Halden Ultraintervall - Resultater 2013

Start nr.	Navn	Lag	Født	Totaltid	Total Km	Løp 1	Løp 2	Løp 3	Løp 4	Løp 5	Løp 6	Løp 7	Løp 8	Snitt pr. Løp	Snitt pr. Km
161	Kim Olsen		1976	**3:34:33**	50	00:41:21	00:42:18	00:42:54	00:44:06	00:43:54				0:42:55	0:04:17
179	Jan Wilhelm Werner	Bergen Triathlon Club	1961	**3:38:42**	50	00:44:17	00:43:29	0:42:58	00:44:04	00:43:54				0:43:44	0:04:22
158	Arne Chr. Folmer	Halden IL	1966	**3:40:22**	50	00:43:27	00:43:42	00:43:36	00:44:42	00:44:55				0:44:04	0:04:24
166	Erik Andersen	Østmarka IL Triathlon	1981	**3:47:22**	50	00:46:39	00:45:00	00:44:13	00:44:33	00:46:57				0:45:28	0:04:33
139	Andreas Johnsen Gossner	Romerike Ultraløperklubb	1973	**3:48:56**	50	00:42:48	00:44:27	00:46:28	00:47:37	00:47:36				0:45:47	0:04:35
150	Even Nedberg	Privat	1977	**3:59:15**	50	00:47:39	00:46:31	00:47:24	00:48:26	00:49:15				0:47:51	0:04:47
162	Jan kr. Bråten-Obel	Hytteplan sport	1969	**3:59:36**	50	00:47:51	00:47:32	00:47:45	00:48:03	00:48:25				0:47:55	0:04:48
176	Therese Falk		1975	**4:00:03**	50	00:47:58	00:47:38	0:47:10	00:48:15	00:49:02				0:48:01	0:04:48
173	Roberth Haugland	SK Kraft	1976	**4:03:26**	50	00:47:54	00:46:32	0:47:25	00:49:39	00:51:56				0:48:41	0:04:52
138	Marianne Følling	Romerike Ultraløperklubb	1962	**4:05:05**	50	00:47:56	00:47:56	00:47:10	00:50:12	00:51:51				0:49:01	0:04:54
160	Tom Leonardsen	Oslo politiidrettslag	1963	**4:05:21**	50	00:46:39	00:47:31	00:47:12	00:49:42	00:54:17				0:49:04	0:04:54
130	Hilde Johansen	Romerike Ultraløperklubb	1973	**4:06:31**	50	00:49:15	00:47:52	00:48:41	00:49:09	00:51:34				0:49:18	0:04:56
163	Victor Borge Svendsen	Spenst Halden	1995	**4:13:54**	50	00:51:05	00:50:41	00:51:58	00:52:24	00:47:46				0:50:47	0:05:05
159	Helge Reinholt	Treungen IL	1967	**4:14:16**	50	00:51:04	00:50:17	00:50:31	00:50:38	00:51:46				0:50:51	0:05:05
178	Tor Einar Johansen	Oladalen vel	1976	**4:18:26**	50	00:50:26	00:50:21	0:51:04	00:52:33	00:54:02				0:51:41	0:05:10
164	Martin Roos	Strömstad löparklubb	1975	**4:19:10**	50	00:50:27	00:51:09	00:51:40	00:52:26	00:53:28				0:51:50	0:05:11
153	Kåre Lona	Romerike Ultraløperklubb	1968	**4:30:05**	50	00:52:51	00:54:14	00:52:38	00:54:21	00:56:01				0:54:01	0:05:24
156	Wibeke Andersen	Fredrikstad private tannhelsesent	1973	**4:30:55**	50	00:52:52	00:54:14	00:52:39	00:54:22	00:56:48				0:54:11	0:05:25
174	Geir Andre Skjæret		1971	**4:33:10**	50	00:51:07	00:50:18	0:53:44	00:56:58	01:01:03				0:54:38	0:05:28
170	Sondre Weum Johansen	Privat	1983	**4:43:37**	50	00:52:21	00:52:26	00:56:15	00:59:25	01:03:10				0:56:43	0:05:40
157	Stein-Vidar Torø	Tofte Fremad IF	1969	**4:44:42**	50	00:54:44	00:56:54	00:54:29	00:56:57	01:01:38				0:56:56	0:05:42
149	Endre Vindheim	Spiridon LLL	1964	**4:44:47**	50	00:54:04	00:54:17	00:54:06	00:57:59	01:04:21				0:56:57	0:05:42
172	Stian Bøhmer	S&F pil	1977	**4:46:29**	50	00:52:52	00:54:20	0:57:28	00:59:31	01:02:18				0:57:18	0:05:44
168	Ole Richard Holm-Olsen	Halden IL	1972	**4:49:19**	50	00:54:03	00:46:48	00:55:10	01:06:13	01:07:05				0:57:52	0:05:47
147	Ola Thomasson		1978	**4:50:29**	50	00:53:07	00:53:02	00:55:36	01:01:17	01:07:27				0:58:06	0:05:49
167	Julie Glorvigen Apeland		1995	**4:51:57**	50	00:54:02	01:08:50	00:54:38	00:57:06	00:57:21				0:58:23	0:05:50
171	Ottar Røed	Romerike Ultraløperklubb	1959	**5:01:00**	50	00:56:56	00:57:08	00:59:46	01:02:28	01:04:42				1:00:12	0:06:01
169	Tom Larsen	Romerike Ultraløperklubb	1967	**5:01:48**	50	00:53:59	00:57:07	00:59:45	01:02:29	01:08:28				1:00:22	0:06:02
155	Leif Abrahamsen	Romerike Ultraløperklubb	1969	**5:34:17**	50	00:53:05	01:01:45	01:05:19	01:10:47	01:23:21				1:06:51	0:06:41
165	Knut Kronstad	Romerike Ultraløperklubb	1953	**5:41:54**	50	01:02:53	01:06:12	01:09:43	01:12:55	01:10:11				1:08:23	0:06:50
Beste Tid				**3:34:33**		0:41:21	0:42:18	0:42:54	0:44:04	0:43:54				0:42:55	0:04:17
Snitt tid				**4:24:39**		0:50:31	0:51:21	0:51:59	0:54:19	0:56:29				0:52:56	0:05:18