

Menn senior 15 km Fri Startlist

Jury/Competition management		Data of course	
Technical Delegate	PETTERSEN Torbjørn Brox	Name of course	Lygna 5 km Blue
FIS Race Director		Height Difference (HD)	59
Assistand Technical Delegate	HOLTH Kenneth	Maximum climb (MM)	42
Assistant TD Nat.	KREGNES Olav	Total Climb (MT)	145
Chief of Competition	NILSEN terje	Laps	3
		Laplength	5040

Startno	Fis code	Name	Team	Nation	Starttime	Gpr	YOB	Fis Points
1	3424337	Petter Myhr	Bygdø IL	NOR	09:00:00	1	2000	73,29
2	3424094	Magnus Harr Lian	Klæbu IL	NOR	09:00:30	1	2000	89,1
3	3423881	Håvard Hovde	MjøsSki	NOR	09:01:00	1	1999	66,87
4	3423629	Kristoffer Berset	Strindheim IL	NOR	09:01:30	1	1999	74,74
5	3421939	Kjetil Andre Bjerkheim	Bromma IL	NOR	09:02:00	1	1993	69,31
6	3422898	Aslak Ole Rognerud Eira	Tverrelvdalen IL	NOR	09:02:30	1	1996	78,64
7	3422417	Mikkel Arntsen	Sortland og Omegn	NOR	09:03:00	1	1995	78,28
8	3422771	Torstein Buan Røvik	IL Varden Meråker	NOR	09:03:30	1	1996	75,32
9	3423669	Albert Sunde Øhlschlägel	Sjåstad/Vestre Lier	NOR	09:04:00	1	1999	69,47
10	3423402	Kristoffer Liset	Ivrig, IL	NOR	09:04:30	1	1998	88,65
11	3424663	Edvard Sandvik	Kjelsås IL	NOR	09:05:00	1	2001	85,67
12	3424466	Karsten Andre Vestad	Molde og Omegn IF	NOR	09:05:30	1	2001	78,17
13	3423502	Tor Olav Nesheim Hægeland	Rustad IL	NOR	09:06:00	1	1998	74,46
14	3423561	Johannes Bordial	MjøsSki	NOR	09:06:30	1	1998	81,72
15	3423482	Simen Myhre	Heming, IL	NOR	09:07:00	1	1998	73,08
16	3423684	Emil Sørgård	Ringkollen SK	NOR	09:07:30	1	1999	83,87
17	3424232	Amund Riege	Rustad IL	NOR	09:08:00	1	2000	90,5
18	3422016	Mattis Sjøli	Halmsås og Omegn	NOR	09:08:30	1	1994	72,48
19	3423497	Øyvind Rikheim Haugan	Heming, IL	NOR	09:09:00	1	1998	88,23
20	3423375	Geir Kristian Hoås	Lånke IL	NOR	09:09:30	1	1998	75,39
21	3422291	Edvin Kristoffer Frost	Tromsø SK	NOR	09:10:00	1	1995	68,76
22	3423548	Kristian Skjeldal	Bulken IL	NOR	09:10:30	1	1998	68,05
23	3423681	Bjørnar Stensrud Tyribakken	Bromma IL	NOR	09:11:00	1	1999	81,79
24	3423824	Petter Stokkeland	Bygdø IL	NOR	09:11:30	1	1999	73,31
25	3422644	Mathias Aas Rolid	Heming, IL	NOR	09:12:00	1	1996	76,62
26	3423503	Lars Sørensen	Rustad IL	NOR	09:12:30	1	1998	77,32
27	3422333	Maximilian Von Selchow Bie	Bardufoss og	NOR	09:13:00	2	1995	54,1
28	3180565	Heikki Sakari Korpela	Svalbard Turn IL	FIN	09:13:30	2	1990	56
29	3423317	Jørgen Lippert	Trøsken IL	NOR	09:14:00	2	1998	56
30	3390167	Alvar Johannes Alev	Heming, IL	EST	09:14:30	2	1993	58,59
31	3423660	Sivert Leander Johansen	Drammens Ballklubb	NOR	09:15:00	2	1999	59,27
32	3421655	Gjermund Løfald	Rindal IL	NOR	09:15:30	2	1993	60,46
33	3421685	Eirik Asdøl	IL Jardar	NOR	09:16:00	2	1993	66,85
34	3422063	Torstein Vestli	Strandbygda IL	NOR	09:16:30	2	1994	66,65
35	3421882	Vegard Hamnes	Lillehammer Skiklub	NOR	09:17:00	2	1993	63,75
36	3424534	Lars Agnar Hjelmeset	Gjelleråsen IF	NOR	09:17:30	2	2001	54,71
37	3422762	Ola Jordheim	Hemsedal IL	NOR	09:18:00	2	1996	57,34

38	3423894	Sjur Kvisle	Asker SK	NOR	09:18:30	2	1999	59,78
39	3422940	Ole Morten Engesvold Flataker	Hommelvik IL	NOR	09:19:00	2	1997	56,04
40	3421755	Øystein Ulekleiv	Dombås IL	NOR	09:19:30	2	1993	65,54
41	3422275	Sondre Bollum	Gjøvik SK	NOR	09:20:00	2	1995	63,03
42	3423371	Vegard Sivertsgård	Tydal IL	NOR	09:20:30	2	1998	63,51
43	3424190	Amund August Korsæth	Trøsken IL	NOR	09:21:00	2	2000	61,47
44	3423235	Martin Julian Buvarp	Byåsen IL	NOR	09:21:30	2	1998	56,91
45	3424690	Jonas Vika	MjøsSki	NOR	09:22:00	2	2001	59,62
46	3423212	Eivind Kjennerud	Sande Sportsklubb	NOR	09:22:30	2	1997	58,83
47	3424057	Andreas Kirkeng	Idrettslaget Ros	NOR	09:23:00	3	2000	50,85
48	3424611	Martin Kirkeberg Mørk	Drammens Ballklubb	NOR	09:23:30	3	2001	45,5
49	3423258	Sondre Skomedal Ramse	Otra IL	NOR	09:24:00	3	1998	51,72
50	3421645	Lars Ove Aunli	Strindheim IL	NOR	09:24:30	3	1993	51,87
51	3420672	Simen Andreas Sveen	Ring IL	NOR	09:25:00	3	1988	32,97
52	3423183	Thomas Qvist Bucher-Johannessen	Fossum IF	NOR	09:25:30	3	1997	42,15
53	3423388	Vebjørn Hegdal	Søre Ål IL	NOR	09:26:00	3	1998	50,91
54	3420009	Chris André Jespersen	Strindheim IL	NOR	09:26:30	3	1983	46,93
55	3530835	Zak Ketterson	USA	USA	09:27:00	3	1997	51,25
56	3422263	Gaute Kvåle	Røldal IL	NOR	09:27:30	3	1995	32,89
57	3420577	Niklas Dyrhaug	Tydal IL	NOR	09:28:00	3	1987	35,91
58	3423782	Håvard Moseby	Kjelsås IL	NOR	09:28:30	3	1999	37,36
59	3424235	Iver Tildheim Andersen	Rustad IL	NOR	09:29:00	3	2000	42,09
60	3422841	Joachim Aurland	Kjellmyra IL	NOR	09:29:30	3	1996	52,32
61	3422651	Erland Kvisle	Asker SK	NOR	09:30:00	3	1996	41,04
62	3422245	Jørgen Sæternes Ulvang	IL Varden Meråker	NOR	09:30:30	3	1994	34,89
63	3422712	Henrik Dønnestad	Gulset IF	NOR	09:31:00	3	1996	47,27
64	3423534	Jon Rolf Skamo Hope	Hyen IL	NOR	09:31:30	3	1998	36,71
65	3423291	Thomas Helland Larsen	Fossum IF	NOR	09:32:00	3	1998	45,48
66	3423008	Herman Martens Meyer	Åsen IL	NOR	09:32:30	3	1997	53,87
67	3422115	Gjoran Holstad Tefre	Førde IL	NOR	09:33:00	4	1994	32,43
68	3422028	Magne Haga	Åsen IL	NOR	09:33:30	4	1994	24,69
69	3422186	Vebjørn Turtveit	Voss IL	NOR	09:34:00	4	1994	25,84
70	3421154	Martin Løvstrøm Nyenget	Lillehammer Skiklub	NOR	09:34:30	4	1992	5,18
71	3423264	Harald Østberg Amundsen	Asker SK	NOR	09:35:00	4	1998	22,93
72	3420605	Sjur Røthe	Voss IL	NOR	09:35:30	4	1988	1,72
73	3220016	Andrew Travers Cosgrove Young	Bækkelagets SK	GBR	09:36:00	4	1992	21,38
74	3422521	Eirik Sverdrup Augdal	Ringkollen SK	NOR	09:36:30	4	1995	20,7
75	3421269	Daniel Stock	Vadsø SK	NOR	09:37:00	4	1992	20,96
76	3422029	Johan Hoel	Åsen IL	NOR	09:37:30	4	1994	32,25
77	3421164	Sindre Bjørnstad Skar	Bærums Verk	NOR	09:38:00	4	1992	21,56
78	3422021	Johan Tjelle	Lyn Ski	NOR	09:38:30	4	1994	30,72
79	3421779	Simen Hegstad Krüger	Lyn Ski	NOR	09:39:00	4	1993	0,09
80	3422613	Jan Thomas Jenssen	Hommelvik IL	NOR	09:39:30	4	1996	17,99
81	3420961	Finn-Hågen Krogh	Tverrelvdalen IL	NOR	09:40:00	4	1990	16,97
82	3420586	Hans Christer Holund	Lyn Ski	NOR	09:40:30	4	1989	1,07
83	3420228	Martin Johnsrud Sundby	Røa	NOR	09:41:00	4	1984	11,75
84	3422474	Ole Jørgen Bruvoll	Lierne IL	NOR	09:41:30	4	1995	24,88
85	3421320	Emil Iversen	IL Varden Meråker	NOR	09:42:00	4	1991	3,32
86	3420994	Didrik Tønseth	Byåsen IL	NOR	09:42:30	4	1991	14,81

**FH Menn senior stående
Startlist**

Jury/Competition management		Data of course
Technical Delegate	PETTERSEN Torbjørn Brox	Name of course
FIS Race Director		Height Difference (HD)
Assistand Technical Delegate	HOLTH Kenneth	Maximum climb (MM)
Assistant TD Nat.	KREGNES Olav	Total Climb (MT)
Chief of Competition	NILSEN terje	Laps
		Laplength

Startno	Fis code	Name	Team	Nation	Starttime	Gpr	YOB	Fis Points
87	8420038	Trygve Steinar Toskedal Larsen	Trysilgutten IL	NOR	11:15:00	0	1972	9999,99
88	8420443	Thomas Karbøl Oxaal	Sauda IL	NOR	11:15:30	0	1999	325,92
89	3423693	Alexander Letrud	Øyer-Tretten IF	NOR	11:16:00	0	1992	9999,99



EQUINOR NC Lygna Intervall

2021-01-09



FH Kvinner senior stående Startlist

Jury/Competition management				Data of course			
Technical Delegate	PETERSEN Torbjørn Brox			Name of course			
FIS Race Director				Height Difference (HD)			
Assistand Technical Delegate	HOLTH Kenneth			Maximum climb (MM)			
Assistant TD Nat.	KREGNES Olav			Total Climb (MT)			
Chief of Competition	NILSEN terje			Laps			
				Laplength			

Startno	Fis code	Name	Team	Nation	Starttime	Gpr	YOB	Fis Points
90	3427678	Vilde Nilsen	Kvaløysletta Skilag	NOR	11:16:30	0	2001	320,43

Kvinner senior 10 km Fri Startlist

Jury/Competition management		Data of course	
Technical Delegate	PETERSEN Torbjørn Brox	Name of course	Lygna 5 km Blue
FIS Race Director		Height Difference (HD)	59
Assistand Technical Delegate	HOLTH Kenneth	Maximum climb (MM)	42
Assistant TD Nat.	KREGNES Olav	Total Climb (MT)	145
Chief of Competition	NILSEN terje	Laps	2
		Laplength	5040

Startno	Fis code	Name	Team	Nation	Starttime	Gpr	YOB	Fis Points
1	3425945	Anette Kjellbergvik	Kvaløysletta Skilag	NOR	11:20:00	1	1994	119,52
2	3426902	Nora Sanness	Kjelsås IL	NOR	11:20:30	1	2000	122,59
3	3426638	Dorthe Ballangrud Seierstad	Raufoss IL	NOR	11:21:00	1	1999	121,9
4	3426356	Julie Victoria Berg	Leksvik IL	NOR	11:21:30	1	1997	110,34
5	3426849	Kristin Austgulen Fosnæs	Fossum IF	NOR	11:22:00	1	2000	93,55
6	3426153	Guro Bostad	Strindheim IL	NOR	11:22:30	1	1996	97,08
7	3426815	Runa Nykkelmo Ulvang	Kjelsås IL	NOR	11:23:00	1	2001	118,92
8	3426532	Katrine Seim	Hol IL	NOR	11:23:30	1	1998	138,62
9	3426658	Mari Folkvord	Sandnes IL	NOR	11:24:00	1	1999	117,96
10	3426903	Karianne Olsvik Dengerud	Kjelsås IL	NOR	11:24:30	1	2000	135,38
11	3426712	Julie Bjervig Drivenes	Lommedalens IL	NOR	11:25:00	1	1999	102,1
12	3426608	Ragnhild Mogstad	Strindheim IL	NOR	11:25:30	1	1999	102,78
13	3427148	Sigrid Leseth Føyen	Kjelsås IL	NOR	11:26:00	1	2001	120,06
14	3426046	Caroline Madsen	Konnerud IL	NOR	11:26:30	1	1995	93,17
15	3125104	Weijia Kong	Norges Skiforbund	CHN	11:27:00	1	2001	136,9
16	3426641	Julie Waltenberg	Lyngen/Karnes IL	NOR	11:27:30	1	1999	100,18
17	3427044	Tuva Lislevand	Oddersjaa SSK	NOR	11:28:00	1	2001	108,98
18	3427113	Mari Landro Svingheim	Konnerud IL	NOR	11:28:30	1	2001	132,32
19	3426762	Eivor Vestrheim Skjerven	Voss IL	NOR	11:29:00	1	1999	91,06
20	3426278	Margrete Røssum Dyrhovd	Krødsherad IL	NOR	11:29:30	1	1993	96,65
21	3427126	Margrethe Bergane	Konnerud IL	NOR	11:30:00	1	2001	101,56
22	3426175	Sofie Nordsveen Hustad	Kjelsås IL	NOR	11:30:30	2	1996	71,89
23	3426650	Tuva Bakkemo	Gjøvik SK	NOR	11:31:00	2	1999	77,03
24	3425863	Anikken Gjerde Alnæs	Rustad IL	NOR	11:31:30	2	1994	65,96
25	3426423	Martine Lorgen Øvrebust	Stordal IL	NOR	11:32:00	2	1997	73,24
26	3125103	Yilamujiang Dinigeer	Kjelsås IL	CHN	11:32:30	2	2001	68,87
27	3426234	Ingrid Mathisen	Fauske IL Langrenn	NOR	11:33:00	2	1996	84,78
28	3125106	Bayani Jialin	Kjelsås IL	CHN	11:33:30	2	1999	76,96
29	3535718	Sophie Ireland Laukli	Konnerud IL	NOR	11:34:00	2	2000	71,27
30	3426383	Johanne Hauge Harviken	Strandbygda IL	NOR	11:34:30	2	1997	63,13
31	3425827	Berit Mogstad	Strindheim IL	NOR	11:35:00	2	1993	75,63
32	3426524	Synne Arnesen	Tromsø SK	NOR	11:35:30	2	1998	66,97
33	3426376	Susann Sagstuen	Gjøvik SK	NOR	11:36:00	2	1997	75,93
34	3426852	Elena Rise Johnsen	Asker SK	NOR	11:36:30	2	2000	89,66
35	3426562	Martine Stina Astrid Engebretsen	Heming, IL	NOR	11:37:00	2	1998	85,07
36	3426444	Alise Einmo	Strindheim IL	NOR	11:37:30	2	1998	82,51
37	3425397	Kathrine Rolsted Harsem	IL Varden Meråker	NOR	11:38:00	3	1989	36,77

38	3426496	Mathilde Skjærdalen Myhrvold	Vind IL	NOR	11:38:30	3	1998	61,77
39	3426270	Guro Jordheim	Kjelsås IL	NOR	11:39:00	3	1996	54,4
40	3426163	Julie Myhre	Byåsen IL	NOR	11:39:30	3	1996	44,74
41	3425421	Ragnhild Haga	Åsen IL	NOR	11:40:00	3	1991	36,98
42	3427109	Helene Marie Fossesholm	Eiker SK	NOR	11:40:30	3	2001	25,47
43	3426149	Marte Skaanes	Strindheim IL	NOR	11:41:00	3	1996	50,75
44	3425499	Heidi Weng	Bul IL	NOR	11:41:30	3	1991	9,35
45	3425896	Silje Theodorsen	Kvaløysletta Skilag	NOR	11:42:00	3	1994	33,11
46	3426535	Tiril Liverud Knudsen	Konnerud IL	NOR	11:42:30	3	1998	59,97
47	3425301	Therese Johaug	Nansen, IL	NOR	11:43:00	3	1988	0
48	3425669	Anne Kjersti Kalvå	Lundamo IL	NOR	11:43:30	3	1992	31,04
49	3426370	Marte Mæhlum Johansen	Østre Toten Skilag	NOR	11:44:00	3	1997	57,11
50	3426456	Hedda Østberg Amundsen	Asker SK	NOR	11:44:30	3	1998	52,58
51	3426110	Magni Smedås	Lillehammer Skiklub	NOR	11:45:00	3	1995	42,2

**FH Menn senior sittende
Startlist**

Jury/Competition management		Data of course
Technical Delegate	PETTERSEN Torbjørn Brox	Name of course
FIS Race Director		Height Difference (HD)
Assistand Technical Delegate	HOLTH Kenneth	Maximum climb (MM)
Assistant TD Nat.	KREGNES Olav	Total Climb (MT)
Chief of Competition	NILSEN terje	Laps
		Laplength

Startno	Fis code	Name	Team	Nation	Starttime	Gpr	YOB	Fis Points
152	0	Lars Andresen	Sp.kl. Nessegutten	NOR	12:35:00	0	1968	9999,99
153	0	Andreas Skår Bjørnstad	Svelvik IF	NOR	12:35:30	0	1997	9999,99

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Startlist**

Jury/Competition management		Data of course
Technical Delegate	PETTERSEN Torbjørn Brox	Name of course
FIS Race Director		Height Difference (HD)
Assistand Technical Delegate	HOLTH Kenneth	Maximum climb (MM)
Assistant TD Nat.	KREGNES Olav	Total Climb (MT)
Chief of Competition	NILSEN terje	Laps
		Laplength

Startno	Fis code	Name	Team	Nation	Starttime	Gpr	YOB	Fis Points
154	0	Indira Milena Hopsdal Liseth	Fana IL	NOR	12:36:00	0	1986	9999,99
155	0	Birgit Lovise Røkkum Skarstein	Frol IL	NOR	12:36:30	0	1989	9999,99