

## Resultater Lisleby Stadion 2011-2018

**2018**

18.12.

1,3 kuldegrader. Vind 2 m/s

Snø på banen, men ikke glatt.

1	Cato Hansteen	11:55
2	Magne Svandal	13:15
3	Steinar Basberg	13:19
4	Tom Sognlien	15:10

11.12.

1 gr. vind fra nordøst, 3 m/s.

Frosset bane med litt snø.

1	Julian Lucas Tvester Arnesen	11:20
2	Rune Langnes	11:35
3	Magne Svandal	11:42
4	Ulf Roger Olsen	11:46
5	Alexander Halle	11:50
6	Raymond Westberg	12:01
7	Svein Bergerud	13:39
8	Ole Johnny Aasen	14:22

04.12.

2,3 grader +. 4 m/s vind.

Tørr bane

1	Per Ove Haugland	11:07
2	Magne Svandal	11:37
3	Ulf Roger Olsen	11:43
4	Rune Langnes	11:49
5	Bjørn Arild Smaaberg	12:15

27.11.

Minus 5,5 tilnærmet vindstille.

Noe rim, fin bane å løpe på.

1	Rolf Henrik Bekkstrand	11:15
2	Magne Svandal	11:33
3	Bjørn Arild Smaaberg	11:49
4	Alexander Halle	11:50
5	Ulf Roger Olsen	11:59
6	Raymond Westberg	12:07

20.11.

Minus 1.1. Nordavind 2 m/s

Tørr bane

1	Magne Svandal	11:30
2	Rune Langnes	11:40
3	Ulf Roger Olsen	11:41
4	Bjørn Arild Smaaberg	11:43
5	Alexander Halle	11:44
6	Raymond Westberg	12:06

13.11.

8,2 gr. 1 m/s vind.

Våt bane, opphold

1	Rolf Henrik Bekkstrand	18:54	5000 m
2	Alf Georg Joranger	19:05	5000 m
3	Rune Langnes	19:37	5000 m
4	Magne Svandal	19:47	5000 m
5	Ulf Roger Olsen	20:07	5000 m
6	Alexander Halle	20:19	5000 m
7	Sven Simonsen	21:16	5000 m

06.11.

8,3 grader, 1 m/s vind.

Tørr bane

1	Rune Langnes	05:20	1500 m
2	Magne Svandal	05:24	1500 m
3	Alexander Braseth Halle	05:25	1500 m
4	Tor-Einar Langebeck	05:50	1500 m
5	Nils Wiig	06:02	1500 m

31.10.

8,5 grader.

Litt vind

1	Rolf Henrik Bekkstrand	10:55	
2	Rune Langnes	11:29	
3	Magne Svandal	11:35	
4	Alexander Braseth Halle	11:48	
5	Tor-Einar Langebeck	12:44	
6	Rino Rådahl	12:49	

10.04.

10 grader. Sol.

Tørr og fin bane

1	Rune Langnes	11:46	
2	Magne Svandal	12:46	
3	Tom Kristoffersen	13:21	
4	Tom Sognlien	14:54	
	Tor-Einar Langebeck	05:49	1500 m

03.04.

Ca 3,5 grader. Noe vind.

Tørr bane.

1	Rune Langnes	12:03	
2	Magne Svandal	12:22	
3	Ulf Roger Olsen	12:41	
4	Steinar Basberg	12:45	
5	Tor-Einar Langebeck	12:55	
6	Tom Kristoffersen	14:15	

**2017**

14.11.

0,2 grader. Litt glatt.

Nesten vindstille

1	Rune Langnes	12:07
2	Magne Svandal	13:04
3	Tom Kristoffersen	14:00
4	Ole Johnny Aasen	15:24

07.11.

1	Per Ove Haugland	11:17
2	Rune Langnes	11:19
3	Ulf Roger Olsen	11:35
4	Magne Svandal	11:46
5	Sven Simonsen	11:59
6	Tom Sognlien	12:46
7	Tom Kristoffersen	13:40

31.10.

8 gr, lite vind. Fine forhold

1	Benjamin André Aasen	11:33
2	Rune Langnes	11:37
3	Magne Svandal	12:06
4	Sven Simonsen	12:22
5	Steinar Basberg	13:02
6	Tom Kristoffersen	13:34
7	Ole Johnny Aasen	14:45

14.03.

1	Raymond Westberg	12:07
2	Ulf Roger Olsen	12:11
3	Jørgen Kolberg	12:16
4	Helge Rosnes	12:25
5	Magne Svandal	12:42
6	Frode Andersen	12:53
7	Tom Sognlien	12:59

21.02.

1	Rune Langnes	11:59
2	Ulf Roger Olsen	12:08
3	Magne Svandal	12:13
4	Helge Rosnes	12:16
5	Steinar Basberg	12:59
6	Tom Sognlien	13:22
7	Ole Johnny Aasen	14:50

**2016**

13.12.

1	Magne Svandal	11:58
2	Helge Rosnes	12:33
3	Tom Sognlien	12:40
4	Raymond Westberg	13:08

06.12.

1	Rune Langnes	11:50
2	Magne Svandal	12:00
3	Tom Sognlien	12:45
4	Svein Bergerud	14:17

29.11.

1	Benjamin André Aasen	12:00
2	Magne Svandal	12:39
3	Helge Rosnes	12:41
4	Raymond Westberg	12:52
5	Svein Bergerud	15:06
6	Ole Johnny Aasen	15:45

22.11.

1	Benjamin André Aasen	11:24	
2	Rune Langnes	11:43	
3	Magne Svandal	12:01	
4	Tom Sognlien	13:28	
5	Ole Johnny Aasen	14:05	
	<b>Marikken Kalsøy-Nilsen</b>	<b>16:07</b>	2000 m

15.11.

1	Benjamin André Aasen	11:25
2	Magne Svandal	12:15
3	Helge Rosnes	12:24
4	Steinar Basberg	12:34
5	Svein Bergerud	13:53
6	Ole Johnny Aasen	14:02

22.03.

1	Ozzy Gurung	10:03
2	Kristoffer Rostad	10:45
3	Daniel Skauge Oliversen	10:51
4	Tor Christian Pinås	10:58
5	Magne Svandal	11:41
6	Helge Rosnes	11:44
7	Raymond Westberg	11:56
8	Tor-Einar Langebeck	12:23
9	Tom Sognlien	12:43
10	Ketil Gjølstad	17:18

15.03.

1	Steinar Basberg	12:30
2	Tom Sognlien	13:20

**2015**

17.11.

1	Rune Langnes	11:19
2	Magne Svandal	11:23
3	Arne-Johan Martinsen	11:25
4	Benjamin Aasen	11:37
5	Helge Rosnes	11:44
6	Raymond Westberg	11:47
7	Svein Bergerud	13:48
8	Tom Kristoffersen	14:20
9	Ole Johnny Aasen	14:34
10	Ketil Gjølstad	15:59

03.11.

1	Per Ove Haugland	10:59
2	Magne Svandal	11:17
3	Rune Langnes	11:21
4	Benjamin Aasen	11:25
5	Pål-Helge Tøffen Nilssen	11:27
6	Rolf Bøhn	11:41
7	Raymond Westberg	11:53
8	Svein Bergerud	13:14
9	Ole Johnny Aasen	14:09
10	Ketil Gjølstad	17:34
	Helge Rosnes	Brutt
	<b>Marikken Kalsøy-Nilsen</b>	<b>18:14</b>

2000 m

31.03.

1	Rune Langnes	11:18
2	Per Ove Haugland	11:21
3	Magne Svandal	11:31
4	Roger Kalsøy	11:57
5	Tom Sognlien	12:37
6	Steinar Basberg	12:38
7	<b>Birthe Lundestad Høier</b>	14:17

24.03.

1	Rune Langnes	11:21
2	Magne Svandal	11:34
3	Roger Kalsøy	11:49

17.03.

1	Rune Langnes	11:21
2	Per Ove Haugland	11:27
3	Magne Svandal	11:39
4	Steinar Basberg	12:02
5	Tom Sognlien	12:29

**2014**

25.11.

1	Helge Rosnes	11:43
2	Steinar Basberg	11:45
3	Raymond Westberg	11:51
4	Roger Kalsøy	11:59
5	Kjetil Gjørstad	12:36
6	Svein Bergerud	12:58

18.11.

1	Rune Langnes	11:38	
2	Helge Rosnes	11:45	
3	Raymond Westberg	11:50	
4	Svein Bergerud	12:57	
1	Magne Svandal	19:17	5000 m
2	Roger Kalsøy	20:32	5000 m
3	Tom Sognlien	22:12	5000 m
	Steinar Basberg	18:58	4000 m
	Marikken Kalsøy-Nilsen	10:41	1200 m

04.11.

1	Magne Svandal	11:25	
2	Rune Langnes	11:37	
3	Helge Rosnes	11:44	
4	Pål-Helge Tøffen Nilssen	11:56	
5	Steinar Basberg	12:01	
6	Raymond Westberg	12:03	
7	Ketil Gjørstad	12:39	
	Roger Kalsøy	16:29	4000 m

28.10.

1	Magne Svandal	11:34	
2	Rune Langnes	11:55	
3	Raymond Westberg	12:21	
4	Ketil Gjørstad	13:05	
5	Svein Bergerud	13:22	
	Roger Kalsøy	Deltatt	

13.04.

1	Magne Svandal	20:42	5000 m
	Jostein Ryan	Brutt	

25.03.

1	Rune Langnes	11:22
2	Pål-Helge Tøffen Nilssen	11:36
3	Magne Svandal	11:43
4	Raymond Westberg	11:58
5	Frode Aaleskjær	12:08
	Jostein Ryan	Deltatt
	Terje Rød	Brutt

18.03.

1	Pål-Helge Tøffen Nilssen	11:33
2	Rune Langnes	11:46
3	Raymond Westberg	12:06
4	Geir Jørgensen	12:08
5	Frode Aaleskjær	12:23
6	Terje Rød	12:36
7	Magne Svandal	12:40
8	Jan Gjerløw	13:13

**2013**

19.11.

1	Rune Langnes	11:31
2	Raymond Westberg	11:39
3	Pål-Helge Tøffen Nilssen	11:45
4	Magne Svandal	11:51
	Jostein Ryan	Deltatt

12.11.

1	Eiolf Røed	09:59
2	Rune Langnes	11:25
3	Raymond Westberg	11:35
4	Bjørn Appलगren	11:39
5	Magne Svandal	11:44
	Jostein Ryan	Deltatt

05.11.

1	Rune Langnes	11:32
2	Helge Rosnes	11:37
3	Raymond Westberg	11:42
4	Magne Svandal	11:46
5	Bjørn Appलगren	12:02
6	Steinar Basberg	12:20
7	Tom Sognlien	12:55
	Jostein Ryan	05:54

1500 m

27.10.

1	Rune Langnes	11:30
2	Raymond Westberg	11:44
3	Magne Svandal	11:49
4	Bjørn Appelgren	11:56
5	Pål-Helge Tøffen Nilssen	11:57
	Helge Rosnes	Brutt

06.10.

1	Rune Langnes	11:37
2	Helge Rosnes	11:39
3	Raymond Westberg	11:52
4	Magne Svandal	11:56
5	Bjørn Appelgren	12:18

29.09.

1	Magne Svandal	11:55
2	Bjørn Appelgren	12:08
3	Jostein Ryan	12:14

20.05.

1	Jostein Ryan	20:39	5000 m
2	Bjørn Appelgren	21:06	5000 m
3	Magne Svandal	22:16	5000 m

13.05.

1	Raymond Westberg	12:45
2	Magne Svandal	12:46

17.04.

1	Rolf Bøhn	11:33
2	Rune Langnes	12:15
3	Jostein Ryan	12:23
4	Magne Svandal	12:45

10.04.

1	Helge Rosnes	11:37
2	Rune Langnes	11:40
3	Raymond Westberg	12:01
4	Bjørn Appelgren	12:36
5	Magne Svandal	12:40
6	Ronny Hagberg	15:00
	Jostein Ryan (1 km)	03:52

15.01.

1	Raymond Westberg	22:41	5000 m
2	Magne Svandal	22:53	5000 m



**2012**

23.12.

1	Steinar Basberg	22:16	5000 m
2	Raymond Westberg	22:18	5000 m
3	Jostein Ryan	22:39	5000 m
4	Bjørn Appelgren	22:56	5000 m
5	Magne Svandal	23:29	5000 m

18.12.

1	Steinar Basberg	21:54	5000 m
2	Raymond Westberg	22:01	5000 m
3	Jostein Ryan	22:04	5000 m
4	Magne Svandal	23:08	5000 m

10.12.

1	Raymond Westberg	21:09	5000 m
2	Bjørn Appelgren	21:17	5000 m
3	Jostein Ryan	21:23	5000 m
4	Magne Svandal	22:12	5000 m

06.12.

1	Raymond Westberg	21:15	5000 m
2	Jostein Ryan	21:18	5000 m
3	Magne Svandal	21:29	5000 m
4	Bjørn Appelgren	22:??	5000 m

29.11.

1	Raymond Westberg	21:23	5000 m
2	Jostein Ryan	21:38	5000 m
3	Bjørn Appelgren	21:50	5000 m
3	Magne Svandal	21:50	5000 m

20.11.

1	Raymond Westberg	21:15	5000 m
2	Jostein Ryan	21:16	5000 m
3	Magne Svandal	22:12	5000 m

13.11.

1	Jostein Ryan	21:10	5000 m
2	Magne Svandal	22:23	5000 m

07.11.

1	Jostein Ryan	21:22	5000 m
2	Magne Svandal	22:33	5000 m

24.09.

1	Kai Berg	10:58	
2	Steinar Basberg	11:37	
3	Jostein Ryan	11:57	

12.09.

1	Pål-Helge Tøffen Nilssen	11:33
2	Jostein Ryan	11:59

29.08.

1	Magne Svandal	11:46
2	Jostein Ryan	12:04

30.07.

1	Magne Svandal	12:05
2	Bjørn Appelgren	12:09
3	Roger Kalsøy	12:17
4	Jostein Ryan	12:19

16.07.

1	Jostein Ryan	12:38
2	Jan Gjerløw	12:48

17.06.

1	Steinar Basberg	20:14	5000 m
2	Bjørn Appelgren	20:52	5000 m
3	Magne Svandal	21:47	5000 m
4	Jostein Ryan	22:17	5000 m
5	Jan Gjerløw	22:25	5000 m

27.05.

1	Jostein Ryan	12:23
2	Hilde Jørgensen	14:17
	Roger Kalsøy	Deltatt
	Jan Gjerløw	Deltatt

23.04.

1	Raymond Westberg	12:12
2	Jostein Ryan	12:25
3	Svein Bergerud	13:12

09.04.

1	Raymond Westberg	12:18
2	Jostein Ryan	12:23
3	Svein Bergerud	12:41
4	Jan Gjerløw	13:41

02.04.

1	Magne Brenna	11:15
2	Steinar Basberg	12:05
3	Jostein Ryan	12:06
4	Magne Svandal	12:30
5	Jan Gjerløw	13:14
6	Stian Henriksen	13:30
	Kai Henriksen	Deltatt
	Tom Sognlien	Deltatt

## 22.03.

1	Raymond Westberg	11:54	
2	Jostein Ryan	12:07	
3	Magne Svandal	12:37	
4	Stian Henriksen	13:21	
5	Kai Henriksen	16:20	
	Helge Rosnes	Deltatt	
	Pål-Helge Tøffen Nilssen	Deltatt	

## 15.03.

1	Steinar Basberg	11:49	
2	Raymond Westberg	11:58	
3	Jostein Ryan	12:38	
4	Magne Svandal	12:40	
5	Tore Iversen	12:46	
6	Jan Gjerløw	12:53	
7	Stian Henriksen	13:22	
8	Roar Pettersen	20:00	
	Kristin Josefsen	21:23	5000 m

## 06.03.

1	Daniel Skauge Oliveren	11:16	
2	Helge Rosnes	11:18	
3	Raymond Westberg	12:17	
4	Roger Kalsøy	12:21	
5	Magne Svandal	12:49	
6	Stian Henriksen	13:32	
7	Jon Gerhardt	13:46	
8	Rolf A.Kabo	15:26	
9	Kai Henriksen	17:00	
	Jostein Ryan	20:57	5000 m

## 01.03.

1	Raymond Westberg	12:03	
2	Jostein Ryan	12:08	
3	Roger Kalsøy	12:11	
4	Magne Svandal	12:53	
5	Stian Henriksen	13:24	
6	Kai Henriksen	17 ??	
	Steinar Basberg	21:35	5000 m
	Kristin Josefsen	21:35	5000 m

## 23.02.

1	Jostein Ryan	12:30	
2	Magne Svandal	12:47	
3	Hilde Jørgensen	15:09	

12.01.

1	Steinar Basberg	20:34	5000 m
2	Magne Svandal	21:45	5000 m
3	Kristin Josefsen	21:50	5000 m

03.01.

1	Magne Svandal	13:32	
2	Roger Kalsøy	13:56	
3	Hilde Jørgensen	16:28	
4	Kai Henriksen	18:22	
	Eiolf Røed	19:15	5000 m

**2011**

28.12.

1	Daniel Skauge Oliveren	19:45	5000 m
2	Roger Kalsøy	20:45	5000 m
3	Svein Bergerud	23:12	5000 m
4	Hilde Jørgensen	15-16	
	Rolf A.Kabo	Deltatt	

13.12.

1	Daniel Skauge Oliveren	11:28	
2	Magne Svandal	12:33	
3	Jostein Ryan	13:32	
4	Svein Bergerud	14:51	
5	Kai Henriksen	17:38	
	Freddy Karlsen	Deltatt	
	Steinar Basberg	Deltatt	

06.12.

1	Steinar Basberg	11:55	
2	Magne Svandal	12:49	
3	Jostein Ryan	13:10	
4	Kai Henriksen	15:20	

29.11.

1	Magne Svandal	12:21	
2	Raymond Westberg	12:35	
3	Roger Kalsøy	12:38	
4	Thomas E.Rasmussen	12:49	
5	Jostein Ryan	12:50?	
6	Svein Bergerud	13:11	
7	Jan Gjerløw	13:57	
8	Kai Henriksen	15:28	
9	Freddy Karlsen	15:50	
10	Anne M.Andersen	15:58	
	Emilie Berg	Deltatt	
	Kai Berg	Deltatt	

23.11.

1	Roger Kalsøy	11:53
2	Magne Svandal	11:59
3	Jostein Ryan	12:38
4	Svein Bergerud	12:57
5	Jan Gjerløw	13:30
6	Freddy Karlsen	15:14

15.11.

1	Steinar Basberg	11:37
2	Magne Svandal	12:06
3	Roger Kalsøy	12:10
4	Svein Bergerud	12:45
5	Jostein Ryan	12:57
6	Jan Gjerløw	13:41?
7	Freddy Karlsen	15:15

09.11.

1	Magne Svandal	12:00
2	Roger Kalsøy	12:15
3	Jostein Ryan	12:22
4	Svein Bergerud	12:44
5	Freddy Karlsen	15:18

30.10.

1	Magne Svandal	12:00
2	Jostein Ryan	?
3	Svein Bergerud	12:55