

# Resultater fra treningsløp på Lisleherad skole 14. april 2016

Anntall deltagere: 42

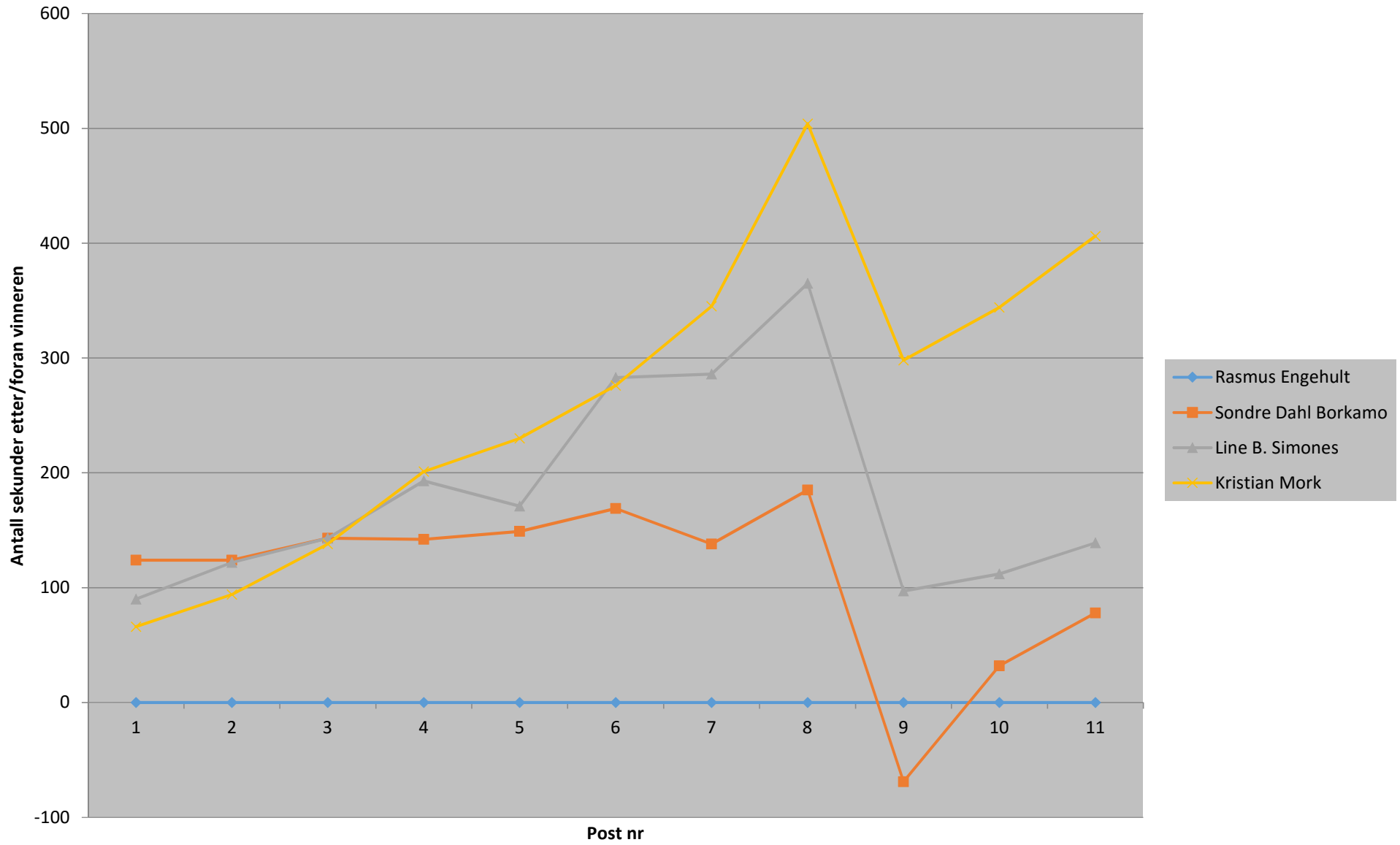
Brikke	Navn	Tid	Løype	Min/km	Klubb	Gull	Sølv	Brns	Disk	Antall: 35	v2.11.12						
	Post/EKT-kode---->					1/130	2/131	3/132	4/134	5/135	6/136	7/140	8/141	9/135	10/131	11/143	12/160
207900	Harald Kvisli	43:23	4,1 km A lang	10:35	NOL	03:33	04:28	03:57	03:16	02:34	03:37	04:35	02:43	06:00	03:35	02:52	02:13
207901	Rune Engehult	44:36	4,1 km A lang	10:53	NOL	03:09	04:19	03:53	03:56	02:28	04:05	04:12	02:43	05:46	03:35	03:33	02:57
86890	Anders Fossøy	51:28	4,1 km A lang	12:33	NOL	03:37	04:40	04:04	04:07	03:14	04:48	05:00	03:05	06:46	04:14	04:30	03:23
153704	Heidi Schatvet	56:39	4,1 km A lang	13:49	NOL	04:03	05:22	06:08	04:18	03:31	04:46	05:19	03:23	06:58	04:51	04:30	03:30
480043	Sveinung Rekaa	59:35	4,1 km A lang	14:32	NOL	03:33	05:27	05:22	04:19	02:45	04:19	04:59	04:07	06:41	05:00	09:39	03:24
82342	Arnulf Rulnes	1:01:57	4,1 km A lang	15:07	NOL	04:53	06:29	05:07	05:13	03:37	04:58	06:05	03:18	07:55	05:46	04:50	03:46
62763	Robert Fredriksen	1:08:28	4,1 km A lang	16:42	NOL	03:40	05:22	04:15	09:34	04:29	06:13	04:49	05:30	09:08	04:54	06:38	03:56
480044	Hugo Christensen	50:56	4,1 km A lang	12:25	NOL	04:56	05:52	04:40	05:58	03:54	06:01	06:30					13:05
	Post/EKT-kode---->					1/130	2/131	3/132	4/134	5/135	6/136	7/140	8/141	9/143	10/160		
197939	Even Andre Thorbjørnsen	34:45	3,2 km A kort	10:52	NOL	03:16	04:26	03:33	03:40	02:19	03:59	04:00	05:20	02:03	02:09		
61168	Arve Paulsen	36:02	3,2 km A kort	11:16	NOL	03:11	04:13	03:56	03:45	03:02	04:10	04:51	03:43	02:10	03:01		
207902	Aasmund Slokvik	37:20	3,2 km A kort	11:40	NOL	03:39	05:00	03:59	04:07	02:52	05:20	04:34	03:00	02:19	02:30		
86885	Petter Løe	37:30	3,2 km A kort	11:43	NOL	03:44	05:00	04:16	03:56	02:50	05:18	04:34	02:59	02:19	02:34		
182001	Kristin Sandven	41:33	3,2 km A kort	12:59	NOL	03:54	04:52	04:11	05:00	04:20	04:53	05:11	03:19	02:33	03:20		
64748	Britt Fossøy	43:30	3,2 km A kort	13:36	NOL	04:14	06:38	04:36	05:10	03:33	04:48	05:29	03:18	02:33	03:11		
210711	Erling Dahl Borkamo	52:15	3,2 km A kort	16:20	NOL	04:50	05:03	04:14	04:29	08:07	05:22	08:55	05:19	02:58	02:58		
169106	Lene Therese Myrland	1:01:24	3,2 km A kort	19:11	NOL	05:38	07:46	05:59	07:12	04:28	07:37	07:56	07:20	03:39	03:49		
500241	Jørn Myrland	1:01:26	3,2 km A kort	19:12	NOL	05:29	07:44	05:58	07:23	04:16	07:38	08:46	06:25	03:55	03:52		
217113	Anne Carine Dahl Borkamo	1:09:59	3,2 km A kort	21:52	NOL	05:02	08:12	05:27	13:07	04:37	06:17	16:08	04:04	03:27	03:38		
	Post/EKT-kode---->					1/129	2/142	3/137	4/138	5/149	6/143	7/160					
159668	Bjørn Carlsen	26:22	2 km C	13:11	NOL	05:08	03:33	03:07	02:32	05:59	02:30	03:33					
211944	Synne Sandven	33:49	2 km C	16:55	NOL	06:58	04:48	02:51	04:10	04:30	04:01	06:31					
86892	Jacob Løe	37:33	2 km C	18:46	NOL	05:41	03:22	02:10	03:08	15:42	03:15	04:15					
208441	Per Andre Naustvik	39:25	2 km C	19:42	NOL	12:03	05:33	02:55	05:29	04:18	03:50	05:17					
176739	Tonje Naustvik	39:30	2 km C	19:45	NOL	12:11	05:18	03:23	05:02	04:31	03:36	05:29					
207907	Gunvor Bergskås	45:38	2 km C	22:49	NOL	09:01	06:58	04:30	05:12	07:07	05:24	07:26					
207907	Gunhild Solberg	45:38	2 km C	22:49	NOL	09:01	06:58	04:30	05:12	07:07	05:24	07:26					
214508	Monica H. Skatter	1:07:22	2 km C	33:41	NOL	41:35	04:45	04:00	03:50	04:26	03:53	04:53					
212548	Ada Otilie Borkamo	49:36	2 km C	24:48	NOL	07:17	05:36	04:52	04:57		20:41	06:13					
	Post/EKT-kode---->					1/144	2/145	3/146	4/147	5/148	6/121	7/122	8/123	9/124	10/126	11/160	
212066	Rasmus Engehult	22:31	1,5 km N	15:01	NOL	00:58	01:41	00:41	01:26	01:47	01:04	04:08	02:06	06:39	01:28	00:33	
212505	Sondre Dahl Borkamo	23:49	1,5 km N	15:53	NOL	03:02	01:41	01:00	01:25	01:54	01:24	03:37	02:53	02:25	03:09	01:19	
213013	Line B. Simones	24:50	1,5 km N	16:33	NOL	02:28	02:13	01:02	02:16	01:25	02:56	04:11	03:25	02:11	01:43	01:00	
212631	Kristian Mork	29:17	1,5 km N	19:31	NOL	02:04	02:09	01:25	02:29	02:16	01:50	05:17	04:45	03:13	02:14	01:35	
176726	Lilian Sundset	34:57	1,5 km N	23:18	NOL	00:55	03:30	01:28	02:12	02:50	02:29	04:08	05:01	05:37	03:18	03:29	
215912	Alfred Hagen Urdalen	46:10	1,5 km N	30:47	NOL	05:17	03:23	01:47	04:40	03:57	02:27	05:42	05:57	04:59	03:57	04:04	
214556	Syver Urdalen	46:40	1,5 km N	31:07	NOL	04:00	04:25	02:20	04:53	03:53	01:45	05:30	08:07	03:46	02:14	05:47	
176781	Balder Lysbakken	29:32	1,5 km N		NOL	00:00	02:16	01:06	02:34		19:41				02:23	01:32	
159671	Knut Urdalen	46:51	1,5 km N	31:14	NOL	03:57	04:40	02:08		08:57	01:58	05:18	07:46	04:02	02:16	05:49	
	Emma Engehult	Deltatt															
	Randi Mork	Deltatt															
	Nils Thomas Lysbakken	Deltatt															

## Småtroll

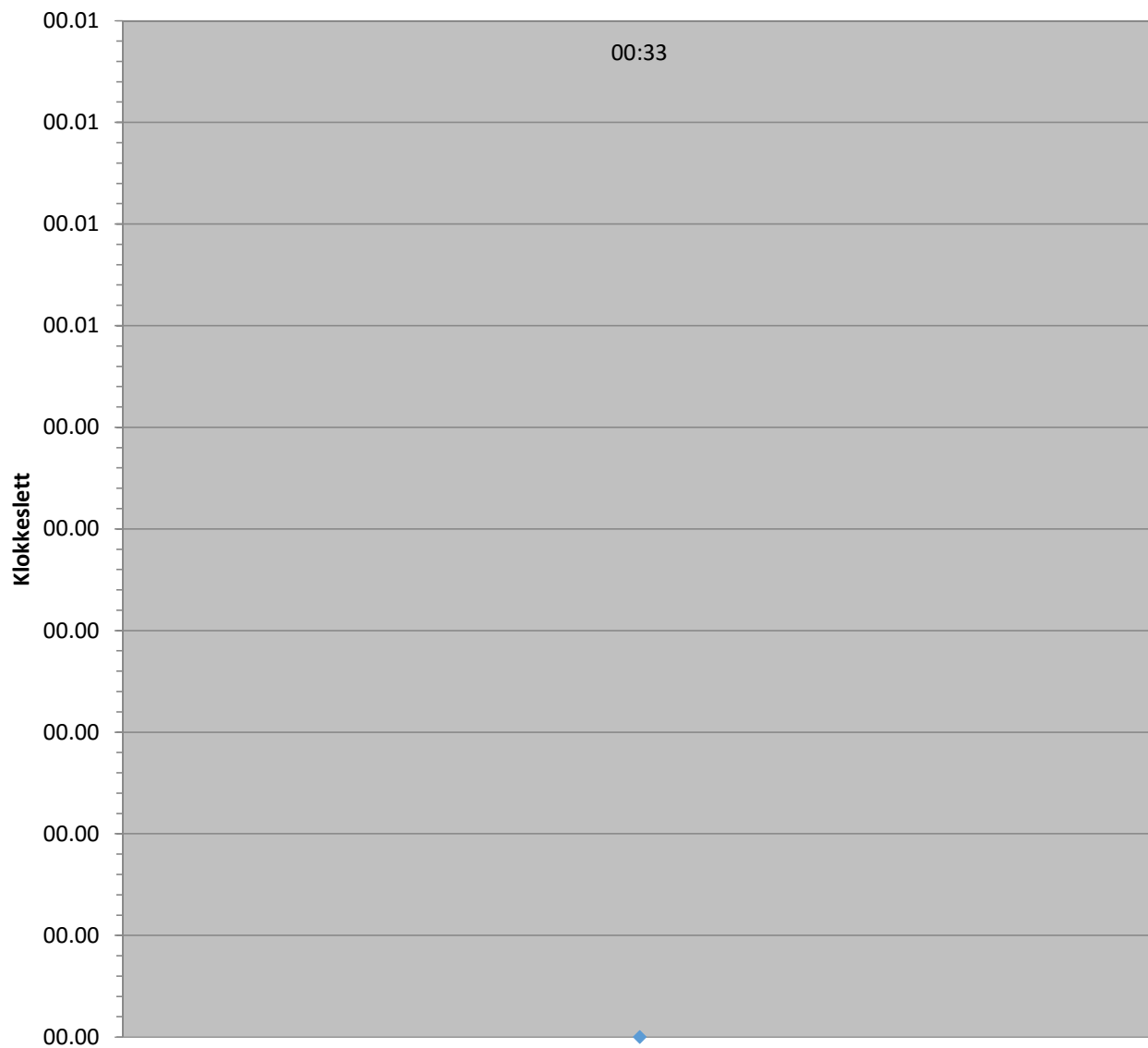
Eir Lysbakken  
Eira Mork  
Rune Mork

Arrangør: Åge-Geir Skatter

### 1,5 km N referanse: Rasmus Engehult



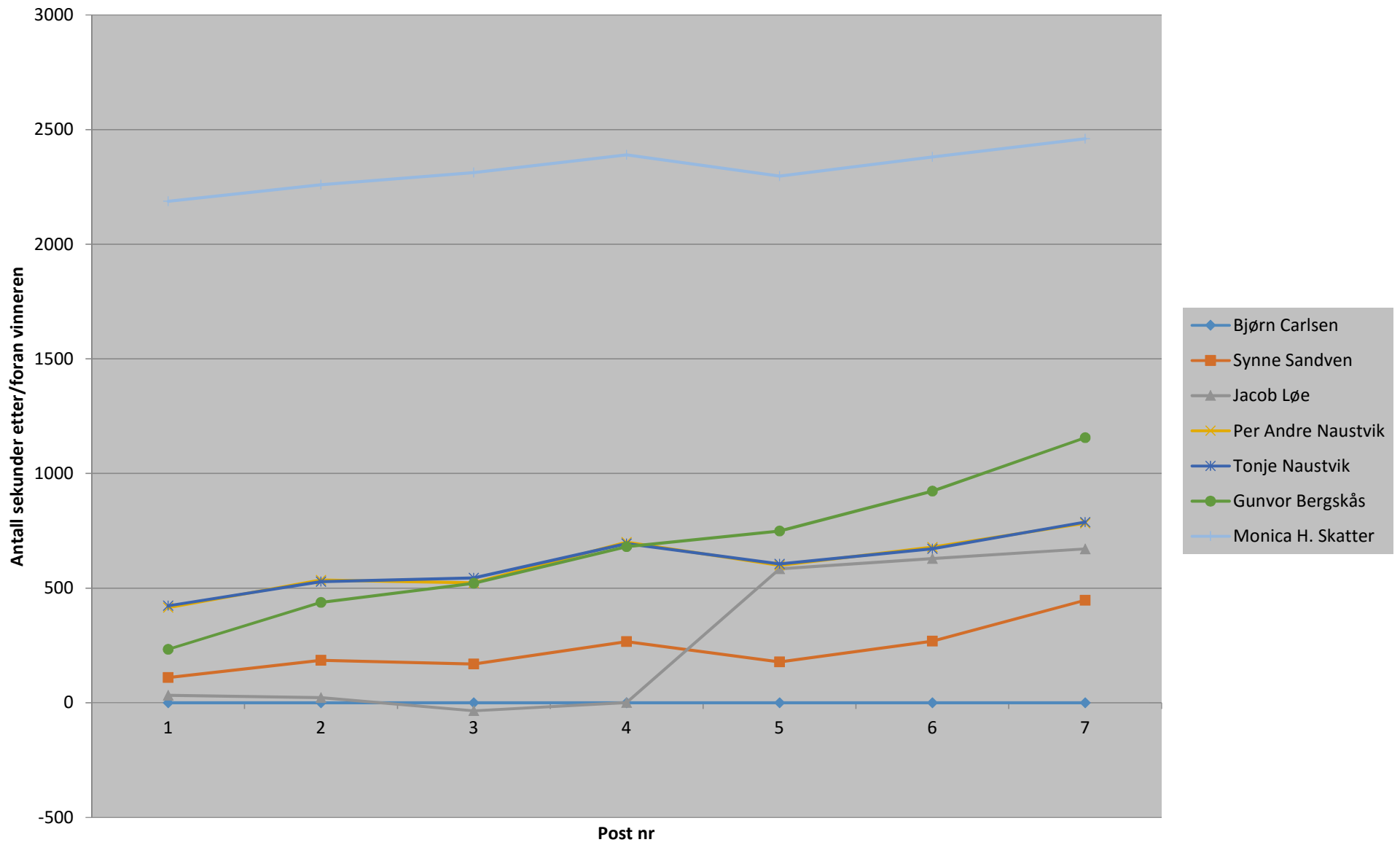
# 1,5 km N Kompis



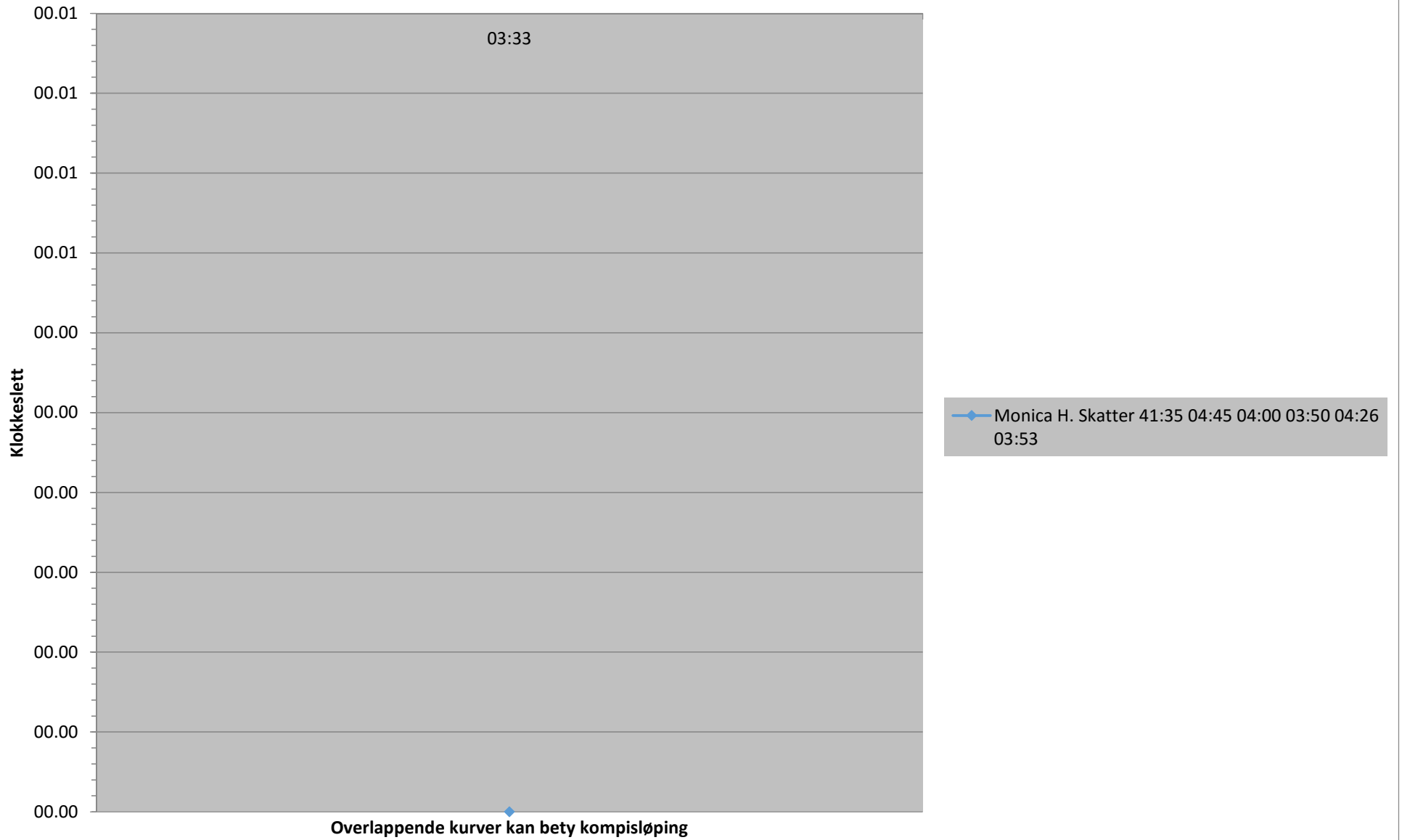
—◆ Kristian Mork 02:04 02:09 01:25 02:29 02:16 01:50  
05:17 04:45 03:13 02:14

Overlappende kurver kan bety komspløping

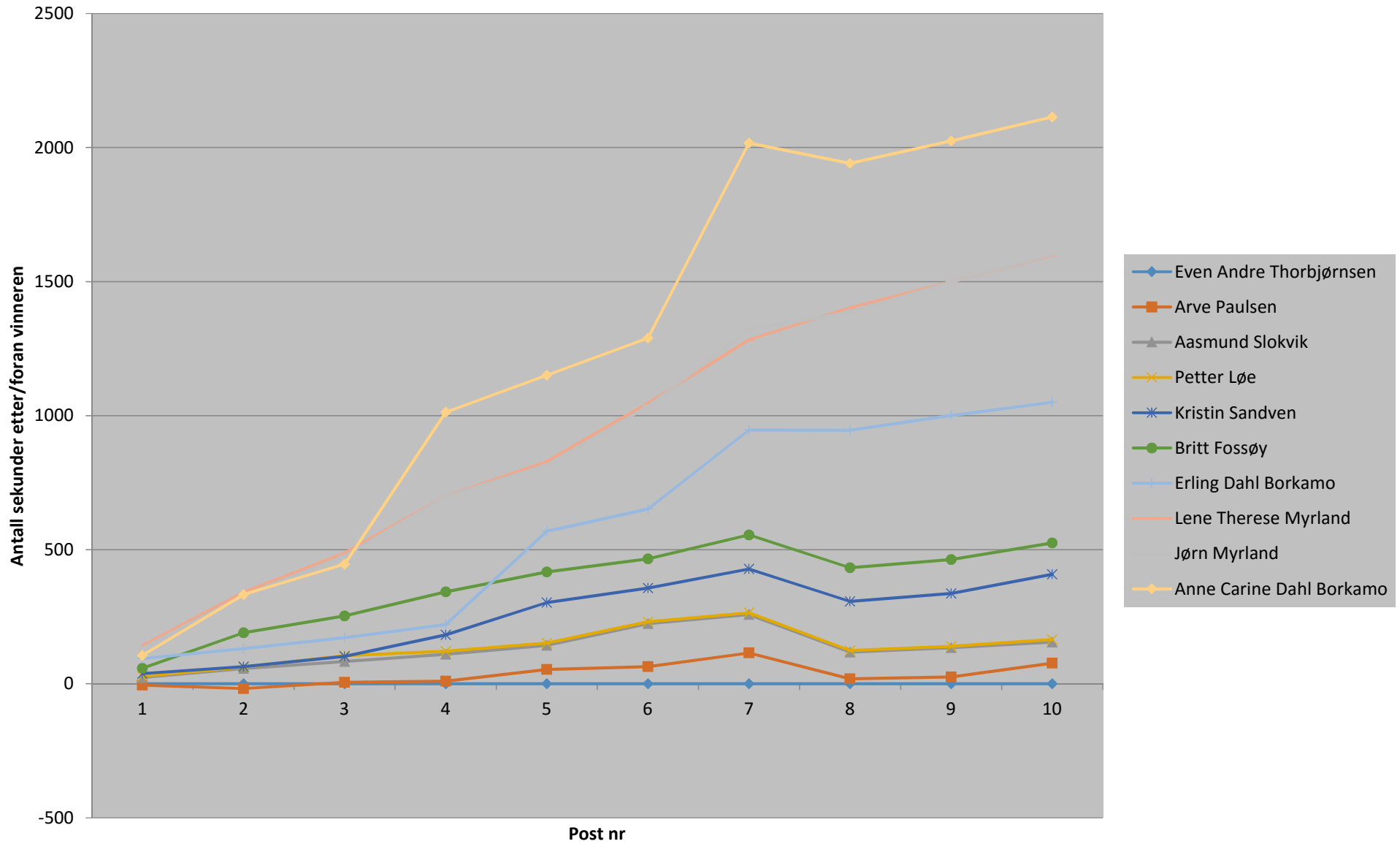
## 2 km C referanse: Bjørn Carlsen



## 2 km C Kompis



### 3,2 km A kort referanse: Even Andre Thorbjørnsen



# 3,2 km A kort Kompis

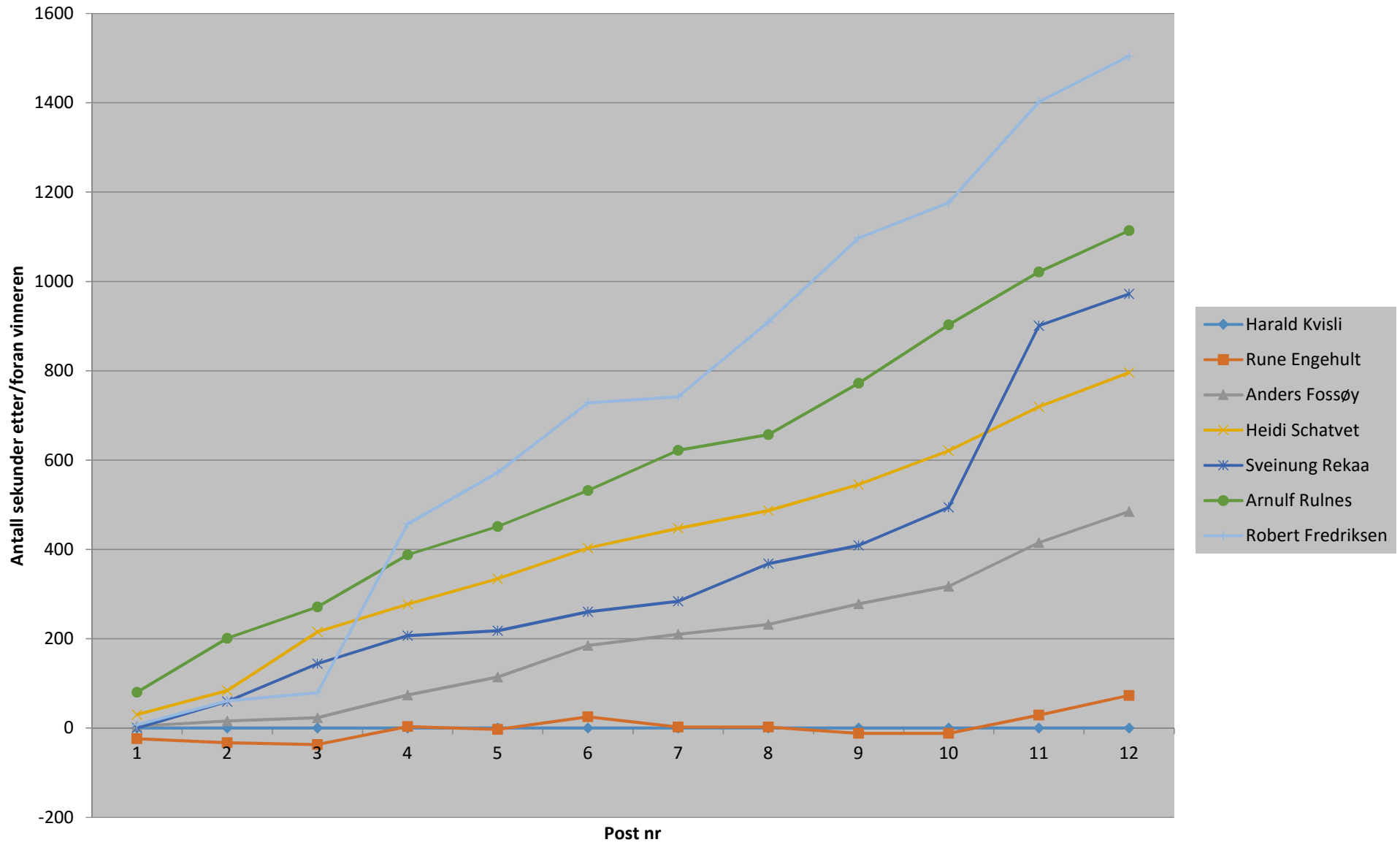


◆ Anne Carine Dahl Borkamo 05:02 08:12 05:27 13:07  
04:37 06:17 16:08 04:04 03:27

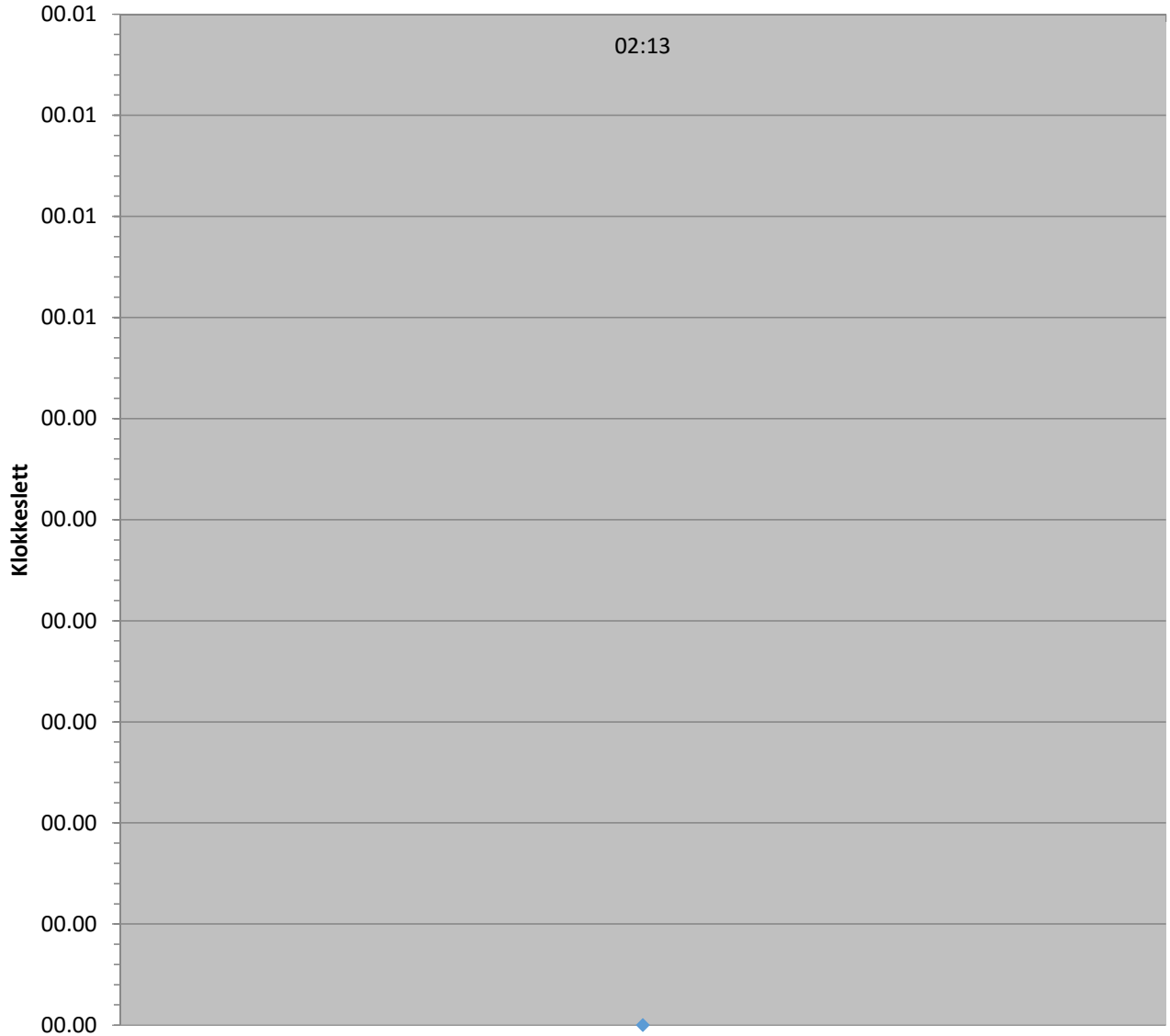
Overlappende kurver kan bety komsisløping



### 4,1 km A lang referanse: Harald Kvisli



# 4,1 km A lang Kompis



Robert Fredriksen 03:40 05:22 04:15 09:34 04:29  
06:13 04:49 05:30 09:08 04:54 06:38

Overlappende kurver kan bety kompisløping