

# Resultater Trippelen 2016-2024 med løype- og mellomtider

Resultater 09.06.2024:

14 grader, pent vær. Vind fra sørvest 4 m/s. Våte partier.

Pl.	Navn	10,2 km	Pl.	(7,0 km)	17,2 km	Pl.	(5,1 km)	22,3 km
1	Arroyo, Ruben Marco	0:42:11	1	0:28:57	1:11:08	1	0:19:45	1:30:53
2	Solbjørg, Øystein	0:42:39	2	0:30:12	1:12:51	2	0:22:17	1:35:08
3	Borgen-Johansen, Mats	0:46:29	3	0:30:43	1:17:12	3	0:21:07	1:38:19
4	Gurung, Ozzy	0:48:54	5	0:30:50	1:19:44	4	0:20:30	1:40:14
5	Olsen, Ulf Roger	0:49:06	7	0:32:30	1:21:36	6	0:22:38	1:44:14
6	Knudsen, Christer	0:47:23	4	0:33:33	1:20:56	5	0:25:25	1:46:21
7	Halle, Alexander Braseth	0:51:53	10	0:34:02	1:25:55	10	0:22:32	1:48:27
8	Rive, Jan Olav	0:50:39	9	0:33:47	1:24:26	8	0:24:28	1:48:54
9	Smaaberg, Bjørn Arild	0:48:54	5	0:35:18	1:24:12	7	0:25:19	1:49:31
10	Sture, Martin	0:50:35	8	0:34:14	1:24:49	9	0:24:57	1:49:46
11	Huse, Christian	0:53:03	14	0:35:29	1:28:32	11	0:24:35	1:53:07
12	Steen, Knut Willy	0:52:22	11	0:36:10	1:28:32	11	0:25:08	1:53:40
13	Berg, Kai	0:52:33	13	0:36:02	1:28:35	13	0:26:13	1:54:48
14	Heggenes, Tommy	0:53:03	14	0:36:05	1:29:08	14	0:27:12	1:56:20
15	Baustad, Alexander	0:52:22	11	0:37:56	1:30:18	15	0:27:09	1:57:27
16	Syversen, Jon Vegard	0:55:39	16	0:37:38	1:33:17	16	0:27:19	2:00:36
17	Aasberg Johansen, Stian	0:59:05	20	0:38:35	1:37:40	17	0:26:43	2:04:23
18	Høier, Birthe Lundestad	0:58:59	18	0:38:43	1:37:42	18	0:27:13	2:04:55
19	Hoff, Christian	0:59:05	20	0:38:38	1:37:43	19	0:28:27	2:06:10
20	Larsen, Kristian	0:57:59	17	0:39:46	1:37:45	20	0:28:27	2:06:12
21	Lundestad, Ida	1:00:15	22	0:41:25	1:41:40	22	0:27:44	2:09:24
22	Lundestad-Kemi, Lucas	1:00:15	22	0:41:25	1:41:40	22	0:27:44	2:09:24
23	Kristoffersen, Tom	1:00:15	22	0:41:54	1:42:09	24	0:28:20	2:10:29
24	Raagaard, Henrik Lund	0:58:59	18	0:42:19	1:41:18	21	0:29:23	2:10:41
25	Noreng, Lars	1:00:15	22	0:41:55	1:42:10	26	0:29:38	2:11:48
26	Elvehøy, Sara	1:00:56	27	0:42:25	1:43:21	27	0:29:56	2:13:17
27	Nygård, Alf-Martin	1:00:15	22	0:41:54	1:42:09	24	0:34:25	2:16:34
28	Arnesen, Jon Vidar	1:03:03	28	0:43:05	1:46:08	28	0:30:31	2:16:39
29	Javadi, Mohammad	1:04:44	30	0:45:28	1:50:12	30	0:30:12	2:20:24
30	Halvorsen, Therese	1:03:38	29	0:44:37	1:48:15	29	0:33:44	2:21:59
31	Minge, Jørgen	1:09:12	31	0:45:00	1:54:12	31	0:28:33	2:22:45
32	Minge, Richard	1:09:52	32	0:44:28	1:54:20	32	0:31:31	2:25:51
33	Minge, Ulf	1:09:52	32	0:44:28	1:54:20	32	0:31:32	2:25:52
34	Henriksen, Roar	1:14:30	34	0:50:15	2:04:45	34	0:34:49	2:39:34
35	Bjørge, Eline Rildå	1:14:57	36	0:50:54	2:05:51	36	0:39:22	2:45:13
36	Hartig, Carsten	1:14:30	34	0:50:15	2:04:45	34	0:42:17	2:47:02

**Resultater 11.06.2023:**

23 grader, pent vær. Vind fra sørvest 3 m/s. Fine forhold.

Pl.	Navn	10,2 km	Pl.	(7,0 km)	17,2 km	Pl.	(5,1 km)	22,3 km
1	Knudsen, Christer	0:49:14	3	0:32:38	1:21:52	3	22:15	1:44:07
2	Eriksen, Lars-Andreas	0:49:13	1	0:32:37	1:21:50	1	22:24	1:44:14
3	Røyneberg, Elias	0:49:13	1	0:32:37	1:21:50	1	24:20	1:46:10
4	Halle, Alexander Braseth	0:49:15	4	0:33:50	1:23:05	4	23:07	1:46:12
5	Nilsen, Rune	0:51:28	7	0:35:02	1:26:30	7	24:33	1:51:03
6	Smaaberg, Bjørn Arild	0:49:30	5	0:35:57	1:25:27	5	25:36	1:51:03
7	Heggenes, Tommy	0:50:31	6	0:35:25	1:25:56	6	25:58	1:51:54
8	Nysted, Arild	0:53:37	8	0:36:41	1:30:18	8	27:59	1:58:17
9	Syversen, Jon Vegard	0:55:03	10	0:36:29	1:31:32	9	26:54	1:58:26
10	Stordal, André	0:54:45	9	0:39:47	1:34:32	10	30:45	2:05:17
11	Raagaard, Henrik Lund	0:58:30	12	0:41:30	1:40:00	12	28:14	2:08:14
12	Baustad, Alexander	0:56:59	11	0:39:27	1:36:26	11	35:55	2:12:21
13	Aasberg Johansen, Stian	1:04:40	13	0:45:08	1:49:48	13	35:20	2:25:08
14	Briancourt, Pål	1:12:05	14	0:44:53	1:56:58	14	35:28	2:32:26
15	Hartig, Carsten	1:12:05	14	0:49:40	2:01:45	15	40:40	2:42:25
16	Sognlien, Tom	1:18:05	16	1:08:35	2:26:40	16	26:16	2:52:56
	Røyneberg, Olav							DNF
	Steen, Knut Willy							DNF

**Resultater 19.06.2022:**

18 grader, lettskyet pent. Vind fra sørvest 3 m/s. Fine forhold.

Pl.	Navn	10,2 km	Pl.	(7,0 km)	17,2 km	Pl.	(5,1 km)	22,3 km
1	Hinsch, Malte Sebastian	0:49:48	1	0:33:12	1:23:00	1	23:33	1:46:33
2	Halle, Alexander Braseth	0:50:40	3	0:34:10	1:24:50	2	23:13	1:48:03
3	Jakobsen, Kim	0:50:16	2	0:35:40	1:25:56	3	26:12	1:52:08
4	Pinås, Tor Christian	0:50:40	3	0:35:49	1:26:29	4	26:18	1:52:47
5	Oliversen, Magnus	0:52:18	6	0:35:31	1:27:49	7	25:44	1:53:33
6	Børthus, Martine Grav	0:52:18	6	0:35:27	1:27:45	6	25:50	1:53:35
7	Strangel, Bjørn Erik	0:52:15	5	0:35:29	1:27:44	5	26:01	1:53:45
8	Pinaas, Simon	0:53:23	8	0:37:32	1:30:55	8	26:24	1:57:19
8	Steen, Knut Willy	0:53:23	8	0:37:32	1:30:55	8	26:24	1:57:19
10	Syversen, Jon Vegard	0:54:05	10	0:37:20	1:31:25	10	26:58	1:58:23
11	Kultorp, Caroline	0:56:04	12	0:37:44	1:33:48	11	26:34	2:00:22
12	Ahmad, Fairuz Syed	0:57:26	15	0:39:27	1:36:53	12	27:11	2:04:04
13	Jørgensen, Geir	0:57:30	16	0:39:30	1:37:00	14	27:35	2:04:35
14	Vikesland, Pål	0:56:17	14	0:40:48	1:37:05	15	30:08	2:07:13
15	Stordal, André	0:56:05	13	0:40:48	1:36:53	12	36:10	2:13:03
16	Noreng, Lars	0:55:44	11	0:45:50	1:41:34	16	33:24	2:14:58
17	Halvorsen, Therese	1:03:28	17	0:44:07	1:47:35	17	32:45	2:20:20
18	Høier, Birthe Lundestad	1:03:50	18	0:46:32	1:50:22	18	34:16	2:24:38
19	Hartig, Carsten	1:12:02	19	0:49:13	2:01:15	19	38:45	2:40:00
20	Nilsen, Roger	1:17:05	20	0:53:14	2:10:19	20	34:21	2:44:40
21	Årøen, Asbjørn	1:41:52	21	1:10:32	2:52:24	21	51:36	3:44:00
	Løvås, Even Bentzen							DNF
	Baustad, Alexander							DNF

**Resultater 04.07.2021:****23 grader, sol, skyet og noen dråper. Vind fra øst 4 m/s. Fine forhold.**

Pl.	Navn	10,2 km	Pl.	(7,0 km)	17,2 km	Pl.	(5,1 km)	22,3 km
1	Erstad, Magnus	0:40:00	1	0:26:34	1:06:34	1	18:25	1:24:59
2	Haugland, Per Ove	0:48:10	2	0:33:22	1:21:32	2	24:31	1:46:03
3	Strangel, Bjørn Erik	0:51:09	3	0:35:50	1:26:59	3	25:15	1:52:14
4	Noreng, Lars	0:51:10	4	0:35:56	1:27:06	4	25:42	1:52:48
5	Rive, Jan Olav	0:53:34	8	0:35:38	1:29:12	6	25:05	1:54:17
6	Baustad, Alexander	0:52:31	6	0:39:34	1:32:05	7	25:48	1:57:53
7	Steen, Knut Willy	0:52:31	6	0:39:36	1:32:07	8	29:58	2:02:05
8	Bill, Daniel	0:57:22	10	0:38:45	1:36:07	10	28:15	2:04:22
8	Kultorp, Caroline	0:57:20	9	0:38:45	1:36:05	9	28:17	2:04:22
10	Halle, Alexander Braseth	0:51:20	5	0:34:58	1:26:18	5	38:21	2:04:39
11	Vikesland, Pål	0:57:50	11	0:38:55	1:36:45	11	28:13	2:04:58
12	Nilsen, Emilie	1:00:16	12	0:41:37	1:41:53	12	31:02	2:12:55
13	Fairuz, Syed Ahmad	1:02:06	13	0:42:47	1:44:53	13	31:02	2:15:55
14	Ripe, Jørn Atle	1:04:01	14	0:43:36	1:47:37	14	33:23	2:21:00
15	Evensen, Anne Helen	1:10:39	16	0:47:05	1:57:44	15	41:42	2:39:26
16	Ileby, Helene	1:09:12	15	0:52:50	2:02:02	16	39:54	2:41:56
17	Årøen, Asbjørn	1:27:55	17	0:59:05	2:27:00	17	46:01	3:13:01
	Berg, Kai							DNF
	Olsen, Ulf Roger							DNF
	Olufsen, Glenn							DNF

**Resultater 23.08.2020:**

\* Måtte snu etter litt over halve blå pga en elg som sperret for dem.

**19 gr. Først mye sol, så mer skyet og regn siste 2 min. Vind fra sørvest 4 m/s. Gode forhold.**

Pl.	Navn	10,2 km	Pl.	(7,0 km)	17,2 km	Pl.	(5,1 km)	22,3 km
1	Kvame, Anders	0:44:28	2	0:30:41	1:15:09	1	21:37	1:36:46
2	Eriksen, Lars-Kristian	0:44:27	1	0:30:42	1:15:09	1	24:56	1:40:05
3	Nilsen, Rune	0:46:10	3	0:31:51	1:18:01	3	22:39	1:40:40
4	<b>Borgen-Johansen, Lise</b>	0:46:32	5	0:32:11	1:18:43	5	22:55	1:41:38
5	Rostad, Kristoffer	0:46:10	3	0:32:03	1:18:13	4	24:00	1:42:13
6	Bekkstrand, Rolf Henrik	0:47:24	7	0:32:46	1:20:10	6	23:07	1:43:17
7	Steen, Knut Willy	0:47:22	6	0:34:21	1:21:43	7	26:15	1:47:58
8	Authen, Jonas	0:54:04	15	0:37:23	1:31:27	15	26:04	1:57:31
9	Eriksson, Carl Christian	0:54:04	15	0:37:23	1:31:27	15	26:06	1:57:33
10	Simonsen, Sven	0:53:04	14	0:37:02	1:30:06	14	27:44	1:57:50
11	Lier, Ole Christian	0:54:38	18	0:37:30	1:32:08	18	26:31	1:58:39 *
12	Raagaard, Henrik Lund	0:54:25	17	0:37:39	1:32:04	17	26:36	1:58:40 *
13	Werrnersen, Regin	0:50:37	13	0:35:00	1:25:37	10	33:07	1:58:44 *
14	Baustad, Alexander	0:50:00	9	0:35:36	1:25:36	9	34:59	2:00:35 *
14	Knudsen, Christer	0:50:01	10	0:35:34	1:25:35	8	35:00	2:00:35 *
16	Corneliussen, Eirik	0:48:32	8	0:37:29	1:26:01	11	34:36	2:00:37 *
16	Klausen, Glenn	0:50:18	12	0:36:26	1:26:44	13	33:53	2:00:37 *
16	Noreng, Lars	0:50:17	11	0:36:26	1:26:43	12	33:54	2:00:37 *
19	Olufsen, Glenn	0:55:03	19	0:38:50	1:33:53	19	28:18	2:02:11
20	Nysted, Arild	0:57:25	21	0:39:25	1:36:50	20	29:34	2:06:24
21	Svandal, Magne	0:57:29	22	0:41:29	1:38:58	21	30:44	2:09:42
22	<b>Nilsen, Emilie</b>	0:57:39	23	0:41:33	1:39:12	22	31:00	2:10:12
23	Bill, Daniel	0:59:58	25	0:41:55	1:41:53	25	31:28	2:13:21
24	<b>Kultorp, Caroline</b>	0:59:55	24	0:41:56	1:41:51	24	31:31	2:13:22
25	Fredriksen, Christian	0:55:12	20	0:45:45	1:40:57	23	33:54	2:14:51
26	Nilsen, Roger	1:05:39	27	0:44:54	1:50:33	27	34:09	2:24:42
27	Aasen, Ole Johnny	1:02:11	26	0:48:36	1:50:47	28	37:43	2:28:30
28	Hartig, Carsten	1:09:10	28	0:40:51	1:50:01	26	45:19	2:35:20
29	Jørgensen, Jarle	1:13:21	29	0:55:29	2:08:50	29	41:29	2:50:19
29	Jørgensen, Nicklas	1:13:21	29	0:55:32	2:08:53	30	41:26	2:50:19
31	Wahlgren, Tom	1:16:25	31	0:56:32	2:12:57	31	39:03	2:52:00
32	Årøen, Asbjørn	1:24:33	32	1:00:17	2:24:50	32	42:35	3:07:25
	Berg, Kai							DNF
	Glückstad, Ole Petter Hansen							DNF
	Henriksen, Roar							DNF

**Resultater 21.06.2020****19 gr. Skyet opphold. Vind fra øst 4 m/s. Noen små vannpytter, men stort sett gode forhold.**

Pl.	Navn	10,2 km	Pl.	(7,0 km)	17,2 km	Pl.	(5,1 km)	22,3 km
1	Nilsen, Jørn Espen	0:45:15	1	30:16	1:15:31	1	20:54	1:36:25
2	Eriksen, Lars-Kristian	0:46:04	2	30:22	1:16:26	2	20:17	1:36:43
3	Kvame, Anders	0:46:04	2	30:30	1:16:34	3	22:03	1:38:37
4	Henriksen, Andreas	0:46:04	2	30:40	1:16:44	5	22:45	1:39:29
5	Haugland, Per Ove	0:46:04	2	30:39	1:16:43	4	22:57	1:39:40
6	Johansen, Mats Borgen-	0:47:30	7	31:08	1:18:38	6	21:09	1:39:47
7	Nilsen, Rune	0:47:01	6	31:37	1:18:38	6	22:25	1:41:03
8	Smaaberg, Bjørn Arild	0:47:36	9	32:59	1:20:35	8	23:41	1:44:16
9	Olsen, Ulf Roger	0:48:00	10	33:30	1:21:30	9	23:55	1:45:25
10	Steen, Knut Willy	0:47:30	7	34:00	1:21:30	9	24:41	1:46:11
11	Vatne, Rasmus Rønning	0:49:45	11	34:35	1:24:20	11	24:17	1:48:37
12	Berg, Kai	0:51:16	12	35:12	1:26:28	12	25:09	1:51:37
13	Oriakhel, Abdul Basir	0:53:28	16	34:50	1:28:18	14	24:05	1:52:23
14	Rive, Jan Olav	0:53:28	16	34:41	1:28:09	13	25:14	1:53:23
15	Baustad, Alexander	0:52:39	13	36:19	1:28:58	15	25:31	1:54:29
16	Huse, Christian	0:53:28	16	35:47	1:29:15	16	25:54	1:55:09
17	Noreng, Lars	0:52:39	13	36:36	1:29:15	16	26:29	1:55:44
18	Nygård, Alf-Martin	0:52:39	13	40:31	1:33:10	18	28:04	2:01:14
19	Halle, Alexander Braseth	0:56:50	20	38:23	1:35:13	19	26:41	2:01:54
20	Haugen, Svein Inge	0:56:47	19	38:38	1:35:25	20	27:47	2:03:12
21	Cwyk, Maciej	0:57:05	22	38:30	1:35:35	22	27:41	2:03:16
22	Olufsen, Glenn	0:57:19	23	38:08	1:35:27	21	27:54	2:03:21
23	Havdahl, Sigfred Nomell	0:57:41	24	38:25	1:36:06	23	27:29	2:03:35
24	Svandal, Magne	0:57:04	21	41:27	1:38:31	24	32:05	2:10:36
25	Johansen, Anders	1:02:30	25	39:44	1:42:14	25	29:25	2:11:39
25	Lundestad, Ida	1:02:30	25	39:44	1:42:14	25	29:25	2:11:39
27	Nilsen, Emilie	1:02:42	27	40:56	1:43:38	27	30:27	2:14:05
28	Evensen, Anne Helen	1:10:31	28	46:15	1:56:46	28	34:18	2:31:04
29	Glückstad, Ole Petter Hansen	1:10:48	28	52:42	2:03:30	29	40:59	2:44:29
30	Ostad, Tom	1:10:50	30	52:51	2:03:41	30	42:19	2:46:00
	Holmen, Kjell Runar							DNF

**Resultater 25.08.2019:****23 gr. Pent vær. Syd-sydvest vind 2 m/s. Enkelte sleipe partier, men stort sett gode forhold.**

Pl.	Navn	10,2 km	Pl.	(7,0 km)	17,2 km	Pl.	(5,1 km)	22,3 km
1	Solbjørg, Øystein	0:46:14	2	0:30:04	1:16:18	1	22:43	1:39:01
2	Nilsen, Rune	0:46:05	1	0:32:34	1:18:39	2	23:04	1:41:43
3	Karlsen, Svein-Åge	0:47:10	3	0:31:57	1:19:07	3	23:21	1:42:28
4	Hinsch, Malte Sebastian	0:50:30	5	0:36:35	1:27:05	4	28:10	1:55:15
5	Johansen, Ole Martin	0:50:08	4	0:37:10	1:27:18	5	30:15	1:57:33
6	Iversen, Hans Petter	0:52:44	8	0:37:36	1:30:20	6	27:40	1:58:00
7	Olsen, Ulf Roger	0:51:13	5	0:39:45	1:30:58	7	27:13	1:58:11
8	Nygård, Alf-Martin	0:54:00	10	0:38:25	1:32:25	12	25:49	1:58:14
9	Klausen, Glenn	0:54:00	10	0:38:25	1:32:25	12	26:18	1:58:43
10	Westberg, Raymond	0:52:48	9	0:38:12	1:31:00	8	28:47	1:59:47
11	Berg, Kai	0:54:00	10	0:39:20	1:33:20	15	26:32	1:59:52
12	Steen, Knut Willy	0:54:08	13	0:37:54	1:32:02	11	28:15	2:00:17
13	Ørbæk, Sven-Erik	0:52:37	6	0:38:48	1:31:25	10	29:12	2:00:37
14	Trankalis, André	0:56:20	20	0:38:18	1:34:38	16	26:53	2:01:31
15	Noreng, Lars	0:54:08	13	0:38:40	1:32:48	14	29:17	2:02:05
16	Nilsen, Roger	0:55:22	16	0:39:16	1:34:38	16	27:43	2:02:21
17	Sognlien, Tom	0:57:07	23	0:37:31	1:34:38	16	27:51	2:02:29
18	Corneliussen, Eirik	0:52:37	6	0:38:43	1:31:20	9	31:25	2:02:45
19	Mathiesen, Tomas	0:56:30	21	0:39:22	1:35:52	20	29:18	2:05:10
20	Arnesen, Camilla Opstad	0:56:30	21	0:39:22	1:35:52	20	30:00	2:05:52
21	Skjerping, Tom Rene	0:55:07	15	0:41:35	1:36:42	22	31:02	2:07:44
22	Halle, Alexander Braseth	0:56:10	19	0:38:34	1:34:44	19	33:40	2:08:24
23	Svandal, Magne	0:55:23	17	0:42:05	1:37:28	23	33:49	2:11:17
24	Nilsen, Jørn Espen	0:59:16	25	0:41:57	1:41:13	25	30:26	2:11:39
25	Hagen, Roar	0:55:40	18	0:43:52	1:39:32	24	34:45	2:14:17
26	Hansen, Tore	1:03:08	31	0:39:57	1:43:05	27	32:23	2:15:28
27	Haugen, Svein Inge	1:04:21	32	0:41:59	1:46:20	31	29:45	2:16:05
28	Cwyk, Maciej	0:57:30	24	0:45:10	1:42:40	26	34:25	2:17:05
29	Høier, Birthe Lundestad	1:00:25	27	0:44:50	1:45:15	29	32:15	2:17:30
29	Lundestad-Kemi, Ida	1:00:25	27	0:44:50	1:45:15	29	32:15	2:17:30
31	Evensen, Henrik Elvestad	1:02:25	30	0:43:56	1:46:21	32	35:18	2:21:39
32	Fredriksen, Stian	0:59:32	26	0:45:40	1:45:12	28	37:41	2:22:53
33	Kraft, Arild	1:04:27	33	0:46:52	1:51:19	33	36:38	2:27:57
34	Kirkerød, Jonas	1:04:27	33	0:50:45	1:55:12	35	34:57	2:30:09
35	Soløy, Edvard	1:04:52	35	0:50:28	1:55:20	37	36:27	2:31:47
36	Skåren, Maria	1:05:54	36	0:46:34	1:52:28	34	39:33	2:32:01
37	Holmen, Runar	1:00:28	29	0:54:48	1:55:16	36	39:59	2:35:15
38	Svinndal, Erik	1:06:39	37	0:51:07	1:57:46	38	37:34	2:35:20
39	Ørmen, Emily S.	1:08:08	38	0:49:45	1:57:53	39	38:14	2:36:07
40	Johansen, Kristin	1:11:11	43	0:53:49	2:05:00	43	38:10	2:43:10
41	Grundt-Ileby, Helene Louise	1:09:59	40	0:54:18	2:04:17	42	39:18	2:43:35
42	Emanuelsson, Anna	1:11:03	41	0:52:47	2:03:50	40	41:39	2:45:29
42	Susanne, Tina	1:11:03	41	0:52:47	2:03:50	40	41:39	2:45:29
44	Aasen, Ole Johnny	1:09:53	39	0:59:42	2:09:35	44	43:42	2:53:17
45	Ripe, Jørn-Atle	1:20:46	44	0:58:07	2:18:53	45	39:13	2:58:06
46	Gjølstad, Ketil	1:21:30	45	1:01:39	2:23:09	46	1:07:24	3:10:33



**Resultater 19.08.2018:**

20 grader, lettskyet, syd-sydvest vind 3 m/s. Okei forhold.

Pl.	Navn	10,2 km	Pl.	(7,0 km)	17,2 km	Pl.	(5,1 km)	22,3 km
1	f Nilsen, Rune	0:46:58	2	0:32:18	1:19:16	1	22:14	1:41:30
2	f Bekkstrand, Rolf Henrik	0:46:48	1	0:33:05	1:19:53	2	24:48	1:44:41
3	f Grigson, Richard	0:47:10	3	0:32:53	1:20:03	3	25:03	1:45:06
4	f Strandvik, Martin	0:51:49	4	0:35:41	1:27:30	4	25:13	1:52:43
5	f Sognlien, Tom	0:54:35	5	0:34:46	1:29:21	5	26:44	1:56:05
6	f Halle, Alexander Braseth	0:55:20	6	0:36:28	1:31:48	6	24:57	1:56:45
7	f Svandal, Magne	0:57:19	7	0:39:11	1:36:30	7	28:31	2:05:01
8	f Kaspersen, Steve	0:59:20	10	0:37:49	1:37:09	8	28:28	2:05:37
9	f Noreng, Lars	0:57:50	8	0:40:32	1:38:22	9	28:44	2:07:06
10	f Mathisen, Glenn	0:57:50	8	0:40:32	1:38:22	9	29:32	2:07:54
11	f Moen, Morten	1:01:57	11	0:42:45	1:44:42	11	31:47	2:16:29
11	f Aas, Heine	1:01:57	11	0:42:45	1:44:42	11	31:47	2:16:29
13	f Andersen, Frode	1:03:45	14	0:43:22	1:47:07	13	33:28	2:20:35
14	f Kirkerød, Jonas	1:03:27	13	0:48:39	1:52:06	14	31:16	2:23:22
15	f Gjølstad, Ketil	1:08:03	15	0:57:45	2:05:48	15	46:04	2:51:52
	f Henriksen, Roar							DNF
	f <b>Norvang, Christine</b>							DNF
	f Syversen, Bjørn Arild							DNF
	f Wahlgren, Tom							DNF
	f <b>Wahlgren, Tove</b>							DNF

**Resultater 20.08.2017:**

18 grader, sol og skyet. Sydvest vind. Noe vått og sleipt, så ikke topp forhold.

Pl.	Navn	10,2 km	Pl.	(7,0 km)	17,2 km	Pl.	(5,1 km)	22,3 km
1	Tjernshaugen, Jon Ivar	0:44:52	1	0:31:01	1:15:53	1	22:36	1:38:29
2	Rostad, Kristoffer	0:46:14	2	0:32:00	1:18:14	2	23:40	1:41:54
3	Borge, Morten	0:47:01	3	0:34:12	1:21:13	3	25:52	1:47:05
4	Walstrøm, Per Jørgen	0:49:25	4	0:34:16	1:23:41	4	23:47	1:47:28
5	Eilertsen, Roger	0:50:55	5	0:35:13	1:26:08	5	24:39	1:50:47
6	Sognlien, Tom	0:53:02	6	0:35:41	1:28:43	6	25:47	1:54:30
7	Kirkerød, Jonas	0:55:21	8	0:37:54	1:33:15	8	27:02	2:00:17
8	Mathiesen, Tomas	0:53:28	7	0:38:23	1:31:51	7	28:37	2:00:28
9	<b>Kemi, Ida Lundestad</b>	0:58:39	10	0:41:25	1:40:04	9	29:48	2:09:52
9	<b>Høier, Birthe Lundestad</b>	0:58:39	10	0:41:25	1:40:04	9	29:48	2:09:52
11	Henriksen, Roar	0:58:39	10	0:41:26	1:40:05	11	31:44	2:11:49
12	Moen, Morten	1:00:16	13	0:41:43	1:41:59	12	30:28	2:12:27
13	Søgaard, Andrew	0:58:01	9	0:44:10	1:42:11	13	33:29	2:15:40
14	<b>Bråthe, Gro</b>	1:12:00	15	0:48:51	2:00:51	14	35:20	2:36:11
15	f Wahlgren, Tom	1:09:58	14	0:52:50	2:02:48	15	36:34	2:39:22
16	Kraft, Arild	1:12:00	15	0:51:52	2:03:52	16	40:23	2:44:15
	Kaspersen, Steve	0:48:41						DNF
	Olsen, Ulf Roger	0:52:18						DNF
	Rosnes, Helge	0:55:31						DNF
	f Gjølstad, Ketil	1:16:55						DNF
	Syversen, Bjørn Arild							DNF



**Resultater 28.05.2017:**

17 grader, noe sol, så skyet det over med økende vind fra sør.

Topp løypeforhold.

Pl.	Navn	10,2 km	Pl.	(7,0 km)	17,2 km	Pl.	(5,1 km)	22,3 km
1	Rostad, Kristoffer	0:48:46	1	0:33:02	1:21:48	1	23:42	1:45:30
2	Grigson, Richard	0:50:03	2	0:32:46	1:22:49	2	23:32	1:46:21
3	Nilsen, Rune	0:50:04	3	0:32:45	1:22:49	2	24:13	1:47:02
4	Heggenes, Tommy	0:50:57	4	0:37:37	1:27:34	4	26:27	1:54:01
5	Kirkerød, Jonas	0:53:40	6	0:36:47	1:30:27	6	25:50	1:56:17
6	Westberg, Raymond	0:52:04	5	0:38:08	1:30:12	5	26:37	1:56:49
7	Sognlien, Tom	0:54:50	7	0:36:21	1:31:11	7	25:51	1:57:02
8	Strandvik, Martin	0:54:50	7	0:37:08	1:31:58	8	27:09	1:59:07
9	Rosnes, Helge	0:55:10	9	0:39:50	1:35:00	9	31:34	2:06:34
10	Henriksen, Roar	0:58:28	10	0:43:49	1:42:17	10	36:14	2:18:31
11	Bråthe, Gro	1:10:14	11	0:43:06	1:53:20	11	31:28	2:24:48
12	Hagebø, Jon	1:11:06	12	0:52:50	2:03:56	12	40:46	2:44:42
13	Kirkerød, Anne-Grethe	1:18:18	15	1:08:04	2:26:22	14	53:48	3:20:10
14	Syversen, Bjørn Arild	1:10:25	13	0:57:31	2:07:56	13		DNF
15	Kotlarz, Victoria	1:15:13	14					DNF

## Resultater 21.08.2016:

Pl.	Navn	10,2 km	Pl.	(7,0 km)	17,2 km	Pl.	(5,1 km)	22,3 km
1	Martinsen, Arne-Johan	0:47:48	2	0:31:22	1:19:10	2	22:36	1:41:46
2	Kirkerød, Jonas	0:45:12	1	0:33:10	1:18:22	1	26:33	1:44:55
3	Tjernshaugen, Jon Ivar	0:47:16	3	0:32:54	1:20:10	3	24:46	1:44:56
4	Grigson, Richard	0:50:02	4	0:34:40	1:24:42	4	24:54	1:49:36
5	Kaspersen, Steve	0:50:25	5	0:36:35	1:27:00	5	26:15	1:53:15
6	Svandal, Magne	0:52:50	8	0:35:14	1:28:04	6	26:21	1:54:25
7	Olsen, Jesper	0:52:50	8	0:35:14	1:28:04	6	26:33	1:54:37
8	Borge, Morten	0:51:25	6	0:37:45	1:29:10	8	29:05	1:58:15
9	Heggenes, Tommy	0:53:22	10	0:37:31	1:30:53	10	27:57	1:58:50
10	Hallstensen, Per Åge	0:52:05	7	0:38:31	1:30:36	9	30:22	2:00:58
11	Andersen, Jørgen S.	1:00:30	13	0:40:42	1:41:12	12	29:03	2:10:15
12	Andersen, Frode	0:59:25	11	0:40:10	1:39:35	11	32:13	2:11:48
13	Aasen, Benjamin	1:06:00	19	0:37:04	1:43:04	13	28:56	2:12:00
14	Bjerkenes, Birgitte	1:00:24	12	0:44:20	1:44:44	14	27:52	2:12:36
15	Kavli, Stig	1:03:27	14	0:44:45	1:48:12	15	34:06	2:22:18
16	Henriksen, Roar	1:05:37	17	0:43:45	1:49:22	16	33:44	2:23:06
17	Sørensen, Ole	1:07:10	24	0:44:05	1:51:15	19	32:57	2:24:12
18	Kavli, Micheline	1:04:45	15	0:46:01	1:50:46	17	33:31	2:24:17
18	Pihlstrøm, Kristin	1:04:45	15	0:46:01	1:50:46	17	33:31	2:24:17
20	Andersen, Linda	1:06:25	20	0:46:46	1:53:11	22	34:52	2:28:03
20	Høier, Birthe	1:06:25	20	0:46:46	1:53:11	22	34:52	2:28:03
20	Kemi, Christer	1:06:25	20	0:46:28	1:52:53	20	35:10	2:28:03
20	Kemi, Ida Lundestad	1:06:25	20	0:46:28	1:52:53	20	35:10	2:28:03
24	Sletner, Dag	1:05:41	18	0:49:27	1:55:08	24	39:39	2:34:47
25	Wahlgren, Tom	1:09:40	25	0:56:22	2:06:02	25	40:16	2:46:18
26	Aasen, Ole Johnny	1:10:28	26	0:59:17	2:09:45	26	49:30	2:59:15
1	Andersrød, Arnt	0:55:25	1	0:37:43	1:33:08	1	26:08	1:59:16
1	Minge Martin	0:55:25	1	0:37:43	1:33:08	1	26:08	1:59:16
3	Jamissen, Morten	0:55:25	1	0:37:43	1:33:08	1	28:04	2:01:12
4	Jørgensen, Jarle	0:55:25	1	0:38:43	1:34:08	4	33:10	2:07:18
5	Kolberg, Jørgen	0:55:25	1	0:42:06	1:37:31	5	30:34	2:08:05
	Westberg, Raymond							DNF