

Halden Ultraintervall - Resultater 2014



Start															Snitt pr.	Snitt pr.	Kjønn
nr.	Navn	Lag	Født	Totaltid	Total Km	Lop 1	Lop 2	Lop 3	Lop 4	Lop 5	Lop 6	Lop 7	Lop 8	Lop	Km		
47	Mattias Karlsson	Slevik IL	1984	5:05:36	80	00:36:26	00:37:44	00:36:45	00:37:23	00:38:22	00:38:37	00:40:22	00:39:57	0:38:12	0:03:49		
49	Bjørn Tore Kronen Taranger	Gular	1979	5:07:28	80	00:36:28	00:37:50	00:37:26	00:37:45	00:38:10	00:38:23	00:40:43	00:40:43	0:38:26	0:03:51		
38	Felix Haug	Eidsberg O2	1992	5:37:22	80	00:41:11	00:40:19	00:41:20	00:40:31	00:42:07	00:43:46	00:44:51	00:43:17	0:42:10	0:04:13		
39	Simon Bjørnholm	BUL	1980	5:41:23	80	00:41:11	00:40:45	00:41:47	00:42:42	00:42:08	00:44:06	00:45:26	00:43:18	0:42:40	0:04:16		
43	Erik Andersen	Østmarka IL Triathlon / Team Ra	1981	5:53:03	80	00:42:06	00:41:59	00:42:19	00:44:14	00:43:51	00:43:55	00:46:29	00:48:10	0:44:08	0:04:25		
12	Guro Skjeggerud	Northern Runners	1973	6:00:30	80	00:42:12	00:42:39	00:44:07	00:45:18	00:45:49	00:46:35	00:47:27	00:46:23	0:45:04	0:04:30		
45	John Gunnar Jakobsen	Nøstret	1967	6:05:00	80	00:47:03	00:44:54	00:43:47	00:44:50	00:44:42	00:46:18	00:47:02	00:46:24	0:45:38	0:04:34		
19	Victor Borge Svendsen	Halden triathlon klubb	1995	6:05:44	80	00:42:49	00:44:02	00:45:19	00:46:49	00:44:43	00:46:19	00:47:32	00:48:11	0:45:43	0:04:34		
17	Karl Langerud	Hytteplan Sport	1959	6:07:56	80	00:42:14	00:43:12	00:44:23	00:45:35	00:46:51	00:47:27	00:49:10	00:49:04	0:46:00	0:04:36		
7	Even Nedberg		1977	6:18:23	80	00:43:55	00:43:50	00:43:47	00:46:04	00:48:14	00:49:05	00:52:00	00:51:28	0:47:18	0:04:44		
44	Kim Maarud Høistad	Østmarka IL Triatlon	1973	6:21:36	80	00:42:51	00:45:01	00:46:21	00:48:28	00:49:16	00:49:10	00:50:56	00:49:33	0:47:42	0:04:46		
8	Per Ole Justad	Tofte/Fremad	1964	6:37:06	80	00:46:18	00:46:27	00:47:34	00:51:50	00:49:09	00:54:05	00:52:55	00:48:48	0:49:38	0:04:58		
32	Jorunn Hagesæther	Haugesund triatlon klubb	1971	6:38:50	80	00:47:57	00:48:18	00:48:06	00:48:14	00:49:14	00:51:14	00:52:22	00:53:25	0:49:51	0:04:59		
26	Stian Heimsvik	Romerike Ultraløperklubb	1989	6:48:30	80	00:48:17	00:47:32	00:47:48	00:49:20	00:50:29	00:51:57	00:52:32	01:00:35	0:51:04	0:05:06		
14	Hilde Johansen	Romerike Ultraløperklubb	1973	6:51:24	80	00:48:53	00:48:52	00:49:32	00:49:17	00:50:27	00:51:54	00:53:57	00:58:32	0:51:26	0:05:09		
27	Ingvill Merete Stedøy-Johann	Romerike Ultraløperklubb	1957	6:56:12	80	00:47:56	00:48:48	00:49:59	00:52:29	00:54:04	00:54:20	00:53:44	00:54:52	0:52:02	0:05:12		
30	Jon Frøyland	Skjeberg CK	1968	6:59:16	80	00:49:19	00:49:10	00:50:19	00:52:36	00:54:20	00:54:48	00:55:21	00:53:23	0:52:25	0:05:14		
13	Åshild Nilsen	Northern Runners	1967	6:59:54	80	00:49:39	00:50:04	00:51:17	00:53:22	00:53:16	00:54:39	00:55:40	00:51:57	0:52:29	0:05:15		
11	Stein-Vidar Tørø	Tofte Fremad IL	1969	7:07:48	80	00:46:18	00:46:27	00:49:25	00:52:19	00:56:26	00:57:14	00:58:35	01:01:04	0:53:29	0:05:21		
31	Thor-Martin Frøyland	Grandahl Eiendomsmegling AS	1992	7:38:44	80	00:51:17	00:52:24	00:53:14	00:55:18	00:59:04	01:00:28	01:05:26	01:01:33	0:57:21	0:05:44		
28	Daniel Andersen		1988	7:44:01	80	00:51:40	00:51:10	00:55:12	00:58:50	00:57:34	01:07:48	01:04:44	00:57:03	0:58:00	0:05:48		
40	Stian Bøhmer	S&F pil	1977	7:45:23	80	00:51:12	00:52:25	00:54:27	00:57:17	00:59:03	01:03:00	01:06:03	01:01:56	0:58:10	0:05:49		
25	Glenn Kristiansen	Hilburton	1979	7:48:15	80	00:47:31	00:47:52	00:51:06	00:55:38	01:01:07	01:07:49	01:09:16	01:07:56	0:58:32	0:05:51		
9	Odd Hilberg Johansen		1952	7:50:50	80	00:51:16	00:52:15	00:56:50	00:59:37	00:59:51	01:00:50	01:02:38	01:07:33	0:58:51	0:05:53		
29	Denny Søreng Lunde		1988	8:05:35	80	00:54:47	00:54:56	00:57:44	00:58:50	00:58:05	01:07:48	01:04:44	01:08:41	1:00:42	0:06:04		
22	Gregor Guwca		1974	8:10:04	80	00:56:06	00:55:25	00:59:31	00:59:07	01:03:25	01:06:02	01:07:09	01:03:19	1:01:16	0:06:08		
2	Marit K. Berg Bjerknes	Romerike Ultraløperklubb	1963	8:12:32	80	00:51:10	00:52:44	00:57:14	00:59:53	01:01:39	01:08:41	01:11:25	01:09:46	1:01:34	0:06:09		
6	Paula Francisca Helcl		1976	8:32:40	80	00:51:20	00:52:20	00:53:18	00:54:29	00:58:11	01:06:38	01:31:05	01:25:19	1:04:05	0:06:24		
16	Stig Andy Kvalheim Rambø	Hytteplan Sport	1969	8:33:41	80	00:58:01	00:56:49	00:57:59	01:00:51	01:05:20	01:09:22	01:13:30	01:11:49	1:04:13	0:06:25		
3	Ingunn Ytrehus	Northern Runners	1950	8:35:17	80	00:56:03	00:54:09	01:00:36	01:08:01	01:08:27	01:14:03	01:07:57	01:06:01	1:04:25	0:06:26		
18	Knut Kronstad	Romerike Ultraløperklubb	1953	8:41:22	80	00:51:02	00:52:28	00:56:59	01:07:07	01:09:47	01:13:08	01:21:46	01:09:05	1:05:10	0:06:31		
10	Sondre Weum Johansen	Romerike Ultraløperklubb	1983	8:55:27	80	00:50:57	00:53:02	01:03:39	01:16:01	01:11:40	01:13:37	01:26:23	01:00:08	1:06:56	0:06:42		
4	Tom Larsen	Romerike Ultraløperklubb	1967	9:20:34	80	00:51:18	00:54:53	00:57:58	01:07:08	01:09:23	01:23:46	01:32:20	01:23:48	1:10:04	0:07:00		
1	Atle Simonsen	Halden Cykleklub	1978	9:40:35	80	00:54:22	00:52:31	00:57:43	01:02:57	01:18:26	01:29:28	01:41:08	01:24:00	1:12:34	0:07:15		
48	Aleksander Moen	Team Moen	1985	9:42:42	80	01:01:50	01:02:04	01:03:48	01:07:12	01:15:50	01:19:09	01:35:33	01:17:16	1:12:50	0:07:17		
41	Kristoffer Olsen		1992	9:43:50	80	00:56:05	00:56:52	01:03:56	01:07:10	01:15:55	01:20:26	01:35:33	01:27:53	1:12:59	0:07:18		
50	Martin Skjelin	Team Moen	1988	9:53:23	80	01:01:51	01:02:04	01:03:53	01:07:08	01:15:51	01:19:10	01:35:34	01:27:52	1:14:10	0:07:25		
24	Miriam Delphin	Romerike Ultraløperklubb	1970	6:57:35	70	00:48:12	00:50:33	00:50:54	00:57:15	00:58:43	01:08:17	01:23:41	DNF	0:59:39	0:05:58		
21	Kim Olsen	Fredrikstad IF	1976	3:27:03	50	00:38:41	00:40:19	00:41:26	00:40:59	00:45:38	DNF			0:41:25	0:04:08		
37	Johnny Stensrud	Moss CK	1963	3:42:46	50	00:43:22	00:43:09	00:43:26	00:45:11	00:47:38	DNF			0:44:33	0:04:27		
21	Kim Olsen	Fredrikstad IF	1976	3:27:03	50	00:38:41	00:40:19	00:41:26	00:40:59	00:45:38	DNF			0:41:25	0:04:08		
42	Robert Hansen	Storgaten Bil /Hytteplan Sport	1975	2:33:57	40	00:37:00	00:37:57	00:38:34	00:40:26	DNF				0:38:29	0:03:51		
36	Thomas Engelsingjerd	Halden Cykleklub	1994	1:32:24	20	00:44:54	00:47:30	DNF						0:46:12	0:04:37		
Beste Tid				1:32:24		0:37:00	0:37:57	0:38:34	0:40:26	0:42:07	0:43:46	0:44:51	0:43:17	0:38:29	0:03:51		
Snitt tid				6:58:11		0:48:30	0:48:59	0:51:12	0:54:02	0:56:42	1:01:17	1:05:36	1:01:42	0:54:56	0:05:30		