

Resultatliste

Nøkle vann rundt 2011

Offisiell liste

Haraløkka, Oslo 08.10.2011

Plass	Navn	Klubb	Mellomtid			Tid	Etter	Km-tid
10 km K 12-13 år		9,7 KM						
1	Louise Mogstad-Allum	Nittedal IL	40:37,6	01:59,5	05:50,6	48:27,7		04:59
Antall	1	Påmeldte: 1	Startende: 1			Ant. poster 1		
10 km K 20-22 år		9,7 KM						
1	Ida Ihlang	Spensst Årnes	1:19:50,0			1:19:50,0		08:13
Antall	1	Påmeldte: 1	Startende: 1			Ant. poster 1		
10 km K 23-39 år		9,7 KM						
DNS	Ragnhild Haugerud	Privat						
DNS	Kaja Melstrøm	Polar						
DNS	Heidi Johansen	Pir li						
DNS	Linda Alfheim	Privat						
DNS	Hanne Kristiansen	Sk Vidar						
DNS	Ingri M. Johnsen	Solberg & Hansen						
DNS	Nina Fjellheim	Privat						
DNS	Merete Haukås	Ernst & Young						
DNS	Anne Benedikte Heggelund	Fossum						
DNS	Ingrid Johnsen	Privat						
DNS	Elin Renbjør	Tine						
DNS	Kristine Haugen	Privat						
1	Jessica Gunnarsson	Sk Vidar	31:43,6	01:45,5	04:50,8	38:19,9		03:57
2	Heidi Pharo	Privat	32:27,0	01:42,1	04:53,4	39:02,5	00:42,6	04:01
3	Tove Andersen	Rustad il	33:28,0	01:55,0	05:05,6	40:28,6	02:08,7	04:10
4	Therese Engen	Rustad il	34:01,3	01:51,3	04:59,5	40:52,1	02:32,2	04:12
5	Anne Sandnes	Pir li	35:58,2	01:50,1	05:23,0	43:11,3	04:51,4	04:27
6	Kristi Bævre	Klubb Idrettsklubb	36:09,9	01:56,1	05:15,5	43:21,5	05:01,6	04:28
7	Ingvild Finborud	Privat	36:04,5	01:53,8	05:26,3	43:24,6	05:04,7	04:28
8	Ida Bergsløkken	Namnå IL	36:26,3	01:55,2	05:24,5	43:46,0	05:26,1	04:30
9	Katja Ekroll Jahren	Bækkelagets SK	37:11,8	01:58,8	05:43,3	44:53,9	06:34,0	04:37
10	Marianne Dønnem	Castlemartyr	37:30,1	02:00,4	05:42,8	45:13,3	06:53,4	04:39
11	Katinka Arntsen	Tine	38:10,0	01:52,3	05:48,8	45:51,1	07:31,2	04:43
12	Sigrid Oftebro	Privat	38:26,9	02:06,2	05:56,4	46:29,5	08:09,6	04:47
13	Elin Sjaastad	Gjerdrum IL	39:31,6	01:57,9	05:42,1	47:11,6	08:51,7	04:51
14	Lena Munsterhjelm	Skiforeningen	40:00,5	02:14,2	06:05,9	48:20,6	10:00,7	04:58
15	Mia Nicoline Huitfeldt	Privat	40:07,9	02:22,3	05:52,1	48:22,3	10:02,4	04:59
16	Ana Korvald	Privat	40:35,0	02:04,6	06:02,8	48:42,4	10:22,5	05:01
17	Cecilie Wærp	Elixia	40:51,3	01:50,2	06:16,3	48:57,8	10:37,9	05:02
18	Marit Ween Brekken	Bouvet BIL	41:11,5	02:07,2	05:52,6	49:11,3	10:51,4	05:04
19	Guro Korsbrekke	Rustad il	41:05,0	02:15,1	06:08,7	49:28,8	11:08,9	05:05
20	Anna Bruce	Treningscamp	41:15,0	02:03,6	06:20,9	49:39,5	11:19,6	05:07
21	Hilde Karoline Midsem	SSB If	41:50,3	02:25,9	06:01,1	50:17,3	11:57,4	05:11
22	Mia Kristina Henrietta Eriksson	Svenska landslaget	41:36,0	02:10,1	06:35,1	50:21,2	12:01,3	05:11
23	Hilde Bøyum	Privat	42:25,0	02:21,1	06:05,3	50:51,4	12:31,5	05:14
24	Helga Maria Heidarsdottir	Privat	42:20,3	02:15,0	06:17,8	50:53,1	12:33,2	05:14
25	Maren Kristoffersen	Veritas BIL	42:17,0	02:54,5	06:30,5	51:42,0	13:22,1	05:19
26	Jeanette Norangshol Haugen	Trebuchet AS	43:21,6	02:02,4	06:20,7	51:44,7	13:24,8	05:20
27	Turid Sylte	Privat	43:00,1	02:17,9	06:32,0	51:50,0	13:30,1	05:20
28	Brita Vist	SK Breial	43:15,5	02:34,6	06:02,4	51:52,5	13:32,6	05:20
29	Sigrid Louise Gundersen	Privat	43:55,5	02:13,3	06:20,7	52:29,5	14:09,6	05:24
30	Kristin Blomberg Pedersen	Ernst & Young	43:43,6	02:31,0	06:16,7	52:31,3	14:11,4	05:24
31	Nicole Fishlock	Privat	43:59,3	01:55,8	06:41,8	52:36,9	14:17,0	05:25
32	Margareth Meo	KRILL	43:32,5	02:28,4	06:38,2	52:39,1	14:19,2	05:25
33	Louise Berlin	Privat	44:39,7	02:01,0	06:33,7	53:14,4	14:54,5	05:29
34	Dana B. Stene	Nydalen Skiklubb	43:49,1	02:29,5	06:58,2	53:16,8	14:56,9	05:29
35	Ulrikke Sunde	SK Breial	44:20,7	02:45,6	06:14,0	53:20,3	15:00,4	05:29

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Plass	Navn	Klubb	Mellomtid			Tid	Etter	Km-tid
10 km K 23-39 år		9,7 KM						
36	Lise Bakke	Privat	44:44,9	02:31,0	06:19,0	53:34,9	15:15,0	05:31
37	Katharina Gjeruldsen	KRUS	44:25,0	02:30,8	06:47,7	53:43,5	15:23,6	05:32
38	Nina Wang	Privat	44:54,8	02:27,3	06:37,0	53:59,1	15:39,2	05:33
39	Siv Haagensen	Bjørknes privatskole	44:45,6	02:24,4	06:51,5	54:01,5	15:41,6	05:34
40	Ragnhild Skundberg	New York 2013	45:36,5	02:28,6	06:35,7	54:40,8	16:20,9	05:38
41	Malin Granlund	Reno B.I.L	45:34,0	02:35,7	06:34,1	54:43,8	16:23,9	05:38
42	Stine Fadum-Aas	Jensen & Co	45:56,9	02:34,5	06:30,3	55:01,7	16:41,8	05:40
43	Laila Offernes	Bjørknes privatskole	45:55,3	02:27,0	07:20,4	55:42,7	17:22,8	05:44
44	Christine Paugard	Privat	46:35,7	02:29,7	06:42,2	55:47,6	17:27,7	05:45
45	Elisabeth Wiik	Privat	46:33,1	02:32,0	06:51,5	55:56,6	17:36,7	05:45
46	Kristine Haugland	FabelAkt	47:12,6	02:11,8	06:34,8	55:59,2	17:39,3	05:46
47	Tine Eriksen	SK Breial	46:45,4	02:26,1	06:50,5	56:02,0	17:42,1	05:46
48	Maria Sibbern	Privat	47:54,6	02:17,2	06:24,5	56:36,3	18:16,4	05:50
49	Carina Wik	Privat	47:17,8	02:45,6	06:58,5	57:01,9	18:42,0	05:52
50	Silje Holtan-Hartwig	Hope Hair Nordstrand	51:30,4	06:13,7		57:44,1	19:24,2	05:57
51	Malin Haug	Privat	48:24,7	02:13,5	07:07,9	57:46,1	19:26,2	05:57
52	Helen Røsok	Helens Maleverksted	48:16,0	02:10,2	07:23,6	57:49,8	19:29,9	05:57
53	Mari Asland	Privat	48:31,2	02:39,3	06:47,2	57:57,7	19:37,8	05:58
54	Irene Johannesen	Privat	48:13,1	02:51,6	07:01,4	58:06,1	19:46,2	05:59
55	Christine Bugge Jensen	Jensen & Co	48:20,1	02:51,0	07:19,1	58:30,2	20:10,3	06:01
56	Susanne Svendsen	remember	49:04,8	02:38,7	06:46,8	58:30,3	20:10,4	06:01
57	Felicia Barkström	Privat	49:25,0	02:05,0	07:01,9	58:31,9	20:12,0	06:01
58	Line Cødervall	Privat	48:45,0	02:38,6	07:12,0	58:35,6	20:15,7	06:02
59	Ingunn Torsrud	Privat	48:39,6	03:06,9	06:59,8	58:46,3	20:26,4	06:03
60	Katrine Malm	Privat	48:40,0	03:04,4	07:07,6	58:52,0	20:32,1	06:04
61	June Westerveld	Privat	48:56,5	03:13,6	07:09,9	59:20,0	21:00,1	06:07
62	Lise Forsberg Vogt	Team HTV53	49:58,5	02:44,5	07:06,4	59:49,4	21:29,5	06:10
63	Jorunn Jensen	remember	49:54,3	02:36,8	07:33,0	1:00:04,1	21:44,2	06:11
64	Sarah Mcseveny Åril	Privat	50:10,2	02:31,0	07:27,7	1:00:08,9	21:49,0	06:11
65	Ika Bruun	Privat	50:14,5	02:54,5	07:11,9	1:00:20,9	22:01,0	06:13
66	Line Hofoss Holm	Line	49:57,3	02:54,3	07:32,6	1:00:24,2	22:04,3	06:13
67	Karina Nyheim	Privat	50:07,6	02:59,4	07:20,4	1:00:27,4	22:07,5	06:13
68	Linn Alma Kirkedam	IF Frøy	50:32,2	03:04,6	07:20,7	1:00:57,5	22:37,6	06:17
69	Emma Hedfeldt	Privat	50:52,4	02:49,2	07:27,5	1:01:09,1	22:49,2	06:18
70	Maren Øvrebø	Privat	51:47,9	02:46,2	07:13,5	1:01:47,6	23:27,7	06:22
71	Ingvild Sletvold-Hafenrichter	Privat	51:50,2	02:13,5	08:13,3	1:02:17,0	23:57,1	06:25
72	Vaike Cecilie Lier Nyberg	Privat	52:26,0	02:56,2	07:08,6	1:02:30,8	24:10,9	06:26
73	Tina Marie Kjerstad	Team Kjekkas	52:02,6	03:10,5	07:27,8	1:02:40,9	24:21,0	06:27
74	Siri Nytrøen	Privat	52:22,3	02:57,2	07:49,4	1:03:08,9	24:49,0	06:30
75	Berit Lunke	Fight for Fit	53:29,5	02:59,2	07:28,5	1:03:57,2	25:37,3	06:35
76	Kamilla Kaptan	Krogsveen	53:47,9	03:26,9	07:38,2	1:04:53,0	26:33,1	06:41
77	Trine Viljugrein	Privat	54:11,5	02:52,7	08:13,9	1:05:18,1	26:58,2	06:43
78	Christina Hilton	Privat	1:05:48,1			1:05:48,1	27:28,2	06:47
79	Silja Johnson	Privat	56:29,4	03:30,3	08:36,9	1:08:36,6	30:16,7	07:04
80	Marit Rossnes	Privat	57:19,5	03:09,5	08:12,8	1:08:41,8	30:21,9	07:04
81	Janine Biermann	Privat	1:11:45,5			1:11:45,5	33:25,6	07:23
82	Tone Yvonne Killengreen	Mile Hunters	1:22:21,0			1:22:21,0	44:01,1	08:29
Antall	94	Påmeldte: 94	Startende: 94			Ant. poster 1		

10 km K 40-44 år

9,7 KM

DNS	Franciska Perger	KLP BIL						
1	Wendy Fjellstad	Ås IL	33:55,7	01:47,5	05:15,2	40:58,4		04:13
2	Mona Rydland	BUL	36:21,1	01:58,9	05:24,2	43:44,2	02:45,8	04:30
3	Ingunn Husmoen	Rustad il	36:32,0	02:02,9	05:27,1	44:02,0	03:03,6	04:32
4	Christin Flatum	Team Sportsgutta	37:47,2	02:17,0	05:47,1	45:51,3	04:52,9	04:43
5	Tone Åril Lilleaas	Ceres	38:42,4	02:01,2	05:53,3	46:36,9	05:38,5	04:48

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Haraløkka, Oslo 08.10.2011

Plass	Navn	Klubb	Mellomtid			Tid	Etter	Km-tid
10 km K 40-44 år		9,7 KM						
6	Nina Malme Gulbrandsen	Rustad il	39:05,6	02:10,2	05:46,3	47:02,1	06:03,7	04:50
7	Turid Holter Steinset	Team Sportsgutta	39:01,9	02:20,6	05:50,0	47:12,5	06:14,1	04:51
8	Kari Uglem	Strinheim IL	39:26,7	02:28,5	05:29,1	47:24,3	06:25,9	04:53
9	Berit Nesheim Hægeland	Rustad il	40:32,5	01:59,3	05:46,5	48:18,3	07:19,9	04:58
10	Ingrid Brastad	Bøler IF Friidrett	40:44,6	02:13,1	06:20,6	49:18,3	08:19,9	05:04
11	Gro Espeseth	remember	41:56,1	02:12,9	06:18,4	50:27,4	09:29,0	05:12
12	Benedicte Bjercke	Haukåsen ØI & Jogg	43:02,4	02:45,1	06:14,3	52:01,8	11:03,4	05:21
13	Wenche Svendby Bråten	Rustad il	43:58,4	02:36,5	06:32,5	53:07,4	12:09,0	05:28
14	Elia Hjorth-Johansen	Privat	44:19,0	02:28,0	06:26,4	53:13,4	12:15,0	05:29
15	May-Kristin Larsen	Schjødtt BIL	44:22,0	02:18,0	06:36,2	53:16,2	12:17,8	05:29
16	Hege Kittilsen	Privat	44:53,6	02:28,0	06:46,7	54:08,3	13:09,9	05:34
17	Hilde Hæreid Weiby	Privat	45:56,6	02:33,8	06:07,6	54:38,0	13:39,6	05:37
18	Kjersti Løken Stavrum	Rye	45:44,3	02:15,0	06:52,1	54:51,4	13:53,0	05:39
19	Karin Kvello	il driv	45:56,4	02:35,6	06:22,8	54:54,8	13:56,4	05:39
20	Marianne Varsi	Privat	45:32,2	02:55,8	06:34,3	55:02,3	14:03,9	05:40
21	Anette Bjerke	Privat	46:25,3	02:10,5	06:41,4	55:17,2	14:18,8	05:41
22	Hilde Larsen	Privat	46:24,3	02:40,1	06:20,5	55:24,9	14:26,5	05:42
23	Vivian Sanne	Privat	47:33,7	02:37,2	06:53,3	57:04,2	16:05,8	05:52
24	Trine Smestad	Haukåsen ØI & Jogg	48:08,2	02:51,5	07:13,2	58:12,9	17:14,5	06:00
25	Janne Strandrud	sk Rye	50:12,7	03:13,6	07:12,2	1:00:38,5	19:40,1	06:15
26	Gry Eriksen	Polar	50:51,8	03:04,3	07:20,7	1:01:16,8	20:18,4	06:18
27	Maya Christensen	Privat	54:53,6	03:17,4	07:39,8	1:05:50,8	24:52,4	06:47
28	Margareta Møkleby	Privat	55:15,5	03:07,2	07:53,9	1:06:16,6	25:18,2	06:49
29	Tarand Krogvold	WATCH Publishing	1:11:46,6			1:11:46,6	30:48,2	07:23
Antall	30	Påmeldte: 30	Startende: 30			Ant. poster 1		

10 km K 45-49 år		9,7 KM						
DNS	Gurid Sofie Martinsen	Privat						
DNS	Lene Johansen	KNS						
1	Åse Bergliot Kvisgaard	Hytteplan Sport	37:12,4	01:57,5	05:33,1	44:43,0		04:36
2	Marianne Følling	Treningscamp	38:06,3	02:04,5	05:39,7	45:50,5	01:07,5	04:43
3	Ingunn Monsen	Sk Vidar	39:53,5	02:05,9	05:46,0	47:45,4	03:02,4	04:55
4	Hilde Berggren	Follum	40:10,8	02:12,7	05:57,6	48:21,1	03:38,1	04:59
5	Merethe Holth	Privat	40:34,3	02:15,8	06:13,4	49:03,5	04:20,5	05:03
6	Mette Sundøen	ØVIP	40:39,4	02:17,8	06:07,3	49:04,5	04:21,5	05:03
7	Bente Sæther	DnB NOR Bank ASA	41:45,7	02:21,8	06:00,1	50:07,6	05:24,6	05:10
8	Ingrid Vaksvik	Privat	42:28,6	02:11,7	06:14,8	50:55,1	06:12,1	05:14
9	Lisbeth Alexandersen	Privat	42:15,5	02:29,2	06:21,0	51:05,7	06:22,7	05:15
10	Turid Holemark Sunde	Privat	44:05,2	02:43,5	06:41,3	53:30,0	08:47,0	05:30
11	Hilde Harket	HRM	45:03,9	02:35,0	06:36,1	54:15,0	09:32,0	05:35
12	Gro Axelsen	Privat	45:41,5	02:32,3	06:39,2	54:53,0	10:10,0	05:39
13	Cecilie Grane	Haukås ØI og Jogg	46:30,8	02:42,3	06:49,4	56:02,5	11:19,5	05:46
14	Ann-Karin Martinussen	Rustad il	47:01,1	02:35,7	06:55,7	56:32,5	11:49,5	05:49
15	Line Katrin Rødseth	Haukåsen ØI og Jogg	46:53,7	02:38,3	07:02,0	56:34,0	11:51,0	05:49
16	Linda Kjosås	Privat	47:33,5	02:45,1	07:14,9	57:33,5	12:50,5	05:55
17	Trine Hansen	Rustad il	49:30,9	02:17,2	06:34,6	58:22,7	13:39,7	06:01
18	Hege Andersen	Privat	52:54,5	03:08,0	07:54,8	1:03:57,3	19:14,3	06:35
Antall	20	Påmeldte: 20	Startende: 20			Ant. poster 1		

10 km K 50-54 år		9,7 KM						
DNS	Birgit Engelsen	Bøler IF Friidrett						
1	Kari Langerud	Hytteplan Sport	35:00,5	01:42,1	05:27,3	42:09,9		04:20
2	Eldrid Langesæter	Rikshospitalet	39:10,3	02:12,3	05:50,8	47:13,4	05:03,5	04:52
3	Ann-Kristin Gjertsen	Privat	41:59,3	02:11,5	06:21,2	50:32,0	08:22,1	05:12
4	Inger Hagen Granheim	DnB NOR	42:07,3	02:38,2	06:12,7	50:58,2	08:48,3	05:15

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10 km K 50-54 år		9,7 KM						
5	Nina Krogsund	Privat	45:49,7	02:26,1	06:44,3	55:00,1	12:50,2	05:40
6	Annbjørge Håøy	Rustad il	45:44,3	02:42,6	06:35,0	55:01,9	12:52,0	05:40
7	Giske Karina Jægtnes	Rustad I.L	46:30,5	02:21,6	06:49,6	55:41,7	13:31,8	05:44
8	Anne Karin Vala	Rustad il	47:11,4	02:36,4	06:56,9	56:44,7	14:34,8	05:50
9	Inger Thune	EDB ErgoGroup	49:52,6	02:53,9	07:32,9	1:00:19,4	18:09,5	06:13
10	Janne Henriksen	Privat	50:20,1	03:02,7	07:28,7	1:00:51,5	18:41,6	06:16
11	Björg Selbekk	Høybråten-Stovner	51:09,0	02:55,2	07:34,0	1:01:38,2	19:28,3	06:21
Antall	12	Påmeldte: 12	Startende: 12			Ant. poster 1		
10 km K 55-59 år		9,7 KM						
1	Miriam Sørsvang	oslo kommune bil	45:39,4	02:17,9	06:36,2	54:33,5		05:37
2	Vera Feldt Sandnes	Privat	46:19,8	02:32,7	06:35,3	55:27,8	00:54,3	05:42
3	Anne Søbstad Rye	GE Healthcare / Sk Rye	46:56,5	02:45,2	06:54,4	56:36,1	02:02,6	05:50
4	Solveig Kjærnet	Privat	48:14,6	02:32,7	06:57,9	57:45,2	03:11,7	05:57
5	Lise Brække	BUL	1:20:11,0			1:20:11,0	25:37,5	08:15
Antall	5	Påmeldte: 5	Startende: 5			Ant. poster 1		
10 km K 60-64 år		9,7 KM						
1	Ingunn Ytrefhus	Tromsø Univ. BIL	44:25,5	02:22,5	06:36,1	53:24,1		05:30
2	Marit Sønsteli	Rustad II/Brødrene Dahl	48:03,0	02:34,6	06:50,7	57:28,3	04:04,2	05:55
Antall	2	Påmeldte: 2	Startende: 2			Ant. poster 1		
10 km K 65-69 år		9,7 KM						
1	Oline Yksnøy	Rustad il	48:33,3	02:46,3	06:46,5	58:06,1		05:59
2	Astrid Svanes Bertelsen	Rustad il	51:37,1	02:43,2	07:35,5	1:01:55,8	03:49,7	06:22
3	Johanne-Marie Erstad	Øystese IL	1:17:29,8			1:17:29,8	19:23,7	07:59
4	Anne Lise Lauvstad	Bamble	1:18:11,0			1:18:11,0	20:04,9	08:03
Antall	4	Påmeldte: 4	Startende: 4			Ant. poster 1		
10 km K 70-74 år		9,7 KM						
1	Signy Henden Rustlie	Privat	54:04,1	03:00,8	07:36,9	1:04:41,8		06:40
Antall	1	Påmeldte: 1	Startende: 1			Ant. poster 1		
10 km K 75-79 år		9,7 KM						
1	Marit Sakshaug	Privat	1:14:32,0			1:14:32,0		07:41
Antall	1	Påmeldte: 1	Startende: 1			Ant. poster 1		
10 km M 12-13 år		9,7 KM						
DNF	Jacob Olsson	Rustad il	1:02:06,7					
1	Håkon Tallhaug Gulbrandsen	Valdres	32:51,0	01:46,9	04:54,0	39:31,9		04:04
2	Herman Fossum Riise	Rustad Fotball	38:23,0	02:00,5	06:21,1	46:44,6	07:12,7	04:49
3	Teis Holemark Sunde	Nordstrand IF	44:57,3	02:11,3	07:04,0	54:12,6	14:40,7	05:35
4	Markus Olsson	Rustad il	46:12,5	02:22,3	06:29,0	55:03,8	15:31,9	05:40
5	Oskar Frantzen Holte	Privat	47:41,6	02:06,4	06:47,2	56:35,2	17:03,3	05:50
6	Magnus Kringstad	BUL	48:09,8	02:38,0	07:22,5	58:10,3	18:38,4	05:59
7	Lavran Thorstensen	Rustad il	55:13,8	03:08,3	06:26,2	1:04:48,3	25:16,4	06:40
Antall	8	Påmeldte: 8	Startende: 8			Ant. poster 1		

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Plass	Navn	Klubb	Mellomtid			Tid	Etter	Km-tid
10 km M 14-15 år		9,7 KM						
1	Bjørnar Evensen	Skeid Fotball	30:24,2	01:39,3	04:37,5	36:41,0		03:46
2	Simen Heimdahl	Rustad il	33:02,5	01:27,9	04:47,4	39:17,8	02:36,8	04:02
3	Eldar Thomassen Fagerbakke	Bøler IF Friidrett	33:24,7	01:46,2	05:07,2	40:18,1	03:37,1	04:09
4	Runar Bjørhovde	Bækkelagets SK	36:16,3	01:47,4	05:34,4	43:38,1	06:57,1	04:29
Antall	4	Påmeldte: 4	Startende: 4			Ant. poster 1		
10 km M 16-17 år		9,7 KM						
DNS	Michael Stocker	Privat						
1	Joachim Qvale	Bøler IF Friidrett	31:17,7	01:40,7	04:38,2	37:36,6		03:52
2	Magne Jutulstad	Rustad	33:49,3	01:35,2	05:00,9	40:25,4	02:48,8	04:10
3	Jørund Vala	Rustad il	36:31,6	02:04,3	05:38,2	44:14,1	06:37,5	04:33
4	Vegard Gjelsnes Ødegården	Rustad il, langrennsgr	39:44,5	02:18,5	05:50,6	47:53,6	10:17,0	04:56
Antall	5	Påmeldte: 5	Startende: 5			Ant. poster 1		
10 km M 18-19 år		9,7 KM						
DNS	Truls Jerven	dB Kompetanse						
1	Martin Sulland	Holeværingen Ski Elite	31:25,5	04:36,3		36:01,8		03:42
2	Lars Hagelsteen Vik	Holeværingen Ski Elite	30:09,1	01:31,7	04:32,9	36:13,7	00:11,9	03:44
3	August Korbøl Eeriksen	Privat	37:33,3	01:25,3	05:49,2	44:47,8	08:46,0	04:37
4	Eivind Jægtnes	Nordstrand skytterlag	42:44,6	01:46,4	06:26,1	50:57,1	14:55,3	05:15
Antall	5	Påmeldte: 5	Startende: 5			Ant. poster 1		
10 km M 20-22 år		9,7 KM						
1	Kristoffer Nylund	JIL Grorud	30:31,2	01:31,7	04:45,4	36:48,3		03:47
2	Atle Smenes	Rustad il	34:17,3	01:54,8	05:16,3	41:28,4	04:40,1	04:16
Antall	2	Påmeldte: 2	Startende: 2			Ant. poster 1		
10 km M 23-39 år		9,7 KM						
DNS	Endre Storløkken	Holmenkollen CK						
DNS	Morten Røstengen	OBOS						
DNS	Morten Simonsen	Morten Simonsen						
DNS	John-Egil Solberg	Treningsgjengen Bøler						
DNS	Kjell Arne Bangen Johnsen	Polar						
DNS	Juan Pablo Orieta	Tollerne IL						
DNS	Stian Jensrud	Solberg & Hansen						
DNS	Martin Ophaug	Privat						
DNS	Kåre Roger Stokke	Privat						
DNS	Per Neraas-Andersen	vålerenga ski						
DNS	Ole Jakob Michelsen	Privat						
DNS	Lars Kabbe	Grenland SK						
DNF	Joakim Skajaa	Eriksen Skajaa						
1	Eirik Gramstad	Sk Vidar	27:19,2	03:59,3		31:18,5		03:13
2	Anders Knudsen	Tjalve	28:49,6	04:10,7		33:00,3	01:41,8	03:24
3	Øystein Mørk	Bøler IF Friidrett	28:03,2	01:24,8	04:18,4	33:46,4	02:27,9	03:28
4	Per-Christian Lysaker	e-co bil	28:14,5	01:20,8	04:19,8	33:55,1	02:36,6	03:29
5	Kjetil Hagtvedt Dammen	Rustad IL/Team Xtra	28:13,6	01:28,3	04:15,3	33:57,2	02:38,7	03:30
6	Mads Bigum Johansen	Tjalve	28:17,1	01:24,4	04:25,8	34:07,3	02:48,8	03:31
7	Jon Olsen	Team Oslo Sportslager	30:04,3	04:15,8		34:20,1	03:01,6	03:32
8	Anders Stenbrenden	Milslukern/NHO	30:01,1	04:21,4		34:22,5	03:04,0	03:32
9	Gjermund Sørstad	Sturla	28:43,8	01:31,5	04:27,8	34:43,1	03:24,6	03:34
10	Per Erik Monsrud	Oppstad IL	30:25,8	04:23,3		34:49,1	03:30,6	03:35
11	Steffen Sæterhagen Paulsen	Rustad il	28:48,3	01:35,6	04:29,1	34:53,0	03:34,5	03:35

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Plass	Navn	Klubb	Mellomtid			Tid	Etter	Km-tid
10 km M 23-39 år		9,7 KM						
12	Morten Grøan	Team Oslo Sportslager	29:09,2	01:33,9	04:24,1	35:07,2	03:48,7	03:37
13	Alexander Bjørvik	Nettedger AS	29:40,6	01:37,1	04:14,3	35:32,0	04:13,5	03:39
14	Kjetil Ask	Bøler IF Friidrett	29:59,5	01:31,6	04:25,5	35:56,6	04:38,1	03:42
15	Eirik Solum	OSI	31:29,8	04:37,8		36:07,6	04:49,1	03:43
16	Kjetil Sørum	Stavern Sport	30:02,4	01:36,3	04:38,7	36:17,4	04:58,9	03:44
17	Petter Sveen Nilsen	Thommessen BIL	30:06,4	01:34,8	04:44,1	36:25,3	05:06,8	03:45
18	Jonas Jensen Croff	Rustad il	30:33,7	01:37,1	04:42,4	36:53,2	05:34,7	03:48
19	Harald Skarpeteig	oslofjord triatlon	30:33,6	01:40,5	04:39,5	36:53,6	05:35,1	03:48
20	Tor Bjørnstad	Oslo Fronrunners	31:03,5	01:38,0	04:46,0	37:27,5	06:09,0	03:51
21	Inge Hasund	team tøff	31:14,2	01:32,9	04:50,7	37:37,8	06:19,3	03:52
22	Joakim Prestmo	Bækkelagets SK/SSB IL	31:26,7	01:38,7	04:41,4	37:46,8	06:28,3	03:53
23	Odd Lillehagen	Privat	31:34,0	01:27,0	04:59,0	38:00,0	06:41,5	03:55
24	Sverre Rosen	Storebrand	32:16,6	01:36,2	04:40,0	38:32,8	07:14,3	03:58
25	Tony Gjerde	Scandpower BIL	32:05,7	01:31,2	04:58,9	38:35,8	07:17,3	03:58
26	Asgeir Risheim Kvam	Asker Skiklubb /	32:10,9	01:42,9	04:49,0	38:42,8	07:24,3	03:59
27	Simen Storås	Polar	32:10,5	01:38,6	04:58,9	38:48,0	07:29,5	04:00
28	Øyvind Slørdahl	oslofjord triatlon	32:06,1	01:42,2	05:02,8	38:51,1	07:32,6	04:00
29	Fredrik Magnus Ramm	Privat	32:18,3	01:40,2	04:52,9	38:51,4	07:32,9	04:00
30	Anders Westvold	Team United Bakeries	32:36,1	01:47,0	04:48,2	39:11,3	07:52,8	04:02
31	Thomas Westvold	Team United Bakeries 2	32:26,3	01:43,8	05:01,5	39:11,6	07:53,1	04:02
32	Roger Thompson	il driv	32:58,2	01:38,4	04:42,7	39:19,3	08:00,8	04:03
33	Dag Torp-Hansen	Team Kjekkas	32:43,4	01:39,7	05:02,3	39:25,4	08:06,9	04:03
34	Kristian Heggebø	Vindafjord IL	32:53,6	01:43,3	04:53,9	39:30,8	08:12,3	04:04
35	Christian Søvik	Privat	32:43,8	01:46,3	05:02,6	39:32,7	08:14,2	04:04
36	Robert Kresz	Karlsruud Trim&Velvære	32:58,9	01:40,5	04:57,6	39:37,0	08:18,5	04:05
37	Vegard Stensæter	Privat	33:06,6	01:40,5	04:51,0	39:38,1	08:19,6	04:05
38	Florian Bochud	Nydalen SK	32:51,4	01:47,0	05:00,3	39:38,7	08:20,2	04:05
39	Tero Markus Päivärinne	Sk Vidar	33:01,6	01:38,7	04:59,6	39:39,9	08:21,4	04:05
40	Johan Widen	Ås IL	32:58,3	01:43,7	04:59,0	39:41,0	08:22,5	04:05
41	Einar Frogh	NOTEAM	33:21,6	01:40,4	04:54,7	39:56,7	08:38,2	04:07
42	Kjetil Syverud	Rustad il	33:06,5	01:44,3	05:07,0	39:57,8	08:39,3	04:07
43	Magnus Skuland	JPro	33:17,4	01:38,7	05:06,2	40:02,3	08:43,8	04:07
44	Eirik Søreng	Privat	33:36,1	01:38,7	05:01,4	40:16,2	08:57,7	04:09
45	Petter Skippervold	Team Hellerud	33:48,6	01:56,4	04:55,5	40:40,5	09:22,0	04:11
46	Thomas Kjerstad	Team Kjekkas	33:43,3	01:44,8	05:13,1	40:41,2	09:22,7	04:11
47	Torleiv Lohne	Lørenskog kommune	33:35,6	01:53,3	05:14,3	40:43,2	09:24,7	04:11
48	Øyvind Pedersen	Privat	33:58,8	01:47,5	04:57,4	40:43,7	09:25,2	04:11
49	Halvor Lauvstad	SATS	33:22,0	01:33,1	05:54,6	40:49,7	09:31,2	04:12
50	Robin Pay	Løpsfamilien Pay	34:11,6	01:34,7	05:20,8	41:07,1	09:48,6	04:14
51	Espen Høglund	Team Kjekkas	34:17,5	01:35,5	05:15,5	41:08,5	09:50,0	04:14
52	Bjørn-Olav Enger	Jernbaneverket	34:13,2	01:47,3	05:10,9	41:11,4	09:52,9	04:14
53	Mauritz Wahl	Privat	34:20,3	01:44,0	05:09,6	41:13,9	09:55,4	04:14
54	Steinar Lie	Bandmates IK	34:19,0	01:46,8	05:08,2	41:14,0	09:55,5	04:15
55	Marcus Josefsson	Elixia Årvoll	34:34,3	01:45,2	05:00,8	41:20,3	10:01,8	04:15
56	Sigbjørn Sandberg	SSB	34:08,2	01:52,7	05:25,9	41:26,8	10:08,3	04:16
57	Einar Fuhr Heggheim	Privat	34:20,6	01:42,4	05:25,3	41:28,3	10:09,8	04:16
58	Sverre Mæhlum	Privat	34:45,8	01:48,5	05:00,5	41:34,8	10:16,3	04:17
59	Thomas Tronstad	OBOS	34:38,3	01:42,2	05:14,5	41:35,0	10:16,5	04:17
60	Roy Ronas	Privat	34:33,6	01:58,4	05:06,8	41:38,8	10:20,3	04:17
61	Christoffer Wilner	Rustad il	34:41,8	01:43,6	05:19,2	41:44,6	10:26,1	04:18
62	Andre Myrvold	Origo Boliginans Bil	34:47,8	01:48,8	05:14,1	41:50,7	10:32,2	04:18
63	Torbjørn Høvde	Østmarka Mjød og	34:47,0	01:49,3	05:14,7	41:51,0	10:32,5	04:18
64	Knut Ole Hol	Privat	34:42,3	01:55,1	05:21,1	41:58,5	10:40,0	04:19
65	Erik Barstad	Privat	35:17,5	01:40,3	05:07,3	42:05,1	10:46,6	04:20
66	Thomas Larsen	Fysiolarsen Allstar	35:14,8	01:49,7	05:11,7	42:16,2	10:57,7	04:21
67	Morten Kallevig	Lørenskog ck	35:22,5	01:49,1	05:11,3	42:22,9	11:04,4	04:22
68	Emil Østenfor	OMIK	35:31,2	01:50,4	05:13,0	42:34,6	11:16,1	04:23

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10 km M 23-39 år		9,7 KM						
69	Sturle Jensen	Privat	35:19,7	01:54,0	05:24,2	42:37,9	11:19,4	04:23
70	Arne Dombestein	Treningsgjengen Bøler	35:49,2	01:34,3	05:15,3	42:38,8	11:20,3	04:23
71	Tor Otto Strøm	Rustad il	35:40,7	01:53,7	05:32,7	43:07,1	11:48,6	04:26
72	Knut Straith	Privat	35:28,1	02:09,4	05:35,2	43:12,7	11:54,2	04:27
73	Lars Tiller	Driv IL	36:22,5	01:48,1	05:05,5	43:16,1	11:57,6	04:27
74	Anders Yri	Ås IL	36:01,5	01:54,6	05:20,3	43:16,4	11:57,9	04:27
75	Colin Forthun	FIN Bil	36:08,5	01:53,6	05:21,2	43:23,3	12:04,8	04:28
76	Truls Wang-Johannessen	Privat	35:54,3	01:52,8	05:37,2	43:24,3	12:05,8	04:28
77	Torgrim Lid	Forsvaret Kolsås BIL	36:21,8	01:50,2	05:29,6	43:41,6	12:23,1	04:30
78	Mads Høgholen	Abbott Norge BIL	36:27,9	01:49,9	05:25,9	43:43,7	12:25,2	04:30
79	Truls Ljådal	Langangen IL	36:36,0	01:51,8	05:20,3	43:48,1	12:29,6	04:30
80	Frode Klevstul	vxg.com	36:40,1	01:57,7	05:11,6	43:49,4	12:30,9	04:31
81	Vidar Berget	Making Waves As	36:19,2	01:49,1	05:42,5	43:50,8	12:32,3	04:31
82	Christian Opdal Eid	Privat	36:32,8	01:53,9	05:34,9	44:01,6	12:43,1	04:32
83	Simen Eid	Privat	36:44,0	01:56,1	05:29,2	44:09,3	12:50,8	04:33
84	Hans Van Doorn	Privat	36:45,5	02:01,4	05:32,4	44:19,3	13:00,8	04:34
85	Neil Anton Heggernes	Jobzone	36:43,8	02:04,0	05:33,1	44:20,9	13:02,4	04:34
86	Erik Reikrås	Privat	36:59,1	01:59,5	05:24,0	44:22,6	13:04,1	04:34
87	Arne Solberg	Treningsgjengen Bøler	37:05,1	01:53,4	05:30,0	44:28,5	13:10,0	04:35
88	Espen Andersen	Treningsgjengen Bøler	36:52,8	02:02,3	05:37,0	44:32,1	13:13,6	04:35
89	Steinar-Kumarasamy Aune	Privat	37:06,1	01:44,2	05:46,7	44:37,0	13:18,5	04:35
90	Erik Kaland	King Kong	37:08,5	01:58,5	05:31,5	44:38,5	13:20,0	04:36
91	Paul Håvard Østby	Privat	37:00,0	01:59,8	05:41,7	44:41,5	13:23,0	04:36
92	Håvard Bævre	IF Frøy	37:21,5	02:11,0	05:14,1	44:46,6	13:28,1	04:36
93	Pål Jørgen Bakke	Privat	38:01,5	01:38,7	05:27,4	45:07,6	13:49,1	04:39
94	Espen Barroso-Gomez	Øvre Golia	37:39,9	01:53,4	05:37,9	45:11,2	13:52,7	04:39
95	Henrik Karlson	Oslo ski og friidrett	37:28,9	02:02,7	05:48,2	45:19,8	14:01,3	04:40
96	Magnus Ødegard	Privat	37:32,5	01:43,5	06:06,3	45:22,3	14:03,8	04:40
97	Antoine Philippart	Privat	38:23,2	01:53,0	05:37,6	45:53,8	14:35,3	04:43
98	Harald Schytz	Ås IL	38:07,0	02:06,9	05:41,3	45:55,2	14:36,7	04:44
99	Morten Rasten	Privat	38:17,4	01:52,5	05:47,7	45:57,6	14:39,1	04:44
101	Henrik Skarstein	Privat	38:21,7	02:02,9	05:36,0	46:00,6	14:42,1	04:44
100	Stefan Erath	Hydro Oslo BIL	38:11,3	02:07,4	05:41,9	46:00,6	14:42,1	04:44
102	Alan Tahir	Riksrevisjonen	38:38,5	01:45,3	05:40,9	46:04,7	14:46,2	04:44
103	Espen Borgir Christophersen	Byåsen Festlangrenn	38:31,1	02:01,0	05:33,0	46:05,1	14:46,6	04:45
104	Andreas Hisdal	Mami AS	38:08,1	01:59,2	06:04,4	46:11,7	14:53,2	04:45
105	Andreas Christensen	Privat	38:34,0	01:59,9	05:42,9	46:16,8	14:58,3	04:46
106	Roger Bruarøy	Brødrene Dahl B.I.L	39:30,1	01:23,9	05:54,8	46:48,8	15:30,3	04:49
107	Andreas Gossner	Oslo-Ørn	39:28,0	01:50,5	05:31,0	46:49,5	15:31,0	04:49
108	Magne Paulsen	Privat	38:54,7	02:00,4	05:55,3	46:50,4	15:31,9	04:49
109	Fredrik Gaustad	Team Esvi	39:16,5	01:52,6	05:41,9	46:51,0	15:32,5	04:49
110	Per Ivar Hoelsengen	Hvam IL	39:01,6	02:06,0	05:45,9	46:53,5	15:35,0	04:50
111	Nils Kristian Dyb	Hurum CK	38:56,6	02:03,0	05:54,6	46:54,2	15:35,7	04:50
112	Martin Meier	Privat	39:13,1	02:01,3	05:45,6	47:00,0	15:41,5	04:50
113	Helge Olsen	Strålfors	39:22,6	02:06,0	05:38,6	47:07,2	15:48,7	04:51
114	Theodor Sikeri	Privat	39:33,4	02:03,2	05:40,4	47:17,0	15:58,5	04:52
115	Jon Overland	Statnett BIL	40:04,5	01:57,5	05:44,0	47:46,0	16:27,5	04:55
116	Ole Anders Fuglesang	Vallhall Sykkelteam	40:02,9	02:01,2	05:47,2	47:51,3	16:32,8	04:55
117	Andreas Reinhardt	Privat	39:29,6	02:16,2	06:11,2	47:57,0	16:38,5	04:56
118	Thomas Lindgaard	Asfalt Cowboys	39:51,5	01:49,3	06:31,3	48:12,1	16:53,6	04:58
119	Lars-Göran Bäck	Privat	40:04,8	01:58,0	06:10,0	48:12,8	16:54,3	04:58
120	Gisle Justad	Privat	40:12,6	01:52,2	06:11,7	48:16,5	16:58,0	04:58
121	Joakim Wethal	Privat	40:56,0	01:36,2	05:45,1	48:17,3	16:58,8	04:58
122	Dan Sødergren	Polar	40:13,3	01:57,6	06:10,5	48:21,4	17:02,9	04:59
123	Vegard Aanonsen	TROLL KARATEKLUBB	40:32,4	01:58,4	05:54,6	48:25,4	17:06,9	04:59
124	Christopher Haugli Sørensen	Treningscamp	39:58,1	02:17,8	06:12,2	48:28,1	17:09,6	04:59
125	Jan Tore Hauger	Tyrili	40:39,6	02:01,0	05:50,3	48:30,9	17:12,4	05:00

Resultatliste

Nøkle vann rundt 2011

Offisiell liste

Haraløkka, Oslo 08.10.2011

Plass	Navn	Klubb	Mellomtid			Tid	Etter	Km-tid
10 km M 23-39 år		9,7 KM						
126	Ole Tommy Lid-Strand	Trasopgrenda IL	40:06,0	02:02,9	06:24,7	48:33,6	17:15,1	05:00
127	Tor Arne Haugen	Privat	40:17,8	02:31,0	06:05,4	48:54,2	17:35,7	05:02
128	Mads Lolland	moss skiklubb	41:15,9	01:54,2	05:54,2	49:04,3	17:45,8	05:03
129	Christian Lyder Heede	AF Anlegg	41:23,3	01:46,9	05:57,3	49:07,5	17:49,0	05:03
130	Christoffer Vikne Moen	Elgeseter Ølklubb	41:06,3	01:59,9	06:09,2	49:15,4	17:56,9	05:04
131	Håkon Brevik	Team Fernet	41:12,8	02:04,7	06:04,6	49:22,1	18:03,6	05:05
132	Helge Amarp Halvorsen	Privat	40:50,5	02:18,0	06:15,9	49:24,4	18:05,9	05:05
133	Morten Nygård	Privat	40:42,8	02:36,3	06:17,6	49:36,7	18:18,2	05:06
134	Bjørn Idstad	Privat	41:36,5	01:57,0	06:12,9	49:46,4	18:27,9	05:07
135	André Braathen	Norvital	41:24,6	02:20,4	06:05,5	49:50,5	18:32,0	05:08
136	Geir Carlsen	vålerenga ski	42:05,9	01:57,2	05:51,2	49:54,3	18:35,8	05:08
137	Håkon Fossmark	Meks Running	41:16,2	01:46,9	06:52,7	49:55,8	18:37,3	05:08
138	Frode N Fjeldstad	Privat	41:17,7	02:13,1	06:25,6	49:56,4	18:37,9	05:08
139	Eirik Vassvåg	Privat	41:39,7	02:03,8	06:13,7	49:57,2	18:38,7	05:08
140	Øystein-Magnus Høgholen	OBOS	41:20,8	02:39,0	06:08,7	50:08,5	18:50,0	05:10
141	Stian Fongaard	Kompis webbyrå	41:58,9	02:15,2	05:55,5	50:09,6	18:51,1	05:10
142	Ruben Røsler	Oslo	42:11,0	02:02,6	06:04,8	50:18,4	18:59,9	05:11
143	Glenn Sletvold	Hewlett-Packard Norge	42:44,8	01:51,0	05:53,8	50:29,6	19:11,1	05:12
144	Ronny Breivik	Terra BIL	41:56,0	02:14,3	06:25,3	50:35,6	19:17,1	05:12
145	Jørgen Hansen	Privat	41:37,1	02:32,5	06:28,2	50:37,8	19:19,3	05:13
146	Jon Røsok	Drøbak Frogn	42:43,9	02:04,7	06:01,2	50:49,8	19:31,3	05:14
147	Hein Haraldsen	Bekk	41:59,8	02:31,3	06:31,4	51:02,5	19:44,0	05:15
148	Paul Wilson	Privat	42:09,9	02:27,4	06:25,5	51:02,8	19:44,3	05:15
149	Knut Ola Evensen	Privat	42:17,2	02:31,6	06:15,5	51:04,3	19:45,8	05:15
150	Petter Breigutu	Hotlet Athletics	42:12,3	02:23,4	06:32,4	51:08,1	19:49,6	05:16
151	Øystein H Nyheim	Ravn BIL	42:48,8	02:23,7	06:05,6	51:18,1	19:59,6	05:17
152	Aleksander Lund	Privat	43:08,4	02:01,4	06:33,6	51:43,4	20:24,9	05:19
153	Torgeir Skaare	Privat	42:34,1	02:33,5	06:38,5	51:46,1	20:27,6	05:20
154	Allan Stensrud Josten	Nabolaget	43:33,4	02:00,5	06:13,9	51:47,8	20:29,3	05:20
155	Erik Hotting	Privat	43:07,2	02:18,1	06:31,3	51:56,6	20:38,1	05:21
156	Aksel Korbøl	Privat	43:38,8	02:00,8	06:20,5	52:00,1	20:41,6	05:21
157	Trond Cato Olufsen	Don/Cato FK	43:31,0	02:14,9	06:27,7	52:13,6	20:55,1	05:22
158	Jens Olav Hol	Privat	43:25,9	02:28,5	06:29,0	52:23,4	21:04,9	05:24
159	Gunnar Mikal Naas	Team HTV 53	44:05,3	02:26,5	06:07,8	52:39,6	21:21,1	05:25
160	Thomas Lund	Nabolaget	43:47,5	02:22,7	06:31,4	52:41,6	21:23,1	05:25
161	Tobias Knøsmoen	Privat	44:07,0	02:06,8	06:31,2	52:45,0	21:26,5	05:26
162	Thomas Nupen	Privat	44:23,5	02:08,6	06:41,4	53:13,5	21:55,0	05:29
163	Johnny Otterholm	Privat	43:54,9	02:33,4	06:45,7	53:14,0	21:55,5	05:29
164	Kenneth Semb Lund	Privat	44:40,8	02:00,3	06:34,7	53:15,8	21:57,3	05:29
165	Simon Zimmermann	Privat	44:41,5	02:28,4	06:47,1	53:57,0	22:38,5	05:33
166	Jan Eirik Bøe	Jebbalona IF	44:26,7	02:53,3	06:37,1	53:57,1	22:38,6	05:33
167	Ola Melby	Trasopgrenda IL	45:41,0	02:09,5	06:12,7	54:03,2	22:44,7	05:34
168	Geir Arne Skundberg	New York 2013	45:17,0	02:16,1	06:31,9	54:05,0	22:46,5	05:34
169	Stig Kringen	Otta II	45:24,0	02:19,9	06:40,9	54:24,8	23:06,3	05:36
170	Bendik Fjeldstad	Privat	45:44,5	02:12,1	06:37,5	54:34,1	23:15,6	05:37
171	Per Erik Flåten	New York 2013	45:51,9	02:26,9	06:20,8	54:39,6	23:21,1	05:38
172	Benjamin Gros	Privat	45:45,5	02:24,1	06:42,3	54:51,9	23:33,4	05:39
173	Åsmund Vik	Team Arena	45:40,5	03:02,5	06:27,0	55:10,0	23:51,5	05:41
174	Espen Jensen	Privat	45:58,0	02:47,6	06:48,3	55:33,9	24:15,4	05:43
175	Jørn Snellingen	Privat	47:10,1	02:38,5	07:06,2	56:54,8	25:36,3	05:51
176	Harald Hoff	Hoff Electronics	47:42,5	02:10,8	07:07,0	57:00,3	25:41,8	05:52
177	David Hammerø	Trasopgrenda IL	47:00,3	02:59,2	07:07,0	57:06,5	25:48,0	05:53
178	Øystein Odin Sverresen	Privat	48:10,6	02:44,4	06:48,0	57:43,0	26:24,5	05:57
179	Tommy Pedersen	Fjellfot Sykkelklubb	47:56,8	02:50,4	07:07,1	57:54,3	26:35,8	05:58
180	Bakkmann Tronhus	Nabolaget	49:12,5	02:39,1	06:43,0	58:34,6	27:16,1	06:02
181	Kenneth Wiik	Nabolaget	53:48,3	07:14,5		1:01:02,8	29:44,3	06:17
182	Vidar Tuven	remember	53:04,1	02:26,0	07:04,5	1:02:34,6	31:16,1	06:27

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Plass	Navn	Klubb	Mellomtid	Tid	Etter	Km-tid
10 km M 23-39 år		9,7 KM				
183	Runar Thorstensen	Romerike Ultraløperklubb	55:11,5 03:09,9 06:26,3	1:04:47,7	33:29,2	06:40
184	Jarle Høglund	Team Kjekkas	56:00,5 02:43,7 08:18,2	1:07:02,4	35:43,9	06:54
185	Håvard Harstad	remember	1:01:52,8 08:38,2	1:10:31,0	39:12,5	07:16
186	Vebjørn Myhr	Svarstad il	1:10:44,3	1:10:44,3	39:25,8	07:17
187	Eivind Killengreen	Mile Hunters	1:21:51,0	1:21:51,0	50:32,5	08:26
Antall	200	Påmeldte: 200	Startende: 200	Ant. poster 1		

10 km M 40-44 år

9,7 KM

DNS	Lars Grette	GK Norge/Oslofjord				
DNF	Stig-Olof Olsson	Rustad il	1:01:07,0			
DNS	Halvor Fossum	Veidekke BIL				
1	Arild Hagesveen	Bøler IF Friidrett	30:07,7 04:25,4	34:33,1		03:33
2	Asle Slettemoen	BUL	29:00,5 01:39,6 04:22,5	35:02,6	00:29,5	03:36
3	Rolf Kjetil Gulbrandsen	Valdres	31:14,0 01:40,6 04:33,4	37:28,0	02:54,9	03:51
4	Pål-A. Lund	Rustad il	31:42,7 01:45,4 04:42,5	38:10,6	03:37,5	03:56
5	Bjørn Erik Pedersen	Ås IL	32:24,5 01:35,8 04:46,8	38:47,1	04:14,0	03:59
6	Jon Ilseng	Trasopgrenda IL	32:43,6 01:45,0 04:57,5	39:26,1	04:53,0	04:03
7	Jørgen Saxegaard	IFK	32:51,3 01:41,9 04:56,9	39:30,1	04:57,0	04:04
8	Håvard Grenan	Team United Bakeries	33:17,5 01:40,0 04:57,6	39:55,1	05:22,0	04:06
9	Erik Aicher	Privat	34:05,5 01:38,3 05:10,2	40:54,0	06:20,9	04:12
10	Cato Rachlew	Experian	34:18,3 01:45,0 05:04,9	41:08,2	06:35,1	04:14
11	Pål Longva	Øvre Godlia	34:24,3 01:47,1 05:11,6	41:23,0	06:49,9	04:15
12	Lars-Steinar Haugen	Sk Vidar	34:03,1 01:57,9 05:24,8	41:25,8	06:52,7	04:16
13	Ingjald Sørhøy	Rustad il	34:41,9 01:50,6 05:12,8	41:45,3	07:12,2	04:18
14	Rune Halvorsen	Oslo Fronrunners	34:41,8 01:52,3 05:15,7	41:49,8	07:16,7	04:18
15	Steinar Kilde	Privat	34:51,5 01:49,0 05:09,5	41:50,0	07:16,9	04:18
16	Arvin Patel	IL i BUL	35:06,6 01:45,9 05:10,9	42:03,4	07:30,3	04:20
17	Andre Borka	Team United Bakeries	35:04,2 01:42,4 05:27,9	42:14,5	07:41,4	04:21
18	Ole Espen Rakkestad	Seilduk Løp	35:23,9 01:54,7 05:08,6	42:27,2	07:54,1	04:22
19	Arve Lid	Team Fjelluft	35:18,0 01:58,3 05:17,8	42:34,1	08:01,0	04:23
20	Tormod Reiersen	Skattedirektoratet BIL	35:38,0 01:42,1 05:35,0	42:55,1	08:22,0	04:25
21	Morten T. Vaagsbø	Foreningen	36:19,5 01:45,3 05:13,3	43:18,1	08:45,0	04:27
22	Inge Henning Fredagsvik	Coop Norge BIL	36:07,4 01:57,1 05:23,0	43:27,5	08:54,4	04:28
23	Asbjørn Årøen	Senter for	36:30,3 01:44,6 05:15,1	43:30,0	08:56,9	04:29
24	Yngve Sporild Breievne	Privat	36:02,0 01:59,5 05:33,0	43:34,5	09:01,4	04:29
25	Lazaro Betancourt	Privat	36:42,7 01:54,8 05:30,1	44:07,6	09:34,5	04:32
26	Lars Nideng	Privat	37:01,1 01:56,7 05:24,2	44:22,0	09:48,9	04:34
27	Bent Grini	førtiårskrise.no	37:31,1 02:06,2 05:10,3	44:47,6	10:14,5	04:37
28	Svein Erik Salthe	Canon Norge BIL	37:07,1 02:05,2 05:36,7	44:49,0	10:15,9	04:37
29	Torstein Reistadbakk	Asplan Viak BIL	37:07,5 02:08,7 05:45,9	45:02,1	10:29,0	04:38
30	Inge Pedersen	Brødrene Dahl BIL	37:27,6 02:02,4 05:50,2	45:20,2	10:47,1	04:40
31	Torgeir Lyngstad	Tenth of a Tonne club	37:42,6 02:04,5 05:34,3	45:21,4	10:48,3	04:40
32	Jan-Christian Ulleberg	Privat	37:17,4 02:23,4 05:47,8	45:28,6	10:55,5	04:41
33	Inge Ugland	Opil	37:34,3 01:58,1 05:59,5	45:31,9	10:58,8	04:41
34	Greg Coyle	oslofjord triatlon	38:17,6 01:43,7 05:31,0	45:32,3	10:59,2	04:41
35	Alexander Scheen Jensen	Solberg & Hansen	37:52,2 02:08,8 05:36,3	45:37,3	11:04,2	04:42
36	Gorm Andresen	Trasopgrenda IL	39:07,2 01:58,9 05:47,3	46:53,4	12:20,3	04:50
37	Asgeir Skaret	Mills BIL	39:11,8 01:58,8 05:47,5	46:58,1	12:25,0	04:50
38	Torkel Stene	Bjørknes privatskole	39:08,0 02:14,5 05:55,5	47:18,0	12:44,9	04:52
39	Ivar Johannessen	Skeid	39:40,0 01:50,1 06:02,8	47:32,9	12:59,8	04:54
40	Richard Egede-Nissen	Gymclub	40:37,5 02:06,1 05:40,4	48:24,0	13:50,9	04:59
41	Bård Krane	Privat	40:04,5 02:03,9 06:15,8	48:24,2	13:51,1	04:59
42	Jørn David Adolfsen	Privat	40:15,0 02:26,6 05:52,7	48:34,3	14:01,2	05:00
43	Anders Tveit	Privat	40:13,0 02:34,1 06:03,0	48:50,1	14:17,0	05:02
44	Kjell Håkon Jordskogen	førtiårskrise.no	42:10,6 02:07,7 05:50,8	50:09,1	15:36,0	05:10
45	Geir Larsen	Byggeindustrien	42:39,2 02:31,1 06:33,4	51:43,7	17:10,6	05:19

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Plass	Navn	Klubb	Mellomtid			Tid	Etter	Km-tid
10 km M 40-44 år			9,7 KM					
46	Remi Varsi	Privat	43:44,6	02:05,4	06:30,0	52:20,0	17:46,9	05:23
47	Olaf Skjaeraasen	IFE	43:30,9	02:35,2	06:20,5	52:26,6	17:53,5	05:24
48	Bjørn Eidsheim	Privat	43:45,1	02:26,9	06:25,0	52:37,0	18:03,9	05:25
49	Arve Øverli	Privat	44:07,0	02:19,3	06:10,9	52:37,2	18:04,1	05:25
50	Knut Vatsendvik	Acando	44:04,0	02:21,5	06:13,3	52:38,8	18:05,7	05:25
51	Viggo Blix	Tenth of a Tonne club	45:10,5	02:24,4	06:19,8	53:54,7	19:21,6	05:33
52	Terje Willy Strøm	Skullerud Storsenter	45:28,0	02:39,9	06:39,3	54:47,2	20:14,1	05:38
53	Hovard Brandtzæg	G	47:01,5	02:25,4	07:08,0	56:34,9	22:01,8	05:49
54	Jon Egil Skjæraasen	Privat	47:12,1	02:41,0	06:42,0	56:35,1	22:02,0	05:50
55	Nils Thomas Brevik	Komfortsona IL	46:59,5	02:28,8	07:16,4	56:44,7	22:11,6	05:50
56	Espen Simonsen	Treningsgjengen Bøler	51:51,3	02:12,3	08:13,7	1:02:17,3	27:44,2	06:25
Antall	59	Påmeldte: 59	Startende: 59			Ant. poster 1		

10 km M 45-49 år

9,7 KM

DNS	Finn Thorsberg	Grue IL O-gruppa						
DNS	Per Holm-Eriksen	ISS						
DNS	Rune Andersen	Nets Active						
1	Bjørnar Andersen	Bøler IF Friidrett	31:06,1	04:33,0		35:39,1		03:40
2	Hermann Bruun	Bøler IF Friidrett	30:49,6	01:30,5	04:38,8	36:58,9	01:19,8	03:48
3	Knut Erling Øen	Heming	31:13,9	01:36,6	04:47,1	37:37,6	01:58,5	03:52
4	Dennis Jakobsen	Rustad il	32:15,8	01:41,5	04:59,2	38:56,5	03:17,4	04:00
5	Frode Talmo	koll	32:48,3	01:48,7	05:01,2	39:38,2	03:59,1	04:05
6	Knut Bjørn Stokke	Ås IL	33:42,7	01:48,9	05:08,5	40:40,1	05:01,0	04:11
7	Tim Bennett	Sk Vidar	33:57,2	01:41,0	05:06,1	40:44,3	05:05,2	04:11
8	Ola Henmo	Lavpulseliten	34:01,1	01:49,0	05:12,9	41:03,0	05:23,9	04:13
9	Trond Inge Carlsen	Rustad il	35:03,0	01:46,5	05:10,7	42:00,2	06:21,1	04:19
10	Arild Vold	Privat	34:52,5	01:48,1	05:23,1	42:03,7	06:24,6	04:20
11	Frode Georgsen	Privat	35:13,3	01:36,7	05:20,8	42:10,8	06:31,7	04:20
12	Knut Ytrehus	Ski IL Friidrett	36:41,4	01:56,6	05:31,2	44:09,2	08:30,1	04:33
13	Ulf Fjellidal	Rustad il	36:41,9	01:56,5	05:51,1	44:29,5	08:50,4	04:35
14	Roger Eilertsen	Hjellnes Consult BIL	36:57,6	01:49,9	05:45,2	44:32,7	08:53,6	04:35
15	Ole Kristian Brastad	Bøler IF Friidrett	37:14,6	02:00,8	05:22,6	44:38,0	08:58,9	04:36
16	Lars Erik Hauer	Haukåsen ØI & Jogg	37:22,9	01:56,6	05:24,1	44:43,6	09:04,5	04:36
17	Børre Sunde	Privat	37:31,3	01:49,7	05:37,5	44:58,5	09:19,4	04:38
18	Terje Lyngstad	Jølster IL	37:40,2	01:56,4	05:24,3	45:00,9	09:21,8	04:38
19	Kjell Nystad	Rustad il	37:29,5	01:58,7	05:45,4	45:13,6	09:34,5	04:39
20	Bjørne Syversten	Norges Banks IL	37:58,6	02:00,6	05:48,8	45:48,0	10:08,9	04:43
21	Geir Berntzen	S/M IL	38:36,2	02:02,8	05:28,0	46:07,0	10:27,9	04:45
22	Sindre Østereng	Haukåsen ØI & Jogg	38:29,1	02:10,4	05:57,1	46:36,6	10:57,5	04:48
23	Tord Baklund	VisitOSLO	39:11,9	02:25,3	05:44,6	47:21,8	11:42,7	04:52
24	Andreas Østereng	Making Waves	39:21,0	02:21,5	05:52,2	47:34,7	11:55,6	04:54
25	Jostein Brå Oksavik	Hareid IL	39:08,3	02:26,3	06:02,1	47:36,7	11:57,6	04:54
26	Erik Rolf Hermansen	Pakkepost bil	39:36,7	02:04,9	06:04,9	47:46,5	12:07,4	04:55
27	Erland Gulbrandsen	Rustad il	40:03,0	02:08,7	05:35,3	47:47,0	12:07,9	04:55
28	Harald Hegerberg	Haukåsen ØI og Jogg	39:18,8	02:29,5	06:05,5	47:53,8	12:14,7	04:56
29	Kim Sekkelsten	Oslo Fronrunners	40:03,8	01:43,0	06:24,7	48:11,5	12:32,4	04:58
30	Rolf Holum	Privat	39:58,8	02:19,9	06:01,4	48:20,1	12:41,0	04:58
31	Gunnar Berge	Rustad il	40:09,5	02:15,6	06:01,2	48:26,3	12:47,2	04:59
32	Terje Sand	Team Aktiv	40:16,5	02:26,8	06:16,0	48:59,3	13:20,2	05:02
33	Terje Nilsen	IF Frøy	40:47,8	02:13,8	06:21,2	49:22,8	13:43,7	05:05
34	Tony Keshtjella	DARDAN EAGLE	42:29,5	02:30,6	06:19,4	51:19,5	15:40,4	05:17
35	Svein Sletten	Elkjøp	42:43,7	02:25,2	06:15,9	51:24,8	15:45,7	05:17
36	Øyvind Degnes	Haukåsen ØI og Jogg	42:45,3	02:30,2	06:16,7	51:32,2	15:53,1	05:18
37	Sverre Bakke	HRM	43:23,3	02:29,2	06:45,6	52:38,1	16:59,0	05:25
38	Lars Otto Grindheim	Privat	44:02,0	02:19,8	06:28,0	52:49,8	17:10,7	05:26
39	Per Ivar Tønnessen	Privat	44:00,5	02:41,6	06:24,9	53:07,0	17:27,9	05:28

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Offisiell liste

Haraløkka, Oslo 08.10.2011

Plass	Navn	Klubb	Mellomtid			Tid	Etter	Km-tid
10 km M 45-49 år		9,7 KM						
40	Svein Tore Gartland	posten	45:04,2	02:16,3	06:45,0	54:05,5	18:26,4	05:34
41	Jan T Engebretsen	VG Runners	45:17,6	02:49,8	06:21,2	54:28,6	18:49,5	05:36
42	Harald Egeberg	Haukåsen ØI & Jogg	48:24,6	02:45,2	07:06,2	58:16,0	22:36,9	06:00
43	Chris Becker	Rustad il	51:14,0	02:50,0	07:45,8	1:01:49,8	26:10,7	06:22
44	Ståle Myrmel	Nilsen Elektro as	1:01:36,0	08:11,0		1:09:47,0	34:07,9	07:11
Antall	47	Påmeldte: 47	Startende: 47			Ant. poster 1		

10 km M 50-54 år		9,7 KM						
DNS	Per Halvorsen	Privat						
1	Trond Olav Berg	Bøler IF Friidrett	30:41,7	01:38,9	04:43,2	37:03,8		03:49
2	Espen Kristiansen	Rustad il	31:18,5	01:44,3	05:00,5	38:03,3	00:59,5	03:55
3	Jan Hoel	Rustad il	33:08,1	01:53,3	05:09,7	40:11,1	03:07,3	04:08
4	Frode Monsen	Oppegård IL	33:45,0	01:50,8	04:47,8	40:23,6	03:19,8	04:09
5	Ove Pernes	Rustad il	33:23,4	01:48,6	05:19,0	40:31,0	03:27,2	04:10
6	Kjetil Rolness	Lav Puls Eliten	34:55,5	01:48,0	05:05,8	41:49,3	04:45,5	04:18
7	Espen Schram	SiO BIL	34:51,6	01:54,0	05:13,9	41:59,5	04:55,7	04:19
8	Per Gunnar Gulstuen	OBOS	35:03,3	01:57,6	05:07,4	42:08,3	05:04,5	04:20
9	Torbjørn Eika	RØA IL	35:10,3	01:41,6	05:17,9	42:09,8	05:06,0	04:20
10	Rune Eriksen	Privat	35:53,3	01:44,5	05:20,7	42:58,5	05:54,7	04:25
11	Erik Askautrud	Rustad il	36:08,0	01:55,1	05:22,7	43:25,8	06:22,0	04:28
12	Thor Inge Tollehaug	IF Eiker Kvikk	36:25,6	01:56,4	05:25,8	43:47,8	06:44,0	04:30
13	Stein Paulsen	Rustad il	37:03,1	01:49,7	05:41,0	44:33,8	07:30,0	04:35
14	Per Arne Andersen	Privat	38:23,1	02:04,7	05:36,2	46:04,0	09:00,2	04:44
15	Tom Romskaug	Privat	38:56,4	02:05,8	05:38,5	46:40,7	09:36,9	04:48
16	Tor Asle Varsi	Privat	39:04,0	01:51,7	05:52,9	46:48,6	09:44,8	04:49
17	Bernt Lie	Rustad il	39:25,2	01:48,3	05:54,5	47:08,0	10:04,2	04:51
18	Leif Øverland	Rustad il	39:26,7	02:29,9	05:28,5	47:25,1	10:21,3	04:53
19	Olav Kvale	Rustad il	40:16,0	01:58,6	05:50,2	48:04,8	11:01,0	04:57
20	Tommy Godiksen	GK Norge	40:10,5	02:23,6	05:46,6	48:20,7	11:16,9	04:58
21	Per Øystein Flatmo	EEG Bil	40:40,5	01:56,6	06:00,4	48:37,5	11:33,7	05:00
22	Ketil Stølen	SINTEF	40:13,8	02:28,8	05:57,5	48:40,1	11:36,3	05:01
23	Odd Magne Gjerde	Privat	40:24,4	02:21,9	06:07,5	48:53,8	11:50,0	05:02
24	John Grue	Rustad il	41:27,9	02:12,5	06:15,4	49:55,8	12:52,0	05:08
25	Arvid Mathiesen	Rustad il	42:58,8	02:10,1	06:00,2	51:09,1	14:05,3	05:16
26	Vidar Sandnæs	Drøbak Frogn idrettslag	43:22,9	02:02,9	05:57,5	51:23,3	14:19,5	05:17
27	Trond Einar Nilsen	Privat	42:47,3	02:15,5	06:23,0	51:25,8	14:22,0	05:18
28	Torbjørn Ruud	Kirkens Nødhjelp	43:26,5	02:22,3	06:12,7	52:01,5	14:57,7	05:21
29	Johan Hindahl	Kirkens Nødhjelp BIL	43:24,5	02:21,3	06:27,7	52:13,5	15:09,7	05:22
30	Yaqub Mohammad	Oslo T banedrift	46:05,0	02:26,5	06:36,0	55:07,5	18:03,7	05:40
31	Bjørn Helge Holte	Brevpost IL	47:41,0	02:06,5	06:47,4	56:34,9	19:31,1	05:49
32	Eirik Jægtnes	Nordstrand skytterlag	47:27,5	02:41,3	06:49,7	56:58,5	19:54,7	05:52
33	Per Ingar Kaarud	Elvebakken vgs	48:20,1	02:42,8	07:06,8	58:09,7	21:05,9	05:59
34	Gunnar Stavrum	Privat	49:46,1	02:59,4	07:03,8	59:49,3	22:45,5	06:10
35	Arve Holmbø	remember	53:03,6	03:01,8	08:18,6	1:04:24,0	27:20,2	06:38
36	Runar Ove Moe	Bøler IF Friidrett	57:52,3	03:09,5	08:20,9	1:09:22,7	32:18,9	07:09
Antall	37	Påmeldte: 37	Startende: 37			Ant. poster 1		

10 km M 55-59 år		9,7 KM						
DNS	Jan Kristensen	Telenor BIL						
1	Ola Mellem	Tromsdalen Friidrett	34:51,6	01:44,0	05:25,0	42:00,6		04:19
2	Trond Fotland	Hydro Oslo BIL	38:41,1	02:13,7	05:53,0	46:47,8	04:47,2	04:49
3	Nils Olav Fondenær	kondis	39:10,1	01:54,2	05:43,5	46:47,8	04:47,2	04:49
4	Arnstein Farstad	Joggekameratene	39:27,7	02:15,8	05:30,1	47:13,6	05:13,0	04:52
5	Knut Kronstad	Romerike Ultraløperklubb	41:40,0	02:04,0	05:45,0	49:29,0	07:28,4	05:06
6	Jan Pay	Løpsfamilien Pay	42:38,6	02:09,1	06:03,5	50:51,2	08:50,6	05:14

Resultatliste

Nøklevann rundt 2011

Offisiell liste

Haraløkka, Oslo 08.10.2011

Plass	Navn	Klubb	Mellomtid			Tid	Etter	Km-tid
10 km M 55-59 år		9,7 KM						
7	Erik Oseth	Bøler IF Friidrett	43:17,4	02:12,6	06:08,6	51:38,6	09:38,0	05:19
8	Jan G. Vere	Brødrene Dahl BIL	43:13,8	01:53,8	06:32,6	51:40,2	09:39,6	05:19
9	Jon Paulsen	Privat	43:57,6	02:39,0	06:27,9	53:04,5	11:03,9	05:28
10	Øystein Simensen	Privat	43:41,8	02:56,0	06:33,0	53:10,8	11:10,2	05:28
11	Morten Malm	Akvagroup ASA	44:38,8	02:50,8	06:27,2	53:56,8	11:56,2	05:33
12	Baard Haugen	Rustad il	45:48,1	02:28,7	06:43,0	54:59,8	12:59,2	05:40
13	Bjørnulf Vik	Team Arena	46:54,0	02:21,5	07:06,0	56:21,5	14:20,9	05:48
Antall	14	Påmeldte: 14	Startende: 14			Ant. poster 1		
10 km M 60-64 år		9,7 KM						
1	Svein Arne Sølvberg	Oppegård IL	32:21,3	01:44,8	04:57,9	39:04,0		04:01
2	Bjørn Lauglo	Stovnerkameratene	33:23,1	01:49,6	04:59,9	40:12,6	01:08,6	04:08
3	Dag Amundsen	Ullensaker/Kisa IL	36:54,6	02:19,9	05:25,6	44:40,1	05:36,1	04:36
4	Kjell Winther	vålerenga ski	37:08,7	01:50,3	05:45,7	44:44,7	05:40,7	04:36
5	Helge Horn	Ski IL Friidrett	38:17,3	02:15,1	05:42,2	46:14,6	07:10,6	04:45
6	Arne Åsen	Privat	42:17,8	02:29,4	06:06,0	50:53,2	11:49,2	05:14
7	Sigurd Steensæth	kondis	42:28,6	02:18,2	06:14,2	51:01,0	11:57,0	05:15
8	Jørgen Ouren	SSB-IF	42:43,3	02:41,7	06:07,6	51:32,6	12:28,6	05:18
9	Jørn M Bakken	Høvik Jogge	45:49,6	02:15,4	06:52,4	54:57,4	15:53,4	05:39
10	Arne Alfei Martinsen	Team Martinsen	47:24,7	02:44,0	06:53,9	57:02,6	17:58,6	05:52
11	Hans Georg Øverby	SFK Lyn	53:54,9	02:52,5	07:31,7	1:04:19,1	25:15,1	06:37
12	Magne Mjærum	Privat	53:55,6	03:06,7	07:58,0	1:05:00,3	25:56,3	06:42
13	Kjell Johannesen	Østmarkulven	55:51,8	03:14,7	08:04,7	1:07:11,2	28:07,2	06:55
Antall	13	Påmeldte: 13	Startende: 13			Ant. poster 1		
10 km M 65-69 år		9,7 KM						
DNS	Olav Nesheim	Privat						
DNS	Harald Nilssen	Privat						
1	Bjarne Farstad	JL Bryn	44:12,0	02:34,6	06:36,6	53:23,2		05:30
2	Ola Trøyflat	Nittedaljoggen	47:20,6	02:39,1	06:53,3	56:53,0	03:29,8	05:51
Antall	4	Påmeldte: 4	Startende: 4			Ant. poster 1		
10 km M 70-74 år		9,7 KM						
1	Lars Håheim	Haraldsplass BIL	1:17:28,0			1:17:28,0		07:59
Antall	1	Påmeldte: 1	Startende: 1			Ant. poster 1		