

# KM All-Round Senior og veteran AOSK - 22.02 - 23.02 - 2019

Fredag 22.02 500m/5000m start kl 18:00 4 m/s/+3, slutt 20:45 - Lørdag 23.02 1500m /10000m start kl 10:15 12m/s/+3, - slutt kl 15:00 - MT +0,20 sek

	Team - Class	500m	rank	5000 m	rank	1500m	rank	10000 m	rank	Combo	class	total
<b>K40</b>												
	Therese Staal Brekke	LIK-H	K40	66,78 PB - 24	11 26,37	- 22	3 15,74 PB - 23	23 1,43 - 21		269,734	1	21
<b>K50</b>												
	Marit D. Riktor	LIK	K50	81,45 - 28	14 41,02	- 27	3 50,39 - 26	3000m 8.21,75 - 329.973		<del>246,348</del>	1	
<b>K60</b>												
	Sara Hemmer	ASK	K60	61,88 - 22	10 17,50	- 18	2 53,26 - 19	19 57,71 - 13		241,268	1	18
<b>M30</b>												
	Mats Huseby	LIK-H	M30	51,13 PB - 12	10 5,80	- 16	2 34,25 - 9	20 25,83 - 15	PB	224,417	1	12
<b>M35</b>												
	Tomm Samodee	OSS	M35	47,54 PB - 5	9 4,02 PB - 6		2 28,60 PB - 5	18 10,53 - 5	PB	206,001	1	5
<b>M40</b>												
	Knut Erik Tveten	ASK	M40	50,29 - 9	9 48,13	- 13	2 36,04 PB - 11	19 47,52 - 12	PB	220,492	1	11
<b>M45</b>												
	Gard Fredriksen	LIK-H	M45	48,03 - 7	9 17,38	- 8	2 25,93 - 4	19 5,23 - 10		209,672	1	6
	Ole Martin Nodenes	LIK-H	M45	55,05 PB - 18	11 11,63	- 21	3 3,66 PB - 21	23 1,32 - 20	PB	252,499	2	20
	Erik Thorstensen	ASK	M45	63,39 - 23	11 55,37	- 24	3 17,14 - 24	25 10,86 - 23	PB	276,183	3	22
<b>M50</b>												
	Odd-Arild Ødegaard	ASK	M50	47,44 - 4	8 34,06	- 4	2 22,50 - 3	17 48,81 - 3		199,786	1	3
	Tord Fredriksen	LIK-H	M50	57,37 - 21	9 56,05	- 14	2 51,21 - 17	20 13,07 - 14		234,698	2	15
<b>M55</b>												
	Eric Askildsen	LIK-H	M55	46,04 - 3	8 19,38	- 2	2 18,60 - 1	16 55,59 - 1		192,957	1	1
	Gerrit Middelkoop	OSS	M55	51,85 - 13	9 24,52	- 10	2 37,76 - 12	19 2,90 - 9		218,033	2	9
	Njål Nore	Asker S	M55	55,09 PB - 19	9 24,43 PB - 9		2 39,40 PB - 8	18 34,85 - 7	PB	220,408	3	10
	Espen Riktor	LIK	M55	54,16 - 16	9 33,38	- 12	2 43,50 - 13	19 32,84 - 11		224,640	4	13
	Erik Michelsen	OSS	M55	54,62 - 17	10 17,02	- 17	2 54,72 - 20	21 21,34 - 17	PB	238,629	5	16
	Per Espen Kristoffersen	OSS	M55	53,46 PB - 14	10 40,52	- 19	2 50,73 - 16	21 57,47 - 18		240,295	6	17
	Herbert Kristoffersen	OSS	M55	55,74 - 20	10 57,39	- 20	2 52,67 - 18	22 55,23 - 19		247,796	7	19

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	Team - Class	500m	rank	5000 m	rank	1500m	rank	10000 m	rank	Combo	class	total
<b>M60</b>												
Vidar Skripeland	LIK M60	49,55	- 8	8 33,96	- 3	2 28,96	- 6	17 20,19	- 2	202,608	1	4
Terje Bjørk	ASK M60	50,90	- 10	9 11,32	- 7	2 32,09	- 7	18 18,77	- 6	211,666	2	7
Ame Stenhaus	ASK M60	47,93	- 6	9 29,66	- 11	2 35,27	- 10	18 49,69	- 8	213,136	3	8
Geir Tvenge	SK94 M60	74,13	- 25	11 40,98	- 23	3 10,82	- 22	23 42,82	- 22	PB 278,975	4	23
<b>M70</b>												
Lars Rambøl	LIK M70	80,77	- 27	14 23,92	- 26	3 49,98	- 25	29 30,11	- 24	332,327	1	24
<b>M75</b>												
Magnar Lundberg	LIK M75	54,10	- 15	10 5,32	- 15	2 45,76	- 14	20 50,56	- 16	232,413	1	14
<b>MSA</b>												
Morten Aske Kolstad	LIK-H MSA	43,19	- 1	8 51,31	- 5	2 18,92	- 2	17 57,59	- 4	196,506	1	2