

AOSK - Kretsmesterskap All Round - Valle Hovin 4. - 5. mars 2011 Resultatliste

Fredag 4/3 500m/5000m start kl 18:00 -2/vindstille,tåke slutt 21:00 - Lørdag 5/3 1500m 10000m start kl 10:30 -2/ frisk bris slutt kl 15:30 +2 bris

KV40

Viola Kuldvære	LASK	KV40	65,80	- 28	11 45,10	- 24	3 23,90	- 22	25 30,9	- 21	280,822	1
Marit D. Riktor	LIK	KV40	71,70	- 29	12 54,60	- 27	4 6,40	- 26	8 20,2	3000m - 98	314,658	999

KV45

Elisabeth Asker	LIK-H	KV45	76,50 PB	- 31	12 56,20 PB	- 28	4 21,20 PB	- 27	27 34,8 PB	- 24	323,927	1
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KV50

Sara Hemmer	ASK	KV50	64,50	- 27	10 57,90 PB	- 17	3 14,30	- 18	23 26,7	- 16	265,392	1
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MG10

Elias Rambøl Alme	LIK	MG10	79,80 PB	- 33	14 50,80 PB	- 30	4 33,30	- 28	34 26,8 PB	- 26	354,320	999
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MG11

Henrik Bryn Rambøl	LIK	MG11	60,90 PB	- 24	12 46,50 PB	- 26	3 39,50	- 24	26 22,2 PB	- 22	289,827	999
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Viktor Markussen	LIK	MG11	84,20 PB	- 34	17 19,50 PB	- 31	4 47,70 PB	- 29	36 38,9 PB	- 27	393,995	999
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MG12

Karl Rambøl Alme	LIK	MG12	79,10 PB	- 32	14 29,80 PB	- 29	4 5,90	- 25	31 45,7 PB	- 25	343,332	999
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MNS

William Davidsen	LIK	MNS	48,50 PB	- 5	9 53,30	- 10	2 36,20	- 6	22 53,7	- 13	228,582	1
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Vetle Markussen	LIK	MNS	50,00	- 7	10 5,20	- 11	2 49,40	- 11	21 51,8	- 10	232,577	2
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MV30

Anders Høstad	ASK	MV30	46,60	- 1	9 10,80	- 4	2 30,50	- 1	19 40,9	- 4	210,892	1
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MV40

Kjetil Davidsen	LIK	MV40	48,40	- 4	9 5,80	- 2	2 32,50	- 3	19 12,4	- 2	211,433	1
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Bendik Kvernø	bLIK	MV40	51,80	- 11		DNS - 99		DNS - 99		DNS - 99	51,800	999
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Geir Brunsvik	ASK	MV40	58,30	- 19		DNS - 99		DNS - 99		DNS - 99	58,300	999
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MV45

Gerrit Middelkoop	ASK	MV45	52,10 PB	- 12	9 45,70	- 9	2 43,10 PB	- 8	20 21,6 PB	- 7	226,117	1
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Anders Løvøy	LIK	MV45	54,80 PB	- 13	10 39,90 PB	- 15	2 56,50 PB	- 12	23 3,8 PB	- 14	246,813	2
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Kim Sekkelsten	VSK	MV45	60,30	- 23	11 7,00	- 19	3 10,10	- 15	24 36,2	- 20	264,177	3
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Odd Arild Ødegaard	ASK	MV45	47,70 PB	- 2		DNS - 99		DNS - 99		DNS - 99	47,700	999
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Fredag 4/3 500m/5000m start kl 18:00 -2/vindstille,tåke slutt 21:00 - Lørdag 5/3 1500m 10000m start kl 10:30 -2/ frisk bris slutt kl 15:30 +2 bris

MV50

Vidar Skripeland	LIK-H	MV50	50,00	- 8	8 58,90	- 1	2 33,40	- 5	18 54,3	- 1	211,738	1
Trond Halvorsen	LIK	MV50	48,70	- 6	9 16,90	- 5	2 30,90	- 2	19 38,7	- 3	213,625	2
Geir Ivar Markussen	LIK	MV50	50,30 PB	- 9	9 28,90 PB	- 7	2 41,90	- 7	20 4,3 PB	- 6	221,372	3
Lars Petter Ernø	LIK-H	MV50	56,50	- 16	9 36,40 PB	- 8	2 44,90 PB	- 10	20 22,8 PB	- 8	230,247	4
Espen Riktor	LIK	MV50	57,60	- 18	10 15,20	- 12	3 1,30	- 14	21 46,6	- 9	244,883	5
Gunnar Birkelund	LIK-H	MV50	55,50	- 14	10 35,20	- 14	2 58,00	- 13	22 49,2	- 12	246,813	6
Herbert Kristoffersen	LIK-H	MV50	73,20	- 30	10 18,40	- 13	2 43,80 PB	- 9	22 0,9	- 11	255,685	7
Kjetil Grøttum	LIK-H	MV50	59,00 PB	- 20	11 20,60 PB	- 20	3 12,70 PB	- 17	24 32,4 PB	- 19	264,913	8
Geir Tvenge	GRAN	MV50	55,90 PB	- 15	11 27,60 PB	- 22		DNS - 99		DNS - 99	124,660	999
Peder Tyvand	ÅS	MV50	56,80	- 17	11 34,00	- 23	3 17,00	- 20		DNS - 99	191,867	999

MV55

Bjørn Øyvind Bringedal	LIK-H	MV55	48,10 PB	- 3	9 27,60	- 6	2 32,50 PB	- 3	19 46	- 5	214,827	1
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MV60

Birger Engen	SK94	MV60	59,70 PB	- 21	10 54,30 PB	- 16	3 11,00 PB	- 16	23 21,6	- 15	258,877	1
Geir Aarseth	SK94	MV60	60,90	- 25	11 25,50 PB	- 21	3 17,00	- 21	24 29,1	- 18	268,572	2
Ivar Johnny Tvenge	GRAN	MV60	51,30	- 10	9 6,60	- 3		DNS - 99		DNS - 99	105,960	999

MV65

Sven Otto Ringnes	SK94	MV65	64,20	- 26	11 2,10 PB	- 18	3 15,50	- 19	24 12,8	- 17	268,217	1
Lars Rambøl	LIK	MV65	59,90	- 22	11 55,00 PB	- 25	3 36,80	- 23	26 52,7	- 23	284,302	2

AOSK - KM All Round - 4/5 mars 2011 Resultater 500m

Løper	Klubb	Klasse	tid	Plass	Poeng	diff. 5000m
Anders Høstad	ASK	MV30	46,60	1	46,600	0,00
Odd Arild Ødegaard	ASK	MV45	47,70 PB	2	47,700	11,00
Bjørn Øyvind Bringedal	LIK-H	MV55	48,10 PB	3	48,100	15,00
Kjetil Davidsen	LIK	MV40	48,40	4	48,400	18,00
William Davidsen	LIK	MNS	48,50 PB	5	48,500	19,00
Trond Halvorsen	LIK	MV50	48,70	6	48,700	21,00
Vetle Markussen	LIK	MNS	50,00	7	50,000	34,00
Vidar Skripeland	LIK-H	MV50	50,00	8	50,000	34,00
Geir Ivar Markussen	LIK	MV50	50,30 PB	9	50,300	37,00
Ivar Johnny Tvenge	GRAN	MV60	51,30	10	51,300	47,00
Bendik Kvernø	bLIK	MV40	51,80	11	51,800	52,00
Gerrit Middelkoop	ASK	MV45	52,10 PB	12	52,100	55,00
Anders Løvøy	LIK	MV45	54,80 PB	13	54,800	82,00
Gunnar Birkelund	LIK-H	MV50	55,50	14	55,500	89,00
Geir Tvenge	GRAN	MV50	55,90 PB	15	55,900	93,00
Lars Petter Ernø	LIK-H	MV50	56,50	16	56,500	99,00
Peder Tyvand	ÅS	MV50	56,80	17	56,800	102,00
Espen Riktor	LIK	MV50	57,60	18	57,600	110,00
Geir Brunsvik	ASK	MV40	58,30	19	58,300	117,00
Kjetil Grøttum	LIK-H	MV50	59,00 PB	20	59,000	124,00
Birger Engen	SK94	MV60	59,70 PB	21	59,700	131,00
Lars Rambøl	LIK	MV65	59,90	22	59,900	133,00
Kim Sekkelsten	VSK	MV45	60,30	23	60,300	137,00
Henrik Bryn Rambøl	LIK	MG11	60,90 PB	24	60,900	143,00
Geir Aarseth	SK94	MV60	60,90	25	60,900	143,00
Sven Otto Ringnes	SK94	MV65	64,20	26	64,200	176,00
Sara Hemmer	ASK	KV50	64,50	27	64,500	179,00
Viola Kuldvere	LASK	KV40	65,80	28	65,800	192,00
Marit D. Riktor	LIK	KV40	71,70	29	71,700	251,00
Herbert Kristoffersen	LIK-H	MV50	73,20	30	73,200	266,00
Elisabeth Asker	LIK-H	KV45	76,50 PB	31	76,500	299,00
Karl Rambøl Alme	LIK	MG12	79,10 PB	32	79,100	325,00
Elias Rambøl Alme	LIK	MG10	79,80 PB	33	79,800	332,00
Viktor Markussen	LIK	MG11	84,20 PB	34	84,200	376,00

AOSK - KM All Round - 4/5 mars 2011 Resultater 5000 m

Løper	Klubb	Klasse	Tid 5000m		Plass	Poeng	Totalt	Diff 1500
Vidar Skripeland	LIK-H	MV50	8 58,9		1	53,890	103,890	6,6
Kjetil Davidsen	LIK	MV40	9 5,8		2	54,580	102,980	3,9
Ivar Johnny Tvenge	GRAN	MV60	9 6,6		3	54,660	105,960	12,8
Anders Høstad	ASK	MV30	9 10,8		4	55,080	101,680	0,0
Trond Halvorsen	LIK	MV50	9 16,9		5	55,690	104,390	8,1
Bjørn Øyvind Bringedal	LIK-H	MV55	9 27,6		6	56,760	104,860	9,5
Geir Ivar Markussen	LIK	MV50	9 28,9	PB	7	56,890	107,190	16,5
Lars Petter Ernø	LIK-H	MV50	9 36,4	PB	8	57,640	114,140	37,4
Gerrit Middelkoop	ASK	MV45	9 45,7		9	58,570	110,670	27,0
William Davidsen	LIK	MNS	9 53,3		10	59,330	107,830	18,4
Vetle Markussen	LIK	MNS	10 5,2		11	60,520	110,520	26,5
Espen Riktor	LIK	MV50	10 15,2		12	61,520	119,120	52,3
Herbert Kristoffersen	LIK-H	MV50	10 18,4		13	61,840	135,040	100,1
Gunnar Birkelund	LIK-H	MV50	10 35,2		14	63,520	119,020	52,0
Anders Løvøy	LIK	MV45	10 39,9	PB	15	63,990	118,790	51,3
Birger Engen	SK94	MV60	10 54,3	PB	16	65,430	125,130	70,3
Sara Hemmer	ASK	KV50	10 57,9	PB	17	65,790	130,290	85,8
Sven Otto Ringnes	SK94	MV65	11 2,1	PB	18	66,210	130,410	86,2
Kim Sekkelsten	VSK	MV45	11 7,0		19	66,700	127,000	76,0
Kjetil Grøttum	LIK-H	MV50	11 20,6	PB	20	68,060	127,060	76,1
Geir Aarseth	SK94	MV60	11 25,5	PB	21	68,550	129,450	83,3
Geir Tvenge	GRAN	MV50	11 27,6	PB	22	68,760	124,660	68,9
Peder Tyvand	ÅS	MV50	11 34,0		23	69,400	126,200	73,6
Viola Kuldvere	LASK	KV40	11 45,1		24	70,510	136,310	103,9
Lars Rambøl	LIK	MV65	11 55,0	PB	25	71,500	131,400	89,2
Henrik Bryn Rambøl	LIK	MG11	12 46,5	PB	26	76,650	137,550	107,6
Marit D. Riktor	LIK	KV40	12 54,6		27	77,460	149,160	142,4
Elisabeth Asker	LIK-H	KV45	12 56,2	PB	28	77,620	154,120	157,3
Karl Rambøl Alme	LIK	MG12	14 29,8	PB	29	86,980	166,080	193,2
Elias Rambøl Alme	LIK	MG10	14 50,8	PB	30	89,080	168,880	201,6
Viktor Markussen	LIK	MG11	17 19,5	PB	31	103,950	188,150	259,4
Bendik Kvernø	bLIK	MV40		DNS	99	0,000	51,800	149,64
Geir Brunsvik	ASK	MV40		DNS	99	0,000	58,300	130,14
Odd Arild Ødegaard	ASK	MV45		DNS	99	0,000	47,700	161,94

AOSK - KM All Round - 4/5 mars 2011 Resultater 1500 m

Løper	Klubb	Klasse	tid		Plass	Poeng	Totalt	Diff. - 10000
Anders Høstad	ASK	MV30	2 30,5		1	50,167	151,847	0,01
Trond Halvorsen	LIK	MV50	2 30,9		2	50,300	154,690	56,9
Kjetil Davidsen	LIK	MV40	2 32,5		3	50,833	153,813	39,3
Bjørn Øyvind Bringedal	LIK-H	MV55	2 32,5	PB	3	50,667	155,527	73,6
Vidar Skripeland	LIK-H	MV50	2 33,4		5	51,133	155,023	63,5
William Davidsen	LIK	MNS	2 36,2		6	52,067	159,897	161,0
Geir Ivar Markussen	LIK	MV50	2 41,9		7	53,967	161,157	186,2
Gerrit Middelkoop	ASK	MV45	2 43,1	PB	8	54,367	165,037	263,8
Herbert Kristoffersen	LIK-H	MV50	2 43,8	PB	9	54,600	189,640	755,9
Lars Petter Ernø	LIK-H	MV50	2 44,9	PB	10	54,967	169,107	345,2
Vetle Markussen	LIK	MNS	2 49,4		11	56,467	166,987	302,8
Anders Løvøy	LIK	MV45	2 56,5	PB	12	58,833	177,623	515,5
Gunnar Birkelund	LIK-H	MV50	2 58		13	59,333	178,353	530,1
Espen Riktor	LIK	MV50	3 1,3		14	60,433	179,553	554,1
Kim Sekkelsten	VSK	MV45	3 10,1		15	63,367	190,367	770,4
Birger Engen	SK94	MV60	3 11	PB	16	63,667	188,797	739,0
Kjetil Grøttum	LIK-H	MV50	3 12,7	PB	17	64,233	191,293	788,9
Sara Hemmer	ASK	KV50	3 14,3		18	64,767	195,057	864,2
Sven Otto Ringnes	SK94	MV65	3 15,5		19	65,167	195,577	874,6
Peder Tyvand	ÅS	MV50	3 17		20	65,667	191,867	800,4
Geir Aarseth	SK94	MV60	3 17		21	65,667	195,117	865,4
Viola Kuldvere	LASK	KV40	3 23,9		22	67,967	204,277	1 048,6
Lars Rambøl	LIK	MV65	3 36,8		23	72,267	203,667	1 036,4
Henrik Bryn Rambøl	LIK	MG11	3 39,5		24	73,167	210,717	1 177,4
Karl Rambøl Alme	LIK	MG12	4 5,9		25	81,967	248,047	1 924,0
Marit D. Riktor	LIK	KV40	4 6,4		26	82,133	231,293	1 588,9
Elisabeth Asker	LIK-H	KV45	4 21,2	PB	27	87,067	241,187	1 786,8
Elias Rambøl Alme	LIK	MG10	4 33,3		28	91,100	259,980	2 162,7
Viktor Markussen	LIK	MG11	4 47,7	PB	29	95,900	284,050	2 644,1
Bendik Kvernø	bLIK	MV40		DNS	99	0,000	51,800	2 000,94
Geir Brunsvik	ASK	MV40		DNS	99	0,000	58,300	1 870,94
Geir Tvenge	GRAN	MV50		DNS	99	0,000	124,660	543,74
Ivar Johnny Tvenge	GRAN	MV60		DNS	99	0,000	105,960	917,74
Odd Arild Ødegaard	ASK	MV45		DNS	99	0,000	47,700	2 082,94

AOSK - KM All Round - 4/5 mars 2011 Resultater 10000 m

Løper	Klubb	Klasse	tid	Plass	10000MP	KMPOINT
Vidar Skripeland	LIK-H	MV50	18 : 54,30	1	56,715	211,738
Kjetil Davidsen	LIK	MV40	19 : 12,40	2	57,620	211,433
Trond Halvorsen	LIK	MV50	19 : 38,70	3	58,935	213,625
Anders Høstad	ASK	MV30	19 : 40,90	4	59,045	210,892
Bjørn Øyvind Bringedal	LIK-H	MV55	19 : 46,00	5	59,300	214,827
Geir Ivar Markussen	LIK	MV50	20 : 4,30 PB	6	60,215	221,372
Gerrit Middelkoop	ASK	MV45	20 : 21,60 PB	7	61,080	226,117
Lars Petter Ernø	LIK-H	MV50	20 : 22,80 PB	8	61,140	230,247
Espen Riktor	LIK	MV50	21 : 46,60	9	65,330	244,883
Vetle Markussen	LIK	MNS	21 : 51,80	10	65,590	232,577
Herbert Kristoffersen	LIK-H	MV50	22 : 0,90	11	66,045	255,685
Gunnar Birkelund	LIK-H	MV50	22 : 49,20	12	68,460	246,813
William Davidsen	LIK	MNS	22 : 53,70	13	68,685	228,582
Anders Løvøy	LIK	MV45	23 : 3,80 PB	14	69,190	246,813
Birger Engen	SK94	MV60	23 : 21,60	15	70,080	258,877
Sara Hemmer	ASK	KV50	23 : 26,70	16	70,335	265,392
Sven Otto Ringnes	SK94	MV65	24 : 12,80	17	72,640	268,217
Geir Aarseth	SK94	MV60	24 : 29,10	18	73,455	268,572
Kjetil Grøttum	LIK-H	MV50	24 : 32,40 PB	19	73,620	264,913
Kim Sekkelsten	VSK	MV45	24 : 36,20	20	73,810	264,177
Viola Kuldvere	LASK	KV40	25 : 30,90	21	76,545	280,822
Henrik Bryn Rambøl	LIK	MG11	26 : 22,20 PB	22	79,110	289,827
Lars Rambøl	LIK	MV65	26 : 52,70	23	80,635	284,302
Elisabeth Asker	LIK-H	KV45	27 : 34,80 PB	24	82,740	323,927
Karl Rambøl Alme	LIK	MG12	31 : 45,70 PB	25	95,285	343,332
Elias Rambøl Alme	LIK	MG10	31 : 26,80 PB	26	94,340	354,320
Viktor Markussen	LIK	MG11	36 : 38,90 PB	27	109,945	393,995
Marit D. Riktor	LIK	KV40	27 : 47,30 3000m	98	83,365	314,658
Bendik Kvernø	bLIK	MV40	: DNS	99	0,000	51,800
Geir Brunsvik	ASK	MV40	: DNS	99	0,000	58,300
Geir Tvenge	GRAN	MV50	: DNS	99	0,000	124,660
Peder Tyvand	ÅS	MV50	: DNS	99	0,000	191,867
Ivar Johnny Tvenge	GRAN	MV60	: DNS	99	0,000	105,960
Odd Arild Ødegaard	ASK	MV45	: DNS	99	0,000	47,700