

# Resultatliste

Hellesyltløpet 2015

04.07.2015

Plass	Navn	Klubb	Distrikt	Tid	Etter
<b>Herrer</b>					
1	Henrik Bakke	Lyn Ski		21:15,0	
2	Jonas Frørud	Lyn Ski		21:16,0	00:01,0
3	Anders Høst	Lyn Ski		21:17,0	00:02,0
4	Kristian Nedregård	Spjelkavik		21:24,4	00:09,4
5	Sondre Grønvold	Lyn Ski		21:34,0	00:19,0
6	Johan Tjelle	Lyn Ski		22:11,0	00:56,0
7	Anders Aa Resell	Lyn Ski		22:20,0	01:05,0
8	Fredrol Ole O. Andersen	Lyn Ski		22:30,0	01:15,0
9	Harald Wright	Lyn Ski		22:33,0	01:18,0
10	Fredrik B Schwencke	Lyn Ski		23:00,0	01:45,0
11	Stian N Svendby	Lyn Ski		23:01,0	01:46,0
12	Håkon Stavik	NOTEAM		23:05,0	01:50,0
13	Håkon Hjelstuen	Lyn Ski		23:11,0	01:56,0
14	Bendik P Andrsen	Lyn Ski		23:13,0	01:58,0
15	Hans Kristian Stadheim	Lyn Ski		23:16,0	02:01,0
16	Iver Mathias Linge Glomnes	Valldal		23:27,0	02:12,0
17	Thomas Ekren	Stridheim IL		23:51,8	02:36,8
18	Fredrik Framhus Hole Drabløs	Herd		23:58,4	02:43,4
19	Vegard Røyarhus	Hovdebygda		24:05,7	02:50,7
20	Kornelius Linge Glomnes	Valldal		24:08,5	02:53,5
21	Jonas E Larsen	Lyn Ski		24:25,0	03:10,0
22	Per Inge Bjørnstad	SK Sykkylven		24:26,5	03:11,5
23	Carl Fredrik Causevie	NOTEAM		25:25,7	04:10,7
24	Erling Hagen	Telesport Bergen		25:47,5	04:32,5
25	Alf Petter Bøe	Rindal		25:54,3	04:39,3
26	Sven Renberg	Sula United		26:09,0	04:54,0
27	Hellebostad Ottar Frøysa	NOTEAM		26:34,0	05:19,0
28	Nils Karbø	NOTEAM		27:26,8	06:11,8
29	Bent Rusten	NOTEAM		27:32,9	06:17,9
30	Kristoffer Solstad	Oslo Fronrunners		27:51,3	06:36,3
31	Hendrik Storstein Spilker	NTNU-BIL		27:58,0	06:43,0
32	Magnar Rusten	NOTEAM		28:04,0	06:49,0
33	Øyvind Hole	Sunnylven IL		28:06,0	06:51,0
34	Nils Olav Frøysa	Sunnylven IL		28:33,0	07:18,0
35	Oskar Korsbrekke	NOTEAM		28:44,0	07:29,0
36	Jonny Habostad	Stranda		28:55,0	07:40,0
37	Lars Kvam Karbø	Sunnylven IL		28:59,7	07:44,7
38	Per Ingebrigt Karbø	Sunnylven IL		29:20,9	08:05,9
39	Christer Tryggestad	NOTEAM		29:40,0	08:25,0
40	Gisle Aaland	Sunnylven IL		30:12,1	08:57,1
41	Odd Arild Dale	Førde		30:47,5	09:32,5
42	Even Korsedal	Stranda		31:43,9	10:28,9
43	Kasper Ringdal	Sunnylven IL		31:46,0	10:31,0
44	Knut Jostein Sæter	NOTEAM		32:02,4	10:47,4
45	Sebastien Champigny	NOTEAM		32:16,0	11:01,0
46	Inge Røyarhus	Sunnylven IL		32:27,9	11:12,9
47	Rune Hole	Sunnylven IL		32:29,0	11:14,0
48	Jens Arve Forbord	Sunnylven IL		33:13,2	11:58,2
49	Henning Finstad	Førde		33:28,0	12:13,0
50	Jan Elling Vollset	NOTEAM		34:58,6	13:43,6
51	Dag Nicolay Ryste	Stranda		34:58,7	13:43,7
52	Gabriel Dale	Førde		35:26,2	14:11,2
53	Per Ove Ringdal	NOTEAM		38:03,5	16:48,5
NC	Thorvald Jacobsen	Spjelkavik			
Antall	54	Påmeldte: 54	Startende: 54		Utenfor konk. Premier: 51

# Resultatliste

## Hellesyltløpet 2015

04.07.2015

Class	Navn	Klubb	Distrikt	Tid	Etter
<b>Damer</b>					
1	Kjersti Fresvik	Gular		<b>24:12,0</b>	
2	Solveig H Kruger	Lyn Ski		<b>25:03,6</b>	00:51,6
3	Ingvild Øye	Hovdebygda		<b>25:55,3</b>	01:43,3
4	Ingrid Kristensen	Gular		<b>26:32,8</b>	02:20,8
5	Kristin Hjelstuen	Lyn Ski		<b>27:21,0</b>	03:09,0
6	Guro Ekroll Nyland	Gular		<b>28:09,0</b>	03:57,0
7	Kari Anne Tryggestad Ryste	Sunnylven IL		<b>28:12,3</b>	04:00,3
8	Kristine Hjelbakk Hole	Sunnylven IL		<b>28:50,0</b>	04:38,0
9	Marte Hansen	NOTEAM		<b>29:01,8</b>	04:49,8
10	Hege Ringdal	Sunnylven IL		<b>29:30,0</b>	05:18,0
11	Gry Bakke	NOTEAM		<b>29:57,6</b>	05:45,6
12	Inger Ringdal Sæter	Sunnylven IL		<b>32:58,5</b>	08:46,5
13	Marita Rusten	NOTEAM		<b>34:29,0</b>	10:17,0
14	Maren Anita Aaland	Hardbagg		<b>34:33,6</b>	10:21,6
15	Live Augusta Spilker	Byåsen		<b>34:58,4</b>	10:46,4
16	Guri Pors Johannis	NOTEAM		<b>35:48,4</b>	11:36,4
17	Wenche Ringdal	Sunnylven IL		<b>37:09,0</b>	12:57,0
18	Ringdal Astrid Romundstad	Sunnylven IL		<b>38:20,0</b>	14:08,0
19	Michaela Griesbeck	NOTEAM		<b>47:02,0</b>	22:50,0
Antall	19	Påmeldte: 19	Startende: 19		Premier: 19
<b>Jenter</b>					
1	Eline Bentsen	IL Vinger		<b>05:48,0</b>	
2	Sara Sæter	Sunnylven IL		<b>05:57,0</b>	00:09,0
3	Stine Skarbøvik Larsen	Ålesund Friidrett		<b>06:00,0</b>	00:12,0
4	Rikke Emilie Rusten	NOTEAM		<b>06:12,0</b>	00:24,0
5	Pia Bergersen	Stranda		<b>06:14,0</b>	00:26,0
6	Nora Sannes Hole	NOTEAM		<b>06:26,0</b>	00:38,0
7	Ingrid Bentsen	IL Vinger		<b>06:41,0</b>	00:53,0
8	Bertine Lade	Sunnylven IL		<b>06:47,0</b>	00:59,0
9	Nora Forsell	Kvik Halden		<b>06:55,0</b>	01:07,0
10	Johanne Ringdal Sæter	Sunnylven IL		<b>06:59,0</b>	01:11,0
11	Anna Skarbøvik Larsen	Ålesund Friidrett		<b>07:18,0</b>	01:30,0
12	Lone Ringdal	Sunnylven IL		<b>07:48,0</b>	02:00,0
13	Jenny Annea Ekornesvåg	Hødd		<b>08:50,0</b>	03:02,0
14	Elisabeth Tryggestad	Byåsen		<b>10:31,0</b>	04:43,0
15	Jenni Dale	Førde		<b>10:31,7</b>	04:43,7
16	Tora Kvamme Rusten	Sunnylven IL		<b>11:34,2</b>	05:46,2
17	Tuva Marie Korsbrekke	Sunnylven IL		<b>11:41,0</b>	05:53,0
Antall	17	Påmeldte: 18	Startende: 18		Premier: 17
<b>Gutar</b>					
1	Magnus Seljeset	Hornindal		<b>05:02,0</b>	
2	Martin Aaland	Hardbagg		<b>05:06,0</b>	00:04,0
3	Ole Sivert Røyrhus	Stranda		<b>05:15,0</b>	00:13,0
4	Torje Seljeset	Hornindal		<b>05:26,0</b>	00:24,0
5	Eskil Linge Glomnes	Valldal		<b>05:28,0</b>	00:26,0
6	Christoffer Tryggestad	NOTEAM		<b>05:53,0</b>	00:51,0
7	Thomas Sander Hole	Sunnylven IL		<b>05:55,0</b>	00:53,0
8	Peter Ekornesvåg Myklebust	Hødd		<b>06:08,0</b>	01:06,0
9	Sander Kleiven Hjelme	NOTEAM		<b>06:10,0</b>	01:08,0
10	Kristian Andre Frøysadal	NOTEAM		<b>06:18,0</b>	01:16,0
11	Even Lade	Sunnylven IL		<b>06:34,0</b>	01:32,0
12	Laurits Linge Glomnes	Valldal		<b>06:48,0</b>	01:46,0
13	Iben Dale	Førde		<b>06:49,0</b>	01:47,0

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04.07.2015

Plass	Navn	Klubb	Distrikt	Tid	Etter
<b>Gutar</b>					
14	Kristoffer Pedersen Hauge	NOTEAM		<b>06:50,0</b>	01:48,0
15	Alexander Tryggestad	Sunnylven IL		<b>07:02,0</b>	02:00,0
16	Johannes Tryggestad	Byåsen		<b>07:16,0</b>	02:14,0
17	Vebjørn Tryggestad	NOTEAM		<b>07:46,0</b>	02:44,0
18	Håkon Lillebø Høydal	NOTEAM		<b>08:42,6</b>	03:40,6
19	Linus Frøysa	Sunnylven IL		<b>08:49,6</b>	03:47,6
20	Melker Andre Tryggestad	NOTEAM		<b>09:14,8</b>	04:12,8
21	Sune Frøysa	Sunnylven IL		<b>10:22,6</b>	05:20,6
22	Emil Frøysa	Sunnylven IL		<b>10:23,8</b>	05:21,8
Antall	22	Påmeldte: 22	Startende: 22		Premier: 24