVINNER</b>							
1	Silje Christiansen	Driv IL	19.34	1	K40-44	1	31.mai
2	Merete Bolin	Team Sportsmanden	22.57	2	K50-54	1	02.apr
3	Inger Johanne Klokset	Team Sportsmanden	23.00	3	K50-54	2	27.mar
4	Inger Johanne Klokset	Team Sportsmanden	23.08		K50-54		09.mar
5	Hege Bakken	Team Sportsmanden	32.39	4	K23-39	1	18.mar

## SPORTSMANDENS VÅRKARUSELL 2018

### 10 KM SLUTTRESULTATER VÅRKARUSELLEN per 31.mai

Rang.	Alle løp	NAVN	KLUBB	TID	Plass kjønn	KLASSE	Plass Klasse	Dato
MENN								
1		<b>Marius Borger</b>	Team Sportsmanden	37.29	1	M23-39	1	13.apr
2		<b>Øystein Høines Larsen</b>	The Beast OCR Team	37.32	2	M23-39	2	03.mar
3		<b>Jørgen Saxegaard</b>	Team Sportsmanden	40.01	3	M50-54	1	28.mai
4		<b>Morten Vestvik</b>	Team Sportsmanden	42.13	4	M50-54	2	14.apr
5		<b>Frode Monsen</b>	Team Sportsmanden	42.47	5	M55-59	1	27.apr
6		<b>Jan Rune Nuland</b>	Team Sportsmanden	47.47	6	M45-49	1	08.apr
7		<b>Jan Rune Nuland</b>	Team Sportsmanden	47.51		M45-49		03.mar
8		<b>Jan Rune Nuland</b>	Team Sportsmanden	50.10		M45-49		19.mai
9		<b>Arvid Mathiesen</b>	Team Sportsmanden	53.33	7	M50-54	3	06.apr
10		<b>Peder Guldbjørnsen</b>	Team Sportsmanden	56.47	8	M65-59	1	20.apr
11		<b>Peder Guldbjørnsen</b>	Team Sportsmanden	58.41		M65-59		18.apr
12		<b>Arvid Mathiesen</b>	Team Sportsmanden	58.48		M50-54		01.mar
13		<b>Peder Guldbjørnsen</b>	Team Sportsmanden	58.52		M65-59		15.apr
14		<b>Peder Guldbjørnsen</b>	Team Sportsmanden	58.57		M65-59		10.apr
15		<b>Ingar Romslo</b>	IL Fri	59.45	9	M60-64	1	08.mar
16		<b>Arvid Mathiesen</b>	Team Sportsmanden	69.19		M50-54		08.mar

#### KVINNER

1		<b>Silje Christiansen</b>	Driv IL	40.01	1	K40-44	1	06.apr
2		<b>Merete Bolin</b>	Team Sportsmanden	47.34	2	K50-54	1	13.apr
3		<b>Inger Johanne Klokset</b>	Team Sportsmanden	52.11	3	K50-54	2	17.mai
4		<b>Inger Johanne Klokset</b>	Team Sportsmanden	53.57		K50-54		28.mai
5		<b>Inger Johanne Klokset</b>	Team Sportsmanden	54.06		K50-54		13.apr
6		<b>Hege Bakken</b>	Team Sportsmanden	62.52	4	K23-39	1	18.apr

## SPORTSMANDENS VÅRKARUSELL 2018

### 21,1 KM SLUTTRESULTATER VÅRKARUSELLEN per 31.mai

Rang.	Alle løp	NAVN	KLUBB	TID	Plass kjønn	KLASSE	Plass Klasse	Dato
MENN								
1		<b>Øystein Høines Larsen</b>	The Beast OCR Team	<b>1.28.14</b>	1	M23-39	1	08.apr
2		<b>Jørgen Saxegaard</b>	Team Sportsmanden	<b>1.28.53</b>	2	M50-54	1	25.mar
3		<b>Kjell Arne Olsen</b>	Team Sportsmanden/Velc	<b>1.30.21</b>	3	M55-59	1	28.apr
4		<b>Morten Vestvik</b>	Team Sportsmanden	<b>1.34.20</b>	4	M50-54	2	30.mar
5		<b>Rolf Gran</b>	Team Sportsmanden	<b>1.37.46</b>	5	M50-54	3	28.mar
6		<b>Frode Monsen</b>	Team Sportsmanden	<b>1.38.35</b>	6	M55-59	2	27.mar
7		<b>Jan Rune Nuland</b>	Team Sportsmanden	<b>1.52.25</b>	7	M45-49	1	12.mar
8		<b>Arvid Mathiesen</b>	Team Sportsmanden	<b>2.00.33</b>	8	M50-54	4	03.mai
9		<b>Ingar Romslo</b>	IL Fri	<b>2.04.54</b>	9	M60-64	1	05.apr
10		<b>Arvid Mathiesen</b>	Team Sportsmanden	<b>2.26.10</b>		M50-54		19.apr
KVINNER								
1		<b>Silje Christiansen</b>	Driv IL	<b>1.30.30</b>	1	K40-44	1	30.mai
2		<b>Merete Bolin</b>	Team Sportsmanden	<b>1.51.27</b>	2	K50-54	1	07.apr
3		<b>Inger Johanne Klokset</b>	Team Sportsmanden	<b>1.53.04</b>	3	K50-54	2	25.mar
4		<b>Hege Bakken</b>	Team Sportsmanden	<b>2.24.17</b>	4	K23-39	1	27.apr