



Strindheim Idrettslag FRIIDRETT

NM/UM-terrengløp lange distanser Trondheim 18/9-2011



Adresse: PB 4147 Valentinlyst 7451 Trondheim Nettside: ww.strindheimfriidrett.no

RESULTATLISTE

UM jenter 15 år

- 1) Marte H. Hundhammer, Idrettslaget Norna-Salhus, 15.20,0
- 2) Marthe Olsen, Selsbakk IF, 15.26,0
- 3) Guro Bostad, Strindheim il, 15.40,0
- 4) Mari Aarskog Nesse, Stord IL, 17.12,0

UM jenter 16 år

- 1) Heidi Mårtensson, Modum Friidrettsklubb, 14.58,0
- 2) Ida Meli Narbuvoll, Ren-Eng FIK, 15.07,0
- 3) Mari Sollid Eide, Sandane Turn & Idrettslag, 15.27,0
- 4) Aurora Selstad Dybedokken, Tyrving IL, 15.51,0
- 5) Ida Elise Nymoene, IL Skjalg, 16.19,0
- 6) Caroline Ziesler, Sandnes IL, 17.04,0
- 7) Lisa Torset Gjerde, Aure IL, 17.37,0

UM jenter 17 år

- 1) Kristine Helle, IK Tjalve, 14.47,0

UM gutter 15 år

- 1) Markus Borge Harbo, IL Skjalg, 13.09,0
- 2) Gustav Iden, Idrettslaget Norna-Salhus, 13.23,0
- 3) Jonas Gjesdal, Varegg Fleridrett, 13.42,0
- 4) Øyvind Wiggen, Byåsen IL, 13.43,0
- 5) Alexander Kirkeberg, Malm IL, 13.48,0
- 6) Rasmus Vonen, Varegg Fleridrett, 13.55,0
- 7) Sondre Mæland, Stord IL, 13.59,0
- 8) Kristoffer By Vollset, Klæbu Løperklubb, 14.00,0
- 9) Håkon Haus Steinshylla, Selsbakk IF, 14.08,0
- 10) Anders Bugge, Eidvåg IL, 14.12,0
- 11) Håvard Lalit Øglænd, GTI, 14.14,0
- 12) Erlend Mæland, Stord IL, 14.23,0
- 13) Stian Norheim, Gneist IL, 14.26,0
- 14) Aleksander K. Meyer, Idrettslaget Norna-Salhus, 14.57,0
- 15) Sivert Lyngstad, Steinkjer Friidrettsklubb, 15.34,0
- 16) Espen Breisnes Vika, Idrettslaget Norna-Salhus, 16.51,0
- 17) Åsmund Aas Andersson, Idrettslaget Norna-Salhus, 17.50,0

UM gutter 16 år

- 1) Stian Mekdim Bekkevoll, Kristiansand IF, 13.07,0
- 2) Ole Martin Røssland, Gneist IL, 13.25,0
- 3) Joachim Thingvoll Qvale, Bøler IF, 13.49,0
- 4) Jørgen Tvedt, Idrettslaget Norna-Salhus, 13.50,0
- 5) Thomas Ryngøye, Idrettslaget Norna-Salhus, 14.06,0
- 6) Thor Henrik Raknerud, Askim IF, 14.13,0
- 7) Christoffer R. Fardan, Sandnes IL, 15.14,0

UM gutter 17 år

- 1) Erik Udø Pedersen, Holum IL, 12.38,0
- 2) Magnus Sirnes Hjellum, Haugesund IL, 12.54,0
- 3) Jørgen Frost Bø, Oppegård IL, 12.55,0
- 4) Hallgeir Aspli, Frol IL, 12.56,0
- 5) Endre Aamodt, Bagn IL, 13.21,0
- 6) Robin Hansen, Leknes & Omegn IF, 13.26,0
- 7) Birger M. Bjørnstad, Strindheim IL, 13.27,0
- 8) Mats Bjørgum, Strindheim IL, 13.44,0
- 9) Bjørn Rusten Lundberg, Idrettslaget Norna-Salhus, 14.12,0
- 10) Torjus Raa, Varegg Fleridrett, 14.34,0

Kvinner junior

- 1) Ida Østerås, Verdal Friidrettsklubb, 14.34,0
- 2) Karoline E. Skatteboe, Tyrving IL, 14.45,0
- 3) Sigrid Jervell Våg, Strindheim IL, 15.01,0
- 4) Åsne Riskedal, Sandnes IL, 15.05,0
- 5) Bertine-Helene Færø, Fil Aks-77, 15.14,0
- 6) Mari Helgestad, Ren-Eng Fik, 16.00,0

Kvinner senior

- 1) Kirsten Marathon Melkevik, BFG Fana, 20.37,0
- 2) Tone Hjalmarssen, Sportsklubben Vidar, 20.56,0
- 3) Fride Vullum, Sportsklubben Vidar, 21.45,0
- 4) Hilde Aasheim, Osterøy IL, 21.49,0
- 5) Silje Bæra Hørthe, Sportsklubben Vidar, 22.09,0
- 6) Vigdis Bringedal Holst, Skjalg IL, 22.35,0
- 7) Lilli Marie Myhre Ofstad, Strindheim IL, 22.36,0
- 8) Katharina Kahrs, NTNUI Friidrett, 23.32,0
- 9) Elise Kristine Vikne, Osterøy IL, 24.34,0

Kvinner veteran 35 -39 år

- 1) Anne Nevin, Strindheim IL, 21.52,0

Kvinner veteran 40 -44 år

- 1) Kathrin Høner, Strindheim IL, 23.58,0

Menn junior

- 1) Kristian Blumenfelt, Fik BFG Fana, 19.11,0
- 2) Ferdinand Kvan Edman, Sturla IF, 19.12,0
- 3) Sindre Løchting, FIK Orion, 19.29,0
- 4) Harald Kårbø, Stord IL, 19.31,0
- 5) Filip Ingebrigtsen, Sandnes IL, 19.48,0
- 6) Jørgen Jensen Axelsen, Gneist IL, 19.52,0
- 7) Petter M. Rypdal, Strindheim IL, 19.55,0
- 8) Nikolai Smestad, Lørenskog Friidrettslag, 20.10,0
- 9) Magnus Stensås, Lunadmo IL, 20.13,0
- 10) Sander Sekkingstad Terum, Aurland IL, 20.28,0
- 11) Ahmad Muktar Adam, Sandnes IL, 20.37,0
- 12) Simen Bergseth, Skjalg IL, 20.53,0
- 13) Ole Sæterbø, Rindals-Troll IK, 21.01,0
- 14) Anders Stensås, Lundamo IL, 21.21,0
- 15) Beimnet Haile Wolday, Ogdal IL, 23.23,0

Menn senior

- 1) Sindre Buraas, Sportsklubben Vidar, 31.13,0
- 2) Sondre Nordstad Moen, Sportsklubben Vidar, 31.34,0
- 3) Håkon Brox, Tjalve IK, 31.46,0
- 4) Hans Kristian Fløystad, Tjalve IK, 32.02,0
- 5) Frew Zenebe Brkineh, Sandnes IL, 32.12,0
- 6) Audun Nordtveit, Tjalve IK, 32.20,0
- 7) Trond Arne Rugland, Tønsberg Friidrettsklubb, 32.29,0
- 8) Eirik Gramstad, Sportsklubben Vidar, 32.30,0
- 9) Eldar Rønning, Skogn IL, 32.52,0
- 10) Kristian Monsen, Ullensaker/Kisa IL, 32.57,0
- 11) Johan Bugge, Eidvåg IL, 33.05,0
- 12) Kjetil Foss Angeltvedt, Gular IL, 33.20,0
- 13) Ola Sakshaug, Selsbakk IF, 33.33,0
- 14) Andre Hammerø Løseth, Kristiansands IF, 33.38,0
- 15) Tomas Windheim, Gular IL, 33.41,0
- 16) Petter Nordtug Jr, Mosvik IL Friidrett, 33.52,0
- 17) Harald Solhaug Næss, Sportsklubben Vidar, 34.05,0
- 18) Harald Berge, Tyrving IL, 34.21,0
- 19) Petter Eggan, Tjalve IK, 34.30,0
- 20) Hågen Urseth, Ren-Eng FIK, 34.42,0
- 21) Thomas Holm, Rindals-Troll IK, 35.22,0
- 22) Øyvind Bugge, Eidvsåg IL, 35.59,0
- 23) Lars Moholdt, Rindals-Troll IK, 36.08,0
- 24) Eivind Jenssen, Steinkjer Friidrettsklubb, 37.24,0
- 25) Morten Svinsås, Rindals-Troll IK, 37.25,0
- 26) Helge Langen, Rindals-Troll IK, 39.25,0

Menn veteran 35 -39 år

- 1) Kristian Nedregård, Tyrving IL, 34.18,0
- 2) Lars Hagen, Rindals-Troll IK, 35.08,0
- 3) Arnt-Inge Nilsen, Rindals-Troll IK, 35.16,0
- 4) Finn Kollstad, Kristiansand IF, 35.38,0
- 5) Ole Arnold Sødal, Rindals-Troll IK, 37.58,0

Menn veteran 40 -44 år

- 1) Terje Olsen, Heimdal Friidrett, 33.53,0
- 2) Trygve Bertil Reitan, Rindals-Troll IK, 37.42,0
- 3) Petter Rasmussen, FIK BFG Fana, 42.04,0

Menn veteran 45 -49 år

- 1) Terje Olsen, Rindals-Troll IK, 36.09,0
- 2) Håvard Ingvaldsen Lorange, Strindheim IL, 38.12,0
- 3) Runar Gilberg, Sportsklubben Vidar, 38.55,0
- 4) Tom Erik Eikanger, Gular IL, 39.30,0

Menn veteran 50 -54 år

- 1) Arvid Hansen, Milton Larvik Sportsklubb, 21.33,0
- 2) Ola Berget, Ogdal IL, 22.00,0
- 3) Johs Gjesdal, Varegg Fleridrett, 22.31,0

Menn veteran 55 -59 år

- 1) Even Løkken, Strindheim IL, 22.12,0
- 2) Kjell Eriksen, Ogdal IL, 23.44,0
- 3) Magne Roald Vikne, Osterøy IL, 25.34,0

Menn veteran 60 -64 år

- 1) Harald Nygård, Fil Aks-77, 22.57,0
- 2) Arvid Syrstad, Skaun IL, 25.43,0
- 3) Einar Søndeland, GTI, 32.44,0

Menn veteran 65 -69 år

- 1) Peder Ringdal, Isfjorden IL, 30.58,0
- 2) Per Vullum, Rennebu IL, 31.25,0

Menn veteran 70 -74 år

- 1) Hagbart Vebostad, Strindheim IL, 28.20,0

Menn veteran 80 -84 år

- 1) Sverre Mikal Myklestad, Byåsen IL, 33.22,0