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	**4:19:15**	60	00:41:21	00:42:18	00:42:54	00:44:06	00:43:54	00:44:42			0:43:13	0:04:19
179	Jan Wilhelm Werner	Bergen Triathlon Club	1961	**4:22:41**	60	00:44:17	00:43:29	0:42:58	00:44:04	00:43:54	00:43:59			0:43:47	0:04:23
158	Arne Chr. Folmer	Halden IL	1966	**4:25:43**	60	00:43:27	00:43:42	00:43:36	00:44:42	00:44:55	00:45:21			0:44:17	0:04:26
166	Erik Andersen	Østmarka IL Triathlon	1981	**4:34:20**	60	00:46:39	00:45:00	00:44:13	00:44:33	00:46:57	00:46:58			0:45:43	0:04:34
139	Andreas Johnsen Gossner	Romerike Ultraløperklubb	1973	**4:43:52**	60	00:42:48	00:44:27	00:46:28	00:47:37	00:47:36	00:54:56			0:47:19	0:04:44
162	Jan kr. Bråten-Obel	Hytteplan sport	1969	**4:48:25**	60	00:47:51	00:47:32	00:47:45	00:48:03	00:48:25	00:48:49			0:48:04	0:04:48
150	Even Nedberg	Privat	1977	**4:48:50**	60	00:47:39	00:46:31	00:47:24	00:48:26	00:49:15	00:49:35			0:48:08	0:04:49
176	Therese Falk		1975	**4:49:47**	60	00:47:58	00:47:38	0:47:10	00:48:15	00:49:02	00:49:44			0:48:18	0:04:50
173	Roberth Haugland	SK Kraft	1976	**4:56:39**	60	00:47:54	00:46:32	0:47:25	00:49:39	00:51:56	00:53:13			0:49:26	0:04:57
130	Hilde Johansen	Romerike Ultraløperklubb	1973	**4:59:57**	60	00:49:15	00:47:52	00:48:41	00:49:09	00:51:34	00:53:26			0:50:00	0:05:00
163	Victor Borge Svendsen	Spenst Halden	1995	**5:01:15**	60	00:51:05	00:50:41	00:51:58	00:52:24	00:47:46	00:47:21			0:50:13	0:05:01
138	Marianne Følling	Romerike Ultraløperklubb	1962	**5:02:21**	60	00:47:56	00:47:56	00:47:10	00:50:12	00:51:51	00:57:16			0:50:24	0:05:02
160	Tom Leonardsen	Oslo politiidrettslag	1963	**5:07:16**	60	00:46:39	00:47:31	00:47:12	00:49:42	00:54:17	01:01:55			0:51:13	0:05:07
159	Helge Reinholt	Treungen IL	1967	**5:11:23**	60	00:51:04	00:50:17	00:50:31	00:50:38	00:51:46	00:57:07			0:51:54	0:05:11
178	Tor Einar Johansen	Oladalen vel	1976	**5:16:13**	60	00:50:26	00:50:21	0:51:04	00:52:33	00:54:02	00:57:47			0:52:42	0:05:16
164	Martin Roos	Strömstad löparklubb	1975	**5:17:22**	60	00:50:27	00:51:09	00:51:40	00:52:26	00:53:28	00:58:12			0:52:54	0:05:17
153	Kåre Lona	Romerike Ultraløperklubb	1968	**5:29:03**	60	00:52:51	00:54:14	00:52:38	00:54:21	00:56:01	00:58:58			0:54:51	0:05:29
174	Geir Andre Skjæret		1971	**5:38:20**	60	00:51:07	00:50:18	0:53:44	00:56:58	01:01:03	01:05:10			0:56:23	0:05:38
156	Wibeke Andersen	Fredrikstad private tannhelsesent	1973	**5:39:12**	60	00:52:52	00:54:14	00:52:39	00:54:22	00:56:48	01:08:17			0:56:32	0:05:39
172	Stian Bøhmer	S&F pil	1977	**5:50:11**	60	00:52:52	00:54:20	0:57:28	00:59:31	01:02:18	01:03:42			0:58:22	0:05:50
167	Julie Glorvigen Apeland		1995	**5:50:21**	60	00:54:02	01:08:50	00:54:38	00:57:06	00:57:21	00:58:24			0:58:24	0:05:50
157	Stein-Vidar Torø	Tofte Fremad IF	1969	**5:50:28**	60	00:54:44	00:56:54	00:54:29	00:56:57	01:01:38	01:05:46			0:58:25	0:05:50
149	Endre Vindheim	Spiridon LLL	1964	**5:53:11**	60	00:54:04	00:54:17	00:54:06	00:57:59	01:04:21	01:08:24			0:58:52	0:05:53
170	Sondre Weum Johansen	Privat	1983	**5:55:10**	60	00:52:21	00:52:26	00:56:15	00:59:25	01:03:10	01:11:33			0:59:12	0:05:55
147	Ola Thomasson		1978	**5:59:50**	60	00:53:07	00:53:02	00:55:36	01:01:17	01:07:27	01:09:21			0:59:58	0:06:00
168	Ole Richard Holm-Olsen	Halden IL	1972	**6:03:18**	60	00:54:03	00:46:48	00:55:10	01:06:13	01:07:05	01:13:59			1:00:33	0:06:03
171	Ottar Røed	Romerike Ultraløperklubb	1959	**6:09:18**	60	00:56:56	00:57:08	00:59:46	01:02:28	01:04:42	01:08:18			1:01:33	0:06:09
169	Tom Larsen	Romerike Ultraløperklubb	1967	**6:16:08**	60	00:53:59	00:57:07	00:59:45	01:02:29	01:08:28	01:14:20			1:02:41	0:06:16
155	Leif Abrahamsen	Romerike Ultraløperklubb	1969	**6:55:23**	60	00:53:05	01:01:45	01:05:19	01:10:47	01:23:21	01:21:06			1:09:14	0:06:55
165	Knut Kronstad	Romerike Ultraløperklubb	1953	**7:12:40**	60	01:02:53	01:06:12	01:09:43	01:12:55	01:10:11	01:30:46			1:12:07	0:07:13
Beste Tid				**4:19:15**		0:41:21	0:42:18	0:42:54	0:44:04	0:43:54	0:43:59			0:43:13	0:04:19
Snitt tid				**5:24:56**		0:50:31	0:51:21	0:51:59	0:54:19	0:56:29	1:00:17			0:54:09	0:05:25