




























Junior Superkjering gitar (16)

1		1220 Trygve Brendehaug						00:54:52
			 07:41	 14:41	 14:29	 18:01		
2		1078 Kjetil Matias Stegegjerdet						00:59:28
			 09:02	 17:45	 14:09	 18:32		
3		1093 Samuel Heimly Rønning						01:00:07
			 10:42	 15:17	 14:43	 19:25		
4		1137 Håkon Aa Albretsen						01:01:11
			 08:55	 17:50	 15:05	 19:21		
5		1082 Eskil Berge						01:03:02
			 11:47	 14:09	 18:01	 19:05		
6		1116 Sverre Linde Røyseth						01:04:34
			 08:19	 17:48	 20:32	 17:55		

7	1084 Simon Hjelmeset Kirkeeide	07:21	14:58	28:43	17:34	01:08:36
8	1018 Even Vigdal	09:01	20:35	15:49	25:51	01:11:16
9	1088 Matias Skistad Solberg	08:49	23:45	19:48	22:35	01:14:57
10	1117 Gard Sønnesyn	11:31	22:55	19:39	24:11	01:18:16
11	1025 Erik Himle Johnsen	11:28	24:38	17:51	24:21	01:18:18
12	1244 Andreas Heggheim Berge	12:14	24:05	21:40	23:37	01:21:36
13	1238 Viljar Grinde	11:53	30:49	18:16	26:02	01:27:00

14

1206 Emil Tobias Langhus Bye

01:29:41

🏊 12:04

🏊 25:50

🏊 26:08

🚴 25:39

15

1200 Noah Selch Thuestad

02:08:00

🏊 24:46

🏊 43:29

🏊 24:58

🚴 34:47

16

1216 Even OPheim

02:09:59



🏊 23:40




































🏊 42:22























🏊 32:50

🚴 31:07





























Senior Superkjering herre (62)

1		1217 Ole Martin Erdal						00:46:36
			 07:17	 12:00	 11:12	 16:07		
2		1248 Sindre Hoff						00:48:13
			 08:02	 12:42	 10:03	 17:26		
3		1019 Andreas Hetle						00:48:40
			 07:22	 12:38	 12:18	 16:22		
4		1090 Joar Wæhle						00:49:12
			 07:12	 12:33	 13:08	 16:19		
5		1236 Edvard Grut Andersen						00:50:47
			 07:23	 13:51	 12:40	 16:53		
6		1080 Kristian Haugen						00:52:46
			 08:10	 14:24	 13:11	 17:01		
7		1127 Asbjørn Klagegg Forland						00:53:16
			 07:11	 15:42	 13:51	 16:32		

8		1232 Erik Brenne	 07:19	 15:19	 14:25	 16:50	00:53:53
9		1111 Jomar Leirdal	 07:25	 15:14	 14:03	 17:17	00:53:59
10		1026 Andreas Mjelstad	 07:22	 13:59	 15:21	 17:42	00:54:24
11		1063 Åsmund Rygg	 07:24	 16:20	 13:34	 17:23	00:54:41
12		1224 Kristian Bråten	 07:35	 15:21	 13:55	 18:16	00:55:07
13		1118 Sondre Teigen Lillebostad	 07:59	 18:14	 11:41	 17:30	00:55:24
14		1012 Sigurd Henjum Halsnes	 08:58	 18:58	 13:44	 17:01	00:58:41

16		1136 Henrik Paus						00:59:17
			 08:55	 19:14	 14:04	 17:04		
15		1014 Tage Rickard Sundell						00:59:17
			 08:29	 18:29	 15:09	 17:10		
17		1146 Olav Henjum						00:59:26
			 07:57	 18:06	 15:06	 18:17		
18		1218 Daniel Fluge						01:00:05
			 08:10	 17:42	 15:05	 19:08		
19		1006 Jonas Hodne						01:01:02
			 08:28	 19:55	 13:33	 19:06		
20		1047 Tor Kvam Goksøyr						01:02:23
			 09:26	 19:03	 15:24	 18:30		
21		1091 Simen Romstad						01:02:30
			 10:46	 17:36	 15:39	 18:29		

23	1079 Halvard Henjum Halsnes	01:04:00
	🏃 08:03 🏃 20:08 🏃 17:16 🚴 18:33	
24	1060 Terje Verlo	01:04:56
	🏃 08:54 🏃 21:14 🏃 15:49 🚴 18:59	
24	1030 André Nikolai Berlin	01:04:56
	🏃 09:11 🏃 20:49 🏃 14:34 🚴 20:22	
22	1131 Tommy Hildeskor	01:05:22
	🏃 07:29 🏃 20:42 🏃 14:06 🚴 20:38	
26	1054 Halvard Gjerde	01:05:39
	🏃 09:08 🏃 20:46 🏃 16:58 🚴 18:47	
27	1008 Kenneth Lomås	01:06:20
	🏃 08:35 🏃 19:46 🏃 16:36 🚴 21:23	
28	1237 Odd Ragnar Eggum Jensen	01:08:24
	🏃 09:48 🏃 21:52 🏃 17:36 🚴 19:08	

29	1135 Ole Henrik Myklebust	01:09:00		
	 11:00	 21:33	 14:21	 22:06
30	1022 Matias Gjøstein Sundal	01:09:08		
	 09:08	 21:09	 19:19	 19:32
31	1249 Jonas Torsvik	01:09:18		
	 09:47	 23:30	 15:11	 20:50
32	1240 Hallvard Vittersø	01:09:27		
	 11:16	 23:54	 12:38	 21:39
33	1239 Jonas vangen	01:09:39		
	 09:05	 22:24	 17:58	 20:12
34	1112 Bjørn Tennø	01:10:06		
	 08:45	 23:12	 18:35	 19:34
35	1123 Jaran Watne Bøyum	01:10:16		
	 09:09	 20:49	 22:10	 18:08

36	1121 Sjur Storevik Moe	08:01	20:37	20:17	21:33	01:10:28
38	1085 Nikolai Fischer	10:56	28:06	15:29	18:24	01:12:55
37	1004 Andreas Ro Iversen	12:26	23:03	17:52	19:34	01:12:55
39	1013 Are Mossefinn Sandvik	07:25	22:57	22:15	20:31	01:13:08
40	1122 Frode Berge Alme	10:58	25:48	17:03	20:14	01:14:03
41	1129 Hallvard Bjørge	12:13	26:26	16:05	20:36	01:15:20
42	1059 Halvard Kolaas	09:46	22:00	23:10	20:26	01:15:22

43	1143 Jan Helge Eggum					01:15:36
		🏊 10:54	🏊 22:33	🏊 20:00	🚴 22:09	
44	1044 Arne Løland					01:16:00
		🏊 10:55	🏊 26:05	🏊 18:55	🚴 20:05	
45	1110 Mikkel Svanevik					01:16:28
		🏊 08:09	🏊 20:05	🏊 26:50	🚴 21:24	
46	1061 Jon Husabø					01:16:47
		🏊 10:42	🏊 25:19	🏊 19:14	🚴 21:32	
47	1038 Morten Berg					01:17:57
		🏊 10:58	🏊 24:32	🏊 20:51	🚴 21:36	
48	1055 Ole Kristian Åset					01:18:09
		🏊 09:53	🏊 22:35	🏊 22:10	🚴 23:31	
49	1095 Arild Hartveit					01:20:49
		🏊 12:25	🏊 28:08	🏊 15:13	🚴 25:03	

50	1128	Oddne Skrede						01:25:52
			🏃 10:22	🏃 32:34	🏃 23:14	🚴 19:42		
51	1068	Kjetil Hilleren						01:26:01
			🏃 09:16	🏃 28:18	🏃 20:47	🚴 27:40		
52	1016	Stian Bøyum						01:27:44
			🏃 12:05	🏃 31:09	🏃 18:51	🚴 25:39		
53	1032	David Edward Weir						01:28:51
			🏃 11:35	🏃 30:50	🏃 22:17	🚴 24:09		
54	1003	Leif Husabø						01:36:10
			🏃 15:00	🏃 35:52	🏃 23:50	🚴 21:28		
DNF	1062	Erlend Henjesand						
			🏃 07:17	🏃 13:20	🏃 13:25	🚴		
DNF	1056	David Høyheim Skintveit						
			🏃 08:20	🏃 19:14	🏃	🚴		

DNF

1130 Eivind Risøy

🏃 07:34

🏃

🏃

🚴

DNF

1133 Fredrik Fjelldal

🏃 08:08

🏃

🏃

🚴

DNS

1028 Øystein Fykse

🏃

🏃

🏃

🚴

DNS

1100 Arnstein Ommedal

🏃

🏃

🏃

🚴

DNS

1126 Njål T. Tyssing

🏃

🏃

🏃

🚴

DNS

1219 Simen Bækken




































🏃
































🏃

🏃

🚴

Superveteran Superkjering herre (28)















1		1134 Ivar Henjum					00:55:28
			 07:40	 15:38	 14:38	 17:32	
2		1094 John Olaf Røhme					00:57:42
			 09:03	 16:57	 12:57	 18:45	
3		1021 Anders Knut Molland					01:00:45
			 09:30	 18:34	 13:57	 18:44	
4		1050 Odd -Sverre Johansen					01:01:24
			 09:02	 17:27	 15:47	 19:08	
5		1098 Steinar Røysum					01:03:21
			 10:38	 17:11	 15:15	 20:17	
6		1138 Per Hauge					01:03:46
			 09:29	 19:52	 16:11	 18:14	
7		1225 Eivind Brendehaug					01:04:00
			 10:21	 18:22	 15:51	 19:26	

8		1031 Bjørn Salberg						01:04:20
			 08:55	 19:16	 16:19	 19:50		
9		1141 Gunnar Søderholm						01:04:42
			 10:01	 18:08	 16:31	 20:02		
10		1231 Arne Monrad Johnsen						01:04:44
			 08:06	 18:08	 19:03	 19:27		
11		1115 Kai Kvalsøren						01:05:43
			 09:12	 22:43	 14:40	 19:08		
12		1139 Ragnar Seime						01:05:44
			 08:32	 20:42	 17:03	 19:27		
13		1140 Nils Magne Slinde						01:05:48
			 13:30	 17:24	 14:55	 19:59		
14		1045 Øyvind Myrmel						01:06:42
			 11:58	 19:55	 15:02	 19:47		

15	1113 Arvid Eidså	01:11:02
	🏃 15:01 🏃 19:52 🏃 17:31 🚴 18:38	
16	1027 Morten Michalsen	01:12:09
	🏃 13:39 🏃 20:58 🏃 16:47 🚴 20:45	
17	1120 Johnny Stenshagen	01:12:48
	🏃 09:22 🏃 22:30 🏃 18:49 🚴 22:07	
18	1109 Carlo Aall	01:13:11
	🏃 09:30 🏃 24:32 🏃 18:08 🚴 21:01	
19	1246 Dag Nestegjerde	01:13:23
	🏃 10:49 🏃 23:10 🏃 16:53 🚴 22:31	
20	1024 Karl Erik Johnsen	01:16:05
	🏃 08:17 🏃 24:50 🏃 21:37 🚴 21:21	
21	1114 Nils Henjum	01:19:02
	🏃 10:39 🏃 22:22 🏃 21:30 🚴 24:31	

22	1051	Lars Magnar Røneid	🏃 13:50	🏃 21:02	🏃 24:07	🚴 23:25	01:22:24
23	1020	Stein Løvdahl	🏃 15:57	🏃 21:41	🏃 24:30	🚴 23:44	01:25:52
24	1201	Bjørn Birger Bremer	🏃 11:50	🏃 24:45	🏃 25:27	🚴 24:44	01:26:46
25	1242	Erling Eggum	🏃 11:19	🏃 29:40	🏃 23:33	🚴 26:29	01:31:01
26	1202	Truls Corneliussen	🏃 20:10	🏃 38:49	🏃 31:59	🚴 27:29	01:58:27
27	1002	Per Ståle Grude	🏃 17:09	🏃 37:29	🏃 37:16	🚴 30:42	02:02:36
28	1213	Ola Opheim	🏃 20:31	🏃 45:23	🏃 33:02	🚴 31:10	02:10:06

Veteran Superkjering herre (17)

1		1207 Stian Ulberg						00:51:35
			 07:28	 13:32	 13:35	 17:00		
2		1081 Bjørn Berge						00:54:02
			 07:35	 14:48	 13:14	 18:25		
3		1076 Anders Yri						00:55:56
			 07:35	 16:15	 14:31	 17:35		
4		1046 Stein Dyngen						00:56:51
			 07:40	 16:42	 14:42	 17:47		
5		1226 Karl Helge Albretsen						00:57:29
			 08:07	 16:39	 14:45	 17:58		
6		1074 Jørgen Tistel						00:59:21
			 08:45	 17:49	 14:37	 18:10		
7		1250 Torgeir Herstad						01:00:47
			 07:34	 16:35	 18:19	 18:19		

8	1029 Peter Lyby	09:44	18:30	15:12	19:12	01:02:38
9	1017 Arve Uglum	09:11	21:18	14:41	18:47	01:03:57
10	1205 Tore Bye	08:46	19:35	16:54	19:15	01:04:30
11	1124 Svernn Finden	09:17	21:25	16:13	21:30	01:08:25
12	1119 Marius Hatle	08:14	20:31	18:03	21:56	01:08:44
13	1069 Jon Anders Stavang	09:37	23:53	16:52	19:36	01:09:58
14	1251 Ralph Kruger	14:38	20:22	17:32	20:35	01:13:07

15

1005 **Roar Slinde**

01:15:13

🏊 10:27

🏊 23:40

🏊 18:53

🚴 22:13

16

1058 **Olav Helge Ylvisåker**

01:15:46

🏊 11:17

🏊 23:39

🏊 18:32

🚴 22:18

17

1209 **Arvid Bro Thuestad**

02:08:01



























🏊 27:02

🏊 44:30

🏊 22:59






























🚴 33:30

Junior Superkjering jenter (6)

1		1064 Andrea Fiskaa Haugen						01:09:54
			 08:07	 21:48	 17:09	 22:50		
2		1073 Amanda Marie Dyngen						01:28:31
			 13:29	 29:36	 20:00	 25:26		
3		1065 Eirin Fiskaa Haugen						01:29:18
			 10:12	 29:03	 23:28	 26:35		
3		1233 Sara Felde Liljedal						01:29:18
			 10:13	 28:17	 24:13	 26:35		
5		1101 Margit Røyseth Seime						01:39:02
			 15:18	 31:14	 22:05	 30:25		
6		1215 Olivia OPheim						01:59:16
			 20:49	 39:06	 28:30	 30:51		

Senior Superkjering dame (35)

1		1203 Malene Blikken Haukøy					00:58:11
			 09:04	 18:30	 12:02	 18:35	
2		1235 Bertine Thorsnes Lefdal					00:59:15
			 09:29	 15:15	 14:58	 19:33	
3		1077 Olaug Grut Andersen					01:00:49
			 08:18	 18:21	 14:44	 19:26	
4		1210 Ida Bjørk					01:01:53
			 09:18	 19:26	 13:38	 19:31	
5		1034 Silje Heltne					01:01:55
			 11:30	 16:36	 14:05	 19:44	
6		1001 Kari-Anne Kirsebom Strandman					01:04:45
			 13:01	 18:42	 14:24	 18:38	
7		1125 Silje Aaberge Aalbu					01:04:46
			 08:57	 19:11	 17:25	 19:13	






















8		1039	Ingrid Øvsteng						01:05:30
				 10:44	 18:08	 17:07	 19:31		
9		1015	Astri Knudsen						01:07:46
				 11:50	 20:04	 15:36	 20:16		
10		1223	Kristine Røyseth						01:07:56
				 09:57	 19:28	 16:25	 22:06		
11		1108	Jorun Yri						01:08:02
				 09:31	 22:20	 15:01	 21:10		
12		1009	Marianne Stanghelle						01:08:39
				 09:11	 19:39	 18:51	 20:58		
13		1245	Anne Cathrine Heggheim						01:08:43
				 10:12	 20:59	 16:22	 21:10		
14		1011	Anja Hammernes Pedersen						01:11:27
				 11:27	 18:50	 17:45	 23:25		

15	1243	Marte Dæhlen	🏃 10:24	🏃 23:07	🏃 15:33	🚴 23:15	01:12:19
16	1089	Marit Norum	🏃 09:28	🏃 24:50	🏃 17:05	🚴 22:10	01:13:33
17	1132	Sigrun Melve Aarrestad	🏃 10:34	🏃 22:02	🏃 20:32	🚴 21:12	01:14:20
18	1042	Hilde Katrine Engeli	🏃 10:28	🏃 26:26	🏃 17:43	🚴 22:22	01:16:59
19	1070	Marie Solvoll Lyby	🏃 12:59	🏃 24:31	🏃 17:14	🚴 22:37	01:17:21
20	1208	Hege Tafjord	🏃 16:00	🏃 23:09	🏃 17:04	🚴 21:36	01:17:49
21	1228	Solveig Tveit Eggum	🏃 15:12	🏃 23:09	🏃 15:11	🚴 24:17	01:17:49

22	1106 Hanna Stenevik						01:17:56
		🏃 12:57	🏃 24:18	🏃 17:23	🚴 23:18		
23	1103 Ina Therese Sørfonden						01:19:46
		🏃 11:53	🏃 26:26	🏃 18:46	🚴 22:41		
24	1049 Ida Jørstad Røysum						01:19:52
		🏃 15:40	🏃 21:12	🏃 19:45	🚴 23:15		
25	1052 Åse Marie Eikeland						01:20:25
		🏃 10:53	🏃 28:40	🏃 18:24	🚴 22:28		
26	1087 Ida Aspaas						01:21:53
		🏃 14:37	🏃 24:34	🏃 17:10	🚴 25:32		
27	1023 Linda Skistad						01:22:30
		🏃 12:11	🏃 27:22	🏃 19:33	🚴 23:24		
28	1048 Ruthild Oertel						01:29:42
		🏃 18:44	🏃 29:28	🏃 17:06	🚴 24:24		

29	1035	Therese Kolle						01:30:53
			🏃 19:53	🏃 28:27	🏃 18:46	🚴 23:47		
30	1104	Mariann Hegg						01:31:29
			🏃 14:36	🏃 21:42	🏃 27:18	🚴 27:53		
31	1102	Tone Sætrenes Hellebust						01:32:09
			🏃 13:15	🏃 33:01	🏃 19:13	🚴 26:40		
32	1086	Lene Paulsen						01:51:56
			🏃 22:03	🏃 33:46	🏃 26:38	🚴 29:29		
DNF	1075	Kristine Mardal						
			🏃 10:09	🏃 19:30	🏃 16:08	🚴		
DNS	1096	Kristin Lien						
			🏃	🏃	🏃	🚴		
DNS	1204	Hanna Stenevik						
			🏃	🏃	🏃	🚴		


Superveteran Superkjering dame (9)

1		1234 Torunn Grut						01:02:42
			 11:39	 16:58	 13:50	 20:15		
2		1040 Kari Anne Midtvold						01:10:04
			 11:53	 19:55	 16:34	 21:42		
3		1099 Bente Høgheim						01:16:39
			 11:42	 22:57	 17:43	 24:17		
4		1107 Kjellaug Slinde						01:17:57
			 15:23	 23:13	 16:29	 22:52		
5		1037 Trine Salvesen						01:18:42
			 13:06	 24:22	 18:22	 22:52		
6		1212 Eli Myklebust Tonning						01:22:18
			 13:43	 25:52	 19:02	 23:41		
7		1211 Susanne Svardal						01:22:34
			 14:43	 25:47	 17:46	 24:18		

8


1036 **Linda Grebstad Grinde**

01:23:40

 16:47

 23:55

 19:41

 23:17

9

1241 **Lisbeth Dahle**

01:30:30
































 18:36

 27:40

 18:23

 25:51


Veteran Superkjering dame (9)


1		1072 Strinnhild Cirotzki						01:04:47
			 11:54	 19:56	 13:47	 19:10		
2		1041 Ingebjørg Wikstrøm						01:07:23
			 10:42	 19:21	 17:20	 20:00		
3		1092 Janicke Hoel						01:08:58
			 11:01	 19:28	 17:47	 20:42		
4		1230 Eva Hamre						01:10:19
			 10:50	 20:11	 16:54	 22:24		
5		1097 Anne Berit Dyngen						01:11:01
			 13:40	 20:09	 17:21	 19:51		
6		1229 Camilla Helen Landsverk						01:20:30
			 14:15	 22:35	 24:12	 19:28		
7		1214 Cecilie Opheim						01:59:16
			 22:53	 36:56	 28:40	 30:47		

8

1105 **Camilla Selch**

02:05:01

 30:25


 43:57


 23:47

 26:52

DNF

1067 **Line Elvøy**

 13:05

 31:26







Junior lag jente (1)

1 


























101 **Girl Power**

01:17:58



 15:18 Margit Røyseth Seime
 20:55 Marte Linde Røyseth



 15:14 Live Holen
 26:31 Elise Aas

Senior lag dame (16)

1		38	toèrn					01:01:01
			10:14	Marte Kviberg		14:01	Siri Therese Nummedal	
			18:38	Thea Moen		18:08	Susanne Wilkens	
2		37	ILTIKNITTI					01:04:16
			11:31	Kitty Renate Krosshaug		13:04	Mari Hove Harkjerr	
			18:37	Maren Oldertrøen Enget		21:04	Rannveig Kvåle	
3		32	Sokkabroki					01:10:34
			10:50	Eva Hamre		16:49	Birte Tuxen	
			23:12	Ingeborg Lysne Micevoy		19:43	Ingvild Andersen	
4		36	SVV-Team Lillyhammer Kvinner					01:11:04
			13:29	Guro Skogen		16:34	Pernille Reistadbakken	
			21:16	Mari Hovdhaugen		19:45	Mette Margrethe Bakken	
5		104	Fjellrypene					01:11:49
			14:36	Mariann Hegg		15:14	Cathrine Nygaard	
			20:40	Heidi Sofie Gommerud		21:19	Liv Hilde Vågsæter	



6 **40 Unge og lovende****01:11:52**


 10:41 Berit Reppen
Lorentzen
 23:20 Mildrid Sandvik

 15:32 Trine Duesund Urne
 22:19 Hanne Heggen
Hedenstad

7



106 Studinene**01:12:43**



 12:56 Hanna Stenevik
 20:18 Maria Leganger

 16:15 Tonje Solberg Solberg
 23:14 Nora Mauseth

8

102 NAVIL 9**01:14:07**


 13:15 Tone Sætre
Hellebust
 20:09 Anne Britt
Hundershagen

 20:58 Siv Kristin Torvund
 19:45 Inger Ness

9



39 Fjordklipp**01:14:20**



 15:40 Marita Sandal
 19:30 Frøydis Westvik Yri

 16:58 Inger Johanne Fjøsne
 22:12 Mina Yri

10

103 FYK**01:14:59**



 11:54 Ina Therese Sørfonden
 21:24 Trude Helen Flåten



 16:17 Anne-Kjersti
Stenehjem
 25:24 Marit Silje Husabø

11	33	NHHI Friidrett, 1					01:17:15
			🏃 15:27	Tone Vinge Fanavoll	🏃 14:42	Vilde Wergeland	
			🏃 23:32	Thea Lindqvist	🚴 23:34	Helene Fotland Pedersen	
12	34	NHHI Friidrett, 2					01:17:41
			🏃 16:58	Live Aamo	🏃 15:34	Hanne Larsen	
			🏃 21:59	Emilie Kronstrand Hallerud	🚴 23:10	Frida Christensen	
13	35	NHHI Friidrett, 3					01:18:04
			🏃 14:30	Silje Birknes	🏃 15:46	Ema Tanovic	
			🏃 23:20	Camilla Bjørnstad	🚴 24:28	Sara Pezelj	
14	144	JenteLUS					01:20:34
			🏃 15:12	Solveig Tveit Eggum	🏃 19:02	Janne Marita Bergheim	
			🏃 17:17	Tove Stensås	🚴 29:03	Janne Marita Bergheim	
15	105	Difi1					01:53:57
			🏃 30:26	Camilla Selch	🏃 15:33	Kine Dale Strøm	
			🏃 43:56	Camilla Selch	🚴 24:02	Kine Dale Strøm	

DNF

31 Dalabonden & co

 09:13 Cecilie Ness
 17:47 Mariell Røse

 14:20 Vilde Ness
 Anne Sigrid Timberlid
Hundere


Superveteran lag dame (1)

1 


107 Om Frækaland

01:21:56

 15:24 Kjellaug Slinde

 19:20 Anne Liv Mæland
Røysum

 21:25 Sigrun Orrestad



 25:47 Marit Henjum Halsnes



Veteran lag dame (1)

1 

41 ene`ren

01:01:25

 11:26 Anette Wærsten
 17:10 Pia Sand



 14:02 Kathrine Godager
 18:47 Katja Gesch



Junior lag kombi (1)

1 

























42 **Team Lomheim-Nes**

01:06:44

 12:02 Sondre Lomheim
 19:51 Ida Lomheim Tang



























 15:25 Hanna Læg Reid Nes
 19:26 Markus Nes

Senior lag kombi (10)

1		110 Berre Rør(en)					00:59:35
			 08:10	Mikkel Svanevik	 12:52	Pelle Svanevik-Røren	
			 16:14	Magni Svanevik	 22:19	Silje Svanevik-Røren	
<hr/>							
2		48 Jo og co					01:00:25
			 08:12	Jo Hamre	 14:14	Amalie Dimmen Henjum	
			 16:32	Knut Nornes	 21:27	Gunvor Hamre Nornes	
<hr/>							
3		111 Kraftkjeringadn					01:05:51
			 07:25	Jomar Leirdal	 16:11	Anja Fardal	
			 20:51	Trude Undebakke	 21:24	Laila Finden	
<hr/>							
4		108 Austafæringane					01:07:55
			 09:31	Jorun Yri	 17:17	Julie Jacobsen Yri	
			 20:49	Jacob Jacobsen Yri	 20:18	Ingemar Risberg Yri	
<hr/>							
5		45 (R)askedalen barnehage					01:09:29
			 10:54	Jan Helge Eggum	 18:36	Inger-Lise Knudsen	
			 19:07	Henrik Røysi	 20:52	Camilla Njøs	
<hr/>							

6	46	BasBerg& Bre						01:09:29
			🏃 11:03	Bjørn Basberg	🏊 15:03	Mari Basberg		
			🏊 22:12	Bjørn Basberg	🚴 21:11	Mari Basberg		
7	112	Lag Tennø						01:09:46
			🏃 08:44	Bjørn Tennø	🏊 16:57	Marianne With Nor		
			🏊 20:00	Rolf-Arne Tennø	🚴 24:05	Birgit Aakre Tennø		
8	44	Grønt skifte						01:10:46
			🏃 12:09	Odd Ivar Kalland	🏊 15:22	Trude Knagenhjelm		
			🏊 19:09	Oddgeir Aardal	🚴 24:06	Randi Erdal		
9	47	Trø ti						01:24:56
			🏃 10:12	Dag-Andre Mo	🏊 17:06	Heidi Tangen Mo		
			🏊 27:40	Dag-Andre Mo	🚴 29:58	Heidi Tangen Mo		
10	43	Team Strålande						01:48:22
			🏃 12:02	Olav Sægrov	🏊 22:08	Anne Britt Høen		
			🏊 44:26	Olav Sægrov	🚴 29:46	Rebekka Grande Loen		

Superveteran lag kombi (6)



1		49	Kvinnene og SB Marines					01:00:28
				 08:49	Hallgeir Skartun	 17:49	Siv Laila Eriksen	
				 14:06	Rolf Martin Breisnes	 19:44	Ann-Kristin Buvik	
2		50	Ikkje lette å stoppa					01:04:58
				 08:06	Arne Monrad Johnsen	 15:38	Tordis Uglum Henjum	
				 21:03	Sissel Espe	 20:11	Knut Grinde	
3		138	Syrstrand gartneri					01:09:52
				 09:29	Per Hauge	 19:24	Ingunn Broch Hauge	
				 21:01	Ingunn Broch Hauge	 19:58	Gunnar Hamre	
4		114	SVV- Me staor pao me....					01:11:00
				 10:39	Nils Henjum	 15:57	Bente Øyre	
				 19:47	Per Birger Lomheim	 24:37	Bente Øyre	
5		113	SVV-Superveteraner fra Sør					01:23:57
				 15:02	Arvid Eidså	 15:43	Elin Stray	
				 27:00	Svein Ubostad	 26:12	Astrid Vegusdal	
6		115	Berremorro!					01:30:41
				 09:13	Kai Kvalsøren	 26:45	Siv Hovland	
				 22:42	Siv Hovland	 32:01	Siv Hovland	



Veteran lag kombi (1)

1 




143 **KKKE**

00:56:11


























 08:07 Karl Helge Albretsen
 16:49 Ellen Rustadbakken







 12:23 Kai Inge Cirtozki
 18:52 Katrin Læg Reid Nes

Junior lag open klasse (4)

1		52 Hafslogutane					00:52:46
			 09:29	Jørgen Lomheim Tang	 12:23	Eirik Urdal Cirotzki	
			 14:12	Håvar Kvam	 16:42	Torbjørn Åberge Nes	
2		116 Team Trio					00:57:58
			 08:19	Sverre Linde Røyseth	 12:18	Eirik Skrede Valvik	
			 16:58	Sverre Linde Røyseth	 20:23	Per Bjørk	
3		117 Debutantane					01:12:38
			 11:31	Gard Sønnesyn	 18:00	Anna Grindhaug	
			 17:33	Jørgen Sekse	 25:34	Sander Johannessen	
4		53 Biceps Monsters					01:20:15
			 10:14	Sara Felde Liljedal	 15:47	Gard Christensen Stokkenes	
			 30:15	Andreas Hagheim Barsnes	 23:59	Ole Cirotzki Stadheim	

Senior lag open klasse (36)

1		54 Axess Limited					00:44:59
			 07:32	Børge Bjerkeli	 11:22	Øystein Nesse	
			 12:36	Frank Polte	 13:29	Per Alfred Nordaune Holte	
<hr/>							
2		127 PPU+ - Herrer					00:48:23
			 07:12	Asbjørn Klagegg Forland	 10:13	Espen Hermans	
			 13:46	Håkon Eliassen Øvrebø	 17:12	Jørgen Yksnes Rakvåg	
<hr/>							
3		118 Politilaget					00:51:56
			 07:59	Sondre Teigen Lillebostad	 12:03	Martin Skjerdal	
			 14:53	Erik Skjerdal	 17:01	Arne Johannessen	
<hr/>							
4		58 Bedriftshelse1					00:52:46
			 08:28	Johannes Gunvordal	 11:37	Anders Otto Plassen	
			 15:22	Tor Jervan Staarvik	 17:19	Geir Ove Sva	
<hr/>							
5		131 Tommy og Tigradn					00:54:20
			 07:29	Tommy Hildeskor	 12:02	Ronny Einan	
			 17:42	Arne Hildeskor	 17:07	Dag Skoge	
<hr/>							

6		62	Team Frank					00:54:32
				<p>🏃 09:14 Roar Bøyum</p> <p>🏃 14:10 Olav Falkgjerdet</p>		<p>🏊 14:10 Frank Neset</p> <p>🚴 16:58 Runar Hatlevoll</p>		
7		64	Kamikaze-kaninene					00:54:55
				<p>🏃 11:41 Erik Fristad Drageset</p> <p>🏃 16:27 Bjørner Often Sveen</p>		<p>🏊 10:35 Christian Lønøy</p> <p>🚴 16:12 Are Sæbø</p>		
8		59	Sausekaradn					00:55:08
				<p>🏃 13:21:57 Magnus Melvær</p> <p>🏃 11:04:02 Brage Yndesdal</p>		<p>🏊 47:13 Eldar Saue</p> <p>🚴 16:16:21 Per Brunborg</p>		
9		134	DifiSAU					00:55:28
				<p>🏃 07:40 Ivar Henjum</p> <p>🏃 15:38 Ivar Henjum</p>		<p>🏊 14:38 Sindre Ramung</p> <p>🚴 17:32 Kjetil Melheim</p>		
10		121	Uten håp					00:55:55
				<p>🏃 08:01 Sjur Storevik Moe</p> <p>🏃 16:13 Espen Refsdal Thiem</p>		<p>🏊 12:53 Petter André Salberg</p> <p>🚴 18:48 Sondre Husabø</p>		
11		146	Fløte					00:56:24
				<p>🏃 07:57 Olav Henjum</p> <p>🏃 16:44 Jørgen Breisnes</p>		<p>🏊 11:06 Øystein Svardal</p> <p>🚴 20:37 Helge Eggum</p>		

12		130	Ny vri					00:56:44
				🏊 07:34	Eivind Risøy	🏊 11:47	Eivind Kaasa Kittilsen	
				🏊 18:23	Ann-Merete Risøy	🚴 19:00	Terje Hov Risøy	
13		125	SVV- Vegil vegslakt					00:56:45
				🏊 08:58	Silje Aaberge Aalbu	🏊 12:34	Melkamu Badege	
				🏊 17:58	Erik Svangstu	🚴 17:15	Øyvind Sætra	
14		109	Tastaturlaget					00:56:55
				🏊 09:30	Carlo Aall	🏊 15:01	Marta Baltruszewicz	
				🏊 13:00	Ole Inge Gjerald	🚴 19:24	Bore Skøld	
15		55	SVV- Team vicious and delicious					00:57:22
				🏊 10:14	Marius Slinde	🏊 10:55	Sindre Egeland	
				🏊 16:08	Eivind Kvarekvål	🚴 20:05	Åsmund Finsrud Dale	
16		145	Mestaklubben					00:59:10
				🏊 07:20	Erik Brenne	🏊 15:52	Tove Taranger Knudsen	
				🏊 17:49	Emil Røysum	🚴 18:09	Martin Borlaug	
17		63	Linemen's					01:00:50
				🏊 09:16	Eskil kvåle	🏊 12:59	martin hove	
				🏊 19:11	Oddbjørn Eggum	🚴 19:24	torbjørn stølen	

18	57	2a-heimen						01:01:16
			🏃 08:58	Andre Schutz	🏃 13:00	Eirik Hillestad		
			🏃 17:53	Helge Olsen	🚴 21:25	Vidar Hille		
19	137	Brødrene Aa						01:02:04
			🏃 08:55	Håkon Aa Albretsen	🏃 14:59	Vegard Aa Albretsen		
			🏃 17:49	Håkon Aa Albretsen	🚴 20:21	Eirik Andreas Albretsen		
20	135	Difi 3						01:02:24
			🏃 10:59	Ole Henrik Myklebust	🏃 11:54	Ragnar Brevik		
			🏃 21:34	Ole Henrik Myklebust	🚴 17:57	Stein Magne Os		
21	141	SVV- Vegils stabbesteiner						01:02:33
			🏃 10:02	Gunnar Søderholm	🏃 12:57	Olav Haugen		
			🏃 17:02	Kolbjørn Nord	🚴 22:32	Olav Arne Himle		
22	136	Difi 4						01:03:02
			🏃 08:55	Henrik Paus	🏃 15:37	Torhild Ulvesæter		
			🏃 19:14	Henrik Paus	🚴 19:16	Frank Fardal		
23	60	Fjedlingadn						01:03:09
			🏃 08:54	Terje Verlo	🏃 12:14	Eirik Njøs Mardal		
			🏃 21:14	Terje Verlo	🚴 20:47	Ingvill Njøs		

24	124	SVV- Vegils brøytestikker						01:03:31
			🏃 09:18	Svenn Finden	🏊 15:13	Odd Bjarne Norheim		
			🏊 17:17	Svein Jarle Slinde	🚴 21:43	Eivind Yttri		
25	119	Så lenge me slår Arne Johannessen						01:04:37
			🏃 08:15	Marius Hatle	🏊 13:25	Rune Brørs Petterson		
			🏊 20:08	Åslaug Golf Kaardal	🚴 22:49	Jon Viste		
26	61	GK Inneklima						01:04:58
			🏃 10:08	Johan Gjøringbø	🏊 12:14	Asbjørn Kjos		
			🏊 23:51	Jens Timberlid	🚴 18:45	Olav Borlaug		
27	123	Marine Harvest						01:05:08
			🏃 09:09	Jaran Watne Bøyum	🏊 13:25	Bjarne Asperanden Sjøthun		
			🏊 20:51	Super Per Olav Gla laks	🚴 21:43	Vilde Wonderwoman		
28	133	Team Red Bull						01:05:50
			🏃 08:08	Fredrik Fjelldal	🏊 15:49	Thomas Lanes Nord		
			🏊 21:21	Fredrik Fjelldal	🚴 20:32	Thomas Lanes Nord		
29	129	Aprilspøken						01:07:04
			🏃 12:13	Hallvard Bjørge	🏊 12:43	Simen Longva		
			🏊 21:43	Solveig Mork Holmøyvik	🚴 20:25	Per Kristian Warwik		

30	128	HiSF Dag og Poteetaradn					01:08:10
			🏃 10:22	Oddne Skrede	🏊 14:22	Borgtor Bøyum	
			🏃 22:31	Dag Digernes	🚴 20:55	Christian Vik	
31	122	Eg gjer ein forskjell					01:10:53
			🏃 10:58	Frode Berge Alme	🏊 19:28	Stian Løkke Øvrebø	
			🏃 21:40	Stian Løkke Øvrebø	🚴 18:47	Eirik Menes	
32	120	SVV-Team Lillyhammer Herrer					01:12:38
			🏃 09:22	Johnny Stenshagen	🏊 19:59	Øyvind Nyheim	
			🏃 21:39	Tor-Arne Foss	🚴 21:38	Dag Hammershaug	
33	56	The Rookies					01:15:05
			🏃 08:13	Egil Johannes Vangsnes	🏊 18:04	Arve Sjøthun	
			🏃 23:39	Ida Helen Sundet	🚴 25:09	Arve Sjøthun	
DNF	132	Kiwivinens venner					
			🏃 10:34	Sigrun Melve Aarrestad	🏊 13:02	Glenn Heine Orkelbog	
			🏃 21:15	Henning Nordnes	🚴	Stig Henning Hjelmeland	


DNF

147 **Kjøyr**



















  13:22:02	Ole Morten Søderholm		Johannes Breisnes
  11:04:12	Ole Morten Søderholm		Espen Røysum

DNS

126 **Team Tyssing**

	Njål T. Tyssing		Alf-Jørgen Tyssing
	Njål T. Tyssing		Alf-Jørgen Tyssing

Superveteran lag open klasse (4)



1		66	HYDRO BIL HØYANGER					00:54:24
				 10:50	Dag Nestegjerde	 13:01	Gullak Tonning	
				 13:48	Alfred Baggetun	 16:45	Kjell Baggetun	
<hr/>								
2		65	Talles veteran lag					00:59:01
				 08:17	Svein Inge Henjum	 13:09	Vidar Læg Reid	
				 19:01	Terje Talle	 18:34	Odd Arve Ragstad	
<hr/>								
3		139	SVV-prosjektil					01:00:16
				 08:32	Ragnar Seime	 14:59	Kjartan Johan Hove	
				 17:59	Gunnar Lotsberg	 18:46	Ingar Hals	
<hr/>								
4		140	SVV- Vegil gangsters					01:12:17
				 13:30	Nils Magne Slinde	 16:29	Olav Svangstu	
				 19:45	Finn Olav Lilleby	 22:33	Finn Arne Sundby	
<hr/>								



Veteran lag open klasse (1)

1 



















51 **Red Tesla**

01:05:43




































 16:37 Torger Jacobsen Yri
 15:41 Knut Åge Risberg

 15:09 Cecilie Yri
 18:16 Knut Åge Risberg

Bedrift Superkjering Dame (4)

1		1208 Hege Tafjord						01:17:49
			 16:00	 23:09	 17:04	 21:36		
2		1228 Solveig Tveit Eggum						01:17:49
			 15:12	 23:09	 15:11	 24:17		
3		1102 Tone Sætrenes Hellebust						01:32:09
			 13:15	 33:01	 19:13	 26:40		
4		1105 Camilla Selch						02:05:01
			 30:25	 43:57	 23:47	 26:52		



















Bedrift Superkjering Herre (19)

1		1232 Erik Brenne					00:53:53
			 07:19	 15:19	 14:25	 16:50	
2		1111 Jomar Leirdal					00:53:59
			 07:25	 15:14	 14:03	 17:17	
3		1118 Sondre Teigen Lillebostad					00:55:24
			 07:59	 18:14	 11:41	 17:30	
4		1134 Ivar Henjum					00:55:28
			 07:40	 15:38	 14:38	 17:32	
5		1136 Henrik Paus					00:59:17
			 08:55	 19:14	 14:04	 17:04	
6		1047 Tor Kvam Goksøyr					01:02:23
			 09:26	 19:03	 15:24	 18:30	
7		1138 Per Hauge					01:03:46
			 09:29	 19:52	 16:11	 18:14	

8	1060 Terje Verlo	08:54	21:14	15:49	18:59	01:04:56
9	1135 Ole Henrik Myklebust	11:00	21:33	14:21	22:06	01:09:00
10	1123 Jaran Watne Bøyum	09:09	20:49	22:10	18:08	01:10:16
11	1109 Carlo Aall	09:30	24:32	18:08	21:01	01:13:11
12	1246 Dag Nestegjerde	10:49	23:10	16:53	22:31	01:13:23
13	1059 Halvard Kolaas	09:46	22:00	23:10	20:26	01:15:22
14	1143 Jan Helge Eggum	10:54	22:33	20:00	22:09	01:15:36

15	1058 Olav Helge Ylvisåker						01:15:46
		🏃 11:17	🏃 23:39	🏃 18:32	🚴 22:18		
16	1061 Jon Husabø						01:16:47
		🏃 10:42	🏃 25:19	🏃 19:14	🚴 21:32		
17	1020 Stein Løvdahl						01:25:52
		🏃 15:57	🏃 21:41	🏃 24:30	🚴 23:44		
17	1128 Oddne Skrede						01:25:52
		🏃 10:22	🏃 32:34	🏃 23:14	🚴 19:42		
19	1209 Arvid Bro Thuestad						02:08:01
		🏃 27:02	🏃 44:30	🏃 22:59	🚴 33:30		


























Bedrift lag dame (4)

1 	102 NAVIL 9					01:14:07
		 13:15	Tone Sætrenes Hellebust	 20:58	Siv Kristin Torvund	
		 20:09	Anne Britt Hundershagen	 19:45	Inger Ness	
2 	39 Fjordklipp					01:14:20
		 15:40	Marita Sandal	 16:58	Inger Johanne Fjøsne	
		 19:30	Frøydis Westvik Yri	 22:12	Mina Yri	
3	144 JenteLUS					01:20:34
		 15:12	Solveig Tveit Eggum	 19:02	Janne Marita Bergheim	
		 17:17	Tove Stensås	 29:03	Janne Marita Bergheim	
4	105 Difi1					01:53:57
		 30:26	Camilla Selch	 15:33	Kine Dale Strøm	
		 43:56	Camilla Selch	 24:02	Kine Dale Strøm	

Bedrift lag kombi (3)

1		111 Kraftkjeringadn					01:05:51
			 07:25	Jomar Leirdal	 16:11	Anja Fardal	
			 20:51	Trude Undebakke	 21:24	Laila Finden	
<hr/>							
2		45 (R)askedalen barnehage					01:09:29
			 10:54	Jan Helge Eggum	 18:36	Inger-Lise Knudsen	
			 19:07	Henrik Røysi	 20:52	Camilla Njøs	
<hr/>							
3		138 Syrstrand gartneri					01:09:52
			 09:29	Per Hauge	 19:24	Ingunn Broch Hauge	
			 21:01	Ingunn Broch Hauge	 19:58	Gunnar Hamre	
<hr/>							

Bedrift lag open klasse (14)

1		54 Axess Limited					00:44:59
			 07:32	Børge Bjerkeli	 11:22	Øystein Nesse	
			 12:36	Frank Polte	 13:29	Per Alfred Nordaune Holte	
<hr/>							
2		118 Politilaget					00:51:56
			 07:59	Sondre Teigen Lillebostad	 12:03	Martin Skjerdal	
			 14:53	Erik Skjerdal	 17:01	Arne Johannessen	
<hr/>							
3		58 Bedriftshelse1					00:52:46
			 08:28	Johannes Gunvordal	 11:37	Anders Otto Plassen	
			 15:22	Tor Jervan Staarvik	 17:19	Geir Ove Sva	
<hr/>							
4		66 HYDRO BIL HØYANGER					00:54:24
			 10:50	Dag Nestegjerde	 13:01	Gullak Tønning	
			 13:48	Alfred Baggetun	 16:45	Kjell Baggetun	
<hr/>							
5		134 DifiSAU					00:55:28
			 07:40	Ivar Henjum	 14:38	Sindre Ramung	
			 15:38	Ivar Henjum	 17:32	Kjetil Melheim	
<hr/>							

6	109	Tastaturlaget	09:30 13:00	Carlo Aall Ole Inge Gjerald	15:01 19:24	Marta Baltruszewicz Bore Skøld	00:56:55
7	145	Mestaklubben	07:20 17:49	Erik Brenne Emil Røysum	15:52 18:09	Tove Taranger Knudsen Martin Borlaug	00:59:10
8	63	Linemen's	09:16 19:11	Eskil kvåle Oddbjørn Eggum	12:59 19:24	martin hove torbjørn stølen	01:00:50
9	57	2a-heimen	08:58 17:53	Andre Schutz Helge Olsen	13:00 21:25	Eirik Hillestad Vidar Hille	01:01:16
10	135	Difi 3	10:59 21:34	Ole Henrik Myklebust Ole Henrik Myklebust	11:54 17:57	Ragnar Brevik Stein Magne Os	01:02:24
11	136	Difi 4	08:55 19:14	Henrik Paus Henrik Paus	15:37 19:16	Torhild Ulvesæter Frank Fardal	01:03:02

12

61 GK Inneklima

01:04:58

🏃 10:08

Johan Gjølringbø

🏃 12:14

Asbjørn Kjos

🏃 23:51

Jens Timberlid

🚴 18:45

Olav Borlaug

13

123 Marine Harvest

01:05:08

🏃 09:09

Jaran Watne Bøyum

🏃 13:25

Bjarne Asperanden

Sjøthun

🏃 20:51

Super Per Olav Gla laks

🚴 21:43

Vilde Wonderwoman

14

128 HiSF Dag og Poteetaradn

01:08:10

🏃 10:22

Oddne Skrede

🏃 14:22

Borgtor Bøyum































🏃 22:31































Dag Digernes




























🚴 20:55

Christian Vik

Bedrift vandrepokal (44)

1		54 Axess Limited						00:44:59
			 07:32	Børge Bjerkeli	 11:22	Øystein Nesse		
			 12:36	Frank Polte	 13:29	Per Alfred Nordaune Holte		
2		118 Politilaget						00:51:56
			 07:59	Sondre Teigen Lillebostad	 12:03	Martin Skjerdal		
			 14:53	Erik Skjerdal	 17:01	Arne Johannessen		
3		58 Bedriftshelse1						00:52:46
			 08:28	Johannes Gunvordal	 11:37	Anders Otto Plassen		
			 15:22	Tor Jervan Staarvik	 17:19	Geir Ove Sva		
4		1232 Erik Brenne						00:53:53
			 07:19		 14:25		 16:50	
				 15:19				
5		1111 Jomar Leirdal						00:53:59
			 07:25		 14:03		 17:17	
				 15:14				
6		66 HYDRO BIL HØYANGER						00:54:24
			 10:50	Dag Nestegjerde	 13:01	Gullak Tonning		
			 13:48	Alfred Baggetun	 16:45	Kjell Baggetun		

7		1118	Sondre Teigen Lillebostad						00:55:24
				 07:59	 18:14	 11:41	 17:30		
9		134	DifiSAU						00:55:28
				 07:40	Ivar Henjum	 14:38	Sindre Ramung		
				 15:38	Ivar Henjum	 17:32	Kjetil Melheim		
8		1134	Ivar Henjum						00:55:28
				 07:40	 15:38	 14:38	 17:32		
10		109	Tastaturlaget						00:56:55
				 09:30	Carlo Aall	 15:01	Marta Baltruszewicz		
				 13:00	Ole Inge Gjerald	 19:24	Bore Skøld		
11		145	Mestaklubben						00:59:10
				 07:20	Erik Brenne	 15:52	Tove Taranger Knudsen		
				 17:49	Emil Røysum	 18:09	Martin Borlaug		
12		1136	Henrik Paus						00:59:17
				 08:55	 19:14	 14:04	 17:04		

13		63	Linemen's							01:00:50	
				 09:16	Eskil kvåle	 12:59	martin hove	 19:11	Oddbjørn Eggum	 19:24	torbjørn stølen
14		57	2a-heimen							01:01:16	
				 08:58	Andre Schutz	 13:00	Eirik Hillestad	 17:53	Helge Olsen	 21:25	Vidar Hille
15		1047	Tor Kvam Goksøyr							01:02:23	
				 09:26		 19:03				 15:24	 18:30
16		135	Difi 3							01:02:24	
				 10:59	Ole Henrik Myklebust	 11:54	Ragnar Brevik	 21:34	Ole Henrik Myklebust	 17:57	Stein Magne Os
17		136	Difi 4							01:03:02	
				 08:55	Henrik Paus	 15:37	Torhild Ulvesæter	 19:14	Henrik Paus	 19:16	Frank Fardal
18		1138	Per Hauge							01:03:46	
				 09:29		 19:52				 16:11	 18:14

19	1060	Terje Verlo						01:04:56
			🏊 08:54	🏊 21:14	🏊 15:49	🚴 18:59		
20	61	GK Inneklima						01:04:58
			🏊 10:08 🏊 23:51	Johan Gjøringbø Jens Timberlid		🏊 12:14 🚴 18:45	Asbjørn Kjos Olav Borlaug	
21	123	Marine Harvest						01:05:08
			🏊 09:09 🏊 20:51	Jaran Watne Bøyum Super Per Olav Gla laks		🏊 13:25 🚴 21:43	Bjarne Asperanden Sjøthun Vilde Wonderwoman	
22	111	Kraftkjeringadn						01:05:51
			🏊 07:25 🏊 20:51	Jomar Leirdal Trude Undebakke		🏊 16:11 🚴 21:24	Anja Fardal Laila Finden	
23	128	HiSF Dag og Poteetaradn						01:08:10
			🏊 10:22 🏊 22:31	Oddne Skrede Dag Digernes		🏊 14:22 🚴 20:55	Borgtor Bøyum Christian Vik	
24	1135	Ole Henrik Myklebust						01:09:00
			🏊 11:00	🏊 21:33	🏊 14:21	🚴 22:06		

25	45 (R)askedalen barnehage						01:09:29
		🏃 10:54 🏃 19:07	Jan Helge Eggum Henrik Røysi		🏃 18:36 🚴 20:52	Inger-Lise Knudsen Camilla Njøs	
26	138 Syrstrand gartneri						01:09:52
		🏃 09:29 🏃 21:01	Per Hauge Ingunn Broch Hauge		🏃 19:24 🚴 19:58	Ingunn Broch Hauge Gunnar Hamre	
27	1123 Jaran Watne Bøyum						01:10:16
		🏃 09:09	🏃 20:49	🏃 22:10	🚴 18:08		
28	1109 Carlo Aall						01:13:11
		🏃 09:30	🏃 24:32	🏃 18:08	🚴 21:01		
29	1246 Dag Nestegjerde						01:13:23
		🏃 10:49	🏃 23:10	🏃 16:53	🚴 22:31		
30	102 NAVIL 9						01:14:07
		🏃 13:15 🏃 20:09	Tone Sætrene Hellebust Anne Britt Hundershagen		🏃 20:58 🚴 19:45	Siv Kristin Torvund Inger Ness	

38	144	JenteLUS						01:20:34
			🏃 15:12	Solveig Tveit Eggum	🏃 19:02	Janne Marita Bergheim		
			🏃 17:17	Tove Stensås	🚴 29:03	Janne Marita Bergheim		
39	1020	Stein Løvdahl						01:25:52
			🏃 15:57		🏃 24:30		🚴 23:44	
39	1128	Oddne Skrede						01:25:52
			🏃 10:22		🏃 23:14		🚴 19:42	
41	1102	Tone Sætrenes Hellebust						01:32:09
			🏃 13:15		🏃 19:13		🚴 26:40	
42	105	Difi1						01:53:57
			🏃 30:26	Camilla Selch	🏃 15:33	Kine Dale Strøm		
			🏃 43:56	Camilla Selch	🚴 24:02	Kine Dale Strøm		
43	1105	Camilla Selch						02:05:01
			🏃 30:25		🏃 23:47		🚴 26:52	
44	1209	Arvid Bro Thuestad						02:08:01
			🏃 27:02		🏃 22:59		🚴 33:30	



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