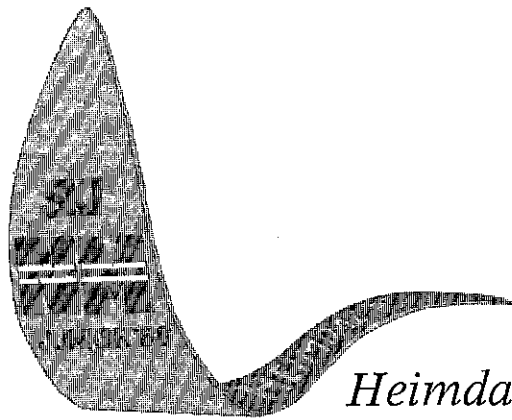
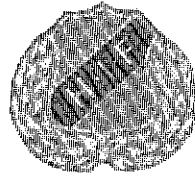


kr. 10,-



Heimdal 18. - 21. februar 1988



# RESULTATER

LANGRENN



KOMPLETT

Dette er våre sponsorer:

**B** BERGEN  
BANK

Adresseavisen



Resultatliste for: klasse: Gutter 16 år

side: 1

Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
1	425	Tor Arne Haugen	Kolbu	Oppland	31.39,0	0,0
2	447	Oddbjørn Hjelmeseeth	Fjellh./Ver	Sogn og Fjordane	31.56,0	17,0
3	400	Bjørn Langsett	Bjerke I.L	Romerike	32.15,0	36,0
4	495	Anders Eide	Snåsa I.L	Nord-Trøndelag	32.19,0	40,0
5	408	Jon Erik Knotten	Ramnes	Vestfold	32.29,0	50,0
6	452	Per Kristian Knutsen	Fenstad Skikl.	Romerike	32.37,0	58,0
7	497	Håvard Østerås	Skatval Skilag	Nord-Trøndelag	32.42,0	1.03,0
8	493	Jon Olaf Bergersen	Kjelsås	Oslo	32.54,0	1.15,0
9	405	Lars Vethe	Heggedal	Asker og Bærum	32.55,0	1.16,0
10	485	Asgeir Fremstad	Ramnes	Vestfold	32.56,0	1.17,0
11	504	Ole Kristian Jødahl	Gjerdrum I.L	Romerike	32.58,0	1.19,0
12	391	Svein Tore Samdal	Støren	Sør-Trøndelag	33.00,0	1.21,0
	461	Jon Thomas Blandhoel	Bærum Verk	Asker og Bærum	33.00,0	1.21,0
14	443	Lyder Sund	Spillum I.L	Nord-Trøndelag	33.05,0	1.26,0
15	478	Anders Grønli	Assiden I.F	Buskerud	33.10,0	1.31,0
16	474	Torgeir Saltnes	As I.L	Follo	33.11,0	1.32,0
17	464	Johannes Reiten	Betna	Møre og Romsdal	33.20,0	1.41,0
18	467	Jo Dale	Fet Skikl.	Romerike	33.22,0	1.43,0
19	496	Rune Wiig	Trøgstad	Østfold	33.24,0	1.45,0
	499	Øyvind Kvennås	Byåsen	Sør-Trøndelag	33.24,0	1.45,0
21	502	Odd Ivar Medhus	Røldal	Bergen og Hordal	33.32,0	1.53,0
22	420	Svein Riste	V.Slidre	Oppland	33.35,0	1.56,0
	436	Ragnar Hagen	Ål I.L	Buskerud	33.35,0	1.56,0
24	394	Henning Mikkelsen	Runar	Vestfold	33.37,0	1.58,0
25	466	Jens Petter Thon	Askim	Østfold	33.39,0	2.00,0
✓	472	Trond Eidissen	Medkila Skilag	Troms	33.39,0	2.00,0
27	401	Steinar Hennem	Lier I.L	Buskerud	33.42,0	2.03,0
28	416	Geir Aspeslåen	Tormod	Oppland	33.43,0	2.04,0
	446	Øyvind Olsen	Ballangen	Nordland	33.43,0	2.04,0
	484	Stig Arthur Hustad	Røra I.L	Nord-Trøndelag	33.43,0	2.04,0
31	✓412	Eirik Øvernes	Tromsø Skiklub	Troms	33.45,0	2.06,0
32	395	Erik Lauvrak	Inås	Aust-Agder	33.46,0	2.07,0
33	483	Kristian Johansen	Narvik	Nordland	33.47,0	2.08,0
34	454	Stig Brustad	Skarnes	Hedmark	33.50,0	2.11,0
35	409	Vegard Sommerstad	Bøverbru	Oppland	33.51,0	2.12,0
36	428	Trym Hansen	Høybråten og Stovner	Oslo	33.53,0	2.14,0
37	396	Kjell Helge Røynestad	Knaben I.L	Vest-Agder	33.54,0	2.15,0
	438	Tore Gløer Johnsen	Nittedal	Oslo	33.54,0	2.15,0
39	411	Anders Holst	Stathelle	Telemark	33.56,0	2.17,0
	481	Lars Brede Ous	Fet Skikl.	Romerike	33.56,0	2.17,0
41	397	Erik Simensen	Høybråten og Stovner	Oslo	33.58,0	2.19,0
42	406	Bjørn Martinsen	Nybygda	Hedmark	34.01,0	2.22,0
43	458	Thomas Husum	As I.L	Follo	34.02,0	2.23,0
44	437	Ove Sørli	Høybråten og Stovner	Oslo	34.06,0	2.27,0
45	494	Olav Høyaas	Klæbu	Sør-Trøndelag	34.08,0	2.29,0
46	434	Pål Gustav Modell	Følling I.L	Nord-Trøndelag	34.10,0	2.31,0
47	468	Per A. Mykland	Hokksund I.L	Buskerud	34.12,0	2.33,0
48	✓449	Arne Markus Svendsen	Lavangen I.F	Troms	34.13,0	2.34,0
49	479	Svein Olav Staalen	Nedre Sigdal I.F	Buskerud	34.17,0	2.38,0

P1:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
	50	487 Terje Tovmo	Budal	Sør-Trøndelag	34.22,0	2.43,0
	51	433 Kristian Fjellhaug	Høybråten og Stovner	Oslo	34.24,0	2.45,0
	52	500 Anders Bøe	Snøhetta	Sør-Trøndelag	34.27,0	2.48,0
	53	413 Peter Kjenndalen	Jømna Heradsbygd	Hedmark	34.28,0	2.49,0
		423 Kjetil Røberg	Nittedal	Oslo	34.28,0	2.49,0
	55	429 Stig Sommervold	Klæbu	Sør-Trøndelag	34.29,0	2.50,0
		444 Jan Erik Seim	Voss	Bergen og Hordala	34.29,0	2.50,0
	57	456 Rune Strømsnes	Osterøy	Bergen og Hordala	34.30,0	2.51,0
	58	486 Torgeir Jondum	Strindheim	Sør-Trøndelag	34.31,0	2.52,0
	59	475 Geir Scheffe	Assiden I.F	Buskerud	34.33,0	2.54,0
	60	476 Robert Aasbø	Gjerstad	Aust Agder	34.35,0	2.56,0
	61	492 Andre Sønsterud	Konnerud I.L	Buskerud	34.36,0	2.57,0
	62	432 Øyvind Kjølstad	Vikersund I.F	Buskerud	34.37,0	2.58,0
	63	427 Andreas Holen	Gausdal	Oppland	34.39,0	3.00,0
		503 Torbjørn Skaanes	Utleira	Sør-Trøndelag	34.39,0	3.00,0
	65	471 Arild Bjørnås	Kattem	Sør-Trøndelag	34.41,0	3.02,0
	66	450 Hans Kristian Dolmen	Tverlandet	Nordland	34.42,0	3.03,0
	67	435 Trond Flåthyl	Rein	Telemark	34.43,0	3.04,0
		490 Sten Frode Kristoffer	Storforshei	Nordland	34.43,0	3.04,0
	69	398 Tor Jakob Gunnes	Melhus	Sør-Trøndelag	34.45,0	3.06,0
		453 Steinar Lille	Alta I.L	Finnmark	34.45,0	3.06,0
	71	392 Rune Furuhaug	Skjettne		34.46,0	3.07,0
	72	426 Anders Kløven	I.F.Liungen	Buskerud	34.48,0	3.09,0
	73	415 Trygve Heggen	Gran	Oppland	34.49,0	3.10,0
	74	451 Håvard Lundekvam	Gaular	Sogn og Fjordane	34.50,0	3.11,0
	75	470 Bjørn Pedersen	Skjervøy I.K	Troms	34.52,0	3.13,0
	76	445 Willy Berg	Leksvik I.L	Nord Trøndelag	34.53,0	3.14,0
		463 Bjørn Asen	Alvdal	Hedmark	34.53,0	3.14,0
	78	477 Trond Ove Bredeesen	Tynset	Hedmark	34.54,0	3.15,0
	79	418 Erik Eide	Sparbu I.L	Nord Trøndelag	34.55,0	3.16,0
	80	407 Halvor Gjerdingen	Gran	Oppland	34.56,0	3.17,0
		440 Øyvind Viken	Øyer	Oppland	34.56,0	3.17,0
		457 Eivind Lund	Gjelleråsen	Oslo	34.56,0	3.17,0
	83	421 Per Erik Bjørnstad	Fauske	Nordland	34.57,0	3.18,0
	84	501 Tom Roald Olsen	Sandnes I.L	Finnmark	34.58,0	3.19,0
	85	402 Tommy Sørlien	Vang	Hedmark	34.59,0	3.20,0
	86	389 Ørjan Bryggghaus	Senja il.	TRØMS	35.02,0	3.23,0
	87	417 Nils Olav Garnås	Bromma I.L	Buskerud	35.06,0	3.27,0
		448 Vegard Spiten	I.L.Skrim	Buskerud	35.06,0	3.27,0
	89	465 Roger Hansen	Rognan	Nordland	35.08,0	3.29,0
		473 Bjarne Fossmo	Nor	Sør-Trøndelag	35.08,0	3.29,0
	91	459 Rune Lien	Jømna Heradsbygd	Hedmark	35.09,0	3.30,0
	92	431 Torbjørn Slåtto	Holeværingen	Buskerud	35.12,0	3.33,0
	93	439 Tor Kr. Gautefall	Kragerø	Telemark	35.13,0	3.34,0
	94	491 Erik Fantoft	Fana	Bergen og Hordala	35.14,0	3.35,0
	95	422 Svein Tore Hamre	Hamar	Hedmark	35.15,0	3.36,0
	96	424 Erik Larsen	Flatås	Sør-Trøndelag	35.19,0	3.40,0
	97	393 Stig Kjenaas	Svene I.L	Buskerud	35.26,0	3.47,0
	98	480 Ørjan Kalliainen	Sandnes I.L	Finnmark	35.27,0	3.48,0
	99	404 Audun Jordal	Odda	Bergen og Hordala	35.32,0	3.53,0
	100	410 Andre Fredriksen	Nittedal	Oslo	35.51,0	4.12,0
	101	419 Lars M.Madsen	Tinn	Telemark	35.54,0	4.15,0
		430 Per Magne Misund	Måndalen	Møre og Romsdal	35.54,0	4.15,0

----- HEGO TIMING SYSTEM -----



Nøkkelen til Produktivitet.

P1:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
	103	414 Ole Molden	Gran	Oppland	35.56,0	4.17,0
	104	399 Geir Hoffgaard	Halden	Østfold	36.29,0	4.50,0
	105	489 Morten Grotløkken	Sel	Oppland	36.42,0	5.03,0
	106	460 Asle Slettehoen	Geilo I.L	Buskerud	36.55,0	5.16,0
	107	455 Vegard A.Hauge	Sarpsborg	Østfold	37.01,0	5.22,0
	108	390 Thomas Frost	Bossekop		37.03,0	5.24,0
	109	498 Dag Inge Undheim	Rælingen	Romerike	37.15,0	5.36,0
	110	441 Leif Magne Andersen	Søya	Møre og Romsdal	37.44,0	6.05,0
	111	469 Frank B. Fardal	Haislo	Sogn og Fjordane	37.46,0	6.07,0
	112	462 Kai Sørensen	Lekang	Nordland	38.30,0	6.51,0

----- HEGO TIMING SYSTEM -----



Utskriften avbrutt av operatør

\*\*\*\*\* NM JUNIOR HEIMDAL 1988 \*\*\*\*\*

HEIMDAL 18.2.1988

KLASSISK LANGRENN

HEIMDAL I.L.

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Resultatliste for: klasse: Gutter 17 Ar

side: 1

Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
1	619	Gudmund Skjeldal	Bulken	Bergen og Hordala	31.18,0	0,0
2	561	Krister Sørgård	Sandnes I.L	Finnmark	31.19,0	1,0
3	544	Pål Christian Evensen	Vind	Oppland	32.06,0	48,0
4	527	Hasse Benberg	Heimdal	Sør-Trøndelag	32.14,0	56,0
5	570	Geir Skari	Lensbygda	Oppland	32.18,0	1.00,0
6	540	Frank Tore Johansen	Talvik I.L	Finnmark	32.20,0	1.02,0
7	568	Øystein Rønbeck	Rafsbotn I.L	Finnmark	32.27,0	1.09,0
8	549	Terje Arntzen	Ballangen	Nordland	32.29,0	1.11,0
	592	Erik Lundgård	Vang	Hedmark	32.29,0	1.11,0
10	579	Jon Einar Melbye	Vollen	Asker og Bærum	32.36,0	1.18,0
11	548	Bjørn Kristiansen	Grorud	Oslo	32.37,0	1.19,0
12	559	Arve Hårskjold	Strindheim	Sør-Trøndelag	32.48,0	1.30,0
13	536	Håkon Storli	Røros	Sør-Trøndelag	32.49,0	1.31,0
14	521	Ståle Brurok	Bærum Værk	Asker og Bærum	32.55,0	1.37,0
	591	Kristian Eriksen	Byåsen	Sør-Trøndelag	32.55,0	1.37,0
16	622	Birger Rye	Fagernes	Oppland	33.01,0	1.43,0
17	600	Tore Olsen	Rotsundelv I.L	Troms	33.03,0	1.45,0
18	598	Bjørn Kristiansen	Bærum Værk	Asker og Bærum	33.04,0	1.46,0
19	617	Kjell Harry Lyngås	Vinne Skilag	Nord Trøndelag	33.06,0	1.48,0
20	612	Vidar Løfishus	Løkken	Sør-Trøndelag	33.12,0	1.54,0
21	550	Martin Kaggstad	Vikersund I.F	Buskerud	33.14,0	1.56,0
22	558	Nils Inge Moen	Vikersund I.F	Buskerud	33.18,0	2.00,0
23	533	Tommy Mikkelsen	Dyrøy Skilag	Troms	33.20,0	2.02,0
24	535	Knut Rud	Gjerdrum I.L	Romerike	33.26,0	2.08,0
	564	Svein Inge Buhaug	Jotun	Sogn og Fjordane	33.26,0	2.08,0
	604	Geir M.Killingbergtrø	Kolbotn I.L	Follo	33.26,0	2.08,0
27	562	Rangvald Medhus	Røldal	Bergen og Hordala	33.28,0	2.10,0
28	584	Terje Grøtterød	Svarstad	Vestfold	33.29,0	2.11,0
	613	Lars Kihle	Konnerud I.L	Buskerud	33.29,0	2.11,0
30	520	Rune Tveitan	Gjerpen	Telemark	33.31,0	2.13,0
31	552	Sjur Brattabø	Jondal	Bergen og Hordala	33.32,0	2.14,0
32	523	Trond Haugen	Vang	Hedmark	33.33,0	2.15,0
	587	Roar Alsaker	Eid	Sogn og Fjordane	33.33,0	2.15,0
34	526	Ole Kristian Smestad	Stjørdals Blink	Nord Trøndelag	33.35,0	2.17,0
	554	Geir Atle Sangnæs	Eina	Oppland	33.35,0	2.17,0
36	532	Torstein Øvstedal	Otta	Oppland	33.36,0	2.18,0
37	581	Karle Ovesen	Malm I.L	Nord Trøndelag	33.38,0	2.20,0
38	594	Cato Haug	Bækkelaget	Oslo	33.39,0	2.21,0
39	585	Frøde Vågen	Utleira	Sør-Trøndelag	33.41,0	2.23,0
40	602	Roar Øfstedal	Hernes	Hedmark	33.44,0	2.26,0
41	597	Svein Erik Tangstad	Støren	Sør-Trøndelag	33.48,0	2.30,0
42	517	Stig Morten Austheim	Henning I.L	Nord Trøndelag	33.53,0	2.35,0
	572	Torbjørn Stokke	Høybråten og Stovner	Oslo	33.53,0	2.35,0
44	543	Torgeir Wiig	Ranheim	Sør-Trøndelag	33.55,0	2.37,0
45	609	Simen Bøe	Kjelsås	Oslo	33.56,0	2.38,0
46	611	Håvard Fosse	Oppsal	Oslo	33.58,0	2.40,0
	624	Lars Kristian Johnsen	Eidsvoll Værk Skikl.	Romerike	33.58,0	2.40,0
48	578	Morten Kristiansen	Gran	Oppland	34.01,0	2.43,0
49	513	Arthur Strand	Bratsberg	Sør-Trøndelag	34.02,0	2.44,0

----- HEGO TIMING SYSTEM -----



Nøkkelen til Produktivitet.

P1:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
	529	Svein Erik Andersen	Rognan	Nordland	34.02,0	2.44,0
	530	Geir Helge Sesseng	Hommelvik	Sør-Trøndelag	34.02,0	2.44,0
52	519	Nils Petter Sætre	Gjerpen	Telemark	34.04,0	2.46,0
53	525	Jørn Almberg	Ulvungen	Møre og Romsdal	34.05,0	2.47,0
54	534	Henrik Halvorsen	Holmen	Asker og Bærum	34.06,0	2.48,0
55	555	Frank Johnsen	I.F.Kilkameratene	Troms	34.17,0	2.59,0
56	528	Tommy Sagmyr	Hommelvik	Sør-Trøndelag	34.18,0	3.00,0
	560	Even Sugaren	Nor	Sør-Trøndelag	34.18,0	3.00,0
58	573	Stig Amundsen	Fri	Bergen og Hordal	34.24,0	3.06,0
59	567	Trond Flagstad	Ottestad	Hedmark	34.25,0	3.07,0
60	541	Per Helge Flønes	Selbu	Sør-Trøndelag	34.26,0	3.08,0
61	551	Morten Hellerud	I.L.ROS	Buskerud	34.29,0	3.11,0
62	593	Rune Stokkebekk	Blaker	Aurskog/Høland	34.30,0	3.12,0
63	515	Jon Olav Fuglem	Selbu	Sør-Trøndelag	34.31,0	3.13,0
64	514	Kjetil Bergan	Kongsberg I.F	Buskerud	34.33,0	3.15,0
	518	Cato Nilsen	Rafsbotn I.L	Finnmark	34.33,0	3.15,0
66	625	Ivar Gabrielsen	Kongsberg I.F	Buskerud	34.34,0	3.16,0
67	627	Trond Nystad	Fauske	Nordland	34.36,0	3.18,0
68	531	Kjetil Sangnæs	Bøverbru	Oppland	34.37,0	3.19,0
	576	Øystein Lødøen	Hornindal	Sogn og Fjordane	34.37,0	3.19,0
	607	Eskil Følstad	Spillum I.L	Nord Trøndelag	34.37,0	3.19,0
71	603	Magne Stenvold	I.L.Pioner	Troms	34.39,0	3.21,0
72	583	Bent Ingebrigtsen	Botne	Vestfold	34.40,0	3.22,0
73	542	Geir Helge Espedalen	Skarphedin	Telemark	34.41,0	3.23,0
	623	Arve Myhre	Adal I.L	Buskerud	34.41,0	3.23,0
75	571	Tore Øverås	Hei	Telemark	34.49,0	3.31,0
	626	Frode Nyeng	Heimdøl	Sør-Trøndelag	34.49,0	3.31,0
77	620	Jan Eivind Skjæret	Nordre Trysil	Hedmark	34.59,0	3.41,0
78	586	Morten Viken	Øyer	Oppland	35.03,0	3.45,0
79	618	Eivind Lande	Skarphedin	Telemark	35.07,0	3.49,0
80	577	Gjermund Fossnes	Oppegård I.L	Follo	35.08,0	3.50,0
81	589	Geir Belsvik	Kyrksæterøra	Sør-Trøndelag	35.09,0	3.51,0
82	537	Frode Hodne	Marnardal I.L.	Vest-Agder	35.11,0	3.53,0
83	608	Lars Johansen	Aga	Nordland	35.12,0	3.54,0
84	605	Tomas Andresen	Grorud	Oslo	35.14,0	3.56,0
85	621	Håvard Johannessen	Kvaløysletta	Troms	35.16,0	3.58,0
86	524	Ragnar Melhus	Selsbakk		35.19,0	4.01,0
	601	Martin Ree	Støren	Sør-Trøndelag	35.19,0	4.01,0
88	546	Pål Martinsen	Nordvågen I.L	Finnmark	35.26,0	4.08,0
89	545	Per Asbjørn Flugstad	Røra I.L	Nord Trøndelag	35.27,0	4.09,0
	557	Gøran Ivarson	Narvik	Nordland	35.27,0	4.09,0
	588	Stein Vidar Brække	Veldre	Hedmark	35.27,0	4.09,0
92	539	Jan Henning Løken	Bækkelaget	Oslo	35.29,0	4.11,0
93	614	Frode Stiansen	Trysilgutten	Hedmark	35.31,0	4.13,0
94	596	Erling Nordbø	Otra	Aust Agder	35.36,0	4.18,0
95	574	Nils Bull Flesland	Rustad	Oslo	35.42,0	4.24,0
	595	Geir Gustavsson	Bækkelaget	Oslo	35.42,0	4.24,0
97	569	Lars Haugseth	Vang	Hedmark	35.44,0	4.26,0
98	615	Lars Gunnar Landrø	Lensvik	Sør-Trøndelag	35.45,0	4.27,0
99	580	Asbjørn Bollestad	Gjesdal	Rogaland	35.53,0	4.35,0
	582	Roger Solberg	Setskog	Aurskog/Høland	35.53,0	4.35,0
	610	Knut Nystad	Fauske	Nordland	35.53,0	4.35,0
102	516	Geir Age Rønneberg	Eidsdal	Møre og Romsdal	36.01,0	4.43,0

----- HEGO TIMING SYSTEM -----



Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
103	599	Bjørnar Kjelstadli	Hovdebygda	Møre og Romsdal	36.06,0	4.48,0
104	512	Yngve Lamo	Mosjøen il		36.09,0	4.51,0
105	590	Roy Hansen	I.L.Holeværingen	Buskerud	36.19,0	5.01,0
106	522	Erik Hestad	Molde	Møre og Romsdal	36.35,0	5.17,0
107	538	Ronny Isaksen	Båtsfjord I.F	Finnmark	36.37,0	5.19,0
108	556	Ørjan Olsen	Grytting	Nordland	37.15,0	5.57,0
109	606	Petter Hobbelstad	Hokksund I.L	Buskerud	37.27,0	6.09,0

----- HEGO TIMING SYSTEM -----



Resultatliste for: klasse: Gutter 18/19 år

side: 1

Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
1	651	Øyvind Skaanes	Utleira	Sør-Trøndelag	48.23,0	0,0
2	718	Erik Bøhleng	Hamar	Hedmark	49.26,0	1.03,0
3	686	Andreas Vannebo	Overhalla I.L	Nord Trøndelag	49.30,0	1.07,0
4	676	Ståle Kihle	Konnerud I.L	Buskerud	50.42,0	2.19,0
5	767	Sigurd Brørs	Surnadal	Møre og Romsdal	50.46,0	2.23,0
6	749	Geir Ove Strømskag	Frosta I.L	Nord Trøndelag	50.49,0	2.26,0
	750	Bjørn A.Kroken	Narvik	Nordland	50.49,0	2.26,0
8	642	Morten Guin	I.L.Varden	Nord Trøndelag	50.53,0	2.30,0
9	657	Arne Bøhle	Geilo I.L	Buskerud	51.10,0	2.47,0
10	751	Vegard Granheim	Strindheim	Sør-Trøndelag	51.12,0	2.49,0
11	733	Torstein Korsvold	Faaberg	Oppland	51.16,0	2.53,0
12	690	Torstein Ingvaldsen	Vind	Oppland	51.21,0	2.58,0
13	675	Alf Medhus	Røldal	Bergen og Hordala	51.26,0	3.03,0
14	679	Dag Christiansen	Øyer	Oppland	51.27,0	3.04,0
15	677	Bjørn Are Laukli	Konnerud I.L	Buskerud	51.29,0	3.06,0
16	658	Jon Thomas Renå	Hommelvik	Sør-Trøndelag	51.35,0	3.12,0
17	743	Frode Lillefjell	Stod I.L	Nord Trøndelag	51.45,0	3.22,0
18	673	Bjørn Harald Berg	Medkila Skilag	Troms	51.52,0	3.29,0
	712	Rune Svartvadet	Sørskogbygda	Hedmark	51.52,0	3.29,0
20	646	Ole Henrik Evensen	Vind	Oppland	51.53,0	3.30,0
	710	Geir Egil Norbom	Konnerud I.L	Buskerud	51.53,0	3.30,0
	732	Espen Aune	Høybråten og Stovner	Oslo	51.53,0	3.30,0
23	709	Even Landsem	Rindals-Troll	Sør-Trøndelag	51.55,0	3.32,0
24	674	Bjørn Roald Mikkelsen	I.L Frea	Finnmark	51.57,0	3.34,0
25	739	Frank R.Kristiansen	Tromsø Skiklub	Troms	51.58,0	3.35,0
26	656	Jon Sverre Sugaren	Nor	Sør-Trøndelag	52.04,0	3.41,0
27	738	Endre Sagnes	Otterøy I.L	Nord Trøndelag	52.09,0	3.46,0
28	697	Rune Nordby	Lensbygda	Oppland	52.11,0	3.48,0
29	708	Henning Røberg	Nittedal	Oslo	52.16,0	3.53,0
30	640	Ola G.Bustad	Blaker	Aurskog/Høland	52.22,0	3.59,0
	667	Per Arne Sæterlid	Hyen	Sogn og Fjordane	52.22,0	3.59,0
	742	Egil Westgård	Nordbygda	Hedmark	52.22,0	3.59,0
33	687	Ragnar Bøylestad	Froland	Aust Agder	52.27,0	4.04,0
34	692	Asmund Mellemsæther	Snøhetta	Sør-Trøndelag	52.28,0	4.05,0
35	769	Arnt Oluf Eide	Snåsa I.L	Nord Trøndelag	52.29,0	4.06,0
36	744	Espen Thorsby	Bærum	Asker og Bærum	52.32,0	4.09,0
37	672	Kennet Dastøl	Skoppum	Vestfold	52.35,0	4.12,0
38	655	Heiki Haugland	Snøhetta	Sør-Trøndelag	52.38,0	4.15,0
	730	Per Fridolf Hillestad	Hafslo	Sogn og Fjordane	52.38,0	4.15,0
	762	Pål Rise	Brumundal	Hedmark	52.38,0	4.15,0
41	774	Kai Rye	Byåsen	Sør-Trøndelag	52.40,0	4.17,0
42	671	Vidar Haugse	Viljar	Bergen og Hordala	52.41,0	4.18,0
43	746	Odd Kåre Sivertsen	I.L.Pioner	Troms	52.45,0	4.22,0
44	670	Jan Th.Johnsen	Eidsvoll Værk Skikl.	Romerike	52.50,0	4.27,0
45	715	Kjetil Bolme	Rindals-Troll	Sør-Trøndelag	52.51,0	4.28,0
	722	Trond Inge Nilsen	Osterøy	Bergen og Hordala	52.51,0	4.28,0
47	756	Robert Otterlei	Byåsen	Sør-Trøndelag	52.53,0	4.30,0
	757	Terje Drøyvold	Bratsberg	Sør-Trøndelag	52.53,0	4.30,0
49	654	Morten Moen	Tyllidal	Hedmark	52.54,0	4.31,0



P1:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
	668	Stein Joks	Nordreisa I.L	Troms	52.54,0	4.31,0
51	650	Wegar Løkken	Raufoss	Oppland	52.55,0	4.32,0
52	652	Håkon Wullum	Bratsberg	Sør-Trøndelag	52.56,0	4.33,0
53	706	Trond Bjørge	Fåvang	Oppland	52.58,0	4.35,0
54	661	Frode Nilsen	Fauske	Nordland	52.59,0	4.36,0
55	702	Atle Sørensen	Eidsvoll Verk skiklub		53.02,0	4.39,0
56	754	Tom Arne Karlsen	Jevnaker	Oppland	53.04,0	4.41,0
57	698	Jan Audun Torsen	Rygene	Aust Agder	53.10,0	4.47,0
58	700	Svein Dybvik	Linderud	Oslo	53.11,0	4.48,0
	759	Sten Hammer	Sparbu I.L	Nord Trøndelag	53.11,0	4.48,0
	763	Per Gunnar Solberg	Svarstad	Vestfold	53.11,0	4.48,0
61	705	Trond Benum	Byåsen	Sør-Trøndelag	53.16,0	4.53,0
62	752	Jon Tore Mogen	Høybråten og Stovner	Oslo	53.20,0	4.57,0
	778	Sigurd Sundt	Båsmo og Yttern	Nordland	53.20,0	4.57,0
64	741	Kjetil Olsen	Linderud	Oslo	53.24,0	5.01,0
65	748	Kjetil Kristiansen	Asker	Asker og Bærum	53.27,0	5.04,0
	765	Jon Kåre Løvoll	Eidsdal	Møre og Romsdal	53.27,0	5.04,0
67	684	Svein Erik Fone	Gjerstad		53.28,0	5.05,0
68	647	Knut H.V.Pedersen	Eidsvoll Værk Skikl.	Romerike	53.30,0	5.07,0
	649	Runar Sundal	Hokksund I.L	Buskerud	53.30,0	5.07,0
	726	Johnny Mostrøm	Osterøy	Bergen og Hordala	53.30,0	5.07,0
71	766	Aksel Ervik	Eidsvoll Værk Skikl.	Romerike	53.39,0	5.16,0
72	662	Morten Kløvstad	I.F.Liungen	Buskerud	53.44,0	5.21,0
73	664	Frode Larsen	Mjøndalen I.F	Buskerud	53.45,0	5.22,0
74	701	Geir L.Eriksen	Kragerø	Telemark	53.47,0	5.24,0
75	699	Ole-Jacob Sande	Gaular	Sogn og Fjordane	53.55,0	5.32,0
76	681	Svein Amlie	Østre Toten	Oppland	53.56,0	5.33,0
77	685	Jarle Thorsrud	Geilo I.L	Buskerud	53.57,0	5.34,0
	723	Per Inge Johnsen	Eidsvoll Værk Skikl.	Romerike	53.57,0	5.34,0
79	682	Bjørnar Håkonsmoen	Risberget	Hedmark	54.05,0	5.42,0
80	689	Øyvind Tofte	Kjelsås	Oslo	54.07,0	5.44,0
81	745	Erlend Ysland	Heimdal	Sør-Trøndelag	54.12,0	5.49,0
82	703	Espen Suhr	Alta I.L	Finnmark	54.17,0	5.54,0
83	713	Eilif Furuli	Lillehammer	Oppland	54.19,0	5.56,0
84	691	Ingve Ousdal	Tonstad I.L	Vest-Agder	54.26,0	6.03,0
85	770	Ståle Talmo	Malm	Nord Trøndelag	54.31,0	6.08,0
86	731	Roger Løkvik	Byåsen	Sør-Trøndelag	54.32,0	6.09,0
87	740	Jon A. Hovde	Rustad	Oslo	54.34,0	6.11,0
88	683	Tor Joar Ravndal	Gjesdal	Rogaland	54.36,0	6.13,0
89	758	Odd Arne Grønlie	Vikersund I.F	Buskerud	54.38,0	6.15,0
90	707	Andre Sørensen	Nordreisa I.L	Troms	54.41,0	6.18,0
91	659	Jørn Nordgård	Viljar	Bergen og Hordala	54.43,0	6.20,0
	660	Håvard Moheim	Øyer	Oppland	54.43,0	6.20,0
93	644	Jon Markus Lervik	Øksendal	Møre og Romsdal	54.46,0	6.23,0
94	638	Tore Nyborg	Lekang	Nordland	54.50,0	6.27,0
	764	Roar Thorud	Botne	Vestfold	54.50,0	6.27,0
96	719	Ole Morten Hustad	Rival	Møre og Romsdal	55.02,0	6.39,0
	729	Vidar Skjeveland	Gjesdal	Rogaland	55.02,0	6.39,0
98	721	Halgeir Bergestuen	Adal I.L	Buskerud	55.06,0	6.43,0
	728	Jan Ove Landøy	Fri	Bergen og Hordala	55.06,0	6.43,0
100	737	Einar Anders Eriksen	Kløbu	Sør-Trøndelag	55.07,0	6.44,0
101	725	Vegar Fluge Samuelsen	Gransherad	Telemark	55.10,0	6.47,0
102	736	Torbjørn Næss	Ullensaker Skikl.	Romerike	55.14,0	6.51,0

----- HEGO TIMING SYSTEM -----



Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
103	714	Ketil Aalberg	Byåsen	Sør-Trøndelag	55.16,0	6.53,0
104	693	Trond Hansen	Skoppum	Vestfold	55.32,0	7.09,0
105	768	Tor Ivar Johansen	Båsmo og Yttern	Nordland	55.35,0	7.12,0
106	669	Odd Petter Grindahl	Fredrikstad	Østfold	56.06,0	7.43,0
	775	Morten Veiglum	Grorud	Oslo	56.06,0	7.43,0
108	678	Lasse Joar Halvorsen	Konnerud I.L	Buskerud	56.12,0	7.49,0
109	645	Pål Andre Lund	Innstranden	Nordland	56.14,0	7.51,0
110	780	Per Erik Mauseth	Eidsvoll Verk sk		56.15,0	7.52,0
111	755	Gert Sande	Surnadal	Møre og Romsdal	56.17,0	7.54,0
112	717	Svein Nordås	Ø. Slidre	Oppland	56.19,0	7.56,0
113	776	Jarle Kvamme	I.L Nordlyset	Finnmark	56.22,0	7.59,0
114	727	Stig Eide	Medkila Skilag	Troms	56.24,0	8.01,0
115	777	Oddbjørn Granli	Ørje	Østfold	56.35,0	8.12,0
116	761	Dag Ottar Mikalsen	Bossmo & Ytteren		56.47,0	8.24,0
117	666	Boye Bøhlerengen	Drøbak Frogn I.L	Follo	56.59,0	8.36,0
118	695	Kristian Sjølie	Hamar	Hedmark	57.04,0	8.41,0
119	724	Sigbjørn Nygård	Øversjødalen	Hedmark	57.14,0	8.51,0
120	760	Hugo Berg	Ankenes	Nordland	57.40,0	9.17,0
121	747	Vegard Rygg	Heimdal	Sør-Trøndelag	57.54,0	9.31,0
122	665	Asle Gudim	Gudim	Østfold	58.05,0	9.42,0
123	773	Toralf Heimdal	Bardu I.L	Troms	58.13,0	9.50,0
124	637	Bernt I. Kristofferse	Høybråten og Stovner	Oslo	58.41,0	10.18,0
125	771	Terje Morten Øksendal	Tonstad I.L	Vest-Agder	58.49,0	10.26,0

----- HEGO TIMING SYSTEM -----



20.2.1988

HEIMDAL I.F.

Resultatliste for: klasse: Gutter 16 år

side: 1

Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
	1	455 Anders Eide	Snåsa I.L	Nord Trøndelag	44.31,0	0,0
	2	437. Lars Vethe	Heggedal	Asker og Bærum	45.03,0	32,0
	3	432 Jon Erik Knotten	Ramnes	Vestfold	45.18,0	47,0
	4	467 Tor Arne Haugen	Kolbu	Oppland	45.22,0	51,0
	5	407 Anders Grønli	Assiden I.F	Buskerud	46.01,0	1.30,0
		439 Asgeir Fremstad	Ramnes	Vestfold	46.01,0	1.30,0
		469 Jon Olaf Bergersen	Kjelsås	Oslo	46.01,0	1.30,0
8	406 Lyder Sund	Spillum I.L	Nord Trøndelag	46.02,0	1.31,0	
	449 Svein Tore Sandal	Støren	Sør-Trøndelag	46.02,0	1.31,0	
10	463 Oddbjørn Hjelmseth	Fjellh./Ver	Sogn og Fjordane	46.05,0	1.34,0	
11	471 Harald Wergeland	Ramnes	Vestfold	46.15,0	1.44,0	
12	443 Per Kristian Knutsen	Fenstad Skikl.	Romerike	46.17,0	1.46,0	
13	485 Tom Roald Oisen	Sandnes I.L	Finnmark	46.33,0	2.02,0	
14	462 Odd Ivar Medhus	Røldal	Bergen og Hordala	46.35,0	2.04,0	
15	438 Torgeir Jondum	Strindheim	Sør-Trøndelag	46.36,0	2.05,0	
16	457 Anders Bøe	Snøhetta	Sør-Trøndelag	46.51,0	2.20,0	
17	445 Jens Petter Thon	Askim	Østfold	46.55,0	2.24,0	
	446 Eivind Lund	Gjelleråsen	Oslo	46.55,0	2.24,0	
19	459 Erik Lauvrak	Inås	Aust Agder	46.58,0	2.27,0	
20	465 Ragnar Hagen	Al I.L	Buskerud	47.03,0	2.32,0	
	468 Øyvind Kvønnås	Byåsen	Sør-Trøndelag	47.03,0	2.32,0	
22	413 Øyvind Kjølstad	Vikersund I.F	Buskerud	47.08,0	2.37,0	
23	495 Steinar Hennem	Lier I.L	Buskerud	47.15,0	2.44,0	
24	434 Geir Aspeslæen	Tormod	Oppland	47.17,0	2.46,0	
25	450 Kjetil Røberg	Nittedal	Oslo	47.21,0	2.50,0	
26	441 Torbjørn Skaanes	Utleira	Sør-Trøndelag	47.22,0	2.51,0	
27	451 Rune Wiig	Trøgstad	Østfold	47.23,0	2.52,0	
28	418 Pål Gustav Modell	Følling I.L	Nord Trøndelag	47.26,0	2.55,0	
	452 Vegard Spiten	I.L.Skrim	Buskerud	47.26,0	2.55,0	
30	435 Lars Brede Ous	Fet Skikl.	Romerike	47.27,0	2.56,0	
✓	475 Rolf Lundamo	Bardufoss O.I.L	Troms	47.27,0	2.56,0	
32	494 Jo Dale	Fet Skikl.	Romerike	47.38,0	3.07,0	
33	444 Halvor Gjerdingen	Gran	Oppland	47.39,0	3.08,0	
	498 Dag Inge Undheim	Rølingen	Romerike	47.39,0	3.08,0	
35	488 Stig Brustad	Skarnes	Hedmark	47.41,0	3.10,0	
36	458 Terje Tovmo	Budal	Sør-Trøndelag	47.47,0	3.16,0	
37	453 Bjørn Langsett	Bjerke I.L	Romerike	47.51,0	3.20,0	
38	412 Asle Sletteemoen	Geilo I.L	Buskerud	47.52,0	3.21,0	
39	424 Jon Thomas Blandhoel	Bærums Verk	Asker og Bærum	47.53,0	3.22,0	
40	402 Anders Holst	Stathelle	Telemark	47.55,0	3.24,0	
41	491 Svein Riste	V.Slidre	Oppland	48.17,0	3.46,0	
42	404 Torbjørn Slåtto	Holeværingen	Buskerud	48.25,0	3.54,0	
43	511 Per A.Mykland	Hokksund I.L	Buskerud	48.26,0	3.55,0	
44	399 Stig Kjenaas	Svene I.L	Buskerud	48.29,0	3.58,0	
45	448 Torgeir Saltnes	Ås I.L	Follo	48.30,0	3.59,0	
✓	482 Trond Eidissen	Medkila Skilag	Troms	48.30,0	3.59,0	
47	456 Bård Mjølne	Gjesdal	Rogaland	48.31,0	4.00,0	
48	500 Vegard Sommerstad	Bøverbru	Oppland	48.34,0	4.03,0	
49	427 Trond Ove Bredeesen	Tynset	Hedmark	48.39,0	4.08,0	

Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
50	410	Willy Berg	Leksvik I.L	Nord-Trøndelag	48.41,0	4.10,0
51	461	Håvard Østerås	Skatval Skilag	Nord-Trøndelag	48.42,0	4.11,0
52	428	Roger Hansen	Rognan	Nordland	48.49,0	4.18,0
53	510	Johannes Reiten	Betna	Møre og Romsdal	48.50,0	4.19,0
54	397	John Hugo Johansen	Tromsø sk.k.	Troms	48.57,0	4.26,0
	429	Erik Fantoft	Fana	Bergen og Hordala	48.57,0	4.26,0
56	472	Ole Molden	Gran	Oppland	49.01,0	4.30,0
	476	Terje Torseth	Koll	Oslo	49.01,0	4.30,0
58	420	Rune Lien	Jømna Heradsbygd	Hedmark	49.04,0	4.33,0
59	484	Rune Strømsnes	Osterøy	Bergen og Hordala	49.05,0	4.34,0
60	423	Bjørn Åsen	Alvdal	Hedmark	49.08,0	4.37,0
61	503	Arild Bjørnås	Kattem	Sør-Trøndelag	49.09,0	4.38,0
62	403	Stig Sommervold	Klæbu	Sør-Trøndelag	49.17,0	4.46,0
63	483	Lars Ole Valøen	Byafossen I.L	Nord-Trøndelag	49.20,0	4.49,0
64	474	Petter Brandzeg	Drøbak Frogn I.L	Follo	49.25,0	4.54,0
65	497	Trym Hansen	Høybråten og Stovner	Oslo	49.26,0	4.55,0
66	421	Peter Kjenndalen	Jømna Heradsbygd	Hedmark	49.31,0	5.00,0
	509	Andreas Holen	Gausdal	Oppland	49.31,0	5.00,0
68	409	Nils Olav Garnås	Bromma I.L	Buskerud	49.34,0	5.03,0
69	419	Thomas Husum	Ås I.L	Follo	49.36,0	5.07,0
70	502	Øyvind Viken	Øyer	Oppland	49.39,0	5.08,0
71	454	Arne Markus Svendsen	Lavangen I.F	Troms	49.40,0	5.09,0
72	473	Are Blyverket	Nydalen	Oslo	49.48,0	5.17,0
73	504	Tommy Sørlie	Vang	Hedmark	49.49,0	5.18,0
74	417	Kristian Fjellhaug	Høybråten og Stovner	Oslo	49.53,0	5.22,0
	487	Kjell Helge Røynestad	Knaben I.L	Vest-Agder	49.53,0	5.22,0
76	490	Snorre Hellesvik	Byåsen S.K.	Sør-Trøndelag	49.57,0	5.26,0
77	431	Robert Aasbø	Gjerstad	Aust-Agder	50.08,0	5.37,0
78	492	Jan Erik Seim	Voss	Bergen og Hordala	50.09,0	5.38,0
79	426	Jostein Kvikstadhagen	Tormod	Oppland	50.10,0	5.39,0
80	501	Frode Moen	Mosjøen	Nordland	50.13,0	5.42,0
81	481	Tor Jakob Gunnes	Melhus	Sør-Trøndelag	50.14,0	5.43,0
82	493	Sten Frode Kristoffer	Storforshei	Nordland	50.17,0	5.46,0
83	447	Olav Høiaas	Klæbu	Sør-Trøndelag	50.26,0	5.55,0
84	489	Ørjan Brygghaug	Senja Skilag	Troms	50.29,0	5.58,0
85	414	Håvard Lundekvam	Gaular	Sogn og Fjordane	50.32,0	6.01,0
86	430	Steinar Lille	Alta I.L	Finnmark	50.36,0	6.05,0
87	401	Torgeir Løvmo	Bratsberg	Sør-Trøndelag	50.42,0	6.11,0
88	464	Svein Tore Hamre	Hamar	Hedmark	50.50,0	6.19,0
89	422	Per Magné Misund	Måndalen	Møre og Romsdal	50.56,0	6.25,0
90	460	Audun Jordal	Odda	Bergen og Hordala	51.00,0	6.29,0
91	425	Arve Johansen	Spkl.Nessegutten	Nord-Trøndelag	51.01,0	6.30,0
92	466	Anders Kløven	I.F.Liungen	Buskerud	51.23,0	6.52,0
93	416	Morten Grotløkken	Sel	Oppland	51.25,0	6.54,0
94	506	Leif Magne Andersen	Søya	Møre og Romsdal	51.29,0	6.58,0
95	505	Bjørn Martinsen	Nybygda	Hedmark	51.30,0	6.59,0
96	411	Svein Olav Staalen	Nedre Sigdal I.F	Buskerud	51.36,0	7.05,0
97	508	Ove Sørlie	Høybråten og Stovner	Oslo	51.39,0	7.08,0
98	479	Ørjan Kalliainen	Sandnes I.L	Finnmark	51.50,0	7.19,0
99	507	Geir Scheffe	Assiden I.F	Buskerud	51.51,0	7.20,0
100	480	Tor Arne Riehstad	Beitstad I.L	Nord-Trøndelag	51.54,0	7.23,0
101	470	Øyvind Olsen	Ballangen	Nordland	52.04,0	7.33,0
102	499	Jan Gustav Rørvik	Siso	Nordland	52.48,0	8.17,0

----- HEGO TIMING SYSTEM -----



Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
103	486	Vegard A.Hauge	Sarpsborg	Østfold	53.04,0	8.33,0
104	396	Kai Sørensen	Lekang	Nordland	53.30,0	8.59,0

----- HEGO TIMING SYSTEM -----

*Lars Hauge*  
*remisør.*

## HEIMDAL I.F.

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Resultatliste for: klasse: Gutter 17 År

side: 1

Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
1	573	Krister Sørgård	Sandnes I.L	Finnmark	44.08,0	0,0
2	559	Gudmund Skjeldal	Bulken	Bergen og Hordala	44.19,0	11,0
3	585	Terje Arntzen	Ballangen	Nordland	44.47,0	39,0
4	577	Geir Atle Sangnæs	Eina	Oppland	45.03,0	55,0
5	567	Arthur Strand	Bratsberg	Sør-Trøndelag	45.16,0	1.08,0
6	583	Øystein Rønbeck	Rafsbotn I.L	Finnmark	45.19,0	1.11,0
7	579	Pål Christian Evensen	Vind	Oppland	45.31,0	1.23,0
8	587	Geir Skari	Lensbygda	Oppland	45.36,0	1.28,0
9	542	Kristian Eriksen	Byåsen	Sør-Trøndelag	45.47,0	1.39,0
10	539	Jon Einar Melbye	Vollen	Asker og Bærum	46.03,0	1.55,0
11	581	Rune Tveitan	Gjerpen	Telemark	46.19,0	2.11,0
12	591	Stein Vidar Brække	Veldre	Hedmark	46.23,0	2.15,0
13	593	Nils Inge Moen	Vikersund I.F	Buskerud	46.24,0	2.16,0
14	576	Ivar Gabrielsen	Kongsberg I.F	Buskerud	46.34,0	2.26,0
	595	Bjørn Kristiansen	Grorud	Oslo	46.34,0	2.26,0
	621	Lars Kristian Johnsen	Eidsvoll Værk Skikl.	Romerike	46.34,0	2.26,0
17	633	Terje Grøtterød	Svarstad	Vestfold	46.37,0	2.29,0
18	560	Tore Olsen	Rotsundelv I.L	Troms	46.55,0	2.47,0
19	562	Tomas Andresen	Grorud	Oslo	46.57,0	2.49,0
20	548	Birger Rye	Fagernes	Oppland	46.58,0	2.50,0
21	569	Hasse Benberg	Heimdal	Sør-Trøndelag	46.59,0	2.51,0
22	527	Torbjørn Stokke	Høybråten og Stovner	Oslo	47.03,0	2.55,0
23	554	Frode Nyeng	Heimdal	Sør-Trøndelag	47.07,0	2.59,0
24	584	Trond Flagstad	Ottestad	Hedmark	47.11,0	3.03,0
25	571	Bjørn Kristiansen	Bærum Værk	Asker og Bærum	47.13,0	3.05,0
26	533	Rune Bergsvand	Nanset	Vestfold	47.15,0	3.07,0
27	588	Frank Tore Johansen	Talvik I.L	Finnmark	47.23,0	3.15,0
28	612	Martin Kaggestad	Vikersund I.F	Buskerud	47.24,0	3.16,0
29	611	Tore Krogh	Byåsen	Sør-Trøndelag	47.25,0	3.17,0
30	617	Trond Haugen	Vang	Hedmark	47.34,0	3.26,0
31	537	Per Helge Flønes	Selbu	Sør-Trøndelag	47.36,0	3.28,0
	538	Morten Kristiansen	Gran	Oppland	47.36,0	3.28,0
	625	Roy Hansen	I.L.Holeværingen	Buskerud	47.36,0	3.28,0
34	582	Magne Stenvold	I.L.Pioner	Troms	47.41,0	3.33,0
35	620	Tommy Sagmyhr	Hommelvik	Sør-Trøndelag	47.46,0	3.38,0
36	525	Rangvald Medhus	Røldal	Bergen og Hordala	47.48,0	3.40,0
	535	Sjur Bråttabø	Jondal	Bergen og Hordala	47.48,0	3.40,0
38	592	Svein Erik Tangstad	Støren	Sør-Trøndelag	47.49,0	3.41,0
39	531	Nils Bull Flesland	Rustad	Oslo	47.50,0	3.42,0
40	575	Vidar Løfshus	Løkken	Sør-Trøndelag	47.52,0	3.44,0
41	610	Henrik Halvorsen	Holmen	Asker og Bærum	47.54,0	3.46,0
42	561	Ole Kristian Smestad	Stjørdals Blink	Nord Trøndelag	47.55,0	3.47,0
43	558	Tore Øverås	Hei	Telemark	47.58,0	3.50,0
	574	Svein Inge Buhaug	Jotun	Sogn og Fjordane	47.58,0	3.50,0
45	526	Torgeir Wiig	Ranheim	Sør-Trøndelag	47.59,0	3.51,0
46	543	Morten Hellerud	I.L.ROS	Buskerud	48.01,0	3.53,0
47	540	Lars Kihle	Konnerud I.L	Buskerud	48.03,0	3.55,0
48	557	Simen Bøe	Kjelsås	Oslo	48.05,0	3.57,0
	623	Jan Eivind Skjæret	Nordre Trysil	Hedmark	48.05,0	3.57,0

----- HEGO TIMING SYSTEM -----



Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
50	618	Jørn Almberg	Ulvingen	Møre og Romsdal	48.17,0	4.09,0
51	528	Stig Amundsen	Fri	Bergen og Hordal	48.22,0	4.14,0
	600	Helge Lurås	Komnerud I.L	Buskerud	48.22,0	4.14,0
53	599	Tommy Mikkelsen	Dyrøy Skilag	Troms	48.23,0	4.15,0
54	589	Håkon Storli	Røros	Sør-Trøndelag	48.24,0	4.16,0
55	550	Håvard Johannessen	Kvaløysletta	Troms	48.26,0	4.18,0
56	606	Morten Viken	Øyer	Oppland	48.28,0	4.20,0
57	529	Trond Nystad	Fauske	Nordland	48.29,0	4.21,0
58	563	Even Sugaren	Nor	Sør-Trøndelag	48.30,0	4.22,0
59	564	Tarjei Løkken	Dombås	Oppland	48.35,0	4.27,0
60	536	Frank Johnsen	I.F.Kilkameratene	Troms	48.38,0	4.30,0
	572	Håvard Jensen	Strindheim	Sør-Trøndelag	48.38,0	4.30,0
62	629	Håvard Fosse	Oppsal	Oslo	48.40,0	4.32,0
63	534	Arve Myhre	Adal I.L	Buskerud	48.43,0	4.35,0
64	566	Arild Hagesveen	Bækkelaget	Oslo	48.44,0	4.36,0
65	532	Eivind Lande	Skarphedin	Telemark	48.49,0	4.41,0
66	598	Frøde Hodne	Marnardal I.L.	Vest-Agder	48.53,0	4.45,0
67	627	Geir M.Killingbergtrø	Kolbotn I.L	Follo	48.55,0	4.47,0
68	544	Jon Olav Fuglem	Selbu	Sør-Trøndelag	48.56,0	4.48,0
	549	Petter Hobbestad	Hokksund I.L	Buskerud	48.56,0	4.48,0
70	546	Erik Lundgård	Vang	Hedmark	49.04,0	4.56,0
71	608	Svein Erik Andersen	Rognan	Nordland	49.15,0	5.07,0
72	594	Karle Ovesen	Malm I.L	Nord Trøndelag	49.17,0	5.09,0
73	590	Lars Haugseth	Vang	Hedmark	49.28,0	5.20,0
	601	Stig Morten Austheim	Hemming I.L	Nord Trøndelag	49.28,0	5.20,0
75	603	Geir Sandvik	Snøhetta	Sør-Trøndelag	49.34,0	5.26,0
76	626	Arve Hårskjold	Strindheim	Sør-Trøndelag	49.35,0	5.27,0
77	604	Roar Alsaker	Eid	Sogn og Fjordane	49.36,0	5.28,0
78	622	Frøde Stiansen	Trysilgutten	Hedmark	49.38,0	5.30,0
79	616	Kjetil Sangnæs	Bøverbru	Oppland	49.41,0	5.33,0
80	607	Pål Martinsen	Nordvågen I.L	Finnmark	49.44,0	5.36,0
81	619	Geir Age Rønneberg	Eidsdal	Møre og Romsdal	49.46,0	5.38,0
82	605	Kjetil Bergan	Kongsberg I.F	Buskerud	49.52,0	5.44,0
83	530	Lars Johansen	Aga	Nordland	50.03,0	5.55,0
84	602	Gøran Ivarson	Narvik	Nordland	50.04,0	5.56,0
85	555	Ketil Staastad	Markabygd I.L	Nord Trøndelag	50.06,0	5.58,0
86	552	Ragnar Melhus	Selsbakk	Sør-Trøndelag	50.08,0	6.00,0
87	524	Rune Stokkebekk	Blaker	Aurskog/Høland	50.19,0	6.11,0
88	586	Ronny Isaksen	Båtsfjord I.F	Finnmark	50.25,0	6.17,0
89	551	Jørgen Bartnes	Beitstad I.L	Nord Trøndelag	50.26,0	6.18,0
90	568	Lars Laurendz	Asker	Asker og Bærum	50.41,0	6.33,0
91	613	Øystein Lødøen	Hornindal	Sogn og Fjordane	50.48,0	6.40,0
92	547	Asbjørn Bollestad	Gjesdal	Rogaland	51.12,0	7.04,0
	630	Knut Rud	Gjerdrum I.L	Romerike	51.12,0	7.04,0
94	570	Bjørnar Kjelstadli	Hovdebygda	Møre og Romsdal	51.29,0	7.21,0
95	624	Erling Nordbø	Otra	Aust Agder	51.45,0	7.37,0
96	523	Ørjan Olsen	Grytting	Nordland	53.03,0	8.55,0
97	545	Roger Solberg	Setskog	Aurskog/Høland	53.24,0	9.16,0
98	628	Erik Hestad	Molde	Møre og Romsdal	53.50,0	9.42,0

----- HEGO TIMING SYSTEM -----

*Janet Røpke*  
*Revisor*



HEIMDAL I.F.

Resultatliste for: klasse: Gutter 18/19 år

side: 1

Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
✓1	713	Øyvind Skaanes	Utleira	Sør-Trøndelag	55.50,0	0,0
✓2	727	Frank R.Kristiansen	Tromsø Skiklub	Troms	56.17,0	27,0
3	693	Sigurd Brørs	burnadal	Nøre og Romsdal	56.18,0	28,0
4	703	Geir Egil Norbom	Konnerud I.L	Buskerud	56.28,0	38,0
5	656	Geir Ove Strømskag	Frosta I.L	Nord Trøndelag	57.34,0	1.44,0
6	731	Erik Bøhleng	Hamar	Hedmark	57.35,0	1.45,0
7	770	Eddy Raymond Knudsen	Horten	Vestfold	57.47,0	1.57,0
8	697	Bjørn A.Kroken	Narvik	Nordland	57.48,0	1.58,0
9	699	Ole Henrik Evensen	Vind	Oppland	58.07,0	2.17,0
	729	Heiki Haugland	Snøhetta	Sør-Trøndelag	58.07,0	2.17,0
11	743	Einar Anders Eriksen	Kløbu	Sør-Trøndelag	58.25,0	2.35,0
12	657	Bjørn Are Laukli	Konnerud I.L	Buskerud	58.26,0	2.36,0
13	719	Andreas Vannebo	Overhalla I.L	Nord Trøndelag	58.32,0	2.42,0
14	718	Henning Røberg	Nittedal	Oslo	58.33,0	2.43,0
15	701	Eilif Furuli	Lillehammer	Oppland	58.34,0	2.44,0
16	707	Stein Ivan Solbakken	Høybråten og Stovner	Oslo	58.35,0	2.45,0
17	709	Frode Lillefjell	Stod I.L	Nord Trøndelag	58.41,0	2.51,0
18	664	Svein Nordås	Ø. Slidre	Oppland	58.42,0	2.52,0
	710	Alf Medhus	Røldal	Bergen og Hordala	58.42,0	2.52,0
20	723	Pål Rise	Brumundal	Hedmark	58.56,0	3.06,0
21	686	Kjetil Kristiansen	Asker	Asker og Bærum	58.57,0	3.07,0
22	696	Jon Thomas Renå	Hommelvik	Sør-Trøndelag	58.58,0	3.08,0
23	680	Trond Benum	Byåsen	Sør-Trøndelag	59.07,0	3.17,0
	715	Ståle Kihle	Konnerud I.L	Buskerud	59.07,0	3.17,0
25	695	Roar Thorud	Botne	Vestfold	59.09,0	3.19,0
26	759	Arnt Oluf Eide	Snåsa I.L	Nord Trøndelag	59.14,0	3.24,0
27	655	Ola G.Bustad	Blaker	Aurskog/Høland	59.19,0	3.29,0
28	685	Aksel Ervik	Eidsvoll Værk Skikl.	Romerike	59.22,0	3.32,0
29	736	Trond Bjørge	Fåvang	Oppland	59.23,0	3.33,0
30	646	Arne Bøhle	Geilo I.L	Buskerud	59.28,0	3.38,0
31	714	Frode Larsen	Mjøndalen I.F	Buskerud	59.35,0	3.45,0
32	763	Torstein Ingvaldsen	Vind	Oppland	59.41,0	3.51,0
33	652	Robert Otterlei	Byåsen	Sør-Trøndelag	59.42,0	3.52,0
34	705	Torstein Korsvold	Faaberg	Oppland	59.43,0	3.53,0
35	669	Dag Christiansen	Øyer	Oppland	59.48,0	3.58,0
36	733	Jon Sverre Sugaren	Nor	Sør-Trøndelag	59.54,0	4.04,0
37	673	Jan Th.Johnsen	Eidsvoll Værk Skikl.	Romerike	59.55,0	4.05,0
38	660	Rune Nordby	Lensbygda	Oppland	1.00.03,0	4.13,0
39	681	Per Gunnar Solberg	Svarstad	Vestfold	1.00.04,0	4.14,0
40	728	Nils Even Fuglem	Selbu	Sør-Trøndelag	1.00.08,0	4.18,0
	779	Frode Nilsen	Fauske	Nordland	1.00.08,0	4.18,0
42	725	Morten Guin	I.L.Varden	Nord Trøndelag	1.00.11,0	4.21,0
43	745	Kjetil Olsen	Linderud	Oslo	1.00.13,0	4.23,0
44	648	Espen Aune	Høybråten og Stovner	Oslo	1.00.20,0	4.30,0
✓45	777	Stein Joks	Nordreisa I.L	Troms	1.00.22,0	4.32,0
46	704	Hans Høgnes	Jevnaker	Oppland	1.00.28,0	4.38,0
47	760	Morten Veiglum	Grorud	Oslo	1.00.29,0	4.39,0
48	717	Kai Rye	Byåsen	Sør-Trøndelag	1.00.31,0	4.41,0
	734	Even Landsem	Rindals-Troll	Sør-Trøndelag	1.00.31,0	4.41,0

----- HEGO TIMING SYSTEM -----





Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
50	742	Terje Drøyvold	Bratsberg	Sør-Trøndelag	1.00.38,0	4.48,0
51	722	Sten Hammer	Sparbu I.L.	Nord-Trøndelag	1.00.40,0	4.50,0
52	661	Wegar Løkken	Raufoss	Oppland	1.00.42,0	4.52,0
53	712	Erlend Ysland	Heimdal	Sør-Trøndelag	1.00.44,0	4.54,0
54	776	Tom Arne Karisen	Jevnaker	Oppland	1.00.46,0	4.56,0
55	782	Per Fridolf Hillestad	Hafslo	Sogn og Fjordane	1.00.50,0	5.00,0
56	684	Øyvind Salamonsen	Grørud	Oslo	1.00.55,0	5.05,0
57	758	Kennet Øastøl	Skoppum	Vestfold	1.00.56,0	5.06,0
58	738	Lasse Joar Halvorsen	Konnerud I.L.	Buskerud	1.00.57,0	5.07,0
59	702	Per Inge Johnsen	Eidsvoll Værk Skikl.	Romerike	1.01.00,0	5.10,0
60	672	Bjørn Roald Mikkelsen	I.L. Frea	Finnmark	1.01.06,0	5.16,0
	726	Pål Ande Lund	Innstranden	Nordland	1.01.06,0	5.16,0
	739	Kjetil Bolme	Rindals-Troll	Sør-Trøndelag	1.01.06,0	5.16,0
63	746	Jørn Nordgård	Viljar	Bergen og Hordala	1.01.08,0	5.18,0
64	757	Wegar Fluge Samuelsen	Gransherad	Telemark	1.01.12,0	5.22,0
✓65	766	Toralf Heimdal	Bardu I.L.	Troms	1.01.14,0	5.24,0
66	765	Trond Holth	Magnor	Hedmark	1.01.15,0	5.25,0
67	647	Svein Erik Fone	Gjerstad	Aust-Agder	1.01.16,0	5.26,0
68	773	Runar Sundal	Hokksund I.L.	Buskerud	1.01.19,0	5.29,0
69	778	Johnny Mostrøm	Osterøy	Bergen og Hordala	1.01.27,0	5.37,0
70	678	Jan Audun Torsen	Rygene	Aust-Agder	1.01.29,0	5.39,0
✓71	761	Bjørn Harald Berg	Medkila Skilag	Troms	1.01.29,0	5.39,0
72	756	Jan E. Skarbekk	Svene I.L.	Buskerud	1.01.30,0	5.40,0
73	749	Håvard Moheim	Øyer	Oppland	1.01.36,0	5.46,0
74	692	Jan Håvard Øverland	Rival	Møre og Romsdal	1.01.38,0	5.48,0
	737	Wegard Granheim	Strindheim	Sør-Trøndelag	1.01.38,0	5.48,0
76	771	Geir Myhre	Jaren	Oppland	1.01.39,0	5.49,0
77	740	Asle Gudim	Askim	Østfold	1.01.44,0	5.54,0
78	698	Øyvind Tofte	Kjelsås	Oslo	1.01.45,0	5.55,0
	748	Odd Arne Grønlie	Vikersund I.F.	Buskerud	1.01.45,0	5.55,0
80	666	Ole-Jacob Sande	Gaular	Sogn og Fjordane	1.01.48,0	5.58,0
	772	Tore Nyborg	Lekang	Nordland	1.01.48,0	5.58,0
82	721	Rune Svartvadet	Sørskogbygda	Hedmark	1.01.49,0	5.59,0
83	753	Vidar Skjeveland	Gjesdal	Rogaland	1.01.51,0	6.01,0
84	665	Jan Ove Landøy	Fri	Bergen og Hordala	1.01.57,0	6.07,0
	768	Torkild Lappegård	Nittedal	Oslo	1.01.57,0	6.07,0
86	683	Lars Lillegård	Surnadal	Møre og Romsdal	1.02.01,0	6.11,0
87	764	Halvard Hanevold	Asker	Asker og Bærum	1.02.10,0	6.20,0
88	649	Knut H.V. Pedersen	Eidsvoll Værk Skikl.	Romerike	1.02.11,0	6.21,0
89	675	Håkon Wullum	Bratsberg	Sør-Trøndelag	1.02.15,0	6.25,0
90	667	Morten Moen	Tylldal	Hedmark	1.02.18,0	6.28,0
91	658	Torbjørn Næss	Ullensaker Skikl.	Romerike	1.02.24,0	6.34,0
92	691	Jon Markus Lervik	Øksendal	Møre og Romsdal	1.02.36,0	6.46,0
93	769	Ragnar Bøylestad	Froland	Aust-Agder	1.02.39,0	6.49,0
94	687	Kjetil Bergersen	Rølingen Skikl.	Romerike	1.02.46,0	6.56,0
	783	Harald Falck	Kolbotn I.L.	Follo	1.02.46,0	6.56,0
96	650	Ørjar Evensen	Strindheim	Sør-Trøndelag	1.02.47,0	6.57,0
97	671	Trond Inge Nilsen	Osterøy	Bergen og Hordala	1.02.54,0	7.04,0
98	659	Sigbjørn Nygård	Øversjødalen	Hedmark	1.02.55,0	7.05,0
99	674	Åsmund Mellemsøther	Snøhetta	Sør-Trøndelag	1.02.56,0	7.06,0
100	651	Dag Ottar Mikalsen	Båsno og Yttern	Nordland	1.02.57,0	7.07,0
101	787	Egil Westgård	Nordbygda	Hedmark	1.02.58,0	7.08,0
102	744	Tor Ivar Johansen	Båsno og Yttern	Nordland	1.03.04,0	7.14,0

----- HEGO TIMING SYSTEM -----



Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
103	✓720	Bjørn Heimdal	Barou I.L	Troms	1.03.10,0	7.20,0
104	662	Hugo Berg	Ankenes	Nordland	1.03.13,0	7.23,0
	690	Asbjørn Ellingsen	Fidjo	Rogaland	1.03.13,0	7.23,0
106	645	Jon Tore Mogen	Høybråten og Stovner	Oslo	1.03.15,0	7.25,0
	676	Ole Morten Hustad	Rival	Møre og Romsdal	1.03.15,0	7.25,0
108	694	Jon Kåre Løvoll	Eidsdal	Møre og Romsdal	1.03.20,0	7.30,0
109	677	Jarle Thorsrud	Gello I.L	Buskerud	1.03.28,0	7.38,0
110	653	Bernt I. Kristoffersen	Høybråten og Stovner	Oslo	1.03.34,0	7.44,0
111	775	Torgeir Aas	Malm	Nord-Trøndelag	1.03.36,0	7.46,0
112	679	Svein Dybvik	Linderud	Oslo	1.03.45,0	7.55,0
113	752	Terje Morten Øksendal	Tonstad I.L	Vest-Agder	1.03.47,0	7.57,0
114	754	Espen M. Samuelson	Heddal	Telemark	1.04.02,0	8.12,0
115	700	Vidar Haugse	Viljar	Bergen og Hordal	1.04.06,0	8.16,0
116	751	Halgeir Bergestuen	Ådal I.L	Buskerud	1.04.09,0	8.19,0
117	✓730	Stig Eide	Medkila Skilag	Troms	1.04.16,0	8.26,0
118	670	Bjørnar Håkonsmoen	Risberget	Hedmark	1.04.17,0	8.27,0
119	716	Odd Petter Grindahl	Fredrikstad	Østfold	1.04.19,0	8.29,0
120	688	Lars Petter Bartnes	Beitstad I.L	Nord-Trøndelag	1.04.37,0	8.47,0
121	780	Jon A. Hovde	Rustad	Oslo	1.04.40,0	8.50,0
122	668	Trond Sletner	Strindheim	Sør-Trøndelag	1.05.10,0	9.20,0
123	✓767	Helge Johansen	Skjervøy I.k	Troms	1.05.56,0	10.06,0
124	732	Per Arne Sæterlid	Hyen	Sogn og Fjordane	1.06.04,0	10.14,0
125	785	Gert Sande	Surnadal	Møre og Romsdal	1.06.05,0	10.15,0
126	654	Ingve Ousdal	Tonstad I.L	Vest-Agder	1.06.36,0	10.46,0
127	755	Ove Gran	I.L.Driv	Follo	1.06.55,0	11.05,0
128	708	Svein Chr. Arnsen	Kolbotn I.L	Follo	1.10.06,0	14.16,0

----- HEGO TIMING SYSTEM -----

*Jonas Hansen*  
*revisor*

\*\*\*\*\* NM JUNIOR HEIMDAL 1988 \*\*\*\*\*  
 HEIMDAL 21.2.1988 STAFETT Langrenn  
 Gutter: HEIMDAL I.F. 4x7.5 km  
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## RESULTATLISTE STAFETT

PL:	LAGNR	Krets/Navn	ETAPPETID	LAGTID	TIDETTER
1	9	Buskerud 1			
		Ståle Kihle	23.30,0	23.30,0	25,0
		Bjørn Are Laukli	23.42,0	47.12,0	34,0
		Arne Bøhle	23.44,0	1.10.56,0	46,0
		Geir Egil Norbom	22.29,0	1.33.25,0	0,0
2	5	Nord Trøndelag 1			
		Frode Lillefjell	23.31,0	23.31,0	26,0
		Bård Jørgen Elden	23.22,0	46.53,0	15,0
		Andreas Vanebo	24.13,0	1.11.06,0	56,0
		Geir Ove Strømskag	22.39,0	1.33.45,0	20,0
3	26	Oppland 2			
		Tor Arne Haugen	23.05,0	23.05,0	0,0
		Geir Skari	23.38,0	46.43,0	5,0
		Pål Christian Evensen	23.27,0	1.10.10,0	0,0
		Trond Bjørge	23.38,0	1.33.48,0	23,0
4	1	Sør-Trøndelag 1			
		Vegard Granheim	24.47,0	24.47,0	1.42,0
		Heiki Haugland	23.52,0	48.39,0	2.01,0
		Einar Anders Eriksen	23.29,0	1.12.08,0	1.58,0
		Øyvind Skaanes	21.59,0	1.34.07,0	42,0
5	13	Hedmark 1			
		Pål Rise	23.08,0	23.08,0	3,0
		Stein Vidar Brække	25.17,0	48.25,0	1.47,0
		Rune Svartvadet	23.21,0	1.11.46,0	1.36,0
		Erik Bøhling	22.34,0	1.34.20,0	55,0
6	4	Oppland 1			
		Ole Henrik Evensen	23.07,0	23.07,0	2,0
		Svein Nordås	24.36,0	47.43,0	1.05,0
		Geir Atle Sangnes	23.41,0	1.11.24,0	1.14,0
		Eilif Furuli	23.23,0	1.34.47,0	1.22,0
7	10	Nordland 1			
		Bjørn A.Kroken	23.10,0	23.10,0	5,0
		Terje Arntzen	24.22,0	47.32,0	54,0
		Pål Andre Lund	24.11,0	1.11.43,0	1.33,0
		Frode Nilsen	23.10,0	1.34.53,0	1.28,0
8	2	Oslo 1			
		Bjørn Kristiansen	23.27,0	23.27,0	22,0
		Stein Ivan Solbakken	23.32,0	46.59,0	21,0
		Kjetil Olsen	24.22,0	1.11.21,0	1.11,0
		Henning Røberg	23.48,0	1.35.09,0	1.44,0
9	11	Vestfold 1			
		Eddy Raymond Knudsen	23.37,0	23.37,0	32,0
		Asgeir Fremstad	24.07,0	47.44,0	1.06,0
		Roar Thorud	24.23,0	1.12.07,0	1.57,0
		Jon Erik Knotten	23.39,0	1.35.46,0	2.21,0



10	6 Møre og Romsdal 1			
	Jan Håvard Øverland	24.19,0	24.19,0	1.14,0
	Sigurd Brørs	23.21,0	47.40,0	1.02,0
	Jon Markus Lervik	24.10,0	1.11.50,0	1.40,0
	Lars Lilløgaard	24.05,0	1.35.55,0	2.30,0
11	41 Oppland 4			
	Wegar Løkken	24.30,0	24.30,0	1.25,0
	Birger Rye	24.59,0	49.29,0	2.51,0
	Hans Høgnes	23.42,0	1.13.11,0	3.01,0
	Tom Arne Karlsen	23.07,0	1.36.18,0	2.53,0
12	8 Troms 1			
	Bjørn Harald Berg	23.30,0	23.30,0	25,0
	Frank R.Kristiansen	23.08,0	46.38,0	0,0
	Stein Joks	25.12,0	1.11.50,0	1.40,0
	Tore Olsen	24.33,0	1.36.23,0	2.58,0
13	23 Sør-Trøndelag 2			
	Kristian Eriksen	24.13,0	24.13,0	1.08,0
	Arthur Strand	24.17,0	48.30,0	1.52,0
	Trond Benum	23.42,0	1.12.12,0	2.02,0
	Jon Thomas Renå	24.34,0	1.36.46,0	3.21,0
14	7 Bergen og Hordaland 1			
	Gudmund Skjeldal	23.26,0	23.26,0	21,0
	Odd Ivar Medhus	26.14,0	49.40,0	3.02,0
	Jørn Nordgård	24.16,0	1.13.56,0	3.46,0
	Alf Medhus	23.35,0	1.37.31,0	4.06,0
15	27 Nord Trøndelag 2			
	Stan Hammer	25.18,0	25.18,0	2.13,0
	Arnt Oluf Eide	24.35,0	49.53,0	3.15,0
	Morten Guin	24.30,0	1.14.23,0	4.13,0
	Anders Eide	23.11,0	1.37.34,0	4.09,0
16	35 Oppland 3			
	Rune Nordby	23.57,0	23.57,0	52,0
	Torstein Korsvold	24.51,0	48.48,0	2.10,0
	Torstein Ingvaldsen	24.18,0	1.13.06,0	2.56,0
	Dag Christiansen	24.44,0	1.37.50,0	4.25,0
17	33 Romerike 2			
	Bjørn Langsett	24.21,0	24.21,0	1.16,0
	Lars Brede Ous	25.13,0	49.34,0	2.56,0
	Jo Dale	24.34,0	1.14.08,0	3.58,0
	Per Inge Johnsen	23.54,0	1.38.02,0	4.37,0
18	37 Buskerud 2			
	Nils Inge Moen	23.48,0	23.48,0	43,0
	Frøde Larsen	23.55,0	47.43,0	1.05,0
	Ivar Gabrielsen	26.04,0	1.13.47,0	3.37,0
	Ragnar Hagen	24.17,0	1.38.04,0	4.39,0
19	3 Romerike 1			
	Aksel Ervik	24.18,0	24.18,0	1.13,0
	Per Kristian Knutsen	24.40,0	48.58,0	2.20,0
	Lars Kristian Johnsen	25.05,0	1.14.03,0	3.53,0
	Jan Th.Johnsen	24.03,0	1.38.06,0	4.41,0
20	59 Vestfold 2			
	Terje Grøtterød	24.52,0	24.52,0	1.47,0
	Harald Wergeland	24.58,0	49.50,0	3.12,0
	Rune Bergsvand	24.21,0	1.14.11,0	4.01,0
	Per Gunnar Solberg	23.56,0	1.38.07,0	4.42,0



21	57 Buskerud 6	Jan E. Skarbekk	24.18,0	24.18,0	1.13,0
		Per A. Mykland	24.50,0	49.08,0	2.30,0
		Odd Arne Grønlie	24.36,0	1.13.44,0	3.34,0
		Øyvind Kjølstad	24.32,0	1.38.16,0	4.51,0
22	32 Oslo 2	Morten Veiglum	25.10,0	25.10,0	2.05,0
		Øyvind Salamonsen	25.15,0	50.25,0	3.47,0
		Jon Olaf Bergersen	24.33,0	1.14.58,0	4.48,0
		Espen Aune	23.22,0	1.38.20,0	4.55,0
23	50 Buskerud 4	Jarle Thorsrud	24.56,0	24.56,0	1.51,0
		Helge Lurås	24.52,0	49.48,0	3.10,0
		Morten Hellerud	24.38,0	1.14.26,0	4.16,0
		Vegard Spiten	24.15,0	1.38.41,0	5.16,0
24	12 Asker og Bærum 1	Lars Vethe	25.43,0	25.43,0	2.38,0
		Bjørn Kristiansen	26.04,0	51.47,0	5.09,0
		Kjetil Kristiansen	23.25,0	1.15.12,0	5.02,0
		Jon Einar Melbye	23.58,0	1.39.10,0	5.45,0
25	Sør-Trøndelag 4	Jon Sverre Sugaren	24.20,0	24.20,0	1.15,0
		Robert Otterlei	24.39,0	48.59,0	2.21,0
		Nils Even Fuglem	25.14,0	1.14.13,0	4.03,0
		Terje Drøyvold	24.57,0	1.39.10,0	5.45,0
26	15 Finnmark 1	Øystein Rønbeck	26.19,0	26.19,0	3.14,0
		Tom Roald Olsen	25.20,0	51.39,0	5.01,0
		Frank Tore Johansen	24.19,0	1.15.58,0	5.48,0
		Krister Sjørgård	23.31,0	1.39.29,0	6.04,0
27	24 Sør-Trøndelag 3	Kai Rye	26.20,0	26.20,0	3.15,0
		Svein Tore Samdal	25.34,0	51.54,0	5.16,0
		Even Landsem	24.05,0	1.15.59,0	5.49,0
		Hasse Benberg	23.41,0	1.39.40,0	6.15,0
28	70 Romerike 4	Terje Korsmo	25.42,0	25.42,0	2.37,0
		Atle Sørensen	24.51,0	50.33,0	3.55,0
		Knut Rud	24.30,0	1.15.03,0	4.53,0
		Knut H.V. Pedersen	24.50,0	1.39.53,0	6.28,0
29	31 Hedmark 2	Trond Flagstad	25.57,0	25.52,0	2.47,0
		Morten Møen	24.50,0	50.42,0	4.04,0
		Trond Haugen	24.20,0	1.15.02,0	4.52,0
		Trond Holth	25.09,0	1.40.11,0	6.46,0
30	34 Hedmark 3	Egil Westgård	23.28,0	23.28,0	23,0
		Sigbjørn Nygård	25.53,0	49.21,0	2.43,0
		Stig Brustad	25.02,0	1.14.23,0	4.13,0
		Kristian Sjølie	25.50,0	1.40.13,0	6.48,0

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31	28 Nord-Trøndelag 3			
	Ole Kristian Smestad	25.22,0	25.22,0	2.17,0
	Lyder Sund	24.29,0	49.51,0	3.13,0
	Håvard Østerås	25.08,0	1.14.59,0	4.49,0
	Pal Gustav Modell	25.15,0	1.40.14,0	6.49,0
32	45 Buskerud 3			
	Runar Sundal	26.25,0	26.25,0	3.20,0
	Steinar Hennum	24.50,0	51.15,0	4.37,0
	Anders Grønli	25.35,0	1.16.50,0	6.40,0
	Lasse Joar Halvorsen	23.41,0	1.40.31,0	7.06,0
33	30 Sør-Trøndelag 5			
	Frøde Nyeng	23.47,0	23.47,0	42,0
	Anders Bøe	26.36,0	50.23,0	3.45,0
	Torgeir Jondum	25.28,0	1.15.51,0	5.41,0
	Øyvind Kvønnås	24.43,0	1.40.34,0	7.09,0
34	14 Sogn og Fjordane 1			
	Oddbjørn Hjelmeseeth	25.54,0	25.54,0	2.49,0
	Svein Inge Buhaug	25.09,0	51.03,0	4.25,0
	Ole-Jacob Sande	25.53,0	1.16.56,0	6.46,0
	Per Fridolf Hillestad	23.39,0	1.40.35,0	7.10,0
35	18 Aust-Agder 1			
	Svein Erik Fone	26.17,0	26.17,0	3.12,0
	Jan Audun Torsen	24.42,0	50.59,0	4.21,0
	Ragnar Bøylestad	25.07,0	1.16.06,0	5.56,0
	Erik Lauvrak	24.32,0	1.40.38,0	7.13,0
36	39 Sør-Trøndelag 6			
	Torbjørn Skaanes	25.53,0	25.53,0	2.48,0
	Vidar Løfshus	24.56,0	50.49,0	4.11,0
	Even Sugaren	25.25,0	1.16.14,0	6.04,0
	Kjetil Bolme	24.38,0	1.40.52,0	7.27,0
37	47 Oppland 5			
	Geir Myhre	25.01,0	25.01,0	1.56,0
	Håvard Moheim	25.35,0	50.36,0	3.58,0
	Geir Aspeslæen	24.24,0	1.15.00,0	4.50,0
	Morten Kristiansen	25.59,0	1.40.59,0	7.34,0
38	19 Østfold 1			
	Rune Wiig	25.48,0	25.48,0	2.43,0
	Jens Petter Thon	25.01,0	50.49,0	4.11,0
	Asle Gudim	24.47,0	1.15.36,0	5.26,0
	Odd Petter Grindal	25.28,0	1.41.04,0	7.39,0
39	16 Rogaland 1			
	Tor Joar Ravndal	25.44,0	25.44,0	2.39,0
	Bård Mjølnes	25.16,0	51.00,0	4.22,0
	Asbjørn Ellingsen	24.42,0	1.15.42,0	5.32,0
	Vidar Skjøveland	25.25,0	1.41.07,0	7.42,0
40	29 Bergen og Hordaland 2			
	Trond Inge Nilsen	25.46,0	25.46,0	2.41,0
	Sjur Brattabø	25.33,0	51.19,0	4.41,0
	Jan Ove Landsøy	24.52,0	1.16.11,0	6.01,0
	Johnny Mostrøm	25.07,0	1.41.18,0	7.53,0



Nøkkelen til Produktivitet.

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41	72 Bergen og Hordaland 3			
	Stig Amundsen	25.20,0	25.20,0	2.15,0
	Rangvaald Medhus	25.23,0	50.43,0	4.05,0
	Erik Fantoft	26.21,0	1.17.04,0	6.54,0
	Vidar Haugse	24.27,0	1.41.31,0	8.06,0
42	38 Troms 2			
	Geir Ingebrigtsen	25.50,0	25.50,0	2.45,0
	Gunnar Vik	25.28,0	51.18,0	4.40,0
	Toralf Heimdal	24.23,0	1.15.41,0	5.31,0
	Rolf Lundamo	25.51,0	1.41.32,0	8.07,0
43	54 Sør-Trøndelag 8			
	Terje Tovmo	27.11,0	27.11,0	4.06,0
	Håkon Wullum	25.59,0	53.10,0	6.32,0
	Tommy Sagmyhr	24.06,0	1.17.16,0	7.06,0
	Svein Erik Tangstad	24.20,0	1.41.36,0	8.11,0
44	58 Oslo 4			
	Øyvind Tofte	26.23,0	26.23,0	3.18,0
	Simen Bøe	24.51,0	51.14,0	4.36,0
	Nils Bull Flesland	24.47,0	1.16.01,0	5.51,0
	Torkild Lappegård	25.48,0	1.41.49,0	8.24,0
45	49 Asker og Bærum 2			
	Jon Thomas Blandhoel	24.14,0	24.14,0	1.09,0
	Ståle Brurok	26.15,0	50.29,0	3.51,0
	Henrik Halvorsen	26.05,0	1.16.34,0	6.24,0
	Espen Thorsby	25.25,0	1.41.59,0	8.34,0
46	48 Nordland 3			
	Hugo Berg	26.29,0	26.29,0	3.24,0
	Tor Ivar Johansen	24.48,0	51.17,0	4.39,0
	Dag Ottar Mikalsen	24.40,0	1.15.57,0	5.47,0
	Gøran Ivarson	26.06,0	1.42.03,0	8.38,0
47	44 Hedmark 4			
	Bjørnar Håkonsmoen	26.36,0	26.36,0	3.31,0
	Trond Ove Brødesen	25.50,0	52.26,0	5.48,0
	Jan Eivind Skjæret	24.52,0	1.17.18,0	7.08,0
	Roar Øfstedal	24.53,0	1.42.11,0	8.46,0
48	68 Nord Trøndelag 4			
	Lars Petter Bartnes	26.28,0	26.28,0	3.23,0
	Stig Morten Austheim	24.34,0	51.02,0	4.24,0
	Karle Ovesen	25.57,0	1.16.59,0	6.49,0
	Ståle Talmo	25.47,0	1.42.46,0	9.21,0
49	56 Sør-Trøndelag 10			
	Jon Olav Fuglem	25.58,0	25.58,0	2.53,0
	Arild Bjørnås	25.56,0	51.54,0	5.16,0
	Stig Sommervold	26.15,0	1.18.09,0	7.59,0
	Geir Sandvik	24.39,0	1.42.48,0	9.23,0
	71 Troms 4			
	Stig Eide	26.32,0	26.32,0	3.27,0
	Trond Eidissen	25.40,0	52.12,0	5.34,0
	Frank Johnsen	25.43,0	1.17.55,0	7.45,0
	Odd Kåre Sivertsen	24.53,0	1.42.48,0	9.23,0



51	17 Telemark 1			
	Rune Tveitan	25.19,0	25.19,0	2.14,0
	Tore Øverås	25.47,0	51.06,0	4.28,0
	Anders Holst	26.42,0	1.17.48,0	7.38,0
	Vegar Fluge Samuelsen	25.22,0	1.43.10,0	9.45,0
52	61 Buskerud 7			
	Halgeir Bergestuen	26.14,0	26.14,0	3.09,0
	Roy Hansen	25.19,0	51.33,0	4.55,0
	Arve Myhre	25.59,0	1.17.32,0	7.22,0
	Torbjørn Slåtto	25.39,0	1.43.11,0	9.46,0
53	40 Romerike 3			
	Ole Kristian Jødahl	27.17,0	27.17,0	4.12,0
	Dag Inge Undheim	26.25,0	53.42,0	7.04,0
	Kjetil Bergersen	24.31,0	1.18.13,0	8.03,0
	Torbjørn Ness	25.00,0	1.43.13,0	9.48,0
54	60 Møre og Romsdal 2			
	Jon Kåre Løvoll	25.49,0	25.49,0	2.44,0
	Ole Morten Hustad	26.07,0	51.56,0	5.18,0
	Jørn Almborg	24.56,0	1.16.52,0	6.42,0
	Johannes Reiten	26.23,0	1.43.15,0	9.50,0
55	46 Troms 3			
	Magne Stenvold	25.58,0	25.58,0	2.53,0
	Tommy Mikkelsen	25.06,0	51.04,0	4.26,0
	Håvard Johannessen	25.38,0	1.16.42,0	6.32,0
	Bjørn Heimdal	26.42,0	1.43.24,0	9.59,0
56	20 Follo 1			
	Harald Falck	25.52,0	25.52,0	2.47,0
	Petter Brandzeg	26.19,0	52.11,0	5.33,0
	Torgeir Saltnes	26.01,0	1.18.12,0	8.02,0
	Geir M.Killingbergtrø	25.18,0	1.43.30,0	10.05,0
57	79 Oppland 6			
	Tarjei Løkken	26.24,0	26.24,0	3.19,0
	Morten Viken	26.20,0	52.44,0	6.06,0
	Svein Riste	25.55,0	1.18.39,0	8.29,0
	Halvor Gjerdingen	25.09,0	1.43.48,0	10.23,0
58	52 Sør-Trøndelag 7			
	Erlend Ysland	26.01,0	26.01,0	2.56,0
	Arve Hårskjold	26.47,0	52.48,0	6.10,0
	Tore Krogh	26.08,0	1.18.56,0	8.46,0
	Per Helge Flønes	24.55,0	1.43.51,0	10.26,0
	80 Oppland 7			
	Øyvind Viken	27.21,0	27.21,0	4.16,0
	Vegard Sommerstad	24.49,0	52.10,0	5.32,0
	Ole Molden	25.39,0	1.17.49,0	7.39,0
	Andreas Holen	26.02,0	1.43.51,0	10.26,0
60	69 Oslo 5			
	Svein Dybvik	26.48,0	26.48,0	3.43,0
	Arild Hagesveen	26.27,0	53.15,0	6.37,0
	Bernt I. Kristofferse	25.23,0	1.18.38,0	8.28,0
	Håvard Fosse	25.19,0	1.43.57,0	10.32,0

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61	42 Nordland 2			
	Tore Nyborg	25.45,0	25.45,0	2.40,0
	Trond Nystad	26.25,0	52.10,0	5.32,0
	Kristian Johansen	25.07,0	1.17.17,0	7.07,0
	Svein Erik Andersen	26.48,0	1.44.05,0	10.40,0
62	21 Vest-Agder 1			
	Kjell Helge Røynestad	27.10,0	27.10,0	4.05,0
	Frode Hodne	26.02,0	53.12,0	6.34,0
	Ingve Ousdal	25.38,0	1.18.50,0	8.40,0
	Terje Morten Øksendal	25.18,0	1.44.08,0	10.43,0
63	43 Finnmark 2			
	Bjørn Roald Mikkelsen	25.17,0	25.17,0	2.12,0
	Ronny Isaksen	26.34,0	51.51,0	5.13,0
	Jarle Kvamme	26.08,0	1.17.59,0	7.49,0
	Pål Martinsen	26.10,0	1.44.09,0	10.44,0
64	75 Oslo 6			
	Trym Hansen	27.18,0	27.18,0	4.13,0
	Terje Torseth	26.16,0	53.34,0	6.56,0
	Are Blyverket	25.39,0	1.19.13,0	9.03,0
	Jon A. Hovde	25.15,0	1.44.28,0	11.03,0
65	82 Follo 2			
	Thomas Husum	25.56,0	25.56,0	2.51,0
	Gjermund Fossnes	26.47,0	52.43,0	6.05,0
	Ove Gran	25.33,0	1.18.16,0	8.06,0
	Boye Bøhlerengen	26.22,0	1.44.38,0	11.13,0
66	51 Buskerud 5			
	Martin Kaggestad	26.49,0	26.49,0	3.44,0
	Lars Kihle	25.38,0	52.27,0	5.49,0
	Kjetil Bergan	26.36,0	1.19.03,0	8.53,0
	Asle Sletteemoen	26.06,0	1.45.09,0	11.44,0
67	55 Sør-Trøndelag 9			
	Ørjar Evensen	27.52,0	27.52,0	4.47,0
	Asmund Mellemsæther	26.29,0	54.21,0	7.43,0
	Torgeir Wiig	25.53,0	1.20.14,0	10.04,0
	Håvard Jensen	25.01,0	1.45.15,0	11.50,0
68	36 Oslo 3			
	Eivind Lund	26.33,0	26.33,0	3.28,0
	Tomas Andresen	25.19,0	51.52,0	5.14,0
	Kjetil Røberg	27.26,0	1.19.18,0	9.08,0
	Torbjørn Stokke	26.25,0	1.45.43,0	12.18,0
69	86 Sør-Trøndelag 13			
	Martin Ree	27.42,0	27.42,0	4.37,0
	Vegard Rygg	26.21,0	54.03,0	7.25,0
	Rune Granheim	26.23,0	1.20.26,0	10.16,0
	Roger Løkvik	25.25,0	1.45.51,0	12.26,0
70	22 Aurskog-Hørland 1			
	Fredrik Solberg	27.50,0	27.50,0	4.45,0
	Rune Stokkebekk	27.11,0	55.01,0	8.23,0
	Roger Solberg	27.03,0	1.22.04,0	11.54,0
	Ola G. Bustad	23.57,0	1.46.01,0	12.36,0



71	53 Hedmark 5			
	Erik Lundgård	27.19,0	27.19,0	4.14,0
	Rune Lien	25.54,0	53.13,0	6.35,0
	Bjørn Asen	25.25,0	1.18.38,0	8.28,0
	Lars Haugseth	27.37,0	1.46.15,0	12.50,0
72	76 Nord-Trøndelag 5			
	Willy Berg	27.50,0	27.50,0	4.45,0
	Lars Ole Valøen	27.24,0	55.14,0	8.36,0
	Ketil Staaestad	26.22,0	1.21.36,0	11.26,0
	Jørgen Bartnes	25.38,0	1.47.14,0	13.49,0
73	84 Sør-Trøndelag 12			
	Frode Vågen	26.06,0	26.06,0	3.01,0
	Olav Høyaas	27.44,0	53.50,0	7.12,0
	Torgeir Løvmo	26.35,0	1.20.25,0	10.15,0
	John Sagflaat	27.01,0	1.47.26,0	14.01,0
74	62 Buskerud 8			
	Nils Olav Garnås	27.11,0	27.11,0	4.06,0
	Anders Kløven	27.07,0	54.18,0	7.40,0
	Svein Olav Staaalen	26.58,0	1.21.16,0	11.06,0
	Petter Hobbelsstad	26.32,0	1.47.48,0	14.23,0
75	73 Troms 5			
	Helge Johansen	27.49,0	27.49,0	4.44,0
	John Hugo Johansen	27.02,0	54.51,0	8.13,0
	Arne Markus Svendsen	26.22,0	1.21.13,0	11.03,0
	Ørjan Brygghaug	26.37,0	1.47.50,0	14.25,0
76	87 Oslo 8			
	Tore Gløer Johnsen	28.33,0	28.33,0	5.28,0
	Erik Simensen	27.13,0	55.46,0	9.08,0
	Cato Haug	26.29,0	1.22.15,0	12.05,0
	Jon Martin Løken	25.38,0	1.47.53,0	14.28,0
77	66 Nordland 4			
	Roger Hansen	28.52,0	28.52,0	5.47,0
	Sten F. Kristoffersen	27.13,0	56.05,0	9.27,0
	Per Erik Bjørnstad	25.58,0	1.22.03,0	11.53,0
	Frode Moen	26.01,0	1.48.04,0	14.39,0
78	77 Oslo 7			
	Geir Gustavsson	27.47,0	27.47,0	4.42,0
	Jan Henning Løken	26.09,0	53.56,0	7.18,0
	Kristian Fjellhaug	26.31,0	1.20.27,0	10.17,0
	Ove Sørli	27.39,0	1.48.06,0	14.41,0
79	78 Sør-Trøndelag 11			
	Trond Sletner	28.34,0	28.34,0	5.29,0
	Ragnar Melhus	26.55,0	55.29,0	8.51,0
	Tor Jakob Gunnes	26.36,0	1.22.05,0	11.55,0
	Snorre Hellesvik	26.18,0	1.48.23,0	14.58,0
80	64 Hedmark 6			
	Svein Tore Hampe	27.56,0	27.56,0	4.51,0
	Frode Stiansen	25.59,0	53.55,0	7.17,0
	Tommy Sørlien	27.19,0	1.21.14,0	11.04,0
	Peter Kjenndalen	27.12,0	1.48.26,0	15.01,0

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81	65 Telemark 2			
	Espen M. Samuelsen	27.01,0	27.01,0	3.56,0
	Eivind Lande	27.18,0	54.19,0	7.41,0
	Tor Kr. Gautefall	27.58,0	1.22.17,0	12.07,0
	Nils Petter Sætre	27.17,0	1.49.34,0	16.09,0
82	85 Sogn og Fjordane 2			
	Håvard Lundekvam	27.48,0	27.48,0	4.43,0
	Øystein Lødøen	27.59,0	55.47,0	9.09,0
	Per Arne Sæterlid	27.45,0	1.23.32,0	13.22,0
	Roar Alsaker	26.47,0	1.50.19,0	16.54,0
83	63 Møre og Romsdal 3			
	Gert Sande	27.26,0	27.26,0	4.21,0
	Geir Age Rønneberg	27.56,0	55.22,0	8.44,0
	Per Magne Misund	28.13,0	1.23.35,0	13.25,0
	Leif Magne Andersen	27.29,0	1.51.04,0	17.39,0
84	74 Nordland 5			
	Lars Johansen	27.46,0	27.46,0	4.41,0
	Hans Kristian Dolmen	29.08,0	56.54,0	10.16,0
	Sigurd Sundt	27.15,0	1.24.09,0	13.59,0
	Jan Gustav Rørvik	27.27,0	1.51.36,0	18.11,0

----- HEGO TIMING SYSTEM -----

*Jan Rørvik*  
revisert.



Nøkkelen til Produktivitet.

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81	65 Telemark 2			
	Espan M.Samuelsen	27.01,0	27.01,0	3.56,0
	Eivind Lande	27.18,0	54.19,0	7.41,0
	Tor Kr. Gautefall	27.58,0	1.22.17,0	12.07,0
	Nils Petter Sætre	27.17,0	1.49.34,0	16.09,0
82	85 Sogn og Fjordane 2			
	Håvard Lundekvam	27.48,0	27.48,0	4.43,0
	Øystein Lødøen	27.59,0	55.47,0	9.09,0
	Per Arne Sæterlid	27.45,0	1.23.32,0	13.22,0
	Roar Alsaker	26.47,0	1.50.19,0	16.54,0
83	63 Møre og Romsdal 3			
	Gert Sande	27.26,0	27.26,0	4.21,0
	Geir Age Rønneberg	27.56,0	55.22,0	8.44,0
	Per Magne Misund	28.13,0	1.23.35,0	13.25,0
	Leif Magne Andersen	27.29,0	1.51.04,0	17.39,0
84	74 Nordland 5			
	Lars Johansen	27.46,0	27.46,0	4.41,0
	Hans Kristian Dolmen	29.08,0	56.54,0	10.16,0
	Sigurd Sundt	27.15,0	1.24.09,0	13.59,0
	Jan Gustav Rørvik	27.27,0	1.51.36,0	18.11,0

----- HEGO TIMING SYSTEM -----

*Lars Johansen*  
*revisør.*



Nøkkelen til Produktivitet.

HEIMDAL I.L.

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Resultatliste for: klasse: Jenter 16 år

side: 1

Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
1	23	Kari-Anne Steffensen	Trøgstad	Østfold	17.48,0	0,0
2	128	Unni Berit Pedersen	Foldereid I.L	Nord Trøndelag	17.58,0	10,0
3	122	Siri Halle	Fossum	Asker og Bærum	18.05,0	17,0
4	15	Bente Solhaug	Nes	Hedmark	18.09,0	21,0
	56	Thale Briseid	Asker	Asker og Bærum	18.09,0	21,0
6	35	Jannike Øyen	Molde	Møre og Romsdal	18.11,0	23,0
7	127	Marit Myren	Søre Al	Oppland	18.13,0	25,0
8	73	Hilde Tuseth	I.L.Varden	Nord Trøndelag	18.16,0	28,0
	99	Kristine Akseth	Assiden I.F	Buskerud	18.16,0	28,0
10	59	Gry Bystøl	Voss	Bergen og Hordala	18.19,0	31,0
11	25	Hilde Myhren	Søre Al	Oppland	18.24,0	36,0
12	24	Ann Kristin Haugen	Helgerød	Vestfold	18.25,0	37,0
13	104	Merete Mosbakk	Heimdal	Sør-Trøndelag	18.27,0	39,0
14	75	Hege Johnsen	Heddal	Telemark	18.33,0	45,0
	77	Anita Karlsen	Frisk	Asker og Bærum	18.33,0	45,0
	103	Lene Sparre	Høybråten og Stovner	Oslo	18.33,0	45,0
17	126	Beate Skau	Eik	Vestfold	18.34,0	46,0
18	95	Trinje Tveitan	Gjerpen	Telemark	18.35,0	47,0
19	72	Rita Aberg	Rygene	Aust Agder	18.37,0	49,0
	85	Liv Paulsen	Stjørdals Blink	Nord Trøndelag	18.37,0	49,0
21	13	Hege Anette Kvernland	Heimdal	Sør-Trøndelag	18.39,0	51,0
	51	Birgit Simensen	Tverrelvdalen I.L	Finnmark	18.39,0	51,0
23	✓37	Torun Øvergård	Bardu I.L	Troms	18.40,0	52,0
24	✓41	Berit Hansen	Målselv I.L	Troms	18.42,0	54,0
25	45	May Elin Moe	Gjerdrum I.L	Romerike	18.43,0	55,0
	54	Kari Østli	Jevnaker	Oppland	18.43,0	55,0
	71	Gunhild Levang	Byåsen	Sør-Trøndelag	18.43,0	55,0
28	58	Lise Merete Holen	Svarstad	Vestfold	18.44,0	56,0
	69	Anette Hardang	Heddal	Telemark	18.44,0	56,0
	94	Christin Flatum	Stålkameratene	Nordland	18.44,0	56,0
31	34	Vigdis Evjen	Orkdal	Sør-Trøndelag	18.45,0	57,0
	43	Gunn Markseth	Gjerstad	Aust Agder	18.45,0	57,0
	61	Elisabeth Dullum	Stjørdals Blink	Nord Trøndelag	18.45,0	57,0
34	31	Kari-Ann Bransnes	Vollan	Sør-Trøndelag	18.50,0	1.02,0
35	27	Linn Jeanette Nymoen	Raufoss	Oppland	18.51,0	1.03,0
	80	Ingrid Bøylestad	Froland	Aust Agder	18.51,0	1.03,0
	116	Marianne Isaksen	Svea	Oppland	18.51,0	1.03,0
	124	Mona Myrland	Trysilgutten	Hedmark	18.51,0	1.03,0
39	81	Heidi Solbakken	Høybråten og Stovner	Oslo	18.52,0	1.04,0
40	88	Heidi Nordby	Kolbotn I.L	Follo	18.53,0	1.05,0
41	30	Nina Jørgensen	Sarpsborg	Østfold	18.55,0	1.07,0
	38	Elisabeth Høsflot	Heimdal	Sør-Trøndelag	18.55,0	1.07,0
43	21	Marianne Karlsen	Runar	Vestfold	18.56,0	1.08,0
44	123	Guri Sande	Rindals-Troll	Sør-Trøndelag	18.57,0	1.09,0
45	91	Gro Eikevik	Sogndal	Sogn og Fjordane	18.58,0	1.10,0
46	12	Heidi Larsen	Eidsvoll Verk Skikl.	Romerike	18.59,0	1.11,0
	82	Ingun Vangen	Tynset	Hedmark	18.59,0	1.11,0
48	48	Ane Norheim	I.F.Liungen	Buskerud	19.00,0	1.12,0
49	28	Hanne Lybeck	Østre Toten	Oppland	19.01,0	1.13,0

----- HEGO TIMING SYSTEM -----



Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
	36	Gunn Ramsrud	Biri	Oppland	19.01,0	1.16,0
	70	Liv Rystad	Grane	Nordland	19.01,0	1.16,0
	114	Mona Hjellesand	Narvik	Nordland	19.01,0	1.16,0
53	132	Ingrid Kvikne	Byåsen	Sør-Trøndelag	19.02,0	1.17,0
54	109	Hege Skari	Lensbygda	Oppland	19.04,0	1.19,0
55	83	Vibeke Os	Fauske	Nordland	19.05,0	1.20,0
56	131	Kjersti E.Carlsen	Drammens Ballklubb	Buskerud	19.06,0	1.21,0
57	32	Lill-Heidi Nyland	Storforshei	Nordland	19.08,0	1.23,0
	84	Randi Lerstad	Leksvik I.L	Nord Trøndelag	19.08,0	1.23,0
	✓ 106	Elisabeth Sandelin	Rotsundelv I.L	Troms	19.08,0	1.23,0
60	63	Hilde Lillesveen	Veldre	Hedmark	19.12,0	1.27,0
61	64	Grete Øyen	Rein	Telemark	19.14,0	1.29,0
	107	Ingrid Undheim	Sirdal I.L	Vest-Agder	19.14,0	1.29,0
63	42	Gyri Kaalstad	Hei	Telemark	19.15,0	1.30,0
64	74	Tonje Berggren	Røa	Oslo	19.17,0	1.32,0
	93	Tone Merete Hoel	Holmen	Asker og Bærum	19.17,0	1.32,0
66	17	Ellen Haagensen	Hasle Løren	Oslo	19.18,0	1.33,0
	39	Anne Kari Kristensen	Ullensaker Skikl.	Romerike	19.18,0	1.33,0
68	50	Elin Arseth	Herkules	Telemark	19.20,0	1.35,0
	78	Inger Jorun Kleppe	Indre Breim	Sogn og Fjordane	19.20,0	1.35,0
70	120	Hilde Margrete Nørsti	Alvdal	Hedmark	19.21,0	1.36,0
71	112	Anne Sofie Høngset	Utleira	Sør-Trøndelag	19.24,0	1.39,0
72	62	Ellen K.Håkonsen	Rølingen Skikl.	Romerike	19.25,0	1.40,0
73	55	Siv Kristin Barstad	Spillum I.L	Nord Trøndelag	19.26,0	1.41,0
74	98	Anette Slåttun	Sauland	Telemark	19.29,0	1.44,0
75	19	Karin Hesseberg	Emblem	Møre og Romsdal	19.31,0	1.46,0
	29	Siri Amlie	Østre Toten	Oppland	19.31,0	1.46,0
77	52	Ellen Beate Sjøgård	Norbygda	Hedmark	19.32,0	1.47,0
	✓ 86	Inger Heidi Johansen	Nordreisa I.L	Troms	19.32,0	1.47,0
79	57	Monica Finstad	Nittedal	Oslo	19.38,0	1.53,0
	101	Heidi anita Havdal	Rennebu	Sør-Trøndelag	19.38,0	1.53,0
	105	Trine Veiglum	Grorud	Oslo	19.38,0	1.53,0
82	89	May Ingela Solberg	Drammens Ballklubb	Buskerud	19.40,0	1.55,0
83	20	Britt Ina Hals	Mosjøen	Nordland	19.41,0	1.56,0
84	16	Nina Haugum	Snert.kam.	Oppland	19.45,0	2.00,0
85	66	Nina Rønneid	Kragerø	Telemark	19.47,0	2.02,0
86	96	Nina Sørensen	I.F.Liv/Fossekalen	Buskerud	19.48,0	2.03,0
87	67	Mette Dragseth	Nor	Sør-Trøndelag	19.51,0	2.06,0
88	33	Marianne Kollerud	Konnerud I.L	Buskerud	19.55,0	2.10,0
	47	Ingunn Mortensen	Konnerud I.L	Buskerud	19.55,0	2.10,0
90	14	Berit Johansen	Steinkjer Skiklubb	Nord Trøndelag	19.56,0	2.11,0
91	76	Sonja Aspmo	Stormfjell	Nordland	19.58,0	2.13,0
92	79	Eli Bente Husdal	Ørkdal	Sør-Trøndelag	20.00,0	2.15,0
93	100	Tone Rønning	Byåsen	Sør-Trøndelag	20.01,0	2.16,0
94	119	Jannicke Stenset	Leik	Sør-Trøndelag	20.04,0	2.19,0
	130	Ashild Lauritsen	Odda	Bergen og Hordala	20.04,0	2.19,0
96	11	Ingvild Støa	I.F.Birkebeineren	Buskerud	20.07,0	2.22,0
97	22	Gunn Sande	Surnadal	Møre og Romsdal	20.10,0	2.25,0
	115	Tonje Vråle	Nesodden I.F	Follo	20.10,0	2.25,0
99	26	Ann Kristin Stavås	I.F.Birkebeineren	Buskerud	20.12,0	2.27,0
100	60	Lene Hansen	Runar	Vestfold	20.13,0	2.28,0
	118	Turid Aurdal	Voss	Bergen og Hordala	20.13,0	2.28,0
102	102	Camilla Tveten	Drammens Ballklubb	Buskerud	20.17,0	2.32,0

----- HEGO TIMING SYSTEM -----



Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
103	✓125	Berit Walle	Medkila Skilag	Troms	20.19,0	2.34,0
104	90	Norun Iveit	Lyngdal I.L	Vest-Agder	20.21,0	2.36,0
105	65	Ann Berit Aune	Vardefjell	Sør-Trøndelag	20.24,0	2.39,0
106	✓40	Ann Kristin Nordeng	Manndalen U.I.L	Troms	20.26,0	2.41,0
107	46	Kari Anne Sollid	Alvdal	Hedmark	20.27,0	2.42,0
108	110	Trine Skogmo	Oldereid	Nordland	20.31,0	2.46,0
109	✓44	Aina Emaus	Burfjord I.L	Troms	20.33,0	2.48,0
110	117	Lena Martinsen	Øksfjord I.L	Finnmark	20.39,0	2.54,0
111	113	Bente Norheim	Vollan	Sør-Trøndelag	20.47,0	3.02,0
112	108	Mette Marit Forsmo	Mosjøen	Nordland	20.50,0	3.05,0
113	111	Marit Irene Fuglem	Selbu	Sør-Trøndelag	20.59,0	3.14,0
114	53	Linn Løvlimo	Hammerfest Skiklubb	Finnmark	21.00,0	3.15,0
115	68	Torild Karlberg	Assiden I.F	Buskerud	21.08,0	3.23,0
116	18	Hanne Tuft	I.L.Moingen	Buskerud	21.10,0	3.25,0
117	129	Brit I. Lill Person	Lunderseter	Hedmark	21.11,0	3.26,0
118	97	Monica Hovdenakk	Sykkylven	Møre og Romsdal	21.30,0	3.45,0
119	✓92	Lene Hansen	Manndalen U.I.L	Troms	21.38,0	3.53,0
120	133	Gry Lunde	Høybråten & Stovner	Oslo	22.00,0	4.15,0

----- HEGO TIMING SYSTEM -----



Resultatliste for: klasse: Jenter 17 år

side: 1

Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
1	153	Kari Uglem	Strindheim	Sør-Trøndelag	17.44,0	0,0
2	187	Karianne Engh	Østre Toten	Oppland	17.49,0	5,0
3	215	Inger Skjelland	Andebu	Vestfold	17.50,0	6,0
4	219	Laila Trondstad	Leksvik I.L.	Nord Trøndelag	17.57,0	13,0
5	218	Heidi Selnes	Lensvik	Sør-Trøndelag	18.05,0	21,0
6	158	Lene Wierød	Gjerpen	Telemark	18.06,0	22,0
7	156	Ase Helene Laukli	Konnerud I.L.	Buskerud	18.09,0	25,0
8	201	Kirsti Hoel	Fossum	Asker og Bærum	18.15,0	31,0
9	159	Hanne Sandstad	Selbu	Sør-Trøndelag	18.20,0	36,0
	173	Gro Hatleberg	I.L.Bergkameratene	Buskerud	18.20,0	36,0
11	198	Aste Arneson	Oseberg	Vestfold	18.21,0	37,0
	214	Aud Sørbø	Gjerstad	Aust Agder	18.21,0	37,0
13	179	Line Rasmussen	Mjøndalen I.F	Buskerud	18.23,0	39,0
14	174	Kathrine Rokke	Stjørdals Blink	Nord Trøndelag	18.25,0	41,0
15	160	Sonja Rykkhus	Dovre	Oppland	18.26,0	42,0
16	163	Lone Emanuelsen	I.L Nordlyset	Finnmark	18.30,0	46,0
	164	Kirsti Martinsen	Kolvereid I.L	Nord Trøndelag	18.30,0	46,0
	165	Signe Trosten	I.L Forsøk	Finnmark	18.30,0	46,0
19	145	Elisabeth Gjøra	Driva	Møre og Romsdal	18.31,0	47,0
20	175	Mona Sjøvik	I.L.Varden	Nord Trøndelag	18.33,0	49,0
21	154	Siw Kristin Visnes	Gol I.L	Buskerud	18.35,0	51,0
22	✓181	Gunn Heidi Aune	Vardefjell	Sør-Trøndelag	18.36,0	52,0
23	202	Lisbeth Johnsen	Tromsø Skiklub	Troms	18.38,0	54,0
	206	Ase Mette Skavhaug	Bratsberg	Sør-Trøndelag	18.38,0	54,0
25	184	Kathrine Bjørgen	Asguten I.L	Nord Trøndelag	18.40,0	56,0
26	182	Nancy Gundersen	Søre Al	Oppland	18.44,0	1.00,0
27	188	Marianne Stigen	Bækkelaget	Oslo	18.45,0	1.01,0
28	✓161	Lene Hansen	Senja Skilag	Troms	18.47,0	1.03,0
29	210	Janne Sund	Spillum I.L	Nord Trøndelag	18.48,0	1.04,0
	216	Vibeke Klock	Tambarsjelvar	Sogn og Fjordane	18.48,0	1.04,0
31	207	Anita Kvamme	Strindheim	Sør-Trøndelag	18.50,0	1.06,0
32	148	Tone Bollvåg	Nittedal	Oslo	18.53,0	1.09,0
	213	Magnhild Fjøsne	BUL	Oslo	18.53,0	1.09,0
34	208	Hege Høgaas	Eidsvoll Værk Skikl.	Romerike	18.55,0	1.11,0
35	217	Monica Lillebakken	Nordbygda	Hedmark	18.59,0	1.15,0
36	✓178	Arnchild Helåsaunet	Bratsberg	Sør-Trøndelag	19.03,0	1.19,0
37	✓194	Lena K.Larsen	Sørreisa Skilag	Troms	19.07,0	1.23,0
38	150	Heidi Bonsak	Hof	Hedmark	19.08,0	1.24,0
39	166	Bente Lexberg	Eidsvoll Værk Skikl.	Romerike	19.09,0	1.25,0
40	180	Kjersti Oppen	Svea	Oppland	19.12,0	1.28,0
41	149	Ida Satersdal	Viking	Bergen og Hordala	19.15,0	1.31,0
	185	Tone Smedbakken	Eidsvoll Værk Skikl.	Romerike	19.15,0	1.31,0
43	183	Merethe Rindalsholt	Strindheim	Sør-Trøndelag	19.17,0	1.33,0
	197	Siv Linda Solli	Stjørdals Blink	Nord Trøndelag	19.17,0	1.33,0
45	144	Lene Thomassen	Kviby I.L	Finnmark	19.19,0	1.35,0
46	169	Siv Kristin Myhre	Søre Al	Oppland	19.20,0	1.36,0
47	143	Berit Nordby	Hof	Vestfold	19.23,0	1.39,0
48	✓186	Marianne Nilsen	Medkila Skilag	Troms	19.24,0	1.40,0
	199	Kjersti Habberstad	Eidsvoll Værk Skikl.	Romerike	19.24,0	1.40,0



Uoffisiell

Resultatliste for: Klasse: Jenter 17 år

side: 2

Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
50	151	Monica Hansen	Rølingen Skikl.	Romerike	19.26,0	1.42,0
51	200	Kristine Gjelsvik	Nittedal	Oslo	19.28,0	1.44,0
52	✓172	Harrieth Steinkjer	Nordreisa I.L	Troms	19.29,0	1.45,0
53	209	Tone Skjellhaug	Linderud	Oslo	19.30,0	1.46,0
54	155	Tove Brække	Veldre	Hedmark	19.36,0	1.52,0
55	152	Anne Haugli	Søre Ål	Oppland	19.38,0	1.54,0
	171	Lill-Bente Jakobsen	Lødingen	Nordland	19.38,0	1.54,0
	192	Torill Bøen	Sauland	Telemark	19.38,0	1.54,0
58	162	Torunn Sund	Spillum I.L	Nord-Trøndelag	19.45,0	2.01,0
59	177	Kristin Land	NSG Høybr. og Stovner	Oslo	19.48,0	2.04,0
60	189	Kristin Sem Thagaard	Fossum	Asker og Bærum	19.51,0	2.07,0
	205	Tonje Delp	Melbo	Nordland	19.51,0	2.07,0
62	204	Ellen Eckhoff	Røa	Oslo	19.57,0	2.13,0
63	168	Ann Marit Aune	Drivdalen	Sør-Trøndelag	19.58,0	2.14,0
64	176	Hege Bredeg	Kolbotn I.L	Follo	20.06,0	2.22,0
65	196	Brita Sagmoen	Vang	Hedmark	20.07,0	2.23,0
66	190	Sissel Flatland	Hemsedal I.L	Buskerud	20.11,0	2.27,0
67	211	Inger Johanne Lundemo	Varden	Nord-Trøndelag	20.12,0	2.28,0
68	✓147	Bodil Hansen	I.F.Kilkameratene	Troms	20.21,0	2.37,0
69	191	Hanne Leinan	I.L Frea	Finnmark	20.22,0	2.38,0
70	157	Monica Steen Andersen	Skarnes	Hedmark	20.23,0	2.39,0
71	193	Berit Heitmann	I.L Frea	Finnmark	20.24,0	2.40,0
72	212	Ingunn Lysaker	Solberg Sp.klubb	Buskerud	20.29,0	2.45,0
73	203	Marianne Olsen	Heimdalen	Sør-Trøndelag	20.37,0	2.53,0
74	170	Kristin Gullingsrud	Nesbyen I.L	Buskerud	20.56,0	3.12,0
75	146	Hege Jansen	Varegg	Bergen og Hordal	21.05,0	3.21,0
76	167	Klara Holen Stensli	Veldre	Hedmark	21.46,0	4.02,0

----- HEGO TIMING SYSTEM -----



Nøkkelen til Produktivitet.

HEIMDAL I.L.

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Resultatliste for: klasse: Jenter 18/19 år

side: 1

Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
1	299	Hege Melby	Bjerke I.L	Romerike	34.44,0	0,0
2	246	Kristin Vestgren	Bødalen I.F	Buskerud	34.52,0	8,0
3	289	Elin Nilsen	Båsmo og Ytteren	Nordland	35.00,0	16,0
4	270	Elin B. Anthonsen	Nittedal	Oslo	35.21,0	37,0
5	306	Mette Margrethe Bøe	Søre Al	Oppland	35.26,0	42,0
6	349	Heidi Andersen	Aslia	Hedmark	35.35,0	51,0
7	257	Venke Hatleberg	Bergkameratene	Buskerud	35.36,0	52,0
8	316	May Helen Nymoen	Trysilgutten	Hedmark	35.53,0	1.09,0
9	252	Inger Maj Tande	Strindheim	Sør-Trøndelag	35.54,0	1.10,0
10	347	Björg Torsteinsrud	Fjellet I.L	Buskerud	36.05,0	1.21,0
11	288	Gunn Vekterli Leitre	I.F.Liv/Fossekalen	Buskerud	36.27,0	1.43,0
12	345	Aud Irene Røynestad	Knaben I.L	Vest-Agder	36.28,0	1.44,0
13	286	Kari Mette Hansen	Strindheim	Sør-Trøndelag	36.34,0	1.50,0
14	263	Anita Kongsli	Tormod	Oppland	36.41,0	1.57,0
15	320	Elisabeth Berger	Rustad	Oslo	36.48,0	2.04,0
16	231	May Allergot	Bjerke il		36.52,0	2.08,0
17	272	Gro Sandstad	Selbu	Sør-Trøndelag	36.53,0	2.09,0
18	330	Eli Bendheim	Byåsen	Sør-Trøndelag	36.54,0	2.10,0
19	248	Ingveig Berntsen	Lensbygda	Oppland	37.05,0	2.21,0
	253	Anne Mette Ness	Vinne Skilag	Nord Trøndelag	37.05,0	2.21,0
21	333	Kari Grindberg	Egge I.L	Nord Trøndelag	37.09,0	2.25,0
22	236	Rita Jakobsen	Bærum Verk	Asker og Bærum	37.17,0	2.33,0
	262	Ase Klykken	Overhalla I.L	Nord Trøndelag	37.17,0	2.33,0
24	232	Astrid Ruud	Snert.kam.	Oppland	37.18,0	2.34,0
25	318	Tove Amundsen	Innstranden	Nordland	37.19,0	2.35,0
26	322	Ine Wigernæs	Grorud	Oslo	37.20,0	2.36,0
27	247	Gøril M.Hanssen	Senja Skilag	Troms	37.22,0	2.38,0
28	323	Merethe Saltnes Olsen	Kjelsås	Oslo	37.24,0	2.40,0
29	339	Sylvi Pettersen	Tromsø Skiklub	Troms	37.28,0	2.44,0
30	340	Kaja Stabell	Nordreisa I.L	Troms	37.29,0	2.45,0
31	297	Gunnhild Meli	I.L.Frea	Finnmark	37.32,0	2.48,0
	317	Mari Ann Landsem	Henning I.L	Nord Trøndelag	37.32,0	2.48,0
33	326	Kristin Mosleth	Byåsen	Sør-Trøndelag	37.33,0	2.49,0
34	319	Hanne Øyen	Kirkenes I.L	Finnmark	37.40,0	2.56,0
35	336	Anne Strand	Ullensaker Skikl.	Romerike	37.43,0	2.59,0
36	233	Ellen Thorset	Kolbotn I.L	Follo	37.44,0	3.00,0
	276	Gunhild Alm	Vind	Oppland	37.44,0	3.00,0
38	303	Inger Svegården	Øyer	Oppland	37.47,0	3.03,0
39	255	Siv Horten	Hasle Løren	Oslo	37.50,0	3.06,0
40	290	Hege Rein	Byåsen	Sør-Trøndelag	37.51,0	3.07,0
41	292	Hanne Bjugan	Henning I.L	Nord Trøndelag	37.52,0	3.08,0
42	325	Katarina Skirstad	Haslum	Asker og Bærum	37.54,0	3.10,0
43	312	Anita Lilleberg	Strindheim	Sør-Trøndelag	37.55,0	3.11,0
44	279	May Brith Engen	Spydeberg	Østfold	38.01,0	3.17,0
45	238	Line Kongssund	Næroset	Hedmark	38.04,0	3.20,0
	249	Birgitte Gustavsen	Tromsø Skiklub	Troms	38.04,0	3.20,0
47	243	Kathrine Huuse	Ullensaker Skikl.	Romerike	38.10,0	3.26,0
48	268	Hild Sissel Krogstad	Overhalla I.L	Nord Trøndelag	38.11,0	3.27,0
49	267	Torhild Dybwad	Lånke I.L	Nord Trøndelag	38.13,0	3.29,0

Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
50	307	Ellen Maria Killingbe	Leksvik I.L	Nord Trøndelag	38.14,0	3.30,0
	334	Ann Kristin Vollaug	Ullensaker Skikl.	Romerike	38.14,0	3.30,0
52	265	May Anita Dolmseth	Leik	Sør-Trøndelag	38.15,0	3.31,0
	343	Hanne Sjø	Bødalen I.F	Buskerud	38.15,0	3.31,0
54	328	Janne Lundvall	Kolbotn I.L	Follo	38.23,0	3.39,0
55	260	Elin Hansson	Kolbotn I.L	Follo	38.35,0	3.51,0
56	234	Inger-Lene Sætra	Øyestad	Aust Agder	38.36,0	3.52,0
	278	Kristin Bjervik	Bærum	Asker og Bærum	38.36,0	3.52,0
58	250	Anette Skeide	Nesodden I.F	Follo	38.43,0	3.59,0
59	274	Sidsel Egge	Svea	Oppland	38.44,0	4.00,0
60	273	Nancy Stien	Aga	Nordland	38.45,0	4.01,0
61	346	Christel Schou	Bødalen I.F	Buskerud	38.52,0	4.08,0
62	337	Tove Fikseth	Narvik	Nordland	38.54,0	4.10,0
63	313	Bjørn Bergland	Solberg Sp.klubb	Buskerud	38.57,0	4.13,0
64	302	Cathrine Løvmo	Bratsberg	Sør-Trøndelag	38.58,0	4.14,0
65	237	Karen Bjørnaa	Byåsen	Sør-Trøndelag	39.03,0	4.19,0
66	230	Anne Lene Lie	Svarstad	Vestfold	39.06,0	4.22,0
67	266	Sissel Tanem	Sparbu I.L	Nord Trøndelag	39.08,0	4.24,0
68	287	Ingrid Utne Haukland	Innstranden	Nordland	39.11,0	4.27,0
	295	Kari Anne Sund	Hof	Hedmark	39.11,0	4.27,0
70	259	Lis-Karin Haakstad	Melbo	Nordland	39.13,0	4.29,0
71	314	Trude Sparre	Høybråten og Stovner	Oslo	39.20,0	4.36,0
72	285	Berit Sæther	Byåsen	Sør-Trøndelag	39.21,0	4.37,0
73	324	Marit Birgitte Eithun	Nor	Sør-Trøndelag	39.24,0	4.40,0
74	308	Marit Fenstad	Heimdals	Sør-Trøndelag	39.27,0	4.43,0
75	258	Mona Olsen	Rotsundelva I.L	Troms	39.31,0	4.47,0
	264	Karita Møvstein	Leksvik I.L	Nord Trøndelag	39.31,0	4.47,0
77	309	Linda Lillebekk	Magnor	Hedmark	39.34,0	4.50,0
78	240	Aud Torild Schjøberg	Bratsberg	Sør-Trøndelag	39.37,0	4.53,0
	284	Elinor Sørli	Lånke I.L	Nord Trøndelag	39.37,0	4.53,0
80	291	Margunn Hjelmeseth	Fjellh./Ver	Sogn og Fjordane	39.57,0	5.13,0
81	271	Birgitte Brekke	Herkules	Telemark	39.59,0	5.15,0
82	310	Nina Hellne	Fet Skikl.	Romerike	40.02,0	5.18,0
83	348	Sissel Mogård	Byåsen	Sør-Trøndelag	40.09,0	5.25,0
84	296	Aud Brennløien	Veldre	Hedmark	40.11,0	5.27,0
85	241	Rigmor Klungerbo	Strindheim	Sør-Trøndelag	40.12,0	5.28,0
86	304	Hege Moen	Spydeberg	Østfold	40.14,0	5.30,0
87	244	Margrete Lindstad	Vang	Hedmark	40.18,0	5.34,0
	329	Marit Ellen Siri	Kautokeino I.L	Finnmark	40.18,0	5.34,0
89	294	Bente I.Solberg	Nes	Hedmark	40.30,0	5.46,0
90	256	Guro Haugo	Vargar	Bergen og Hordal	40.42,0	5.58,0
91	342	Tina Svaleng	Mosjøen	Nordland	40.46,0	6.02,0
92	269	Lene Horten	Tynset	Hedmark	40.51,0	6.07,0
93	311	Lill Nordvang	Biri	Oppland	40.57,0	6.13,0
94	229	Nina Amundsen	Ullensaker Skikl.	Romerike	41.05,0	6.21,0
95	235	Siv Karin Pedersen	Lødingen	Nordland	41.08,0	6.24,0
96	344	Karin Tøndevoldshagen	Øyer	Oppland	41.13,0	6.29,0
97	242	Tove Andersen	Vindbjart	Vest-Agder	41.21,0	6.37,0
98	254	Ingjerd Lehn Johansen	Strindheim	Sør-Trøndelag	41.27,0	6.43,0
99	332	Hilde Bjørbekk	Spillum		41.32,0	6.48,0
100	261	Birgit K.Rust	Gol I.L	Buskerud	42.09,0	7.25,0
101	321	Anne Karin Vikne	Odda	Bergen og Hordal	42.24,0	7.40,0
102	251	Elin Brenna	Kongsvinger	Hedmark	42.26,0	7.42,0
103	305	Berit Katrin Hoel	Stranda	Møre og Romsdal	42.41,0	7.57,0
104	338	Elin Blakstad	Vind	Oppland	43.21,0	8.37,0
105	335	Ann-Katrin Pedersen	Konnerud I.L	Buskerud	45.01,0	10.17,0

----- HEGO TIMING SYSTEM -----



## HEIMDAL I.L.

Resultatliste for: klasse: Jenter 16 år

side: 1

Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
1	75	Liv Paulsen	Stjørdals Blink	Nord Trøndelag	32.11,0	0,0
2	87	Marianne Isaksen	Svea	Oppland	32.20,0	9,0
3	61	Jannike Øyen	Molde	Møre og Romsdal	32.24,0	13,0
4	71	Kari Østli	Jevnaker	Oppland	32.25,0	14,0
5	67	Gunn Ramsrud	Biri	Oppland	32.38,0	27,0
6	51	Hege Skari	Lensbygda	Oppland	32.54,0	43,0
7	53	Elisabeth Dullum	Stjørdals Blink	Nord Trøndelag	32.55,0	44,0
	55	Siri Halle	Fossum	Asker og Bærum	32.55,0	44,0
9	54	Thale Briseid	Asker	Asker og Bærum	33.07,0	56,0
10	59	Hilde Myhren	Søre Al	Oppland	33.09,0	58,0
11	77	Anita Karlsen	Frisk	Asker og Bærum	33.23,0	1.12,0
12	85	Elisabeth Høsfliot	Heimdal	Sør-Trøndelag	33.24,0	1.13,0
13	101	Ann Kristin Haugen	Helgerød	Vestfold	33.30,0	1.19,0
14	44	Hege Johnsen	Heddal	Telemark	33.32,0	1.21,0
15	94	Marit Myren	Søre Al	Oppland	33.34,0	1.23,0
	95	Ingrid Kvikne	Byåsen	Sør-Trøndelag	33.34,0	1.23,0
17	119	Heidi Nordby	Kolbotn I.L.	Follo	33.40,0	1.29,0
18	89	Beate Skau	Eik	Vestfold	33.43,0	1.32,0
19	63	Heidi Solbakken	Høybråten og Stovner	Oslo	33.51,0	1.40,0
	64	Guri Sande	Rindals-Troll	Sør-Trøndelag	33.51,0	1.40,0
21	50	Kjersti E. Carlsen	Drammens Ballklubb	Buskerud	34.00,0	1.49,0
22	83	Kari-Ann Bransnes	Vollan	Sør-Trøndelag	34.01,0	1.50,0
23	31	Trinje Tveitan	Gjerpen	Telemark	34.02,0	1.51,0
24	57	Hege Anette Kvernland	Heimdal	Sør-Trøndelag	34.06,0	1.55,0
	81	Bente Solhaug	Nes	Hedmark	34.06,0	1.55,0
26	36	Elisabeth Sandelin	Rotsundelv I.L.	Troms	34.11,0	2.00,0
27	91	Christin Flatum	Stålkameratene	Nordland	34.13,0	2.02,0
28	107	Kari-Anne Steffensen	Trøgstad	Østfold	34.14,0	2.03,0
29	25	Gry Bystøl	Voss	Bergen og Hordal	34.19,0	2.08,0
	79	Merete Mosbakk	Heimdal	Sør-Trøndelag	34.19,0	2.08,0
31	69	Hilde Tuseth	I.L.Varden	Nord Trøndelag	34.21,0	2.10,0
32	103	Heidi anita Havdal	Rennebu	Sør-Trøndelag	34.22,0	2.11,0
33	43	Lene Sparre	Høybråten og Stovner	Oslo	34.25,0	2.14,0
	114	Hilde Lillesveen	Veldre	Hedmark	34.25,0	2.14,0
35	73	Anette Hardang	Heddal	Telemark	34.26,0	2.15,0
36	104	Rita Åberg	Rygene	Aust Agder	34.36,0	2.25,0
37	47	Gro Eikevik	Sogndal	Sogn og Fjordane	34.38,0	2.27,0
	65	Unni Berit Pedersen	Foldereid I.L.	Nord Trøndelag	34.38,0	2.27,0
39	70	Vibeke Os	Fauske	Nordland	34.39,0	2.28,0
40	74	Kristine Akseth	Assiden I.F.	Buskerud	34.42,0	2.31,0
41	102	Janne Corneliussen	Røa	Oslo	34.53,0	2.42,0
42	46	Anne Kari Kristensen	Ullensaker Skikl.	Romerike	34.55,0	2.44,0
43	34	Birgit Simensen	Tverrelvdalen I.L.	Finnmark	34.56,0	2.45,0
44	19	Gunn Markseth	Gjerstad	Aust Agder	34.58,0	2.47,0
	26	Ellen Beate Søgård	Norbygda	Hedmark	34.58,0	2.47,0
46	76	Monica Andersen	Assiden I.F.	Buskerud	35.05,0	2.54,0
47	90	Tone Rønning	Byåsen	Sør-Trøndelag	35.07,0	2.56,0
48	86	Gunhild Levang	Byåsen	Sør-Trøndelag	35.09,0	2.58,0
49	12	Monica Finstad	Nittedal	Oslo	35.11,0	3.00,0

Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
50	92	May Ingela Solberg	Drammens Ballklubb	Buskerud	35.14,0	3.03,0
51	37	Lise Merete Holen	Svarstad	Vestfold	35.17,0	3.06,0
	38	Lill-Heidi Nyland	Storforshei	Nordland	35.17,0	3.06,0
	82	Tove Pettersen	Eik	Vestfold	35.17,0	3.06,0
54	128	Ellen K.Håkonsen	Rølingen Skiki.	Romerike	35.19,0	3.08,0
55	109	Vigdís Evjen	Orkdal	Sør-Trøndelag	35.20,0	3.09,0
56	99	Tone Merete Hoel	Holmen	Asker og Bærum	35.23,0	3.12,0
57	41	Berit Hansen	Målselv I.L	Troms	35.24,0	3.13,0
58	131	Ingrid Undheim	Sirdal I.L	Vest-Agder	35.27,0	3.16,0
59	60	Nina Jørgensen	Sarpsborg	Østfold	35.31,0	3.20,0
	100	Torun Øvergård	Bardu I.L	Troms	35.31,0	3.20,0
61	20	May Elin Moe	Gjerdrum I.L	Romerike	35.39,0	3.28,0
62	52	Linn Jeanette Nymoen	Raufoss	Oppland	35.45,0	3.34,0
63	11	Heidi Larsen	Eidsvoll Værk Skiki.	Romerike	35.49,0	3.38,0
64	66	Elin Arseth	Herkules	Telemark	35.53,0	3.42,0
65	116	Nina Rønneid	Kragerø	Telemark	35.54,0	3.43,0
66	16	Siri Amlie	Østre Toten	Oppland	35.59,0	3.48,0
67	58	Randi Lerstad	Leksvik I.L	Nord Trøndelag	36.01,0	3.50,0
68	120	Tonje Berggren	Røa	Oslo	36.09,0	3.58,0
69	21	Liv Rystad	Grane	Nordland	36.11,0	4.00,0
	127	Siv Kristin Barstad	Spillum I.L	Nord Trøndelag	36.11,0	4.00,0
71	24	Lene Hansen	Runar	Vestfold	36.18,0	4.07,0
72	113	Nina Haugum	Snert.kam.	Oppland	36.31,0	4.20,0
73	56	Trine Veiglum	Grorud	Oslo	36.32,0	4.21,0
74	33	Ashild Lauritsen	Odda	Bergen og Hordala	36.40,0	4.29,0
75	17	Hilde Margrete Nørsti	Alvdal	Hedmark	36.44,0	4.33,0
76	68	Ingun Vangen	Tynset	Hedmark	36.45,0	4.34,0
77	42	Ann Kristin Nordeng	Manndalen U.I.L	Troms	36.51,0	4.40,0
78	62	Anne Sofie Hongset	Utleira	Sør-Trøndelag	36.52,0	4.41,0
79	49	Eli Bente Husdal	Orkdal	Sør-Trøndelag	36.56,0	4.45,0
80	112	Gunn Sande	Surnadal	Møre og Romsdal	36.58,0	4.47,0
81	108	Ellen Haagensen	Hasle Løren	Oslo	36.59,0	4.48,0
82	18	Elisabeth Olerud	Svea	Oppland	37.01,0	4.50,0
	124	Inger Heidi Johansen	Nordreisa I.L	Troms	37.01,0	4.50,0
84	14	Marit Irene Fuglem	Selbu	Sør-Trøndelag	37.08,0	4.57,0
85	122	Ann Berit Aune	Vardefjell	Sør-Trøndelag	37.12,0	5.01,0
86	106	Brit I. Lill Person	Lunderseter	Hedmark	37.15,0	5.04,0
87	121	Lena Martinsen	Øksfjord I.L	Finnmark	37.24,0	5.13,0
88	40	Ann Kristin Bentzen	Kvam I.L	Nord Trøndelag	37.26,0	5.15,0
89	129	Mona Myrland	Trysilgutten	Hedmark	37.31,0	5.20,0
90	23	Ingunn Mortensen	Konnerud I.L	Buskerud	37.35,0	5.24,0
91	117	Anette Slåttun	Sauland	Telemark	37.36,0	5.25,0
92	80	Camilla Tveten	Drammens Ballklubb	Buskerud	37.47,0	5.36,0
93	72	Berit Walle	Medkila Skilag	Troms	37.50,0	5.39,0
94	39	Turid Aurdal	Voss	Bergen og Hordala	37.54,0	5.43,0
95	97	Hanne Tuft	I.L.Moingen	Buskerud	37.59,0	5.48,0
96	15	Nina Sørensen	I.F.Liv/Fossekalen	Buskerud	38.01,0	5.50,0
97	125	Norun Tveit	Lyngdal I.L	Vest-Agder	38.09,0	5.58,0
98	93	Linn Løvlimo	Hammerfest Skiklubb	Finnmark	38.26,0	6.15,0
99	27	Ingrid Bøylestad	Froland	Aust Agder	38.27,0	6.16,0
100	35	Lene Hansen	Manndalen U.I.L	Troms	38.34,0	6.23,0
101	84	Ann Kristin Stavås	I.F.Birkebeineren	Buskerud	38.48,0	6.37,0
102	130	Trine Skogmo	Oldereid	Nordland	39.04,0	6.53,0

----- HEGO TIMING SYSTEM -----



Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
103	118	Bente Norheim	Vollan	Sør-Trøndelag	39.08,0	6.57,0
104	48	Aina Emaus	Burfjord I.L	Troms	39.13,0	7.02,0
105	13	Berit Økvik	Steinkjer Skiklubb	Nord Trøndelag	39.27,0	7.16,0
106	96	Grete Øyen	Rein	Telemark	39.57,0	7.46,0
107	123	Torild Karlberg	Assiden I.F	Buskerud	39.58,0	7.47,0
108	111	Kari Anne Sollid	Alvdal	Hedmark	40.55,0	8.44,0
109	28	Marianne Kollerud	Konnerud I.L	Buskerud	41.13,0	9.02,0
110	126	Mette Dragseth	Nor	Sør-Trøndelag	41.16,0	9.05,0

----- HEGO TIMING SYSTEM -----

*Linn Hansen*  
Tennishøgskolen



HEIMDAL I.L.

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Resultatliste for: klasse: Jenter 17 år

side: 1

L:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
1	187	Kari Uglem	Strindheim	Sør-Trøndelag	31.38,0	0,0
2	185	Siw Kristin Visnes	Gol I.L	Buskerud	32.36,0	58,0
3	193	Kathrine Bjørgen	Åsguten I.L	Nord Trøndelag	32.46,0	1.08,0
4	169	Karianne Engh	Østre Toten	Oppland	32.57,0	1.19,0
5	163	Heidi Selnes	Lensvik	Sør-Trøndelag	32.58,0	1.20,0
6	171	Line Rasmussen	Mjøndalen I.F	Buskerud	33.02,0	1.24,0
7	205	Signe Trosten	I.L Forsøk	Finnmark	33.03,0	1.25,0
8	181	Hanne Sandstad	Selbu	Sør-Trøndelag	33.13,0	1.35,0
9	173	Magnhild Fjøsne	BUL	Oslo	33.20,0	1.42,0
10	165	Inger Skjelland	Andebu	Vestfold	33.21,0	1.43,0
11	167	Lisbeth Johnsen	Tromsø Skiklub	Troms	33.28,0	1.50,0
12	161	Ase Mette Skavhaug	Bratsberg	Sør-Trøndelag	33.30,0	1.52,0
13	197	Aste Arneson	Oseberg	Vestfold	33.32,0	1.54,0
14	148	Vibeke Klook	Tambarsjelvar	Sogn og Fjordane	33.43,0	2.05,0
15	199	Mona Sjøvik	I.L.Varden	Nord Trøndelag	33.45,0	2.07,0
16	166	Anita Kvamme	Strindheim	Sør-Trøndelag	33.47,0	2.09,0
17	191	Nancy Gundersen	Søre Al	Oppland	33.50,0	2.12,0
18	170	Tone Bollvåg	Nittedal	Oslo	33.53,0	2.15,0
19	159	Ase Helene Laukli	Konnerud I.L	Buskerud	34.01,0	2.23,0
20	213	Berit Nordby	Hof	Vestfold	34.03,0	2.25,0
21	180	Brita Sagmoen	Vang	Hedmark	34.07,0	2.29,0
22	172	Ida Setersdal	Viking	Bergen og Hordala	34.17,0	2.39,0
23	175	Kirsti Hoel	Fossum	Asker og Bærum	34.19,0	2.41,0
24	212	Sonja Rykkhus	Dovre	Oppland	34.21,0	2.43,0
25	204	Gro Hatleberg	I.L.Bergkameratene	Buskerud	34.28,0	2.50,0
26	164	Janne Sund	Spillum I.L	Nord Trøndelag	34.29,0	2.51,0
	183	Lene Wierød	Gjerpen	Telemark	34.29,0	2.51,0
28	153	Kjersti Oppen	Svea	Oppland	34.41,0	3.03,0
29	200	Lone Emanuelsen	I.L Nordlyset	Finnmark	34.42,0	3.04,0
30	178	Monica Hansen	Rølingen Skikl.	Romerike	34.47,0	3.09,0
	195	Ellen Eckhoff	Røa	Oslo	34.47,0	3.09,0
32	146	Arnhild Helåsaunet	Bratsberg	Sør-Trøndelag	34.48,0	3.10,0
33	189	Kathrine Rokke	Stjørdals Blink	Nord Trøndelag	34.50,0	3.12,0
34	145	Elisabeth Gjøra	Driva	Møre og Romsdal	34.53,0	3.15,0
35	182	Kirsti Martinsen	Kolvereid I.L	Nord Trøndelag	35.07,0	3.29,0
36	209	Marianne Stigen	Bekkelaget	Oslo	35.09,0	3.31,0
37	216	Tove Brække	Veldre	Hedmark	35.11,0	3.33,0
38	155	Tone Smedbakken	Eidsvoll Værk Skikl.	Romerike	35.12,0	3.34,0
39	147	Monica Lillebakken	Nordbygda	Hedmark	35.13,0	3.35,0
	154	Lena K.Larsen	Sørreisa Skilag	Troms	35.13,0	3.35,0
41	158	Beate Rasmussen	Selsbakk	Sør-Trøndelag	35.15,0	3.37,0
42	162	Liv Randi Breen	Bratsberg	Sør-Trøndelag	35.18,0	3.40,0
43	177	Gunn Heidi Aune	Vardefjell	Sør-Trøndelag	35.19,0	3.41,0
44	188	Sissel Flatland	Hemsedal I.L	Buskerud	35.35,0	3.57,0
45	198	Aud Sørbo	Gjerstad	Aust Agder	35.42,0	4.04,0
	214	Heidi Bonsak	Hof	Hedmark	35.42,0	4.04,0
47	160	Line Moen	Ullensaker	Romerike	35.44,0	4.06,0
48	179	Lene Hansen	Senja Skilag	Troms	35.47,0	4.09,0
49	157	Bente Lexberg	Eidsvoll Værk Skikl.	Romerike	35.50,0	4.12,0

Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
50	201	Siv Kristin Myhre	Søre AI	Oppland	35.53,0	4.15,0
51	152	Lene Thomassen	Kviby I.L	Finnmark	36.12,0	4.34,0
52	149	Kjersti Habberstad	Eidsvoll Værk Skikl.	Romerike	36.18,0	4.40,0
53	142	Kristine Gjelsvik	Nittedal	Oslo	36.21,0	4.43,0
	184	Torill Bøen	Sauland	Telemark	36.21,0	4.43,0
55	202	Harrieth Steinkjer	Nordreisa I.L	Troms	36.24,0	4.46,0
56	143	Kristin Land	NSG Høybr. og Stovner	Oslo	36.25,0	4.47,0
57	176	Inger H.Eide	Vågå	Oppland	36.46,0	5.08,0
58	206	Hege Bredeg	Kolbotn I.L	Follo	36.49,0	5.11,0
59	141	Merethe Rindalsholt	Strindheim	Sør-Trøndelag	37.10,0	5.32,0
60	192	Marianne Nilsen	Medkila Skilag	Troms	37.30,0	5.52,0
61	151	Tonje Delp	Melbo	Nordland	37.37,0	5.59,0
	203	Hege Jansen	Varegg	Bergen og Hordala	37.37,0	5.59,0
63	208	Berit Heitmann	I.L Frea	Finnmark	37.41,0	6.03,0
64	168	Lill-Bente Jakobsen	Lødingen	Nordland	37.53,0	6.15,0
65	210	Torunn Sund	Spillum I.L	Nord Trøndelag	38.00,0	6.22,0
66	174	Marianne Olsen	Heimdal	Sør-Trøndelag	38.21,0	6.43,0
67	211	Inger Johanne Lundemo	Varden	Nord Trøndelag	38.25,0	6.47,0
68	194	Kristin Gullingsrud	Nesbyen I.L	Buskerud	39.05,0	7.27,0
69	215	Klara Hølen Stensli	Veldre	Hedmark	39.17,0	7.39,0
70	190	Ingunn Lysaker	Solberg Sp.klubb	Buskerud	39.19,0	7.41,0
71	150	Monica Steen Andersen	Skarnes	Hedmark	39.25,0	7.47,0

----- HEGO TIMING SYSTEM -----

*Janne Høyer*  
*Revisor*



## HEIMDAL I.F.

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Resultatliste for: klasse: Jenter 18/19 år

side: 1

Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
1	299	Hege Melby	Bjerke il	Romerike	48.38,0	0,0
2	285	Venke Hatleberg	Bergkameratene	Buskerud	48.59,0	21,0
3	313	Elin B Anthonsen	Nittedal	Oslo	49.11,0	33,0
4	283	Elin Nilsen	Båsmo og Ytteren	Nordland	49.41,0	1.03,0
5	307	Inger Maj Tande	Strindheim	Sør Trøndelag	50.14,0	1.36,0
6	293	May Helen Nymoen	Trysilgutten	Hedmark	50.15,0	1.37,0
7	275	Kari Grindberg	Egge il	Nord Trøndelag	50.33,0	1.55,0
8	315	Kari Mette Hansen	Strindheim	Sør Trøndelag	50.43,0	2.05,0
9	301	Heidi Andersen	Aslia	Hedmark	50.57,0	2.19,0
10	342	Mette Margrethe Bøe	Søre Al	Oppland	51.03,0	2.25,0
11	297	Kristin Vestgren	Bødalen if	Buskerud	51.19,0	2.41,0
12	244	Gunhild Alm	Vind	Oppland	51.23,0	2.45,0
13	237	Sylvi Pettersen	Tromsø Skiklub	Troms	51.27,0	2.49,0
14	291	Björg Torsteinsrud	Fjellet il	Buskerud	51.29,0	2.51,0
15	241	Mari Ann Landsem	Henning I.L	Nord Trøndelag	52.03,0	3.25,0
	277	Ingrid Fjøsne	BUL	Oslo	52.03,0	3.25,0
17	309	Margrete Nilson	Konnerud il	Buskerud	52.04,0	3.26,0
18	271	Hanne Bjugan	Henning Il	Nord Trøndelag	52.26,0	3.48,0
19	287	Cristel Schou	Bødalen if	Buskerud	52.31,0	3.53,0
	288	Gunhild Meli	I.L. Frea	Finnmark	52.31,0	3.53,0
21	232	Kristin Mosleth	Byåsen	Sør-Trøndelag	52.38,0	4.00,0
22	323	Ine Wigernæs	Grorud	Oslo	52.49,0	4.11,0
23	230	Kristin Bjervik	Bærum	Asker og Bærum	52.55,0	4.17,0
24	333	May Brith Engen	Spydeberg	Østfold	52.56,0	4.18,0
25	286	Gunn Vekterli Leitre	I.F. Liv/Fossekallen	Buskerud	53.01,0	4.23,0
26	281	Inger Svegården	Øyer	Oppland	53.02,0	4.24,0
27	295	Aud Irene Røynestad	Knaben il	Vest Agder	53.09,0	4.31,0
28	231	Elisabeth Berger	Rustad	Oslo	53.21,0	4.43,0
29	268	Eli Bendheim	Byåsen	Sør-Trøndelag	53.28,0	4.50,0
30	228	Ingrid Utne Haukland	Innstranden	Nordland	53.35,0	4.57,0
	273	Anne Mette Ness	Vinne	Nord Trøndelag	53.35,0	4.57,0
32	279	Torhild Dybwad	Lånke il	Nord Trøndelag	53.42,0	5.04,0
33	290	Tove Fikseth	Narvik	Nordland	53.43,0	5.05,0
34	332	Line Kongssund	Næroset	Hedmark	53.49,0	5.11,0
35	267	Hanne Øyen	Kirkenes I.L	Finnmark	54.01,0	5.23,0
36	255	Elin Hansson	Kolbotn I.L	Follo	54.13,0	5.35,0
37	325	Merethe Saltnes Olsen	Kjelsås	Oslo	54.15,0	5.37,0
38	251	Hanne Sjøl	Bødalen I.F	Buskerud	54.17,0	5.39,0
39	336	Ellen Maria Killingbe	Leksvik	Nord Trøndelag	54.19,0	5.41,0
40	235	Siv Elise Karlsen	Rival	Møre og Romsdal	54.23,0	5.45,0
41	242	Hege Liverud	Konnerud I.L	Buskerud	54.25,0	5.47,0
42	308	Katrine Huuse	Ullensaker	Romerike	54.27,0	5.49,0
43	330	Birgitte Gustavsen	Tromsø Skiklub	Troms	54.38,0	6.00,0
44	338	Anne Strand	Ullensaker	Romerike	54.56,0	6.18,0
45	340	Hege Rein	Byåsen	Sør Trøndelag	55.07,0	6.29,0
46	305	Astrid Ruud	Snert. kam.	Oppland	55.11,0	6.33,0
47	317	Anette Skjolden	I.F Liv/Fosekallen	Buskerud	55.15,0	6.37,0
48	270	Marit Birgitte Eithun	Nord	Sør Trøndelag	55.17,0	6.39,0
49	289	Tove Amundsen	Innstranden	Nordland	55.31,0	6.53,0

Pl:	Snr:	Navn	Klubb	Krets	Tid	Tid etter
50	343	Katarina Skirstad	Haslum	Asker og Bærum	55.34,0	6.56,0
51	269	Hild Sissel Krogstad	Overhalla I.L.	Nord Trøndelag	55.38,0	7.00,0
52	257	Gro Sandstad	Selbu	Sør-Trøndelag	55.50,0	7.12,0
53	320	Karen Bjørnaa	Byåsen	Sør Trøndelag	55.58,0	7.20,0
54	272	Inveig Berntsen	Lensbygda	Oppland	55.59,0	7.21,0
55	233	May Anita Dolmseth	Leik	Sør-Trøndelag	56.06,0	7.28,0
56	261	Aud Brennlien	Veldre	Hedmark	56.09,0	7.31,0
57	248	Berit Sæther	Byåsen	Sør-Trøndelag	56.14,0	7.36,0
58	250	Janne Lundvall	Kolbotn I.L.	Follo	56.20,0	7.42,0
59	314	Anne Lene Lie	Svarstad	Vestfold	56.27,0	7.49,0
	318	Margrete Lindstad	Vang	Hedmark	56.27,0	7.49,0
	328	Kaja Stabell	Nordreisa il	Troms	56.27,0	7.49,0
62	254	Siv Horten	Hasle Løren	Oslo	56.29,0	7.51,0
63	282	Anita Lilleberg	Strindheim	Sør Trøndelag	56.31,0	7.53,0
64	339	Trude Sparre	Høybråten & Stovner	Oslo	56.35,0	7.57,0
65	335	Cathrine Løvmo	Bratsberg	Sør Trøndelag	56.45,0	8.07,0
66	304	Birgitte Brekke	Herkules	Telemark	56.50,0	8.12,0
67	303	Ase Klykken	Overhalla il	Nord Trøndelag	56.51,0	8.13,0
68	300	Linda Lillebekk	Magnor	Hedmark	56.56,0	8.18,0
69	253	Mona Olsen	Rotsundelv I.L.	Troms	56.59,0	8.21,0
70	265	Sidsel Egge	Svea	Oppland	57.30,0	8.52,0
	347	Margunn Hjelmseth	Fjellh./ver	Sogn og Fjordane	57.30,0	8.52,0
72	345	Björg Bergland	Sølberg sp. klubb	Buskerud	57.32,0	8.54,0
73	276	Kari Anne Sund	Hof	Hedmark	57.36,0	8.58,0
74	312	Sissel Tanem	Sparbu il	Nord Trøndelag	57.41,0	9.03,0
75	292	Marit Fenstad	heimdal	Sør Trøndelag	57.42,0	9.04,0
76	264	Nancy Stien	Åga	Nordland	58.02,0	9.24,0
77	262	Anette Skeide	Nesodden I.F	Follo	58.06,0	9.28,0
78	238	Lis-Karin Haakstad	Melbo	Nordland	58.08,0	9.30,0
79	341	Gøril M. Hansen	Senja Skilag	Troms	58.16,0	9.38,0
80	319	Margrethe Johnsen	Bjerke	Romerike	58.35,0	9.57,0
81	296	Inger-Lene Satra	Øyestad	Aust Agder	58.36,0	9.58,0
82	324	Lill Nordvang	Biri	Oppland	58.50,0	10.12,0
83	256	Ellen Thorset	Kolbotn I.L.	Follo	58.56,0	10.18,0
84	245	Ann Kristin Vollaug	Ullensaker Skikl.	Romerike	59.16,0	10.38,0
85	278	Sissel Mogård	Byåsen	Sør Trøndelag	59.49,0	11.11,0
86	302	Tove Andersen	Vindbjart	Vest Agder	59.50,0	11.12,0
87	240	Nina Hellne	Fet Skikl.	Romerike	1.00.24,0	11.46,0
88	310	Siv Karin Pedersen	Lødingen	Nordland	1.02.07,0	13.29,0
89	246	Birgit K. Rust	Gol I.L.	Buskerud	1.02.40,0	14.02,0
90	247	Benedikte Aunet	Nesodden I.F	Follo	1.02.45,0	14.07,0
91	243	Lene Horten	Tynset	Hedmark	1.03.34,0	14.56,0
92	284	Ann-Katrin Pedersen	Konnerud il	Buskerud	1.04.50,0	16.12,0

----- HEGO TIMING SYSTEM -----

*Ann-Katrin Pedersen*  
*runner.*

\*\*\*\*\* NM JUNIOR HEIMDAL 1988 \*\*\*\*\*  
 EIMDAL 21.2.1988 STAFETT Langrenn  
 enter kl: 11.30.00 HEIMDAL I.L. 4x5km Fristil  
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RESULTATLISTE STAFETT JENTER

L:	LAGNR	Krets/Navn	ETAPPETID	LAGTID	TIDETTER
1	5	Buskerud 1			
		Kristin Vestgren	16.55,0	16.55,0	1,0
		Björg Torsteinsrud	18.41,0	35.36,0	0,0
		Siw Kristin Visnes	18.28,0	54.04,0	0,0
		Venke Hatleberg	18.08,0	1.12.12,0	0,0
2	3	Sør-Trøndelag 1			
		Kari Mette Hansen	16.54,0	16.54,0	0,0
		Heidi Selnes	18.45,0	35.39,0	3,0
		Kari Ugliem	18.50,0	54.29,0	25,0
		Inger Maj Tande	18.15,0	1.12.44,0	32,0
3	2	Oppland 1			
		Marianne Isaksen	17.27,0	17.27,0	33,0
		Gunhild Alm	18.28,0	35.55,0	19,0
		Kari Østli	19.10,0	55.05,0	1.01,0
		Mette Margrethe Raa	18.21,0	1.13.26,0	1.14,0
4	1	Hedmark 1			
		Heidi Andersen	17.05,0	17.05,0	11,0
		Line Kongssund	19.54,0	36.59,0	1.23,0
		Bente Solhaug	19.03,0	56.02,0	1.58,0
		May Helen Nyboen	17.47,0	1.13.49,0	1.37,0
5	22	Buskerud 2			
		Christel Leite Schou	17.30,0	17.30,0	36,0
		Ase Helene Laukli	19.07,0	36.37,0	1.01,0
		Gunn Vekterli Leitre	18.26,0	55.03,0	59,0
		Line Rasmussen	18.51,0	1.13.54,0	1.42,0
6	4	Oslo 1			
		Elin B. Anthonsen	16.56,0	16.56,0	2,0
		Ingrid Fjøsne	18.41,0	35.37,0	1,0
		Magnhild Fjøsne	18.53,0	54.30,0	26,0
		Ine Wigernes	19.28,0	1.13.58,0	1.46,0
7	8	Nord Trøndelag 1			
		Liv Paulsen	17.31,0	17.31,0	37,0
		Mari Ann Landsem	19.25,0	36.56,0	1.20,0
		Kathrine Bjørgen	18.34,0	55.30,0	1.26,0
		Kari Grinberg	18.43,0	1.14.13,0	2.01,0
8	10	Romerike 1			
		May Allergot	18.10,0	18.10,0	1.16,0
		Anne Strand	19.24,0	37.34,0	1.58,0
		Kathrine Huuse	19.34,0	57.08,0	3.04,0
		Hege Melby	17.40,0	1.14.48,0	2.36,0
9	7	Asker og Bærum 1			
		Siri Halle	17.17,0	17.17,0	23,0
		Thale Briseid	19.00,0	36.17,0	41,0
		Anita Karlsen	18.57,0	55.14,0	1.10,0
		Kristin Bjervik	19.35,0	1.14.49,0	2.37,0



10	20 Oppland 2	Hege Skari	18.02,0	18.02,0	1.08,0
		Karianne Engh	18.45,0	36.47,0	1.11,0
		Hilde Myhren	18.44,0	55.31,0	1.27,0
		Gunn Ramrud	19.38,0	1.15.09,0	2.57,0
					***END***
11	21 Sør-Trøndelag 2	Eli Bendheim	17.30,0	17.30,0	36,0
		Elisabeth Høsfliot	19.35,0	37.05,0	1.29,0
		Kristin Mosleth	19.22,0	56.27,0	2.23,0
		Hanne Sandstad	18.58,0	1.15.25,0	3.13,0
12	6 Nordland 1	Tove Amundsen	19.00,0	19.00,0	2.06,0
		Elin Nilsen	17.44,0	36.44,0	1.08,0
		Tove Fikseth	19.28,0	56.12,0	2.08,0
		Ingrid Utne Haukland	19.36,0	1.15.48,0	3.36,0
13	23 Nord Trøndelag 2	Hanne Bjugan	18.32,0	18.32,0	1.38,0
		Kathrine Rokke	19.30,0	38.02,0	2.26,0
		Mona Sjøvik	19.08,0	57.10,0	3.06,0
		Elisabeth Dullum	18.41,0	1.15.51,0	3.39,0
14	13 Vestfold 1	Inger Skjølland	18.25,0	18.25,0	1.31,0
		Ann Kristin Haugen	19.00,0	37.25,0	1.49,0
		Beate Skau	19.07,0	56.32,0	2.28,0
		Aste Arneson	19.23,0	1.15.55,0	3.43,0
15	14 Finnmark 1	Signe Trosten	18.14,0	18.14,0	1.20,0
		Gunnhild Møli	19.14,0	37.28,0	1.52,0
		Lone Emanuelsen	19.25,0	56.53,0	2.49,0
		Birgit Simensen	19.53,0	1.16.46,0	4.34,0
16	12 Telemark 1	Hege Johnsen	19.07,0	19.07,0	2.13,0
		Anette Hardang	19.33,0	38.40,0	3.04,0
		Lene Wierød	19.18,0	57.58,0	3.54,0
		Trinje Tveitan	19.04,0	1.17.02,0	4.50,0
17	29 Buskerud 3	Hanne Sjørl	18.59,0	18.59,0	2.05,0
		Anette Skjolden	19.05,0	38.04,0	2.28,0
		Gro Hatleberg	19.24,0	57.28,0	3.24,0
		Hege Liverud	19.38,0	1.17.06,0	4.54,0
18	28 Sør-Trøndelag 4	Guri Sande	18.52,0	18.52,0	1.58,0
		Kari-Ann Branshes	19.28,0	38.20,0	2.44,0
		Hege Anette Kværnland	19.37,0	57.57,0	3.53,0
		Heidi A. Havdal	19.13,0	1.17.10,0	4.58,0
19	25 Asker og Bærum 2	Kirsti Hoel	19.12,0	19.12,0	2.18,0
		Tone Merete Hoel	19.16,0	38.28,0	2.52,0
		Katarina Skinstad	19.35,0	58.03,0	3.59,0
		Kristin Sem Thagaard	19.15,0	1.17.18,0	5.06,0
20	9 Troms 1	Lisbeth Johnsen	19.15,0	19.15,0	2.21,0
		Kaja Stabell	20.01,0	39.16,0	3.40,0
		Birgitte Gustavsen	19.43,0	58.59,0	4.55,0
		Sylvi Pettersen	18.31,0	1.17.30,0	5.18,0



21	27 Oppland 2	Ase Mette Skavhaug	18.31,0	18.31,0	1.37,0
		Anita Kvamme	19.55,0	38.26,0	2.50,0
		Hege Rein	20.05,0	58.31,0	4.27,0
		Ingrid Kvikne	19.10,0	1.17.41,0	5.29,0
22	26 Oslo 2	Elisabeth Berger	18.55,0	18.55,0	2.01,0
		Heidi Solbakken	19.44,0	38.39,0	3.03,0
		Tone Bollvåg	19.32,0	58.11,0	4.07,0
		Merethe Saltnes Olsen	19.34,0	1.17.45,0	5.33,0
***END***					
23	47 Oppland 3	Marit Myren	18.47,0	18.47,0	1.53,0
		Inger Svegården	19.30,0	38.17,0	2.41,0
		Nancy Gundersen	19.49,0	58.06,0	4.02,0
		Sonja Rykkhus	19.41,0	1.17.47,0	5.35,0
24	19 Aust Agder 1	Rita Åberg	18.30,0	18.30,0	1.36,0
		Aud Sørbo	20.12,0	38.42,0	3.06,0
		Gunn Markseth	19.44,0	58.26,0	4.22,0
		Inger-Lene Setra	19.25,0	1.17.51,0	5.39,0
25	36 Nord Trøndelag 4	Ellen M. Killingberg	19.02,0	19.02,0	2.08,0
		Hild Sissel Krogstad	20.06,0	39.08,0	3.32,0
		Kirsti Martinsen	19.40,0	58.48,0	4.44,0
		Hilde Tuseth	19.06,0	1.17.54,0	5.42,0
26	52 Oppland 4	Astrid Ruud	18.43,0	18.43,0	1.49,0
		Ingveig Berntsen	19.40,0	38.23,0	2.47,0
		Linn Jeanette Nymoen	20.01,0	58.24,0	4.20,0
		Kjersti Oppen	19.47,0	1.18.11,0	5.59,0
27	34 Nord Trøndelag 3	Torhild Dybwad	18.59,0	18.59,0	2.05,0
		Janne Sund	20.29,0	39.28,0	3.52,0
		Unni Berit Pedersen	19.18,0	58.46,0	4.42,0
		Anne Mette Ness	19.37,0	1.18.23,0	6.11,0
28	20 Møre og Romsdal 1	Siv Elise Karlsen	19.38,0	19.38,0	2.44,0
		Jannike Øyen	18.49,0	38.27,0	2.51,0
		Gunn Sande	20.12,0	58.39,0	4.35,0
		Elisabeth Gjora	20.01,0	1.18.40,0	6.28,0
29	43 Hedmark 2	Tove Brække	18.48,0	18.48,0	1.54,0
		Brita Sagmoen	19.50,0	38.38,0	3.02,0
		Hilde Lillesveen	19.47,0	58.25,0	4.21,0
		Ellen Beate Sjøgård	20.24,0	1.18.49,0	6.37,0
30	16 Østfold 1	May Brith Engen	17.47,0	17.47,0	53,0
		Kari-Anne Steffensen	19.33,0	37.20,0	1.44,0
		Nina Jørgensen	20.14,0	57.34,0	3.30,0
		Hege Moen	21.39,0	1.19.13,0	7.01,0
31	32 Oslo 3	Ellen Eckhoff	19.31,0	19.31,0	2.37,0
		Lene Sparre	19.49,0	39.20,0	3.44,0
		Janne Corneliussen	19.46,0	59.06,0	5.02,0
		Marianne Stigen	20.17,0	1.19.23,0	7.11,0



32	56 Sør-Trøndelag 4				
	Gunn Heidi Aune	19.11,0	19.11,0	2.17,0	
	Vigdis Evjen	20.02,0	39.13,0	3.37,0	
	Cathrine Løvmo	20.05,0	59.18,0	5.14,0	
	Marit Fenstad	20.06,0	1.19.24,0	7.12,0	
33	24 Nordland 2				
	Lill-Heidi Nyland	19.37,0	19.37,0	2.43,0	
	Vibeke Os	19.47,0	39.24,0	3.48,0	
	Christin Flatum	19.33,0	58.57,0	4.53,0	
	Liv Rystad	20.28,0	1.19.25,0	7.13,0	
34	17 Bergen og Hordaland 1				
	Gry Bystøl	19.14,0	19.14,0	2.20,0	
	Ida Setersdal	19.08,0	38.22,0	2.46,0	
	Ashild Lauritsen	20.50,0	59.12,0	5.08,0	
	Hege Jansen	20.42,0	1.19.54,0	7.42,0	
35	11 Follo 1 FOLLO				
	Elin Hansson	18.33,0	18.33,0	1.39,0	
	Janne Lundvall	20.27,0	39.00,0	3.24,0	
	Anette Skeide	21.15,0	1.00.15,0	6.11,0	
	Heidi Nordby	19.41,0	1.19.56,0	7.44,0	
36	31 Sør-Trøndelag 5				
	Marit Birgitte Eithun	19.51,0	19.51,0	2.57,0	
	Gro Sandstad	19.48,0	39.39,0	4.03,0	
	Jannike Stenset	20.31,0	1.00.10,0	6.06,0	
	Arnhild Helåsauet	20.16,0	1.20.26,0	8.14,0	
37	37 Sør-Trøndelag 6				
	Tone Rønning	20.50,0	20.50,0	3.56,0	
	Gunhild Levang	20.11,0	41.01,0	5.25,0	
	Liv Randi Breen	19.52,0	1.00.53,0	6.49,0	
	Beate Rasmussen	19.35,0	1.20.28,0	8.16,0	
38	39 Buskerud 4				
	Kristine Aksæth	19.10,0	19.10,0	2.16,0	
	May Ingela Solberg	20.36,0	39.46,0	4.10,0	
	Monica Andersen	20.31,0	1.00.17,0	6.13,0	
	Kjersti E. Carlsen	20.16,0	1.20.33,0	8.21,0	
39	38 Romerike 2				
	Monica Hansen	19.45,0	19.45,0	2.51,0	
	Tone Smedbakken	20.49,0	40.34,0	4.58,0	
	Anne Kari Kristensen	19.56,0	1.00.30,0	6.26,0	
	May Elin Moe	20.04,0	1.20.34,0	8.22,0	
40	49 Sør-Trøndelag 7				
	Anita Lilleberg	19.34,0	19.34,0	2.40,0	
	May Anita Dolmseth	20.36,0	40.10,0	4.34,0	
	Karen Bjørnaa	20.09,0	1.00.19,0	6.15,0	
	Berit Sæther	20.31,0	1.20.50,0	8.38,0	
41	59 Oppland 5				
	Siv Kristin Myhre	18.24,0	18.24,0	1.30,0	
	Sidsel Egge	20.09,0	38.33,0	2.57,0	
	Siri Amlie	21.20,0	59.53,0	5.49,0	
	Nina Haugum	20.59,0	1.20.52,0	8.40,0	
42	33 Vestfold 2				
	Berit Nordby	19.43,0	19.43,0	2.49,0	
	Lise Merete Holen	20.07,0	39.50,0	4.14,0	
	Tove Pettersen	20.42,0	1.00.32,0	6.28,0	
	Anne Lene Lie	20.22,0	1.20.54,0	8.42,0	

	Siv Horten	19.54,0	19.54,0	3.00,0
	Tonje Berggren	20.42,0	40.36,0	5.00,0
	Monica Finstad	20.07,0	1.00.43,0	6.39,0
	Kristine Gjelsvik	20.39,0	1.21.22,0	9.10,0
44	35 Troms 2			
	Elisabeth Sandelin	18.53,0	18.53,0	1.59,0
	Lena K.Larsen	20.22,0	39.15,0	3.39,0
	Torun Øvergård	21.25,0	1.00.40,0	6.36,0
	Berit Hansen	20.52,0	1.21.32,0	9.20,0
45	15 Vest-Agder 1			
	Aud Irene Røynestad	18.08,0	18.08,0	1.14,0
	Tove Andersen	20.55,0	39.03,0	3.27,0
	Norun Tveit	21.54,0	1.00.57,0	6.53,0
	Ingrid Undheim	20.53,0	1.21.50,0	9.38,0
46	44 Hedmark 3			
	Aud Brennlien	19.32,0	19.32,0	2.38,0
	Monica Lillebakken	20.52,0	40.24,0	4.48,0
	Margrete Lindstad	21.26,0	1.01.50,0	7.46,0
	Heidi Bonsak	20.44,0	1.22.34,0	10.22,0
	FROM			
47	51 Nordland 3			
	Nancy Stien	19.17,0	19.17,0	2.23,0
	Lill-Bente Jakobsen	21.26,0	40.43,0	5.07,0
	Tonje Delp	20.50,0	1.01.33,0	7.29,0
	Lis-Karin Haakstad	21.04,0	1.22.37,0	10.25,0
48	72 Telemark 2			
	Birgitte Brække	20.43,0	20.43,0	3.49,0
	Torill Bøen	20.43,0	41.26,0	5.50,0
	Nina Rønneid	21.14,0	1.02.40,0	8.36,0
	Elin Arseth	20.05,0	1.22.45,0	10.33,0
49	50 Romerike 3			
	Høge Høgaas	20.47,0	20.47,0	3.53,0
	Line Moen	20.59,0	41.46,0	6.10,0
	Heidi Larsen	20.22,0	1.02.08,0	8.04,0
	Ellen K.Håkonsen	20.38,0	1.22.46,0	10.34,0
50	41 Troms 3			
	Lene Hansen	19.59,0	19.59,0	3.05,0
	Gøril M.Hanssen	21.36,0	41.35,0	5.59,0
	Harrieth Støinkjer	20.38,0	1.02.13,0	8.09,0
	Mona Olsen	20.49,0	1.23.02,0	10.50,0
51	66 Romerike 4			
	Margrete Johnsen	20.31,0	20.31,0	3.37,0
	Bente Lexberg	20.42,0	41.13,0	5.37,0
	Nina Hellene	21.43,0	1.02.56,0	8.52,0
	Ann Kristin Vollaug	20.30,0	1.23.26,0	11.14,0
52	18 Sogn og Fjordane 1			
	Gro Eikevik	20.26,0	20.26,0	3.32,0
	Vibeke Klock	19.40,0	40.06,0	4.30,0
	Margunn Hjelmeseth	21.06,0	1.01.12,0	7.08,0
	Inger Jorun Kleppe	22.59,0	1.24.11,0	11.59,0
53	48 Hedmark 4			
	Kari Anne Sund	20.36,0	20.36,0	3.42,0
	Hilde Margrete Nørsti	21.08,0	41.44,0	6.08,0
	Ingun Vangen	21.59,0	1.03.43,0	9.39,0
	Linda Lillebekk	20.47,0	1.24.30,0	12.18,0

54	60 Sør-Trøndelag 9			
	Anne Sofie Høngset	20.25,0	20.25,0	3.31,0
	Eli Bente Høsdal	21.20,0	41.45,0	6.09,0
	Marit Irene Fuglem	21.02,0	1.02.47,0	8.43,0
	Merethe Rindalsholt	21.44,0	1.24.31,0	12.19,0
55	57 Troms 4			
	Ann Kristin Nordeng	20.24,0	20.24,0	3.30,0
	Marianne Nilsen	20.41,0	41.05,0	5.29,0
	Aina Emaus	22.04,0	1.03.09,0	9.05,0
	Lene Hansen	21.27,0	1.24.36,0	12.24,0
56	46 Buskerud 5			
	Sissel Flatland	20.33,0	20.33,0	3.39,0
	Ingunn Mortensen	21.43,0	42.16,0	6.40,0
	Camilla Tveten	21.33,0	1.03.49,0	9.45,0
	Hanne Tuit	21.09,0	1.24.58,0	12.46,0
57	45 Finnmark 2			
	Hanne Øyen	19.50,0	19.50,0	2.56,0
	Marit Ellen Siri	23.34,0	43.24,0	7.48,0
	Lene Thomassen	21.12,0	1.04.36,0	10.32,0
	Berit Heitmann	20.25,0	1.25.01,0	12.49,0
58	61 Oppland 6			
	Karin Tøndevoldshagen	21.12,0	21.12,0	4.18,0
	Elisabeth Olerud	21.33,0	42.45,0	7.09,0
	Inger H.Eide	21.19,0	1.04.04,0	10.00,0
	Lill Nordvang	20.59,0	1.25.03,0	12.51,0
59	64 Buskerud 6			
	Bjørg Bergeland	19.30,0	19.30,0	2.36,0
	Ann Kristin Stavås	22.06,0	41.36,0	6.00,0
	Kristin Gullingsrud	22.05,0	1.03.41,0	9.37,0
	Ingunn Lysaker	21.58,0	1.25.39,0	13.27,0
60	55 Nord-Trøndelag 6			
	Elinor Sørli	20.51,0	20.51,0	3.57,0
	Sissel Tanem	22.42,0	43.33,0	7.57,0
	Torunn Sund	21.55,0	1.05.28,0	11.24,0
	Karita Hovstein	21.22,0	1.26.50,0	14.38,0
61	65 Sør-Trøndelag 10			
	Ann Berit Aune	21.13,0	21.13,0	4.19,0
	Bente Norheim	22.49,0	44.02,0	8.26,0
	Sissel Mogård	21.57,0	1.05.59,0	11.55,0
	Marianne Olsen	21.49,0	1.27.48,0	15.36,0
62	53 Hedmark 5			
	Mona Myrland	20.41,0	20.41,0	3.47,0
	Brit I. Lill Person	21.45,0	42.26,0	6.50,0
	Klara Holen Stensli	22.11,0	1.04.37,0	10.33,0
	Monica Steen Andersen	23.29,0	1.28.06,0	15.54,0
63	42 Follo 2			
	Benedikte Aunet	20.42,0	20.42,0	3.48,0
	Ellen Thorset	21.11,0	41.53,0	6.17,0
	Hegge Bredeg	21.15,0	1.03.08,0	9.04,0
	Tonje Vråle	25.10,0	1.28.18,0	16.06,0
64	67 Sør-Trøndelag 11			
	Anne Marie Aune	21.11,0	21.11,0	4.17,0
	Mette Dragseth	22.17,0	43.28,0	7.52,0
	Ingjerd Lehn Johansen	22.33,0	1.06.01,0	11.57,0
	Wenche Brenne	22.24,0	1.28.25,0	16.13,0



65	67 Nord Trøndelag 7	Inger Johanne Lundemo	20.59,0	20.59,0	4.05,0
		Berit Økvik	23.09,0	44.08,0	8.32,0
		Kari Anne Leren	23.05,0	1.07.13,0	13.09,0
		Ann Kristin Bentzen	21.28,0	1.28.41,0	16.29,0

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----- Lag som ikke fullførte: -----

40 Nord Trøndelag 5					
	Siv Linda Solli	20.11,0	20.11,0	3.17,0	
	Randi Lerstad	21.05,0	41.16,0	5.40,0	
	Siv Kristin Barstad	21.25,0	1.02.41,0	8.37,0	
62 Oslo 5					
	Trude Sparre	19.39,0	19.39,0	2.45,0	
	Trine Veiglum	20.54,0	40.33,0	4.57,0	
	Kristin Land	21.16,0	1.01.49,0	7.45,0	
68 Hedmark 6					
	Elin Brenna	22.19,0	22.19,0	5.25,0	
	Lene Horten	23.35,0	45.54,0	10.18,0	
	Kari Anne Sollid	24.23,0	1.10.17,0	16.13,0	

----- HEGO TIMING SYSTEM -----

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