

NorgesCup 1

Sørmarka Arena – Stavanger (NOR) / 12. - 13.10.2024

RESULT KVINNER 500M - 12.10.2024

Rnk	Nr	Navn	Klubb	Nat.	Klasse	Tid	Diff
1	107	Julie Bianca Nistad SAMSONSEN	Fana IL	NOR	Senior	MT40.18	-
2	164	Isabelle VAN ELST	NLSV	BEL	Senior	MT40.34	00.16
3	116	Ragne WIKLUND	Aktiv SK	NOR	Senior	MT41.07	00.89
4	179	Vilde BAAS	Døle IL	NOR	Senior	MT41.08	00.90
5	111	Aurora Grinden LØVÅS	NOIL	NOR	Neo	MT41.12	00.94
6	126	Marte Bjerkreim FURNÉE	Asker SK	NOR	Senior	MT41.53	01.35
7	150	Ina NAKKEN	Tønsberg	NOR	Neo	MT42.19	02.01
8	180	Signe Eide KIRKESÆTHER	Tønsberg	NOR	A2	MT42.23	02.05
9	138	Hanna SVENNI	Asker SK	NOR	Neo	MT42.57	02.39
10	144	Pauline Lysø OLSEN	BØSK	NOR	B2	MT42.65	02.47
11	141	Dina STORELID	Stord IL	NOR	Neo	MT43.67	03.49
12	171	Sarah Marie SANDERUD	Nord-Odal	NOR	Neo	MT43.70	03.52
13	177	Julie Berg SJØBREND	Aktiv SK	NOR	Neo	MT43.88	03.70
14	173	Lovisia Olstad GRINDEN	Nord-Odal	NOR	B2	MT44.32	04.14
15	125	Linnea MELGÅRD SHAGEN	SFIL	NOR	B1	MT44.34	04.16
16	159	Synne KJÆRNES	Hamar IL	NOR	B2	MT44.57	04.39
17	181	Åse Marie DAHN	Fana IL	NOR	A2	MT44.64	04.46
18	172	Leona Olstad GRINDEN	Nord-Odal	NOR	A2	MT44.65	04.47
19	146	Elle Borgen STEEN	Fana IL	NOR	B2	MT44.76	04.58
20	101	Felicia NILSSON	SK Pollux	SWE	A2	MT45.25	05.07
21	136	Linnea HANEBERG	Hamar IL	NOR	B2	MT45.69	05.51
22	161	Rosanne Osina GRANSETH	Hamar IL	NOR	B2	MT45.75	05.57
23	166	Milla Grønvold ANDERSEN	Geithus IL	NOR	B2	MT45.88	05.70
24	162	Anine Haugnæs BJØRKLUND	Geithus IL	NOR	A1	MT46.20	06.02
25	149	Ingrid Håkegård EICHLER	SSK Toten	NOR	Neo	MT46.34	06.16
26	137	Sigrid Bakken VOLD	Hamar IL	NOR	B1	MT46.38	06.20
27	135	Ingeborg SJØTHUN	SSSK	NOR	B2	MT46.63	06.45

Par	Indre Bane	Ytre Bane
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Ingen relevante data tilgjengelig

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RESULT MENN 500M - 12.10.2024

Rnk	Nr	Navn	Klubb	Nat.	Klasse	Tid	Diff
1	104	Bjørn MAGNUSSEN	Spk Falken	NOR	Senior	35.39	-
2	103	Pål Myhren KRISTENSEN	Arendal SK	NOR	Senior	35.97	00.58
3	102	Siver BRATTGJERD	Spk Falken	NOR	Neo	36.19	00.80
4	108	Henrik Fagerli RUKKE	Hol IL	NOR	Senior	36.32	00.93
5	140	Simon AANNØ	BØSK	NOR	Neo	36.80	01.41
6	118	Magnus DAHLE	SSSK	NOR	Senior	37.31	01.92
7	132	Finn Elias HANEBERG	Hamar IL	NOR	Neo	37.32	01.93
8	176	Sebastian FORSMARK	SÖIK	SWE	Neo	37.35	01.96
9	145	Kasper TVETER	SSSK	NOR	Neo	37.62	02.23
10	158	Arne LERNES	Tromsø SK	NOR	A2	37.64	02.25
11	175	Sigurd Holbø DYRSET	TKK	NOR	Neo	38.17	02.78
12	139	Aron AANNØ	BØSK	NOR	Neo	38.24	02.85
13	163	Oddbjørn MELLESTRAND	SSSK	NOR	Neo	38.29	02.90
14	121	Runar Njåtun KRØYER	Asker SK	NOR	Senior	38.78	03.39
14	167	Joren SLEEKING	Hol IL	NOR	Neo	38.78	03.39
16	165	Christoffer Tellinga HOVDE	Jevnaker	NOR	Neo	39.00	03.61
17	122	Viktor Smedstad HAUKAAS	Aktiv SK	NOR	Neo	MT39.28	03.89
18	130	Erlend BELSVIK	Stord IL	NOR	Neo	39.35	03.96
19	160	Kristoffer SONGSTAD	Fana IL	NOR	A2	39.42	04.03
20	157	Daniel Thuv ERIKSEN	Herkules	NOR	Senior	40.59	05.20
21	124	Elias BRUBAK	SFIL	NOR	B1	40.68	05.29
22	168	Robin SLEEKING	Hol IL	NOR	Senior	40.83	05.44
23	119	Sindre Heggelund LJUNGQUIST	KSK	NOR	A1	41.49	06.10
24	129	Marius Sæther NILSEN	Båstad IL	NOR	A2	42.00	06.61
25	156	Bendik BECKER PEDERSEN	Fana IL	NOR	B2	42.37	06.98
26	153	Øyvind RYEN-HERLAND	Fana IL	NOR	B2	42.68	07.29
27	152	Lars ULVESETH	Fana IL	NOR	A2	42.92	07.53
28	148	Hans Arne FRODAL	SSK Toten	NOR	Senior	43.08	07.69
29	155	Bo Oscar LILLETVEDT	Fana IL	NOR	A2	43.42	08.03
-	170	Kaspar NORBERG	SIK	SWE	Neo	DNS	-
-	106	Cristian Landrø MAGNUSSEN	Spk Falken	NOR	Neo	DQ	-

Par	Indre Bane	Ytre Bane
1	148. Hans Arne FRODAL - SSK Toten	- . - -
	100 11.67 (11.67) 24 Final 43.08 (31.41) 27	
2	153. Øyvind RYEN-HERLAND - Fana IL	155. Bo Oscar LILLETVEDT - Fana IL
	100 11.58 (11.58) 23 Final 42.68 (31.10) 25	100 11.92 (11.92) 26 Final 43.42 (31.50) 28
3	160. Kristoffer SONGSTAD - Fana IL	124. Elias BRUBAK - SFIL
	100 10.93 (10.93) 15	100 11.22 (11.22) 22

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Par	Indre Bane					Ytre Bane					
			Final	39.42	(28.49)	18		Final	40.68	(29.46)	20
4	168.	Robin SLEEKING - Hol IL				129.	Marius Sæther NILSEN - Båstad IL				
			100	10.99	(10.99)	16		100	11.13	(11.13)	21
			Final	40.83	(29.84)	21		Final	42.00	(30.87)	23
5	152.	Lars ULVESETH - Fana IL				119.	Sindre Heggelund LJUNGQUIST - KSK				
			100	11.70	(11.70)	25		100	11.07	(11.07)	20
			Final	42.92	(31.22)	26		Final	41.49	(30.42)	22
6	157.	Daniel Thuv ERIKSEN - Herkules				165.	Christoffer Tellinga HOVDE - Jevnaker				
			100	11.04	(11.04)	18		100	10.74	(10.74)	14
			Final	40.59	(29.55)	19		Final	39.00	(28.26)	15
7	-.	--				-.	--				
8	122.	Viktor Smedstad HAUKAAS - Aktiv SK				130.	Erlend BELSVIK - Stord IL				
			100	10.99	(10.99)	16		100	11.06	(11.06)	19
			Final	39.28	(28.29)	16		Final	39.35	(28.29)	17
9	121.	Runar Njåtun KRØYER - Asker SK				156.	Bendik BECKER PEDERSEN - Fana IL				
			100	10.93	(10.93)	15		100	13.92	(13.92)	27
			Final	38.78	(27.85)	14		Final	42.37	(28.45)	24
10	163.	Oddbjørn MELLESTRAND - SSSK				175.	Sigurd Holbø DYRSET - TTK				
			100	10.57	(10.57)	10		100	11.02	(11.02)	17
			Final	38.29	(27.72)	13		Final	38.17	(27.15)	11
11	158.	Arne LERNES - Tromsø SK				167.	Joren SLEEKING - Hol IL				
			100	10.36	(10.36)	7		100	10.67	(10.67)	12
			Final	37.64	(27.28)	10		Final	38.78	(28.11)	14
12	140.	Simon AANNØ - BØSK				176.	Sebastian FORSMARK - SÖIK				
			100	10.34	(10.34)	6		100	10.73	(10.73)	13
			Final	36.80	(26.46)	5		Final	37.35	(26.62)	8
13	145.	Kasper TVETER - SSSK				170.	Kaspar NORBERG - SIK				
			100	10.53	(10.53)	9		100	-	(-)	-
			Final	37.62	(27.09)	9		Final	-	(-)	-
14	139.	Aron AANNØ - BØSK				132.	Finn Elias HANEBERG - Hamar IL				
			100	10.64	(10.64)	11		100	10.40	(10.40)	8
			Final	38.24	(27.60)	12		Final	37.32	(26.92)	7
15	104.	Bjørn MAGNUSSEN - Spk Falken				108.	Henrik Fagerli RUKKE - Hol IL				

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Par	Indre Bane				Ytre Bane			
	100	09.80	(09.80)	1	100	10.06	(10.06)	4
	Final	35.39	(25.59)	1	Final	36.32	(26.26)	4
16	103.	Pål Myhren KRISTENSEN - Arendal SK			102.	Siver BRATTGJERD - Spk Falken		
	100	09.99	(09.99)	3	100	09.83	(09.83)	2
	Final	35.97	(25.98)	2	Final	36.19	(26.36)	3
17	106.	Cristian Landrø MAGNUSSEN - Spk Falken			118.	Magnus DAHLE - SSSK		
	100	-	(-)	-	100	10.29	(10.29)	5
	Final	-	(-)	-	Final	37.31	(27.02)	6

Protocol: MEN

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Sørmarka Arena – Stavanger (NOR) / 12. - 13.10.2024

RESULT KVINNER 1000M - 12.10.2024

Rnk	Nr	Navn	Klubb	Nat.	Klasse	Tid	Diff
1	179	Vilde BAAS	Dølemo IL	NOR	Senior	1:25.17	-
2	182	Pernille H. Løvestad SKOLEM	HBSK	NOR	A2	1:34.01	08.84
3	162	Anine Haugnæs BJØRKLUND	Geithus IL	NOR	A1	1:36.07	10.90

Par	Indre Bane	Ytre Bane
1	162. Anine Haugnæs BJØRKLUND - Geithus IL	-. - -
	200 21.54 (21.54) 2	
	600 57.33 (35.79) 3	
	Final 1:36.07 (38.74) 3	
2	182. Pernille H. Løvestad SKOLEM - HBSK	179. Vilde BAAS - Dølemo IL
	200 21.73 (21.73) 3	200 19.65 (19.65) 1
	600 56.34 (34.61) 2	600 50.64 (30.99) 1
	Final 1:34.01 (37.67) 2	Final 1:25.17 (34.53) 1

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RESULT MENN 1000M - 12.10.2024

Rnk	Nr	Navn	Klubb	Nat.	Klasse	Tid	Diff
1	113	Peder KONGSHAUG	SSSK	NOR	Neo	1:10.22	-
2	117	Didrik Eng STRAND	-	NOR	A2	1:11.43	01.21
3	105	Allan Dahl JOHANSSON	Aktiv SK	NOR	Senior	1:11.48	01.26
4	104	Bjørn MAGNUSSEN	Spk Falken	NOR	Senior	1:11.76	01.54
5	132	Finn Elias HANEBERG	Hamar IL	NOR	Neo	1:11.94	01.72
6	108	Henrik Fagerli RUKKE	Hol IL	NOR	Senior	1:12.21	01.99
7	103	Pål Myhren KRISTENSEN	Arendal SK	NOR	Senior	1:12.74	02.52
8	106	Cristian Landrø MAGNUSSEN	Spk Falken	NOR	Neo	1:13.41	03.19
9	176	Sebastian FORSMARK	SÖIK	SWE	Neo	1:13.50	03.28
10	142	Filip Møller NORDAL	Sandefjord	NOR	A2	1:14.48	04.26
11	123	Frederik GAJOS HAMRE	SSSK	NOR	A2	1:14.52	04.30
12	121	Runar Njåtun KRØYER	Asker SK	NOR	Senior	1:14.70	04.48
13	156	Bendik BECKER PEDERSEN	Fana IL	NOR	B2	1:15.21	04.99
14	174	Vegard RYE	SSSK	NOR	Neor	1:15.26	05.04
15	158	Arne LERNES	Tromsø SK	NOR	A2	1:15.42	05.20
16	139	Aron AANNØ	BØSK	NOR	Neo	1:17.05	06.83
17	160	Kristoffer SONGSTAD	Fana IL	NOR	A2	1:17.11	06.89
18	165	Christoffer Tellinga HOVDE	Jevnaker	NOR	Neo	1:17.21	06.99
19	151	Herman HOFF	Sandefjord	NOR	Neo	1:19.81	09.59
20	124	Elias BRUBAK	SFIL	NOR	B1	1:21.49	11.27
21	152	Lars ULVESETH	Fana IL	NOR	A2	1:23.09	12.87
22	119	Sindre Heggelund LJUNGQUIST	KSK	NOR	A1	1:24.64	14.42
23	155	Bo Oscar LILLETVEDT	Fana IL	NOR	A2	1:25.71	15.49
24	148	Hans Arne FRODAL	SSK Toten	NOR	Senior	1:26.32	16.10
25	153	Øyvind RYEN-HERLAND	Fana IL	NOR	B2	1:26.35	16.13
26	129	Marius Sæther NILSEN	Båstad IL	NOR	A2	1:26.46	16.24
-	170	Kaspar NORBERG	SIK	SWE	Neo	DNS	-

Par	Indre Bane	Ytre Bane
1	148. Hans Arne FRODAL - SSK Toten	-. --
	200 19.73 (19.73) 23	
	600 51.10 (31.37) 24	
	Final 1:26.32 (35.22) 24	
2	155. Bo Oscar LILLETVEDT - Fana IL	153. Øyvind RYEN-HERLAND - Fana IL
	200 20.58 (20.58) 26	200 20.47 (20.47) 25
	600 52.58 (32.00) 26	600 52.12 (31.65) 25
	Final 1:25.71 (33.13) 23	Final 1:26.35 (34.23) 25
3	129. Marius Sæther NILSEN - Båstad IL	119. Sindre Heggelund LJUNGQUIST - KSK
	200 19.32 (19.32) 22	200 19.15 (19.15) 20
	600 51.03 (31.71) 22	600 51.06 (31.91) 23
	Final 1:26.46 (35.43) 26	Final 1:24.64 (33.58) 22

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Par	Indre Bane					Ytre Bane						
4	152.	Lars ULVESETH - Fana IL					124.	Elias BRUBAK - SFIL				
		200	19.97	(19.97)	24		200	19.18	(19.18)	21		
		600	50.87	(30.90)	21		600	49.22	(30.04)	20		
		Final	1:23.09	(32.22)	21		Final	1:21.49	(32.27)	20		
5	151.	Herman HOFF - Sandefjord					160.	Kristoffer SONGSTAD - Fana IL				
		200	19.04	(19.04)	19		200	18.62	(18.62)	17		
		600	48.55	(29.51)	19		600	46.79	(28.17)	18		
		Final	1:19.81	(31.26)	19		Final	1:17.11	(30.32)	17		
6	158.	Arne LERNES - Tromsø SK					-.	- -				
		200	17.50	(17.50)	7							
		600	45.08	(27.58)	11							
		Final	1:15.42	(30.34)	15							
7	174.	Vegard RYE - SSSK					170.	Kaspar NORBERG - SIK				
		200	18.76	(18.76)	18		200	-	(-)	-		
		600	46.62	(27.86)	17		600	-	(-)	-		
		Final	1:15.26	(28.64)	14		Final	-	(-)	-		
8	165.	Christoffer Tellinga HOVDE - Jevnaker					123.	Frederik GAJOS HAMRE - SSSK				
		200	18.15	(18.15)	14		200	17.72	(17.72)	10		
		600	46.38	(28.23)	16		600	45.15	(27.43)	12		
		Final	1:17.21	(30.83)	18		Final	1:14.52	(29.37)	11		
9	142.	Filip Møller NORDAL - Sandefjord					139.	Aron AANNØ - BØSK				
		200	18.35	(18.35)	16		200	17.96	(17.96)	13		
		600	45.63	(27.28)	13		600	46.18	(28.22)	15		
		Final	1:14.48	(28.85)	10		Final	1:17.05	(30.87)	16		
10	176.	Sebastian FORSMARK - SÖIK					121.	Runar Njåtun KRØYER - Asker SK				
		200	17.79	(17.79)	11		200	18.23	(18.23)	15		
		600	44.63	(26.84)	9		600	45.69	(27.46)	14		
		Final	1:13.50	(28.87)	9		Final	1:14.70	(29.01)	12		
11	156.	Bendik BECKER PEDERSEN - Fana IL					132.	Finn Elias HANEBERG - Hamar IL				
		200	17.64	(17.64)	9		200	17.59	(17.59)	8		
		600	44.96	(27.32)	10		600	44.29	(26.70)	7		
		Final	1:15.21	(30.25)	13		Final	1:11.94	(27.65)	5		
12	106.	Cristian Landrø MAGNUSSEN - Spk Falken					117.	Didrik Eng STRAND - -				
		200	17.17	(17.17)	4		200	17.24	(17.24)	5		
		600	44.33	(27.16)	8		600	43.50	(26.26)	5		
		Final	1:13.41	(29.08)	8		Final	1:11.43	(27.93)	2		
13	-.	- -					103.	Pål Myhren KRISTENSEN - Arendal SK				

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Par	Indre Bane	Ytre Bane
		200 16.94 (16.94) 2
		600 43.17 (26.23) 3
		Final 1:12.74 (29.57) 7
14	104. Bjørn MAGNUSSEN - Spk Falken	105. Allan Dahl JOHANSSON - Aktiv SK
	200 16.77 (16.77) 1	200 17.88 (17.88) 12
	600 42.79 (26.02) 1	600 44.21 (26.33) 6
	Final 1:11.76 (28.97) 4	Final 1:11.48 (27.27) 3
15	113. Peder KONGSHAUG - SSSK	108. Henrik Fagerli RUKKE - Hol IL
	200 17.38 (17.38) 6	200 17.01 (17.01) 3
	600 43.14 (25.76) 2	600 43.25 (26.24) 4
	Final 1:10.22 (27.08) 1	Final 1:12.21 (28.96) 6

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Rnk	Nr	Navn	Klubb	Nat.	Klasse	Tid	Diff
1	116	Ragne WIKLUND	Aktiv SK	NOR	Senior	1:58.64	-
2	111	Aurora Grinden LØVÅS	NOIL	NOR	Neo	2:03.11	04.47
3	126	Marte Bjerkreim FURNÉE	Asker SK	NOR	Senior	2:05.45	06.81
4	138	Hanna SVENNI	Asker SK	NOR	Neo	2:06.57	07.93
5	141	Dina STORELID	Stord IL	NOR	Neo	2:06.78	08.14
6	150	Ina NAKKEN	Tønsberg	NOR	Neo	2:08.02	09.38
7	154	Kari Celine REISS-JACOBSEN	SSK Toten	NOR	Neo	2:09.61	10.97
8	180	Signe Eide KIRKESÆTHER	Tønsberg	NOR	A2	2:10.20	11.56
9	149	Ingrid Håkegård EICHLER	SSK Toten	NOR	Neo	2:11.12	12.48
10	177	Julie Berg SJØBREND	Aktiv SK	NOR	Neo	2:11.50	12.86
11	171	Sarah Marie SANDERUD	Nord-Odal	NOR	Neo	2:13.85	15.21
12	181	Åse Marie DAHN	Fana IL	NOR	A2	2:15.69	17.05
13	144	Pauline Lysø OLSEN	BØSK	NOR	B2	2:16.20	17.56
14	173	Lovisia Olstad GRINDEN	Nord-Odal	NOR	B2	2:16.80	18.16
15	166	Milla Grønvold ANDERSEN	Geithus IL	NOR	B2	2:16.88	18.24
16	136	Linnea HANEBERG	Hamar IL	NOR	B2	2:18.50	19.86
17	125	Linnea MELGÅRD SHAGEN	SFIL	NOR	B1	2:18.64	20.00
18	172	Leona Olstad GRINDEN	Nord-Odal	NOR	A2	2:20.72	22.08
19	146	Elle Borgen STEEN	Fana IL	NOR	B2	2:24.39	25.75
20	137	Sigrid Bakken VOLD	Hamar IL	NOR	B1	2:27.66	29.02
21	135	Ingeborg SJØTHUN	SSSK	NOR	B2	2:31.41	32.77
22	161	Rosanne Osina GRANSETH	Hamar IL	NOR	B2	2:36.68	38.04
23	101	Felicia NILSSON	SK Pollux	SWE	A2	2:41.39	42.75

Par	Indre Bane	Ytre Bane
1	172. Leona Olstad GRINDEN - Nord-Odal	-. --
	300 29.11 (29.11) 12	
	700 1:03.99 (34.88) 17	
	1100 1:41.81 (37.82) 18	
	Final 2:20.72 (38.91) 18	
2	135. Ingeborg SJØTHUN - SSSK	146. Elle Borgen STEEN - Fana IL
	300 30.24 (30.24) 19	300 30.02 (30.02) 17
	700 1:06.49 (36.25) 20	700 1:04.81 (34.79) 19
	1100 1:47.94 (41.45) 21	1100 1:43.09 (38.28) 19
	Final 2:31.41 (43.47) 21	Final 2:24.39 (41.30) 19
3	101. Felicia NILSSON - SK Pollux	137. Sigrid Bakken VOLD - Hamar IL
	300 30.65 (30.65) 22	300 30.58 (30.58) 21
	700 1:09.59 (38.94) 22	700 1:07.15 (36.57) 21
	1100 1:54.13 (44.54) 23	1100 1:46.61 (39.46) 20
	Final 2:41.39 (47.26) 23	Final 2:27.66 (41.05) 20
4	154. Kari Celine REISS-JACOBSEN - SSK Toten	161. Rosanne Osina GRANSETH - Hamar IL

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Par	Indre Bane				Ytre Bane			
	300	28.90	(28.90)	9	300	30.33	(30.33)	20
	700	1:01.17	(32.27)	10	700	1:09.79	(39.46)	23
	1100	1:34.79	(33.62)	9	1100	1:52.98	(43.19)	22
	Final	2:09.61	(34.82)	7	Final	2:36.68	(43.70)	22
5	125.	Linnea MELGÅRD SHAGEN - SFIL			181.	Åse Marie DAHN - Fana IL		
	300	29.09	(29.09)	11	300	29.63	(29.63)	15
	700	1:03.05	(33.96)	14	700	1:02.83	(33.20)	12
	1100	1:39.35	(36.30)	14	1100	1:38.30	(35.47)	13
	Final	2:18.64	(39.29)	17	Final	2:15.69	(37.39)	12
6	166.	Milla Grønvold ANDERSEN - Geithus IL			173.	Lovisia Olstad GRINDEN - Nord-Odal		
	300	29.95	(29.95)	16	300	29.31	(29.31)	13
	700	1:03.63	(33.68)	16	700	1:03.19	(33.88)	15
	1100	1:39.62	(35.99)	15	1100	1:39.69	(36.50)	16
	Final	2:16.88	(37.26)	15	Final	2:16.80	(37.11)	14
7	150.	Ina NAKKEN - Tønsberg			136.	Linnea HANEBERG - Hamar IL		
	300	27.85	(27.85)	7	300	30.10	(30.10)	18
	700	59.24	(31.39)	5	700	1:04.22	(34.12)	18
	1100	1:32.65	(33.41)	5	1100	1:40.48	(36.26)	17
	Final	2:08.02	(35.37)	6	Final	2:18.50	(38.02)	16
8	149.	Ingrid Håkegård EICHLER - SSK Toten			141.	Dina STORELID - Stord IL		
	300	29.95	(29.95)	16	300	29.32	(29.32)	14
	700	1:02.98	(33.03)	13	700	1:00.85	(31.53)	9
	1100	1:36.62	(33.64)	10	1100	1:33.08	(32.23)	6
	Final	2:11.12	(34.50)	9	Final	2:06.78	(33.70)	5
9	180.	Signe Eide KIRKESÆTHER - Tønsberg			171.	Sarah Marie SANDERUD - Nord-Odal		
	300	27.80	(27.80)	5	300	29.06	(29.06)	10
	700	1:00.39	(32.59)	8	700	1:02.09	(33.03)	11
	1100	1:34.75	(34.36)	8	1100	1:37.11	(35.02)	11
	Final	2:10.20	(35.45)	8	Final	2:13.85	(36.74)	11
10	116.	Ragne WIKLUND - Aktiv SK			144.	Pauline Lysø OLSEN - BØSK		
	300	26.98	(26.98)	1	300	27.40	(27.40)	4
	700	56.41	(29.43)	1	700	1:00.25	(32.85)	7
	1100	1:26.96	(30.55)	1	1100	1:37.17	(36.92)	12
	Final	1:58.64	(31.68)	1	Final	2:16.20	(39.03)	13
11	111.	Aurora Grinden LØVÅS - NOIL			126.	Marte Bjerkreim FURNÉE - Asker SK		
	300	27.07	(27.07)	2	300	27.23	(27.23)	3
	700	57.45	(30.38)	2	700	58.12	(30.89)	3
	1100	1:29.68	(32.23)	2	1100	1:31.02	(32.90)	3
	Final	2:03.11	(33.43)	2	Final	2:05.45	(34.43)	3

NorgesCup 1

Sørmarka Arena – Stavanger (NOR) / 12. - 13.10.2024

Par	Indre Bane					Ytre Bane						
12	138.	Hanna SVENNI - Asker SK					177.	Julie Berg SJØBREND - Aktiv SK				
		300	27.89	(27.89)	8		300	27.81	(27.81)	6		
		700	59.00	(31.11)	4		700	59.32	(31.51)	6		
		1100	1:31.70	(32.70)	4		1100	1:33.99	(34.67)	7		
		Final	2:06.57	(34.87)	4		Final	2:11.50	(37.51)	10		

Protocol: LADIES

NorgesCup 1

Sørmarka Arena – Stavanger (NOR) / 12. - 13.10.2024

RESULT MENN 5000M - 12.10.2024

Rnk	Nr	Navn	Klubb	Nat.	Klasse	Tid	Diff
1	114	Sander EITREM	NOIL	NOR	Neo	MT6:19.03	-
2	110	Kristian ULEKLEIV	Gjøvik SK	NOR	Senior	6:31.68	12.65
3	109	Hallgeir ENGEBRÅTEN	NOIL	NOR	Senior	6:35.78	16.75
4	115	Sigurd HENRIKSEN	Fana IL	NOR	Neo	6:36.93	17.90
5	145	Kasper TVETER	SSSK	NOR	Neo	6:38.82	19.79
6	142	Filip Møller NORDAL	Sandefjord	NOR	A2	6:49.11	30.08
7	163	Oddbjørn MELLESTRAND	SSSK	NOR	Neo	6:50.21	31.18
8	120	Ivar NORHEIM	Fana IL	NOR	Neo	6:50.41	31.38
9	133	Sander TVETER	SSSK	NOR	Senior	6:55.70	36.67
10	175	Sigurd Holbø DYRSET	TKK	NOR	Neo	6:55.98	36.95
11	122	Viktor Smedstad HAUKAAS	Aktiv SK	NOR	Neo	6:59.29	40.26
12	130	Erlend BELSVIK	Stord IL	NOR	Neo	7:02.64	43.61
13	178	Sondre HVAMMEN	KIF	NOR	Neo	7:11.52	52.49
14	167	Joren SLEEKING	Hol IL	NOR	Neo	7:35.76	1:16.73
15	151	Herman HOFF	Sandefjord	NOR	Neo	7:37.90	1:18.87
16	168	Robin SLEEKING	Hol IL	NOR	Senior	7:45.20	1:26.17

Par	Indre Bane	Ytre Bane
1	167. Joren SLEEKING - Hol IL	178. Sondre HVAMMEN - KIF
	200 20.13 (20.13) 8	200 20.51 (20.51) 13
	600 54.25 (34.12) 14	600 52.81 (32.30) 12
	1000 1:29.44 (35.19) 14	1000 1:26.79 (33.98) 13
	1400 2:05.15 (35.71) 15	1400 2:00.51 (33.72) 13
	1800 2:40.68 (35.53) 15	1800 2:34.04 (33.53) 13
	2200 3:16.50 (35.82) 15	2200 3:07.46 (33.42) 13
	2600 3:52.73 (36.23) 15	2600 3:41.28 (33.82) 13
	3000 4:29.65 (36.92) 15	3000 4:15.21 (33.93) 13
	3400 5:06.46 (36.81) 14	3400 4:49.50 (34.29) 13
	3800 5:43.53 (37.07) 14	3800 5:24.27 (34.77) 13
	4200 6:20.93 (37.40) 14	4200 5:59.52 (35.25) 13
	4600 6:58.88 (37.95) 14	4600 6:35.19 (35.67) 13
	Final 7:35.76 (36.88) 14	Final 7:11.52 (36.33) 13
2	151. Herman HOFF - Sandefjord	168. Robin SLEEKING - Hol IL
	200 21.60 (21.60) 16	200 21.11 (21.11) 15
	600 56.06 (34.46) 16	600 55.12 (34.01) 15
	1000 1:31.22 (35.16) 16	1000 1:30.00 (34.88) 15
	1400 2:06.48 (35.26) 16	1400 2:04.90 (34.90) 14
	1800 2:42.28 (35.80) 16	1800 2:40.11 (35.21) 14
	2200 3:18.21 (35.93) 16	2200 3:15.23 (35.12) 14
	2600 3:54.31 (36.10) 16	2600 3:51.32 (36.09) 14
	3000 4:30.47 (36.16) 16	3000 4:28.33 (37.01) 14
	3400 5:07.27 (36.80) 16	3400 5:06.60 (38.27) 15
	3800 5:44.95 (37.68) 15	3800 5:45.05 (38.45) 16
	4200 6:22.26 (37.31) 15	4200 6:24.73 (39.68) 16
	4600 6:59.79 (37.53) 15	4600 7:04.78 (40.05) 16
	Final 7:37.90 (38.11) 15	Final 7:45.20 (40.42) 16

NorgesCup 1

Sørmarka Arena – Stavanger (NOR) / 12. - 13.10.2024

Par	Indre Bane	Ytre Bane
3	145. Kasper TVETER - SSSK	120. Ivar NORHEIM - Fana IL
	200 20.12 (20.12) 7	200 20.35 (20.35) 12
	600 50.98 (30.86) 6	600 51.67 (31.32) 10
	1000 1:21.88 (30.90) 6	1000 1:23.25 (31.58) 10
	1400 1:53.04 (31.16) 5	1400 1:54.64 (31.39) 8
	1800 2:24.19 (31.15) 5	1800 2:26.31 (31.67) 8
	2200 2:55.51 (31.32) 5	2200 2:58.21 (31.90) 8
	2600 3:26.69 (31.18) 5	2600 3:30.04 (31.83) 7
	3000 3:57.96 (31.27) 5	3000 4:02.03 (31.99) 7
	3400 4:29.56 (31.60) 5	3400 4:34.61 (32.58) 6
	3800 5:01.39 (31.83) 5	3800 5:07.50 (32.89) 7
	4200 5:33.60 (32.21) 5	4200 5:41.12 (33.62) 7
	4600 6:06.03 (32.43) 5	4600 6:15.32 (34.20) 7
	Final 6:38.82 (32.79) 5	Final 6:50.41 (35.09) 8
4	175. Sigurd Holbø DYRSET - TKK	122. Viktor Smedstad HAUKAAS - Aktiv SK
	200 19.46 (19.46) 3	200 20.34 (20.34) 11
	600 51.01 (31.55) 7	600 51.82 (31.48) 11
	1000 1:22.93 (31.92) 8	1000 1:24.71 (32.89) 11
	1400 1:55.10 (32.17) 10	1400 1:57.20 (32.49) 11
	1800 2:27.49 (32.39) 10	1800 2:29.79 (32.59) 11
	2200 3:00.11 (32.62) 10	2200 3:02.66 (32.87) 11
	2600 3:32.86 (32.75) 10	2600 3:35.93 (33.27) 11
	3000 4:06.03 (33.17) 10	3000 4:09.19 (33.26) 11
	3400 4:39.76 (33.73) 10	3400 4:42.72 (33.53) 11
	3800 5:14.03 (34.27) 10	3800 5:16.47 (33.75) 11
	4200 5:48.25 (34.22) 10	4200 5:50.46 (33.99) 11
	4600 6:21.80 (33.55) 10	4600 6:24.60 (34.14) 11
	Final 6:55.98 (34.18) 10	Final 6:59.29 (34.69) 11
5	142. Filip Møller NORDAL - Sandefjord	130. Erlend BELSVIK - Stord IL
	200 20.20 (20.20) 9	200 20.70 (20.70) 14
	600 51.48 (31.28) 9	600 53.10 (32.40) 13
	1000 1:23.01 (31.53) 9	1000 1:26.08 (32.98) 12
	1400 1:54.76 (31.75) 9	1400 1:59.22 (33.14) 12
	1800 2:26.66 (31.90) 9	1800 2:32.09 (32.87) 12
	2200 2:58.69 (32.03) 9	2200 3:05.16 (33.07) 12
	2600 3:30.90 (32.21) 9	2600 3:38.32 (33.16) 12
	3000 4:02.96 (32.06) 8	3000 4:11.67 (33.35) 12
	3400 4:35.16 (32.20) 8	3400 4:44.90 (33.23) 12
	3800 5:07.41 (32.25) 6	3800 5:18.61 (33.71) 12
	4200 5:40.22 (32.81) 6	4200 5:52.71 (34.10) 12
	4600 6:14.09 (33.87) 6	4600 6:27.47 (34.76) 12
	Final 6:49.11 (35.02) 6	Final 7:02.64 (35.17) 12
6	114. Sander EITREM - NOIL	109. Hallgeir ENGEBRÅTEN - NOIL
	200 18.84 (18.84) 1	200 19.10 (19.10) 2
	600 47.55 (28.71) 1	600 48.42 (29.32) 2
	1000 1:16.77 (29.22) 1	1000 1:18.04 (29.62) 2
	1400 1:46.21 (29.44) 1	1400 1:48.28 (30.24) 2
	1800 2:15.65 (29.44) 1	1800 2:18.70 (30.42) 2
	2200 2:45.37 (29.72) 1	2200 2:49.40 (30.70) 2

NorgesCup 1

Sørmarka Arena – Stavanger (NOR) / 12. - 13.10.2024

Par	Indre Bane				Ytre Bane			
	2600	3:15.11	(29.74)	1	2600	3:20.30	(30.90)	2
	3000	3:44.93	(29.82)	1	3000	3:51.42	(31.12)	2
	3400	4:14.92	(29.99)	1	3400	4:23.04	(31.62)	2
	3800	4:45.30	(30.38)	1	3800	4:55.22	(32.18)	2
	4200	5:15.98	(30.68)	1	4200	5:28.09	(32.87)	2
	4600	5:47.26	(31.28)	1	4600	6:01.61	(33.52)	3
	Final	6:19.03	(31.77)	1	Final	6:35.78	(34.17)	3

7	115.	Sigurd HENRIKSEN - Fana IL				110.	Kristian ULEKLEIV - Gjøvik SK			
		200	20.04	(20.04)	6		200	20.21	(20.21)	10
		600	50.72	(30.68)	4		600	51.13	(30.92)	8
		1000	1:21.72	(31.00)	3		1000	1:22.11	(30.98)	7
		1400	1:52.90	(31.18)	4		1400	1:52.73	(30.62)	3
		1800	2:23.81	(30.91)	4		1800	2:23.64	(30.91)	3
		2200	2:54.85	(31.04)	4		2200	2:54.45	(30.81)	3
		2600	3:26.09	(31.24)	4		2600	3:25.39	(30.94)	3
		3000	3:57.44	(31.35)	4		3000	3:56.51	(31.12)	3
		3400	4:28.98	(31.54)	4		3400	4:27.63	(31.12)	3
		3800	5:00.71	(31.73)	4		3800	4:58.72	(31.09)	3
		4200	5:32.53	(31.82)	4		4200	5:29.87	(31.15)	3
		4600	6:04.54	(32.01)	4		4600	6:00.77	(30.90)	2
		Final	6:36.93	(32.39)	4		Final	6:31.68	(30.91)	2
8	133.	Sander TVETER - SSSK				163.	Oddbjørn MELLESTRAND - SSSK			
		200	20.00	(20.00)	5		200	19.60	(19.60)	4
		600	50.79	(30.79)	5		600	50.28	(30.68)	3
		1000	1:21.82	(31.03)	4		1000	1:21.83	(31.55)	5
		1400	1:53.19	(31.37)	6		1400	1:53.62	(31.79)	7
		1800	2:24.73	(31.54)	6		1800	2:25.91	(32.29)	7
		2200	2:56.61	(31.88)	6		2200	2:57.99	(32.08)	7
		2600	3:28.80	(32.19)	6		2600	3:30.60	(32.61)	8
		3000	4:01.53	(32.73)	6		3000	4:03.55	(32.95)	9
		3400	4:34.71	(33.18)	7		3400	4:36.59	(33.04)	9
		3800	5:08.77	(34.06)	8		3800	5:09.82	(33.23)	9
		4200	5:43.28	(34.51)	8		4200	5:43.34	(33.52)	9
		4600	6:18.61	(35.33)	9		4600	6:16.73	(33.39)	8
		Final	6:55.70	(37.09)	9		Final	6:50.21	(33.48)	7

NorgesCup 1

Sørmarka Arena – Stavanger (NOR) / 12. - 13.10.2024

RESULT KVINNER 500M - 13.10.2024

Rnk	Nr	Navn	Klubb	Nat.	Klasse	Tid	Diff
1	107	Julie Bianca Nistad SAMSONSEN	Fana IL	NOR	Senior	MT40.07	-
2	164	Isabelle VAN ELST	NLSV	BEL	Senior	MT40.73	00.66
3	150	Ina NAKKEN	Tønsberg	NOR	Neo	MT41.91	01.84
4	180	Signe Eide KIRKESÆTHER	Tønsberg	NOR	A2	MT42.15	02.08
5	181	Åse Marie DAHN	Fana IL	NOR	A2	MT44.58	04.51
6	159	Synne KJÆRNES	Hamar IL	NOR	B2	MT44.66	04.59
7	146	Elle Borgen STEEN	Fana IL	NOR	B2	MT45.02	04.95
8	101	Felicia NILSSON	SK Pollux	SWE	A2	MT45.33	05.26
9	162	Anine Haugnæs BJØRKLUND	Geithus IL	NOR	A1	MT45.72	05.65
10	135	Ingeborg SJØTHUN	SSSK	NOR	B2	MT46.94	06.87

Par	Indre Bane	Ytre Bane
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Ingen relevante data tilgjengelig

NorgesCup 1

Sørmarka Arena – Stavanger (NOR) / 12. - 13.10.2024

RESULT MENN 500M - 13.10.2024

Rnk	Nr	Navn	Klubb	Nat.	Klasse	Tid	Diff
1	104	Bjørn MAGNUSSEN	Spk Falken	NOR	Senior	35.59	-
2	108	Henrik Fagerli RUKKE	Hol IL	NOR	Senior	36.37	00.78
3	103	Pål Myhren KRISTENSEN	Arendal SK	NOR	Senior	36.52	00.93
4	106	Cristian Landrø MAGNUSSEN	Spk Falken	NOR	Neo	36.65	01.06
5	176	Sebastian FORSMARK	SÖIK	SWE	Neo	37.31	01.72
6	140	Simon AANNØ	BØSK	NOR	Neo	37.47	01.88
7	118	Magnus DAHLE	SSSK	NOR	Senior	37.49	01.90
8	158	Arne LERNES	Tromsø SK	NOR	A2	37.58	01.99
9	110	Kristian ULEKLEIV	Gjøvik SK	NOR	Senior	37.59	02.00
10	156	Bendik BECKER PEDERSEN	Fana IL	NOR	B2	37.64	02.05
11	123	Frederik GAJOS HAMRE	SSSK	NOR	A2	38.13	02.54
12	167	Joren SLEEKING	Hol IL	NOR	Neo	38.62	03.03
13	122	Viktor Smedstad HAUKAAS	Aktiv SK	NOR	Neo	39.53	03.94
14	124	Elias BRUBAK	SFIL	NOR	B1	40.76	05.17
15	178	Sondre HVAMMEN	KIF	NOR	Neo	41.12	05.53
16	168	Robin SLEEKING	Hol IL	NOR	Senior	41.14	05.55
17	152	Lars ULVESETH	Fana IL	NOR	A2	42.10	06.51
18	155	Bo Oscar LILLETVEDT	Fana IL	NOR	A2	43.24	07.65
-	129	Marius Sæther NILSEN	Båstad IL	NOR	A2	DNF	-
-	153	Øyvind RYEN-HERLAND	Fana IL	NOR	B2	DQ	-
-	139	Aron AANNØ	BØSK	NOR	Neo	DQ	-

Par	Indre Bane	Ytre Bane
1	129. Marius Sæther NILSEN - Båstad IL	-. - - -
	100 - (-) -	
	Final - (-) -	
2	153. Øyvind RYEN-HERLAND - Fana IL	168. Robin SLEEKING - Hol IL
	100 11.53 (11.53) 15	100 10.99 (10.99) 12
	Final 42.30 (30.77) 18	Final 41.14 (30.15) 16
3	124. Elias BRUBAK - SFIL	122. Viktor Smedstad HAUKAAS - Aktiv SK
	100 11.20 (11.20) 14	100 11.11 (11.11) 13
	Final 40.76 (29.56) 14	Final 39.53 (28.42) 13
4	152. Lars ULVESETH - Fana IL	158. Arne LERNES - Tromsø SK
	100 11.57 (11.57) 16	100 10.40 (10.40) 6
	Final 42.10 (30.53) 17	Final 37.58 (27.18) 8
5	155. Bo Oscar LILLETVEDT - Fana IL	178. Sondre HVAMMEN - KIF
	100 11.73 (11.73) 17	100 11.74 (11.74) 18
	Final 43.24 (31.51) 19	Final 41.12 (29.38) 15

NorgesCup 1

Sørmarka Arena – Stavanger (NOR) / 12. - 13.10.2024

Par	Indre Bane					Ytre Bane						
6	156.	Bendik BECKER PEDERSEN - Fana IL					123.	Frederik GAJOS HAMRE - SSSK				
		100	10.33	(10.33)	4		100	10.52	(10.52)	8		
		Final	37.64	(27.31)	10		Final	38.13	(27.61)	11		
7	167.	Joren SLEEKING - Hol IL					140.	Simon AANNØ - BØSK				
		100	10.58	(10.58)	10		100	10.57	(10.57)	9		
		Final	38.62	(28.04)	12		Final	37.47	(26.90)	6		
8	110.	Kristian ULEKLEIV - Gjøvik SK					176.	Sebastian FORSMARK - SÖIK				
		100	10.51	(10.51)	7		100	10.61	(10.61)	11		
		Final	37.59	(27.08)	9		Final	37.31	(26.70)	5		
9	139.	Aron AANNØ - BØSK					103.	Pål Myhren KRISTENSEN - Arendal SK				
		100	-	(-)	-		100	10.16	(10.16)	3		
		Final	-	(-)	-		Final	36.52	(26.36)	3		
10	106.	Cristian Landrø MAGNUSSEN - Spk Falken					104.	Bjørn MAGNUSSEN - Spk Falken				
		100	10.09	(10.09)	2		100	10.02	(10.02)	1		
		Final	36.65	(26.56)	4		Final	35.59	(25.57)	1		
11	108.	Henrik Fagerli RUKKE - Hol IL					118.	Magnus DAHLE - SSSK				
		100	10.09	(10.09)	2		100	10.35	(10.35)	5		
		Final	36.37	(26.28)	2		Final	37.49	(27.14)	7		

NorgesCup 1

Sørmarka Arena – Stavanger (NOR) / 12. - 13.10.2024

RESULT KVINNER 1000M - 13.10.2024

Rnk	Nr	Navn	Klubb	Nat.	Klasse	Tid	Diff
1	107	Julie Bianca Nistad SAMSONSEN	Fana IL	NOR	Senior	1:21.21	-
2	111	Aurora Grinden LØVÅS	NOIL	NOR	Neo	1:21.39	00.18
3	150	Ina NAKKEN	Tønsberg	NOR	Neo	1:23.99	02.78
4	180	Signe Eide KIRKESÆTHER	Tønsberg	NOR	A2	1:24.73	03.52
5	171	Sarah Marie SANDERUD	Nord-Odal	NOR	Neo	1:28.36	07.15
6	181	Åse Marie DAHN	Fana IL	NOR	A2	1:28.38	07.17
7	173	Lovisia Olstad GRINDEN	Nord-Odal	NOR	B2	1:28.89	07.68
8	125	Linnea MELGÅRD SHAGEN	SFIL	NOR	B1	1:29.37	08.16
9	136	Linnea HANE BERG	Hamar IL	NOR	B2	1:29.69	08.48
10	149	Ingrid Håkegård EICHLER	SSK Toten	NOR	Neo	1:29.82	08.61
11	172	Leona Olstad GRINDEN	Nord-Odal	NOR	A2	1:29.96	08.75
12	146	Elle Borgen STEEN	Fana IL	NOR	B2	1:31.56	10.35
13	162	Anine Haugnæs BJØRKLUND	Geithus IL	NOR	A1	1:35.33	14.12
14	137	Sigrid Bakken VOLD	Hamar IL	NOR	B1	MT1:35.43	14.22
15	135	Ingeborg SJØTHUN	SSSK	NOR	B2	MT1:36.49	15.28
16	161	Rosanne Osina GRANSETH	Hamar IL	NOR	B2	1:37.02	15.81
17	101	Felicia NILSSON	SK Pollux	SWE	A2	1:40.38	19.17

Par	Indre Bane	Ytre Bane
1	101. Felicia NILSSON - SK Pollux	-. - - -
	200 21.17 (21.17) 10	
	600 57.28 (36.11) 13	
	Final 1:40.38 (43.10) 17	
2	135. Ingeborg SJØTHUN - SSSK	137. Sigrid Bakken VOLD - Hamar IL
	200 - (-) -	200 - (-) -
	600 - (-) -	600 - (-) -
	Final 1:36.49 (1:36.49) 15	Final 1:35.43 (1:35.43) 14
3	161. Rosanne Osina GRANSETH - Hamar IL	162. Anine Haugnæs BJØRKLUND - Geithus IL
	200 21.77 (21.77) 14	200 21.55 (21.55) 13
	600 57.96 (36.19) 15	600 57.49 (35.94) 14
	Final 1:37.02 (39.06) 16	Final 1:35.33 (37.84) 13
4	125. Linnea MELGÅRD SHAGEN - SFIL	136. Linnea HANE BERG - Hamar IL
	200 20.77 (20.77) 6	200 21.07 (21.07) 9
	600 53.94 (33.17) 9	600 54.22 (33.15) 10
	Final 1:29.37 (35.43) 8	Final 1:29.69 (35.47) 9
5	146. Elle Borgen STEEN - Fana IL	172. Leona Olstad GRINDEN - Nord-Odal
	200 21.31 (21.31) 12	200 20.91 (20.91) 8
	600 54.80 (33.49) 11	600 53.67 (32.76) 7
	Final 1:31.56 (36.76) 12	Final 1:29.96 (36.29) 11

NorgesCup 1

Sørmarka Arena – Stavanger (NOR) / 12. - 13.10.2024

Par	Indre Bane	Ytre Bane
6	173. Lovisia Olstad GRINDEN - Nord-Odal	181. Åse Marie DAHN - Fana IL
	200 20.68 (20.68) 5	200 21.22 (21.22) 11
	600 53.59 (32.91) 6	600 53.82 (32.60) 8
	Final 1:28.89 (35.30) 7	Final 1:28.38 (34.56) 6
7	107. Julie Bianca Nistad SAMSONSEN - Fana IL	111. Aurora Grinden LØVÅS - NOIL
	200 18.65 (18.65) 1	200 20.00 (20.00) 4
	600 48.08 (29.43) 1	600 49.88 (29.88) 2
	Final 1:21.21 (33.13) 1	Final 1:21.39 (31.51) 2
8	149. Ingrid Håkegård EICHLER - SSK Toten	150. Ina NAKKEN - Tønsberg
	200 22.19 (22.19) 15	200 19.94 (19.94) 3
	600 55.73 (33.54) 12	600 51.13 (31.19) 3
	Final 1:29.82 (34.09) 10	Final 1:23.99 (32.86) 3
9	171. Sarah Marie SANDERUD - Nord-Odal	180. Signe Eide KIRKESÆTHER - Tønsberg
	200 20.86 (20.86) 7	200 19.84 (19.84) 2
	600 53.19 (32.33) 5	600 51.16 (31.32) 4
	Final 1:28.36 (35.17) 5	Final 1:24.73 (33.57) 4

NorgesCup 1

Sørmarka Arena – Stavanger (NOR) / 12. - 13.10.2024

RESULT MENN 1500M - 13.10.2024

Rnk	Nr	Navn	Klubb	Nat.	Klasse	Tid	Diff
1	113	Peder KONGSHAUG	SSSK	NOR	Neo	1:47.21	-
2	109	Hallgeir ENGEBRÅTEN	NOIL	NOR	Senior	1:48.40	01.19
3	114	Sander EITREM	NOIL	NOR	Neo	1:48.80	01.59
4	105	Allan Dahl JOHANSSON	Aktiv SK	NOR	Senior	1:49.11	01.90
5	117	Didrik Eng STRAND	-	NOR	A2	1:49.37	02.16
6	145	Kasper TVETER	SSSK	NOR	Neo	1:50.14	02.93
7	175	Sigurd Holbø DYRSET	TKK	NOR	Neo	MT1:52.43	05.22
8	133	Sander TVETER	SSSK	NOR	Senior	1:52.46	05.25
9	142	Filip Møller NORDAL	Sandefjord	NOR	A2	1:52.48	05.27
10	115	Sigurd HENRIKSEN	Fana IL	NOR	Neo	1:53.04	05.83
11	163	Oddbjørn MELLESTRAND	SSSK	NOR	Neo	1:53.35	06.14
12	120	Ivar NORHEIM	Fana IL	NOR	Neo	1:53.85	06.64
13	123	Frederik GAJOS HAMRE	SSSK	NOR	A2	1:54.14	06.93
14	139	Aron AANNØ	BØSK	NOR	Neo	1:56.37	09.16
15	158	Arne LERNES	Tromsø SK	NOR	A2	1:57.34	10.13
16	156	Bendik BECKER PEDERSEN	Fana IL	NOR	B2	1:58.38	11.17
17	160	Kristoffer SONGSTAD	Fana IL	NOR	A2	1:59.17	11.96
18	165	Christoffer Tellinga HOVDE	Jevnaker	NOR	Neo	2:01.82	14.61
19	151	Herman HOFF	Sandefjord	NOR	Neo	2:02.81	15.60
20	168	Robin SLEEKING	Hol IL	NOR	Senior	2:05.49	18.28
21	152	Lars ULVESETH	Fana IL	NOR	A2	2:10.72	23.51
22	119	Sindre Heggelund LJUNGQUIST	KSK	NOR	A1	2:11.95	24.74
23	153	Øyvind RYEN-HERLAND	Fana IL	NOR	B2	2:13.11	25.90
-	129	Marius Sæther NILSEN	Båstad IL	NOR	A2	DNS	-
-	176	Sebastian FORSMARK	SÖIK	SWE	Neo	DNF	-

Par	Indre Bane	Ytre Bane
1	129. Marius Sæther NILSEN - Båstad IL	-. - - -
	300 - (-) -	
	700 - (-) -	
	1100 - (-) -	
	Final - (-) -	
2	153. Øyvind RYEN-HERLAND - Fana IL	160. Kristoffer SONGSTAD - Fana IL
	300 27.75 (27.75) 22	300 26.59 (26.59) 18
	700 59.66 (31.91) 21	700 56.18 (29.59) 18
	1100 1:35.17 (35.51) 22	1100 1:27.01 (30.83) 17
	Final 2:13.11 (37.94) 23	Final 1:59.17 (32.16) 17
3	151. Herman HOFF - Sandefjord	119. Sindre Heggelund LJUNGQUIST - KSK
	300 27.13 (27.13) 20	300 27.47 (27.47) 21
	700 57.63 (30.50) 19	700 1:00.65 (33.18) 23
	1100 1:29.30 (31.67) 19	1100 1:35.71 (35.06) 23
	Final 2:02.81 (33.51) 19	Final 2:11.95 (36.24) 22

NorgesCup 1

Sørmarka Arena – Stavanger (NOR) / 12. - 13.10.2024

Par	Indre Bane					Ytre Bane						
4	156.	Bendik BECKER PEDERSEN - Fana IL					152.	Lars ULVESETH - Fana IL				
		300	25.22	(25.22)	9		300	27.96	(27.96)	23		
		700	53.95	(28.73)	14		700	59.93	(31.97)	22		
		1100	1:25.03	(31.08)	16		1100	1:34.31	(34.38)	21		
		Final	1:58.38	(33.35)	16		Final	2:10.72	(36.41)	21		
5	168.	Robin SLEEKING - Hol IL					120.	Ivar NORHEIM - Fana IL				
		300	27.08	(27.08)	19		300	25.89	(25.89)	15		
		700	58.02	(30.94)	20		700	54.36	(28.47)	15		
		1100	1:30.71	(32.69)	20		1100	1:23.59	(29.23)	13		
		Final	2:05.49	(34.78)	20		Final	1:53.85	(30.26)	12		
6	142.	Filip Møller NORDAL - Sandefjord					139.	Aron AANNØ - BØSK				
		300	25.57	(25.57)	13		300	25.45	(25.45)	12		
		700	53.21	(27.64)	10		700	54.37	(28.92)	16		
		1100	1:21.96	(28.75)	8		1100	1:24.99	(30.62)	15		
		Final	1:52.48	(30.52)	9		Final	1:56.37	(31.38)	14		
7	123.	Frederik GAJOS HAMRE - SSSK					158.	Arne LERNES - Tromsø SK				
		300	25.22	(25.22)	9		300	25.14	(25.14)	7		
		700	53.56	(28.34)	11		700	53.72	(28.58)	12		
		1100	1:22.94	(29.38)	10		1100	1:24.30	(30.58)	14		
		Final	1:54.14	(31.20)	13		Final	1:57.34	(33.04)	15		
8	165.	Christoffer Tellinga HOVDE - Jevnaker					133.	Sander TVETER - SSSK				
		300	26.11	(26.11)	17		300	26.03	(26.03)	16		
		700	55.81	(29.70)	17		700	54.36	(28.33)	15		
		1100	1:27.61	(31.80)	18		1100	1:23.14	(28.78)	12		
		Final	2:01.82	(34.21)	18		Final	1:52.46	(29.32)	8		
9	145.	Kasper TVETER - SSSK					163.	Oddbjørn MELLEMSTRAND - SSSK				
		300	24.87	(24.87)	5		300	24.97	(24.97)	6		
		700	52.40	(27.53)	6		700	52.61	(27.64)	7		
		1100	1:20.93	(28.53)	6		1100	1:22.02	(29.41)	9		
		Final	1:50.14	(29.21)	6		Final	1:53.35	(31.33)	11		
10	175.	Sigurd Holbø DYRSET - TTK					176.	Sebastian FORSMARK - SÖIK				
		300	25.37	(25.37)	11		300	25.21	(25.21)	8		
		700	52.96	(27.59)	9		700	52.79	(27.58)	8		
		1100	1:21.73	(28.77)	7		1100	1:52.45	(59.66)	24		
		Final	1:52.43	(30.70)	7		Final	-	(-)	-		
11	105.	Allan Dahl JOHANSSON - Aktiv SK					113.	Peder KONGSHAUG - SSSK				
		300	25.24	(25.24)	10		300	24.20	(24.20)	1		
		700	52.09	(26.85)	5		700	50.52	(26.32)	1		
		1100	1:20.02	(27.93)	5		1100	1:18.11	(27.59)	1		
		Final	1:49.11	(29.09)	4		Final	1:47.21	(29.10)	1		

NorgesCup 1

Sørmarka Arena – Stavanger (NOR) / 12. - 13.10.2024

Par	Indre Bane					Ytre Bane						
12	114.	Sander EITREM - NOIL					109.	Hallgeir ENGEBRÅTEN - NOIL				
		300	24.54	(24.54)	3	300		24.42	(24.42)	2		
		700	51.74	(27.20)	3	700		50.89	(26.47)	2		
		1100	1:19.71	(27.97)	3	1100		1:18.97	(28.08)	2		
		Final	1:48.80	(29.09)	3	Final		1:48.40	(29.43)	2		
13	117.	Didrik Eng STRAND - -					115.	Sigurd HENRIKSEN - Fana IL				
		300	24.72	(24.72)	4	300		25.63	(25.63)	14		
		700	51.92	(27.20)	4	700		53.86	(28.23)	13		
		1100	1:19.83	(27.91)	4	1100		1:22.98	(29.12)	11		
		Final	1:49.37	(29.54)	5	Final		1:53.04	(30.06)	10		

NorgesCup 1

Sørmarka Arena – Stavanger (NOR) / 12. - 13.10.2024

RESULT KVINNER 3000M - 13.10.2024

Rnk	Nr	Navn	Klubb	Nat.	Klasse	Tid	Diff
1	116	Ragne WIKLUND	Aktiv SK	NOR	Senior	4:08.48	-
2	141	Dina STORELID	Stord IL	NOR	Neo	4:24.01	15.53
3	149	Ingrid Håkegård EICHLER	SSK Toten	NOR	Neo	4:26.19	17.71
4	126	Marte Bjerkreim FURNÉE	Asker SK	NOR	Senior	4:30.02	21.54
5	154	Kari Celine REISS-JACOBSEN	SSK Toten	NOR	Neo	4:35.93	27.45
6	144	Pauline Lysø OLSEN	BØSK	NOR	B2	4:55.67	47.19
7	173	Lovisia Olstad GRINDEN	Nord-Odal	NOR	B2	4:56.33	47.85
8	166	Milla Grønvold ANDERSEN	Geithus IL	NOR	B2	MT4:58.17	49.69
9	136	Linnea HANEBERG	Hamar IL	NOR	B2	5:04.21	55.73
10	172	Leona Olstad GRINDEN	Nord-Odal	NOR	A2	5:04.30	55.82
11	137	Sigrid Bakken VOLD	Hamar IL	NOR	B1	5:25.35	1:16.87
12	161	Rosanne Osina GRANSETH	Hamar IL	NOR	B2	MT5:53.89	1:45.41
-	111	Aurora Grinden LØVÅS	NOIL	NOR	Neo	DNF	-

Par	Indre Bane	Ytre Bane
1	137. Sigrid Bakken VOLD - Hamar IL	136. Linnea HANEBERG - Hamar IL
	200 24.18 (24.18) 12	200 23.19 (23.19) 11
	600 1:02.33 (38.15) 12	600 1:00.08 (36.89) 11
	1000 1:43.63 (41.30) 12	1000 1:38.56 (38.48) 11
	1400 2:26.51 (42.88) 12	1400 2:18.76 (40.20) 11
	1800 3:10.47 (43.96) 12	1800 2:59.16 (40.40) 11
	2200 3:55.17 (44.70) 12	2200 3:40.25 (41.09) 10
	2600 4:40.33 (45.16) 10	2600 4:21.98 (41.73) 8
	Final 5:25.35 (45.02) 11	Final 5:04.21 (42.23) 9
2	166. Milla Grønvold ANDERSEN - Geithus IL	161. Rosanne Osina GRANSETH - Hamar IL
	200 23.16 (23.16) 10	200 24.33 (24.33) 13
	600 1:00.03 (36.87) 10	600 1:05.59 (41.26) 13
	1000 1:37.89 (37.86) 10	1000 1:50.58 (44.99) 13
	1400 2:16.50 (38.61) 9	1400 2:37.83 (47.25) 13
	1800 2:55.66 (39.16) 9	1800 3:26.67 (48.84) 13
	2200 3:35.71 (40.05) 9	2200 4:16.78 (50.11) 13
	2600 4:58.25 (1:22.54) 11	2600 5:53.88 (1:37.10) 12
	Final 4:58.17 (00.08) 8	Final 5:53.89 (00.01) 12
3	- -	172. Leona Olstad GRINDEN - Nord-Odal
		200 22.27 (22.27) 7
		600 58.32 (36.05) 9
		1000 1:37.03 (38.71) 9
		1400 2:17.34 (40.31) 10
		1800 2:58.45 (41.11) 10
		2200 3:40.56 (42.11) 11
		2600 4:23.14 (42.58) 9
		Final 5:04.30 (41.16) 10

NorgesCup 1

Sørmarka Arena – Stavanger (NOR) / 12. - 13.10.2024

Par	Indre Bane	Ytre Bane
4	144. Pauline Lysø OLSEN - BØSK	141. Dina STORELID - Stord IL
	200 21.66 (21.66) 4	200 22.23 (22.23) 6
	600 56.80 (35.14) 7	600 55.63 (33.40) 5
	1000 1:33.17 (36.37) 7	1000 1:29.09 (33.46) 4
	1400 2:11.19 (38.02) 7	1400 2:03.07 (33.98) 3
	1800 2:50.92 (39.73) 7	1800 2:37.42 (34.35) 3
	2200 3:31.85 (40.93) 7	2200 3:12.20 (34.78) 3
	2600 4:13.61 (41.76) 6	2600 3:47.64 (35.44) 2
	Final 4:55.67 (42.06) 6	Final 4:24.01 (36.37) 2
5	111. Aurora Grinden LØVÅS - NOIL	173. Lovisia Olstad GRINDEN - Nord-Odal
	200 21.05 (21.05) 2	200 22.35 (22.35) 8
	600 53.49 (32.44) 2	600 58.15 (35.80) 8
	1000 1:26.86 (33.37) 2	1000 1:35.78 (37.63) 8
	1400 2:01.13 (34.27) 2	1400 2:14.72 (38.94) 8
	1800 2:35.85 (34.72) 2	1800 2:54.45 (39.73) 8
	2200 3:11.97 (36.12) 2	2200 3:35.03 (40.58) 8
	2600 - (-) -	2600 4:15.55 (40.52) 7
	Final - (-) -	Final 4:56.33 (40.78) 7
6	126. Marte Bjerkreim FURNÉE - Asker SK	116. Ragne WIKLUND - Aktiv SK
	200 21.15 (21.15) 3	200 20.77 (20.77) 1
	600 54.00 (32.85) 3	600 52.36 (31.59) 1
	1000 1:28.23 (34.23) 3	1000 1:24.38 (32.02) 1
	1400 2:03.28 (35.05) 4	1400 1:56.21 (31.83) 1
	1800 2:38.66 (35.38) 4	1800 2:28.22 (32.01) 1
	2200 3:14.88 (36.22) 5	2200 3:00.72 (32.50) 1
	2600 3:51.94 (37.06) 4	2600 3:34.14 (33.42) 1
	Final 4:30.02 (38.08) 4	Final 4:08.48 (34.34) 1
7	149. Ingrid Håkegård EICHLER - SSK Toten	154. Kari Celine REISS-JACOBSEN - SSK Toten
	200 22.53 (22.53) 9	200 21.88 (21.88) 5
	600 56.18 (33.65) 6	600 55.41 (33.53) 4
	1000 1:30.08 (33.90) 6	1000 1:29.82 (34.41) 5
	1400 2:04.69 (34.61) 5	1400 2:04.76 (34.94) 6
	1800 2:39.39 (34.70) 5	1800 2:41.02 (36.26) 6
	2200 3:14.78 (35.39) 4	2200 3:18.44 (37.42) 6
	2600 3:50.28 (35.50) 3	2600 3:56.91 (38.47) 5
	Final 4:26.19 (35.91) 3	Final 4:35.93 (39.02) 5

NorgesCup 1

Sørmarka Arena – Stavanger (NOR) / 12. - 13.10.2024

RESULT MENN 3000M - 13.10.2024

Rnk	Nr	Navn	Klubb	Nat.	Klasse	Tid	Diff
1	174	Vegard RYE	SSSK	NOR	Neo	3:58.08	-
2	132	Finn Elias HANEBERG	Hamar IL	NOR	Neo	3:58.52	00.44
3	120	Ivar NORHEIM	Fana IL	NOR	Neo	3:59.39	01.31
4	122	Viktor Smedstad HAUKAAS	Aktiv SK	NOR	Neo	4:04.01	05.93
5	178	Sondre HVAMMEN	KIF	NOR	Neo	4:09.13	11.05
6	130	Erlend BELSVIK	Stord IL	NOR	Neo	4:12.18	14.10
7	160	Kristoffer SONGSTAD	Fana IL	NOR	A2	4:14.25	16.17
8	131	Emil ERVIK	Hamar IL	FIN	Neo	4:18.05	19.97
9	167	Joren SLEEKING	Hol IL	NOR	Neo	4:20.50	22.42
10	151	Herman HOFF	Sandefjord	NOR	Neo	4:24.14	26.06
11	124	Elias BRUBAK	SFIL	NOR	B1	4:31.04	32.96
12	155	Bo Oscar LILLETVEDT	Fana IL	NOR	A2	4:39.46	41.38
-	119	Sindre Heggelund LJUNQUIST	KSK	NOR	A1	DNS	-

Par	Indre Bane	Ytre Bane
1	124. Elias BRUBAK - SFIL	- - -
	200 20.33 (20.33) 7	
	600 52.64 (32.31) 8	
	1000 1:26.67 (34.03) 10	
	1400 2:02.08 (35.41) 11	
	1800 2:38.26 (36.18) 11	
	2200 3:15.07 (36.81) 11	
	2600 3:52.94 (37.87) 11	
	Final 4:31.04 (38.10) 11	
2	155. Bo Oscar LILLETVEDT - Fana IL	178. Sondre HVAMMEN - KIF
	200 22.02 (22.02) 12	200 20.73 (20.73) 9
	600 56.07 (34.05) 12	600 52.28 (31.55) 6
	1000 1:31.05 (34.98) 12	1000 1:24.27 (31.99) 6
	1400 2:07.05 (36.00) 12	1400 1:56.37 (32.10) 6
	1800 2:43.87 (36.82) 12	1800 2:28.80 (32.43) 6
	2200 3:21.48 (37.61) 12	2200 3:01.71 (32.91) 5
	2600 4:00.23 (38.75) 12	2600 3:35.17 (33.46) 5
	Final 4:39.46 (39.23) 12	Final 4:09.13 (33.96) 5
3	131. Emil ERVIK - Hamar IL	160. Kristoffer SONGSTAD - Fana IL
	200 21.04 (21.04) 10	200 21.13 (21.13) 11
	600 53.56 (32.52) 11	600 53.49 (32.36) 9
	1000 1:26.56 (33.00) 8	1000 1:26.60 (33.11) 9
	1400 2:00.25 (33.69) 8	1400 1:59.75 (33.15) 7
	1800 2:33.45 (33.20) 8	1800 2:33.38 (33.63) 7
	2200 3:07.17 (33.72) 8	2200 3:06.74 (33.36) 7
	2600 3:41.81 (34.64) 8	2600 3:40.36 (33.62) 7
	Final 4:18.05 (36.24) 8	Final 4:14.25 (33.89) 7

NorgesCup 1

Sørmarka Arena – Stavanger (NOR) / 12. - 13.10.2024

Par	Indre Bane					Ytre Bane						
4	167.	Joren SLEEKING - Hol IL					119.	Sindre Heggelund LJUNGQUIST - KSK				
		200	19.98	(19.98)	4		200	-	(-)	-		
		600	52.61	(32.63)	7		600	-	(-)	-		
		1000	1:26.23	(33.62)	7		1000	-	(-)	-		
		1400	2:00.68	(34.45)	9		1400	-	(-)	-		
		1800	2:35.07	(34.39)	9		1800	-	(-)	-		
		2200	3:09.94	(34.87)	9		2200	-	(-)	-		
		2600	3:45.09	(35.15)	9		2600	-	(-)	-		
		Final	4:20.50	(35.41)	9		Final	-	(-)	-		
5	151.	Herman HOFF - Sandefjord					132.	Finn Elias HANEBERG - Hamar IL				
		200	20.44	(20.44)	8		200	19.49	(19.49)	1		
		600	53.50	(33.06)	10		600	49.46	(29.97)	1		
		1000	1:27.46	(33.96)	11		1000	1:19.70	(30.24)	1		
		1400	2:01.45	(33.99)	10		1400	1:50.59	(30.89)	1		
		1800	2:35.26	(33.81)	10		1800	2:22.19	(31.60)	1		
		2200	3:09.97	(34.71)	10		2200	2:54.02	(31.83)	2		
		2600	3:46.70	(36.73)	10		2600	3:26.01	(31.99)	2		
		Final	4:24.14	(37.44)	10		Final	3:58.52	(32.51)	2		
6	174.	Vegard RYE - SSSK					120.	Ivar NORHEIM - Fana IL				
		200	19.62	(19.62)	2		200	20.04	(20.04)	5		
		600	49.78	(30.16)	2		600	50.62	(30.58)	3		
		1000	1:20.46	(30.68)	2		1000	1:21.77	(31.15)	3		
		1400	1:51.28	(30.82)	2		1400	1:52.82	(31.05)	3		
		1800	2:22.30	(31.02)	2		1800	2:24.12	(31.30)	3		
		2200	2:53.59	(31.29)	1		2200	2:55.63	(31.51)	3		
		2600	3:25.29	(31.70)	1		2600	3:27.28	(31.65)	3		
		Final	3:58.08	(32.79)	1		Final	3:59.39	(32.11)	3		
7	130.	Erlend BELSVIK - Stord IL					122.	Viktor Smedstad HAUKAAS - Aktiv SK				
		200	19.67	(19.67)	3		200	20.05	(20.05)	6		
		600	50.71	(31.04)	4		600	51.12	(31.07)	5		
		1000	1:22.52	(31.81)	4		1000	1:23.00	(31.88)	5		
		1400	1:54.62	(32.10)	4		1400	1:54.67	(31.67)	5		
		1800	2:27.50	(32.88)	5		1800	2:26.74	(32.07)	4		
		2200	3:01.80	(34.30)	6		2200	2:58.77	(32.03)	4		
		2600	3:36.64	(34.84)	6		2600	3:31.04	(32.27)	4		
		Final	4:12.18	(35.54)	6		Final	4:04.01	(32.97)	4		