



Resultatliste Lørenskog Halvmaraton, 29.10.2011

Medaljefordeling for KM Akershus:

Kvinner KJ22

1, Alexandra Moen Paladino, Lørenskog FIL, 1:52:51,
Kvinner Senior

1, Marianne Opsahl, Ull/Kisa, 1:33:12,
2, Kristin Moen, Lørenskog FIL, 1:38:03,
3, Hilde Johansen, Haga IF, 1:40:19,
Menn Senior

1, Kristian Monsen, Ull/Kisa, 1:12:54
2, Mathias Nipen, Tyrving IL, 1:17:16,
3, Sverre Gunnar Brunstad, Lørenskog FIL, 1:18:46
Kvinner 35-39

1, Marianne Opsahl, Ull/Kisa, 1:33:12
2, Eve Vangsnes Bergli, Oppegård IL, 1:39:09,
3, Hilde Johansen, Haga IF, 1:40:19,
Menn 35-39

1, Vegard Brox, IL Tyrving, 1:25:16,
2, Per-Ivar Holsengen, Hvam IL, 1:39:43
3, Per Ole Otterness, Strømmen IF, 1:57:41,
Menn 40-44

1, Sverre Gunnar Brunstad, Lørenskog FIL, 1:18:46,
2, Ole Gorm Berg, Lørenskog FIL, 1:22:58
3, Trond Egel Johansen, Lørenskog FIL, 1:28:59
Kvinner 45-49

1, Kristin Moen, Lørenskog FIL, 1:38:03,
2, Marit Berg Bjerknes, Romerike Ultraløperklubb, 1:52:34,
Menn 45-49

1, Steinar Lien, Oppegård IL, 1:24:42,
2, Håvard Brevik, Strømmen IF, 1:29:18,
3, Tor Hjelup, Strømmen IF, 1:31:17,
Menn 50-54

1, Lars Sverdrup-Thygeson, Høvik IF / Høvik Jogg, 1:23:36,
2, Pål Simensen, Romerike Ultraløperklubb, 1:25:47,
Menn 55-59

1, Harald Sverdrup-Thygeson, Høvik IF / Høvik Jogg, 1:35:36,
2, Knut Kronstad, Romerike Ultraløperklubb, 1:37:25,
3, Jahn Bakke, Strømmen IF,
Menn 60-64

1, Ivar Ekeberg, Blaker IL, 1:36:44,
2, Gunnar Fæhn, Romerike Ultraløperklubb, 2:02:03,
Kvinner 70-74

1, Tove Ulrikke Andersen, Lørenskog FIL, 2:17:13,
2, Signy Henden Rustlie, Lørenskog FIL, 2:26:01,

Medaljefordeling KM Oslo

Kvinner Senior

1. Christina Bus Holth, Sk Vidar, 1:20:03,
2. Ingunn Monsen, Sk Vidar, 1:39:38,
3. Ingrid Brastad, Bøler, 1:45:23,
Menn Senior

1. Harald Solhaug Næss, Sk Vidar, 1:13:23
2. Bjørnar Andersen, Bøler IF, 1:17:22,
3. Kurth-Asle Magnussen, Bøler IF, 1:25:31,
Menn 35-39

1. Frode Klevstul, Sk Vidar, 1:36:16,
2. Bjørn Harald Olstad, Stovnerkameratene, 1:42:33,
Kvinner 40-44

1, Ingrid Brastad, Bøler, 1:45:23,
Kvinner 45-49

1, Ingunn Monsen, Sk Vidar, 1:39:38,
Menn 45-49

1, Bjørnar Andersen, Bøler IF, 1:17:22,
2, Ole Kristian Brastad, Bøler IF, 1:42:15,
Menn 50-54

1, Kurth-Asle Magnussen, Bøler IF, 1:25:31,
Menn 65-69

1, Knut Erichsen, Stovnerkameratene, 1:48:31,
Menn 75-79

1, Ketil Moen, Koll, 2:14:11,

Kvinner 23-34

1, Christina Bus Holth, Sk Vidar, 1:20:03,
2, Jane Horpestad, NOTEAM, 1:28:51,
3, Kathrine Vinknes, privat, 1:36:56,
4, Kathinka Arntsen, Tine, 1:37:14,
5, Cathrine Lagerberg, Ocean Riser Systems, 1:41:19,
6, Matilde Aamodt Gaupaas, NOTEAM, 1:45:06,
7, Unni Sverdrup-Thygeson, Spreke Hopper, 1:52:18,
8, Mari Sverdrup-Thygeson, Spreke Hopper, 1:56:49,
9, Leila Eve Ferguson, NOTEAM, 1:59:34,
10, Marianne N Pettersen, NOTEAM, 2:03:56,

Kvinner 35-39

1, Marianne Opsahl, Ull/Kisa, 1:33:12,
2, Thrude K Natholmen, Torshov Sport/Sandefjord SK, 1:34:14,
3, Rita Steinvik, Kripos Bil, 1:38:24,
4, Eve Vangsnes Bergli, Oppegård IL, 1:39:09,
5, Hilde Johansen, Haga IF, 1:40:19,
6, Hilde Sofie Høiland Bråthen, Terra BIL, 1:53:45,

Kvinner 40-44

1, Ingrid Brastad, Bøler IF, 1:45:23,
2, Anne Heimly, Harestua IL, 1:52:28,
3, Berit Valås, Algarheim young runners, 1:53:50,
4, Lotte Løvstad, Gjerdrum, 2:04:41,

Kvinner 45-49

1, Marianne Følling, Treningscamp, 1:35:55,
2, Kristin Moen, Lørenskog FIL, 1:38:03,
3, Ingunn Monsen, Sk Vidar, 1:39:38,
4, Anne Sverdrup-Thygeson, Natura BIL, 1:43:21,
5, Marit Berg Bjerknes, Romerike Ultraløperklubb, 1:52:34,

Kvinner 50-54

1, Anne-Brit Strandset, Romerike Runners, 1:48:39,
2, Kjersti Gram Andersen, Skimiljøjoggen, 1:51:21,

Kvinner 70-74

1, Tove Ulrikke Andersen, Lørenskog FIL, 2:17:13,
2, Signy Henden Rustlie, Lørenskog FIL, 2:26:01,

Menn 12-14

1, Jonas Aarhaug, Algarheim young runners, 1:53:50,

Menn 18-19

1, Scott Kristiansen, Lørenskog Skiskytting, 1:42:44,

Menn 20-22

1, Alexander Karlsen, Krogsrud Bil, 2:03:19,
2, Kristian Wrangell, privat, 2:04:59,

Menn 23-34

1, André Hammerø Løseth, Kristiansand Friidrett, 1:12:01
2, Kristian Monsen, Ull/Kisa, 1:12:54
3, Harald Solhaug Næss, Sk Vidar, 1:13:23
4, Mathias Nipen, Tyrving IL, 1:17:16
5, Egil Reidar Osnes, Hellerud Vgs, 1:18:28
6, Amund Hognestad Jensen, NOTEAM, 1:23:26
7, Johan Holmgren, Lørenskog FIL, 1:23:33
8, André Jonassen, Skicamp Hemsedal, 1:24:07
9, Martin Engesrønning, NOTEAM, 1:26:35
10, Simen Holtan, Sven IL, 1:28:44
11, Bernt Vilnes, Norconsult BIL, 1:29:57
12, Mikael Ullerø, Norconsult, 1:30:38
13, Øystein Storaas Haugen, Ravn BIL, 1:30:50
14, Audun Sandvik, Nrk, 1:31:25
15, Morten Kallevig, Riksrevisjonen, 1:31:37
16, Thomas Gundersen, ODIN Forvaltning, 1:32:21
17, Marcel Mendritzki, Oslo Idrettslag svømming, 1:35:08
18, Fredrik Camilo Halsbog, NOTEAM, 1:37:03
19, Christopher Haugli, Sørensen, Treningscamp, 1:44:13
20, Fredrik Arneberg, NOTEAM, 1:51:16
21, Anton Ladislaus, Krogsrud Bil, 2:03:41
22, Iqbal Tankeer Malik, Krogsrud Bil, 2:03:56

Menn 35-39

1, Kristian Hoel, Storebrand Sport, 1:23:49
2, Roar Tomter, Askim, 1:24:06
3, Ronny Hansen, Sven IL, 1:24:58
4, Vegard Brox, IL Tyrving, 1:25:16
5, Knut Arne Dæhlen, Mangen turlag, 1:25:37
6, Frank M Mjøen, Krogsrud Bil, 1:25:53
7, Sigmund Aas, Torshov SK, 1:28:47
8, Øivind Petersen, Forsvarsdept IL, 1:33:48
9, Fredrik Hermann Hernes, Kreftforeningen, 1:34:20
10, Kaare Ø Tredal, Internett IL, 1:34:43
11, Frode Klevstul, Sk Vidar, 1:36:16
12, Tore Mortensen, Justervesnet, 1:37:08
13, Elharrati Ragid, Krogsrud Bil, 1:38:20
14, Jogeir Munkeby, Bjørkelangen, 1:39:30
15, Per-Ivar Holsengen, Hvam IL, 1:39:43
16, Jean-Yves Linger, NOTEAM, 1:40:14
17, Bjørn Harald Olstad, Stovnerkameratene, 1:42:33
18, Sindre Frøysaa, NOTEAM, 1:43:17
19, Thomas Brenni, Nordkisa Sportsklubb, 1:45:29
20, Kurt Mads Inge Nilsen, NOTEAM, 1:46:57
21, Christian Andersen, NOTEAM, 1:53:46
22, Per Ole Otterness, Strømmen IF, 1:57:41
23, Alex Hansen, privat, 2:11:14
24, James Bice, NOTEAM, 2:12:51

Menn 40-44

1, Knut Eraker Hole, Hadeland FIK, 1:13:14,
2, Sverre Gunnar Brunstad, Lørenskog FIL, 1:18:46,
3, Ole Gorm Berg, Lørenskog FIL, 1:22:58,
4, Steinar Låg, Veritas BIL, 1:25:57,
5, Trond Egel Johansen, Lørenskog FIL, 1:28:59,
6, Erik Aicher, privat, 1:29:03,
7, Rune Nilsen, : Raumnes & Årnes, 1:29:12,

Lørenskog Halvmaraton

Kvinner 16-17

1, Alexandra Moen Paladino, Lørenskog FIL, 1:52:51,

Kvinner 18-19

1, Marit Haslie, Drøbak Frogn, 1:31:09,



8,Daniel Cotanas Salvesen, Lørenskog FIL, 1:29:54,
 9,Are Marius Gran, Terramar BIL, 1:30:09,
 10,Tormod Reisersen, Skatteetaten, 1:30:20,
 11,Harald Carlsen, Lørenskog FIL, 1:30:27,
 12,Geir Andersen, Strømmen, 1:31:47,
 13,Arvid Johansen, IFE BIL / Lørenskog FIL, 1:33:10,
 14,Hans-Petter Lystad, Kondis, 1:33:40,
 15,Neil Dryland, NOTEAM, 1:35:07,
 16,Pål Skyrud, Thales BIL, 1:35:35,
 17,Jaen Ivar Semlitsch, NOTEAM, 1:37:40,
 18,Pål Henriksen, Krogsrud Bil, 1:39:37,
 19,Alexandre Benoit Corthay, Tore Berg Fitness Club, 1:39:52,
 20,Stein Ivar Skogvoll, Ryejoggen, 1:40:42,
 21,Thomas Grøstad, privat, 1:40:53,
 22,Jørn Wrangell, NOTEAM, 1:52:26,
 23,Thomas Reitevold, GK2, 1:52:47,
 24,Chris Neal, Lørenskog, 1:53:15,
 25,Epen Kokk, privat, 2:11:17,
Menn 45-49
 1,Bjørnar Andersen, Bøler IF, 1:17:22,
 2,Steinar Lien, Oppegård IL, 1:24:42,
 3,Erland Rønning, Harestua IL, 1:28:19,
 4,Håvard Brevik, Strømmen IF, 1:29:18,
 5,Frode Georgsen, FBI/Norsk regnesentral, 1:30:47,
 6,Tor Hjellup, Strømmen IF, 1:31:17,
 7,Jens-Olav Næeguthe, Høvik IF / Høvik Jogg, 1:33:03,
 8,Panagiotis Menagias, Thales BIL, 1:34:22,
 9,Knut Ytrehus, Ski IL Friidrett, 1:34:34,
 10,Per Brox, privat, 1:38:35,
 11,Ole Kristian Brastad, Bøler IF, 1:42:15,
 12,Anders Skoland, Frelsesarmeen, 1:42:56,
 13,Rolf Eriksen, Eriksen Transport & Kran, 1:44:31,
 14,Øyvind Huse, privat, 1:44:39,
 15,Shaw Stevens, Østmarka IL, 1:46:29,
 16,Terje Berntson, BOS IL, 1:53:49,
Menn 50-54
 1,Lars Sverdrup-Thygeson, Høvik IF / Høvik Jogg, 1:23:36,
 2,Kurth-Asle Magnussen, Bøler IF, 1:25:31,
 3,Pål Simensen, Romerike Ultraløperklubb, 1:25:47,
 4,Are Aarebrot, Skedsmo Videregående Skole, 1:29:21,
 5,Tore J Berg, Ceres, 1:34:28,
 6,Wayne Stebbing, BOS BIL, 1:39:03,
 7,Tor-Henning Lindhart, Oslo Sporveier, 1:41:11,
 8,Nils Bratberg, Ottestad SK, 1:41:15,
 9,Leif Harald Hagen, NOTEAM, 1:47:41,
 10,Bjørn-Magnus Simonsen, Ottestad SK, 2:03:49,
Menn 55-59
 1,Harald Sverdrup-Thygeson, Høvik IF / Høvik Jogg, 1:35:36,
 2,Ole Bjørn Braaten, Sjøstad/Vestre Lier, 1:35:42,
 3,Knut Kronstad, Romerike Ultraløperklubb, 1:37:25,
 4,Peder Guldbyrnsen, Askim IF, 1:41:10,
 5,Yngvar Kirkerud, IBM Klubben, 1:49:42,
 6,Jahn Bakke, Strømmen, 1:52:04,
 7,Finn Arnulf Sveiven, Frogner IL, 1:52:53,
 8,Per Johan Dulsrud, Romerike Runners, 1:55:14,
 9,Trygve Haug, Romerike Runners, 1:55:43,
 10,Sverre Lang, IL Driv, 1:56:25,
Menn 60-64
 1,Ivar Ekeberg, Blaker IL, 1:36:44,
 2,Tor Arne Stenhaug, Romerike Runners, 1:37:49,
 3,Rolf Granmo, NOTEAM, 1:51:13,
 4,Olaf Strømme, NOTEAM, 1:53:45,
 5,Petter Strømme, NOTEAM, 1:59:44,
 6,Gunnar Fæhn, Romerike Ultraløperklubb, 2:02:03,
 7,Alf Steinar Lamo, Romerike Runners, 2:04:37,
Menn 65-69
 1,Knut Erichsen, Stovnerkameratene, 1:48:31,
 2,Odd Inge Ness, NOTEAM, 1:52:29,
Menn 75-79
 1,Ketil Moen, Koll, 2:14:11,
Menn 80-84
 1,Sigve Tjøtta, NOTEAM, 2:08:33,
Resultatliste Lørenskog 5 kilometer ,29.10.2011
Menn 14-15
 1, Rene Fredheim Larsen, Åsen, 1:39:39
Menn 18-19
 1,Hans Christian Olsen ,privat,19:19
Kvinner 14-15
 1,Tuva Sverdrup- Thygeson ,NOTEAM,27:27
Kvinner 18-19
 1,Henriette Berg Mero,NOTEAM,21:43
Kvinner 23-34
 1,Therese Lyngra,NOTEAM,37:14
 1,Siv Voisey,privat,37:14
Kvinner 35-39
 1,Lisa Sollie Moen ,Afsk Sykkell,25:05
 2,Dagrunn Rommen,NOTEAM,27:18
 3,Line Mette B Pedersen ,Mangenfellet Turlag,28:43
 4,Anne Irene Linger,NOTEAM,32:38
Kvinner 40-44
 1,Elisabeth Hagen ,Afsk,25:08
 2,Cecilia Hertzberg,Team Oh Yes U Can,25:47
Kvinner 45-49
 1,Frøydís H. Øyen,Romerike Runners,1:39:09
Kvinner 50-54
 1,Kari Jensen,Romerike Runners,25:56
 2,Mari-Anne Egge Ranheim,Romerike Runners,26:12
 3,Mette Tandberg,NOTEAM,1:39:09
 3,Anne Karin Brandt,privat,1:39:09

Kvinner 55-59
 1,Aina Jørgensborg,FLO Kjeller,27:35
 2,Guri Faller,privat,27:58
 3,Trude Essie Ask,Ullensaker kommune,38:44
 4,Ann Kristin Paulsen,NOTEAM,1:39:09
 4,Gunn Anny Røym,TF BIL,1:39:09
Kvinner 60-64
 1,Gerd Husvik,FLO Kjeller,30:56
 2,Bente Kristiansen,NOTEAM,1:39:09
 2,Elisabeth Engø,Skedsmo kommune,1:39:09
Kvinner 65-69
 1,Rigmor J. Berntsen,privat,38:48
 2,Wenche Alice Garsjø,privat,1:39:09
Menn 12-14
 1,Pravin Sivapurman,Lørenskog FIL,25:54
Menn 23-34
 1,Eivind Svennar ,Mailand Vgs,17:35
 2,Pål Simen Ruud,Romerike Runners,17:50
 3,Lars-Ove Thoresen ,Østmarka IL,17:52
 4,Bent Ulseth ,AFSK,18:41
 5,Terje Lybekk,AFSK,20:25
Menn 35-39
 1,Rune Holmen,Halsås & Omegn,19:45
 2,Morten Buer,Aksessnett AS,20:48
 3,Thomas Hovde,Strømmen IF,21:45
 4,Morten Vilbo Sørum,Raumer O-lag,22:36
Menn 40-44
 1,Terje Gjelskild,NOTEAM,20:15
 2,Knut Hodnebrog,Romerike Runners,21:15
 3,Tom Nilsen ,Arcus BIL,24:29
Menn 45-49
 1,Oddbjørn Homstvedt,FIL Borg,18:10
 2,Geir Johanssen ,Skatteetaten,20:30
 3,Geir Åge Nøven ,Lørenskog,20:44
 4,Per Hærnes,FFI BIL,20:55
 5,Pål Bela Lampert,Romerike Runners,22:22
 6,Kåre Chr Olsen,A-K Maskiner,22:39
 7,Tor Ivar Hvam,Kløfta IL,22:41
 8,Rajah Sivaperuman,Lørenskog FIL,25:53
 9,Jan Ove Øyen,Romerike Runners,28:48
 10,Bjørn Hytjanstorp,Spiridon Langløperlag,1:39:59
Menn 50-54
 1,Asbjørn Oppegaard,AHF,19:47
 2,Leif Damsgård,Romerike Runners,20:38
 3,Torbjørn Torbjørnsen ,Hsil,21:53
 4,Åge Jensen,Romerike Runners,22:00
 5,Stein Bidne,NOTEAM,22:43
 6,Knut Engen,Nes O-lag,23:21
 7,Mohammad Yaqub,Oslo Sporveier,24:21
 8,Harry Leren ,NOTEAM,1:39:09
Menn 55-59
 1,Bjørn Knudsen,Stovnerkameratene,20:42
 2,Gaute Bakken,Bjerke IL,20:57
 3,Arne Langseth,Søndre Høland,22:06
 4,Ove Aastorp,privat,23:29
 5,Bengt Granheim,DTC-Lenze AS,24:40
 6,Petter Rødfoss,Raumnes & Årnes IL,26:05
 7,Jan Egil Løkken,Canon Norge,31:41
 8,Ottar Arnold Eide,OKBIL,1:39:09
Menn 60-64
 1,Leif Arne Lundhagen,Søndre Høland,20:35
 2,Rolf Meek ,If Minerva,21:18
 3,Vidar Sørum,Romerike Runners,22:14
 4,Arild T. Syversrud,Arcus BIL,22:54
 5,Ole Melaas,Hofik,23:41
 6,Finn Løkeberg,AHF,24:16
 7,Harald Skarelsen,NOTEAM,24:34
 8,Ole Jonny Sørensen,Hadeland FIK,25:02
 9,Widar Rognerud,Raumnes & Årnes IL,25:07
 10,Torgeir Wahl,Oslo Sporveier,25:35
 11,Per Kirkerud,privat,29:47
 12,Helge Velure,Ull/Kisa,30:30
 13,Asbjørn Ringstad,Icopal BIL,1:39:09
 13,Brynjar Roar Øie,Icopal BIL,1:39:09
Menn 65-69
 1,Kjell Jonhaugen ,Nittedal IL,20:32
 2,Ragnar B Johnsen,Romerike Runners,21:47
 3,Asbjørn Hollevik,Hafslo IL,22:33
 4,Tore Ragnar Olsen,Ull/Kisa,24:00
 5,Knut Kristiansen,Ull/Kisa,24:29
 6,Arne Jon Luke,Ull/Kisa,25:46
 7,Arne Ingelsrud,Oslo Sporveier,25:51
 8,Per Olav Anthonen,Ankle Consulting,25:57
 9,Arvid Engevd, Hadeland FIK,26:18
 10,Rolf Barbakken,Raumnes & Årnes IL,31:14
 11,Gunnar Lauritz Pedersen,Lørenskog FIL,1:39:09
 11,Ivar Nielsen,privat,1:39:09
 11,Odd Martin Jensen,Lørenskog FIL,1:39:09
Menn 70-74
 1,Petter Wilhelm Kildal,Haga IF,22:26
Menn 75-79
 1,Olav Linde,NR PK,38:47