

Fredrikstad Maraton Historikk

Navn	Klubb	Bestetid	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	Ant.
Aarsland, Ole Andreas	U.I.L	03:42:04					03:42:04						03:56:28			2
Aas, Jan Billy	Oppegård IL	03:04:05		03:32:16					03:04:05		04:18:53					3
Aasbø, Henrik	RAINDAL IL	03:46:57						03:46:57	04:19:44		04:10:50	04:06:30		04:27:51	04:28:36	6
Aass, Bjørn Terje	AXA Sport klubb	03:31:49			03:31:49	03:33:28										2
Aass, Kjell	DNL (kondis)	03:31:18	03:31:18		04:01:08											2
Ackenhausen, Øystein	Spiridon LLL	04:53:31		04:53:31	05:17:42	05:14:50	05:16:14	05:43:11	05:53:43	05:28:41	05:34:42	05:53:49	06:09:39	06:09:44	06:38:11	12
Alvear, Lars	Kodal IL	03:05:45										03:05:45				1
Amdal, Jostein	Gjensidige Sport	03:24:52									03:24:52		03:28:48			2
Amundsen, Freddy	Sarpsborg Karateklubb	03:55:07								03:55:07						1
Amundsen, Marte		04:01:05												04:01:05		1
Amundsen, Per	Fredrikstad IF	03:51:06		03:51:06												1
Andenæs, Christine L.		04:35:18								04:35:18						1
Andersen, Frode	Flint	03:43:21				03:43:21										1
Andersen, Knut Viggo	Fredrikstad IF	03:31:16				03:31:16										1
Andersen, Raymond	Tyrili	03:52:08						03:52:08								1
Andersen, Roy Freddy	Fredrikstad IF	03:16:32										03:21:38	03:20:21	03:16:32	03:23:24	4
Andersen, Tor Andreas	NTNUI	03:22:51												03:22:51		1
Anderssen, Knut	ASKER	04:42:40												04:42:40		1
Andersson, Jan Olof		03:36:49									03:36:49					1
Andresen, Rune	Team Håpløs	04:04:55							04:04:55							1
Angelskår, Steinar	Fredrikstad IF	03:53:01		03:53:04							03:53:01	04:14:02				3
Antonsen, Hilde	Idd Sportsklubb	04:43:30							04:43:30							1
Arge, Rigmor N.	Ås IL	03:13:23						03:13:23								1
Arnesen, Svein G.	Ergogroup BIL	04:11:29								04:11:29						1
Arntzen, Ketil		03:56:23				03:56:23										1
Aronsen, Asbjørn	Saugbruks BIL	03:40:32		03:40:32								03:57:12				2
Asprusten, Kristine Tørre		03:51:33												03:51:33		1
Audestad, Ragnhild	NOTEAM	04:16:39										04:16:39				1
Axselson , Olle	Sapa Profiler	03:28:09				03:28:09										1
Bakka, Tommy	Tønsberg Triathlonklubb	04:20:25									04:20:25					1
Bakken, Rolf	FIK Orion	03:09:09							03:10:53			03:09:09				2
Bakken, Titina	ROMERIKE ULTRALØPERKLUBB	04:32:54											04:48:59	04:47:23	04:32:54	3
Bakken, Wiggo	Jevnaker IF	04:17:12				04:17:12	04:19:59							05:13:23	05:22:38	4

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Baldursson, Pall	Torda B.I.L	03:24:17		03:24:17	03:26:03	03:29:16	03:26:35	03:35:41			03:56:31	03:57:02	04:14:15			8
Banoun, Ninette	NORDEA	03:28:56													03:28:56	1
Bauer, Arild		05:10:44											05:10:44			1
Bengtsson, Linda	KLÅVERODS SKI KLUBB	03:51:41											04:15:44	03:51:41		2
Bennett, Tim	SK Vidar	03:24:44			03:37:38	03:24:44						03:43:29		03:25:59		4
Bentzen, Terje	Rosenvilde Vgs.	05:08:05								05:08:05						1
Bern, Dag	Liungen IF	03:04:28										03:04:28				1
Bertelsen, Tom Rune	Drammen Kickboksingklubb	03:57:38					03:57:38	03:58:50					04:08:29	04:05:39		4
Birkeland, Kjell	IK Grane	04:47:40		04:47:40			05:04:39									2
Bjerkholt, Jon	Sarpsborg Fotballklubb	04:07:30						04:07:30								1
Bjerland, Torstein	RUNRUN TORSTEIN	02:50:26												02:50:26		1
Bjørge, Arne Bent	OK-BIL	03:18:05								03:18:05						1
Björkman, Daniel	Kolarps Löparklubb	03:39:47								03:39:47						1
Blaafjelldal, Vidar	Statoil B.I.L	03:46:06				03:46:06		03:57:23				03:58:50	04:13:25			4
Blekeli, Johannes Fiskerstra	TINE SA	03:15:08											03:15:08			1
Boldt, Henning		03:58:29												03:58:29		1
Borge, Terje	Snekkerkompaniet	04:37:15					04:37:15									1
Braathen, Ole Bjørn	Sjåstad/V.Lier	03:16:29						03:16:29	03:17:48	03:17:25						3
Bratlie, Henning	Gjensidige Sport	03:40:27						03:40:27	03:48:04				03:52:53			3
Breilid, Haavard	IL Modig	04:13:40		04:13:40												1
Brenne, Frank	Fosen Løperklubb	03:43:15				03:43:15										1
Brevold, Sindre	I FARTA	03:16:53											03:16:53			1
Bru, Anders Solberg	Romerike Politiidrettslag	04:09:26							04:13:12	04:09:26						2
Brune, Bård	KRÅKSTAD	03:47:32												03:47:32		1
Brådalen, Ulf	Spenncon	03:22:10		03:22:10												1
Brågård, Jan	Kondis	05:27:08								05:27:08						1
Bull, Håkon	TOKENES	03:51:30											03:51:30			1
Bunde, Odd-Erik	Team Håpløs	03:36:42						03:36:42								1
Bustad, Ola	Winforce Expedition	03:21:53										03:21:53				1
Bøhn, Rolf	Halden IL	03:13:42							03:13:42			03:28:40	03:27:27			3
Chiodera, Even	Tame United Bakeris	03:27:22											03:27:22			1
Christensen, Bjørn	VANG SIL	03:32:07												03:32:07		1
Christiansen, Magne	Fredrikstad IF	04:08:09	04:08:09	04:20:15	04:21:54	04:15:27		04:34:21								5
Christoffersen, Silje		03:19:28												03:19:28		1
Clausen, Christoffer Andvik		04:11:58												04:11:58		1
Collier, Stephen Glen	Atomen Halden BIL	03:47:43									03:56:40	03:53:07	03:59:13	03:51:56	03:47:43	5

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Dahl, Anders	FREDRIKSTAD TRIATHLONKLUBB	03:31:26													03:31:26	1
Dahl, Edvard Christian	VESTRE AKER SKIKLUB	04:03:52													04:03:52	1
Dammen, Arild	Hedalen IL	04:18:44			04:34:44	04:33:40	04:18:44	04:21:34	04:35:32	04:37:08	04:39:21	05:09:11				8
Danielsen, Aasmund	Kondis, Halden	03:41:39											03:41:39			1
Di Niro, Roberto	Team Immune	03:40:14										03:40:14				1
Diskerud, Ingar	Mysen Vin & Maratonklubb	03:24:47						03:42:19	03:24:47	03:42:32					04:23:02	4
Dragøy, Bjørnar	IK Hind	04:29:40			04:29:40											1
Duus, Christian		04:02:43													04:02:43	1
Dyb, Nils Kristian	Sætre IF Graabein	04:23:10											04:23:10			1
Dybvad, Tove E.	Lom IL	03:50:21	03:50:21								04:27:11					2
Dørum, Lars Chr.	Skimilajoggen	03:09:43					03:32:41	03:19:41				03:17:36		03:09:43		4
Dørum, Wenche	Royal Sport	03:47:58						03:47:58								1
Eftang, Lars	Winforce Expedition	03:21:47										03:21:47				1
Eide, Ottar A.	Romerike Runners Team	03:55:58	03:55:58		04:01:16		04:04:22									3
Eikje, Leiv Sigbjørn	Ås IL	03:36:21								03:36:21						1
Eiksund, Ole Arne	Romerike Ultraløperklubb	03:10:49						03:10:49				03:18:31	03:39:04			3
Ek, Tommy		04:26:58												04:26:58		1
Ekeberg, Martin	Samemafiaen Futsal	03:57:25											03:57:25			1
Eliassen, Kjersti		04:05:13								04:05:13						1
Elksund, Ole Arne	SK VIDAR	03:15:05													03:15:05	1
Ellingsen, Bjarte	Norsk Luftambulanse	03:10:02					03:10:02			03:14:55		03:25:55				3
Engbretsen, Hans Arild	Dolpin BIL	03:08:45									03:08:45					1
Engen, Olav	Romerike Ultraløperklubb	03:52:51									03:52:51					1
Enger, Rune	Kondis	04:22:48								04:43:24		04:22:48				2
Engh-Hellesvik, Geir Arild	BDO BIL	04:24:33													04:24:33	1
Englund, Tommy	Ok Grane	03:46:25	03:46:25					04:04:54	04:09:05	04:27:18					05:10:24	5
Engmo, Terje	Halden Idrettslag	03:50:50	03:50:50		04:17:22											2
Eriksen, Leif	Hitra IL	04:25:59			04:25:59											1
Espelund, Kjetil	Klypetussen	04:17:48									04:17:48					1
Evensen, Pål	Posten IL	04:52:48	04:52:48													1
Fagernes, Vebjørn	Lærdal IL	03:53:38					03:53:38									1
Festersen, Tage	Klub 100 Marathon DK	04:33:16											04:33:16			1
Fihn , Britt-Marie	IK Tarfala	03:57:35										03:57:35				1
Fihn, Christian	IK Tarfala	03:47:18										03:47:18				1
Fjeldstad, Lars Helge	ABB, Skien	03:46:01			03:46:01											1

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Fjæraa, Øivind	FSK	04:02:31		04:02:31														1
Flesjå, Jon	Askim IF	03:21:25									03:21:25							1
Fløttum, Erling Joar	Norsk Luftambulanse	04:29:29										04:29:29						1
Folmer, Arne Christian	Berg IL	03:26:52											03:26:52					1
Forbord, Torill	SPIRIDON LLL	04:02:40												04:02:40				1
Forren, Ole	Ytre Snillfjord IL	03:26:41				03:26:41												1
Forsmo, Anders		03:21:57							03:21:57									1
Foss, Line	Winforce Expedition	03:14:53											03:14:53					1
Fosshem, Rune	Kondis	03:24:48			03:26:23	03:24:48					03:34:58							3
Fredlund, Niklas	TEAM ULTRASWEDEN LK	03:47:54															03:47:54	1
Fredriksen, Petter	Fredrikstad IF	04:40:47			04:40:47													1
Friis, Dag Sture Eine	Frikransen	03:53:20	04:23:23	03:53:20	04:19:04	04:15:05	04:34:19	04:45:03	05:13:18									7
Fuglseth, Helge	Ålesund Friidrettsklubb	03:12:57								03:12:57								1
Fæhn, Gunnar	Skildpaddene	03:58:39		04:19:44	04:20:03	03:58:39	04:46:45	04:07:35										5
Følling, Marianne	ROMERIKE ULTRALØPERKLUBB	03:32:51															03:32:51	1
Gandrud, Ole	HOLE RUNNING TEAM	03:51:34															03:51:34	1
Gilberg, Arne	Railey Runners	03:10:39								03:10:39								1
Gilberg, Runar	SK Vidar	02:41:35								02:41:35								1
Gimre, Sigurd	Ciber Norge BIL	03:42:20									03:42:20							1
Gjerde, Bjørn	IL I BUL	02:59:37		02:59:37	03:04:40	03:07:18	03:03:29	03:09:16	03:13:00					03:23:41	03:27:18			8
Gjertsen, Lars Georg	Stokke Seniortrim	03:56:36												03:56:36				1
Gjølberg, Trygve	FREDRIKSTAD TRIATHLON OG FREDRIKSTAD SYKKELKLUBB	04:06:14												04:19:17	04:06:14	04:13:23		3
Gjølstad, Ketil		03:58:04	04:34:30	04:45:00	04:05:26	03:58:04					04:56:34							5
Glenjen, Sjur	Larvik	03:24:34									03:24:34							1
Graabak, Jakob	Selsbakk IF	03:27:59											03:27:59					1
Graarud, Harald	Skaukameratene O-lag	03:05:34		03:05:34		03:11:29												2
Granholt, Ole-Christian		03:40:14											03:40:14					1
Granå Vesterhus, Synne	Team Ringer Drink +	03:51:47												03:51:47				1
Grigson, Richard	Sarpsborg Fotballklubb	03:39:18								03:39:18								1
Grimsby, Elisabeth		03:59:34															03:59:34	1
Grimsby, John	Signo Conrad Svendsen Senter Bil	03:22:21												03:28:52	03:22:21			2
Grindal, Are Øvergård	KNMM	04:08:36															04:08:36	1
Grude, Kjell Enok	Apply Sørcø	04:12:31									04:12:31							1

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Grøholdt, Jon	Sørkedalen IF	03:58:09							03:58:09							1
Grønberg, Knut Einar		05:25:55													05:25:55	1
Gulbrandsen, Odd Idar	Flo/ikt	03:41:15									03:41:15					1
Gulbrandsen, Odd Ivar	INI OPS Romerike	03:58:02											03:58:02			1
Guldhav, Erik		03:09:15						03:09:15								1
Gullaksen, Tom Erik	Bergen Triathlon Club	04:37:08				04:37:08										1
Gulstuen, Per Gunnar	OBOS BIL	03:43:35				03:44:17	03:43:35	03:54:07								3
Gundersen, Per	Langevåg IL	04:11:44					04:11:44		04:20:32							2
Gundersen, Roy	NOTEAM	03:41:08												03:41:08		1
Gurandsrud, Jørgen	Fredrikstad IF	04:11:53	04:12:03	04:11:53	04:28:04		04:23:02	04:29:17	04:13:52							6
Guttulsrud, Ole	Ryggejoggen	03:17:22					03:29:07	03:17:22	03:25:51		03:20:12				03:34:31	5
Haagensen, Sigurd	EDVARDS KAFFEBAR	03:50:48													03:50:48	1
Hafting, Torkel	UiO BIL	03:18:08											03:18:08			1
Haldin, Mats	Halden II	02:36:53						02:36:53								1
Halland, Jan	Statkraft NORE BIL	02:48:32	03:10:49	02:53:06	02:48:32	02:53:02	02:54:27		02:54:23		02:50:16	02:54:48				8
Halvorsen, Jon		04:58:19									04:58:19					1
Halvorsen, Øyvind	TORSNES IL	04:26:57											04:26:57			1
Hammer, Jarle	Nittedal I.L.	03:47:40	03:47:40	04:26:36	04:02:16	04:00:04			04:19:15	04:15:41			04:46:08			7
Hansen, Alf	Moss Maratonklubb	04:33:17									04:33:17					1
Hansen, Anders	Krapfoss Maratonklubb	03:18:10	03:31:18	03:18:10	03:31:49	03:33:28										4
Hansen, Frank Robert	Kondis	03:47:11								03:47:11	04:16:19	04:41:37				3
Hansen, Kjell Holm	Mjøndalen	03:02:49							03:07:50			03:02:49				2
Hansen, Kristin Nesheim	IL Driv	03:58:13									03:58:13					1
Hansen, Morten	Drøbak Maratonklubb	03:23:54		03:23:54			03:35:09	03:30:19			03:41:27		03:41:23			5
Hansen, Ole	Nidelv IL	03:51:59								03:51:59						1
Hansen, Svein	SK Rye	03:43:46										03:43:46				1
Hansen, Terje	Fredrikstad IF	03:49:03									03:49:03			04:15:22		2
Hansen, Thomas	IL Driv	04:54:20									04:54:20					1
Hansen, Thormod	Kyrkseterøra IL	03:41:01				03:41:01										1
Hanssen, Jan Frode	Råde Løpeklubb	04:13:31								04:13:31	04:27:28	04:22:47				3
Hanstad, Jon Olav		03:19:01								03:19:01						1
Haraldsen, Cato	Fredrikstad IF	03:33:19								03:33:19						1
Hassing, Tove	Fredrikstad IF	03:55:22	04:07:34	03:57:44	03:59:31	03:55:22	03:58:48	03:58:57	04:13:36	04:02:51	04:06:25					9
Hasvold, Arne	Horten Friidrettsklubb	03:29:47				03:29:47		03:36:16	03:47:24	03:36:02	03:45:44	03:47:32	04:05:22	04:30:59		8
Hauge, Lars	Greåker IF	03:22:22			03:34:45		03:26:23	03:29:13	03:35:08	03:37:59			03:29:16	03:22:22		7
Haugen, Inge Asbjørn	Hornindal IL	03:43:03	03:43:03						03:51:22	04:06:26	03:51:25			04:54:18		5

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Haugen, Nils	Lier Kommune B. I. L.	03:23:45		03:23:45	03:27:50			03:42:53												3
Haugen, Thorstein	Fredrikstad IF	04:14:10				04:14:10														1
Haugsrud, Bård	Begby IL	03:45:29						03:55:38	03:45:29											2
Hellström, Pekka	RUN LIKE HELL	04:04:42																04:04:42		1
Helseth, Jan Per	Helset Interiør BIL	04:41:12			04:55:04			04:41:12												2
Henriksen, Lasse	Ryggejoggen	03:55:07							03:55:07											1
Hipf, Bettina		04:10:41								04:10:41										1
Hjartholm, Even	Asker Triathlon Klubb	05:24:29															05:24:29			1
Hjelle, Ole Petter	SK Vidar	03:04:47						03:04:47												1
Hjelmeland Stensli, Sølvi	ROMERIKE ULTRALØPERKLUBB	03:59:38																	03:59:38	1
Hole, Knut Eraker	Hadeland FIK	02:43:44											02:43:44							1
Holm, Lar	Simba Team	03:55:25			03:55:25															1
Holmgren, Johan	Lørenskog FIL	03:02:37												03:02:37						1
Holm-Olsen, Ole Richard	Halden IL	03:32:37											03:32:37							1
Holm-Olsen, Per Oscar	Løveløper	03:50:31				03:55:15		03:50:31				04:06:15								3
Hongseth, Nina Annette	Ditt Tempo	03:25:10			03:39:34	03:26:02	03:25:10	03:28:03												4
Hotvedt, Are	Tønsberg Triathlonklubb	03:45:25											03:45:25							1
Hovden, Jon	TOTEN TRENINGSSENTER	03:48:20		03:48:20										04:12:30	04:05:26					3
Hovden, Åse, Sandberg	TOTEN TRENINGSSENTER	03:40:56		03:40:56										04:12:30	04:03:25					3
Huste, Guy M.	Oslofjord triathlon klubb	03:43:19				03:43:19														1
Hytjanstorp, Bjørn	Spiridon LLL	03:23:53							03:23:53											1
Högberg, Christer	IF Gøta	03:51:56				03:51:56			04:05:23											2
Høier, Frank	Fredrikstad IF	04:00:32			04:00:32															1
Høyseth, Gunleik	Blefjell IL	04:33:51							04:33:51											1
Hågensen, Bjørn	Hamar Skiklubb	03:58:46				03:58:46		03:58:58												2
Idland, Einar	ANDEBU IL	04:28:54													04:28:54					1
Ingebrigtsen, Sverre	Fredrikstad Skiklubb / Fif	04:09:44													04:09:44					1
Ingwersen, Helge		03:51:41								03:51:41										1
Iversen, Einar	ROMERIKE ULTRALØPERKLUBB	03:20:11											03:20:11						03:31:02	2
Iversen, Gunnar	Kondis	04:21:18				04:28:29		04:21:18												2
Jacoby, Petra	SK Rye	03:21:55											03:21:55							1
Jahre, Kristian	TEAM SPORT1 HOLMESTRAND / BOTNE SKIKLUBB	03:52:08																	03:52:08	1

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Jakhelln, Georg	Forskningsrådet	03:55:19						03:55:19	04:00:21							2
Jakobsen, Lau		03:58:17													03:58:17	1
Janitz, Magne	Moss Multichallengers	03:56:40												03:56:40		1
Jansen, Svein Oskar	Fredrikstad IF	04:13:58	04:14:33	04:21:28	04:13:58		04:52:39	04:55:00	04:23:29	04:49:19	04:52:19	05:11:20	04:55:52	05:11:43		11
Jansson, Bertil	Kolarmora KIF	04:29:47			04:29:47											1
Jensen, Arild	Fredrikstad IF	04:05:39					04:05:39		04:10:22							2
Jensen, Christian	Los Hinchadores Libres, Fuengi	03:44:02					03:44:02									1
Jensen, Gunnar	Grei	04:47:28								04:47:28						1
Jensen, Joar Flynn		03:22:36							03:22:36							1
Jensen, Åge	Romerike Runners Team	03:49:47		03:55:33		03:49:47	03:59:26	03:55:22	04:09:19			04:12:57				6
Johannesen, Geir Runar	Fredrikstad IF	03:48:22									03:48:22					1
Johannesen, John	Krapfoss Maraton	03:17:55			03:17:55											1
Johannessen, Oddvar E.		03:52:51	03:52:51													1
Johansen, Hans Petter	Vear IF	04:37:04										04:37:04				1
Johansen, Janne Kjellberg	Fredrikstad IF	03:26:40									03:26:40					1
Johansen, John	Moss Skiklubb	03:18:35						03:18:35								1
Johansen, Kjell Arne	Fredrikstad IF	03:47:37			04:03:27				03:58:48	03:50:37		03:47:37				4
Johansen, Sigleif	Statskraft Nore	02:55:49	02:55:49													1
Johansen, Tor Harald	PricewaterhouseCoopers	03:34:59							03:34:59							1
Johnsen, Gisle	HAUKEN IL / PT GISLE	02:54:54							03:10:31	02:54:54		02:56:37	03:08:49	03:08:00		5
Josefsen, Kristin	Fredrikstad IF	03:48:46						04:06:26			03:48:46	04:03:26		04:07:13		4
Karlsen, Cecilie	Romerike Ultraløperklubb	04:24:16										04:24:16				1
Karlsrud, Roger	Moss Marathonklubb	03:19:45			03:34:06	03:19:45			03:29:17	03:45:41	03:52:11					5
Karlsson, Roland	Karlsson	04:05:26			04:05:26											1
Karlsson, Torbjørn	Arvika LK	03:36:39	03:36:39	03:39:28	03:53:22		03:43:57									4
Karlsvik, Linn	SK RYE	03:23:19								03:59:04	03:51:26	03:33:52	03:23:19			4
Kasin, Franz	Medica AS	03:44:28	03:44:28													1
Kieding Kummervold, Ivar	Norema Kjøkken	03:25:09									03:25:09		03:41:44			2
Kivijervi, Trond	Posten IL	04:09:56	04:09:56													1
Kjeserud, Solveig	Solveig Kjeseruds Homøopatiske	04:36:05									04:36:05					1
Kjærås, Jan Einar	ANDEBU IL	04:28:54											04:28:54			1
Kjærås, Odd Ivar		04:28:54											04:28:54			1
Kjørvik, Tormod	FREDRIKSTAD IF	04:37:47											04:37:47	04:49:22		2
Klausen, Per Kristian		04:35:22												04:35:22		1
Knutsen, Lasse		03:15:06								03:15:06						1
Kopperud, Grethe	Fredrikstad IF	04:35:01	04:35:01		04:47:34											2

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Korsvold, Hanne Gro	OSLOFJORD TRIATLON	04:10:53													04:10:53	1
Kraugerud, Frode	Rakkestad	03:06:06					03:13:44	03:08:24	03:06:06			03:10:56	03:13:13		03:28:45	6
Kristensen, Grete	Fredrikstad IF	04:46:23				04:46:23										1
Kristensen, Thore	Romerike Ultraløperklubb	03:19:34	03:19:34	03:23:22			03:27:46					03:45:46				4
Kristiansen, Stian	RAMBØLL	03:30:42													03:30:42	1
Kronstad, Knut	Romerike Ultraløperklubb	03:58:39										03:58:39				1
Kruse, Thomas	NOTEAM	03:14:26										03:14:26				1
Krøvel, Harald	Ådalsnes IF	03:59:10			03:59:10											1
Kullerud, Kristian	Halden IL	03:00:44		03:00:44												1
Kullerud, Kåre		03:54:50		03:54:50												1
Kummervold, Ivar	Fredrikstad IF	03:31:08						03:31:08								1
Kvammen, Martin	Team Gjammen	04:00:12										04:00:12				1
Kverneng, Hans	Storebrand Vestby / Kondis	03:47:15	03:47:15	04:01:58	04:24:22											3
Kvernes, Peter	Piggen	04:30:57		04:30:57												1
Kvernsmyr, Stian	ANDEBU IL	03:17:12										03:17:12				1
Kvisgaard, Henrik	Hytteplan Sport	04:40:21					04:40:21									1
Køhn, Svein Mathias	Askim	04:17:58		04:32:13	04:17:58											2
Larsen, Kim Aaril	Skeid	03:03:31			03:06:08	03:03:31	03:04:05	03:07:06							03:08:56	5
Larsen, Petter Sten	Torp IF	03:50:29									03:50:29					1
Larssen, Ottar Moum	Raknehagen SK	03:21:32										03:21:32				1
Larssen, Ottar Moum	ULL-KISA	03:25:30												03:25:30		1
Lebesby, Kathrine	NOTEAM	04:33:25									04:33:25					1
Lefsaker, Sverre	PROJECTIONDESIGN	06:24:27											06:24:27			1
Leganger, Erlend		03:52:02									03:52:02	04:28:56	03:56:54	03:58:56		4
Lennström, Göran	Hultsfreds LK	04:05:55						04:07:53	04:05:55							2
Lian, Arve	Nidelv IL	03:37:35						03:37:35								1
Lid, Anja Elise	DNB	03:50:08											03:50:08			1
Lid, Arve	Team Boron 88	03:40:25						03:40:25								1
Lieberknecht, Lasse	Fredrikstad IF	03:16:55					03:32:47		03:38:16			03:16:55	03:21:02			4
Lillebo, Christian	SK Rye	04:06:07							04:06:07							1
Lima, Sigurd	Gjesdal IL	03:56:50		04:15:28							03:56:50			04:30:55		3
Lind, Jahn Thomas	ULL KISA HÅNDBALL	03:31:42												03:31:42		1
Lindgren, Anders	Möindals Roddklubb	03:57:46							03:57:46							1
Lithun, Lise	GTI Stavanger	04:10:33									04:10:33			05:29:08		2
Lorentsen, Ragnar	Kondis Tr.Heim	03:58:59		03:58:59												1
Lorimer, Adam	Oslofjord Triathlon	04:58:03					04:58:03									1

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Lund, John	ROMERIKE ULTRALØPERKLUBB	03:09:11													03:15:48	03:09:11	2
Lund, Morten E	Hamar Skiklubb	03:19:38									03:20:27				03:19:38		2
Lund, Per	Vestby	04:07:47									04:07:47						1
Lundberg, Tormod	Hamar Skiklubb	03:24:17				03:24:17											1
Lundby, Arne	Sandefjord	04:04:15	04:04:15	04:35:37	04:05:44	04:07:25	04:26:08	04:28:56	04:37:08	04:39:39	04:58:51						9
Lundell, Jan	SK Glid	03:58:15	03:58:15	04:17:07													2
Lunga, Einar	Utvik Langløp	04:42:08						04:42:08									1
Lybeck, Torodd	Fagernes IL	03:32:23					03:32:23	03:37:20									2
Lystad, Hans-Petter	PRIVAT	03:30:55												03:30:55			1
Løvkvist, Eline Marie	TEAM LØVKVIST	04:05:37														04:05:37	1
Løvkvist, Helene	TEAM LØVKVIST	04:12:32														04:12:32	1
Madland, Håvard	WE2011	03:24:50											03:24:50				1
Madsen, Asbjørn		04:47:06									04:47:06						1
Magnussen, Ernst	Fredrikstad IF	03:52:09	03:52:09		03:54:05	04:04:26	04:04:30	04:16:55	04:34:09								6
Malmberg, Staffan	Solvikingarna	03:41:05					03:41:05										1
Mandfloen, Morten	Movar BIL	03:37:24									03:37:24						1
Markussen, Arve	TEAM ØVERSKAUEN	03:28:01												03:28:01			1
Marthinsen, Erling	Team Øverskauen	03:21:43											03:21:43	03:25:37			2
Mathiesen, Arvid	Rustad IL	04:23:15											04:23:15				1
Mathisen, Øystein	DNL	03:36:00	03:36:00		03:46:35												2
Maudal, Sverre	Oslo Børs	04:01:13				04:01:13											1
Mccarthy, Ewan	Halden II	02:44:04					02:44:04										1
Medbø, Espen	OSLOFJORD TRIATLON	03:16:22												03:16:22			1
Mersland, Håkon		05:50:28		05:50:28													1
Mesøy, Rune Mo		03:47:23							04:05:06	03:47:23							2
Meyer Solvang, Kristian	Larvik politi/Nanset IF	03:16:34											03:16:34				1
Mikalsen, Tom B.	Oslofjord Triatlonklubb	03:18:20		03:18:20	03:22:34												2
Mikkelsen, Johnny	Runfun	03:45:10									03:45:10						1
Mjøen, Elsa	Drøbak Maratonklubb	04:40:47	04:52:48	04:40:47													2
Modahl, Einar	ANIF	03:46:01	03:46:01														1
Moen, Erik	Team Extreme	03:43:47											03:43:47				1
Moen, Ketil	Kondis	04:18:05	04:27:50				04:46:45	04:18:05		04:49:28							4
Moen, Ketil		03:53:29											03:53:29				1
Moen, Kjersti Beate		04:08:35													04:08:35		1
Moen, Magne	TFL Halden	04:03:11			04:03:11												1

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Mohr, Frants	Romerike Ultraløperklubb	03:04:53								03:11:25		03:04:53						2	
Moi, Knut Anders		04:18:06									04:18:06								1
Mortensen, Niels	Kongsberg Gruppen	03:55:02									03:55:02	04:10:10							2
Mortensen, Tore	Ravn BIL	03:24:52	03:24:52	04:15:28		03:38:17	04:18:58	03:43:05											5
Mortensen, Tore	Justervesenet BIL	03:22:22										03:39:56	03:22:22	03:23:56					3
Mostue, Sverre	Flint	03:51:21			03:51:21						03:59:42								2
Mundal, Tore	Lom IL	03:25:50	03:25:50								04:10:48								2
Munkebye, Erik Myhr		03:39:51								03:39:51									1
Mustad, Halfdan		04:11:33			04:11:33														1
Mørk, Øystein	NOTEAM	03:07:40										03:07:40							1
Neeraas, Øivind	Kondis	04:13:10			04:29:42	04:25:20	04:13:10	04:28:50			04:38:18								5
Nenseth, Finn Olav	Sandefjord TIF	04:52:49								04:52:49									1
Nergård, Jonas	Orion	03:22:19											03:22:19						1
Neumann, Rudiger	Drøbak Maratonklubb	06:13:53					06:13:53												1
Nicolaysen, Ragnar	Fredrikstad IF	04:35:01	04:35:01																1
Nilsen, Teodor Sveen	Argo Securities	03:02:28									03:02:28								1
Nilsen, Trond	Fredrikstad IF	03:27:26								03:27:26	03:28:10	03:43:45	03:44:33						4
Nilsen, Trond Einar	Sulsted Løberklubb	04:19:26									04:19:26								1
Nilsen, Vidar	Norges Bank IL	02:49:16			02:54:55	02:49:16													2
Nilssen, Aksel	Fauske IL	03:58:52									03:58:52								1
Nilsson, Jörgen	VI SOM SPRINGER	04:41:18												04:41:18					1
Nome, Astrid	TRENINGSCAMP	04:16:10											04:16:10						1
Norberg, Kari		04:45:54		04:45:54															1
Nordbø, Gunnar	Flekkefjord Idrettsforening	03:46:40										03:46:40	04:28:40						2
Nordli, Per Ove	Oslo Politis Idrettslag	04:04:28										04:04:28							1
Nordlie, Rolf	Kongsvinger IL	04:28:52	04:29:12	04:40:59	04:28:52														3
Nordmelan, Kasper	Gjerdrum Fysioterapi & Trening	03:45:11										03:45:11							1
Nordnes, Lars-Ove	Jutul IL	03:21:53										03:21:53							1
Nordstrand, Malvin	NKS-Gruppen BIL	03:57:02	04:11:07	04:17:56	03:57:02														3
Nordum, Ingar	Nordea I.L.	04:25:48		04:25:48															1
Nossom, Erik	Romerike Ultraløperklubb	03:36:37	03:53:55	03:48:44		03:42:45						03:36:37							4
Nyberg, Hans	ALE 90 IK	04:55:29																04:55:29	1
Nygaard, Helge	Frekhaug	04:19:50	04:19:50																1
Nygaard, Ivar	mnemonic	03:36:35										03:36:35							1
Nygaard, Ragnar	GØIF	03:58:21			03:58:21		04:17:22	04:23:31										03:59:12	4
Nykvist, Jan	Vi Som Springer	03:59:32	04:01:44	03:59:32	04:07:02														3

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Ohla, Mirko	Fredrikstad IF	04:23:05								04:23:05								1
Olafsen, Jørn Willy	Tønsberg Triathlonklubb	03:29:18									03:29:18							1
Olaussen, Stein Henrik		03:16:02													03:16:02			1
Olsen, Kim		03:14:16															03:14:16	1
Olsen, Lars	Finstad Fortløpende / SKD BIL	03:44:12												03:44:12				1
Olsen, Svein Vidar	Oslo Gangklubb	04:22:12							04:22:12									1
Olsen, Thorbjørn	Fredrikstad IF	03:55:33	03:55:33	04:09:12	04:06:38	04:37:38												4
Olsen, Tore	Stive ledd MC	03:39:27												03:39:27				1
Olsen, Øystein	Paulsbo IL	03:31:18	03:31:18															1
Olsvold, Geir Sigurd		03:31:26															03:31:26	1
Omholt, Arne Petter	T-Rank BIL	03:47:59											03:47:59					1
Oskarsson, Tommy	Vi Som Springer	03:46:36				03:46:36												1
Ottesen, Anne-Gine	Synergi Helse	03:48:02												03:48:02				1
Paalsrud, Knut Ivar	ROMERIKE ULTRALØPERKLUBB		03:35:18														03:35:18	1
Pedersen, Daniel	BERTEL O.STEEN FREDRIKSTAD		04:10:01														04:10:01	1
Pedersen, Henning	Eus / Moss Skiklubb	02:49:21								02:51:18		02:52:04		02:49:21				3
Pedersen, Jon	Halden Skiklubb	03:08:11										03:08:11						1
Persson, Thomas	TÖCKSFORS IF SVERIGE	04:17:33															04:17:33	1
Pettersen, Svein	Kondis	03:57:09		04:03:00	03:57:09	04:33:40	04:13:49	04:26:22	04:40:44	04:53:59	04:38:18							8
Pettersen, Thomas	Romerike Politiidrettslag	03:55:28							03:55:28	04:22:00								2
Pinás, Tomas	HOLMESTRAND MARATON	04:00:52											04:14:57				04:00:52	2
Pålsson, Bruno	RANRIKE BERSERK & TRIATHLON		03:22:14								03:22:14						03:32:46	2
Qvenild, Kristian	Raumyrveien Springers	02:48:39										02:51:42	02:48:39				02:54:51	3
Rakkestad, Ole Espen	Seilduk Løp	03:38:37				03:38:37												1
Ramtvedt, Bjørn Erik	CK Øst	03:49:43											03:49:43					1
Reffsgård, Ulf	Fredrikstad IF	04:29:53	04:29:53															1
Refsli, Svein	Meteorologen	04:07:49							04:07:49									1
Rhode-Moe, Tom	Fredrikstad IF	04:15:48			04:25:56	04:15:48	04:16:44	04:51:54			04:45:30							5
Riis, Trygve	RÅDTASSENE BIL	03:28:43				03:28:43											03:44:09	2
Rognebakke, Arne	Statoil Bergen	04:09:55						04:09:55										1
Rustad, Sverre	Raumnes & Årnes	04:47:06												04:47:06				1
Rusti, Signy Henden	Lørenskog FIL	05:29:24							05:29:24									1
Ruyter, Werner	CICIGNON OLDBOYS	04:39:16															04:39:16	1

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Rymoen, Espen	MOSS CK	04:18:59													04:18:59	1
Rødde, Bård	Lånke IL	03:35:09			03:35:13	03:35:09	03:49:38	03:39:09	04:15:09	03:48:53				04:25:07		7
Røhme, Marianne	Kondis	04:57:51								04:57:51						1
Rømuld, Aud F.	Drøbak Maratonklubb	04:19:45		04:36:22	04:19:45											2
Rørågen, Hans	Obos BIL	03:52:02							03:52:02							1
Røsler, Ruben		03:57:31													03:57:31	1
Saba, Anton	FMC Technologies	02:58:02									02:58:02					1
Sagvolden, Stein Roar	Elsten Elektro	04:22:53			04:22:53											1
Sandvik, Eivind		04:07:29												04:13:48	04:07:29	2
Sandøy, Alf-Erling		03:52:08					04:01:33	03:52:08				03:53:38				3
Sanengen, Sverre	Fredrikstad IF	04:17:48							04:17:48							1
Schibbye, Harald	Vmetro	03:29:03		03:29:03		03:42:13										2
Seierstad, Martin	Posten	03:07:22			03:07:22											1
Sel, Harald	Varhaug IL	04:10:05		04:10:05												1
Severeide, Hans Petter	Bjerkreim Marathon Klubb	03:56:15			04:08:35					03:56:15						2
Simonsen, Bobby	PROJECTIONDESIGN	04:50:28												04:50:28		1
Sjöo, Håkan	Växjö LK	04:33:12		04:33:12												1
Skaatan, Hans André	Team Skaatan	03:26:07					03:26:07									1
Skaatan, Hilde Elisabeth	Team Skaatan	03:36:39					03:36:39									1
Skar, Einar	Fredrikstad IF	04:43:08			05:01:58	04:48:46	05:04:04		04:43:08	05:01:33					04:53:48	6
Skaufel, Espen	TEAM SVETT OG FRISK	04:57:23													04:57:23	1
Skaug, Rino	Gaards-Service AS	04:17:56											04:17:56			1
Skinstad, Roar	Vesterøy	03:43:03											03:43:03			1
Skjeltorp, Ole Edvin	Team Gjammen	04:41:46											04:41:46			1
Skjøllerhag, Henrik	IK Spring Väst Sverige	03:28:04										03:28:04				1
Skogen, Grid	Fredrikstad IF	03:44:45	03:59:40	03:57:44	03:54:37		03:44:45	03:58:56	03:53:29	03:46:23	04:02:55	03:45:01	03:49:36	04:11:16		11
Skoglund, Tina	Fredrikstad IF	04:06:48		04:06:48						04:25:23	04:17:20					3
Skogvang, Kjell	Kondis	03:39:17				03:39:17	03:42:36	04:23:56	04:24:26	03:45:55	03:48:28					6
Skoog, Lennart	Stenungsunds OK	03:42:50	03:42:50	03:50:07	04:15:59	03:55:03	04:13:03	04:12:45		04:12:12	04:22:11	04:28:25	04:23:39	04:47:44	04:45:20	12
Skåre, Svein		04:40:19				04:40:19										1
Smedsaas, Georg	Jan Banan	03:18:39							03:18:39							1
Smith, Glenn	Tananger	03:52:41				03:52:41										1
Sognlien, Tom	Fredrikstad IF	03:23:41	03:54:35	03:27:37	03:26:12	03:54:53		04:12:42	03:29:28	03:23:41	03:30:57	03:36:11		03:36:44	04:17:44	11
Solberg, Tor	Fredrikstad IF	03:27:30			03:36:02	03:27:30										2
Solvang, Trygve M.	Hydro Karmøy	03:22:21		03:22:21												1

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Staniszewski, Kordian	FREDRIKSTAD TRIATLONKLUBB	03:30:24													03:46:44	03:30:24	2
Steinsvik, Rita	Kripos IL	03:48:22													03:48:22		1
Stensli, Hans Olav	ROMERIKE ULTRALØPERKLUBB	04:17:50														04:17:50	1
Stensrud, Johnny	MOSS CK	03:23:42														03:23:42	1
Stjern, Tor Arne	Vind I.L.	03:38:20								03:38:20							1
Stokseth, Øyvind	Halden Skiklubb	02:44:18					02:44:18										1
Stordalen, Thomas	RØA IL	04:14:03														04:14:03	1
Stordrange, Jan Kristian	Flekkefjord Idrettsforening	03:36:42											03:36:42	03:50:19		03:39:06	3
Storkås, Geir	Porsgrunn	03:19:03				03:19:03								03:53:40			2
Stranddal, Svein	GJERPEN I F	03:28:08														03:28:08	1
Strandenæs, Geir		04:22:53			04:22:53												1
Støa, Tommy	Hytteplan Sport	03:56:22											03:56:22				1
Sunde, Arne Olav	Winforce Expedition	03:06:40											03:07:03	03:06:40			2
Sunde, Turid Holemark	PRIVAT	04:05:50													04:05:50		1
Sundell, Per Øivind	ØRJEL IL	03:05:27													03:05:27		1
Svarth, Therese	Børnings	04:05:30			04:05:30												1
Svendsen, Dag-Tore	Ge Healthcare	03:34:52						03:34:52									1
Svendsen, Vidar Frisk	BÆKKELAGET	04:17:14														04:17:14	1
Svenkerud, Ole-Morten	Vang	03:36:03													03:36:03		1
Svensson, Terje	Fredrikstad IF	03:49:27				03:58:52	04:18:28			03:55:35	04:09:17	03:49:27	04:26:40	04:04:10	04:10:18		8
Sverre Johannes, Ringstad	Oslofjord Triathlon	03:54:10								03:54:10							1
Sverreson, Øyvind		04:10:42								04:10:42							1
Syversen, Arild	Fredrikstad IF	04:19:25	04:19:25														1
Sætre, Ragnhild	Rbil	04:02:06						04:02:06									1
Søderstrøm, Stig	Kvarnvedens GOIF	03:47:05	03:47:05					04:16:26								05:28:43	3
Sørland, Ole Kristian	Winforce Expedition	03:00:55												03:00:55			1
Sørstad, Gjermund	IF Sturla	02:42:02					02:50:06			02:42:02				02:48:18			3
Tegner, Edgar	Fredrikstad IF	04:25:02		04:32:47	04:54:48	04:50:31	04:39:41	04:25:02	04:52:55								6
Tharaldsen, Ole	Fredrikstad IF	04:01:02													04:01:02		1
Thon, Christian	Eidanger	03:07:47								03:07:47							1
Thorbjørnsen, Rune	Oslo Kommune BIL	03:55:54											03:55:54	04:00:02	04:03:57		3
Thorhallsson, Erik	Norfolier	03:47:29						03:47:29									1
Thorstensen, Runar	Romerike Ultraløperklubb	03:55:20			03:56:05	03:55:46	03:55:20							04:17:56			4
Tillery, Andrew	Haukeland	03:13:36					03:13:36										1

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Tornes, Karin	Utvik Langløp	04:33:47							04:33:47							1
Torp, Stig	Avanade	03:57:09										03:57:09				1
Tovan, Knut		03:44:58							03:44:58							1
Tronstad, Anders	Sarpsborg Sykkelklubb	04:08:51				04:38:28					04:08:51	04:31:37				3
Try, Lars	TVEDESTRAND	05:53:14												06:27:03	05:53:14	2
Tubaas, Peter	Kondis	03:04:30				03:04:30										1
Tveit, Odd Gunnar	Birkenes IL	02:58:31		03:18:11					03:05:07		03:03:11	02:58:31	03:15:05	03:14:30	03:23:02	7
Tveit, Per	MOSS SKIKLUBB	03:51:50												03:51:50		1
Tveter, Trygve		03:17:52				03:17:52										1
Tømte, Sjur	Fredrikstad IF	03:26:03		03:45:24	03:53:25	03:37:19	03:32:53	03:34:16	03:55:21	03:29:32	03:26:03	03:30:43	03:34:36	03:29:12	03:36:57	12
Tørstad, Eirik	LØRENSKOG MARATONRUNNERS	04:22:38													04:22:38	1
Tørstad, Marit		04:05:28													04:05:28	1
Ugelstad, Torbjørn	Kondis	03:17:18					03:17:18	03:56:54								2
Ullström Jan-Erik	Vi Som Springer	04:15:33				04:22:04	04:15:33		04:23:41	04:35:31	04:42:45	05:14:22				6
Ulvåen, May	Fredrikstad IF	03:55:45								04:02:51	03:55:45		04:19:06	04:15:11		4
Urdal, Håkon	RUN HAPPY	02:59:32												02:59:32		1
Uttisrud, Erling	Mysen	04:56:29										04:56:29				1
Valstad, Keino	Bøler IF	02:59:40									03:01:37	02:59:40				2
Vebostad, Hagbart	Gnagsår	03:41:47							03:41:47					03:57:17		2
Vedvik, Fredrik	Et Cetera Profil AS	04:37:24									04:37:24					1
Veggeland, Turid	Herkules	04:41:55		04:41:55								04:54:47				2
Vehus, Knut	Express IL	03:27:06					03:27:06		03:31:38	03:41:04						3
Velayuthram, Narda	Fredrikstad IF	04:05:21	04:24:37		04:05:21											2
Venøy, Jan Petter	DNL	04:39:34	04:39:34													1
Vik, Arne Håkon	TLF Halden	02:50:56		02:50:56		02:57:04										2
Vikshåland, Georg	Hydro Karmøy	03:34:04				03:55:06	03:34:04				04:00:58					3
Viktorsson, Karolina		04:32:33													04:32:33	1
Vollebæk, Steinar	team v0lliz	04:58:27										04:58:27				1
Waaen, Kristian	Spiridon LLL	04:11:50										04:32:55	04:24:05	04:21:53	04:11:50	4
Wakelin, Ross	Narvik IL	02:52:30		02:52:30					03:47:20			03:25:24	03:13:53	03:31:02	03:21:21	6
Walstrøm, Per Jørgen	Oslofjord Triathlon	03:12:09					03:12:09						03:18:34			2
Weberg-Larsen, Fredrik	FSK	03:35:33				03:35:33										1
Wekre, Eirik		03:34:53												03:34:53		1
Welhaven, Leif	NOTEAM	02:50:11										02:50:11				1
Wennemo, Erik	Gold's Gym Lillestrøm	03:41:54							03:48:51			03:58:16	03:41:54	03:58:44		4

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Weydahl, Birger	Drøbak Maratonklubb	04:34:41				04:34:41		04:38:59	04:41:46		05:18:53		05:16:32	05:10:29		6
Weydahl, Jon	Drøbak Maratonklubb	03:45:37			03:49:10	03:53:16	03:47:19	03:45:37	03:49:01	03:57:43			04:01:01	04:07:52	04:15:50	9
Weydahl, Per Øyvind	KRÅKSTAD	05:10:30												05:10:30		1
Wigemyr, Beate Bø	Lillehammer Skiklubb	03:47:20		03:47:20												1
Wigemyr, Gunstein	Lillehammer Skiklubb	03:36:37		03:41:52		03:36:37										2
Wigum, Stig		03:51:54												03:51:54		1
Wilson, Matthew	SK Rye	03:19:01										03:19:01				1
Yakoubi, Jacob	BYGDØY IDRETTLAG	03:01:46												03:01:46		1
Yksnøy, Oline	Rustad IL	04:32:35						04:32:35				04:45:02	04:50:14			3
Øde, Lars-Erik	MUPIL / UPIL	03:53:14										03:53:14				1
Øfsdahl, Terje	PA CONSULTING GROUP	03:37:30												03:37:30		1
Øverås, Hans-Arne	Movar BIL	04:10:22									04:10:22					1
Åstrøm, Kjell	Kolarmora KIF	04:50:04				04:50:04										1
Antall som fullførte				18	74	68	96	59	85	72	84	77	84	88	88	102