

# Resultatliste

Skallrennet 2013

Heståsdalen 29.12.2013

Plass	Navn	Klubb	Distrikt	Tid	Etter
<b>G 11 år 2 km</b>					
1	Niklas Landsem Melhus	Steinkjer SK		<b>06:24</b>	
2	Jørgen Hjelde Jenshus	Steinkjer SK		<b>06:30</b>	00:06,0
3	Marcus Aakerhus Øgstad	Leksdal IL		<b>06:30</b>	00:06,0
4	Vetle Max Dullum Haagensen	Årvoll IL		<b>06:31</b>	00:07,0
5	Lars Bragstad Rannem	Inderøy IL		<b>06:33</b>	00:09,0
6	Fredrik Møller	Stjørdals-Blink, IL		<b>06:50</b>	00:26,0
7	Kristian Lie Brørs	Beitstad IL		<b>07:18</b>	00:54,0
8	Håkon Jr Bjugan	Leksdal IL		<b>07:20</b>	00:56,0
9	Thomas Aspås Pedersen	Leksdal IL		<b>07:37</b>	01:13,0
10	Håkon Boneng	Frol IL		<b>08:03</b>	01:39,0
Antall	10	Påmeldte: 11	Startende: 10		Premier: 1

## G 12 år 2 km

1	Johan Kjeldsen Dahlen	Ekne IL		<b>06:10</b>	
2	Johan Gjølga	Inderøy IL		<b>06:21</b>	00:11,0
3	Jonas Tyldum	Snåsa IL		<b>06:30</b>	00:20,0
4	Petter Sagvold	Leirådal IL		<b>06:31</b>	00:21,0
5	Trym Malmo	Grong IL		<b>06:31</b>	00:21,0
6	Emil Persgård	Steinkjer SK		<b>06:32</b>	00:22,0
7	Trym Nergård Rønning	Skogn IL		<b>06:33</b>	00:23,0
8	Simen Hegstad	IL Aasguten		<b>06:36</b>	00:26,0
9	Martin Ditlev Halsan	Frol IL		<b>06:41</b>	00:31,0
10	Mattias. Brørs	Beitstad IL		<b>06:42</b>	00:32,0
11	Jonathan Devik	Spillum IL		<b>07:02</b>	00:52,0
12	Kristian Oleander Falmår	Snåsa IL		<b>07:09</b>	00:59,0
13	Kristian Saugestad	Beitstad IL		<b>07:10</b>	01:00,0
14	Håkon Munkeby	Frol IL		<b>07:15</b>	01:05,0
15	Ola Okstad Lindtner	Steinkjer SK		<b>07:23</b>	01:13,0
16	Emil Elstad	Spillum IL		<b>07:31</b>	01:21,0
Antall	16	Påmeldte: 18	Startende: 16		Premier: 1

## G 13 år 3 km

1	Oddmund Haugnes	Frol IL		<b>07:29</b>	
2	Kristian Reistad	Byåsen IL		<b>07:32</b>	00:03,0
3	Sigurd Skogan Brensholm	Steinkjer SK		<b>07:34</b>	00:05,0
4	Marius Ressem	Frol IL		<b>07:35</b>	00:06,0
5	Martin Grande	Inderøy IL		<b>08:09</b>	00:40,0
6	Einar Hedegart	Inderøy IL		<b>08:09</b>	00:40,0
7	Marius Møller	Stjørdals-Blink, IL		<b>08:23</b>	00:54,0
8	Trond Wågan	Inderøy IL		<b>08:25</b>	00:56,0
9	Marius Grande	Leksdal IL		<b>08:25</b>	00:56,0
10	Jonas Hågensen Kokås	Leksdal IL		<b>08:25</b>	00:56,0
11	Thomas Austheim	Steinkjer SK		<b>08:28</b>	00:59,0
12	Ola Estil Brissach	Lierne IL		<b>08:41</b>	01:12,0
13	Eirik Sorger Olsen	Frol IL		<b>08:43</b>	01:14,0
14	Remi Andre Sørdaahl	IL Aasguten		<b>09:05</b>	01:36,0
Antall	14	Påmeldte: 17	Startende: 14		Premier: 1

## G 14 år 3 km

1	Bjørn Ellev Steinsli	Leirådal IL		<b>07:26</b>	
2	Simen Eliassen Kvarme	Steinkjer SK		<b>07:36</b>	00:10,0
3	Hallvard Granli	Grong IL		<b>07:37</b>	00:11,0
4	Runar Joakim Olsen	Steinkjer SK		<b>07:50</b>	00:24,0

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Plass	Navn	Klubb	Distrikt	Tid	Etter
<b>G 14 år 3 km</b>					
5	Andreas Ronglan	Ronglan IL		<b>07:51</b>	00:25,0
6	Kristian Evenhus	IL Aasguten		<b>08:01</b>	00:35,0
7	Henrik Einangshaug	IL Aasguten		<b>08:03</b>	00:37,0
8	Erik Tyldum	IL Hållingen		<b>08:18</b>	00:52,0
9	Oscar Wilhelm Hartmann	Lierne IL		<b>08:42</b>	01:16,0
10	Odd Sande Daling	Beitstad IL		<b>08:48</b>	01:22,0
11	Tor Ola Johansen	Nessegutten, SPK		<b>08:49</b>	01:23,0
12	Jørgen Moen	IL Hållingen		<b>08:59</b>	01:33,0
13	Sander Reinås	IL Aasguten		<b>09:01</b>	01:35,0
14	Martin Kjøenstad Skjesol	IL Aasguten		<b>09:33</b>	02:07,0
Antall	14	Påmeldte: 15	Startende: 14		Premier: 1

## G 15 år 5 km

1	Sondre Torp Hynne	Henning Skilag		<b>16:38</b>	
2	Jonas Veie Daling	Frol IL		<b>17:17</b>	00:39,0
3	Johan Gundersen Høyslo	Frol IL		<b>17:30</b>	00:52,0
4	Erlend Sandnes	Vinne Skilag		<b>17:44</b>	01:06,0
5	Truls Hjellsand	IL Hållingen		<b>17:53</b>	01:15,0
6	Fredrik Brørs	Beitstad IL		<b>17:58</b>	01:20,0
7	Håkon Grande	Inderøy IL		<b>18:05</b>	01:27,0
8	Gunnar Solbakken	Vemundvik IL		<b>18:14</b>	01:36,0
9	Lasse Hågensen Kokås	Leksdal IL		<b>18:14</b>	01:36,0
10	Sivert Skjerve	Skogn IL		<b>19:05</b>	02:27,0
11	Marius Østraat Røkke	Frol IL		<b>19:30</b>	02:52,0
12	Nikolai F. Aurstad	Inderøy IL		<b>20:00</b>	03:22,0
13	Anders Guddingsmo	Frol IL		<b>20:22</b>	03:44,0
14	Caspar Friedrich Hartmann	Lierne IL		<b>21:35</b>	04:57,0
Antall	14	Påmeldte: 16	Startende: 14		Premier: 1

## G 16 år 5 km

1	Magnus Norøy	Frol IL		<b>16:54</b>	
2	Oskar Hynne	Leirådal IL		<b>17:00</b>	00:06,0
3	Jonas Maalø	Skatval Skilag - ski		<b>17:02</b>	00:08,0
4	Sivert Borgen	Leirådal IL		<b>17:02</b>	00:08,0
5	Thomas Hjelde	Steinkjer SK		<b>17:04</b>	00:10,0
6	Gaute Lund	Vinne Skilag		<b>17:05</b>	00:11,0
7	Arvid Jonsson	Duveds IF		<b>17:08</b>	00:14,0
8	Daniel Estil Brissach	Lierne IL		<b>17:11</b>	00:17,0
9	Kolbjørn Baadshaug	Henning IL		<b>17:36</b>	00:42,0
10	Espen Elstad	Spillum IL		<b>17:43</b>	00:49,0
11	Petter Markhus	Inderøy IL		<b>18:11</b>	01:17,0
12	Edvard Ronglan	Ronglan IL		<b>18:18</b>	01:24,0
13	Hans Olav Dahl	IL Hållingen		<b>19:00</b>	02:06,0
14	Bjørn Helge Sandberg	Skogn IL		<b>19:07</b>	02:13,0
15	Jørgen Wekre	Henning IL		<b>19:07</b>	02:13,0
Antall	15	Påmeldte: 17	Startende: 15		

## J 11 år 2 km

1	Amalie Aune	Steinkjer SK		<b>07:21</b>	
2	Camilla Brørs	Beitstad IL		<b>07:24</b>	00:03,0
3	Silje Aksnes	Helgådal IL		<b>07:31</b>	00:10,0
4	Nora Hegdahl	Steinkjer SK		<b>07:42</b>	00:21,0
5	Ingrid Bjørkeng	Leirådal IL		<b>07:48</b>	00:27,0

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<b>J 11 år 2 km</b>							
6	June Munkeby	Frol IL		<b>07:48</b>	00:27,0		
7	Kristina Skjerve	Skogn IL		<b>07:55</b>	00:34,0		
8	Mari Austheim	Steinkjer SK		<b>08:19</b>	00:58,0		
9	Synne Sandstad	Nessegutten, SPK		<b>17:44</b>	10:23,0		
Antall	9	Påmeldte: 10	Startende: 9				Premier: 1
<b>J 12 år 2 km</b>							
1	Louise Ronglan	Ronglan IL		<b>06:44</b>			
2	Ane Bjørkeng	Leirådal IL		<b>06:58</b>	00:14,0		
3	Kari Elise Øksnes Jørstad	Inderøy IL		<b>07:07</b>	00:23,0		
4	Guro Haugmark	Vinne Skilag		<b>07:26</b>	00:42,0		
5	Mathea Guddingsmo	Frol IL		<b>07:44</b>	01:00,0		
6	Julie Rødal Myhrås	Frol IL		<b>07:45</b>	01:01,0		
7	Ingeborg L Lorås	Nessegutten, SPK		<b>08:06</b>	01:22,0		
8	Ragne Matberg	Frol IL		<b>08:10</b>	01:26,0		
9	Laila Johansen	Nessegutten, SPK		<b>08:30</b>	01:46,0		
Antall	9	Påmeldte: 9	Startende: 9				Premier: 1
<b>J 13 år 3 km</b>							
1	Tale Bruheim Breiding	Leksdal IL		<b>08:08</b>			
2	Katrine Talmo	Gulset IF		<b>08:22</b>	00:14,0		
3	Mari Kilskar Grevskott	Frol IL		<b>08:40</b>	00:32,0		
4	Synne Aksnes	Leksdal IL		<b>08:43</b>	00:35,0		
5	Eline Haugen Kleppa	Beitstad IL		<b>09:13</b>	01:05,0		
6	Kine Kjesbu	Ogndal IL		<b>09:54</b>	01:46,0		
7	Julie Folden Estensen	Beitstad IL		<b>09:56</b>	01:48,0		
8	Marte Sandstad	Nessegutten, SPK		<b>10:46</b>	02:38,0		
9	Maren Sofie Berg	Leksvik IL		<b>11:11</b>	03:03,0		
Antall	9	Påmeldte: 12	Startende: 9				Premier: 1
<b>J 14 år 3 km</b>							
1	Maren Smulan Sagland	Vinne Skilag		<b>07:27</b>			
2	Vilde Austad	Inderøy IL		<b>07:31</b>	00:04,0		
3	Kristine Kleivi	Kjelsås IL - ski		<b>07:57</b>	00:30,0		
4	Nora Sagvold	Leirådal IL		<b>08:18</b>	00:51,0		
5	Anna Sofie Øksnes Jørstad	Inderøy IL		<b>08:42</b>	01:15,0		
6	Marte Hennissen Hermann	Stiklestad IL		<b>08:51</b>	01:24,0		
7	Cathrine Warberg	Ogndal IL		<b>09:24</b>	01:57,0		
8	Maren Giskås Kjesbu	Ogndal IL		<b>09:54</b>	02:27,0		
Antall	8	Påmeldte: 9	Startende: 8				Premier: 1
<b>J 15 år 5 km</b>							
1	Astrid Stav	IL Varden		<b>20:14</b>			
2	Synne Anita Iversen	IL Hållingen		<b>20:32</b>	00:18,0		
3	Sigrid Lyngstad Skjerve	Inderøy IL		<b>20:33</b>	00:19,0		
4	Ragnhild Sivertsen	Leirådal IL		<b>21:25</b>	01:11,0		
5	Guro Hennissen Hermann	Stiklestad IL		<b>21:25</b>	01:11,0		
6	Solveig Øksnes Aal	Rygg IL		<b>21:52</b>	01:38,0		
7	Ragne Kjeldsen Dahlen	Ekne IL		<b>22:29</b>	02:15,0		
8	Andrine Green	Stiklestad IL		<b>22:45</b>	02:31,0		
9	Julie Ingulfsvann	Steinkjer SK		<b>23:44</b>	03:30,0		
10	Lina Kvitvang Benan	Steinkjer SK		<b>24:57</b>	04:43,0		
Antall	10	Påmeldte: 10	Startende: 10				Premier: 1

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Plass	Navn	Klubb	Distrikt	Tid	Etter
<b>J 16 år 5 km</b>					
1	Sigrid Flatås Aune	Steinkjer SK		<b>19:15</b>	
2	Yngvild Brandt	Stiklestad IL		<b>21:20</b>	02:05,0
3	Anne Bertine Sklet	Grong IL		<b>21:57</b>	02:42,0
Antall	3	Påmeldte: 3	Startende: 3		
<b>K 17 år 5 km</b>					
1	Julie Victoria Berg	Leksvik IL		<b>18:13</b>	
2	Sigrid Hallem Solum	Leksdal IL		<b>18:19</b>	00:06,0
3	Ingvild Skogan Brensholm	Steinkjer SK		<b>18:32</b>	00:19,0
4	Sigrid Livik	IL Varden		<b>18:47</b>	00:34,0
5	Hanna Sandbakken Mørkved	Spillum IL		<b>19:23</b>	01:10,0
6	Marta Skrove Nossun	Stiklestad IL		<b>20:00</b>	01:47,0
7	Anna Kristine Størseth	IL Varden		<b>22:31</b>	04:18,0
Antall	7	Påmeldte: 7	Startende: 7		
<b>K 18 år 5 km</b>					
1	Solveig Bøgseth	Henning Skilag		<b>18:11</b>	
2	Maren Grande	Inderøy IL		<b>18:13</b>	00:02,0
3	Ingrid Gustavsen	Nessegutten, SPK		<b>18:51</b>	00:40,0
4	Anne Strid	Nessegutten, SPK		<b>18:55</b>	00:44,0
5	Marianne Røstad	Stiklestad IL		<b>19:19</b>	01:08,0
6	Embla Stol Øyan	MVS/ IL Varden		<b>19:20</b>	01:09,0
7	Paula Friedericke Hartmann	Lierne IL		<b>20:13</b>	02:02,0
Antall	7	Påmeldte: 8	Startende: 7		
<b>K 19/20 år 10 km</b>					
1	Line Sundsvik	Frol IL		<b>34:59</b>	
2	Charlotte Myhre	MVS/ IL Varden		<b>36:50</b>	01:51,0
3	Ane Appelkvist Stenseth	Grong IL		<b>37:02</b>	02:03,0
4	Ida Sonflå	MVS/ IL Varden		<b>38:01</b>	03:02,0
5	Ida Karoline Vannebo	Spillum IL		<b>38:11</b>	03:12,0
6	Guro Gresseth	IL Varden		<b>38:52</b>	03:53,0
7	Vilde Finne	Kolvereid IL		<b>39:21</b>	04:22,0
8	Helene Albertsen Dahlen	IL Varden		<b>39:33</b>	04:34,0
9	Sara Amalie Zomlot	Leksvik IL		<b>41:24</b>	06:25,0
10	Astrid Lægran	Steinkjer SK		<b>42:57</b>	07:58,0
11	Hilde Østnor	Lierne IL		<b>45:24</b>	10:25,0
Antall	11	Påmeldte: 13	Startende: 11		
<b>Kvinner senior 10 km</b>					
1	Kari Eie	IL Varden		<b>34:09</b>	
2	Anniken Jørgensen	Inderøy IL		<b>34:55</b>	00:46,0
3	Julie Gausen	Inderøy IL		<b>34:56</b>	00:47,0
4	Anne Lise Grubbmo	Lierne IL		<b>35:02</b>	00:53,0
5	Lina Hultin	Henning Skilag		<b>37:30</b>	03:21,0
6	Tonje Marie Skjelstadås	IL Varden		<b>39:57</b>	05:48,0
7	Tonje Lerfald Nilssen	Grong IL		<b>41:36</b>	07:27,0
Antall	7	Påmeldte: 8	Startende: 7		
<b>M 17 år 10 km</b>					
1	Sverre Dahlen Aspenes	Skatval Skilag - ski		<b>34:24</b>	

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<b>M 17 år 10 km</b>					
2	Tørris Sandsæter	Vinne Skilag		<b>34:31</b>	00:07,0
3	Sindre Finne	Kolvereid IL		<b>34:39</b>	00:15,0
4	Eirik Lund	Vinne Skilag		<b>34:47</b>	00:23,0
5	Marius Landsem Melhus	Steinkjer SK		<b>34:59</b>	00:35,0
6	Vebjørn Klingen	Kolvereid IL		<b>35:00</b>	00:36,0
7	Ådne Kjeldsen Dahlen	Ekne IL		<b>35:21</b>	00:57,0
8	Jøran Kjesbu Wass	Leirådal IL		<b>36:06</b>	01:42,0
9	Stian Skjei Buran	Vinne Skilag		<b>37:04</b>	02:40,0
DNF	Fredrik Svendgård	Markabygda IL			
Antall	10	Påmeldte: 11		Startende: 10	

## M 18 år 10 km

1	Stian Sundsvik	Frol IL		<b>32:25</b>	
2	Tølløv Trønsdal Lyngstad	Inderøy IL		<b>32:32</b>	00:07,0
3	Torstein Buan Røvik	MVS/ IL Varden		<b>32:39</b>	00:14,0
4	Hans Einar Sørensen Overrein	Henning Skilag		<b>32:47</b>	00:22,0
5	Peder Hojem	Stiklestad IL		<b>32:56</b>	00:31,0
6	Gaute Iversen	MVS/ IL Varden		<b>33:04</b>	00:39,0
7	Morten Torvik	MVS/ IL Varden		<b>33:07</b>	00:42,0
8	Rolf Tore Hofstad	Skatval Skilag - ski		<b>35:32</b>	03:07,0
9	Martin Spillum Grønli	Frol IL		<b>35:58</b>	03:33,0
10	Daniel Bjørkamo Vist	Steinkjer SK		<b>36:18</b>	03:53,0
11	Emil Rødsjø	Verrastranda IL		<b>37:19</b>	04:54,0
12	Vetle Varslot Halsan	Frol IL		<b>37:19</b>	04:54,0
13	Henrik Nielsen Solberg	MVS/ Skatval Skilag - ski		<b>40:49</b>	08:24,0
Antall	13	Påmeldte: 14		Startende: 13	

## M 19/20 år 15 km

1	Ole Jørgen Bruvoll	Lierne IL		<b>48:52</b>	
2	Truls Torvik	MVS/ IL Varden		<b>48:59</b>	00:07,0
3	Sivert Grøtan Eriksen	Byåsen IL		<b>49:06</b>	00:14,0
4	Martin Aune	MVS/ Skogn IL		<b>49:11</b>	00:19,0
5	Anders Johan Sandberg	Skogn IL		<b>49:31</b>	00:39,0
6	Olle Jonsson	Duveds IF		<b>49:39</b>	00:47,0
7	Sindre Stiklestad	Steinkjer SK		<b>50:33</b>	01:41,0
8	Anders Trønsdal Lyngstad	Inderøy IL		<b>51:10</b>	02:18,0
9	Ådne Toldnes	Snåsa IL		<b>51:12</b>	02:20,0
10	Truls Trøan Aune	Steinkjer SK		<b>51:26</b>	02:34,0
11	Thomas Hjalmar Westgård	Steinkjer SK		<b>51:38</b>	02:46,0
12	Håkon Hjerpås	MVS/ IL Varden		<b>51:51</b>	02:59,0
13	Petter Lunde Husby	Steinkjer SK		<b>52:35</b>	03:43,0
14	Jonas Riseth	Spillum IL		<b>53:08</b>	04:16,0
15	Jan Petter Føll	MVS/ Fjellørnen IL		<b>54:13</b>	05:21,0
DNF	Eirik Solstad	Kolvereid IL			
DNF	Sture Ramdal	Leksvik IL			
Antall	17	Påmeldte: 18		Startende: 17	

## Menn senior 15 km

1	Emil Iversen	IL Varden		<b>45:36</b>	
2	Martin Hammer	Skogn IL		<b>45:37</b>	00:01,0
3	Ole-Marius Bach	Leksvik IL		<b>47:42</b>	02:06,0
4	Espen Sundsvik	Frol IL		<b>47:44</b>	02:08,0
5	Torstein Østnor	Lierne IL		<b>48:32</b>	02:56,0

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<b>Menn senior 15 km</b>					
6	Mats Iversen	IL Varden		<b>48:45</b>	03:09,0
7	Morten Vannebo	IL Varden		<b>49:15</b>	03:39,0
8	Hallvard Riseth Fjone	Steinkjer SK		<b>49:19</b>	03:43,0
9	Espen Kveli	Lierne IL		<b>50:41</b>	05:05,0
10	Stig Rune Kveen	IL Varden		<b>50:55</b>	05:19,0
11	Ole Rødvik Kilskar	Frol IL		<b>50:59</b>	05:23,0
12	Johan Hundseth	Kolvereid IL		<b>52:06</b>	06:30,0
DNF	Stig Ove Tangen	Henning Skilag		<b>20:05</b>	
Antall	13	Påmeldte: 16	Startende: 13		

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