

## Brakvatnet halvmaraton 3.11.2012

Valestrandsfossen/Osterøy/  
arrangør Osterøy IL Friidrett  
ver: pluss 11 stille og sol

**8. Runder a 2595m + 337,5m på første runden**  
resultat: vidar simmenes 91322643.

Brakvatnet 3.11.2012

Sol, vindstille +11 grader (91 med tidtaking 18 u.t.)

Bjørn Tore Taranger 1.19,46 og Elise Vikne 1.33,05 dagens  
raskaste



|       |         |         |           |            |      | 2595<br>+337,5m | 2595    | 2595    | 2595    | 2595    | 2595    | 2595    | 2595    |
|-------|---------|---------|-----------|------------|------|-----------------|---------|---------|---------|---------|---------|---------|---------|
| start |         |         |           |            | født | 1.runde         | 2 runde | 3 runde | 4 runde | 5 runde | 6 runde | 7 runde | 8 runde |
| nr.   | sluttid | fornavn | etternavn | lag        |      |                 |         |         |         |         |         |         |         |
| 16    | 1.33,05 | Elise   | Vikne     | Osterøy    | 1988 | 0:12:12         | 0:22:34 | 0:34:56 | 0:46:29 | 0:58:06 | 1:09:46 | 1:21:38 | 1:33:05 |
|       |         |         |           |            |      | 0:12:12         | 0:10:22 | 0:12:22 | 0:11:33 | 0:11:37 | 0:11:40 | 0:11:52 | 0:11:27 |
| 65    | 1.39,09 | Randi   | Kjøsnes   | Risnes IL  | 1968 | 0:14:05         | 0:25:20 | 0:37:45 | 0:50:10 | 1:02:20 | 1:14:40 | 1:27:07 | 1:39:09 |
|       |         |         |           |            |      | 0:14:05         | 0:11:15 | 0:12:25 | 0:12:25 | 0:12:10 | 0:12:20 | 0:12:27 | 0:12:02 |
| 33    | 1.46,36 | Annette | Fitje     | Osterøy    | 1969 | 0:13:11         | 0:25:44 | 0:38:49 | 0:52:03 | 1:05:46 | 1:19:42 | 1:33:45 | 1:46:36 |
|       |         |         |           |            |      | 0:13:11         | 0:12:33 | 0:13:05 | 0:13:14 | 0:13:43 | 0:13:56 | 0:14:03 | 0:12:51 |
| 31    | 1.50,39 | Cecilie | Landro    | x          | 1994 | 0:13:50         | 0:27:30 | 0:41:33 | 0:55:22 | 1:09:25 | 1:23:26 | 1:37:09 | 1:50:39 |
|       |         |         |           |            |      | 0:13:50         | 0:13:40 | 0:14:03 | 0:13:49 | 0:14:03 | 0:14:01 | 0:13:43 | 0:13:30 |
| 49    | 1.55,17 | Tove    | Mostrøm   | Mjøsdaalen | 1971 | 0:14:57         | 0:28:54 | 0:43:06 | 0:57:26 | 1:11:57 | 1:26:41 | 1:41:14 | 1:55:17 |
|       |         |         |           |            |      | 0:14:57         | 0:13:57 | 0:14:12 | 0:14:20 | 0:14:31 | 0:14:44 | 0:14:33 | 0:14:03 |
| 28    | 1.56,44 | Monika  | Vevle     | Osterøy    | 1974 | 0:14:44         | 0:28:06 | 0:41:46 | 0:55:52 | 1:10:13 | 1:25:14 | 1:41:03 | 1:56:44 |
|       |         |         |           |            |      | 0:14:44         | 0:13:22 | 0:13:40 | 0:14:06 | 0:14:21 | 0:15:01 | 0:15:49 | 0:15:41 |
| 360   | 2.00,40 | Ingri M | Birkeland |            |      | 0:16:47         | 0:31:20 | 0:45:50 | 1:00:00 | 1:15:00 | 1:30:00 | 1:45:00 | 2:00:40 |

|     |         |             |              |         |      |         |         |         |         |         |         |         |         |
|-----|---------|-------------|--------------|---------|------|---------|---------|---------|---------|---------|---------|---------|---------|
|     |         |             |              |         |      | 0:16:47 | 0:14:33 | 0:14:30 | 0:14:10 | 0:15:00 | 0:15:00 | 0:15:00 | 0:15:40 |
| 57  | 2.04,35 | Kate        | Kollvangsnes | Osterøy | 1975 | 0:15:26 | 0:29:55 | 0:45:02 | 1:00:30 | 1:15:52 | 1:32:00 | 1:48:32 | 2:04:35 |
|     |         |             |              |         |      | 0:15:26 | 0:14:29 | 0:15:07 | 0:15:28 | 0:15:22 | 0:16:08 | 0:16:32 | 0:16:03 |
| 58  | 2.04,35 | Marion      | Vevle        | Osterøy | 1966 | 0:15:25 | 0:29:50 | 0:45:02 | 1:00:30 | 1:15:52 | 1:32:00 | 1:48:32 | 2:04:35 |
|     |         |             |              |         |      | 0:15:25 | 0:14:25 | 0:15:12 | 0:15:28 | 0:15:22 | 0:16:08 | 0:16:32 | 0:16:03 |
| 56  | 2.05,39 | Laila       | Borge        | Osterøy | 1965 | 0:15:59 | 0:31:00 | 0:46:16 | 1:01:33 | 1:17:07 | 1:33:05 | 1:49:32 | 2:05:39 |
|     |         |             |              |         |      | 0:15:59 | 0:15:01 | 0:15:16 | 0:15:17 | 0:15:34 | 0:15:58 | 0:16:27 | 0:16:07 |
| 27  | 2.06,17 | Birte       | Evensen      | Osterøy | 1972 | 0:15:59 | 0:31:00 | 0:46:16 | 1:01:33 | 1:17:07 | 1:33:05 | 1:49:32 | 2:06:17 |
|     |         |             |              |         |      | 0:15:59 | 0:15:01 | 0:15:16 | 0:15:17 | 0:15:34 | 0:15:58 | 0:16:27 | 0:16:45 |
| 20  | 2.11,54 | Lisbeth     | Neu          | Osterøy | 1967 | 0:16:41 | 0:32:10 | 0:48:06 | 1:04:17 | 1:20:43 | 1:37:41 | 1:54:40 | 2:11:54 |
|     |         |             |              |         |      | 0:16:41 | 0:15:29 | 0:15:56 | 0:16:11 | 0:16:26 | 0:16:58 | 0:16:59 | 0:17:14 |
| 32  | 2.14,11 | Anngunn T   | Mjøs         | Osterøy | 1971 | 0:16:38 | 0:32:28 | 0:48:32 | 1:05:16 | 1:22:07 | 1:39:13 | 1:56:50 | 2:14:11 |
|     |         |             |              |         |      | 0:16:38 | 0:15:50 | 0:16:04 | 0:16:44 | 0:16:51 | 0:17:06 | 0:17:37 | 0:17:21 |
| 40  | 2.18,43 | Linda       | Tvedt        | Osterøy | 1972 | 0:16:58 | 0:33:14 | 0:50:22 | 1:07:45 | 1:25:33 | 1:43:20 | 2:01:28 | 2:18:43 |
|     |         |             |              |         |      | 0:16:58 | 0:16:16 | 0:17:08 | 0:17:23 | 0:17:48 | 0:17:47 | 0:18:08 | 0:17:15 |
| 22  | 2.19,10 | Lin Tove    | Thomassen    | x       | 1973 | 0:18:17 | 0:34:40 | 0:51:14 | 1:08:13 | 1:26:06 | 1:43:50 | 2:01:33 | 2:19:10 |
|     |         |             |              |         |      | 0:18:17 | 0:16:23 | 0:16:34 | 0:16:59 | 0:17:53 | 0:17:44 | 0:17:43 | 0:17:37 |
| 23  | 2.19,10 | Mona        | Matre        | x       | 1975 | 0:18:10 | 0:34:32 | 0:51:14 | 1:08:13 | 1:25:49 | 1:43:36 | 2:01:33 | 2:19:10 |
|     |         |             |              |         |      | 0:18:10 | 0:16:22 | 0:16:42 | 0:16:59 | 0:17:36 | 0:17:47 | 0:17:57 | 0:17:37 |
| 366 | 2.24,40 | Nadia       | Tysse        |         |      | 0:18:22 | 0:35:10 | 0:52:40 | 1:10:00 | 1:31:40 | 1:49:50 | 2:08:00 | 2:27:40 |
|     |         |             |              |         |      | 0:18:22 | 0:16:48 | 0:17:30 | 0:17:20 | 0:21:40 | 0:18:10 | 0:18:10 | 0:19:40 |
| 358 | 2.26,30 | Randi       | Kleppe       | Osterøy |      | 0:19:26 | 0:37:14 | 0:54:50 | 1:12:00 | 1:29:40 | 1:48:00 | 2:07:00 | 2:26:30 |
|     |         |             |              |         |      | 0:19:26 | 0:17:48 | 0:17:36 | 0:17:10 | 0:17:40 | 0:18:20 | 0:19:00 | 0:19:30 |
| 370 | 2.39,30 | Grethe      | Nerdalen     | Osterøy |      | 0:19:00 | 0:36:30 | 0:56:10 | 1:15:00 | 1:36:00 | 1:57:00 | 2:18:00 | 2:39:30 |
|     |         |             |              |         |      | 0:19:00 | 0:17:30 | 0:19:40 | 0:18:50 | 0:21:00 | 0:21:00 | 0:21:00 | 0:21:30 |
| 367 | 2.57,10 | Solveig     | Hanstveit    |         |      | 0:20:17 | 0:41:50 | 1:02:00 | 1:23:00 | 1:46:00 | 2:10:00 | 2:33:00 | 2:57:10 |
|     |         |             |              |         |      | 0:20:17 | 0:21:33 | 0:20:10 | 0:21:00 | 0:23:00 | 0:24:00 | 0:23:00 | 0:24:10 |
| 245 | u.t.    | Sonja       | Solberg      |         |      |         |         |         |         |         |         |         |         |
| 246 | u.t.    | Else Karin  | Bruvik       |         |      |         |         |         |         |         |         |         |         |
| 247 | u.t.    | Lise Hansen | Bruvik       |         |      |         |         |         |         |         |         |         |         |
| 248 | u.t.    | Ingunn      | Bruvik       |         |      |         |         |         |         |         |         |         |         |
| 249 | u.t.    | Siri Beate  | Hella        |         |      |         |         |         |         |         |         |         |         |
| 250 | u.t.    | Hilde K     | Hekland      |         |      |         |         |         |         |         |         |         |         |

|     |         |             |            |            |      |         |         |         |         |         |         |         |         |
|-----|---------|-------------|------------|------------|------|---------|---------|---------|---------|---------|---------|---------|---------|
| 255 | u.t.    | Kari        | Stamnes    |            |      |         |         |         |         |         |         |         |         |
| 256 | u.t.    | Berta       | Seime      |            |      |         |         |         |         |         |         |         |         |
| 257 | u.t.    | Anne Sissel | Hoel       |            |      |         |         |         |         |         |         |         |         |
| 258 | u.t.    | Elin        | Kåstad     |            |      |         |         |         |         |         |         |         |         |
| 261 | u.t.    | Ragnhild    | Hanstvedt  |            |      |         |         |         |         |         |         |         |         |
| 350 | u.t.    | Katrine     | Ahmer      |            |      |         |         |         |         |         |         |         |         |
|     |         |             |            |            |      |         |         |         |         |         |         |         |         |
| 71  | 1.19,46 | Bjørn Tore  | Taranger   | BFG Fana   | 1979 | 0:10:43 | 0:20:36 | 0:30:33 | 0:40:39 | 0:50:30 | 1:00:15 | 1:10:06 | 1:19:46 |
|     |         |             |            |            |      | 0:10:43 | 0:09:53 | 0:09:57 | 0:10:06 | 0:09:51 | 0:09:45 | 0:09:51 | 0:09:40 |
| 43  | 1.23,48 | Bjarte      | Vik        | Osterøy    | 1969 | 0:10:44 | 0:20:36 | 0:30:33 | 0:40:39 | 0:50:51 | 1:01:38 | 1:12:47 | 1:23:48 |
|     |         |             |            |            |      | 0:10:44 | 0:09:52 | 0:09:57 | 0:10:06 | 0:10:12 | 0:10:47 | 0:11:09 | 0:11:01 |
| 70  | 1.24,47 | Emil        | Hosøy      | Osterøy    | 1992 | 0:11:02 | 0:21:39 | 0:32:08 | 0:42:28 | 0:52:59 | 1:03:29 | 1:14:15 | 1:24:47 |
|     |         |             |            |            |      | 0:11:02 | 0:10:37 | 0:10:29 | 0:10:20 | 0:10:31 | 0:10:30 | 0:10:46 | 0:10:32 |
| 14  | 1.25,19 | Stig Atle   | Eide       | Varegg     | 1969 | 0:11:20 | 0:21:39 | 0:32:10 | 0:42:46 | 0:53:26 | 1:04:05 | 1:14:49 | 1:25:19 |
|     |         |             |            |            |      | 0:11:20 | 0:10:19 | 0:10:31 | 0:10:36 | 0:10:40 | 0:10:39 | 0:10:44 | 0:10:30 |
| 50  | 1.27,34 | Dag         | Haugland   | Varegg     | 1960 | 0:11:35 | 0:22:08 | 0:32:54 | 0:43:40 | 0:54:37 | 1:05:41 | 1:16:42 | 1:27:34 |
|     |         |             |            |            |      | 0:11:35 | 0:10:33 | 0:10:46 | 0:10:46 | 0:10:57 | 0:11:04 | 0:11:01 | 0:10:52 |
| 1   | 1.27,55 | Sigbjørn    | Reigstad   | Osterøy    | 1978 | 0:10:40 | 0:20:41 | 0:31:15 | 0:41:51 | 0:52:42 | 1:03:51 | 1:15:42 | 1:27:55 |
|     |         |             |            |            |      | 0:10:40 | 0:10:01 | 0:10:34 | 0:10:36 | 0:10:51 | 0:11:09 | 0:11:51 | 0:12:13 |
| 8   | 1.29,29 | Jarle       | Torkildsen | Varegg     | 1971 | 0:11:38 | 0:22:11 | 0:33:06 | 0:44:09 | 0:55:23 | 1:06:41 | 1:18:10 | 1:29:29 |
|     |         |             |            |            |      | 0:11:38 | 0:10:33 | 0:10:55 | 0:11:03 | 0:11:14 | 0:11:18 | 0:11:29 | 0:11:19 |
| 64  | 1.29,57 | Kevin       | Bolstad    | Samnanger  | 1995 | 0:11:14 | 0:21:39 | 0:32:14 | 0:43:52 | 0:55:38 | 1:07:15 | 1:18:45 | 1:29:57 |
|     |         |             |            |            |      | 0:11:14 | 0:10:25 | 0:10:35 | 0:11:38 | 0:11:46 | 0:11:37 | 0:11:30 | 0:11:12 |
| 39  | 1.30,06 | Øystein     | Hanstveit  | Mjøsdaalen | 1963 | 0:11:37 | 0:22:13 | 0:32:56 | 0:43:52 | 0:54:56 | 1:06:11 | 1:17:41 | 1:30:06 |
|     |         |             |            |            |      | 0:11:37 | 0:10:36 | 0:10:43 | 0:10:56 | 0:11:04 | 0:11:15 | 0:11:30 | 0:12:25 |
| 60  | 1.30,44 | Jan Roar    | Solberg    | Osterøy    | 1979 | 0:11:58 | 0:22:45 | 0:33:46 | 0:44:50 | 0:56:01 | 1:07:32 | 1:19:11 | 1:30:44 |
|     |         |             |            |            |      | 0:11:58 | 0:10:47 | 0:11:01 | 0:11:04 | 0:11:11 | 0:11:31 | 0:11:39 | 0:11:33 |
| 48  | 1.32,59 | Roy         | Dyrkolbotn | Mjøsdaalen | 1971 | 0:12:10 | 0:22:34 | 0:34:56 | 0:46:27 | 0:58:06 | 1:09:45 | 1:21:38 | 1:32:59 |
|     |         |             |            |            |      | 0:12:10 | 0:10:24 | 0:12:22 | 0:11:31 | 0:11:39 | 0:11:39 | 0:11:53 | 0:11:21 |
| 54  | 1.33,19 | Kristian    | Raknes     | x          | 1982 | 0:12:12 | 0:22:34 | 0:34:59 | 0:46:30 | 0:58:07 | 1:09:49 | 1:21:46 | 1:33:19 |
|     |         |             |            |            |      | 0:12:12 | 0:10:22 | 0:12:25 | 0:11:31 | 0:11:37 | 0:11:42 | 0:11:57 | 0:11:33 |
| 51  | 1.33,55 | Øystein     | Horsås     | x          | 1983 | 0:12:12 | 0:23:44 | 0:35:20 | 0:47:05 | 0:58:38 | 1:10:28 | 1:22:23 | 1:33:55 |
|     |         |             |            |            |      | 0:12:12 | 0:11:32 | 0:11:36 | 0:11:45 | 0:11:33 | 0:11:50 | 0:11:55 | 0:11:32 |

|     |         |              |             |                 |      |         |         |         |         |         |         |         |         |
|-----|---------|--------------|-------------|-----------------|------|---------|---------|---------|---------|---------|---------|---------|---------|
| 53  | 1.34,27 | Henrik       | Horsås      | x               | 1981 | 0:12:17 | 0:23:51 | 0:35:29 | 0:47:06 | 0:58:38 | 1:10:29 | 1:22:36 | 1:34:27 |
|     |         |              |             |                 |      | 0:12:17 | 0:11:34 | 0:11:38 | 0:11:37 | 0:11:32 | 0:11:51 | 0:12:07 | 0:11:51 |
| 9   | 1.34,30 | Torstein     | Tylden      | Hpil            | 1976 | 0:11:47 | 0:22:42 | 0:33:46 | 0:45:17 | 0:57:10 | 1:09:07 | 1:21:30 | 1:34:30 |
|     |         |              |             |                 |      | 0:11:47 | 0:10:55 | 0:11:04 | 0:11:31 | 0:11:53 | 0:11:57 | 0:12:23 | 0:13:00 |
| 63  | 1.34,54 | Kjetil       | Monstad     | x               | 1973 | 0:11:58 | 0:22:45 | 0:33:46 | 0:44:50 | 0:56:30 | 1:08:45 | 1:21:33 | 1:34:54 |
|     |         |              |             |                 |      | 0:11:58 | 0:10:47 | 0:11:01 | 0:11:04 | 0:11:40 | 0:12:15 | 0:12:48 | 0:13:21 |
| 34  | 1.35,52 | Ove          | Bernes      | Mjøsdaalen      | 1952 | 0:12:34 | 0:24:06 | 0:35:46 | 0:47:39 | 0:59:38 | 1:11:51 | 1:24:03 | 1:35:52 |
|     |         |              |             |                 |      | 0:12:34 | 0:11:32 | 0:11:40 | 0:11:53 | 0:11:59 | 0:12:13 | 0:12:12 | 0:11:49 |
| 46  | 1.35,58 | Magne        | Espelid     | Mjøsdaalen      | 1964 | 0:12:26 | 0:24:04 | 0:35:46 | 0:47:39 | 0:59:38 | 1:11:51 | 1:24:03 | 1:35:58 |
|     |         |              |             |                 |      | 0:12:26 | 0:11:38 | 0:11:42 | 0:11:53 | 0:11:59 | 0:12:13 | 0:12:12 | 0:11:55 |
| 37  | 1.36,08 | Kim          | Solberg     | x               | 1981 | 0:12:29 | 0:24:03 | 0:35:46 | 0:47:25 | 0:59:14 | 1:11:16 | 1:23:37 | 1:36:08 |
|     |         |              |             |                 |      | 0:12:29 | 0:11:34 | 0:11:43 | 0:11:39 | 0:11:49 | 0:12:02 | 0:12:21 | 0:12:31 |
| 29  | 1.39,58 | Erlend       | Lone        | x               | 1996 | 0:13:25 | 0:25:04 | 0:37:05 | 0:49:02 | 1:01:17 | 1:13:30 | 1:26:30 | 1:39:58 |
|     |         |              |             |                 |      | 0:13:25 | 0:11:39 | 0:12:01 | 0:11:57 | 0:12:15 | 0:12:13 | 0:13:00 | 0:13:28 |
| 47  | 1.39,58 | Bjørnar      | Espelid     | Mjøsdaalen      | 1997 | 0:13:25 | 0:25:04 | 0:37:05 | 0:49:02 | 1:01:17 | 1:13:30 | 1:26:31 | 1:39:58 |
|     |         |              |             |                 |      | 0:13:25 | 0:11:39 | 0:12:01 | 0:11:57 | 0:12:15 | 0:12:13 | 0:13:01 | 0:13:27 |
| 19  | 1.42,56 | Mats E       | Elvik       | Osterøy         | 1971 | 0:13:50 | 0:26:25 | 0:39:19 | 0:52:03 | 1:04:43 | 1:17:27 | 1:30:20 | 1:42:56 |
|     |         |              |             |                 |      | 0:13:50 | 0:12:35 | 0:12:54 | 0:12:44 | 0:12:40 | 0:12:44 | 0:12:53 | 0:12:36 |
| 62  | 1.45,04 | Rikard       | Olsson      | BTC             | 1973 | 0:13:25 | 0:26:46 | 0:39:55 | 0:52:54 | 1:06:01 | 1:19:07 | 1:32:17 | 1:45:04 |
|     |         |              |             |                 |      | 0:13:25 | 0:13:21 | 0:13:09 | 0:12:59 | 0:13:07 | 0:13:06 | 0:13:10 | 0:12:47 |
| 13  | 1.45,42 | Luis         | Fernandez   | Costa Rica      | 1984 | 0:13:15 | 0:25:43 | 0:38:26 | 0:51:31 | 1:05:02 | 1:18:44 | 1:32:25 | 1:45:42 |
|     |         |              |             |                 |      | 0:13:15 | 0:12:28 | 0:12:43 | 0:13:05 | 0:13:31 | 0:13:42 | 0:13:41 | 0:13:17 |
| 68  | 1.48,16 | Stian Nordås | Mjøs        | Mjøsdaalen      | 1991 | 0:13:00 | 0:26:18 | 0:38:34 | 0:51:06 | 1:04:13 | 1:17:47 | 1:32:13 | 1:48:16 |
|     |         |              |             |                 |      | 0:13:00 | 0:13:18 | 0:12:16 | 0:12:32 | 0:13:07 | 0:13:34 | 0:14:26 | 0:16:03 |
| 5   | 1.48,56 | Jørn         | Fjellskålne | x               | 1974 | 0:13:00 | 0:26:58 | 0:40:17 | 0:53:36 | 1:06:51 | 1:20:53 | 1:35:09 | 1:48:56 |
|     |         |              |             |                 |      | 0:13:00 | 0:13:58 | 0:13:19 | 0:13:19 | 0:13:15 | 0:14:02 | 0:14:16 | 0:13:47 |
| 35  | 1.49,05 | Kristoffer   | Ramstad     | Nordås Elitelag | 1981 | 0:14:26 | 0:27:22 | 0:40:22 | 0:53:16 | 1:06:44 | 1:20:45 | 1:35:03 | 1:49:05 |
|     |         |              |             |                 |      | 0:14:26 | 0:12:56 | 0:13:00 | 0:12:54 | 0:13:28 | 0:14:01 | 0:14:18 | 0:14:02 |
| 12  | 1.48,56 | Stian        | Havnås      | Hjelvik         | 1972 | 0:14:05 | 0:27:22 | 0:40:48 | 0:54:24 | 1:08:05 | 1:21:48 | 1:35:43 | 1:49:56 |
|     |         |              |             |                 |      | 0:14:05 | 0:13:17 | 0:13:26 | 0:13:36 | 0:13:41 | 0:13:43 | 0:13:55 | 0:14:13 |
| 373 | 1.50,07 | Tarjei       | Raniseth    | Btos            |      | 0:16:52 | 0:30:20 | 0:43:40 | 0:56:30 | 1:09:40 | 1:22:25 | 1:35:40 | 1:50:07 |
|     |         |              |             |                 |      | 0:16:52 | 0:13:28 | 0:13:20 | 0:12:50 | 0:13:10 | 0:12:45 | 0:13:15 | 0:14:27 |
| 18  | 1.50,14 | Øyvind       | Bjørsvik    | Mjøsdaalen      | 1976 | 0:13:30 | 0:25:34 | 0:38:06 | 0:51:03 | 1:04:40 | 1:19:27 | 1:34:21 | 1:50:14 |

|     |         |             |              |                 |      |         |         |         |         |         |         |         |         |
|-----|---------|-------------|--------------|-----------------|------|---------|---------|---------|---------|---------|---------|---------|---------|
|     |         |             |              |                 |      | 0:13:30 | 0:12:04 | 0:12:32 | 0:12:57 | 0:13:37 | 0:14:47 | 0:14:54 | 0:15:53 |
| 67  | 1.50,31 | Egil        | Jacobsen     | Førde Vulk      | 1952 | 0:15:03 | 0:28:36 | 0:42:05 | 0:55:25 | 1:08:53 | 1:22:27 | 1:36:25 | 1:50:31 |
|     |         |             |              |                 |      | 0:15:03 | 0:13:33 | 0:13:29 | 0:13:20 | 0:13:28 | 0:13:34 | 0:13:58 | 0:14:06 |
| 25  | 1.50,55 | Tore        | Hannisdal    | Osterøy         | 1969 | 0:13:25 | 0:25:55 | 0:38:41 | 0:51:42 | 1:05:13 | 1:19:04 | 1:33:05 | 1:50:55 |
|     |         |             |              |                 |      | 0:13:25 | 0:12:30 | 0:12:46 | 0:13:01 | 0:13:31 | 0:13:51 | 0:14:01 | 0:17:50 |
| 15  | 1.53,27 | Bjarte      | Lohne        | Osterøy         | 1966 | 0:14:22 | 0:27:33 | 0:40:34 | 0:54:09 | 1:07:51 | 1:22:31 | 1:37:52 | 1:53:27 |
|     |         |             |              |                 |      | 0:14:22 | 0:13:11 | 0:13:01 | 0:13:35 | 0:13:42 | 0:14:40 | 0:15:21 | 0:15:35 |
| 38  | 1.54,18 | Åge         | Myking       | x               | 1975 | 0:13:55 | 0:27:22 | 0:41:23 | 0:55:27 | 1:09:40 | 1:23:57 | 1:38:37 | 1:54:18 |
|     |         |             |              |                 |      | 0:13:55 | 0:13:27 | 0:14:01 | 0:14:04 | 0:14:13 | 0:14:17 | 0:14:40 | 0:15:41 |
| 26  | 1.55,05 | Agnar       | Hannisdal    | x               | 1969 | 0:13:25 | 0:25:28 | 0:38:17 | 0:51:19 | 1:04:42 | 1:19:59 | 1:38:47 | 1:55:05 |
|     |         |             |              |                 |      | 0:13:25 | 0:12:03 | 0:12:49 | 0:13:02 | 0:13:23 | 0:15:17 | 0:18:48 | 0:16:18 |
| 2   | 1.55,57 | Roberto     | Matulevicius | x               | 1985 | 0:13:09 | 0:26:16 | 0:40:54 | 0:54:42 | 1:09:05 | 1:23:45 | 1:39:48 | 1:55:57 |
|     |         |             |              |                 |      | 0:13:09 | 0:13:07 | 0:14:38 | 0:13:48 | 0:14:23 | 0:14:40 | 0:16:03 | 0:16:09 |
| 61  | 1.56,07 | Mons Kjetil | Vevle        | x               | 1962 | 0:13:22 | 0:26:04 | 0:39:15 | 0:52:46 | 1:06:54 | 1:21:42 | 1:37:33 | 1:56:07 |
|     |         |             |              |                 |      | 0:13:22 | 0:12:42 | 0:13:11 | 0:13:31 | 0:14:08 | 0:14:48 | 0:15:51 | 0:18:34 |
| 41  | 1.57,46 | Christer    | Aastvedt     | x               | 1971 | 0:13:40 | 0:27:17 | 0:41:10 | 0:55:23 | 1:09:38 | 1:24:57 | 1:41:02 | 1:57:46 |
|     |         |             |              |                 |      | 0:13:40 | 0:13:37 | 0:13:53 | 0:14:13 | 0:14:15 | 0:15:19 | 0:16:05 | 0:16:44 |
| 10  | 1.59,05 | Rikard      | Bertelsen    | Hjelvik         | 1970 | 0:15:08 | 0:29:20 | 0:43:42 | 0:58:15 | 1:13:00 | 1:28:10 | 1:43:42 | 1:59:05 |
|     |         |             |              |                 |      | 0:15:08 | 0:14:12 | 0:14:22 | 0:14:33 | 0:14:45 | 0:15:10 | 0:15:32 | 0:15:23 |
| 44  | 1.59,21 | Jan Arve    | Klungtveit   | Stattoil        | 1961 | 0:15:42 | 0:30:49 | 0:45:21 | 1:00:12 | 1:15:03 | 1:30:18 | 1:44:56 | 1:59:21 |
|     |         |             |              |                 |      | 0:15:42 | 0:15:07 | 0:14:32 | 0:14:51 | 0:14:51 | 0:15:15 | 0:14:38 | 0:14:25 |
| 36  | 1.59,22 | Roger       | Mathiassen   | Nordås Elitelag | 1981 | 0:15:07 | 0:28:54 | 0:42:58 | 0:57:30 | 1:13:15 | 1:29:14 | 1:44:56 | 1:59:22 |
|     |         |             |              |                 |      | 0:15:07 | 0:13:47 | 0:14:04 | 0:14:32 | 0:15:45 | 0:15:59 | 0:15:42 | 0:14:26 |
| 362 | 2.01,00 | Arild       | Mostrøm      |                 |      | 0:16:07 | 0:30:54 | 0:46:00 | 1:01:00 | 1:15:00 | 1:30:01 | 1:45:00 | 2:01:00 |
|     |         |             |              |                 |      | 0:16:07 | 0:14:47 | 0:15:06 | 0:15:00 | 0:14:00 | 0:15:01 | 0:14:59 | 0:16:00 |
| 42  | 2.01,11 | Eystein     | Markmanrud   | Osterøy         | 1969 | 0:14:25 | 0:27:58 | 0:41:46 | 0:56:11 | 1:11:14 | 1:27:00 | 1:43:37 | 2:01:11 |
|     |         |             |              |                 |      | 0:14:25 | 0:13:33 | 0:13:48 | 0:14:25 | 0:15:03 | 0:15:46 | 0:16:37 | 0:17:34 |
| 17  | 2.02,43 | Roald       | Martinsen    | x               | 1970 | 0:15:21 | 0:30:10 | 0:45:09 | 1:00:30 | 1:15:44 | 1:31:18 | 1:47:02 | 2:02:43 |
|     |         |             |              |                 |      | 0:15:21 | 0:14:49 | 0:14:59 | 0:15:21 | 0:15:14 | 0:15:34 | 0:15:44 | 0:15:41 |
| 3   | 2.03,00 | Magnus      | Ness         | Ubil            | 1948 | 0:15:59 | 0:30:49 | 0:45:43 | 1:00:50 | 1:16:11 | 1:31:43 | 1:47:29 | 2:03:00 |
|     |         |             |              |                 |      | 0:15:59 | 0:14:50 | 0:14:54 | 0:15:07 | 0:15:21 | 0:15:32 | 0:15:46 | 0:15:31 |
| 45  | 2.03,55 | Inge        | Haukøy       | BFG Fana        | 1972 | 0:13:43 | 0:26:20 | 0:39:10 | 0:52:06 | 1:04:51 | 1:18:07 | 1:34:21 | 1:50:55 |
|     |         |             |              |                 |      | 0:13:43 | 0:12:37 | 0:12:50 | 0:12:56 | 0:12:45 | 0:13:16 | 0:16:14 | 0:16:34 |

|     |         |              |            |          |      |         |         |         |         |         |         |         |         |
|-----|---------|--------------|------------|----------|------|---------|---------|---------|---------|---------|---------|---------|---------|
| 357 | 2.04,20 | Martin N     | Mjøs       | Osterøy  |      | 0:13:30 | 0:28:40 | 0:43:00 | 0:57:30 | 1:12:00 | 1:28:40 | 1:45:30 | 2:04:20 |
|     |         |              |            |          |      | 0:13:30 | 0:15:10 | 0:14:20 | 0:14:30 | 0:14:30 | 0:16:40 | 0:16:50 | 0:18:50 |
| 69  | 2.06,29 | Jørn         | Jacobsen   | x        | 1967 | 0:15:42 | 0:30:49 | 0:45:55 | 1:01:28 | 1:16:34 | 1:32:31 | 1:49:20 | 2:06:29 |
|     |         |              |            |          |      | 0:15:42 | 0:15:07 | 0:15:06 | 0:15:33 | 0:15:06 | 0:15:57 | 0:16:49 | 0:17:09 |
| 355 | 2.06,40 | Ole Johannes | Mjøs       |          |      | 0:16:07 | 0:30:45 | 0:46:30 | 1:02:00 | 1:17:40 | 1:33:40 | 1:50:00 | 2:06:40 |
|     |         |              |            |          |      | 0:16:07 | 0:14:38 | 0:15:45 | 0:15:30 | 0:15:40 | 0:16:00 | 0:16:20 | 0:16:40 |
| 24  | 2.10,29 | Trond        | Rosnes     | Osterøy  | 1959 | 0:15:42 | 0:30:49 | 0:45:55 | 1:01:28 | 1:17:40 | 1:34:36 | 1:52:38 | 2:10:29 |
|     |         |              |            |          |      | 0:15:42 | 0:15:07 | 0:15:06 | 0:15:33 | 0:16:12 | 0:16:56 | 0:18:02 | 0:17:51 |
| 30  | 2.11,43 | Arno S       | Isvik      | x        | 1979 | 0:14:45 | 0:28:00 | 0:43:59 | 0:59:30 | 1:15:41 | 1:33:05 | 1:52:37 | 2:11:43 |
|     |         |              |            |          |      | 0:14:45 | 0:13:15 | 0:15:59 | 0:15:31 | 0:16:11 | 0:17:24 | 0:19:32 | 0:19:06 |
| 6   | 2.12,42 | Vebjørn      | Aagard     | x        | 1971 | 0:16:41 | 0:32:10 | 0:48:02 | 1:04:03 | 1:20:40 | 1:37:41 | 1:54:56 | 2:12:42 |
|     |         |              |            |          |      | 0:16:41 | 0:15:29 | 0:15:52 | 0:16:01 | 0:16:37 | 0:17:01 | 0:17:15 | 0:17:46 |
| 364 | 2.13,25 | Odd Idar     | Mjøs       | Osterøy  | 1969 | 0:20:35 | 0:38:20 | 0:54:10 | 1:09:50 | 1:25:40 | 1:40:30 | 1:56:30 | 2:13:25 |
|     |         |              |            |          |      | 0:20:35 | 0:17:45 | 0:15:50 | 0:15:40 | 0:15:50 | 0:14:50 | 0:16:00 | 0:16:55 |
| 359 | 2.13,36 | Vidar        | Rosnes     | Osterøy  |      | 0:16:07 | 0:31:20 | 0:47:20 | 1:03:40 | 1:19:00 | 1:36:20 | 1:54:30 | 2:13:36 |
|     |         |              |            |          |      | 0:16:07 | 0:15:13 | 0:16:00 | 0:16:20 | 0:15:20 | 0:17:20 | 0:18:10 | 0:19:06 |
| 356 | 2.16,30 | Espen N      | Mjøs       |          |      | 0:15:05 | 0:30:20 | 0:46:10 | 1:02:40 | 1:19:00 | 1:38:00 | 1:57:50 | 2:16:30 |
|     |         |              |            |          |      | 0:15:05 | 0:15:15 | 0:15:50 | 0:16:30 | 0:16:20 | 0:19:00 | 0:19:50 | 0:18:40 |
| 354 | 2.16,40 | Stein        | Evensen    |          |      | 0:16:07 | 0:35:50 | 0:52:30 | 1:09:00 | 1:25:40 | 1:42:00 | 1:58:00 | 2:16:40 |
|     |         |              |            |          |      | 0:16:07 | 0:19:43 | 0:16:40 | 0:16:30 | 0:16:40 | 0:16:20 | 0:16:00 | 0:18:40 |
| 361 | 2.17,45 | Jostein      | Reigstad   | Osterøy  | 1959 | 0:18:30 | 0:34:20 | 0:50:30 | 1:07:00 | 1:23:20 | 1:40:00 | 1:58:30 | 2:17:45 |
|     |         |              |            |          |      | 0:18:30 | 0:15:50 | 0:16:10 | 0:16:30 | 0:16:20 | 0:16:40 | 0:18:30 | 0:19:15 |
| 66  | 2.18,58 | Arve         | Henningsen | x        | 1972 | 0:14:57 | 0:28:58 | 0:43:07 | 0:57:30 | 1:12:14 | 1:27:35 | 1:43:32 | 2:00:20 |
|     |         |              |            |          |      | 0:14:57 | 0:14:01 | 0:14:09 | 0:14:23 | 0:14:44 | 0:15:21 | 0:15:57 | 0:16:48 |
| 353 | 2.19,40 | Johnny       | Solberg    |          |      | 0:19:47 | 0:37:00 | 0:54:00 | 1:27:30 | 1:44:30 | 2:01:40 | 2:19:40 | 2:19:40 |
|     |         |              |            |          |      | 0:19:47 | 0:17:13 | 0:17:00 | 0:33:30 | 0:17:00 | 0:17:10 | 0:18:00 | 0:00:00 |
| 371 | 2.22,50 | Øivind       | Olsen      | Oddfjell |      | 0:15:20 | 0:36:20 | 0:50:20 | 1:11:00 | 1:29:00 | 1:48:00 | 2:04:30 | 2:22:50 |
|     |         |              |            |          |      | 0:15:20 | 0:21:00 | 0:14:00 | 0:20:40 | 0:18:00 | 0:19:00 | 0:16:30 | 0:18:20 |
| 374 | 2.23,53 | Johannes     | Slethaug   | Hovding  | 1943 | 0:16:52 | 0:36:40 | 0:54:30 | 1:12:00 | 1:30:40 | 1:48:30 | 2:06:00 | 2:23:53 |
|     |         |              |            |          |      | 0:16:52 | 0:19:48 | 0:17:50 | 0:17:30 | 0:18:40 | 0:17:50 | 0:17:30 | 0:17:53 |
| 365 | 2.24,13 | Rune         | Hagebø     |          |      | 0:19:26 | 0:35:50 | 0:52:30 | 1:09:00 | 1:26:20 | 1:45:00 | 2:04:30 | 2:24:13 |
|     |         |              |            |          |      | 0:19:26 | 0:16:24 | 0:16:40 | 0:16:30 | 0:17:20 | 0:18:40 | 0:19:30 | 0:19:43 |
| 372 | 2.27,10 | Ole Andre    | Reigstad   | Btos     |      | 0:16:52 | 0:33:10 | 0:50:30 | 1:07:40 | 1:25:16 | 1:44:00 | 2:06:00 | 2:27:10 |

[illegible]