

# 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 Bjørnestad          | 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.<br>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             | Thea Mathilde Rusten       | NOTEAM            |               | <b>06:51,0</b> | 01:03,0     |
| 10            | Nora Forsell               | Kvik Halden       |               | <b>06:55,0</b> | 01:07,0     |
| 11            | Johanne Ringdal Sæter      | Sunnylven IL      |               | <b>06:59,0</b> | 01:11,0     |
| 12            | Anna Skarbøvik Larsen      | Ålesund Friidrett |               | <b>07:18,0</b> | 01:30,0     |
| 13            | Lone Ringdal               | Sunnylven IL      |               | <b>07:48,0</b> | 02:00,0     |
| 14            | Jenny Annea Ekornesvåg     | Hødd              |               | <b>08:50,0</b> | 03:02,0     |
| 15            | Elisabeth Tryggestad       | Byåsen            |               | <b>10:31,0</b> | 04:43,0     |
| 16            | Jenni Dale                 | Førde             |               | <b>10:31,7</b> | 04:43,7     |
| 17            | Tora Kvamme Rusten         | Sunnylven IL      |               | <b>11:34,2</b> | 05:46,2     |
| 18            | Tuva Marie Korsbrekke      | Sunnylven IL      |               | <b>11:41,0</b> | 05:53,0     |
| Antall        | 18                         | 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     |

# Resultatliste

## Hellesyltløpet 2015

04.07.2015

| Plass        | Navn                      | Klubb        | Distrikt      | Tid            | Etter       |
|--------------|---------------------------|--------------|---------------|----------------|-------------|
| <b>Gutar</b> |                           |              |               |                |             |
| 13           | Iben Dale                 | Førde        |               | <b>06:49,0</b> | 01:47,0     |
| 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 |