



EQUINOR NC Gåå Sprint

2021-03-05



FH Kvinner senior stående Startlist

Jury/Competition management				Data of course				
Technical Delegate	Olav Kregnes			Name of course	Sprint Gåå 1.3			
FIS Race Director				Height Difference (HD)	16			
Assistand Technical Delegate	Kenneth Holth			Maximum climb (MM)	15			
Assistant TD Nat.				Total Climb (MT)	39			
Chief of Competition	Audun Skattebo			Laps	1			
				Laplength	1300			

Startno	Fis code	Name	Team	Nation	Starttime	Ecard	Gpr	YOB	Fis Points
61	3427678	Vilde Nilsen	Kvaløysletta Skilag	NOR	10:00:15	4018701	0	2001	0



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Technical Delegate	Olav Kregnes	Name of course	Sprint Gåå 1.6
FIS Race Director		Height Difference (HD)	16
Assistand Technical Delegate	Kenneth Holth	Maximum climb (MM)	15
Assistant TD Nat.		Total Climb (MT)	43
Chief of Competition	Audun Skattebo	Laps	1
		Laplength	1600

Startno	Fis code	Name	Team	Nation	Starttime	Ecard	Gpr	YOB	Fis Points
62	8420038	Trygve Steinar Toskedal Larsen	Trysilgutten IL	NOR	10:00:30	0	0	1972	0
63	8420443	Thomas Karbøl Oxaal	Sauda IL	NOR	10:00:45	3903648	0	1999	0

**FH Kvinner senior sittende
Startlist**

Jury/Competition management		Data of course	
Technical Delegate	Olav Kregnes	Name of course	
FIS Race Director		Height Difference (HD)	6
Assistand Technical Delegate	Kenneth Holth	Maximum climb (MM)	8
Assistant TD Nat.		Total Climb (MT)	8
Chief of Competition	Audun Skattebo	Laps	1
		Laplength	700

Startno	Fis code	Name	Team	Nation	Starttime	Ecard	Gpr	YOB	Fis Points
64	0	Isabell Katharina Valen	Innstranda IL	NOR	10:01:00	3739026	0	1994	0
65	0	Indira Milena Hopsdal Liseth	Viking, TIF	NOR	10:01:15	4075032	0	1986	0



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Assistand Technical Delegate	Kenneth Holth	Maximum climb (MM)	8
Assistant TD Nat.		Total Climb (MT)	8
Chief of Competition	Audun Skattebo	Laps	1
		Laplength	700

Startno	Fis code	Name	Team	Nation	Starttime	Ecard	Gpr	YOB	Fis Points
66	0	Thomas Morud	Lyn Ski	NOR	10:01:30	4183349	0	1984	0
67	0	Andreas Skår Bjørnstad	Svelvik IF	NOR	10:01:45	0	0	1997	0

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Assistand Technical Delegate	Kenneth Holth	Maximum climb (MM)	15
Assistant TD Nat.		Total Climb (MT)	39
Chief of Competition	Audun Skattebo	Laps	1
		Laplength	1300

Startno	Fis code	Name	Team	Nation	Starttime	Ecard	Gpr	YOB	Fis Points
1	3426163	Julie Myhre	Byåsen IL	NOR	10:06:15	3863719		1996	34,08
2	3426626	Kristine Stavås Skistad	Konnerud IL	NOR	10:06:30	3975984		1999	41,12
3	3425397	Kathrine Rolsted Harsem	IL Varden Meråker	NOR	10:06:45	4103842		1989	47,67
4	3426110	Magni Smedås	Lillehammer Skiklub	NOR	10:07:00	3934825		1995	48,76
5	3425355	Silje Øyre Slind	Oppdal IL	NOR	10:07:15	3027620		1988	51,89
6	3426849	Kristin Austgulen Fosnæs	Fossum IF	NOR	10:07:30	4011912		2000	67,69
7	3426182	Amalie Håkonsen Ous	Nes Ski	NOR	10:07:45	3300761		1996	71,97
8	3426811	Hanne Wilberg Rofstad	Byåsen IL	NOR	10:08:00	4167029		2000	74,47
9	3426852	Elena Rise Johnsen	Asker SK	NOR	10:08:15	4011458		2000	74,82
10	3426383	Johanne Hauge Harviken	Strandbygda IL	NOR	10:08:30	4068540		1997	74,96
11	3426537	Amalie Honerud Olsen	Mjøndalen IF	NOR	10:08:45	4068698		1998	85,63
12	3425896	Silje Theodorsen	Kvaløysletta Skilag	NOR	10:09:00	3141116		1994	88,18
13	3426490	Mari Nordlunde	Follebu SK	NOR	10:09:15	3857430		1998	91,56
14	3426650	Tuva Bakkemo	Gjøvik SK	NOR	10:09:30	3952926		1999	93,64
15	3426921	Ingrid Andréa Gulbrandsen	Bardufoss og	NOR	10:09:45	3962917		2000	94,45
16	3426278	Margrete Røssum Dyrhovd	Krødsherad IL	NOR	10:10:00	3986775		1993	95,97
17	3426712	Julie Bjervig Drivenes	Lommedalens IL	NOR	10:10:15	4011524		1999	106,57
18	3535463	Nichole Marie Bathe	Heming, IL	GBR	10:10:30	3994415		1995	112,7
19	3426414	Nora Lian Aarrestad	Sandnes IL	NOR	10:10:45	3857331		1997	114,23
20	3426762	Eivor Vestrheim Skjerven	Voss IL	NOR	10:11:00	3570637		1999	114,98
21	3426153	Guro Bostad	Strindheim IL	NOR	10:11:15	3642477		1996	119,09
22	3426482	Maiken Min Midtskogen	Stor-Elvdal SK	NOR	10:11:30	3911138		1998	120,39
23	3426356	Julie Victoria Berg	Leksvik IL	NOR	10:11:45	3811023		1997	120,97
24	3426046	Caroline Madsen	Konnerud IL	NOR	10:12:00	3767274		1995	122,7
25	3426689	Hanna Kristine Gunlaugsdatter Larsen	Heddal IL	NOR	10:12:15	4031472		1999	124,61
26	3426638	Dorthe Ballangrud Seierstad	Raufoss IL	NOR	10:12:30	3803335		1999	124,94
27	3426270	Guro Jordheim	Kjelsås IL	NOR	10:12:45	4161303		1996	128,31
28	3426903	Karianne Olsvik Dengerud	Kjelsås IL	NOR	10:13:00	3927191		2000	128,36
29	3425945	Anette Kjellbergvik	Kvaløysletta Skilag	NOR	10:13:15	3822269		1994	139,5
30	3426648	Sigrid Stakston	Søre Ål IL	NOR	10:13:30	3555638		1999	155,99
31	3535678	Leah Lange	Kjelsås IL	USA	10:13:45	0		1998	158,94
32	3426524	Synne Arnesen	Tromsø SK	NOR	10:14:00	3814084		1998	164,23
33	3426049	Mathilde Hagen Rønning	Vikersund IF	NOR	10:14:15	3974375		1995	164,88
34	3505655	Moa Larsson	SWE	SWE	10:14:30	4127312		1992	164,92
35	3426444	Alise Einmo	Strindheim IL	NOR	10:14:45	4012217		1998	170,56
36	3426234	Ingrid Mathisen	Fauske IL Langrenn	NOR	10:15:00	3808086		1996	177,43
37	3426873	Thea Sørum	Gjelleråsen IF	NOR	10:15:15	3960606		2000	178,39



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38	3055136	Katharina Bruderemann	IL Varden Meråker	AUT	10:15:30	4078655	1999	180,9
39	3426608	Ragnhild Mogstad	Strindheim IL	NOR	10:15:45	3965613	1999	208,04
40	3426984	Susann Fedreheim Lyngnes	Hamar SK	NOR	10:16:00	3953957	2000	220,01
41	3426935	Karen Amalie Nordseth	Snertingdal IF Ski	NOR	10:16:15	4073284	2000	225,77
42	3426937	Annette Berntsen	Vind IL	NOR	10:16:30	3961505	2000	229,04
43	3425179	Marthe Kristine Hafsahl Karset	Vang	NOR	10:16:45	3731304	1985	243,38
44	3185827	Sofia Haglund	IL Varden Meråker	FIN	10:17:00	3805553	2000	244,09
45	3426953	Amanda Adolfsen Darell	Hammerfest SK	NOR	10:17:15	4107710	2000	245,24
46	3426532	Katrine Seim	Hol IL	NOR	10:17:30	3809928	1998	266,71
47	3426658	Mari Folkvord	Sandnes IL	NOR	10:17:45	3743218	1999	274,17

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Assistant TD Nat.		Total Climb (MT)	43
Chief of Competition	Audun Skattebo	Laps	1
		Laplength	1600

Startno	Fis code	Name	Team	Nation	Starttime	Ecard	Gpr	YOB	Fis Points	
101	3421164	Sindre Bjørnestad	Skar	Bærums Verk	NOR	10:20:15	3856879	1992	21,6	
102	3422115	Gjoran Holstad	Tefre	Førde IL	NOR	10:20:30	3808789	1994	24,68	
103	3421316	Pål Trøan	Aune	Steinkjer SK	NOR	10:20:45	3028206	1992	25,91	
104	3423291	Thomas Helland	Larsen	Fossum IF	NOR	10:21:00	4079828	1998	33,46	
105	3422358	Harald Astrup	Arnesen	Heming, IL	NOR	10:21:15	4075776	1995	36,05	
106	3422161	Kasper Stadaas		Heming, IL	NOR	10:21:30	3811544	1994	36,14	
107	3423388	Vebjørn Hegdal		Søre Ål IL	NOR	10:21:45	3821030	1998	38,53	
108	3422477	Even Northug		Strindheim IL	NOR	10:22:00	4080446	1995	40,14	
109	3423749	Aron Akre	Rysstad	Valle IL	NOR	10:22:15	3823598	1999	46,97	
110	3424269	Ansgar Evensen		Vind IL	NOR	10:22:30	4064143	2000	48,83	
111	3421849	Eirik Mysen		Oseberg Skilag	NOR	10:22:45	3829017	1993	50,09	
112	3423008	Herman Martens	Meyer	Åsen IL	NOR	10:23:00	3812021	1997	53,03	
113	3423627	Håkon Skaanes		Strindheim IL	NOR	10:23:15	3909207	1999	54,46	
114	3422841	Joachim Aurland		Kjellmyra IL	NOR	10:23:30	4081006	1996	56,01	
115	3423006	Amund Hoel		Åsen IL	NOR	10:23:45	3821261	1997	56,15	
116	3423370	Vebjørn Moen		Tverlandet IL	NOR	10:24:00	3881745	1998	64,49	
117	3423482	Simen Myhre		Heming, IL	NOR	10:24:15	3802584	1998	67,61	
118	3424335	Kristoffer Kvarstad		Hamar SK	NOR	10:24:30	3615945	2000	68,49	
119	3423317	Jørgen Lippert		Trøsken IL	NOR	10:24:45	3918430	1998	70,26	
120	3423258	Sondre Skomedal	Ramse	Otra IL	NOR	10:25:00	3916988	1998	72,01	
121	3422004	Erik Lippestad	Thorstensen	Røa	NOR	10:25:15	3810447	1994	72,61	
122	3423629	Kristoffer Berset		Strindheim IL	NOR	10:25:30	3959442	1999	73,91	
123	3421655	Gjermund Løfald		Rindal IL	NOR	10:25:45	4068664	1993	77,09	
124	3421939	Kjetil Andre	Bjerkheim	Bromma IL	NOR	10:26:00	4009759	1993	82,32	
125	3423306	Andreas Finni	Magnussen	Lillehammer Skiklub	NOR	10:26:15	3944808	1998	83,06	
126	3422291	Edvin Kristoffer	Frost	Tromsø SK	NOR	10:26:30	3823077	1995	83,06	
127	3424263	Arngrim Sørums	haugen	Gjøvik SK	NOR	10:26:45	3803632	2000	85,04	
128	3423375	Geir Kristian	Hoås	Lånke IL	NOR	10:27:00	3812260	1998	85,13	
129	3422795	Simen Christopher	Bratberg	Ramstad	Vind IL	NOR	10:27:15	4069167	1996	85,56
130	3421685	Eirik Asdøl		IL Jardar	NOR	10:27:30	3857190	1993	87,73	
131	3423561	Johannes Bordial		MjøsSki	NOR	10:27:45	3941614	1998	88,23	
132	3423433	Emil Intelhus	Brøto	Gol IL	NOR	10:28:00	4127684	1998	92,74	
133	3423303	Håkon Asdøl		IL Jardar	NOR	10:28:15	3857497	1998	93,26	
134	3422266	Torgeir Sulen	Hovland	Kvaløysletta Skilag	NOR	10:28:30	3822251	1995	93,88	
135	3422986	Jonas Aasbø		Surnadal IL	NOR	10:28:45	3982014	1997	93,93	
136	3423084	Mårten Soleng	Skinstad	Vind IL	NOR	10:29:00	3809258	1997	95,04	
137	3423881	Håvard Hovde		MjøsSki	NOR	10:29:15	3929296	1999	96,05	

138	3423896	Vegard Ek Hagen	Lillehammer Skiklub	NOR	10:29:30	3803806	1999	98,29
139	3423314	Ole Haldor Ensrud	Strindheim IL	NOR	10:29:45	3995248	1998	103,8
140	3424057	Andreas Kirkeng	Idrettslaget Ros	NOR	10:30:00	4074878	2000	107,35
141	3422644	Mathias Aas Rolid	Heming, IL	NOR	10:30:15	4124939	1996	108,07
142	3423853	Magnus Øyaas Håbrekke	Byåsen IL	NOR	10:30:30	3827987	1999	109,05
143	3422669	Kristoffer By Vollset	Klæbu IL	NOR	10:30:45	3858313	1996	109,6
144	3423681	Bjørnar Stensrud Tyribakken	Bromma IL	NOR	10:31:00	4075859	1999	112,84
145	3422940	Ole Morten Engesvold Flataker	Hommelvik IL	NOR	10:31:15	4013488	1997	114,25
146	3422521	Eirik Sverdrup Augdal	Ringkollen SK	NOR	10:31:30	3836798	1995	116,64
147	3422717	Alexander Løvik Nyheim	Henning Skilag	NOR	10:31:45	3857166	1996	120,59
148	3422274	Stian Grastveit	Heming, IL	NOR	10:32:00	3821642	1995	124,06
149	3424121	Fredrik Johnsrud	Oseberg Skilag	NOR	10:32:15	4073201	2000	125,28
150	3422954	Mats Burud Skjølvold	Bækkelagets SK	NOR	10:32:30	3940673	1997	130,09
151	3180565	Heikki Sakari Korpela	Hamar SK	FIN	10:32:45	0	1990	131,67
152	3423500	Simen Munch Wahl	Bækkelagets SK	NOR	10:33:00	4101382	1998	135,91
153	3422333	Maximilian Von Selchow Bie	Bardufoss og	NOR	10:33:15	3913076	1995	136,88
154	3423628	Gaute Norland	Oppdal IL	NOR	10:33:30	3926029	1999	138,2
155	3423402	Kristoffer Liset	Ivrig, IL	NOR	10:33:45	3996824	1998	139,01
156	3423932	Hermann Skram Botterud	Bærums Skiklub	NOR	10:34:00	3953700	1999	141,54
157	3423046	Ole-Jørgen Folkestad	Trøsken IL	NOR	10:34:15	3374386	1997	141,94
158	3424190	Amund August Korsæth	Trøsken IL	NOR	10:34:30	3936846	2000	143,67
159	3423751	Tore André Melberg	Gjesdal IL	NOR	10:34:45	3961315	1999	148,85
160	3424288	Andreas Lillemoen Treffen	Sjåstad/Vestre Lier	NOR	10:35:00	4078408	2000	149,2
161	3423307	Even Olaus Seeberg	Lillehammer Skiklub	NOR	10:35:15	3928066	1998	150,08
162	3423235	Martin Julian Buvarp	Byåsen IL	NOR	10:35:30	4068623	1998	154,34
163	3423995	Jørgen Stigen	Hamar SK	NOR	10:35:45	4020384	1999	155,72
164	3423087	Ola Nygård Snellingen	Svea Skilag	NOR	10:36:00	3970753	1997	156,02
165	3530900	Peter Wolter	Lillehammer Skiklub	USA	10:36:15	3854072	1998	160,15
166	3423884	Lars-Martin Fossgard	Asker SK	NOR	10:36:30	4012639	1999	168,44
167	3424289	Adrian Orellana Hellerud	Hokksund IL	NOR	10:36:45	3953791	2000	171,46
168	3423986	Johan Henri Olsen Bjørtomt	Gjerdrum IL	NOR	10:37:00	3802535	1999	191,53
169	3424175	Simen Frantzen Øiseth	Fet SK	NOR	10:37:15	3995008	2000	219,29
170	3424094	Magnus Harr Lian	Klæbu IL	NOR	10:37:30	3990934	2000	227,66
171	3424258	Arthur Kruse Sørensen	Tromsø SK	NOR	10:37:45	3634060	2000	229,28
172	3424380	Andreas Tronsli	Lier IL	NOR	10:38:00	3931003	2000	234,35
173	3424246	Teodor Kruse Sørensen	Tromsø SK	NOR	10:38:15	3633575	2000	253,03
174	3423308	Sebastian Kristoffer Endrestad	Bækkelagets SK	NOR	10:38:30	4069571	1998	255,84
175	3424067	Even Solem Michelsen	Byåsen IL	NOR	10:38:45	3825296	2000	257,15
176	3423430	Vegard Myklemyr	Bromma IL	NOR	10:39:00	4011334	1998	272,11
177	3424396	Simen Leander Løbak	Asker SK	NOR	10:39:15	3960036	2000	278,37