

Resultater treningsløpskarusell 30/4-09

1,5 KM REKRUTTER			
	Vetle Søndmør Martinsen	Hamar OK	0:35:53
	Amund Søndmør Martinsen	Hamar OK	0:35:53
	Njaal Ellegaard Melby	Hamar OK	0:11:02
	Signe Dahl	Hamar OK	0:17:44
	Ida Elise Pedersen	Ringsaker OK	0:19:22
	Lars Lahlum Ruud	OL Vallset/Stange	0:17:12
	Lars Erik Ruud	OL Vallset/Stange	0:17:18
	Sverre Narum	OL Vallset/Stange	0:11:27
	Andreas Bjørgen	OL Vallset/Stange	0:11:23
	Magnus Bjørgen	OL Vallset/Stange	0:09:13
	Ingrid Jetlund	Vang OL	0:30:46
	Anne Frøisland	Vang OL	0:19:56
	Trym Eriksrud Myrmoen	Vang OL	0:31:30
	Aurora Ulsaker Bjørn	Vang OL	0:09:16
	Erle Eide Nyhus	Ottestad	0:28:51
	Agnes Lindstad Børresen	Ottestad	0:28:49
2,2 KM C DAMER			
1	Dorte Narum	OL Vallset/Stange	0:18:16
2	Sigrid Bjørgen	OL Vallset/Stange	0:19:29
3	Marit Lahlum Ruud	OL Vallset/Stange	0:21:06
4	Målfrid Narum	OL Vallset/Stange	0:22:11
5	Ragnhild Skogsrud Narum	OL Vallset/Stange	0:22:51
6	Eli Narum	OL Vallset/Stange	0:26:17
7	Marte N. Helseth	Hamar OK	0:29:55
8	Sidsel Buraas	Vang OL	0:34:02
9	Selma Dahl	Hamar OK	0:41:24
10	Grete G. Skaaraas	OL Vallset/Stange	0:47:03
2,2 KM C HERRER			
1	Jørgen Tagnes	Hamar OK	0:28:28
2	Eskil Frøisland	Vang OL	0:32:23
3,0 KM DAMER			
1	Eldbjørg Narum	OL Vallset/Stange	0:31:28
2	Elin Moe Græsli	Hamar OK	0:37:08
3	Anne Guri Jevne	Hamar OK	0:41:26
4	Nora H. Andersen	Hamar OK	0:42:25

5	Ingeborg E. Melby	Hamar OK	0:43:46
6	Berit Røste	Ringsaker OK	0:45:44
7	Laila Sørlien	Ringsaker OK	0:45:52
8	Kjersti Vestengen	Hamar OK	0:48:05
9	Nyste Rise	Ringsaker OK	0:48:18
10	Elin Lauritsen	Hamar OK	0:49:32
11	Siri Hestad	Hamar OK	0:49:39
12	Elise Jevanord	Ringsaker OK	0:50:22
13	Randi Aas Fjæstad	Hamar OK	0:53:52
14	Anine Lome	Hamar OK	0:54:21
15	Bente Grøndalen	Hamar OK	0:55:22
16	Gudrun Lillekroken	OL Vallset/Stange	1:05:42
17	Anne-Brit Danielsen	Vang OL	1:07:26
18	Astri Pedersen	Ringsaker OK	1:07:41
3,0 KM HERRER			
1	Odd-Erik Martinsen	Hamar OK	0:32:46
2	Hans P. Jevanord	Ringsaker OK	0:33:37
3	Knut Wikstrøm	Ringsaker OK	0:33:51
4	Harald Brekke	Hamar OK	0:37:00
5	Gjermund Bjørn	Vang OL	0:38:00
6	Arnfinn Nordhagen	Ringsaker OK	0:38:07
7	Lars Otto Pedersen	Ringsaker OK	0:39:40
8	Willy Johansen	Ringsaker OK	0:40:31
9	Egil Nilsen	Ringsaker OK	0:41:16
10	Kåre Østgård	OL Vallset/Stange	0:43:02
11	Arvid Haug	OL Vallset/Stange	0:45:46
12	Odd Håkensen	OL Vallset/Stange	0:46:53
13	Arne Sveen	Ringsaker OK	0:49:37
14	Dag E. Hovde	Ringsaker OK	0:50:17
	Torbjørn Håkensen	OL Vallset/Stange	Disk
	Ole A. Skaaraas	OL Vallset/Stange	Disk
4,0 KM DAMER			
1	Anne Marit Bordal	Ringsaker OK	0:38:53
2	Marte Narum	OL Vallset/Stange	0:40:02
3	Mona Lome	Hamar OK	0:46:32
4	Kjersti Narum	OL Vallset/Stange	0:50:08
5	Oda Ellegaard Melby	Hamar OK	0:52:20
6	Mona B. Haug	OL Vallset/Stange	0:53:06

4,0 KM HERRER			
1	Henning Wernøe	Hamar OK	0:38:41
2	Tore Vegard Sørum	Ringsaker OK	0:40:47
3	Tor I. Lillekroken	OL Valset/Stange	0:41:44
4	Henning Jordheim	Vang OL	0:42:08
5	Knut Malmo	Ringsaker OK	0:42:20
6	Arne Arnesen	Hamar OK	0:45:10
7	Erik Grøndalen	Hamar OK	0:45:35
8	Harald Haugen	Ringsaker OK	0:46:31
9	Trond Feiring	Hamar OK	0:47:45
10	Harald Volden	Hamar OK	0:49:59
11	Ole M. Øvergaard	OL Valset/Stange	0:51:36
12	Odd Rise	Ringsaker OK	0:51:44
13	Knut Fjæstad	Hamar OK	0:56:53
14	Geir Rogstad	Hamar OK	0:57:12
15	Trond Ivar Tømmervold	Hamar OK	0:57:41
16	Knut Haug	OL Valset/Stange	1:00:52
17	Bård Stang	Ringsaker OK	1:10:37
18	Helmer Almerud	Ringsaker OK	1:17:28
6,0 KM HERRER			
1	Jan Ola Pedersen	Vang OL	0:39:21
2	Jørn H. Dahl	Hamar OK	0:44:02
3	Pål Stenberg	Vang OL	0:45:41
4	Johannes Narum	OL Vallset/Stange	0:55:15
5	Stein Arne Negård	Vang OL	0:55:47
6	Arne Røste	Ringsaker OK	0:58:24
6	Øivind Frøisland	Vang OL	0:58:24
8	Vegard Urset	Vang OL	1:04:34
9	Kristian Græsli	Hamar OK	1:06:54
10	Tor Kristian Buraas	Vang OL	1:07:18
11	Jon Anders Græsli	Hamar OK	1:08:58
12	Olav Østhagen	OL Vallset/Stange	1:10:04
13	Øystein Lia	Lia-Gruppen	1:15:41
	Frode Hjorth	Hamar OK	Disk