

Resultat Superkjering

Klasse	Nr	Namn	Klubb	Telemark	Langrenn	Springing	Sykling	Sluttid
2005								
Superkjering junior jenter								
	1	Andrea Strand Solbakken	Sogndal IL	00:10:48	00:23:14	00:15:40	00:21:31	01:11:13
	2	Mali Farsund	Sogndal IL	00:11:12	00:23:01	00:15:59	00:22:12	01:12:24
	3	Herdis Berge	Leikanger u-skule	00:11:22	00:25:24	00:17:16	00:22:49	01:16:51
Superkjering junior gutar								
	1	Torstein Yttri Hamre	Sogndal IL	00:07:42	00:17:16	00:12:22	00:17:11	00:54:31
	2	Ivar Løvik	Sogndal IL	00:08:42	00:18:47	00:13:15	00:16:52	00:57:36
	3	Håvard Aaberge Nes	Sogndal IL	00:08:29	00:19:07	00:13:23	00:17:13	00:58:12
	4	Sigurd Borlaug	Kaupanger IL	00:09:09	00:19:44	00:12:16	00:18:03	00:59:12
	5	Vegar Wathne Bøyum	Syril, IL	00:09:20	00:17:21	00:13:26	00:19:23	00:59:30
	6	Vegard Nes	Sogndal IL	00:09:32	00:17:36	00:13:36	00:19:31	01:00:15
	7	Sondre Lekve Bjelle	Sogndal IL	00:09:07	00:18:18	00:14:54	00:18:08	01:00:27
	8	Bård Henjum	Henja TK	00:09:25	00:18:45	00:12:51	00:20:36	01:01:37
	9	Terje Thorsnes	Leikanger u-skule	00:08:26	00:21:03	00:14:18	00:18:13	01:02:00
	10	Vegar Røysum	Syril, IL	00:11:00	00:22:44	00:13:59	00:18:58	01:06:41
	11	Helge Henjum	Syril, IL	00:11:39	00:22:59	00:15:04	00:22:26	01:12:08
	12	Jaran Wathne Bøyum	Syril, IL	00:12:39	00:21:38	00:16:51	00:22:37	01:13:45
	13	Øystein Svardal	Syril, IL	00:13:53	00:24:34	00:14:18	00:21:43	01:14:28
	14	Sigurd Henjum Halsnes	Syril, IL	00:15:36	00:31:06	00:21:10	00:27:08	01:35:00
	15	Halvard Henjum Halsnes	Syril, IL	00:13:48	00:33:44	00:20:19	00:27:09	01:35:00
Superkjering senior kvinner								
	1	Siri Bente Haugen	Bjørn, IL	00:07:41	00:18:13	00:14:11	00:18:31	00:58:36
	2	Silje Storevik Moe	Syril, IL	00:08:37	00:19:26	00:14:07	00:18:11	01:00:21
	3	Silje Heltne	Hovdebygda IL	00:11:14	00:17:15	00:13:54	00:18:41	01:01:04
	4	Mari Harkjerr	Sogndal IL	00:08:55	00:21:30	00:14:30	00:19:42	01:04:37
	5	Ingeborg Anfinsen	Åsane tck	00:09:59	00:21:18	00:14:44	00:18:40	01:04:41

Klasse	Nr	Namn	Klubb	Telemark	Langrenn	Springing	Sykling	Sluttid
	6	Brit Siv Fimland	-	00:09:27	00:21:05	00:15:49	00:18:23	01:04:44
	7	Torhild Høgheim	Syril, IL	00:10:51	00:19:26	00:14:36	00:20:59	01:05:52
	8	Evy Øygarden Lund	Kaupanger IL	00:12:54	00:19:22	00:14:09	00:19:50	01:06:15
	9	Elise Broch Hauge	-	00:09:25	00:23:06	00:14:47	00:19:08	01:06:26
	10	Torill Felde	Syril, IL	00:09:31	00:22:50	00:14:15	00:19:56	01:06:32
	11	Anja Sægrov	-	00:09:17	00:22:45	00:15:28	00:20:12	01:07:42
	12	Tonje Siren Bjørseth	BSI	00:10:48	00:20:20	00:15:51	00:21:06	01:08:05
	13	Bodhild Cirotzki	-	00:11:42	00:23:01	00:14:39	00:21:04	01:10:26
	14	Janicke Hoel	-	00:10:11	00:23:05	00:15:44	00:21:43	01:10:43
	15	Anna Kirsten Hellevang	Sogn Avis	00:12:41	00:21:13	00:15:37	00:21:30	01:11:01
	16	Kari Holen Loftesnes	Syril, IL	00:10:40	00:25:58	00:14:30	00:20:31	01:11:39
	17	Eva Hamre	Fykil	00:11:48	00:27:14	00:14:09	00:21:40	01:14:51
	18	Jenny Farsund Storvik	Farsund IL	00:11:33	00:24:43	00:16:21	00:23:55	01:16:32
	19	Marie Lauvsnes Hovdet	-	00:13:06	00:24:01	00:16:17	00:24:00	01:17:24
	20	Siv Jeanette Lerum	Sogndal IL	00:11:02	00:26:21	00:18:30	00:21:35	01:17:28
	21	Anne Berit Dyngen	-	00:16:02	00:24:38	00:16:59	00:21:18	01:18:57
	22	Solaug Dalaker	Kaupanger IL	00:18:13	00:22:26	00:14:30	00:24:29	01:19:38
	23	Inga Henjum Halsnes	Syril, IL	00:14:28	00:29:38	00:19:56	00:27:37	01:31:39
	24	Elin Stensvand	Syril, IL	00:14:53	00:29:17	00:20:04	00:27:25	01:31:39

Superkjering senior menn

1	Jarle Berge	Kyrkjebø IL	00:07:36	00:15:05	00:11:48	00:15:09	00:49:38
	Svein Arne Haugen	NTNUI	00:07:51	00:14:25	00:11:04	00:16:18	00:49:38
3	Kevin Kolstad	-	00:06:39	00:16:09	00:11:57	00:15:09	00:49:54
4	Halvor Danielsen	uio	00:06:53	00:15:56	00:11:44	00:15:22	00:49:55
6	Henrik Langeland	T.N. Mork Racing	00:06:45	00:15:50	00:12:13	00:15:37	00:50:25
7	Per Sigve Selseng	Team Mork Racing	00:06:46	00:14:23	00:13:54	00:16:32	00:51:35
8	Vidar Innselset	Tindelandslegionen	00:07:14	00:15:28	00:11:56	00:17:04	00:51:42
9	Daniel Due-Tønnessen	BSI	00:07:26	00:16:40	00:12:37	00:17:31	00:54:14

Klasse	Nr	Namn	Klubb	Telemark	Langrenn	Springing	Sykling	Sluttid
	10	Geir Inge Austbø	Vik IL	00:07:53	00:18:13	00:12:09	00:16:19	00:54:34
	11	Jonny Øvrebø	LUSTER IL	00:07:13	00:18:00	00:13:00	00:16:24	00:54:37
	12	Henning Heimlid	Markane IL	00:06:50	00:17:30	00:14:03	00:17:01	00:55:24
	13	Bjørn Harald Røyseth	Syril, IL	00:08:42	00:15:58	00:14:03	00:16:47	00:55:30
	14	Emil Haug	Bergen Klatreklubb	00:07:39	00:18:03	00:12:39	00:17:48	00:56:09
	15	Johnny Skår	Hydro BIL	00:07:24	00:19:24	00:12:30	00:17:30	00:56:48
	16	Lars Gjeraker	Kaupanger IL	00:08:51	00:16:25	00:13:41	00:18:03	00:57:00
	17	Espen Gudevang	-	00:07:13	00:16:57	00:16:45	00:16:05	00:57:00
	19	Dag Kjærvik	Bjørn, IL	00:07:36	00:18:23	00:14:00	00:17:20	00:57:19
	20	Tore Nordstad	Vingelen	00:08:30	00:16:54	00:14:25	00:17:31	00:57:20
	21	Kristian Teigen Svedal	Jernhingst	00:07:57	00:19:02	00:13:25	00:17:11	00:57:35
	22	Rune Aase Kalhagen	-	00:08:09	00:19:39	00:13:21	00:16:30	00:57:39
	24	Påsan Vigerust	Veritas BIL	00:07:43	00:19:37	00:12:35	00:18:42	00:58:37
	25	Frode Vagstad	Vegil	00:09:10	00:18:50	00:14:29	00:16:27	00:58:56
		Frode Vagstad	Vegil	00:09:10	00:18:50	00:14:29	00:16:27	00:58:56
	26	Jan Helge Aalbu	BSI	00:08:38	00:18:49	00:13:30	00:18:10	00:59:07
	27	Hans Åge Skibevaag Aandahl	-	00:07:44	00:21:22	00:12:36	00:17:38	00:59:20
	28	Torgeir Matre	-	00:08:19	00:20:00	00:13:04	00:18:10	00:59:33
	29	Morten Hovdet	-	00:09:05	00:18:51	00:13:43	00:17:57	00:59:36
	30	Kjetil Vikane	AF-gruppen	00:08:31	00:18:25	00:13:34	00:19:14	00:59:44
	31	Hans Kristian Dolmen	Stamsund ungdomsl.	00:08:39	00:19:10	00:14:22	00:17:36	00:59:47
	32	Karl Helge Albretsen	Mattilsynet	00:08:54	00:18:30	00:14:37	00:17:52	00:59:53
	33	Ole Hagen	Zappa IL	00:08:33	00:19:47	00:13:59	00:17:56	01:00:15
	34	Håvard Evjestad	Bjørn, IL	00:06:58	00:18:33	00:16:31	00:18:30	01:00:32
	35	Nils Martin Fjær	-	00:08:36	00:20:16	00:14:45	00:17:41	01:01:18
	36	Knut Anders Mosevoll	-	00:08:22	00:21:57	00:13:04	00:18:07	01:01:30
	37	Lars Kristian Solem	FC Liverpool	00:11:02	00:19:50	00:12:57	00:18:52	01:02:41
	38	Kai Kvalsøren	Bjørn, IL	00:08:47	00:20:29	00:14:28	00:19:05	01:02:49

Klasse	Nr	Namn	Klubb	Telemark	Langrenn	Springing	Sykling	Sluttid
	39	Ronny Olsen	Ekornes BIL	00:08:52	00:20:46	00:14:47	00:18:43	01:03:08
	40	Sigurd Daniel Nerhus	-	00:10:21	00:21:26	00:13:37	00:17:48	01:03:12
	41	Stein Dyngen	Syril, IL	00:09:08	00:19:48	00:16:28	00:18:48	01:04:12
	42	Andreas Barsnes Onarheim	Sogndal IL	00:08:24	00:20:57	00:15:03	00:20:18	01:04:42
	43	Kjartan Heggø	Hydro BIL	00:08:20	00:21:56	00:15:23	00:19:35	01:05:14
	44	Tore Frimanslund	-	00:10:49	00:20:38	00:14:18	00:19:29	01:05:14
	45	Gjert Grødal	Stryn TIL	00:08:36	00:21:51	00:15:18	00:19:35	01:05:20
	46	Frode Jarland	Westerngeco	00:07:23	00:25:10	00:14:34	00:18:21	01:05:28
	47	Ronny Sanden	-	00:09:28	00:22:22	00:14:23	00:19:15	01:05:28
	48	Petter Hagenlund	Syril, IL	00:07:52	00:22:41	00:17:19	00:19:43	01:07:35
	49	Morten Birkeland Engelsen	-	00:13:16	00:24:26	00:13:02	00:19:09	01:09:53
	50	Øyvind Flock	-	00:09:44	00:26:54	00:15:22	00:20:11	01:12:11
	51	Harald Fykse	-	00:10:16	00:25:26	00:19:12	00:21:56	01:16:50

Superkjering veteran kvinner

	1	Torunn Grut	Syril, IL	00:10:36	00:18:17	00:13:20	00:19:59	01:02:12
	2	Gro Hovland	LUVIS	00:12:27	00:24:02	00:16:04	00:21:57	01:14:30
	3	Susanne Svardal	Vegil	00:17:02	00:23:33	00:14:42	00:21:25	01:16:42
	4	Birgit Skram	Sogn BHT	00:14:41	00:23:00	00:16:15	00:23:21	01:17:17
	5	Jorunn Vigdal	-	00:12:49	00:22:44	00:18:15	00:25:10	01:18:58
	6	Gry Tokvam	LUVIS	00:15:41	00:25:26	00:16:24	00:24:14	01:21:45
	7	Rita-Karin Bakken	LUVIS	00:13:13	00:26:23	00:15:49	00:27:00	01:22:25
	8	Gro Selås	Syril, IL	00:17:51	00:23:28	00:16:14	00:25:54	01:23:27
	9	Marit Henjum Halsnes	Syril, IL	00:17:04	00:28:47	00:23:45	00:25:24	01:35:00

Superkjering veteran menn

	1	Geir Verpeide	Stranda sykkelklubb	00:06:46	00:15:14	00:12:12	00:16:23	00:50:35
	2	Paul Ivar Pedersen	Stranda sykkelklubb	00:06:49	00:15:42	00:12:00	00:16:08	00:50:39
	3	Ivar Henjum	Henja TK	00:07:07	00:15:58	00:11:47	00:16:30	00:51:22
	4	Helge Harkjerr	Sogndal IL	00:07:25	00:16:03	00:12:35	00:17:24	00:53:27

Klasse	Nr	Namn	Klubb	Telemark	Langrenn	Springing	Sykling	Sluttid
	5	Jan-Arve Lund	Kaupanger IL	00:10:59	00:17:19	00:12:14	00:16:17	00:56:49
	6	John Olaf Røhme	Bjørn, IL	00:08:34	00:18:19	00:12:26	00:17:31	00:56:50
	7	Karl Røyrhus	Stranda IL	00:08:33	00:17:24	00:13:57	00:17:49	00:57:43
	8	Arne Egil Husabø	-	00:08:21	00:18:23	00:14:51	00:17:22	00:58:57
	9	Jan Milde	Hydro BIL	00:07:34	00:19:56	00:13:35	00:17:54	00:58:59
	10	Steinar Røysum	Syril, IL	00:09:25	00:18:18	00:13:18	00:18:31	00:59:32
	11	Øystein Dale	Kaupanger IL	00:09:19	00:20:34	00:13:15	00:17:18	01:00:26
	12	Sverre N. Moe	Syril, IL	00:11:15	00:19:23	00:12:32	00:18:39	01:01:49
	13	Per Hauge	Syril, IL	00:08:57	00:20:22	00:15:10	00:17:56	01:02:25
	14	Karl Erik Johnsen	-	00:08:02	00:19:32	00:15:22	00:19:50	01:02:46
	15	Morten Michalsen	-	00:10:03	00:21:20	00:13:22	00:18:47	01:03:32
	16	Per Farsund	helge og torturlaget	00:07:16	00:22:32	00:15:25	00:18:22	01:03:35
	17	Øyvin Myrmel	Fylkesmannen	00:10:17	00:19:38	00:14:22	00:19:32	01:03:49
		Øyvin Myrmel	Fylkesmannen	00:10:17	00:19:38	00:14:22	00:19:32	01:03:49
	18	Arne Monrad Johnsen	Syril, IL	00:09:09	00:20:57	00:15:28	00:19:29	01:05:03
	19	Gunnar Søderholm	Vegil	00:09:49	00:20:34	00:15:27	00:20:00	01:05:50
		Gunnar Søderholm	Vegil	00:09:49	00:20:34	00:15:27	00:20:00	01:05:50
	20	Håvard Myrvang	Sogn CK	00:08:41	00:23:06	00:16:11	00:18:18	01:06:16
	21	Magne Høgelid	-	00:12:38	00:22:10	00:13:45	00:18:58	01:07:31
	22	Knut Steinar Eitungjerde	Balestrand IL	00:10:45	00:22:19	00:15:01	00:19:28	01:07:33
	23	Nils Magne Slinde	Vegil	00:11:51	00:20:59	00:14:09	00:20:36	01:07:35
	24	Tobias Dahle	Syril, IL	00:11:43	00:23:12	00:14:43	00:22:30	01:12:08
	25	Helge Fardal	LUVIS	00:12:13	00:23:18	00:14:08	00:23:41	01:13:20
	26	Erik Brendehaug	-	00:13:25	00:23:42	00:16:28	00:21:08	01:14:43
	27	Torbjørn Røneid	Bjørn, IL	00:15:19	00:24:54	00:19:23	00:28:41	01:28:17
	28	Ingvar K. Halsnes	Syril, IL	00:16:07	00:29:57	00:23:31	00:25:25	01:35:00
Superkjering superveteran kvi								
	1	Greta E. Salveson	Liv & Lyst	00:10:53	00:20:21	00:15:19	00:19:03	01:05:36

Klasse	Nr	Namn	Klubb	Telemark	Langrenn	Springing	Sykling	Sluttid
	2	Mai-Evy Bakken	-	00:13:42	00:25:53	00:15:51	00:22:31	01:17:57
	3	Jorunn Fjermestad	Trudvang	00:16:04	00:24:44	00:16:44	00:21:52	01:19:24
Superkjering superveteran me								
	1	Tore Loe	Stranda sykkelklubb	00:08:40	00:15:57	00:11:51	00:16:54	00:53:22
	2	Per Torodd Nes	Øpste Tjødnali	00:09:03	00:15:32	00:12:04	00:17:42	00:54:21
	3	Odd Arve Rakstad	Syril, IL	00:10:04	00:17:14	00:13:19	00:16:10	00:56:47
	5	Nils T. Henjum	Vegil	00:09:55	00:18:42	00:13:34	00:17:49	01:00:00
	6	Rolf Almås	Fykil	00:10:12	00:18:27	00:13:55	00:17:29	01:00:03
	7	Lars Magnar Røneid	Syril, IL	00:10:54	00:17:43	00:14:29	00:17:14	01:00:20
	8	Fredleiv Fosse	Nestangen laugarlag	00:09:47	00:20:14	00:13:10	00:17:43	01:00:54
	9	Asbjørn Røyseth	Syril, IL	00:11:11	00:18:45	00:13:32	00:20:22	01:03:50
	10	Halvor Thurn-Basberg	Sauradnkameratadn	00:08:48	00:20:04	00:14:53	00:20:37	01:04:22
	11	Jon Henjum	Syril, IL	00:09:35	00:20:46	00:14:15	00:19:56	01:04:32
	12	Trond Sundby	Fykil	00:10:48	00:21:11	00:15:26	00:18:24	01:05:49
	13	Harald Forland	Breimsbygda IL	00:11:13	00:20:35	00:14:36	00:19:28	01:05:52
	14	Per Kåre Gagnat	Flemma il	00:08:37	00:20:58	00:15:05	00:21:13	01:05:53
	15	Tor Eirik Hamre	Syril, IL	00:10:53	00:20:30	00:15:29	00:20:07	01:06:59
	16	Ragnar Børsheim	Achilles,SSSF	00:11:45	00:23:04	00:15:45	00:18:07	01:08:41
	17	Jan Hallstein Lie	Nestangen laugarlag	00:12:25	00:23:24	00:14:16	00:18:49	01:08:54
	18	Per Norstein	-	00:13:18	00:22:43	00:16:21	00:20:17	01:12:39
	19	Torgeir Urdahl	-	00:13:43	00:22:34	00:15:13	00:22:44	01:14:14
	20	Bjørn Sørheim	Sauradnkameratadn	00:12:11	00:23:38	00:18:04	00:20:36	01:14:29
	21	Bjørn Birger Bremer	Fykil	00:12:45	00:23:52	00:17:33	00:20:50	01:15:00
	22	Per Vikane	Statoil	00:19:00	00:22:12	00:14:54	00:22:20	01:18:26
	23	Arne Lerum	Sauradnkameratadn	00:20:59	00:22:06	00:14:30	00:21:21	01:18:56
	24	Svein Helge Frækaland	Vegil	00:16:07	00:26:00	00:17:24	00:22:27	01:21:58
	25	Jan Sigurd Haugen	Syril, IL	00:21:37	00:26:05	00:19:00	00:24:00	01:30:42
	26	Bjørn Andresen	Vegil	00:23:33	00:27:22	00:20:15	00:25:14	01:36:24

Klasse	Nr	Namn	Klubb	Telemark	Langrenn	Springing	Sykling	Sluttid
		Snittider	2005	00:10:33	00:21:00	00:14:49	00:19:42	01:06:04
		Standardavvik	2005	00:03:06	00:03:30	00:02:08	00:02:47	00:10:20
		Snittider for alle år		00:10:33	00:21:00	00:14:49	00:19:42	01:06:04
		Standardavvik for alle år		00:03:06	00:03:30	00:02:08	00:02:47	00:10:20