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
179	Jan Wilhelm Werner	Bergen Triathlon Club	1961	**5:07:19**	70	00:44:17	00:43:29	0:42:58	00:44:04	00:43:54	00:43:59	00:44:38		0:43:54	0:04:23
161	Kim Olsen		1976	**5:09:07**	70	00:41:21	00:42:18	00:42:54	00:44:06	00:43:54	00:44:42	00:49:52		0:44:10	0:04:25
158	Arne Chr. Folmer	Halden IL	1966	**5:13:53**	70	00:43:27	00:43:42	00:43:36	00:44:42	00:44:55	00:45:21	00:48:10		0:44:50	0:04:29
166	Erik Andersen	Østmarka IL Triathlon	1981	**5:22:35**	70	00:46:39	00:45:00	00:44:13	00:44:33	00:46:57	00:46:58	00:48:15		0:46:05	0:04:37
162	Jan kr. Bråten-Obel	Hytteplan sport	1969	**5:38:43**	70	00:47:51	00:47:32	00:47:45	00:48:03	00:48:25	00:48:49	00:50:18		0:48:23	0:04:50
176	Therese Falk		1975	**5:40:39**	70	00:47:58	00:47:38	0:47:10	00:48:15	00:49:02	00:49:44	00:50:52		0:48:40	0:04:52
139	Andreas Johnsen Gossner	Romerike Ultraløperklubb	1973	**5:42:46**	70	00:42:48	00:44:27	00:46:28	00:47:37	00:47:36	00:54:56	00:58:54		0:48:58	0:04:54
150	Even Nedberg	Privat	1977	**5:43:43**	70	00:47:39	00:46:31	00:47:24	00:48:26	00:49:15	00:49:35	00:54:53		0:49:06	0:04:55
163	Victor Borge Svendsen	Spenst Halden	1995	**5:46:22**	70	00:51:05	00:50:41	00:51:58	00:52:24	00:47:46	00:47:21	00:45:07		0:49:29	0:04:57
173	Roberth Haugland	SK Kraft	1976	**5:53:10**	70	00:47:54	00:46:32	0:47:25	00:49:39	00:51:56	00:53:13	00:56:31		0:50:27	0:05:03
130	Hilde Johansen	Romerike Ultraløperklubb	1973	**5:54:05**	70	00:49:15	00:47:52	00:48:41	00:49:09	00:51:34	00:53:26	00:54:08		0:50:35	0:05:04
138	Marianne Følling	Romerike Ultraløperklubb	1962	**5:58:50**	70	00:47:56	00:47:56	00:47:10	00:50:12	00:51:51	00:57:16	00:56:29		0:51:16	0:05:08
160	Tom Leonardsen	Oslo politiidrettslag	1963	**6:03:18**	70	00:46:39	00:47:31	00:47:12	00:49:42	00:54:17	01:01:55	00:56:02		0:51:54	0:05:11
159	Helge Reinholt	Treungen IL	1967	**6:11:06**	70	00:51:04	00:50:17	00:50:31	00:50:38	00:51:46	00:57:07	00:59:43		0:53:01	0:05:18
164	Martin Roos	Strömstad löparklubb	1975	**6:16:47**	70	00:50:27	00:51:09	00:51:40	00:52:26	00:53:28	00:58:12	00:59:25		0:53:50	0:05:23
178	Tor Einar Johansen	Oladalen vel	1976	**6:26:37**	70	00:50:26	00:50:21	0:51:04	00:52:33	00:54:02	00:57:47	01:10:24		0:55:14	0:05:31
153	Kåre Lona	Romerike Ultraløperklubb	1968	**6:31:20**	70	00:52:51	00:54:14	00:52:38	00:54:21	00:56:01	00:58:58	01:02:17		0:55:54	0:05:35
174	Geir Andre Skjæret		1971	**6:34:28**	70	00:51:07	00:50:18	0:53:44	00:56:58	01:01:03	01:05:10	00:56:08		0:56:21	0:05:38
156	Wibeke Andersen	Fredrikstad private tannhelsesent	1973	**6:51:46**	70	00:52:52	00:54:14	00:52:39	00:54:22	00:56:48	01:08:17	01:12:34		0:58:49	0:05:53
167	Julie Glorvigen Apeland		1995	**6:52:23**	70	00:54:02	01:08:50	00:54:38	00:57:06	00:57:21	00:58:24	01:02:02		0:58:55	0:05:53
172	Stian Bøhmer	S&F pil	1977	**6:56:00**	70	00:52:52	00:54:20	0:57:28	00:59:31	01:02:18	01:03:42	01:05:49		0:59:26	0:05:57
157	Stein-Vidar Torø	Tofte Fremad IF	1969	**7:01:41**	70	00:54:44	00:56:54	00:54:29	00:56:57	01:01:38	01:05:46	01:11:13		1:00:14	0:06:01
170	Sondre Weum Johansen	Privat	1983	**7:07:43**	70	00:52:21	00:52:26	00:56:15	00:59:25	01:03:10	01:11:33	01:12:33		1:01:06	0:06:07
168	Ole Richard Holm-Olsen	Halden IL	1972	**7:08:51**	70	00:54:03	00:46:48	00:55:10	01:06:13	01:07:05	01:13:59	01:05:33		1:01:16	0:06:08
147	Ola Thomasson		1978	**7:15:54**	70	00:53:07	00:53:02	00:55:36	01:01:17	01:07:27	01:09:21	01:16:04		1:02:16	0:06:14
149	Endre Vindheim	Spiridon LLL	1964	**7:16:13**	70	00:54:04	00:54:17	00:54:06	00:57:59	01:04:21	01:08:24	01:23:02		1:02:19	0:06:14
171	Ottar Røed	Romerike Ultraløperklubb	1959	**7:23:50**	70	00:56:56	00:57:08	00:59:46	01:02:28	01:04:42	01:08:18	01:14:32		1:03:24	0:06:20
155	Leif Abrahamsen	Romerike Ultraløperklubb	1969	**8:25:16**	70	00:53:05	01:01:45	01:05:19	01:10:47	01:23:21	01:21:06	01:29:53		1:12:11	0:07:13
165	Knut Kronstad	Romerike Ultraløperklubb	1953	**8:48:52**	70	01:02:53	01:06:12	01:09:43	01:12:55	01:10:11	01:30:46	01:36:12		1:15:33	0:07:33
9169	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	DNS		1:02:41	0:06:16
Beste Tid				**5:07:19**		0:41:21	0:42:18	0:42:54	0:44:04	0:43:54	0:43:59	0:44:38		0:43:54	0:04:23
Snitt tid				**6:25:19**		0:50:31	0:51:21	0:51:59	0:54:19	0:56:29	1:00:17	1:02:28		0:55:21	0:05:32