Resultatliste

Tour de Frøya 2013

Frøya 25.05.2013

Mosjon 15 og eldre

Plass	Navn	Klubb	Mellomtid			Tid	Etter
1	Håkon Røe	Gauldal SK/Team	34:10,7	36:28,8	04:20,0	**1:14:59,5**	
2	Jan Kristiansen	Ruta Entreprenør	34:10,4	36:29,4	04:19,9	**1:14:59,7**	00:00,2
3	Torbjørn Harstad	Team Tollpost	34:32,8	36:55,0	04:26,0	**1:15:53,8**	00:54,3
4	Terje Tobias Tønne	Leinstrand il	34:10,5	36:59,3	04:50,4	**1:16:00,2**	01:00,7
5	Morten Hansen	Motvind	36:03,6	37:18,1	04:11,0	**1:17:32,7**	02:33,2
6	Roger Hanssen	-	35:00,4	40:01,0	04:29,3	**1:19:30,7**	04:31,2
7	Vetle Størseth Østmoe	sportsklubben falken	34:42,3	40:20,4	04:33,1	**1:19:35,8**	04:36,3
8	John Strand	team fastandfurius	37:04,4	39:21,9	04:30,0	**1:20:56,3**	05:56,8
9	Svein Tore Selnes	Åfjord IL - Sykkel	36:16,1	40:11,1	04:31,7	**1:20:58,9**	05:59,4
10	Arne Ulvan	Knarrlagsund	37:03,7	39:23,7	04:35,9	**1:21:03,3**	06:03,8
11	Øystein Hansen	børsa	37:04,1	39:25,6	04:35,3	**1:21:05,0**	06:05,5
12	Ståle Ulvan	Ålen Il	37:04,7	44:00,8		**1:21:05,5**	06:06,0
13	Jorg Tore Jørgensen	hommelvik	51:04,3	54:53,5	06:04,7	**1:21:17,5**	06:18,0
14	Jan Arve Skjærli	Maske bil	36:43,3	40:18,8	04:26,4	**1:21:28,5**	06:29,0
15	Jonas Stene	GLEN DIMPLEX	36:37,9	40:22,5	04:28,2	**1:21:28,6**	06:29,1
16	Halgeir Hansen	Motvind	37:37,3	39:23,7	04:28,0	**1:21:29,0**	06:29,5
17	Roe Vidar Lervik	Marine Harvest	37:37,9	39:25,7	04:25,6	**1:21:29,2**	06:29,7
18	Kjell Hanssen	Frøya og Hitra	37:36,8	39:26,6	04:26,8	**1:21:30,2**	06:30,7
19	Øyvind Graabræk	ATEA BIL	37:36,3	39:23,4	04:35,3	**1:21:35,0**	06:35,5
20	Georg Rabben	Frøya-Hitra sykkelklubb	37:37,3	39:26,9	04:31,7	**1:21:35,9**	06:36,4
21	Tore Eidem	ATEA BIL	37:36,5	39:23,7	04:35,8	**1:21:36,0**	06:36,5
22	Rune H. Johansen	Rusti Bygg AS	37:30,1	39:31,8	04:37,2	**1:21:39,1**	06:39,6
23	Petter "tävlingsåkaren" Fausko	Salmosped AS	37:10,3	39:52,6	04:37,0	**1:21:39,9**	06:40,4
24	Ronny Johansen	GLEN DIMPLEX	36:43,0	40:21,0	04:36,0	**1:21:40,0**	06:40,5
25	Bjørnar Johansen	Marine Harvest	37:37,7	39:23,1	05:30,4	**1:22:31,2**	07:31,7
26	Anders Grimsrud	IKEA	38:15,9	40:10,1	04:32,7	**1:22:58,7**	07:59,2
27	Tom Andre Skånøy	Marine Harvest Norway	38:16,5	40:11,9	04:36,8	**1:23:05,2**	08:05,7
28	Rolf Ervik	Løkken IF	37:37,2	40:52,1	04:36,1	**1:23:05,4**	08:05,9
29	Vegard Ølstørn	Bewi	38:11,1	40:20,1	04:35,8	**1:23:07,0**	08:07,5
30	Steffen Lassen	IKEA	38:23,9	40:06,8	04:36,4	**1:23:07,1**	08:07,6
31	Tor Arne Olsen	Brødrene Dahl AS	38:23,7	40:05,3	04:39,6	**1:23:08,6**	08:09,1
32	Ingeborg Kvålsvoll	gauldal sk	38:16,2	40:12,5	04:40,0	**1:23:08,7**	08:09,2
33	Erik Daaland	Lerøy Midt	38:28,5	40:02,4	04:38,2	**1:23:09,1**	08:09,6
34	Asgeir Johansen	Frøya videregående	37:45,2	40:46,4	04:42,5	**1:23:14,1**	08:14,6
35	Bjørn Hjulstad	Statkraft BIL	37:52,2	41:04,6	04:51,1	**1:23:47,9**	08:48,4
36	Geir Åge Lyng	Team Skaret	38:32,5	45:34,2		**1:24:06,7**	09:07,2
37	Frank Erik Ålberg	trondheim	38:22,9	41:06,1	04:38,4	**1:24:07,4**	09:07,9
38	Rolf Furberg	Ervik Laks & Ørret	38:27,1	40:57,6	04:43,7	**1:24:08,4**	09:08,9
39	Torbjørn Thoresen	trondheim	38:27,6	41:02,6	04:38,6	**1:24:08,8**	09:09,3
40	Nils Petter Hårsaker	Team FastAndFurious	38:11,6	41:17,3	04:40,9	**1:24:09,8**	09:10,3
41	Kjell Monsen	trondheim	38:22,5	45:50,6		**1:24:13,1**	09:13,6
42	Knut Arnfinn Moen	NOTEAM	38:26,0	41:04,0	04:43,6	**1:24:13,6**	09:14,1
43	Tom Erik Larsen	NOTEAM	38:38,0	40:53,8	04:42,4	**1:24:14,2**	09:14,7
44	Thomas Andre Bakke	Team FastAndFurious	38:54,4	40:22,4	04:58,2	**1:24:15,0**	09:15,5
45	Kenneth Fredagsvik	Sistranda	37:27,3	42:03,8	04:44,8	**1:24:15,9**	09:16,4
46	Flatval Kyrre	Kri	38:38,5	45:38,9		**1:24:17,4**	09:17,9
47	Nic Morten Eilertsen	Våre Hjem A/S	37:59,6	41:54,0	04:43,5	**1:24:37,1**	09:37,6
48	Ronny Pettersen	Våre Hjem A/S	38:03,2	41:50,8	04:47,1	**1:24:41,1**	09:41,6
49	Kristian Nerland	surnadal	37:53,3	41:39,2	05:10,3	**1:24:42,8**	09:43,3
50	Nils Gunnar Nilsen	Marine Harvest Norway	38:11,3	41:03,5	05:36,1	**1:24:50,9**	09:51,4
51	Gille Thorgård	Lyngvær Velforening	39:52,8	41:03,6	04:51,6	**1:25:48,0**	10:48,5
52	Carina Jagtøyen	Leinstrand il	40:23,9	41:04,4	04:38,2	**1:26:06,5**	11:07,0
53	Pål Jacob Ekren	Leinstrand il	40:43,9	40:43,7	04:39,6	**1:26:07,2**	11:07,7
54	Magnhild Ekren	Leinstrand il	40:24,1	41:04,1	04:39,3	**1:26:07,5**	11:08,0
55	Rune Witzøe	Siemens	39:08,9	46:58,7		**1:26:07,6**	11:08,1
55	Sille Jagtøyen	Leinstrand il	40:38,2	40:50,3	04:39,1	**1:26:07,6**	11:08,1
57	Anna Holstad	Leinstrand il	40:24,1	41:05,3	04:38,3	**1:26:07,7**	11:08,2

Resultatliste

Tour de Frøya 2013

Frøya 25.05.2013

Plass	Navn	Klubb	Mellomtid	Tid	Etter
Mosjon 15 og eldre					
58	Eirik Lyngvær	Lyngvær Velforening	39:52,7 46:16,0	**1:26:08,7**	11:09,2
59	Trond Ivar Fiske Pedersen	Nardo Bil AS	38:29,3 47:40,1	**1:26:09,4**	11:09,9
60	John Einar Hoel	Ringnes E.C.Dahls	38:24,6 43:06,7 04:38,3	**1:26:09,6**	11:10,1
61	Øyvind Baard Nielsen	Aqualine AS	40:27,4 45:42,9	**1:26:10,3**	11:10,8
62	Anne Grete Haugan	Møllenberg Melkesyre,	38:38,6 47:34,9	**1:26:13,5**	11:14,0
63	Jan Atle Sundli	Orkla cykleklubb	39:38,2 41:47,2 04:49,0	**1:26:14,4**	11:14,9
64	Trude Brustad	SalMar ASA	39:50,5 41:40,2 04:45,7	**1:26:16,4**	11:16,9
65	Inge Storås	Løkken IF	38:29,3 42:59,4 04:47,9	**1:26:16,6**	11:17,1
66	Arild Fossmo	SalMar ASA	38:28,0 43:04,3 04:44,7	**1:26:17,0**	11:17,5
67	Bjørn Magne Olsen	Næringsbygg AS	39:27,7 42:03,3 04:49,6	**1:26:20,6**	11:21,1
68	Svein Ove Enlid	Budalen IL	37:36,0 43:49,2 04:56,5	**1:26:21,7**	11:22,2
69	Ronny Tøften	Lerøy Midt	38:25,8 48:00,9	**1:26:26,7**	11:27,2
70	Tone Nakken	Stiftstaden sykkelklubb	1:21:55,1 04:43,8	**1:26:38,9**	11:39,4
71	Kjetil Reiersen	Buvika	1:21:54,5 05:02,1	**1:26:56,6**	11:57,1
72	Lasse Roed	Team FastAndFurios	38:56,4 43:34,8 04:59,8	**1:27:31,0**	12:31,5
73	Tor Erik Ekle	Klæbu	39:23,8 42:58,8 05:12,1	**1:27:34,7**	12:35,2
74	Lill Anita Johannessen	Stiftstaden sykkelklubb	39:21,0 43:01,0 05:13,7	**1:27:35,7**	12:36,2
75	Atle Kristian Strøm	Team Klingerhaugen	39:26,3 48:12,7	**1:27:39,0**	12:39,5
76	Erik Walør Heggem	IKEA	38:24,2 43:19,3 05:57,3	**1:27:40,8**	12:41,3
77	Ole Wåde	Team Coop	38:39,9 43:59,1 05:05,3	**1:27:44,3**	12:44,8
78	Svein Inge Meland	trondheim	39:26,6 43:15,2 05:03,7	**1:27:45,5**	12:46,0
79	Ståle Kvam	Bosberg	37:50,0 44:51,2 05:05,8	**1:27:47,0**	12:47,5
80	Jonny Sand	Team Coop	39:25,6 43:13,2 05:08,4	**1:27:47,2**	12:47,7
81	Monica Eidum	stiftstaden	39:25,7 43:12,9 05:08,8	**1:27:47,4**	12:47,9
82	Nils Seter	Team Tollpost	39:20,1 43:39,4 05:09,5	**1:28:09,0**	13:09,5
83	Magnus Karlsson	Team Tollpost	39:20,1 43:37,6 05:16,0	**1:28:13,7**	13:14,2
84	Erlend Øien	Team Tungtrødd	42:39,2 41:06,4 04:39,0	**1:28:24,6**	13:25,1
85	Håkon Alstad	tiller	39:26,2 43:18,9 05:42,2	**1:28:27,3**	13:27,8
86	Gudmunn Sørensen	Nord Pool Spot BIL	39:45,5 43:56,2 05:18,9	**1:29:00,6**	14:01,1
87	Martin Klungerbo	jonsvatnet	40:12,0 43:59,9 04:59,7	**1:29:11,6**	14:12,1
88	Johanne Storler	Leinstrand IL, Skøyter	40:39,3 43:16,0 05:18,3	**1:29:13,6**	14:14,1
89	Jørn Inge Hestnes	Tomrefjord IL	1:24:10,7 05:04,7	**1:29:15,4**	14:15,9
90	Knut Freidar Reksen	hitra	39:39,4 49:39,2	**1:29:18,6**	14:19,1
91	Ronny Sæther	Retura	40:03,1 44:10,1 05:15,8	**1:29:29,0**	14:29,5
92	Stein Are Espnes	SalMar ASA	41:23,5 43:16,0 04:57,7	**1:29:37,2**	14:37,7
93	Janne Haugdal	trondheim	40:08,7 44:06,8 05:27,3	**1:29:42,8**	14:43,3
94	Geir Jacobsen	Team Coop	40:04,2 44:14,1 05:24,6	**1:29:42,9**	14:43,4
95	Geir Arntzen	Dyrvik	41:22,8 48:22,9	**1:29:45,7**	14:46,2
96	Roger Hansen	Nidaros SK	39:35,8 44:33,2 05:37,4	**1:29:46,4**	14:46,9
97	Lill Mari Dromnes	Hemne Sykkelklubb	40:28,7 44:10,2 05:08,0	**1:29:46,9**	14:47,4
98	Ove Belsås	trondheim	39:13,4 45:03,7 05:32,6	**1:29:49,7**	14:50,2
99	Mathias Witzøe	Team Norgeshus	38:01,1 46:18,4 05:31,9	**1:29:51,4**	14:51,9
100	Christian Johnsen	Sparebank 1 SMN	38:37,3 45:21,3 05:59,4	**1:29:58,0**	14:58,5
101	Trond Sneen	Næringsbygg AS	41:05,3 43:33,3 05:21,2	**1:29:59,8**	15:00,3
102	Paul Rusten	Det norske oljeselskap	40:27,7 44:17,0 05:28,7	**1:30:13,4**	15:13,9
103	Øystein Haavik	Ekkert	41:23,1 43:34,1 05:16,6	**1:30:13,8**	15:14,3
104	Stig Inge Volden	Wingvax	40:09,7 44:28,1 05:46,5	**1:30:24,3**	15:24,8
105	Lasse Johnny Ervik	Bewi	39:37,1 45:06,1 05:52,7	**1:30:35,9**	15:36,4
106	Morten Wuttudal	Elektrikerservice AS	40:54,6 44:59,3 04:51,3	**1:30:45,2**	15:45,7
107	Stian Steinsvik	Elektrikerservice AS	40:54,3 44:59,8 04:52,0	**1:30:46,1**	15:46,6
108	Helge Akseth	Våre Hjem A/S	41:46,7 44:37,0 05:09,1	**1:31:32,8**	16:33,3
109	Terje Hovde Sigurdsen	Rema	40:44,1 45:28,3 05:21,5	**1:31:33,9**	16:34,4
110	Øystein Røe	Trondheims Skøyteklubb	40:18,2 45:48,4 05:32,4	**1:31:39,0**	16:39,5
111	Terje Ekle	Klæbu	40:51,7 45:54,3 05:03,0	**1:31:49,0**	16:49,5
112	Gunnar Okstad	Team Okstad	40:48,3 45:29,3 05:33,2	**1:31:50,8**	16:51,3
113	Kathrine Moen Aune	Frøya kommune	40:34,5 45:40,1 05:36,5	**1:31:51,1**	16:51,6
114	Erlend Hårstad	Næringsbygg AS	41:05,0 45:16,4 05:38,3	**1:31:59,7**	17:00,2

Resultatliste

Tour de Frøya 2013

Frøya 25.05.2013

Mosjon 15 og eldre

Plass	Navn	Klubb	Mellomtid			Tid	Etter
115	Sverre Stordahl	Stadsbygd	40:49,0	46:16,8	05:15,5	**1:32:21,3**	17:21,8
116	Kjell Ivar Skjølberg	Leinstrand	40:59,7	46:05,4	05:19,2	**1:32:24,3**	17:24,8
117	Trond Hustelid	Tustna	40:41,5	46:25,1	05:35,9	**1:32:42,5**	17:43,0
118	Tore Olsen	Saupstad	40:50,8	46:21,2	05:30,9	**1:32:42,9**	17:43,4
119	Bjørn Gunnar "Berni" Bogø	Aqualine AS	41:21,8	45:30,4	06:01,8	**1:32:54,0**	17:54,5
120	Morten Asklund	Trondheim judokwai	40:54,6	46:28,3	05:38,8	**1:33:01,7**	18:02,2
121	Rolf Dragsten	Tvk	41:53,4	46:13,0	05:23,2	**1:33:29,6**	18:30,1
122	Tore Sagmo	Mosvik IL	36:03,5	50:36,8	06:57,5	**1:33:37,8**	18:38,3
123	Vidar Kristiansen	Motor-Trade	41:32,8	46:47,8	05:19,7	**1:33:40,3**	18:40,8
124	Trond Erntsen	Næringsbygg AS	41:50,2	46:29,5	05:21,7	**1:33:41,4**	18:41,9
125	Lars Andreas Larsen	NOTEAM	41:53,8	46:15,3	05:43,7	**1:33:52,8**	18:53,3
126	Andrea Jenssen	Sjetne IL	44:02,4	44:38,2	05:14,4	**1:33:55,0**	18:55,5
127	Tor-Erik Johnsen	-	44:01,7	44:38,9	05:15,0	**1:33:55,6**	18:56,1
128	Ivar Krangsås	Næringsbygg AS	41:49,0	46:30,1	05:37,0	**1:33:56,1**	18:56,6
129	Ola Venn	Næringsbygg AS	41:48,5	46:30,5	05:37,2	**1:33:56,2**	18:56,7
130	June Rise	Frøya kommune	38:55,7	49:27,8	05:33,2	**1:33:56,7**	18:57,2
131	Arild Mathisen	Marine Harvest Norway	38:55,4	49:28,2	05:33,7	**1:33:57,3**	18:57,8
132	Kenneth Røstad	Stiftstaden sykkelklubb	41:28,5	46:59,3	05:43,4	**1:34:11,2**	19:11,7
133	Stian Ravlosve	-	43:07,0	45:58,5	05:20,0	**1:34:25,5**	19:26,0
133	Roar Olsen	trondheim	40:57,3	47:51,0	05:37,2	**1:34:25,5**	19:26,0
135	Lisa Lockert	-	42:11,4	46:57,3	05:20,0	**1:34:28,7**	19:29,2
136	Snefrid Vollan	Melandsjø	41:39,1	47:25,6	05:24,2	**1:34:28,9**	19:29,4
136	Dagfinn Eide	Melandsjø	41:39,2	47:30,1	05:19,6	**1:34:28,9**	19:29,4
138	Fredrik Bøe	-	41:06,8	47:54,6	05:29,2	**1:34:30,6**	19:31,1
139	Tone Wahl Eidem	ATEA BIL	41:29,0	47:33,2	05:28,9	**1:34:31,1**	19:31,6
140	Jan Morten Djupå	Wingvax	42:11,1	52:21,0		**1:34:32,1**	19:32,6
141	Tove Knudsen	-	42:11,6	52:20,9		**1:34:32,5**	19:33,0
142	Pål Venås	Flatåsen	42:24,1	46:46,2	05:26,7	**1:34:37,0**	19:37,5
143	Simon Andre Simonsen	NOTEAM	42:16,0	46:52,7	05:28,7	**1:34:37,4**	19:37,9
144	Jon Birger Johnsen	Frøya kommune	44:12,8	45:40,9	04:52,6	**1:34:46,3**	19:46,8
145	Svein Bø Aune	Hærlighetens Resort &	42:47,4	46:27,1	05:32,4	**1:34:46,9**	19:47,4
146	Morten Eriksen	NOTEAM	41:36,4	47:55,8	05:23,0	**1:34:55,2**	19:55,7
147	Geir Håvard Espnes	Havbrukstjenesten	43:07,7	46:23,6	05:30,3	**1:35:01,6**	20:02,1
148	Svein Strugstad	Privat	41:26,3	47:54,3	05:56,8	**1:35:17,4**	20:17,9
149	Thea Kviteng	Stiftstaden SK	42:03,9	47:34,6	05:39,5	**1:35:18,0**	20:18,5
150	Anne Grethe Jenssen	Sjetne IL	44:07,0	46:01,9	05:14,6	**1:35:23,5**	20:24,0
151	Jørgen Drøivollsmo	Næringsbygg AS	42:43,9	46:58,1	05:52,3	**1:35:34,3**	20:34,8
152	Lars Asle Monsen	Statkraft	42:49,7	47:32,2	05:22,1	**1:35:44,0**	20:44,5
153	Erika Dahlin	Statkraft	42:49,8	47:32,8	05:22,1	**1:35:44,7**	20:45,2
154	Morten Lien	Våre Hjem A/S	42:56,6	47:27,1	05:27,4	**1:35:51,1**	20:51,6
155	Randi Hansen	Frøya kommune	41:50,4	48:19,0	05:42,0	**1:35:51,4**	20:51,9
156	Conor Foster	Marine Harvest Norway	44:13,3	46:14,9	05:29,4	**1:35:57,6**	20:58,1
157	Rolf Andre Nielsen	Brødrene Dahl AS	44:09,3	46:56,9	05:17,6	**1:36:23,8**	21:24,3
158	Svein Gunnar Arntzen	gauldal sk	43:03,7	47:39,7	05:41,9	**1:36:25,3**	21:25,8
159	Geir Tore Hammernes	Ringnes E.C.Dahl's	43:17,4	47:25,7	05:45,0	**1:36:28,1**	21:28,6
160	Hanne Tobiassen	SalMar ASA	43:40,5	47:23,6	05:25,4	**1:36:29,5**	21:30,0
161	Runar Sivertsen	SalMar ASA	44:03,1	47:06,7	05:20,1	**1:36:29,9**	21:30,4
162	Thomas Fordal	GLEN DIMPLEX NORDIC	43:17,0	47:50,8	05:22,3	**1:36:30,1**	21:30,6
163	Thomas Røed	Team FastAndFurious	42:27,0	48:41,7	05:21,5	**1:36:30,2**	21:30,7
164	John Fritz Helsø	Lerøy Midt	44:00,5	47:09,4	05:21,2	**1:36:31,1**	21:31,6
165	Morten Fiskvik	Næringsbygg AS	41:49,3	48:53,4	05:51,4	**1:36:34,1**	21:34,6
166	Jukka Immonen	Team Eidebu	41:02,5	48:56,4	06:49,8	**1:36:48,7**	21:49,2
167	Lars Eirik Hestnes	Marine Harvest	41:54,7	49:24,5	05:32,3	**1:36:51,5**	21:52,0
168	Viggo Aune	tiller	43:37,5	47:55,2	05:25,0	**1:36:57,7**	21:58,2
169	Elisabeth Kjønvik	Lerøy Midt	43:03,1	48:18,8	05:40,5	**1:37:02,4**	22:02,9
170	Tore Selven	Ranheim	43:18,0	48:29,5	05:36,5	**1:37:24,0**	22:24,5
171	Kristine Stornes	Gammelgaupa CK	44:01,1	47:30,7	05:52,6	**1:37:24,4**	22:24,9

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Plass	Navn	Klubb	Mellomtid			Tid	Etter
172	Nils Olav Askim	Ballas	45:32,9	46:36,2	05:16,1	**1:37:25,2**	22:25,7
173	Svein Tore Johansen	SalMar ASA	43:28,4	48:08,8	05:49,3	**1:37:26,5**	22:27,0
174	Stig Tande	Hestvika	43:34,4	48:16,8	05:44,8	**1:37:36,0**	22:36,5
175	Anne-Mari Skagen	Stiftstaden sykkelklubb	43:57,9	48:12,9	05:30,4	**1:37:41,2**	22:41,7
176	Ola Riber	Ballas	45:32,7	46:39,7	05:32,3	**1:37:44,7**	22:45,2
177	Marte Rønningen	Stiftstaden sykkelklubb	43:58,0	48:24,1	05:25,4	**1:37:47,5**	22:48,0
178	Maja Nesjan	Boots Norge	43:59,2	48:20,5	05:37,3	**1:37:57,0**	22:57,5
179	Roy Morten Eggen	Elektrikerservice AS	43:43,1	48:54,0	05:29,7	**1:38:06,8**	23:07,3
180	Tor Kirkeby	Team TP	44:44,8	47:59,3	05:55,2	**1:38:39,3**	23:39,8
181	Terje Brandsø	Ranheim	42:55,7	49:23,3	06:20,4	**1:38:39,4**	23:39,9
182	Bjørg Rabben	NOTEAM	43:57,7	49:09,7	05:36,6	**1:38:44,0**	23:44,5
183	Rita Ramvik	Fannrem	44:19,0	48:48,9	05:42,1	**1:38:50,0**	23:50,5
184	Aarstein Berg	Tvk	45:20,5	47:47,8	05:41,8	**1:38:50,1**	23:50,6
185	Gry Fossland	Stjørdals-Blink Alpin	44:05,4	49:02,7	05:42,6	**1:38:50,7**	23:51,2
186	Odd Fossland	Stjørdals-Blink Alpin	44:05,0	49:03,4	05:42,6	**1:38:51,0**	23:51,5
187	Morten Hoel	Maske bil	45:08,3	48:25,0	05:22,4	**1:38:55,7**	23:56,2
188	Andreas Sundet Handeland	Elvemo	44:28,9	49:03,9	05:27,8	**1:39:00,6**	24:01,1
189	Herbjørn Hallaren	Marine Harvest	44:50,9	48:56,9	05:30,3	**1:39:18,1**	24:18,6
190	Oddulf Fredagsvik	Sistranda	44:27,6	49:45,6	05:34,9	**1:39:48,1**	24:48,6
191	Anders Sæther	Lerøy Midt	45:16,1	49:03,8	05:30,5	**1:39:50,4**	24:50,9
192	Kristian Kvam	Lerøy Midt	44:16,9	50:02,9	05:33,6	**1:39:53,4**	24:53,9
193	Steinar Fredagsvik	NOTEAM	44:13,0	50:00,1	05:40,6	**1:39:53,7**	24:54,2
194	Terje Øfsti	GLEN DIMPLEX NORDIC	41:23,0	51:53,2	06:39,1	**1:39:55,3**	24:55,8
195	Lasse Wangen	Salmosped AS	44:14,8	55:44,3		**1:39:59,1**	24:59,6
196	Per Borg	Sport 1 Brekstad	44:00,2	50:33,8	05:32,2	**1:40:06,2**	25:06,7
197	Aasta Norset	Sport 1 Brekstad	44:12,7	50:21,9	05:31,7	**1:40:06,3**	25:06,8
198	Helge Norheim	NOTEAM	1:34:37,4	05:34,4		**1:40:11,8**	25:12,3
199	Malin Dahlø Wærnes	IKEA	45:35,3	48:44,0	05:55,6	**1:40:14,9**	25:15,4
200	Linn Gundersen	Klæbu	44:33,6	50:04,5	05:44,4	**1:40:22,5**	25:23,0
201	Hallgeir Bremnes	Team FMC	46:29,0	48:15,2	05:44,0	**1:40:28,2**	25:28,7
201	Ole Terje Midling	Team FMC	46:29,4	48:14,6	05:44,2	**1:40:28,2**	25:28,7
203	Hilde Skånøy	Frøya kommune	44:12,2	50:21,4	06:06,7	**1:40:40,3**	25:40,8
204	Anne Heian	Stifstaden sykkelklubb	44:52,8	50:12,6	05:53,0	**1:40:58,4**	25:58,9
205	Anders Gåsø	SMN	43:27,2	51:24,2	06:11,7	**1:41:03,1**	26:03,6
206	Christian Meland	SpareBank 1 Kredittkort	44:22,3	50:47,1	05:59,8	**1:41:09,2**	26:09,7
207	Cathrine Sandø	St.Olavs Hospital	44:22,6	50:49,4	05:57,7	**1:41:09,7**	26:10,2
208	Jørgen Grubba	Team Grubba	45:49,7	49:17,1	06:03,2	**1:41:10,0**	26:10,5
209	Peter Schjølberg	Tursyklistene Trondheim	42:49,5	51:56,4	06:31,0	**1:41:16,9**	26:17,4
210	Bjørg Gjeset	Tursyklistene Trondheim	43:06,8	51:41,5	06:29,0	**1:41:17,3**	26:17,8
211	Tomm Bøyesen	SMN	45:53,1	49:52,6	05:40,8	**1:41:26,5**	26:27,0
212	Margrethe Opland	Stiftstaden sykkelklubb	45:52,7	49:46,1	05:49,0	**1:41:27,8**	26:28,3
213	Per Gunnar Hallen	Ballas	45:33,1	49:30,7	06:33,3	**1:41:37,1**	26:37,6
214	Bjørn Erik Holter	Maske bil	44:37,4	51:25,0	05:41,1	**1:41:43,5**	26:44,0
215	Asgeir Østvik	Havbrukstjenesten	44:32,2	51:26,3	05:50,3	**1:41:48,8**	26:49,3
216	Knut Arne Strømøy	Frøya kommune	46:13,2	49:54,9	05:41,1	**1:41:49,2**	26:49,7
217	Birgitte Berg	Krokstadøra IL	45:59,4	50:14,2	05:39,2	**1:41:52,8**	26:53,3
218	Anne Berit Lund	St. Olavs Hospital BIL	45:52,7	49:55,9	06:04,7	**1:41:53,3**	26:53,8
219	Kristel Johansen	Heimdal	45:52,1	50:02,1	06:01,0	**1:41:55,2**	26:55,7
220	Pål Leer	Team Tungtrødd	46:29,0	49:54,0	05:54,7	**1:42:17,7**	27:18,2
221	Andreas Kvingedal	Frøya kommune	46:13,7	50:18,4	05:47,4	**1:42:19,5**	27:20,0
222	Jarle Aune	Herligheten Spa&Resort	46:16,7	50:18,2	05:47,7	**1:42:22,6**	27:23,1
223	Svein Arne Størseth	Hitra IL	47:30,1	49:31,6	05:23,0	**1:42:24,7**	27:25,2
224	Bror Erlend Blichfeldt	Aqualine AS	47:29,5	49:31,7	05:24,1	**1:42:25,3**	27:25,8
225	Bror Blichfeldt	Hitra IL	47:29,6	49:31,8	05:24,1	**1:42:25,5**	27:26,0
226	Marit Dahlø Wærnes	gauldal sk	44:23,7	51:51,7	06:20,5	**1:42:35,9**	27:36,4
227	Torfinn Horn	Avinor Værnes BIL	45:09,5	51:44,4	05:55,4	**1:42:49,3**	27:49,8
228	Jens Dale Røttereng	ATEA BIL	43:59,8	52:21,3	06:39,5	**1:43:00,6**	28:01,1

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Plass	Navn	Klubb	Mellomtid			Tid	Etter
229	Hallgeir Berdal	Lerøy Midt	45:58,9	51:18,5	05:50,1	**1:43:07,5**	28:08,0
230	Torfinn Moe	tmo	45:52,2	51:31,7	05:49,2	**1:43:13,1**	28:13,6
231	Cecilie Eide	Team Eidebu	45:05,3	52:17,5	05:51,4	**1:43:14,2**	28:14,7
232	Anne Merete Tellebon Ulvær	Sandstad il	46:05,7	51:10,0	05:59,7	**1:43:15,4**	28:15,9
233	Kjell T. Kleveland	SpareBank 1 Kredittkort	45:49,1	51:21,9	06:05,0	**1:43:16,0**	28:16,5
234	Bård Sivertsen	Saupstad	1:37:28,7	05:53,0		**1:43:21,7**	28:22,2
235	Øivind Mellbye	SpareBank 1 Kredittkort	45:34,4	51:44,8	06:08,3	**1:43:27,5**	28:28,0
236	Stian Johansen	Brødrene Dahl AS	44:21,3	52:58,1	06:16,9	**1:43:36,3**	28:36,8
237	Marit N. Melandsø	Våre Hjem A/S	46:20,0	51:45,2	05:50,8	**1:43:56,0**	28:56,5
238	Geir Wilhelmsen	Team TP	45:57,0	52:10,0	06:01,7	**1:44:08,7**	29:09,2
239	Bård Nicolaysen	Flatåsen	45:42,3	52:24,4	06:03,7	**1:44:10,4**	29:10,9
240	Linda Røyrhus	Vinklubben SPK	47:12,4	50:55,2	06:04,3	**1:44:11,9**	29:12,4
241	Vilma Viskantiene	SalMar ASA	44:30,1	53:28,8	06:15,6	**1:44:14,5**	29:15,0
242	Vilde Jektvik	Marine Harvest Norway	49:30,5	49:17,2	05:31,4	**1:44:19,1**	29:19,6
243	Kolbjørn Jektvik	Marine Harvest Norway	49:31,1	49:17,0	05:31,1	**1:44:19,2**	29:19,7
244	Beate Lund Kristiansen	Ranheim	45:28,8	52:45,2	06:14,6	**1:44:28,6**	29:29,1
245	Jonas Vainoras	Bewi	45:28,3	53:06,0	06:18,8	**1:44:53,1**	29:53,6
246	Geir Blikø	Consentra Bemanning	47:07,8	52:23,5	05:35,8	**1:45:07,1**	30:07,6
247	Marius Landrø	Consentra Bemanning	1:39:33,6	05:33,6		**1:45:07,2**	30:07,7
248	Mads Larsen	Team Consentra	48:04,8	51:27,4	05:35,7	**1:45:07,9**	30:08,4
249	Terje Arntsen	Consentra Bemanning	47:05,5	52:26,1	05:36,6	**1:45:08,2**	30:08,7
249	Richard Kvikne	Consentra Bemanning	47:08,9	52:23,1	05:36,2	**1:45:08,2**	30:08,7
251	Bent Nørkov	Team Consentra	47:06,6	52:25,3	05:40,0	**1:45:11,9**	30:12,4
252	Arne Hammervold	Frøya og Hitra	46:54,6	52:30,0	05:50,7	**1:45:15,3**	30:15,8
253	Aleksander Hansen	SMN	45:57,0	53:10,2	06:11,3	**1:45:18,5**	30:19,0
254	Jacob Rabe	NOTEAM	47:14,3	52:41,0	05:44,5	**1:45:39,8**	30:40,3
255	Sølvi Snildalsli	Krokstadøra IL	47:10,8	52:17,6	06:12,1	**1:45:40,5**	30:41,0
256	Malin Ervik	Frøya	46:10,7	53:16,3	06:14,0	**1:45:41,0**	30:41,5
257	Kine Husteli Kristiansen	St.Olavs HF BIL	48:02,3	51:52,3	05:46,6	**1:45:41,2**	30:41,7
258	Marit Mellemsæther	Lerøy Midt	47:10,0	52:18,1	06:13,6	**1:45:41,7**	30:42,2
259	Snorre Høyen	Danske Bank	46:01,2	53:28,6	06:12,7	**1:45:42,5**	30:43,0
260	Geir Tore Hansen	Sula IL	46:07,1	53:49,0	05:58,0	**1:45:54,1**	30:54,6
261	Mads Dulin Johansen	Privat	46:50,2	52:55,7	06:14,6	**1:46:00,5**	31:01,0
262	Stig Nossum	trondheim	47:01,8	53:07,4	06:00,0	**1:46:09,2**	31:09,7
263	Espen Tørstad	SpareBank 1 Kredittkort	46:58,6	53:09,2	06:06,2	**1:46:14,0**	31:14,5
264	Jonas Grenersen	Morgenpilsens venner	46:18,1	53:56,8	06:13,5	**1:46:28,4**	31:28,9
265	Eirin Maasø	hamarvik	46:12,2	54:06,5	06:13,0	**1:46:31,7**	31:32,2
266	Tor Håkon Noorland	Salmosped AS	43:54,7	56:20,8	06:19,3	**1:46:34,8**	31:35,3
267	Tor Geir Witbro	Prowlers Mc	46:19,9	54:15,5	06:08,1	**1:46:43,5**	31:44,0
268	Ole Martin Aarvik	Lerøy Midt	47:53,6	53:09,1	06:26,4	**1:47:29,1**	32:29,6
269	Marit Karlsen	Frøya kommune	47:10,5	53:30,7	06:50,6	**1:47:31,8**	32:32,3
270	Helge Eidem	Næringsbygg AS	46:02,7	55:27,7	06:11,4	**1:47:41,8**	32:42,3
271	Emil Bjørnås	Brødrene Dahl AS	45:49,6	54:56,0	06:56,8	**1:47:42,4**	32:42,9
272	Jack Andre Hveding	Team Coop	46:32,2	54:41,6	06:33,0	**1:47:46,8**	32:47,3
273	Nina Norvik	Boots Apotek	47:00,5	54:27,8	06:21,2	**1:47:49,5**	32:50,0
274	Per Kristian Landsem	SalMar ASA	45:41,6	56:12,3	06:27,1	**1:48:21,0**	33:21,5
275	Toril Storrøsæter	Trollheimen Sykkelklubb	47:13,6	55:19,7	06:01,9	**1:48:35,2**	33:35,7
276	Elinor Athammer	Knarrlagsund	47:03,7	55:29,4	06:03,3	**1:48:36,4**	33:36,9
277	Stine Ervik	Ervik Laks & Ørret	47:27,3	55:05,9	06:08,9	**1:48:42,1**	33:42,6
278	Linn Catrine Aalberg	ATEA BIL	47:18,1	55:12,9	06:19,8	**1:48:50,8**	33:51,3
279	Torill Marit Pettersen	Sparebanken Hemne	48:18,6	54:41,6	05:55,8	**1:48:56,0**	33:56,5
280	Jan Magne Sommervold	Fannrem	47:42,7	54:53,4	06:23,0	**1:48:59,1**	33:59,6
281	Carina Skarsvåg	Dyrvik	47:09,1	55:31,2	06:20,2	**1:49:00,5**	34:01,0
282	Solveig Gåsø	Marine Harvest	45:35,8	56:34,8	06:57,1	**1:49:07,7**	34:08,2
283	Erik Kartevoll	Våre Hjem A/S	49:43,4	53:50,4	05:46,0	**1:49:19,8**	34:20,3
284	Stine Holm	Våre Hjem A/S	49:15,7	54:34,0	05:54,2	**1:49:43,9**	34:44,4
285	Raul Liivjoe	Team Norgeshus	49:44,4	54:00,0	06:00,8	**1:49:45,2**	34:45,7

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Plass	Navn	Klubb	Mellomtid	Tid	Etter
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286	Heidi Moe	Våre Hjem A/S	48:37,0 54:57,4 06:11,8	**1:49:46,2**	34:46,7
287	Tone Nilssen	SalMar ASA	47:14,0 56:21,5 06:11,1	**1:49:46,6**	34:47,1
288	Nina Skårild	Sparebanken Hemne	47:14,5 56:01,1 06:31,4	**1:49:47,0**	34:47,5
289	Jim Andre Soleng	trondheim	47:22,4 55:41,2 06:50,1	**1:49:53,7**	34:54,2
290	Ingvild Rabben	Nidelv IL/SK Blodsmak	49:46,2 54:39,5 05:31,1	**1:49:56,8**	34:57,3
291	Inge Ophaug	Heimdal	48:31,1 54:55,3 06:30,9	**1:49:57,3**	34:57,8
292	Emil Sellie Hansen	børsa	40:05,0 1:03:15,0 06:40,8	**1:50:00,8**	35:01,3
293	Eva Svingen	hommelvik	35:05,1 39:23,1 04:48,8 30:45,0	**1:50:02,0**	35:02,5
294	Terje Svendsen	norddyrøy	45:39,4 57:20,1 07:03,6	**1:50:03,1**	35:03,6
295	Eva Ruppeldova	Lerøy Midt	1:43:44,0 06:27,1	**1:50:11,1**	35:11,6
296	Narve Moe	Våre Hjem A/S	48:36,6 55:10,3 06:25,2	**1:50:12,1**	35:12,6
297	Hans Georg Krogh	Mørsil - Frøya	47:30,9 1:02:41,4	**1:50:12,3**	35:12,8
298	Eirik Saasen	Våre Hjem A/S	48:52,4 55:01,9 06:20,0	**1:50:14,3**	35:14,8
299	Lisa Ingvaldsen	trondheim	48:46,6 55:22,4 06:15,5	**1:50:24,5**	35:25,0
300	Gunn Laila Skårild	Lerøy Midt	48:39,4 55:20,0 06:30,0	**1:50:29,4**	35:29,9
301	Martin Paulsen	Næringsbygg AS	48:41,5 55:17,4 06:31,1	**1:50:30,0**	35:30,5
302	Vittorio Rokseth	tiller	47:31,5 56:24,9 06:41,5	**1:50:37,9**	35:38,4
303	Per Ove Espnes	Sparebanken Hemne	45:20,9 58:53,8 06:45,6	**1:51:00,3**	36:00,8
304	Geir Schiwer	Havbrukstjenesten	46:12,0 58:31,6 06:32,6	**1:51:16,2**	36:16,7
305	Bjørn Andre Haugland	Frøya kommune	47:18,5 57:12,1 07:00,1	**1:51:30,7**	36:31,2
306	Frode Aune	Melhus	47:47,6 56:48,3 06:55,0	**1:51:30,9**	36:31,4
307	Gunn Brehme	trondheim	49:09,2 56:25,3 05:57,8	**1:51:32,3**	36:32,8
308	Jan Ruppeldt	Lerøy Midt	47:13,4 57:51,5 06:42,2	**1:51:47,1**	36:47,6
309	Kariann Ulvan	Marine Harvest	48:58,9 56:27,6 06:23,1	**1:51:49,6**	36:50,1
310	Kjell Fordal	SMN	48:53,8 56:52,0 06:16,7	**1:52:02,5**	37:03,0
311	Kato Vassdahl	Vikhammer	51:12,8 54:38,8 06:11,0	**1:52:02,6**	37:03,1
312	Unni Hildrum	Heimdal	50:00,9 55:55,5 06:06,7	**1:52:03,1**	37:03,6
313	Ole Aleksander Rosvoldsve	Marine Harvest	50:15,7 55:24,3 06:33,6	**1:52:13,6**	37:14,1
314	Ellie Foster	Marine Harvest	50:18,3 55:22,8 06:32,7	**1:52:13,8**	37:14,3
315	Gry Tangvik-Amundsen	Stiftstaden SK	49:39,4 56:14,0 06:23,1	**1:52:16,5**	37:17,0
316	Lisbet Sagmo	Telenor BIL	50:49,9 55:19,9 06:16,2	**1:52:26,0**	37:26,5
317	Åshild Sættem	hitra	49:34,7 56:32,4 06:23,7	**1:52:30,8**	37:31,3
318	Vibeke Kleveland	St Olavs Hospital	50:37,3 55:24,1 06:30,9	**1:52:32,3**	37:32,8
319	Solveig Svengaard	St Olavs Hospital	50:49,5 55:33,1 06:10,0	**1:52:32,6**	37:33,1
320	Kaja Flatøy	St Olavs Hospital	50:37,8 55:44,0 06:11,6	**1:52:33,4**	37:33,9
320	Snefrid Helgheim	St Olavs Hospital	50:37,7 55:30,3 06:25,4	**1:52:33,4**	37:33,9
322	Steinar Schrødter	Stiftstaden sykkelklubb	49:37,4 56:29,7 06:27,9	**1:52:35,0**	37:35,5
323	Turid Verkland	jakobsli	49:58,4 56:34,9 06:06,2	**1:52:39,5**	37:40,0
324	Frøydis Eggan Husby	stiftstaden	48:54,8 56:51,0 06:55,2	**1:52:41,0**	37:41,5
325	Kyrre Kraft	Lånke IL	48:01,7 58:09,1 06:30,8	**1:52:41,6**	37:42,1
326	Ingeborg Gurine Kraft	Lånke IL	48:02,3 58:10,9 06:29,1	**1:52:42,3**	37:42,8
327	Ingrid Lyngstad	Melhus	51:02,5 55:23,6 06:18,8	**1:52:44,9**	37:45,4
328	Tor Isdahl	Fosen Vg Skole	49:47,3 56:23,3 06:45,2	**1:52:55,8**	37:56,3
329	Randi Eidem	trondheim	51:15,6 55:20,0 06:40,6	**1:53:16,2**	38:16,7
330	Hanne Jensen	NOTEAM	48:37,0 58:04,6 06:40,2	**1:53:21,8**	38:22,3
331	Unni Rindal	Sparebanken Hemne	48:48,1 57:56,9 06:42,0	**1:53:27,0**	38:27,5
332	Gunn Heidi Hallaren	Frøya kommune	49:49,5 56:45,3 06:56,6	**1:53:31,4**	38:31,9
333	Linn Eva Sand	Salmosped AS	48:17,1 58:32,0 06:52,5	**1:53:41,6**	38:42,1
334	Silje Frost Budde	Safetec BIL	51:01,5 56:43,6 06:14,9	**1:54:00,0**	39:00,5
334	Ida Erlandsen	St. Olavs Hospital BIL	51:25,8 56:16,4 06:17,8	**1:54:00,0**	39:00,5
336	Håkon Seternes	Team Norgeshus	51:32,1 56:20,8 06:12,8	**1:54:05,7**	39:06,2
337	Rolf Hildrum	Heimdal	50:02,3 57:38,4 06:46,0	**1:54:26,7**	39:27,2
338	Ronny Rønnes	Elektrikerservice AS	47:07,1 1:00:29,7 06:52,0	**1:54:28,8**	39:29,3
339	Arild Strøm	Lerøy Midt	48:37,5 59:00,9 06:55,4	**1:54:33,8**	39:34,3
340	Jade Foster	Marine Harvest	50:19,7 57:41,4 06:36,4	**1:54:37,5**	39:38,0
341	John Annar Johansen	Marine Harvest	50:15,7 57:43,9 06:38,2	**1:54:37,8**	39:38,3
342	Siri Smidesang	NOTEAM	50:03,8 58:43,8 06:10,0	**1:54:57,6**	39:58,1

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Plass	Navn	Klubb	Mellomtid			Tid	Etter
Mosjon 15 og eldre							
343	Heidi Krutvik	NOTEAM	52:52,2	56:33,4	05:40,5	**1:55:06,1**	40:06,6
344	Irene Svorkås	NOTEAM	49:47,7	59:12,0	06:44,8	**1:55:44,5**	40:45,0
345	Gunnhild Munkeby	Vinklubben SPK	51:38,4	57:30,4	06:36,9	**1:55:45,7**	40:46,2
346	Kirsti Sæther	trondheim	49:43,2	59:32,7	06:41,2	**1:55:57,1**	40:57,6
347	Anette Narmo Hammervold	Marine Harvest	51:21,6	58:10,7	06:26,6	**1:55:58,9**	40:59,4
348	Gunn Reidun Stokke	Våre Hjem A/S	51:42,7	57:55,1	06:21,8	**1:55:59,6**	41:00,1
349	Tom Ekle	Ålesund	53:05,9	56:26,7	06:36,1	**1:56:08,7**	41:09,2
350	Anita Espnes	Dyrvik	50:26,0	59:16,8	06:29,8	**1:56:12,6**	41:13,1
351	Thorleif Simonsen	TS	52:14,6	57:26,3	06:36,2	**1:56:17,1**	41:17,6
352	Ole Damm Kvilhaug	Team FMC	49:19,6	1:00:35,4	06:29,7	**1:56:24,7**	41:25,2
352	Graham Moore	Team FMC	1:49:55,4	06:29,3		**1:56:24,7**	41:25,2
354	Mona Rabben	SK Blodsmak	49:45,5	59:39,3	07:01,3	**1:56:26,1**	41:26,6
354	Emilie Moe	Nidelv IL/SK Blodsmak	49:46,6	59:38,2	07:01,3	**1:56:26,1**	41:26,6
356	Henriette Stensen	Våre Hjem A/S	52:31,0	57:55,7	06:15,7	**1:56:42,4**	41:42,9
357	Monika Bjørgmo	Våre Hjem A/S	52:30,9	57:55,3	06:20,1	**1:56:46,3**	41:46,8
358	Anne Karin Kvistad	jakobsli	49:45,9	1:00:41,6	06:36,3	**1:57:03,8**	42:04,3
359	Ivar Leif Stokke	Våre Hjem A/S	51:43,2	58:31,1	07:09,9	**1:57:24,2**	42:24,7
360	Marit Morken	Ålen Il	52:17,8	1:05:21,7		**1:57:39,5**	42:40,0
361	Gurli Øyangen	trondheim	50:07,5	1:01:19,3	06:31,9	**1:57:58,7**	42:59,2
362	Håvard Sandvik	SalMar ASA	52:33,6	59:07,2	06:20,9	**1:58:01,7**	43:02,2
363	Rakel Berge	TEAM LOTUS KLINIKK	51:09,8	1:00:13,8	06:40,6	**1:58:04,2**	43:04,7
364	Danijela Jeremic	TEAM LOTUS KLINIKK	51:01,6	1:00:36,4	06:26,3	**1:58:04,3**	43:04,8
365	Kristin Hoel	NOTEAM	50:16,7	1:01:23,1	06:35,5	**1:58:15,3**	43:15,8
366	Noralf Rønningen	Aqualine AS	51:06,3	1:00:43,9	06:29,1	**1:58:19,3**	43:19,8
367	Anne Forren Snildalsli	Krokstadøra	51:46,8	59:33,6	06:59,0	**1:58:19,4**	43:19,9
368	Hege Sundet	Sandstad il	49:32,3	1:01:53,4	06:57,3	**1:58:23,0**	43:23,5
369	Kristin Stølan Sundet	Sandstad il	49:30,9	1:01:47,5	07:04,7	**1:58:23,1**	43:23,6
370	Anna Kristoffersen	Frøya kommune	52:15,4	1:00:44,9	06:44,0	**1:59:44,3**	44:44,8
371	Thormod Høyen	Våre Hjem A/S	52:39,8	1:00:38,1	06:45,0	**2:00:02,9**	45:03,4
372	Veronica Yttereng	Melandsjø	52:27,1	1:01:12,3	06:37,3	**2:00:16,7**	45:17,2
373	Ranveig Kristiansen	SalMar ASA	52:59,8	1:00:46,0	06:31,8	**2:00:17,6**	45:18,1
374	Nicole Salbuvik	SalMar ASA	53:00,3	1:00:45,5	06:31,9	**2:00:17,7**	45:18,2
375	Terje Dahl	trondheim	37:27,6	1:22:56,4		**2:00:24,0**	45:24,5
376	Ulla Kuhlmann	NOTEAM	52:56,4	1:01:08,1	06:30,7	**2:00:35,2**	45:35,7
377	Turid Evenshaug	trondheim	53:04,3	1:01:03,8	06:51,4	**2:00:59,5**	46:00,0
378	Klemet Steen	Lerøy Midt	55:15,0	59:37,0	06:34,1	**2:01:26,1**	46:26,6
379	Kari Kristiansen	Motvind	53:16,7	1:01:08,5	07:03,3	**2:01:28,5**	46:29,0
380	Anita Bjørnbeth	Trondheim Havn	54:13,6	1:01:08,6	06:14,3	**2:01:36,5**	46:37,0
381	Eva Falch	Vikhammer	54:18,0	1:00:48,9	06:34,1	**2:01:41,0**	46:41,5
382	Roger Tvervåg	Elvemo	54:35,7	59:57,1	07:11,1	**2:01:43,9**	46:44,4
383	Monika Aunøien	Dolmøy	54:20,8	1:00:59,6	06:24,6	**2:01:45,0**	46:45,5
384	Egil Magne Hammervik	Orkanger	54:31,0	1:00:31,3	06:44,2	**2:01:46,5**	46:47,0
385	Helen Solberg	jakobsli	52:00,2	1:03:00,1	06:51,8	**2:01:52,1**	46:52,6
386	Mikael Mikalsen	Melandsjø	53:54,0	1:01:18,4	06:46,8	**2:01:59,2**	46:59,7
387	Anne Margit Mikalsen	Melandsjø	53:53,8	1:01:18,9	06:47,4	**2:02:00,1**	47:00,6
388	Christine Solem	-	52:47,6	1:02:35,2	07:00,9	**2:02:23,7**	47:24,2
389	Aivo Juirgens	Team Norgeshus	50:23,8	1:05:08,8	07:47,7	**2:03:20,3**	48:20,8
390	Hilde Pernille Ytrestøyl	trondheim	53:47,4	1:02:45,4	06:51,2	**2:03:24,0**	48:24,5
391	Elisabeth Nordaune	Havbrukstjenesten	55:13,8	1:01:35,5	06:38,3	**2:03:27,6**	48:28,1
392	Arne Haugan	Team Gaustadbrygga	55:12,8	1:01:56,9	06:33,2	**2:03:42,9**	48:43,4
393	Anita Enlid	Budalen IL	54:12,6	1:02:45,6	06:51,7	**2:03:49,9**	48:50,4
394	Alf Sagmo	Elektrikerservice AS	53:34,2	1:04:05,2	06:42,2	**2:04:21,6**	49:22,1
395	Dan Kristoffersen	Elektrikerservice AS	53:34,2	1:04:07,6	06:40,9	**2:04:22,7**	49:23,2
396	Hilde Okstad	Team Okstad	53:08,1	1:04:14,3	07:05,6	**2:04:28,0**	49:28,5
397	Monicha Seternes	Team Norgeshus	54:51,3	1:03:03,0	06:49,8	**2:04:44,1**	49:44,6
398	Hege Salthella	trondheim	55:15,0	1:02:18,4	07:14,8	**2:04:48,2**	49:48,7
399	Sonja Wikstrøm Nilsen	trondheim	53:36,8	1:04:32,7	07:19,7	**2:05:29,2**	50:29,7

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Plass	Navn	Klubb	Mellomtid	Tid	Etter
Mosjon 15 og eldre					
400	Helen Dahlen Belsås	trondheim	54:52,7 1:03:42,8 07:10,8	**2:05:46,3**	50:46,8
401	Viola Elvrum	jonsvatnet	52:13,0 1:06:19,5 07:25,9	**2:05:58,4**	50:58,9
402	Ingvild Bogø	NOTEAM	52:52,3 1:06:51,1 06:26,4	**2:06:09,8**	51:10,3
403	Adrian Krutvik	NOTEAM	54:19,5 1:04:46,1 07:10,5	**2:06:16,1**	51:16,6
404	Alexander Skanke	Elektrikerservice AS	51:42,9 1:07:04,4 07:57,4	**2:06:44,7**	51:45,2
405	Roger Sandø	SalMar ASA	53:42,1 1:06:01,6 07:07,2	**2:06:50,9**	51:51,4
406	Anne Steinveg	Hemne Sykkelklubb	54:05,8 1:06:52,7 06:35,2	**2:07:33,7**	52:34,2
407	Bjørn Arve Steinveg	Hemne Sykkelklubb	54:17,0 1:06:42,0 06:37,9	**2:07:36,9**	52:37,4
408	Greta Karin Steinvik Krogh	Mørsil - Sverige	54:28,2 1:13:47,8	**2:08:16,0**	53:16,5
409	Turid Alstad	tiller	55:06,4 1:06:23,7 06:47,7	**2:08:17,8**	53:18,3
410	Jens Olav Askim	Ballas	47:24,0 1:13:44,0 07:41,6	**2:08:49,6**	53:50,1
411	Joachim Rønnes	Ballas	47:24,4 1:13:45,3 07:45,3	**2:08:55,0**	53:55,5
412	Johanne Ingdal	trondheim	54:57,0 1:06:19,0 07:51,4	**2:09:07,4**	54:07,9
413	Jostein Leirvik	Leirvik VVS	56:16,1 1:06:06,2 06:47,5	**2:09:09,8**	54:10,3
414	Toril Antonsen Aae	Frøya kommune	57:40,5 1:05:32,7 06:51,3	**2:10:04,5**	55:05,0
415	Anita Nordtømme	Trondheim kommune	57:06,1 1:06:21,9 06:49,8	**2:10:17,8**	55:18,3
416	Finn Arne Blomsø	Bruspulverguttene	55:42,3 1:08:07,8 07:22,6	**2:11:12,7**	56:13,2
417	Wenche Sellie	børsa	56:39,0 1:08:14,7 06:49,6	**2:11:43,3**	56:43,8
418	Sten Andreas Ulvær	Sandstad il	56:51,9 1:08:01,7 07:14,6	**2:12:08,2**	57:08,7
419	Ole Svendgård	Heimdal	59:37,2 1:05:31,2 07:21,4	**2:12:29,8**	57:30,3
419	Marianne Brøttem	Heimdal	58:42,2 1:06:27,1 07:20,5	**2:12:29,8**	57:30,3
421	Siv Espnes	NOTEAM	55:23,9 1:08:19,2 09:27,0	**2:13:10,1**	58:10,6
422	Anita Karlsnes	Sparebanken Hemne	59:05,9 1:07:26,2 07:21,6	**2:13:53,7**	58:54,2
423	Yvonne Foster	Marine Harvest	57:35,9 1:09:20,9 07:07,9	**2:14:04,7**	59:05,2
423	Scott Foster	Marine Harvest	57:35,9 1:09:20,8 07:08,0	**2:14:04,7**	59:05,2
425	Bård Hanssen	Marine Harvest Norway	56:16,1 1:10:30,0 07:52,2	**2:14:38,3**	59:38,8
426	Unni Basmo	EnterCard Norge AS	59:40,8 1:07:34,3 07:25,0	**2:14:40,1**	59:40,6
427	Synnøve Seim	Ålesund	55:53,7 1:11:52,9 07:55,7	**2:15:42,3**	1:00:42,8
428	Geir Magne Sjårud	NTNU Driftsavdelingen	57:07,9 1:11:06,6 07:42,4	**2:15:56,9**	1:00:57,4
429	Roar Solberg	Saupstad	1:19:37,6 50:51,2 05:38,9	**2:16:07,7**	1:01:08,2
430	Olav Magnus Stamnestrø	Sparebanken Hemne	54:49,8 1:13:29,9 08:19,7	**2:16:39,4**	1:01:39,9
431	Rune Midtgård	Våre Hjem A/S	55:21,8 1:13:42,8 07:47,9	**2:16:52,5**	1:01:53,0
432	Stine Grostad	Næringsbygg AS	58:12,2 1:11:53,8 07:37,1	**2:17:43,1**	1:02:43,6
433	Lindis Norheim	Team Tungtrødd	1:00:11,2 1:11:08,6 07:39,3	**2:18:59,1**	1:03:59,6
434	Siw Aspaas	Team Tungtrødd	1:00:10,8 1:10:52,7 08:03,3	**2:19:06,8**	1:04:07,3
435	Kjersti Alsaker	Team Tungtrødd	1:00:11,1 1:11:08,7 08:03,1	**2:19:22,9**	1:04:23,4
436	Emeli Bredesen	Team Tungtrødd	59:55,4 1:11:09,4 08:24,0	**2:19:28,8**	1:04:29,3
437	Wenche Hernes	Våre Hjem A/S	57:41,4 1:14:25,5 08:38,0	**2:20:44,9**	1:05:45,4
438	Frøydis Myhren	Nettbuss	58:15,8 1:15:11,1 07:24,5	**2:20:51,4**	1:05:51,9
439	Anne M Grønvik Schupbach	Sistranda	1:00:36,6 1:13:00,6 07:31,7	**2:21:08,9**	1:06:09,4
440	Duy Phan	IKEA Bedriftsidrett	52:38,8 1:20:51,7 07:46,2	**2:21:16,7**	1:06:17,2
441	Parvaneh Monemy	Sistranda	1:02:02,1 1:16:44,2 07:17,2	**2:26:03,5**	1:11:04,0
442	John Terje Bremnes	ATEA BIL	1:03:01,7 1:15:31,8 07:42,6	**2:26:16,1**	1:11:16,6
442	Mia Elise Bremnes	ATEA BIL	1:03:01,8 1:15:32,1 07:42,2	**2:26:16,1**	1:11:16,6
444	Alex Hammervik-Owen	Orkanger	58:12,5 1:20:51,0 08:14,4	**2:27:17,9**	1:12:18,4
445	Lill Vatn Riiber	Team Norgeshus	1:03:44,5 1:16:59,9 07:43,9	**2:28:28,3**	1:13:28,8
446	Marit Saksvik	Tronheim	1:02:39,4 1:17:11,2 08:40,5	**2:28:31,1**	1:13:31,6
447	Nina Røstum	Våre Hjem A/S	1:05:05,2 1:14:48,4 08:40,9	**2:28:34,5**	1:13:35,0
448	Rune Røstum	Våre Hjem A/S	1:05:04,3 1:14:49,5 08:41,1	**2:28:34,9**	1:13:35,4
449	Morten Lervik	Lerøy Midt	57:03,2 1:22:06,5 09:37,1	**2:28:46,8**	1:13:47,3
450	Anne Helene Selnes	Våre Hjem A/S	1:00:30,9 1:19:57,0 08:41,0	**2:29:08,9**	1:14:09,4
451	Siri Ørstavik	Havbrukstjenesten	1:04:44,1 1:19:46,6 08:06,3	**2:32:37,0**	1:17:37,5
451	Hege Schjetne	Havbrukstjenesten	1:04:44,5 1:19:45,9 08:06,6	**2:32:37,0**	1:17:37,5
453	James Lund	Salmosped AS	57:21,3 1:31:33,7 08:47,2	**2:37:42,2**	1:22:42,7
454	Olav Sandvik Kapstad	Klæbu IL	1:05:36,0 1:25:34,3 09:20,2	**2:40:30,5**	1:25:31,0
455	Anita Sandvik Kapstad	Klæbu IL	1:05:35,7 1:25:34,5 09:20,6	**2:40:30,8**	1:25:31,3
456	Jolanta Jagminiene	Havbrukstjenesten	1:06:02,7 1:30:45,8 09:15,5	**2:46:04,0**	1:31:04,5

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Plass	Navn	Klubb	Mellomtid	Tid	Etter
Mosjon 15 og eldre					
457	May Jensen	trondheim	1:12:49,5 1:29:21,4 09:04,3	**2:51:15,2**	1:36:15,7
458	Marianne Carlsen	Team Kattem	1:12:46,5 1:31:51,5 09:29,5	**2:54:07,5**	1:39:08,0
459	Marlene Løkken	Salmosped AS	1:12:41,3 1:35:56,1 09:30,2	**2:58:07,6**	1:43:08,1
460	Liv Mari Graffer Bye	Klæbu	1:18:23,5 1:40:01,7 09:09,8	**3:07:35,0**	1:52:35,5
460	Anne Sofie Magnussen	trondheim	1:18:22,2 1:40:04,2 09:08,6	**3:07:35,0**	1:52:35,5
462	Eva Lyngvær	Heimdal	1:18:18,8 1:40:24,3 08:52,0	**3:07:35,1**	1:52:35,6
DNF	Kaupo Tatrik	Aqualine AS	42:30,6 54:33,2		
DNF	Otto Falkenberg	Frøya kommune	1:01:21,9 47:07,4		
DNF	Espen Håvard Hauan	Bewi	53:22,3 1:41:11,4		
DNF	Frode Selvåg	fjellværøy	1:22:49,3 14:59,4	**1:37:48,7**	
DNF	Roar Schei	SalMar ASA	51:35,3 1:00:18,5 06:20,8	**1:58:14,6**	
Antall	467	Påmeldte: 500	Startende: 476	Ant. poster 1	
Mosjon 12-15 år					
1	Odin By Farstad	sportsklubben falken	34:32,9 36:48,7 04:10,5	**1:15:32,1**	
2	Odin Øverland Rømuld	Ut-Hitra Sportsklubb	34:33,3 36:53,3 04:26,5	**1:15:53,1**	00:21,0
3	Lars Erling Hestnes	Ulvøya CK	35:10,1 39:53,1 04:36,9	**1:19:40,1**	04:08,0
4	Jørgen Dragsten	Tvk	36:06,4 40:06,3 04:26,8	**1:20:39,5**	05:07,4
5	Hans Magnus Meland	trondheim	36:06,1 40:24,2 04:35,7	**1:21:06,0**	05:33,9
6	Marius Eidem	ATEA BIL	37:30,5 39:33,9 04:36,2	**1:21:40,6**	06:08,5
7	Markus Nordgård Fossland	Stjørdals-Blink Alpin	37:51,4 41:04,8 04:51,0	**1:23:47,2**	08:15,1
8	Ivar Hembre	Stjørdal Blink	38:39,1 40:51,5 04:40,7	**1:24:11,3**	08:39,2
9	Martin Vårvik Nordheim	Leinstrand il	40:44,3 40:43,2 04:39,3	**1:26:06,8**	10:34,7
10	Ingeborg Winther Storler	Leinstrand IL, Skøyter	40:24,6 41:03,2 04:39,6	**1:26:07,4**	10:35,3
11	Øivind Sagmo Hammer	Trondhjems skøiteklub	39:05,5 42:49,2 05:24,2	**1:27:18,9**	11:46,8
12	Ole Martin Klungerbo	jonsvatnet	40:12,5 43:59,6 05:17,1	**1:29:29,2**	13:57,1
13	Martin Rise Mathisen	Rise Mathisen	38:56,3 49:27,6 05:31,9	**1:33:55,8**	18:23,7
14	Sondre Moe Andersen	Trondhjems skøiteklub	41:26,8 51:07,7 06:14,8	**1:38:49,3**	23:17,2
15	Sewald Røst	Trondheim Triathlon	41:26,5 52:13,3 07:01,5	**1:40:41,3**	25:09,2
16	Karl A. W. Strøm	Team Furutun	46:07,1 52:24,6 05:49,2	**1:44:20,9**	28:48,8
17	Magnus Sellie Hansen	børsa	44:09,8 1:00:40,8 06:25,3	**1:51:15,9**	35:43,8
18	Mathias Tvervåg	Elvemo	47:07,3 57:49,1 06:45,5	**1:51:41,9**	36:09,8
19	Henrik Kraft	Lånke IL	48:02,1 58:11,1 06:28,3	**1:52:41,5**	37:09,4
20	Karl Eerik Nemvalts	Sistranda	50:03,1 58:37,7 06:53,3	**1:55:34,1**	40:02,0
21	Vilde Kvam Sæther	trondheim	49:46,7 59:29,0 06:41,4	**1:55:57,1**	40:25,0
22	Kristian Greiff	hamarvik	49:05,5 1:00:42,5 06:38,6	**1:56:26,6**	40:54,5
23	Malin Sjårud	Nidaros	57:08,0 1:11:05,6 07:43,3	**2:15:56,9**	1:00:24,8
24	Lotte Skarsvåg	Vikan Settefisk as	1:02:49,5 1:19:07,0 08:34,9	**2:30:31,4**	1:14:59,3
24	Sara Solli Knutshaug	Bewi Produkter	1:02:49,3 1:19:07,3 08:34,8	**2:30:31,4**	1:14:59,3
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