

MNM 2013 stafett

25.08.2013
Resultatliste

Class	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Starrn/ Status
D13-16							
1	Byåsen IL lag 1			1:28:03			135
	1 Emma Arnesen	29:29 2	00:03	29:29 2	00:03		
	2 Ragnhild Eide	28:22 1	00:00	57:51 1	00:00	1	
	3 Ingeborg Eide	30:12 1	00:00	1:28:03 1	00:00	0	
2	Emblem IL lag 1			1:39:12	11:09		136
	1 Ingrid Lundanes	29:26 1	00:00	29:26 1	00:00		
	2 Martha Skogeng Reiten	37:22 3	09:00	1:06:48 2	08:57	-1	
	3 Vilde Årøen Lykke	32:24 2	02:12	1:39:12 2	11:09	0	
3	Freidig lag 1			1:43:48	15:45		131
	1 Vera Melkild	34:35 3	05:09	34:35 3	05:09		
	2 Marie Bakken Sørensen	33:57 2	05:35	1:08:32 3	10:41	0	
	3 Maria Ulseth Sylte	35:16 3	05:04	1:43:48 3	15:45	0	
4	Steinkjer OK lag 1			1:54:44	26:41		132
	1 Kjersti Kvistad Dengerud	34:35 3	05:09	34:35 3	05:09		
	2 Lina Kvitvang Benan	42:46 6	14:24	1:17:21 4	19:30	-1	
	3 Marit Ishol Skogan	37:23 5	07:11	1:54:44 4	26:41	0	
5	Stjørdals-Blink Orientering lag 1			1:57:22	29:19		133
	1 Ane Nielsen Solberg	38:45 6	09:19	38:45 6	09:19		
	2 Sigrid Vada Grønli	41:27 5	13:05	1:20:12 6	22:21	0	
	3 Maiken Økeren Høgaard	37:10 4	06:58	1:57:22 5	29:19	1	
6	Byåsen IL lag 2			2:13:11	45:08		138
	1 Emilie Liabakk Eriksen	40:22 7	10:56	40:22 7	10:56		
	2 Lene Berg Hanssen	38:08 4	09:46	1:18:30 5	20:39	2	
	3 Andrine Viken	54:41 8	24:29	2:13:11 6	45:08	-1	
7	Freidig lag 2			2:13:27	45:24		137
	1 Malin Sandstad	42:54 8	13:28	42:54 8	13:28		
	2 Pernille Opheim	45:33 7	17:11	1:28:27 7	30:36	1	
	3 Oda Q Fossum	45:00 6	14:48	2:13:27 7	45:24	0	
8	Os IL lag 1			2:18:32	50:29		130
	1 Åse Karin Langbekkhei	36:17 5	06:51	36:17 5	06:51		
	2 Kristina Ryen	54:32 8	26:10	1:30:49 8	32:58	-3	
	3 Jorun Bækken	47:43 7	17:31	2:18:32 8	50:29	0	
N/C	Verdal/Kvikne/Steinkjer lag 1			00:00			139
	1 Sigrid Solum	33:52	04:26	33:52	04:26		
	2 Hilde Moan Bjørshol	43:24	15:02	1:17:16	19:25	0	
	3 Vibeke Kvistad Dengerud	48:33	18:21	2:05:49	37:46	0	
N/C	Wing OK lag 1			00:00			134
	1 Sarah Brynhildsen	49:40	20:14	49:40	20:14		
	2 Anna Renolen	51:44	23:22	1:41:24	43:33	0	
	3 Ane Ingeborg Kalbekken	43:39	13:27	2:25:03	57:00	0	

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Class	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Starrn/ Status
H13-16							
1	Tynset IF lag 1			1:21:26			173
	1 Erlend Kvittum Nytrøen	27:22 4	00:25	27:22 4	00:25		
	2 Anders Nyaas	25:37 1	00:00	52:59 1	00:00	3	
	3 Petter Vangen Lunåsmo	28:27 1	00:00	1:21:26 1	00:00	0	
2	Wing OK lag 1			1:25:33	04:07		175
	1 Asbjørn Midtbø	28:26 5	01:29	28:26 5	01:29		
	2 Mathias Vindal	27:49 3	02:12	56:15 4	03:16	1	
	3 Johannes Midtbø	29:18 3	00:51	1:25:33 2	04:07	2	
3	Steinkjer OK lag 1			1:26:52	05:26		171
	1 Marius Landsem Melhus	26:59 2	00:02	26:59 2	00:02		
	2 Jørgen Rannem Halse	29:14 6	03:37	56:13 3	03:14	-1	
	3 Trygve Lægran	30:39 4	02:12	1:26:52 3	05:26	0	
4	Freidig lag 1			1:27:02	05:36		170
	1 Oskar Spets Storhov	30:29 11	03:32	30:29 11	03:32		
	2 Kjetil Mølsvik	27:57 4	02:20	58:26 8	05:27	3	
	3 Nils Ola Kvam	28:36 2	00:09	1:27:02 4	05:36	4	
5	OL Trollelg lag 1			1:27:58	06:32		169
	1 Olav Andreas Remmen	29:18 7	02:21	29:18 7	02:21		
	2 Brynjar Forseth	26:48 2	01:11	56:06 2	03:07	5	
	3 Hallvard Seim Grøvlen	31:52 7	03:25	1:27:58 5	06:32	-3	
6	Verdal OK lag 1			1:28:34	07:08		174
	1 Magnus Sivertsen	27:05 3	00:08	27:05 3	00:08		
	2 Håkon Grande	30:10 8	04:33	57:15 6	04:16	-3	
	3 Petter Markhus	31:19 5	02:52	1:28:34 6	07:08	0	
7	Molde og Omegn IF lag 1			1:32:29	11:03		168
	1 Aleksander Skoglund	29:51 8	02:54	29:51 8	02:54		
	2 Rikke Gjeitnes Dahle	27:59 5	02:22	57:50 7	04:51	1	
	3 Erik Hovdenak Sylte	34:39 9	06:12	1:32:29 7	11:03	0	
8	Freidig lag 2			1:37:11	15:45		179
	1 Håvard Eidsmo	26:57 1	00:00	26:57 1	00:00		
	2 Adrian Opheim	29:20 7	03:43	56:17 5	03:18	-4	
	3 Johan Bakken Sørensen	40:54 12	12:27	1:37:11 8	15:45	-3	
9	Byåsen IL lag 1			1:38:42	17:16		176
	1 Brage Jørum	29:05 6	02:08	29:05 6	02:08		
	2 Are Lodgaard	37:38 10	12:01	1:06:43 9	13:44	-3	
	3 Leif Blake	31:59 8	03:32	1:38:42 9	17:16	0	
10	Stjørdals-Blink Orientering lag 1			1:49:42	28:16		172
	1 Ole Wanvik Haugen	30:39 12	03:42	30:39 12	03:42		
	2 Emil Aaen	41:46 12	16:09	1:12:25 12	19:26	0	
	3 Audun Wanvik Haugen	37:17 10	08:50	1:49:42 10	28:16	2	
11	Freidig lag 3			1:51:24	29:58		183
	1 Mats Eidsmo	34:39 14	07:42	34:39 14	07:42		
	2 Mathias Hermstad	32:57 9	07:20	1:07:36 10	14:37	4	
	3 Kristian Fredrik Lynum	43:48 14	15:21	1:51:24 11	29:58	-1	
12	Tynset IF lag 2			1:54:41	33:15		182
	1 Trygve Bondhus Often	30:02 9	03:05	30:02 9	03:05		
	2 Hallstein Bondhus Often	38:37 11	13:00	1:08:39 11	15:40	-2	

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Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Starnr/ Status
H13-16							
	3 Halvor Rusten	46:02 15	17:35	1:54:41 12	33:15	-1	
13	Frol IL lag 1			1:57:28	36:02		177
	1 Oscar Lyngen	30:08 10	03:11	30:08 10	03:11		
	2 Ane Marte Vatn	43:46 13	18:09	1:13:54 13	20:55	-3	
	3 Ragne Munkeby	43:34 13	15:07	1:57:28 13	36:02	0	
14	IL Leik lag 1			2:01:42	40:16		167
	1 Line Sølberg	38:40 15	11:43	38:40 15	11:43		
	2 Even Unsgård	51:36 16	25:59	1:30:16 15	37:17	0	
	3 Jonas Unsgård	31:26 6	02:59	2:01:42 14	40:16	1	
15	Stjørdals-Blink Orientering lag 2			2:24:32	1:03:06		181
	1 Sondre Norstad	34:32 13	07:35	34:32 13	07:35		
	2 Susanne Eide Haug	47:54 14	22:17	1:22:26 14	29:27	-1	
	3 Andreas Glomsrud	1:02:06 16	33:39	2:24:32 15	1:03:06	-1	
16	Steinkjer OK lag 2			2:29:14	1:07:48		180
	1 Birk Barstad Sund	1:01:48 16	34:51	1:01:48 16	34:51		
	2 Simen Eliassen Kvarme	49:21 15	23:44	1:51:09 16	58:10	0	
	3 Sigurd Landsem Melhus	38:05 11	09:38	2:29:14 16	1:07:48	0	
DNS	Molde og Omegn IF lag 2						178
	1 Håvard Støen Gussiås	34:15	07:18	34:15	07:18		
	2 Magne Angelhus Morstøl	45:55	20:18	1:20:10	27:11	0	
	3						
DNS	NOTEAM lag 1						184
	1						
	2						
	3						
N/C	NØOK/Vallset/Stange lag 1			00:00			185
	1 Thomas Kort	33:32	06:35	33:32	06:35		
	2 Martin Selmer	1:07:06	41:29	1:40:38	47:39	0	
	3 Sverre Narum	38:27	10:00	2:19:05	57:39	0	

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Class	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Starnr/ Status
D 17							
1	Halden SK lag 1			2:17:05			41
	1 Ida Marie Næss Bjørgul	46:13 1	00:00	46:13 1	00:00		
	2 Ane Sofie Næss Bjørgul	44:57 4	03:42	1:31:10 2	00:06	-1	
	3 Mari Fasting	45:55 2	00:20	2:17:05 1	00:00	1	
2	NTNUI lag 1			2:23:48		06:43	46
	1 Mari Jevne Arnesen	50:54 6	04:41	50:54 6	04:41		
	2 Maren Jansson Haverstad	43:04 2	01:49	1:33:58 3	02:54	3	
	3 Audhild Bakken Rognstad	49:50 6	04:15	2:23:48 2	06:43	1	
3	Lillomarka OL lag 1			2:26:12		09:07	43
	1 Helen Palmer	49:49 3	03:36	49:49 3	03:36		
	2 Linn Hokholt	41:15 1	00:00	1:31:04 1	00:00	2	
	3 Kine Hallan Steiwer	55:08 8	09:33	2:26:12 3	09:07	-2	
4	Frol IL lag 1			2:26:27		09:22	52
	1 Gøril Rønning Sund	49:59 4	03:46	49:59 4	03:46		
	2 Eirin Svanøe-Hafstad	47:48 9	06:33	1:37:47 4	06:43	0	
	3 Mathilde Rundhaug	48:40 3	03:05	2:26:27 4	09:22	0	
5	Freidig lag 1			2:31:16		14:11	47
	1 Karen Oline Kolstad	59:46 14	13:33	59:46 14	13:33		
	2 Mari Angell-Petersen	45:55 5	04:40	1:45:41 11	14:37	3	
	3 Hanne Sandstad	45:35 1	00:00	2:31:16 5	14:11	6	
6	Konnerud IL lag 1			2:34:08		17:03	42
	1 Anette Baklid	50:25 5	04:12	50:25 5	04:12		
	2 Marie Nordbye Nybø	54:24 17	13:09	1:44:49 7	13:45	-2	
	3 Therese Haare	49:19 5	03:44	2:34:08 6	17:03	1	
7	NTNUI lag 3			2:38:48		21:43	56
	1 Mathilde Korvald Skaare	51:31 7	05:18	51:31 7	05:18		
	2 Ida Arnesen Tiltnes	48:10 10	06:55	1:39:41 5	08:37	2	
	3 Gunhild Rogne Halland	59:07 12	13:32	2:38:48 7	21:43	-2	
8	Team Babe lag 1			2:38:57		21:52	64
	1 Elin-Kristin Hem	57:20 11	11:07	57:20 11	11:07		
	2 Anna Ulvensøen	48:18 11	07:03	1:45:38 10	14:34	1	
	3 Marta Ulvensøen	53:19 7	07:44	2:38:57 8	21:52	2	
9	Frol IL lag 2			2:41:13		24:08	55
	1 Line Sundsvik	51:31 7	05:18	51:31 7	05:18		
	2 Sara Profors	52:59 16	11:44	1:44:30 6	13:26	1	
	3 Kari Svingheim	56:43 9	11:08	2:41:13 9	24:08	-3	
10	NTNUI lag 2			2:42:42		25:37	53
	1 Hanne Nøvik	1:09:00 19	22:47	1:09:00 19	22:47		
	2 Guro Torpe	44:25 3	03:10	1:53:25 17	22:21	2	
	3 Emma Johansson	49:17 4	03:42	2:42:42 10	25:37	7	
11	NTNUI lag 4			2:45:38		28:33	58
	1 Martine Åstebøl	59:27 12	13:14	59:27 12	13:14		
	2 Hedvig Åstebøl	47:21 8	06:06	1:46:48 12	15:44	0	
	3 Marie Styrvold	58:50 11	13:15	2:45:38 11	28:33	1	
12	Løten o-lag lag 1			2:48:46		31:41	44
	1 Evine Westli Andersen	59:27 12	13:14	59:27 12	13:14		
	2 Marte Fallbakken Berge	51:53 13	10:38	1:51:20 15	20:16	-3	

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Class	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Starrn/ Status
D 17							
	3 Emilie Westli Andersen	57:26 10	11:51	2:48:46 12	31:41	3	
13	Freidig lag 2			2:48:47	31:42		54
	1 Frida Sæther	51:59 9	05:46	51:59 9	05:46		
	2 Gro Sandstad Eidsmo	52:58 15	11:43	1:44:57 8	13:53	1	
	3 Jorunn Kvakland	1:03:50 14	18:15	2:48:47 13	31:42	-5	
14	NTNUI lag 6			2:52:35	35:30		60
	1 Mali Fjogstad Nielsen	55:30 10	09:17	55:30 10	09:17		
	2 Katharina Rogstad	51:55 14	10:40	1:47:25 13	16:21	-3	
	3 Maja Fjellstad Knutsen	1:05:10 15	19:35	2:52:35 14	35:30	-1	
15	NTNUI lag 8			2:59:14	42:09		62
	1 Marianne Dæhli	1:02:31 16	16:18	1:02:31 16	16:18		
	2 Toril Nes	48:52 12	07:37	1:51:23 16	20:19	0	
	3 Ingvild Bjørhei	1:07:51 16	22:16	2:59:14 15	42:09	1	
16	NTNUI lag 5			3:00:14	43:09		59
	1 Rannveig Jørgensen	1:01:33 15	15:20	1:01:33 15	15:20		
	2 Solveig Blandkjenn	46:38 6	05:23	1:48:11 14	17:07	1	
	3 Silje Borge Hovi	1:12:03 17	26:28	3:00:14 16	43:09	-2	
17	Byåsen IL lag 1			3:00:20	43:15		51
	1 Ida Berg Hanssen	1:10:04 20	23:51	1:10:04 20	23:51		
	2 Marte Hoff Hagen	46:56 7	05:41	1:57:00 18	25:56	2	
	3 Gøril Eide	1:03:20 13	17:45	3:00:20 17	43:15	1	
18	NTNUI lag 9			3:13:37	56:32		63
	1 Anne Johanne Lind	49:40 2	03:27	49:40 2	03:27		
	2 Elise Elvehøy	55:38 18	14:23	1:45:18 9	14:14	-7	
	3 Kristin Lønsethagen	1:28:19 20	42:44	3:13:37 18	56:32	-9	
19	Stjørdals-Blink Orientering lag 1			3:25:30	1:08:25		49
	1 Sigrid Wanvik Haugen	1:03:18 17	17:05	1:03:18 17	17:05		
	2 Margit Eide	1:03:51 19	22:36	2:07:09 19	36:05	-2	
	3 Mette Wanvik	1:18:21 18	32:46	3:25:30 19	1:08:25	0	
20	NTNUI lag 7			3:39:57	1:22:52		61
	1 Line Hovdenak Stenersen	1:04:16 18	18:03	1:04:16 18	18:03		
	2 Karoline Dahl Fosby	1:09:23 20	28:08	2:13:39 20	42:35	-2	
	3 Guro Heimstad Kleiven	1:26:18 19	40:43	3:39:57 20	1:22:52	0	
DNS	Steinkjer OK lag 1						48
	1 Astrid Læggran	1:32:36	46:23	1:32:36	46:23		
	2 Gunhild Kvistad	54:30	13:15	2:27:06	56:02	0	
	3						
DNS	Nord-Østerdal OK lag 1						45
	1 Ellen Merethe Schjelderup Skarpsr	50:29	04:16	50:29	04:16		
	2 Helen Margrethe Schjelderup						
	3						
DNS	Freidig lag 3						57
	1 Solveig Angell-Petersen	1:03:21	17:08	1:03:21	17:08		
	2						
	3						
DNS	Varegg Fleridrett lag 1						50
	1 Johanne Rakner	1:18:52	32:39	1:18:52	32:39		
	2						

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Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Starnr/ Status
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D 17

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Class	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Starnr/ Status
H 17							
1	NTNUI lag 1			2:39:56			5
	1 Simen Aamodt	58:43 5	04:04	58:43 5	04:04		
	2 Hans Petter Mathisen	47:07 3	04:00	1:45:50 3	02:09 2		
	3 Thomas Natvig Årstad	54:06 2	00:17	2:39:56 1	00:00 2		
2	Frol IL lag 1			2:43:26	03:30		13
	1 Stian Sundsvik	1:00:34 8	05:55	1:00:34 8	05:55		
	2 Ulf Forseth Indgaard	43:07 1	00:00	1:43:41 1	00:00 7		
	3 Jo Forseth Indgaard	59:45 4	05:56	2:43:26 2	03:30 -1		
3	IL Tyrving lag 1			2:43:58	04:02		3
	1 Torgeir Nørbech	55:43 2	01:04	55:43 2	01:04		
	2 Gunnar A Fiskum	54:26 9	11:19	1:50:09 5	06:28 -3		
	3 Bjørn Ekeberg	53:49 1	00:00	2:43:58 3	04:02 2		
4	NTNUI lag 12			2:44:19	04:23		29
	1 Vegard Blomseth Johnsen	56:34 4	01:55	56:34 4	01:55		
	2 Morten Severin Saue	50:40 6	07:33	1:47:14 4	03:33 0		
	3 Per Melander Often	57:05 3	03:16	2:44:19 4	04:23 0		
5	NTNUI lag 3			2:48:27	08:31		18
	1 Asgeir Bakken Rognstad	56:19 3	01:40	56:19 3	01:40		
	2 Sindre Jansson Haverstad	49:18 5	06:11	1:45:37 2	01:56 1		
	3 Kjetil Okkenhaug	1:02:50 6	09:01	2:48:27 5	08:31 -3		
6	Frol IL lag 2			2:55:21	15:25		17
	1 Magnus Beyer Brattli	1:00:32 7	05:53	1:00:32 7	05:53		
	2 Øystein Haug	51:03 7	07:56	1:51:35 7	07:54 0		
	3 Andreas Magerøy	1:03:46 7	09:57	2:55:21 6	15:25 1		
7	NTNUI lag 2			2:59:17	19:21		14
	1 Vegard Ruttenborg	1:06:05 13	11:26	1:06:05 13	11:26		
	2 Trygve Olsen	47:33 4	04:26	1:53:38 8	09:57 5		
	3 Kristian Stenerud	1:05:39 9	11:50	2:59:17 7	19:21 1		
8	Halden SK lag 1			2:59:37	19:41		1
	1 Magne Dæhli	54:39 1	00:00	54:39 1	00:00		
	2 Bodil Holmström	1:02:45 18	19:38	1:57:24 10	13:43 -9		
	3 Øyvind Helgerud	1:02:13 5	08:24	2:59:37 8	19:41 2		
9	Freidig lag 1			3:08:14	28:18		8
	1 Rein Helle Mårdalen	1:06:12 15	11:33	1:06:12 15	11:33		
	2 Jens Even Storhov	54:17 8	11:10	2:00:29 12	16:48 3		
	3 Johan Ivarsson	1:07:45 10	13:56	3:08:14 9	28:18 3		
10	Frol IL lag 3			3:10:20	30:24		19
	1 Jonas Ressem	58:56 6	04:17	58:56 6	04:17		
	2 Paul Sirum	1:00:19 16	17:12	1:59:15 11	15:34 -5		
	3 Jørgen Fiskum	1:11:05 12	17:16	3:10:20 10	30:24 1		
11	OL Trollelg lag 1			3:12:07	32:11		6
	1 Trond Einar Moen Pedersli	1:00:38 9	05:59	1:00:38 9	05:59		
	2 Ove Baardsgaard	56:17 10	13:10	1:56:55 9	13:14 0		
	3 Kristian Stensrud	1:15:12 14	21:23	3:12:07 11	32:11 -2		
12	NTNUI lag 4			3:12:40	32:44		20
	1 Ståle Gjelsten	1:07:28 16	12:49	1:07:28 16	12:49		
	2 Klaus Klausen Espedal	59:36 15	16:29	2:07:04 17	23:23 -1		

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H 17							
	3 Martin Hoset	1:05:36 8	11:47	3:12:40 12	32:44	5	
13	Frol IL lag 4			3:12:55	32:59		21
	1 Vegard Ressem	1:05:06 12	10:27	1:05:06 12	10:27		
	2 Carl Petter Lyngen	46:24 2	03:17	1:51:30 6	07:49	6	
	3 Johan Otto Munkeby	1:21:25 16	27:36	3:12:55 13	32:59	-7	
14	Byåsen IL lag 1			3:16:16	36:20		11
	1 Terje Maroni	1:09:10 18	14:31	1:09:10 18	14:31		
	2 Terje Dalen Sørgård	56:41 11	13:34	2:05:51 15	22:10	3	
	3 Per Wiréhn	1:10:25 11	16:36	3:16:16 14	36:20	1	
15	NTNUI lag 5			3:16:18	36:22		22
	1 Mikkel Sørensen	1:03:47 11	09:08	1:03:47 11	09:08		
	2 Kristian Wollen Steen	58:43 14	15:36	2:02:30 14	18:49	-3	
	3 Stig Rune Holberg	1:13:48 13	19:59	3:16:18 15	36:22	-1	
16	Hamar/Bækkelaget/Nydalen lag 1			3:17:11	37:15		34
	1 Dag Lofthus	1:03:44 10	09:05	1:03:44 10	09:05		
	2 Anders Bjergaard	57:39 13	14:32	2:01:23 13	17:42	-3	
	3 Magne Jutulstad	1:15:48 15	21:59	3:17:11 16	37:15	-3	
17	NTNUI lag 8			3:42:23	1:02:27		25
	1 Fredrik Rosenberg	1:15:11 20	20:32	1:15:11 20	20:32		
	2 Fredrik Steinsvik	1:02:21 17	19:14	2:17:32 18	33:51	2	
	3 Hallvard Nordbrøden	1:24:51 19	31:02	3:42:23 17	1:02:27	1	
18	NTNUI lag 9			4:00:49	1:20:53		26
	1 Håvard Berget	1:20:12 22	25:33	1:20:12 22	25:33		
	2 Bjørn Johannessen Field	1:18:42 22	35:35	2:38:54 21	55:13	1	
	3 Håvard Birkeland Stormoen	1:21:55 17	28:06	4:00:49 18	1:20:53	3	
19	Stjørdals-Blink Orientering lag 1			4:16:11	1:36:15		10
	1 Jon Arve Glomsrud	1:30:05 24	35:26	1:30:05 24	35:26		
	2 Henrik Nielsen Solberg	1:10:58 20	27:51	2:41:03 22	57:22	2	
	3 Endre Aaen	1:35:08 20	41:19	4:16:11 19	1:36:15	3	
20	NTNUI lag 10			4:16:40	1:36:44		27
	1 Henrik Svaland Aas	1:19:59 21	25:20	1:19:59 21	25:20		
	2 Adrian Opheim	1:03:54 19	20:47	2:23:53 19	40:12	2	
	3 Espen Stornes	1:52:47 21	58:58	4:16:40 20	1:36:44	-1	
21	Oppsal Orientering lag 1			5:13:45	2:33:49		7
	1 Per-Ivar Nikolaisen	1:20:34 23	25:55	1:20:34 23	25:55		
	2 Anders Emilsson	2:29:41 23	1:46:34	3:50:15 23	2:06:34	0	
	3 Gard-Martin Udnesseter Johnson	1:23:30 18	29:41	5:13:45 21	2:33:49	2	
22	OL Trollelg lag 2			6:08:40	3:28:44		15
	1 Roar Skulbørstad	1:14:04 19	19:25	1:14:04 19	19:25		
	2 Vegard Hansen	1:11:16 21	28:09	2:25:20 20	41:39	-1	
	3 Johannes Svendsen	3:43:20 22	2:49:31	6:08:40 22	3:28:44	-2	
23	Freidig lag 2			2:06:08			16
	1 Pål Kittilsen	1:09:02 17	14:23	1:09:02 17	14:23		
	2 Bjørnar Lynum	57:06 12	13:59	2:06:08 16	22:27	1	
	3						
24	Emblem IL lag 1			1:06:06			12
	1 Erlend Nilsen Sandnes	1:06:06 14	11:27	1:06:06 14	11:27		
	2						

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Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Starrn/ Status
H 17							
	3						
DNF	NTNUI lag 6						23
	1 Gjermund Olsen	1:15:36	20:57	1:15:36	20:57		
	2 Siggen Ytrehus	57:21	14:14	2:12:57	29:16	0	
	3 Erik Gustafsson						
DSQ	NTNUI lag 11						28
	1 Eivind Schjelderup Skarpsno	1:05:40	11:01	1:05:40	11:01		
	2 Even Nyhus	48:02	04:55	1:53:42	10:01	0	DSQ
	3 Einar Hjortås	1:29:34	35:45	3:23:16	43:20	0	
DSQ	Molde og Omegn IF lag 1						4
	1 Geir Nerland	1:19:47	25:08	1:19:47	25:08		
	2 Erling Hovdenak Sylte	1:15:02	31:55	2:34:49	51:08	0	
	3 Jan-Erik Myhr	1:23:21	29:32	3:58:10	1:18:14	0	DSQ
DSQ	NTNUI lag 7						24
	1 Anders Opsahl Bredesen	1:20:41	26:02	1:20:41	26:02		
	2 Sondre Sande Gullord	1:00:51	17:44	2:21:32	37:51	0	DSQ
	3 Håkon Heggedal	1:15:45	21:56	3:37:17	57:21	0	
DNS	NTNUI lag 16						33
	1						
	2						
	3						
DNS	NTNUI lag 14						31
	1						
	2						
	3						
DNS	Steinkjer OK lag 1						9
	1						
	2						
	3						
DNS	NTNUI lag 15						32
	1						
	2						
	3						
DNS	NTNUI lag 13						30
	1 Harald Kalager	1:14:17	19:38	1:14:17	19:38		
	2						
	3						
DNS	IL Leik lag 1						2
	1 Ola Keiserås						
	2 Jan Hage						
	3 Brage Keiserås						

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Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Starnr/ Status
D 35							
1	Freidig lag 1			2:18:03			87
	1 Heidi Arnesen	43:30 1	00:00	43:30 1	00:00		
	2 Kari Ulseth	47:52 2	02:51	1:31:22 1	00:00 0		
	3 Katrine Andersen	46:41 1	00:00	2:18:03 1	00:00 0		
2	Tynset IF lag 1			2:24:57	06:54		89
	1 Mari Gullbrekken Schjølberg	46:40 2	03:10	46:40 2	03:10		
	2 Britt Vangen Sandvold	45:01 1	00:00	1:31:41 2	00:19 0		
	3 Ingunn Vangen Lunåsno	53:16 3	06:35	2:24:57 2	06:54 0		
3	Byåsen IL lag 1			2:37:14	19:11		90
	1 Kari Solem Aune	50:41 3	07:11	50:41 3	07:11		
	2 Nina-Beate Liabakk	53:26 4	08:25	1:44:07 3	12:45 0		
	3 Rine Hanssen	53:07 2	06:26	2:37:14 3	19:11 0		
4	Emblem IL lag 1			2:57:53	39:50		91
	1 Marianne Lykke	55:18 4	11:48	55:18 4	11:48		
	2 Marit Sylte Lundanes	57:12 5	12:11	1:52:30 4	21:08 0		
	3 Janita Skogeng	1:05:23 4	18:42	2:57:53 4	39:50 0		
5	Freidig lag 2			3:20:32	1:02:29		92
	1 Mona J. Mølsvik	1:05:25 5	21:55	1:05:25 5	21:55		
	2 Sigrid Melkild	52:56 3	07:55	1:58:21 5	26:59 0		
	3 Ingerid Angell-Petersen	1:22:11 5	35:30	3:20:32 5	1:02:29 0		
6	Molde og Omegn IF lag 1			6:11:47	3:53:44		86
	1 *Heidi Bjerke Nerland	1:19:06 6	35:36	1:19:06 6	35:36		
	2 Evy Meisingseth	58:50 6	13:49	2:17:56 6	46:34 0		
	3 Hanne-Merete Hagset	3:53:51 6	3:07:10	6:11:47 6	3:53:44 0		
DNS	NOTEAM lag 1						88
	1						
	2						
	3						

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Class	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Starrn/ Status
H 35							
1	Freidig lag 1			2:38:39			67
	1 Andreas Sylte	48:48 1	00:00	48:48 1	00:00		
	2 Vegard Grønli	55:12 1	00:00	1:44:00 1	00:00 0		
	3 Jostein Mårdalen	54:39 3	03:12	2:38:39 1	00:00 0		
2	Freidig lag 2			2:48:13	09:34		73
	1 Stig Magnar Løvås	55:10 6	06:22	55:10 6	06:22		
	2 Reidar Selmer	56:00 2	00:48	1:51:10 3	07:10 3		
	3 Svein Terje Kolstad	57:03 4	05:36	2:48:13 2	09:34 1		
3	Byåsen IL lag 1			2:49:09	10:30		70
	1 Torgeir Aune	50:18 2	01:30	50:18 2	01:30		
	2 Otto Richard Eide	56:57 3	01:45	1:47:15 2	03:15 0		
	3 Knut Hagen	1:01:54 6	10:27	2:49:09 3	10:30 -1		
4	Emblem IL lag 1			2:57:34	18:55		71
	1 Roar Reiten	1:01:30 9	12:42	1:01:30 9	12:42		
	2 Christer Jensen	1:02:43 6	07:31	2:04:13 7	20:13 2		
	3 Lars Roger Lundanes	53:21 2	01:54	2:57:34 4	18:55 3		
5	Freidig lag 3			3:03:27	24:48		76
	1 Arild H Clausen	52:29 3	03:41	52:29 3	03:41		
	2 Stig Folgerø	1:01:51 4	06:39	1:54:20 4	10:20 -1		
	3 Olle Malmring	1:09:07 8	17:40	3:03:27 5	24:48 -1		
6	Byåsen IL lag 2			3:06:14	27:35		75
	1 Snorre Sæternes	55:39 7	06:51	55:39 7	06:51		
	2 Øystein Wiggen	1:05:23 7	10:11	2:01:02 6	17:02 1		
	3 Jon Holstad	1:05:12 7	13:45	3:06:14 6	27:35 0		
7	Oppsal Orientering lag 1			3:06:47	28:08		66
	1 Trond Simensen	57:55 8	09:07	57:55 8	09:07		
	2 Erlend Fanuelson	1:17:25 10	22:13	2:15:20 9	31:20 -1		
	3 Per-Ivar Nikolaisen	51:27 1	00:00	3:06:47 7	28:08 2		
8	Wing OK lag 1			3:07:05	28:26		69
	1 Jostein Alvestad	52:54 4	04:06	52:54 4	04:06		
	2 Dag Erik Helland	1:15:33 9	20:21	2:08:27 8	24:27 -4		
	3 Svein Erik Bratsberg	58:38 5	07:11	3:07:05 8	28:26 0		
9	Wing OK lag 2			3:29:08	50:29		74
	1 Jens Kjetil Mehammer	1:11:59 10	23:11	1:11:59 10	23:11		
	2 Agnar Renolen	1:06:01 8	10:49	2:18:00 10	34:00 0		
	3 Per Ivar Skinderhaug	1:11:08 9	19:41	3:29:08 9	50:29 1		
10	Frol IL lag 1			1:57:14			72
	1 Gunnar Vatn	54:40 5	05:52	54:40 5	05:52		
	2 Arne Grevskott	1:02:34 5	07:22	1:57:14 5	13:14 0		
	3						
DSQ	Tynset IF lag 1			00:00			68
	1 Geir Schjølborg	59:59	11:11	59:59	11:11		
	2 Magnar Often	1:00:23	05:11	2:00:22	16:22 0		DSQ
	3 Torger Høsøien	1:01:06	09:39	3:01:28	22:49 0		

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Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Starnr/ Status
D 150							
1	Frol IL lag 1			2:08:07			144
	1 Bente Hovdal Sundsvik	40:02 1	00:00	40:02 1	00:00		
	2 Magnhild Forseth	43:44 1	00:00	1:23:46 1	00:00 0		
	3 Randi Jensen	44:21 1	00:00	2:08:07 1	00:00 0		
2	Byåsen IL lag 1			2:27:43	19:36		143
	1 Turid Arnesen	43:08 2	03:06	43:08 2	03:06		
	2 Stina Elfving	52:30 2	08:46	1:35:38 2	11:52 0		
	3 Sabine Schweiger	52:05 3	07:44	2:27:43 2	19:36 0		
3	Verdal OK lag 1			2:40:44	32:37		142
	1 Magnhild Kvaal	54:34 3	14:32	54:34 3	14:32		
	2 Ingunn Solum	57:07 3	13:23	1:51:41 3	27:55 0		
	3 Gunnhild Bredesen	49:03 2	04:42	2:40:44 3	32:37 0		

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Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Starrn/ Status
H 150							
1	Steinkjer OK lag 1			2:05:22			101
	1 Trond Svanøe-Hafstad	42:07 2	02:07	42:07 2	02:07		
	2 Arve Lægran	46:20 1	00:00	1:28:27 2	01:11 0		
	3 Atle Dengerud	36:55 1	00:00	2:05:22 1	00:00 1		
2	Nord-Østerdal OK lag 1			2:12:57	07:35		97
	1 Harald Svergja	42:16 3	02:16	42:16 3	02:16		
	2 Per Engebakken	50:25 3	04:05	1:32:41 3	05:25 0		
	3 John Svergja	40:16 2	03:21	2:12:57 2	07:35 1		
3	Røros IL lag 1			2:14:10	08:48		99
	1 Hans Arild Skjevdal	40:00 1	00:00	40:00 1	00:00		
	2 Terje Schjølberg	47:16 2	00:56	1:27:16 1	00:00 0		
	3 Petter Gullikstad	46:54 4	09:59	2:14:10 3	08:48 -2		
4	OL Trollelg lag 1			2:21:58	16:36		98
	1 Kjell Baardsgaard	49:50 9	09:50	49:50 9	09:50		
	2 Dag Ove Tinmannsvik	51:46 6	05:26	1:41:36 6	14:20 3		
	3 Frode Haugskott	40:22 3	03:27	2:21:58 4	16:36 2		
5	Verdal OK lag 1			2:31:15	25:53		102
	1 Per Grande	43:26 4	03:26	43:26 4	03:26		
	2 Tor Ove Hallem	50:42 5	04:22	1:34:08 4	06:52 0		
	3 Karl Arne Melbye	57:07 9	20:12	2:31:15 5	25:53 -1		
6	Molde og Omegn IF lag 1			2:32:09	26:47		96
	1 Eivind Morstøl	46:41 5	06:41	46:41 5	06:41		
	2 Stig Bratsberg	50:41 4	04:21	1:37:22 5	10:06 0		
	3 Geir Sylte	54:47 7	17:52	2:32:09 6	26:47 -1		
7	Byåsen IL lag 2			2:32:54	27:32		106
	1 Bjørn Berger	49:09 8	09:09	49:09 8	09:09		
	2 Geir Arne Lodgaard	56:32 8	10:12	1:45:41 8	18:25 0		
	3 Kjell Maroni	47:13 5	10:18	2:32:54 7	27:32 1		
8	Verdal OK lag 2			2:42:27	37:05		105
	1 Stein Markhus	47:29 6	07:29	47:29 6	07:29		
	2 Marius Enes	54:40 7	08:20	1:42:09 7	14:53 -1		
	3 John Kvaal	1:00:18 10	23:23	2:42:27 8	37:05 -1		
9	Byåsen IL lag 1			2:44:18	38:56		104
	1 Haakon Arnesen	48:27 7	08:27	48:27 7	08:27		
	2 Erik Blake	1:00:54 9	14:34	1:49:21 9	22:05 -2		
	3 Erling Bye	54:57 8	18:02	2:44:18 9	38:56 0		
10	Vingelen IL lag 1			2:49:28	44:06		103
	1 JanJacob Verdenius	50:31 10	10:31	50:31 10	10:31		
	2 Kjell Nesteby	1:08:35 10	22:15	1:59:06 10	31:50 0		
	3 Terje Hansen	50:22 6	13:27	2:49:28 10	44:06 0		
DSQ	Freidig lag 1			00:00			100
	1 Øyvind Schjelderup	44:24	04:24	44:24	04:24		
	2 Arild Heggset	59:32	13:12	1:43:56	16:40 0		
	3 Geir Owren	47:18	10:23	2:31:14	25:52 0		DSQ

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Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Starnr/ Status
D 175							
1	Freidig lag 1			2:17:02			147
	1 Katharina Mo Berge	45:32 1	00:00	45:32 1	00:00		
	2 Torid Kvaal	46:56 1	00:00	1:32:28 1	00:00	0	
	3 Grete Berge Owren	44:34 2	00:42	2:17:02 1	00:00	0	
2	Vingelen IL lag 1			2:44:22	27:20		148
	1 Inger Johanne Simensen	1:02:27 2	16:55	1:02:27 2	16:55		
	2 Solveig Vingelen	58:03 2	11:07	2:00:30 2	28:02	0	
	3 Dagrunn Urseth	43:52 1	00:00	2:44:22 2	27:20	0	

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Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Starnr/ Status
H 175							
1	Verdal OK lag 2			2:00:52			161
	1 Sture Sivertsen	31:53 1	00:00	31:53 1	00:00		
	2 Morten Sveberg	40:57 1	00:00	1:12:50 1	00:00	0	
	3 Oddbjørn Brattaker	48:02 6	05:52	2:00:52 1	00:00	0	
2	OK Nidarøst lag 1			2:09:28	08:36		153
	1 Torleif Stephansen	42:29 4	10:36	42:29 4	10:36		
	2 Tore Kiste	42:53 2	01:56	1:25:22 2	12:32	2	
	3 Leif Engen	44:06 2	01:56	2:09:28 2	08:36	0	
3	OL Trollelg lag 1			2:15:31	14:39		154
	1 Bjørn Brenne	36:39 3	04:46	36:39 3	04:46		
	2 Egil Repvik	51:19 6	10:22	1:27:58 4	15:08	-1	
	3 Øistein Åsmul	47:33 5	05:23	2:15:31 3	14:39	1	
4	Wing OK lag 1			2:20:03	19:11		157
	1 Knut Skjesol	50:39 5	18:46	50:39 5	18:46		
	2 Lars Skrøvseth	47:14 3	06:17	1:37:53 5	25:03	0	
	3 Frank Bjarkø	42:10 1	00:00	2:20:03 4	19:11	1	
5	Verdal OK lag 1			2:29:10	28:18		156
	1 Inge Hafstad	33:31 2	01:38	33:31 2	01:38		
	2 Sverre Kristoffersen	52:29 7	11:32	1:26:00 3	13:10	-1	
	3 Johannes Sollid	1:03:10 9	21:00	2:29:10 5	28:18	-2	
6	Freidig lag 2			2:29:54	29:02		160
	1 Magnus Landstad	52:06 7	20:13	52:06 7	20:13		
	2 Stig Berge	48:35 4	07:38	1:40:41 6	27:51	1	
	3 Nils Olav Vennevik	49:13 7	07:03	2:29:54 6	29:02	0	
7	Nord-Østerdal OK lag 1			2:30:29	29:37		152
	1 Helen Margrethe Schjelderup	51:51 6	19:58	51:51 6	19:58		
	2 Tore Stubbe	52:58 8	12:01	1:44:49 8	31:59	-2	
	3 Johan Arnt Johansen	45:40 3	03:30	2:30:29 7	29:37	1	
8	Vingelen IL lag 1			2:34:16	33:24		158
	1 Bjørn Ivar Ryen	52:18 8	20:25	52:18 8	20:25		
	2 Steinar Simensen	56:07 9	15:10	1:48:25 9	35:35	-1	
	3 Lars Buttingsrud	45:51 4	03:41	2:34:16 8	33:24	1	
9	OL Trollelg lag 2			2:36:38	35:46		159
	1 Paul Forseth	53:16 9	21:23	53:16 9	21:23		
	2 Stig Arild Haugskott	50:45 5	09:48	1:44:01 7	31:11	2	
	3 Henry Sundsetvik	52:37 8	10:27	2:36:38 9	35:46	-2	
DSQ	Freidig lag 1			00:00			155
	1 Gunnar Østerbø	40:59	09:06	40:59	09:06		
	2 Knut Lillealtern	36:32	-04:25	1:17:31	04:41	0	DSQ
	3 Tore Angell-Petersen	36:58	-05:12	1:54:29	-06:23	0	

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Class	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Starrn/ Status
MIX							
1	IL Leik lag 2			2:05:43			125
	1 Ola Keiserås	37:43 1	00:00	37:43 1	00:00		
	2 Jan Hage	42:06 5	06:18	1:19:49 2	02:13	-1	
	3 Brage Keiserås	45:54 2	00:13	2:05:43 1	00:00	1	
2	OL Trollelg lag 1			2:07:59	02:16		114
	1 Sigrid Merete Moen Pedersli	46:30 8	08:47	46:30 8	08:47		
	2 Anders Haugskott	35:48 1	00:00	1:22:18 3	04:42	5	
	3 Kristin Haugskott	45:41 1	00:00	2:07:59 2	02:16	1	
3	Wing OK lag 1			2:10:49	05:06		118
	1 Arvid Lyngstad	39:00 2	01:17	39:00 2	01:17		
	2 Andrea Vindal	38:36 3	02:48	1:17:36 1	00:00	1	
	3 Thorlene Egerton	53:13 7	07:32	2:10:49 3	05:06	-2	
4	IL Leik lag 1			2:17:00	11:17		111
	1 Svein Olav Åmot	45:59 7	08:16	45:59 7	08:16		
	2 Kjell Sølberg	42:58 6	07:10	1:28:57 5	11:21	2	
	3 Svein Gudmund Unsgård	48:03 5	02:22	2:17:00 4	11:17	1	
5	Stjørdals-Blink Orientering lag 1			2:17:40	11:57		124
	1 Jakob Haugen	50:16 9	12:33	50:16 9	12:33		
	2 Monica Hægstad	39:36 4	03:48	1:29:52 6	12:16	3	
	3 Bård Ø Solberg	47:48 4	02:07	2:17:40 5	11:57	1	
6	Verdal OK lag 1			2:20:15	14:32		117
	1 Maren Grande	45:48 6	08:05	45:48 6	08:05		
	2 Sigve Lundsauet	43:01 7	07:13	1:28:49 4	11:13	2	
	3 Ole M. Frøseth	51:26 6	05:45	2:20:15 6	14:32	-2	
7	Tynset IF lag 1			2:25:37	19:54		116
	1 Per Olav Bækken	1:01:34 11	23:51	1:01:34 11	23:51		
	2 Sissel Bolstad	38:05 2	02:17	1:39:39 9	22:03	2	
	3 Ove Feragen	45:58 3	00:17	2:25:37 7	19:54	2	
8	OK Nidarøst lag 1			2:26:19	20:36		113
	1 Dag Stenersen	44:41 4	06:58	44:41 4	06:58		
	2 Martin Løvås	46:30 8	10:42	1:31:11 8	13:35	-4	
	3 Bjørn P. Løvås	55:08 8	09:27	2:26:19 8	20:36	0	
9	Steinkjer OK lag 2			2:46:03	40:20		121
	1 Torgrim Sund	59:52 10	22:09	59:52 10	22:09		
	2 Rolf Karset	46:32 9	10:44	1:46:24 10	28:48	0	
	3 Trine Rannem	59:39 9	13:58	2:46:03 9	40:20	1	
10	Steinkjer OK lag 1			2:53:49	48:06		115
	1 Svein Anders Melhus	41:25 3	03:42	41:25 3	03:42		
	2 Ola Benan	48:38 10	12:50	1:30:03 7	12:27	-4	
	3 Mari Ann Landsem Melhus	1:23:46 11	38:05	2:53:49 10	48:06	-3	
11	OL Trollelg lag 2			3:03:12	57:29		120
	1 Per Einar Pedersli	44:59 5	07:16	44:59 5	07:16		
	2 Kirsti Næss Olsen	1:06:35 11	30:47	1:51:34 11	33:58	-6	
	3 May Toril Moen	1:11:38 10	25:57	3:03:12 11	57:29	0	
DSQ	Wing OK lag 2			00:00			123
	1 Jon Vindal	1:06:06	28:23	1:06:06	28:23		
	2 Susanna Brynhildsen	2:22:46	1:46:58	3:28:52	2:11:16	0	

MNM 2013 stafett

25.08.2013

Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Starnr/ Status
MIX							
	3	1:07:08	21:27	4:36:00	2:30:17	0	DSQ
DNS	Vingelen IL lag 1						119
	1						
	2						
	3						
DNS	Verdal OK lag 2						122
	1						
	2						
	3						
DNS	Nord-Østerdal OK lag 1						112
	1						
	2						
	3						

MNM 2013 stafett

25.08.2013

Resultatliste

Plass	Lag	Etappe Tid	Etter	Total Tid	Etter	Endring	Starnr/ Status
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