

Resultater per Løype

Spent Tour 2010

24.05.2010

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| 1 | Gina Elisabeth Mathiesen | K 20-24 | 1:44:32,67 | 1:08:24,66 | 2:52:57,33 |
| 2 | Line Terse Gade | K 35-39 | 1:57:10,16 | 1:19:40,78 | 3:16:50,94 23:53,61 |
| 3 | Siri Düréndahl | K 40-44 | 3:19:25,00 | | 3:19:25,00 26:27,67 |
| Antall | 3 | | | | |
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| 1 | Hans Petter Engelstad | M 40-44 | 1:36:26,27 | 1:02:16,94 | 2:38:43,21 |
| 2 | Gunnar Aschjem | M 20-24 | 1:36:25,64 | 1:02:19,15 | 2:38:44,79 00:01,58 |
| 3 | Morten Sperre | M 45-49 | 1:36:26,91 | 1:02:20,04 | 2:38:46,95 00:03,74 |
| 4 | Tobias Sæther | M 17-19 | 1:36:26,65 | 1:02:21,25 | 2:38:47,90 00:04,69 |
| 5 | Ottar Renholt | M 40-44 | 1:36:36,90 | 1:02:21,72 | 2:38:58,62 00:15,41 |
| 6 | Jon Rangfred | M 50-54 | 1:36:19,21 | 1:02:40,85 | 2:39:00,06 00:16,85 |
| 7 | Pål Kristoffer Sørvoll | M 40-44 | 1:36:43,67 | 1:02:26,88 | 2:39:10,55 00:27,34 |
| 8 | Greg Saw | M 30-34 | 1:36:24,84 | 1:03:04,07 | 2:39:28,91 00:45,70 |
| 9 | Bent Øien | M 40-44 | 1:36:28,80 | 1:03:01,52 | 2:39:30,32 00:47,11 |
| 10 | Alexander Kjær | M 35-39 | 1:36:24,30 | 1:03:06,60 | 2:39:30,90 00:47,69 |
| 11 | Frank Slevikmoen | M 40-44 | 1:36:26,69 | 1:03:04,61 | 2:39:31,30 00:48,09 |
| 12 | Petter Bjørgang | M 40-44 | 1:36:27,73 | 1:03:03,62 | 2:39:31,35 00:48,14 |
| 13 | Asbjørn Kristiansen | M 50-54 | 1:36:27,91 | 1:03:03,91 | 2:39:31,82 00:48,61 |
| 14 | Arild Andersen | M 50-54 | 1:36:34,24 | 1:02:57,59 | 2:39:31,83 00:48,62 |
| 15 | Tor Erik Helgesen | M 30-34 | 1:36:24,26 | 1:03:07,86 | 2:39:32,12 00:48,91 |
| 16 | Stig Are Karlsen | M 35-39 | 1:36:44,11 | 1:02:48,28 | 2:39:32,39 00:49,18 |
| 17 | Thomas Grønnern | M 30-34 | 1:36:25,29 | 1:03:07,13 | 2:39:32,42 00:49,21 |
| 18 | Håkon Lilland | M 20-24 | 1:36:24,97 | 1:03:08,38 | 2:39:33,35 00:50,14 |
| 19 | Emil Unaas | M 20-24 | 1:36:30,03 | 1:03:03,78 | 2:39:33,81 00:50,60 |
| 20 | Anders Lind | M 45-49 | 1:36:28,35 | 1:03:05,76 | 2:39:34,11 00:50,90 |
| 21 | Ivan Christophersen | M 35-39 | 1:36:48,50 | 1:02:46,50 | 2:39:35,00 00:51,79 |
| 22 | Sten Ove Jensen | M 50-54 | 1:36:30,94 | 1:03:04,41 | 2:39:35,35 00:52,14 |
| 23 | Sven Godal | M 40-44 | 1:36:37,59 | 1:02:57,86 | 2:39:35,45 00:52,24 |
| 24 | Roy Arne Gjerde | M 50-54 | 1:36:51,34 | 1:02:44,95 | 2:39:36,29 00:53,08 |
| 25 | Bjarne Viktor Bergsta | M 17-19 | 1:36:43,48 | 1:02:54,45 | 2:39:37,93 00:54,72 |
| 26 | Iver Andersen | M 45-49 | 1:36:29,67 | 1:03:08,68 | 2:39:38,35 00:55,14 |
| 27 | Rune Steinsvik | M 40-44 | 1:36:40,19 | 1:02:59,30 | 2:39:39,49 00:56,28 |
| 28 | Ånund Olsen | M 40-44 | 1:36:43,04 | 1:02:56,62 | 2:39:39,66 00:56,45 |
| 29 | Per Thomas Mørk | M 35-39 | 1:36:31,35 | 1:03:08,32 | 2:39:39,67 00:56,46 |
| 30 | Eystein Leren | M 45-49 | 1:36:48,75 | 1:02:51,67 | 2:39:40,42 00:57,21 |
| 31 | Audun Borg | M 30-34 | 1:36:35,23 | 1:03:05,57 | 2:39:40,80 00:57,59 |
| 32 | Sondre Bjerkerud | M 20-24 | 1:36:18,96 | 1:03:23,59 | 2:39:42,55 00:59,34 |
| 33 | Thor Olav Tveter | M 35-39 | 1:36:31,23 | 1:03:11,98 | 2:39:43,21 01:00,00 |
| 34 | Fabrice Zindy | M 35-39 | 1:36:37,83 | 1:03:05,69 | 2:39:43,52 01:00,31 |
| 35 | Halvor Aschjem | M 25-29 | 1:35:53,81 | 1:03:50,46 | 2:39:44,27 01:01,06 |
| 36 | Aksel Magdahl | M 30-34 | 1:36:26,01 | 1:03:23,14 | 2:39:49,15 01:05,94 |
| 37 | Paul Cormier | M 35-39 | 1:36:41,50 | 1:03:08,21 | 2:39:49,71 01:06,50 |
| 38 | Jon Øverbø | M 40-44 | 1:36:28,16 | 1:03:24,92 | 2:39:53,08 01:09,87 |
| 39 | Tom Immerstein | M 35-39 | 1:36:33,15 | 1:03:20,93 | 2:39:54,08 01:10,87 |
| 40 | Fred Charlesen | M 35-39 | 1:36:44,71 | 1:03:12,16 | 2:39:56,87 01:13,66 |
| 41 | Øyvind Bredholt | M 45-49 | 1:36:48,05 | 1:03:13,02 | 2:40:01,07 01:17,86 |
| 42 | Joachim Møller | M 35-39 | 1:36:56,40 | 1:05:00,74 | 2:41:57,14 03:13,93 |
| 43 | Rudi Fjelldal | M 20-24 | 1:36:30,63 | 1:05:27,92 | 2:41:58,55 03:15,34 |
| 44 | Jens Henrik Haugen | M 25-29 | 1:37:08,83 | 1:04:59,85 | 2:42:08,68 03:25,47 |
| 45 | Rolf Christensen | M 50-54 | 1:37:01,05 | 1:05:08,22 | 2:42:09,27 03:26,06 |
| 46 | Erlend Gjerde | M 30-34 | 1:37:02,50 | 1:05:09,78 | 2:42:12,28 03:29,07 |
| 47 | Mikkel Myrvold | M 35-39 | 1:37:07,47 | 1:05:07,85 | 2:42:15,32 03:32,11 |
| 48 | Tore Wold | M 45-49 | 1:37:09,92 | 1:05:06,80 | 2:42:16,72 03:33,51 |
| 49 | Per Kristian Kirkhus | M 25-29 | 1:36:54,01 | 1:05:25,39 | 2:42:19,40 03:36,19 |
| 50 | Svein Kjølstad | M 45-49 | 1:37:02,09 | 1:05:17,70 | 2:42:19,79 03:36,58 |

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| 51 | Lars Morten Helleberg | M 50-54 | 1:37:01,45 1:05:18,86 | 2:42:20,31 | 03:37,10 |
| 52 | Karl Espen Nordal | M 35-39 | 1:37:16,54 1:05:05,89 | 2:42:22,43 | 03:39,22 |
| 53 | Thor Arne Dammen | M 35-39 | 1:37:16,11 1:05:16,41 | 2:42:32,52 | 03:49,31 |
| 54 | Truls Aabol | M 35-39 | 1:36:59,61 1:05:36,39 | 2:42:36,00 | 03:52,79 |
| 55 | Henrik Gibala | M 45-49 | 1:37:39,29 1:06:01,05 | 2:43:40,34 | 04:57,13 |
| 56 | Arnulf Hansen | M 35-39 | 1:37:38,90 1:06:05,61 | 2:43:44,51 | 05:01,30 |
| 57 | Joseph Santaniello | M 40-44 | 1:37:56,59 1:05:48,28 | 2:43:44,87 | 05:01,66 |
| 58 | Anders Sætre | M 35-39 | 1:37:55,11 1:05:54,74 | 2:43:49,85 | 05:06,64 |
| 59 | Frode Haugen | M 40-44 | 1:37:48,54 1:06:03,58 | 2:43:52,12 | 05:08,91 |
| 60 | Kjell Andreas Norheim | M 50-54 | 1:37:55,51 1:05:57,03 | 2:43:52,54 | 05:09,33 |
| 61 | Odd Erik Randen | M 45-49 | 1:37:26,13 1:06:27,70 | 2:43:53,83 | 05:10,62 |
| 62 | Fred Magne Olafsen | M 55-59 | 1:37:49,01 1:06:06,93 | 2:43:55,94 | 05:12,73 |
| 63 | Endre Storløkken | M 30-34 | 1:37:55,50 1:06:01,67 | 2:43:57,17 | 05:13,96 |
| 64 | Osmund Jensen | M 40-44 | 1:37:48,46 1:06:08,97 | 2:43:57,43 | 05:14,22 |
| 65 | Rolf Hermann | M 35-39 | 1:37:49,14 1:06:09,86 | 2:43:59,00 | 05:15,79 |
| 66 | Hans Jacob Nordhov | M 45-49 | 1:37:28,19 1:06:30,96 | 2:43:59,15 | 05:15,94 |
| 67 | Torstein Bomann-Larsen | M 30-34 | 1:37:54,92 1:06:04,55 | 2:43:59,47 | 05:16,26 |
| 68 | Morten Kjoss | M 40-44 | 1:37:55,99 1:06:03,52 | 2:43:59,51 | 05:16,30 |
| 69 | Christian Tollefsen | M 30-34 | 1:37:54,64 1:06:08,34 | 2:44:02,98 | 05:19,77 |
| 70 | Jon Erik Mailund | M 25-29 | 1:37:49,06 1:06:17,21 | 2:44:06,27 | 05:23,06 |
| 71 | Joakim Fuglerud | M 30-34 | 1:37:54,90 1:06:12,26 | 2:44:07,16 | 05:23,95 |
| 72 | Ketil Strand | M 35-39 | 1:37:55,58 1:06:28,76 | 2:44:24,34 | 05:41,13 |
| 73 | Jørgen Løvås | M 40-44 | 1:37:56,52 1:06:54,47 | 2:44:50,99 | 06:07,78 |
| 74 | Martin Aske | M 20-24 | 1:36:49,23 1:10:40,82 | 2:47:30,05 | 08:46,84 |
| 75 | Ronny W. Hansen | M 40-44 | 1:37:32,27 1:14:25,10 | 2:51:57,37 | 13:14,16 |
| 76 | Frank Snildalsli | M 25-29 | 1:44:30,75 1:08:14,41 | 2:52:45,16 | 14:01,95 |
| 77 | Torgeir Urdal | M 45-49 | 1:44:05,11 1:08:40,51 | 2:52:45,62 | 14:02,41 |
| 78 | Thomas Blix | M 25-29 | 1:42:46,06 1:10:00,60 | 2:52:46,66 | 14:03,45 |
| 79 | Sveinung Bertelsen | M 35-39 | 1:44:37,55 1:08:09,34 | 2:52:46,89 | 14:03,68 |
| 80 | Bjørn-Olav Strand | M 30-34 | 1:44:30,71 1:08:16,93 | 2:52:47,64 | 14:04,43 |
| 81 | Stefan Skogbrott | M 20-24 | 1:44:36,48 1:08:11,77 | 2:52:48,25 | 14:05,04 |
| 82 | Gudmund Kristiansen | M 50-54 | 1:44:25,82 1:08:22,76 | 2:52:48,58 | 14:05,37 |
| 83 | Martin Garfalk | M 30-34 | 1:44:35,29 1:08:14,00 | 2:52:49,29 | 14:06,08 |
| 84 | Håkon Bomann-Larsen | M 25-29 | 1:44:26,77 1:08:23,72 | 2:52:50,49 | 14:07,28 |
| 85 | Thomas Heggertveit | M 45-49 | 1:44:32,66 1:08:18,95 | 2:52:51,61 | 14:08,40 |
| 86 | Ole-Morten Gilbu | M 30-34 | 1:40:45,00 1:12:07,75 | 2:52:52,75 | 14:09,54 |
| 87 | Geir Jesinsky | M 40-44 | 1:44:34,44 1:08:18,93 | 2:52:53,37 | 14:10,16 |
| 88 | Øyvind Skaalbones | M 30-34 | 1:42:57,69 1:09:56,06 | 2:52:53,75 | 14:10,54 |
| 89 | Per Arne Rød | M 40-44 | 1:44:26,03 1:08:29,76 | 2:52:55,79 | 14:12,58 |
| 90 | Ove Martin Svae | M 45-49 | 1:44:31,60 1:08:24,24 | 2:52:55,84 | 14:12,63 |
| 91 | Geir Strøm | M 40-44 | 1:44:00,23 1:08:56,13 | 2:52:56,36 | 14:13,15 |
| 92 | Karsten Pardo | M 40-44 | 1:44:31,04 1:08:25,38 | 2:52:56,42 | 14:13,21 |
| 93 | Tor Sverre Korsane | M 35-39 | 1:43:55,59 1:09:00,85 | 2:52:56,44 | 14:13,23 |
| 94 | Bruno Ottesen | M 35-39 | 1:44:33,52 1:08:23,66 | 2:52:57,18 | 14:13,97 |
| 95 | Vegard Bentzen | M 30-34 | 1:43:55,22 1:09:02,43 | 2:52:57,65 | 14:14,44 |
| 96 | Brian Dreng Karlsen | M 45-49 | 1:44:05,26 1:08:53,43 | 2:52:58,69 | 14:15,48 |
| 97 | Jan Utheim | M 45-49 | 1:44:31,77 1:08:27,41 | 2:52:59,18 | 14:15,97 |
| 98 | Fred Tjernsli | M 40-44 | 1:44:36,67 1:08:22,77 | 2:52:59,44 | 14:16,23 |
| 99 | Gjermund Øyen | M 45-49 | 1:44:31,98 1:08:27,96 | 2:52:59,94 | 14:16,73 |
| 100 | Hans Magne Holst | M 40-44 | 1:44:33,54 1:08:26,96 | 2:53:00,50 | 14:17,29 |
| 101 | Nils H. Albjerck | M 20-24 | 1:44:28,06 1:08:34,73 | 2:53:02,79 | 14:19,58 |
| 102 | Frode Steinsvik | M 35-39 | 1:44:01,26 1:09:02,20 | 2:53:03,46 | 14:20,25 |
| 103 | Morten Gulliksen | M 35-39 | 1:38:51,62 1:14:12,96 | 2:53:04,58 | 14:21,37 |
| 104 | Andreas Trolldalen | M 17-19 | 1:42:58,39 1:10:12,43 | 2:53:10,82 | 14:27,61 |
| 105 | Kenneth Sollie | M 40-44 | 1:44:00,50 1:09:10,43 | 2:53:10,93 | 14:27,72 |
| 106 | Svein Hustuft | M 45-49 | 1:44:33,28 1:08:40,74 | 2:53:14,02 | 14:30,81 |
| 107 | Pål Strømskroken | M 30-34 | 1:44:04,86 1:09:11,41 | 2:53:16,27 | 14:33,06 |

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| 109 | Helge Heian | M 40-44 | 1:44:32,77 1:08:44,97 | 2:53:17,74 | 14:34,53 |
| 110 | Odd Inge Berget | M 40-44 | 1:44:33,85 1:08:51,16 | 2:53:25,01 | 14:41,80 |
| 111 | Henning Weider | M 30-34 | 1:44:34,65 1:08:57,88 | 2:53:32,53 | 14:49,32 |
| 112 | Vegard Myrvang | M 40-44 | 1:38:23,51 1:15:13,65 | 2:53:37,16 | 14:53,95 |
| 113 | Håkon Carlsen Anmarkrud | M 50-54 | 1:44:36,92 1:09:06,88 | 2:53:43,80 | 15:00,59 |
| 114 | Torgrim Elvstedt | M 45-49 | 1:44:38,49 1:09:18,07 | 2:53:56,56 | 15:13,35 |
| 115 | Øyvind Røed | M 35-39 | 1:44:35,42 1:14:58,52 | 2:59:33,94 | 20:50,73 |
| 116 | Christian Dahl | M 30-34 | 1:44:42,01 1:16:16,29 | 3:00:58,30 | 22:15,09 |
| 117 | Tor Martin Røed | M 40-44 | 1:44:57,18 1:16:09,51 | 3:01:06,69 | 22:23,48 |
| 118 | Jan Tinus Lystad | M 50-54 | 1:44:37,58 1:16:38,52 | 3:01:16,10 | 22:32,89 |
| 119 | Tellef Ormestad | M 50-54 | 1:44:44,30 1:16:36,27 | 3:01:20,57 | 22:37,36 |
| 120 | Kjell Nilsen | M 55-59 | 1:44:41,39 1:16:41,75 | 3:01:23,14 | 22:39,93 |
| 121 | Lasse Tollefsen | M 35-39 | 1:44:54,60 1:16:49,97 | 3:01:44,57 | 23:01,36 |
| 122 | Pål Christoffersen | M 40-44 | 1:45:11,76 1:19:22,37 | 3:04:34,13 | 25:50,92 |
| 123 | Pål - Johan Nedal | M 40-44 | 1:45:04,10 1:19:39,78 | 3:04:43,88 | 26:00,67 |
| 124 | Aksel Jahre Mustaparta | M 30-34 | 1:44:36,19 1:20:30,48 | 3:05:06,67 | 26:23,46 |
| 125 | Erik Storø | M 25-29 | 1:50:51,76 1:15:26,38 | 3:06:18,14 | 27:34,93 |
| 126 | Tore Fjeld | M 50-54 | 1:51:06,42 1:15:18,87 | 3:06:25,29 | 27:42,08 |
| 127 | Preben Jacobsen | M 55-59 | 1:51:02,47 1:15:28,99 | 3:06:31,46 | 27:48,25 |
| 128 | Ole Theodor Sponberg | M 40-44 | 1:50:52,55 1:15:51,48 | 3:06:44,03 | 28:00,82 |
| 129 | Holm Holmsen | M 40-44 | 1:51:06,58 1:15:39,26 | 3:06:45,84 | 28:02,63 |
| 130 | Atle Kristoffersen | M 40-44 | 1:45:47,22 1:21:12,97 | 3:07:00,19 | 28:16,98 |
| 131 | Petter Roy Berntsen | M 50-54 | 1:51:07,10 1:16:05,02 | 3:07:12,12 | 28:28,91 |
| 132 | Espen Naas | M 25-29 | 1:56:51,51 1:18:46,94 | 3:15:38,45 | 36:55,24 |
| 133 | Tore Jørgen Salomonsen | M 60-64 | 1:57:02,57 1:19:09,61 | 3:16:12,18 | 37:28,97 |
| 134 | Morten Holthe | M 45-49 | 1:57:03,33 1:19:14,53 | 3:16:17,86 | 37:34,65 |
| 135 | Øyvind Svendsen | M 45-49 | 1:57:03,22 1:19:17,69 | 3:16:20,91 | 37:37,70 |
| 136 | John Henrik Bergene | M 20-24 | 1:57:03,99 1:19:17,23 | 3:16:21,22 | 37:38,01 |
| 137 | Per Ole Brevik | M 40-44 | 1:57:01,53 1:19:31,97 | 3:16:33,50 | 37:50,29 |
| 138 | Gunnar Wendel | M 60-64 | 1:57:21,55 1:19:22,97 | 3:16:44,52 | 38:01,31 |
| 139 | Petter Blaasvær | M 50-54 | 1:57:04,84 1:19:53,87 | 3:16:58,71 | 38:15,50 |
| 140 | Ronny Karlsen | M 35-39 | 1:51:12,82 1:25:50,39 | 3:17:03,21 | 38:20,00 |
| 141 | Roy Gundersen | M 50-54 | 1:57:05,85 1:20:09,24 | 3:17:15,09 | 38:31,88 |
| 142 | Jørgen Abrahamsen | M 40-44 | 1:52:19,27 1:25:00,46 | 3:17:19,73 | 38:36,52 |
| 143 | Bror-Lennart Mentzoni | M 45-49 | 1:53:38,34 1:23:53,04 | 3:17:31,38 | 38:48,17 |
| 144 | Karl Fredrik Rønningen | M 40-44 | 2:08:34,89 1:10:47,43 | 3:19:22,32 | 40:39,11 |
| 145 | Ludvig Høst | M 45-49 | 1:57:02,33 1:24:29,61 | 3:21:31,94 | 42:48,73 |
| 146 | Frode Jondahl | M 35-39 | 1:59:18,60 1:25:53,85 | 3:25:12,45 | 46:29,24 |
| 147 | Petter Holskjær | M 45-49 | 2:02:14,04 1:23:07,32 | 3:25:21,36 | 46:38,15 |
| 148 | Truls Gran | M 35-39 | 1:59:21,90 1:26:00,60 | 3:25:22,50 | 46:39,29 |
| 149 | Jan Eivind Halland | M 35-39 | 1:57:10,66 1:29:43,06 | 3:26:53,72 | 48:10,51 |
| 150 | Eirik Simonsen | M 45-49 | 2:02:44,87 1:31:01,88 | 3:33:46,75 | 55:03,54 |
| 151 | Simon Dewey | M 35-39 | 2:02:36,00 1:31:30,20 | 3:34:06,20 | 55:22,99 |
| 152 | Hans Gotfred Dybdahl | M 45-49 | 2:17:42,63 1:21:31,45 | 3:39:14,08 | 1:00:30,87 |
| 153 | Rune Bjaarstad | M 35-39 | 2:17:56,98 1:21:59,68 | 3:39:56,66 | 1:01:13,45 |
| 154 | Jan Reidar Lilleås | M 55-59 | 2:09:08,14 1:34:13,16 | 3:43:21,30 | 1:04:38,09 |
| 155 | Svein Erik Bruheim | M 35-39 | 2:07:44,24 1:37:50,32 | 3:45:34,56 | 1:06:51,35 |
| 156 | Roar Verde | M 65-69 | 2:21:40,65 1:43:58,56 | 4:05:39,21 | 1:26:56,00 |
| DNF | Jens O. Bøvre | M 25-29 | | | |
| DNF | Kjetil Haugersveen | M 35-39 | 1:45:21,55 | | |
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