

# Roger Solland REINTON

Født: 07. mars 1990 - Medlem av Hol IL

## Personlige rekorder :

|         |         |   |         |            |
|---------|---------|---|---------|------------|
| 500 m:  | 39,04   | 1 | Hamar V | 16.12.2006 |
| 1000 m: | 1.17,35 | 9 | Hamar V | 7.10.2006  |
| 1500 m: | 1.58,22 | 1 | Hamar V | 17.12.2006 |
| 3000 m: | 4.25,88 | 7 | Hamar V | 5.2.2006   |

| Resultatmessig utvikling : | (År) | 500   | 1000    | 1500    | 3000    | 5000 | 10000 |
|----------------------------|------|-------|---------|---------|---------|------|-------|
| 2000/01:                   | (10) | 56,24 | 2.11,9  |         |         |      |       |
| 2001/02:                   | (11) | 56,20 | 1.59,35 | 3.13,3  |         |      |       |
| 2002/03:                   | (12) | 50,29 | 1.43,01 | 2.39,63 |         |      |       |
| 2003/04:                   | (13) | 46,54 | 1.35,09 | 2.29,67 |         |      |       |
| 2004/05:                   | (14) | 42,17 | 1.25,06 | 2.11,86 |         |      |       |
| 2005/06:                   | (15) | 40,81 | 1.20,55 | 2.05,45 | 4.25,88 |      |       |
| 2006/07:                   | (16) | 39,04 | 1.17,35 | 1.58,22 | 4.42,47 |      |       |

## Deltakelse i NORSKE "MESTERSKAP"

|              |      |             |        |    |         |    |         |    |         |    |         |   |
|--------------|------|-------------|--------|----|---------|----|---------|----|---------|----|---------|---|
| <b>JNMa</b>  | 2006 | Trondheim L | 63,12f | 31 | 4.37,62 | 29 | 2.10,80 | 22 | 152,990 | 30 |         |   |
|              | 2007 | Larvik      | 84,63f | 24 | 4.57,52 | 23 | 2.02,55 | 6  | 175,066 | 23 |         |   |
| <b>JNMs</b>  | 2007 | Bergen S    | 40,02  | 8  | 1.20,48 | 7  | 40,75   | 8  | 1.21,90 | 5  | 161,960 | 5 |
| <b>LM-12</b> | 2003 | Hamar V     | 50,29  | 17 | 2.39,63 | 20 | 1.43,01 | 20 |         |    |         |   |
| <b>LM-13</b> | 2004 | Hamar V     | 46,54  | 15 | 2.29,67 | 21 | 1.35,31 | 19 |         |    |         |   |
| <b>LM-14</b> | 2005 | Skien Is    | 43,76  | 4  | 2.20,14 | 8  | 1.32,41 | 7  |         |    |         |   |
| <b>LM-15</b> | 2006 | Hamar V     | 41,16  | 4  | 2.05,45 | 4  | 1.20,55 | 3  | 4.25,88 | 7  | 167,564 | 4 |
| <b>LM-16</b> | 2007 | Tromsø Tr   | 41,55  | 4  | 2.07,95 | 3  |         |    | 4.42,47 | 3  | 131,278 | 3 |