

RESULTATLISTE NC3, FOSENHALLEN, LØRDAG 16 NOV 2024

500 M KVINNER								
Rank	La ne	Band	Pair	Name	Nat	AG	500m	Diff
1	I	wt	7	SOLEM Martine	NOR	A1	41.780	-
2	O	rd	8	KIRKESÆTER Signe Eide	NOR	A2	42.730	+0.950
3	O	rd	7	OLSEN Pauline Lysø	NOR	B2	43.000	+1.220
4	I	wt	8	NAKKEN Ina	NOR	Neo	43.290	+1.510
5	I	wt	6	GRINDEN Lovisia Olstad	NOR	B2	43.820	+2.040
6	I	wt	5	GRINDEN Leona Olstad	NOR	A2	44.240	+2.460
7	O	rd	6	KJÆRNES Synne	NOR	B2	44.290	+2.510
8	I	wt	3	MAZZETTI Alessandra J.	NOR	B2	45.200	+3.420
9	O	rd	5	WULLUM Maren Bjerke	NOR	B1	45.390	+3.610
10	I	wt	4	SKINSTAD Ava Lynn	NOR	C2	45.840 SB	+4.060
11	O	rd	4	ØSTERLIE Mathilde Horn	NOR	B1	48.290 PB	+6.510
12	O	rd	3	LUNDHAUG-FAGERBEKK Ida	NOR	B1	48.360 SB	+6.580
13	I	wt	1	SUNDSVOLD Tuva Sofie	NOR	A2	50.900	+9.120
14	I	wt	2	OPDAHL-NJØS Selma Victoria	NOR	B1	50.980	+9.200
15	O	rd	2	GUNDERSEN Maiken Nerstad	NOR	Neo	58.460	+16.680
-				DHAN Åse Marie	NOR	A2	WDR	

500 M KVINNER, SENIOR							NC Poeng	
1	I	wt	8	NAKKEN Ina	NOR	Neo	43.290	80
2	O	rd	2	GUNDERSEN Maiken Nerstad	NOR	Neo	58.460	70

500 M KVINNER, JUNIOR							NC Poeng	
1	I	wt	7	SOLEM Martine	NOR	A1	41.780	80
2	O	rd	8	KIRKESÆTER Signe Eide	NOR	A2	42.730	70
3	O	rd	7	OLSEN Pauline Lysø	NOR	B2	43.000	60
4	I	wt	6	GRINDEN Lovisia Olstad	NOR	B2	43.820	54
5	I	wt	5	GRINDEN Leona Olstad	NOR	A2	44.240	48
6	O	rd	6	KJERNES Synne	NOR	B2	44.290	44
7	I	wt	3	MAZZETTI Alessandra J.	NOR	B2	45.200	40
8	O	rd	5	WULLUM Maren Bjerke	NOR	B1	45.390	36
9	I	wt	4	SKINSTAD Ava Lynn	NOR	C2	45.840 SB	32
10	O	rd	4	ØSTERLIE Mathilde Horn	NOR	B1	48.290 PB	30
11	O	rd	3	LUNDHAUG-FAGERBEKK Ida	NOR	B1	48.360 SB	28
12	I	wt	1	SUNDSVOLD Tuva Sofie	NOR	A2	50.900	26
13	I	wt	2	OPDAHL-NJØS Selma Victoria	NOR	B1	50.980	24

RESULTATLISTE NC3, FOSENHALLEN, LØRDAG 16 NOV 2024

500 M KVINNER, PROTOKOLL								
Rank	La ne	Band	Pair	Name	Nat	AG	500m	Diff
1	I	wt	7	SOLEM Martine	NOR	A1	41.780	-
LAPS: 100m: 00:11.740 500m: 00:30.040								
2	O	rd	8	KIRKESÆTER Signe Eide	NOR	A2	42.730	+0.950
LAPS: 100m: 00:11.530 500m: 00:31.200								
3	O	rd	7	OLSEN Pauline Lysø	NOR	B2	43.000	+1.220
LAPS: 100m: 00:11.550 500m: 00:31.450								
4	I	wt	8	NAKKEN Ina	NOR	Neo	43.290	+1.510
LAPS: 100m: 00:11.930 500m: 00:31.360								
5	I	wt	6	GRINDEN Lovisia Olstad	NOR	B2	43.820	+2.040
LAPS: 100m: 00:12.100 500m: 00:31.720								
6	I	wt	5	GRINDEN Leona Olstad	NOR	A2	44.240	+2.460
LAPS: 100m: 00:12.020 500m: 00:32.220								
7	O	rd	6	KJÆRNES Synne	NOR	B2	44.290	+2.510
LAPS: 100m: 00:12.180 500m: 00:32.110								
8	I	wt	3	MAZZETTI Alessandra J.	NOR	B2	45.200	+3.420
LAPS: 100m: 00:12.070 500m: 00:33.130								
9	O	rd	5	WULLUM Maren Bjerke	NOR	B1	45.390	+3.610
LAPS: 100m: 00:12.180 500m: 00:33.210								
10	I	wt	4	SKINSTAD Ava Lynn	NOR	C2	45.840 SB	+4.060
LAPS: 100m: 00:12.490 500m: 00:33.350								
11	O	rd	4	ØSTERLIE Mathilde Horn	NOR	B1	48.290 PB	+6.510
LAPS: 100m: 00:12.930 500m: 00:35.360								
12	O	rd	3	LUNDHAUG-FAGERBEKK Ida	NOR	B1	48.360 SB	+6.580
LAPS: 100m: 00:12.910 500m: 00:35.450								
13	I	wt	1	SUNDSVOLD Tuva Sofie	NOR	A2	50.900	+9.120
LAPS: 100m: 00:13.280 500m: 00:37.620								
14	I	wt	2	OPDAHL-NJØS Selma Victoria	NOR	B1	50.980	+9.200
LAPS: 100m: 00:13.240 500m: 00:37.740								
15	O	rd	2	GUNDERSEN Maiken Nerstad	NOR	Neo	58.460	+16.680
LAPS: 100m: 00:15.660 500m: 00:42.800								
-				DHAN Åse Marie	NOR	A2	WDR	

RESULTATLISTE NC3, FOSENHALLEN, LØRDAG 16 NOV 2024

500 M MENN

Rank	La ne	Band	Pair	Name	Nat	AG	500m	Diff
1	I	wt	11	MAGNUSSEN Cristian Landrø	NOR	Neo	36.890	-
2	I	wt	12	AANNØ Simon	NOR	Neo	37.140	+0.250
3	O	rd	11	LERNES Arne	NOR	A2	37.480	+0.590
4	O	rd	12	ANDREASSEN Martin Solberg	NOR	Neo	37.780	+0.890
5	O	rd	9	BECKER PEDERSEN Bendik	NOR	B2	38.200	+1.310
6	O	rd	10	GAJOS HAMRE Frederik	NOR	A2	38.340	+1.450
7	I	wt	10	NORDAL Filip Møller	NOR	A2 MT	38.520 SB	+1.630
8	I	wt	7	HOVDE Christoffer Tellinga	NOR	Neo	38.830	+1.940
9	O	rd	7	VORVIK William	NOR	A1	38.850	+1.960
10	I	wt	8	REFSÅS Birk Finnstø	NOR	Neo	39.040	+2.150
11	I	wt	9	SLEEKING Joren	NOR	Neo	39.180	+2.290
12	O	rd	8	HAUKAAS Viktor Smedstad	NOR	Neo	39.420	+2.530
13	I	wt	6	BERGET Jonas Olderli	NOR	Neo	39.650	+2.760
14	O	rd	4	LINN Tage Alexander	NOR	B2	39.750 PB	+2.860
15	I	wt	4	ERLINGSSEN Halvor Kjåsterud	NOR	A1	40.200 SB	+3.310
16	O	rd	5	BRUBAK Elias	NOR	B1	40.600	+3.710
17	O	rd	3	SLEEKING Robin	NOR	Senior	40.840	+3.950
18	I	wt	5	HOFF Herman	NOR	Neo	41.180 SB	+4.290
19	O	rd	1	LACKNER Martin Vike	NOR	B1	41.470	+4.580
20	O	rd	6	HØYER Nathaniel	NOR	B2	41.690	+4.800
21	I	wt	2	SUNDSVOLL Thomas	NOR	B1 MT	41.880 PB	+4.990
22	I	wt	3	NILSEN Marius Sæther	NOR	A2	42.200	+5.310
23	O	rd	2	LACKNER Sebastian	NOR	A1	42.260	+5.370
24	I	wt	1	RØ GOULDING Sigurd	NOR	B1	45.030 PB	+8.140

500 M MENN, SENIOR

NC Poeng

1	I	wt	11	MAGNUSSEN Cristian Landrø	NOR	Neo	36.890	80
2	I	wt	12	AANNØ Simon	NOR	Neo	37.140	70
3	O	rd	12	ANDREASSEN Martin Solberg	NOR	Neo	37.780	60
4	I	wt	7	HOVDE Christoffer Tellinga	NOR	Neo	38.830	54
5	I	wt	8	REFSÅS Birk Finnstø	NOR	Neo	39.040	48
6	I	wt	9	SLEEKING Joren	NOR	Neo	39.180	44
7	O	rd	8	HAUKAAS Viktor Smedstad	NOR	Neo	39.420	40
8	I	wt	6	BERGET Jonas Olderli	NOR	Neo	39.650	36
9	O	rd	3	SLEEKING Robin	NOR	Senior	40.840	32
10	I	wt	5	HOFF Herman	NOR	Neo	41.180 SB	30

500 M MENN, JUNIOR

NC Poeng

1	O	rd	11	LERNES Arne	NOR	A2	37.480	80
2	O	rd	9	BECKER PEDERSEN Bendik	NOR	B2	38.200	70
3	O	rd	10	GAJOS HAMRE Frederik	NOR	A2	38.340	60
4	I	wt	10	NORDAL Filip Møller	NOR	A2 MT	38.520 SB	54
5	O	rd	7	VORVIK William	NOR	A1	38.850	48
6	O	rd	4	LINN Tage Alexander	NOR	B2	39.750 PB	44
7	I	wt	4	ERLINGSSEN Halvor Kjåsterud	NOR	A1	40.200 SB	40
8	O	rd	5	BRUBAK Elias	NOR	B1	40.600	36
9	O	rd	1	LACKNER Martin Vike	NOR	B1	41.470	32
10	O	rd	6	HØYER Nathaniel	NOR	B2	41.690	30
11	I	wt	2	SUNDSVOLL Thomas	NOR	B1 MT	41.880 PB	28
12	I	wt	3	NILSEN Marius Sæther	NOR	A2	42.200	26
13	O	rd	2	LACKNER Sebastian	NOR	A1	42.260	24
14	I	wt	1	RØ GOULDING Sigurd	NOR	B1	45.030 PB	22

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RESULTATLISTE NC3, FOSENHALLEN, LØRDAG 16 NOV 2024
500 M MENN, PROTOKOLL

Rank	La ne	Band	Pair	Name	Nat	AG	500m	Diff
1	I	wt	11	MAGNUSSEN Cristian Landrø	NOR	Neo	36.890	-
LAPS: 100m: 00:10.150 500m: 00:26.740								
2	I	wt	12	AANNØ Simon	NOR	Neo	37.140	+0.250
LAPS: 100m: 00:10.430 500m: 00:26.710								
3	O	rd	11	LERNES Arne	NOR	A2	37.480	+0.590
LAPS: 100m: 00:10.240 500m: 00:27.240								
4	O	rd	12	ANDREASSEN Martin Solberg	NOR	Neo	37.780	+0.890
LAPS: 100m: 00:10.320 500m: 00:27.460								
5	O	rd	9	BECKER PEDERSEN Bendik	NOR	B2	38.200	+1.310
LAPS: 100m: 00:10.570 500m: 00:27.630								
6	O	rd	10	GAJOS HAMRE Frederik	NOR	A2	38.340	+1.450
LAPS: 100m: 00:10.510 500m: 00:27.830								
7	I	wt	10	NORDAL Filip Møller	NOR	A2	MT 38.520 SB	+1.630
LAPS: 100m: 00:10.950 500m: 00:27.570								
8	I	wt	7	HOVDE Christoffer Tellinga	NOR	Neo	38.830	+1.940
LAPS: 100m: 00:10.780 500m: 00:28.050								
9	O	rd	7	VORVIK William	NOR	A1	38.850	+1.960
LAPS: 100m: 00:10.490 500m: 00:28.360								
10	I	wt	8	REFSÅS Birk Finnstø	NOR	Neo	39.040	+2.150
LAPS: 100m: 00:10.750 500m: 00:28.290								
11	I	wt	9	SLEEKING Joren	NOR	Neo	39.180	+2.290
LAPS: 100m: 00:10.740 500m: 00:28.440								
12	O	rd	8	HAUKAAS Viktor Smedstad	NOR	Neo	39.420	+2.530
LAPS: 100m: 00:11.050 500m: 00:28.370								
13	I	wt	6	BERGET Jonas Olderli	NOR	Neo	39.650	+2.760
LAPS: 100m: 00:10.800 500m: 00:28.850								
14	O	rd	4	LINN Tage Alexander	NOR	B2	39.750 PB	+2.860
LAPS: 100m: 00:10.900 500m: 00:28.850								
15	I	wt	4	ERLINGSEN Halvor Kjøsterud	NOR	A1	40.200 SB	+3.310
LAPS: 100m: 00:11.100 500m: 00:29.100								
16	O	rd	5	BRUBAK Elias	NOR	B1	40.600	+3.710
LAPS: 100m: 00:11.030 500m: 00:29.570								
17	O	rd	3	SLEEKING Robin	NOR	Senior	40.840	+3.950
LAPS: 100m: 00:11.190 500m: 00:29.650								
18	I	wt	5	HOFF Herman	NOR	Neo	41.180 SB	+4.290
LAPS: 100m: 00:11.230 500m: 00:29.950								
19	O	rd	1	LACKNER Martin Vike	NOR	B1	41.470	+4.580
LAPS: 100m: 00:11.520 500m: 00:29.950								
20	O	rd	6	HØYER Nathaniel	NOR	B2	41.690	+4.800
LAPS: 100m: 00:11.620 500m: 00:30.070								
21	I	wt	2	SUNDSVOLL Thomas	NOR	B1	MT 41.880 PB	+4.990
LAPS: 100m: 00:11.590 500m: 00:30.290								
22	I	wt	3	NILSEN Marius Sæther	NOR	A2	42.200	+5.310
LAPS: 100m: 00:11.200 500m: 00:31.000								
23	O	rd	2	LACKNER Sebastian	NOR	A1	42.260	+5.370
LAPS: 100m: 00:11.810 500m: 00:30.450								
24	I	wt	1	RØ GOULDING Sigurd	NOR	B1	45.030 PB	+8.140
LAPS: 100m: 00:12.210 500m: 00:32.820								

RESULTATLISTE NC3, FOSENHALLEN, LØRDAG 16 NOV 2024
1000 M KVINNER

Rank	La ne	Band	Pair	Name	Nat	AG	1000m	Diff
1	I	wt	5	REISS-JACOBSEN Kari Celine	NOR	Neo	1:24.120	-
2	O	rd	4	KIRKESÆTER Signe Eide	NOR	A2	1:25.410	+1.290
3	I	wt	4	SANDERUD Sarah Marie	NOR	Neo	1:26.670	+2.550
4	O	rd	5	OLSEN Pauline Lysø	NOR	B2	1:27.890	+3.770
5	O	rd	2	KJÆRNES Synne	NOR	B2	1:32.320 PB	+8.200
6	I	wt	3	WULLUM Maren Bjerke	NOR	B1	1:33.370	+9.250
7	O	rd	3	MAZZETTI Alessandra J.	NOR	B2	1:34.850	+10.730
8	I	wt	1	SUNDSVOLD Tuva Sofie	NOR	A2	1:43.270 SB	+19.150
9	O	rd	1	OPDAHL-NJØS Selma Victoria	NOR	B1	1:46.830 SB	+22.710
10	I	wt	2	GUNDERSEN Maiken Nerstad	NOR	Neo	1:58.700 SB	+34.580
-				LUNDHAUG_FAGERBEKK Ida	NOR	B1	WDR	

1000 M KVINNER, SENIOR

							NC Poeng
1	I	wt	5	REISS-JACOBSEN Kari Celine	NOR	Neo	1:24.120
2	I	wt	4	SANDERUD Sarah Marie	NOR	Neo	1:26.670
3	I	wt	2	GUNDERSEN Maiken Nerstad	NOR	Neo	1:58.700 SB

1000 M KVINNER, JUNIOR

							NC Poeng
1	O	rd	4	KIRKESÆTER Signe Eide	NOR	A2	1:25.410
2	O	rd	5	OLSEN Pauline Lysø	NOR	B2	1:27.890
3	O	rd	2	KJÆRNES Synne	NOR	B2	1:32.320 PB
4	I	wt	3	WULLUM Maren Bjerke	NOR	B1	1:33.370
5	O	rd	3	MAZZETTI Alessandra J.	NOR	B2	1:34.850
6	I	wt	1	SUNDSVOLD Tuva Sofie	NOR	A2	1:43.270 SB
7	O	rd	1	OPDAHL-NJØS Selma Victoria	NOR	B1	1:46.830 SB

RESULTATLISTE NC3, FOSENHALLEN, LØRDAG 16 NOV 2024
1000 M KVINNER, PROTOKOLL

Rank	La ne	Band	Pair	Name	Nat	AG	1000m	Diff
1	I	wt	5	REISS-JACOBSEN Kari Celine	NOR	Neo	1:24.120	-
LAPS: 200m: 00:20.110 600m: 00:31.010 1000m: 00:33.000								
2	O	rd	4	KIRKESÆTER Signe Eide	NOR	A2	1:25.410	+1.290
LAPS: 200m: 00:19.880 600m: 00:31.420 1000m: 00:34.110								
3	I	wt	4	SANDERUD Sarah Marie	NOR	Neo	1:26.670	+2.550
LAPS: 200m: 00:20.920 600m: 00:32.000 1000m: 00:33.750								
4	O	rd	5	OLSEN Pauline Lysø	NOR	B2	1:27.890	+3.770
LAPS: 200m: 00:20.190 600m: 00:32.390 1000m: 00:35.310								
5	O	rd	2	KJÆRNES Synne	NOR	B2	1:32.320 PB	+8.200
LAPS: 200m: 00:20.550 600m: 00:33.420 1000m: 00:38.350								
6	I	wt	3	WULLUM Maren Bjerke	NOR	B1	1:33.370	+9.250
LAPS: 200m: 00:21.300 600m: 00:34.680 1000m: 00:37.390								
7	O	rd	3	MAZZETTI Alessandra J.	NOR	B2	1:34.850	+10.730
LAPS: 200m: 00:21.020 600m: 00:34.870 1000m: 00:38.960								
8	I	wt	1	SUNDSVOLD Tuva Sofie	NOR	A2	1:43.270 SB	+19.150
LAPS: 200m: 00:23.340 600m: 00:38.380 1000m: 00:41.550								
9	O	rd	1	OPDAHL-NJØS Selma Victoria	NOR	B1	1:46.830 SB	+22.710
LAPS: 200m: 00:23.730 600m: 00:39.800 1000m: 00:43.300								
10	I	wt	2	GUNDERSEN Maiken Nerstad	NOR	Neo	1:58.700 SB	+34.580
LAPS: 200m: 00:26.880 600m: 00:44.850 1000m: 00:46.970								
-				LUNDHAUG_FAGERBEKK Ida	NOR	B1	WDR	

RESULTATLISTE NC3, FOSENHALLEN, LØRDAG 16 NOV 2024
1000 M MENN

Rank	La ne	Band	Pair	Name	Nat	AG	1000m	Diff
1	I	wt	8	AANNØ Aron	NOR	Neo	1:14.020	-
1	I	wt	10	MAGNUSSEN Cristian Landrø	NOR	Neo	1:14.020	-
3	O	rd	10	DYRSET Sigurd Holbø	NOR	Neo	1:14.130	+0.110
4	O	rd	11	MELLEMSTRAND Oddbjørn	NOR	Neo	1:14.420 SB	+0.400
5	I	wt	9	LERNES Arne	NOR	A2	1:14.770 PB	+0.750
6	I	wt	11	ANDREASSEN Martin Solberg	NOR	Neo	1:15.240	+1.220
7	O	rd	8	BECKER PEDERSEN Bendik	NOR	B2	1:15.260	+1.240
8	O	rd	9	GAJOS HAMRE Frederik	NOR	A2	1:15.760	+1.740
9	O	rd	6	HOVDE Christoffer Tellinga	NOR	Neo	1:16.470	+2.450
10	I	wt	7	SLEEKING Joren	NOR	Neo	1:17.570	+3.550
11	I	wt	6	HVAMMEN Sondre	NOR	Neo	1:18.170 SB	+4.150
12	O	rd	7	VORVIK William	NOR	A1	1:19.300	+5.280
13	I	wt	2	ERLINGSEN Halvor Kjåsterud	NOR	A1	1:20.180 SB	+6.160
14	I	wt	4	BERGET Jonas Olderli	NOR	Neo	1:20.300	+6.280
15	O	rd	2	LINN Tage Alexander	NOR	B2	1:20.480 PB	+6.460
16	O	rd	5	BRUBAK Elias	NOR	B1	1:21.500	+7.480
17	I	wt	5	SLEEKING Robin	NOR	Senior	1:21.600 SB	+7.580
18	O	rd	4	HOFF Herman	NOR	Neo	1:21.850	+7.830
19	O	rd	3	SUNDSVOLL Thomas	NOR	B1 MT	1:24.640	+10.620
20	I	wt	1	NILSEN Marius Sæther	NOR	A2	1:28.240	+14.220
-	I	wt	3	LACKNER Sebastian	NOR	A1	DNF	

1000 M MENN, SENIOR							NC Poeng	
1	I	wt	8	AANNØ Aron	NOR	Neo	1:14.020	80
1	I	wt	10	MAGNUSSEN Cristian Landrø	NOR	Neo	1:14.020	80
3	O	rd	10	DYRSET Sigurd Holbø	NOR	Neo	1:14.130	60
4	O	rd	11	MELLEMSTRAND Oddbjørn	NOR	Neo	1:14.420 SB	54
5	I	wt	11	ANDREASSEN Martin Solberg	NOR	Neo	1:15.240	48
6	O	rd	6	HOVDE Christoffer Tellinga	NOR	Neo	1:16.470	44
7	I	wt	7	SLEEKING Joren	NOR	Neo	1:17.570	40
8	I	wt	6	HVAMMEN Sondre	NOR	Neo	1:18.170 SB	36
9	I	wt	4	BERGET Jonas Olderli	NOR	Neo	1:20.300	32
10	I	wt	5	SLEEKING Robin	NOR	Senior	1:21.600 SB	30
11	O	rd	4	HOFF Herman	NOR	Neo	1:21.850	28

1000 M MENN, JUNIOR							NC Poeng	
1	I	wt	9	LERNES Arne	NOR	A2	1:14.770 PB	80
2	O	rd	8	BECKER PEDERSEN Bendik	NOR	B2	1:15.260	70
3	O	rd	9	GAJOS HAMRE Frederik	NOR	A2	1:15.760	60
4	O	rd	7	VORVIK William	NOR	A1	1:19.300	54
5	I	wt	2	ERLINGSEN Halvor Kjåsterud	NOR	A1	1:20.180 SB	48
6	O	rd	2	LINN Tage Alexander	NOR	B2	1:20.480 PB	44
7	O	rd	5	BRUBAK Elias	NOR	B1	1:21.500	40
8	O	rd	3	SUNDSVOLL Thomas	NOR	B1	MT 1:24.640	36
9	I	wt	1	NILSEN Marius Sæther	NOR	A2	1:28.240	32
-	I	wt	3	LACKNER Sebastian	NOR	A1	DNF	

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RESULTATLISTE NC3, FOSENHALLEN, LØRDAG 16 NOV 2024
1000 M MENN, PROTOKOLL

Rank	La ne	Band	Pair	Name	Nat	AG	1000m	Diff
1	I	wt	8	AANNØ Aron	NOR	Neo	1:14.020	-
LAPS: 200m: 00:17.450 600m: 00:26.990 1000m: 00:29.580								
1	I	wt	10	MAGNUSSEN Cristian Landrø	NOR	Neo	1:14.020	-
LAPS: 200m: 00:17.370 600m: 00:27.280 1000m: 00:29.370								
3	O	rd	10	DYRSET Sigurd Holbø	NOR	Neo	1:14.130	+0.110
LAPS: 200m: 00:18.170 600m: 00:27.040 1000m: 00:28.920								
4	O	rd	11	MELLEMSTRAND Oddbjørn	NOR	Neo	1:14.420 SB	+0.400
LAPS: 200m: 00:17.950 600m: 00:27.630 1000m: 00:28.840								
5	I	wt	9	LERNES Arne	NOR	A2	1:14.770 PB	+0.750
LAPS: 200m: 00:17.600 600m: 00:27.590 1000m: 00:29.580								
6	I	wt	11	ANDREASSEN Martin Solberg	NOR	Neo	1:15.240	+1.220
LAPS: 200m: 00:17.600 600m: 00:27.220 1000m: 00:30.420								
7	O	rd	8	BECKER PEDERSEN Bendik	NOR	B2	1:15.260	+1.240
LAPS: 200m: 00:17.720 600m: 00:27.540 1000m: 00:30.000								
8	O	rd	9	GAJOS HAMRE Frederik	NOR	A2	1:15.760	+1.740
LAPS: 200m: 00:17.940 600m: 00:27.790 1000m: 00:30.030								
9	O	rd	6	HOVDE Christoffer Tellinga	NOR	Neo	1:16.470	+2.450
LAPS: 200m: 00:18.360 600m: 00:28.120 1000m: 00:29.990								
10	I	wt	7	SLEEKING Jøren	NOR	Neo	1:17.570	+3.550
LAPS: 200m: 00:18.470 600m: 00:29.000 1000m: 00:30.100								
11	I	wt	6	HVAMMEN Sondre	NOR	Neo	1:18.170 SB	+4.150
LAPS: 200m: 00:19.460 600m: 00:28.760 1000m: 00:29.950								
12	O	rd	7	VORVIK William	NOR	A1	1:19.300	+5.280
LAPS: 200m: 00:18.220 600m: 00:29.360 1000m: 00:31.720								
13	I	wt	2	ERLINGSEN Halvor Kjåsterud	NOR	A1	1:20.180 SB	+6.160
LAPS: 200m: 00:19.200 600m: 00:29.780 1000m: 00:31.200								
14	I	wt	4	BERGET Jonas Olderli	NOR	Neo	1:20.300	+6.280
LAPS: 200m: 00:18.470 600m: 00:29.140 1000m: 00:32.690								
15	O	rd	2	LINN Tage Alexander	NOR	B2	1:20.480 PB	+6.460
LAPS: 200m: 00:19.060 600m: 00:29.700 1000m: 00:31.720								
16	O	rd	5	BRUBAK Elias	NOR	B1	1:21.500	+7.480
LAPS: 200m: 00:18.960 600m: 00:29.940 1000m: 00:32.600								
17	I	wt	5	SLEEKING Robin	NOR	Senior	1:21.600 SB	+7.580
LAPS: 200m: 00:19.080 600m: 00:30.220 1000m: 00:32.300								
18	O	rd	4	HOFF Herman	NOR	Neo	1:21.850	+7.830
LAPS: 200m: 00:19.100 600m: 00:30.260 1000m: 00:32.490								
19	O	rd	3	SUNDSVOLL Thomas	NOR	B1	MT 1:24.640	+10.620
LAPS: 200m: - 600m: - 1000m: 01:24.640								
20	I	wt	1	NILSEN Marius Sæther	NOR	A2	1:28.240	+14.220
LAPS: 200m: 00:19.590 600m: 00:32.280 1000m: 00:36.370								
-	I	wt	3	LACKNER Sebastian	NOR	A1	DNF	

RESULTATLISTE NC3, FOSENHALLEN, LØRDAG 16 NOV 2024
3000 M KVINNER

Rank	La ne	Band	Pair	Name	Nat	AG	3000m	Diff
1	O	rd	5	REISS-JACOBSEN Kari Celine	NOR	Neo	4:32.810	-
2	O	rd	3	NAKKEN Ina	NOR	Neo	4:38.200	+5.390
3	I	wt	3	SOLEM Martine	NOR	A1	4:40.940 SB	+8.130
4	I	wt	4	SANDERUD Sarah Marie	NOR	Neo	4:42.150	+9.340
5	I	wt	5	BIRKEDAL Anne Sofie Knutsen	NOR	B2	4:46.880 SB	+14.070
6	O	rd	4	ANDERSEN Milla Grønvold	NOR	B2	4:48.800	+15.990
7	O	rd	2	GRINDEN Lovisa Olstad	NOR	B2	4:51.090	+18.280
8	I	wt	1	GRINDEN Leona Olstad	NOR	A2	4:59.420	+26.610
9	O	rd	1	SKINSTAD Ava Lynn	NOR	C2	5:02.820	+30.010
10	I	wt	2	ØSTERLIE Mathilde Horn	NOR	B1	5:35.020 PB	+1:02.210
-				DHAN Åse Marie	NOR	A2	WDR	

3000 M KVINNER, SENIOR

NC Poeng

1	O	rd	5	REISS-JACOBSEN Kari Celine	NOR	Neo	4:32.810	80
2	O	rd	3	NAKKEN Ina	NOR	Neo	4:38.200	70
3	I	wt	4	SANDERUD Sarah Marie	NOR	Neo	4:42.150	60

3000 M KVINNER, JUNIOR

NC Poeng

1	I	wt	3	SOLEM Martine	NOR	A1	4:40.940 SB	80
2	I	wt	5	BIRKEDAL Anne Sofie Knutsen	NOR	B2	4:46.880 SB	70
3	O	rd	4	ANDERSEN Milla Grønvold	NOR	B2	4:48.800	60
4	O	rd	2	GRINDEN Lovisa Olstad	NOR	B2	4:51.090	54
5	I	wt	1	GRINDEN Leona Olstad	NOR	A2	4:59.420	48
6	O	rd	1	SKINSTAD Ava Lynn	NOR	C2	5:02.820	44
7	I	wt	2	ØSTERLIE Mathilde Horn	NOR	B1	5:35.020 PB	40

RESULTATLISTE NC3, FOSENHALLEN, LØRDAG 16 NOV 2024
3000 M KVINNER, PROTOKOLL

Rank	La ne	Band	Pair	Name	Nat	AG	3000m	Diff
1	O	rd	5	REISS-JACOBSEN Kari Celine	NOR	Neo	4:32.810	-
LAPS: 200m: 00:22.610 600m: 00:34.730 1000m: 00:34.980 1400m: 00:34.980								
1800m: 00:35.290 2200m: 00:35.940 2600m: 00:36.890 3000m: 00:37.390								
2	O	rd	3	NAKKEN Ina	NOR	Neo	4:38.200	+5.390
LAPS: 200m: 00:22.480 600m: 00:34.670 1000m: 00:35.280 1400m: 00:35.400								
1800m: 00:36.310 2200m: 00:37.370 2600m: 00:38.500 3000m: 00:38.190								
3	I	wt	3	SOLEM Martine	NOR	A1	4:40.940 SB	+8.130
LAPS: 200m: 00:22.350 600m: 00:34.700 1000m: 00:35.610 1400m: 00:36.940								
1800m: 00:37.740 2200m: 00:38.200 2600m: 00:37.890 3000m: 00:37.510								
4	I	wt	4	SANDERUD Sarah Marie	NOR	Neo	4:42.150	+9.340
LAPS: 200m: 00:22.600 600m: 00:35.000 1000m: 00:35.760 1400m: 00:36.640								
1800m: 00:37.120 2200m: 00:37.730 2600m: 00:38.570 3000m: 00:38.730								
5	I	wt	5	BIRKEDAL Anne Sofie Knutsen	NOR	B2	4:46.880 SB	+14.070
LAPS: 200m: 00:22.590 600m: 00:36.660 1000m: 00:37.150 1400m: 00:37.910								
1800m: 00:38.450 2200m: 00:38.160 2600m: 00:38.020 3000m: 00:37.940								
6	O	rd	4	ANDERSEN Milla Grønvold	NOR	B2	4:48.800	+15.990
LAPS: 200m: 00:23.750 600m: 00:36.550 1000m: 00:36.950 1400m: 00:37.380								
1800m: 00:37.810 2200m: 00:38.140 2600m: 00:38.970 3000m: 00:39.250								
7	O	rd	2	GRINDEN Lovisia Ølstad	NOR	B2	4:51.090	+18.280
LAPS: 200m: 00:22.890 600m: 00:36.080 1000m: 00:37.180 1400m: 00:37.990								
1800m: 00:38.390 2200m: 00:39.350 2600m: 00:39.730 3000m: 00:39.480								
8	I	wt	1	GRINDEN Leona Ølstad	NOR	A2	4:59.420	+26.610
LAPS: 200m: 00:22.880 600m: 00:36.920 1000m: 00:37.410 1400m: 00:40.050								
1800m: 00:40.450 2200m: 00:40.970 2600m: 00:40.600 3000m: 00:40.140								
9	O	rd	1	SKINSTAD Ava Lynn	NOR	C2	5:02.820	+30.010
LAPS: 200m: 00:23.290 600m: 00:36.950 1000m: 00:38.850 1400m: 00:39.850								
1800m: 00:40.020 2200m: 00:40.540 2600m: 00:41.520 3000m: 00:41.800								
10	I	wt	2	ØSTERLIE Mathilde Horn	NOR	B1	5:35.020 PB	+1:02.210
LAPS: 200m: 00:23.770 600m: 00:39.580 1000m: 00:44.250 1400m: 00:45.740								
1800m: 00:44.960 2200m: 00:46.000 2600m: 00:46.060 3000m: 00:44.660								
-				DHAN Åse Marie	NOR	A2	WDR	

RESULTATLISTE NC3, FOSENHALLEN, LØRDAG 16 NOV 2024
3000 M MENN

Rank	La ne	Band	Pair	Name	Nat	AG	3000m	Diff
1	O	rd	6	DYRSET Sigurd Holbø	NOR	Neo	3:55.870	-
2	I	wt	6	MELLEMSTRAND Oddbjørn	NOR	Neo	3:56.410	+0.540
3	O	rd	7	NORDAL Filip Møller	NOR	A2	3:57.040	+1.170
4	O	rd	4	RYE Vegard	NOR	Neo	3:59.580	+3.710
5	I	wt	7	NORHEIM Ivar	NOR	Neo	4:00.050	+4.180
6	O	rd	2	REFSÅS Birk Finnstø	NOR	Neo	4:03.310 SB	+7.440
7	O	rd	5	AANNØ Simon	NOR	Neo	4:03.700 SB	+7.830
8	I	wt	4	AANNØ Aron	NOR	Neo	4:04.700	+8.830
9	I	wt	5	HAUKAAS Viktor Smedstad	NOR	Neo	4:06.130	+10.260
10	O	rd	3	HVAMMEN Sondre	NOR	Neo	4:07.780 SB	+11.910
11	I	wt	2	SONGSTAD Kristoffer Knag	NOR	A2	4:11.230 SB	+15.360
12	I	wt	1	HØYER Nathaniel	NOR	B2	4:26.720 PB	+30.850
13	I	wt	3	LACKNER Martin Vilke	NOR	B1	4:32.470	+36.600
14	O	rd	1	RØ GOULDING Sigurd	NOR	B1	4:53.300 PB	+57.430

3000 M MENN, SENIOR

NC Poeng

1	O	rd	6	DYRSET Sigurd Holbø	NOR	Neo	3:55.870	80
2	I	wt	6	MELLEMSTRAND Oddbjørn	NOR	Neo	3:56.410	70
3	O	rd	4	RYE Vegard	NOR	Neo	3:59.580	60
4	I	wt	7	NORHEIM Ivar	NOR	Neo	4:00.050	54
5	O	rd	2	REFSÅS Birk Finnstø	NOR	Neo	4:03.310 SB	48
6	O	rd	5	AANNØ Simon	NOR	Neo	4:03.700 SB	44
7	I	wt	4	AANNØ Aron	NOR	Neo	4:04.700	40
8	I	wt	5	HAUKAAS Viktor Smedstad	NOR	Neo	4:06.130	36
9	O	rd	3	HVAMMEN Sondre	NOR	Neo	4:07.780 SB	32

3000 M MENN, JUNIOR

NC Poeng

1	O	rd	7	NORDAL Filip Møller	NOR	A2	3:57.040	80
2	I	wt	2	SONGSTAD Kristoffer Knag	NOR	A2	4:11.230 SB	70
3	I	wt	1	HØYER Nathaniel	NOR	B2	4:26.720 PB	60
4	I	wt	3	LACKNER Martin Vilke	NOR	B1	4:32.470	54
5	O	rd	1	RØ GOULDING Sigurd	NOR	B1	4:53.300 PB	48

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RESULTATLISTE NC3, FOSENHALLEN, LØRDAG 16 NOV 2024
3000 M MENN, PROTOKOLL

Rank	La ne	Band	Pair	Name	Nat	AG	3000m	Diff
1	O	rd	6	DYRSET Sigurd Holbø	NOR	Neo	3:55.870	-
LAPS: 200m: 00:19.420 600m: 00:29.740 1000m: 00:30.700 1400m: 00:30.580 1800m: 00:30.940 2200m: 00:31.300 2600m: 00:31.090 3000m: 00:32.100								
2	I	wt	6	MELLEMSTRAND Oddbjørn	NOR	Neo	3:56.410	+0.540
LAPS: 200m: 00:19.340 600m: 00:30.080 1000m: 00:30.370 1400m: 00:31.050 1800m: 00:31.330 2200m: 00:31.610 2600m: 00:31.110 3000m: 00:31.520								
3	O	rd	7	NORDAL Filip Møller	NOR	A2	3:57.040	+1.170
LAPS: 200m: 00:19.700 600m: 00:30.010 1000m: 00:30.260 1400m: 00:30.780 1800m: 00:30.880 2200m: 00:31.030 2600m: 00:31.550 3000m: 00:32.830								
4	O	rd	4	RYE Vegard	NOR	Neo	3:59.580	+3.710
LAPS: 200m: 00:20.660 600m: 00:30.750 1000m: 00:30.720 1400m: 00:30.660 1800m: 00:30.800 2200m: 00:31.150 2600m: 00:31.960 3000m: 00:32.880								
5	I	wt	7	NORHEIM Ivar	NOR	Neo	4:00.050	+4.180
LAPS: 200m: 00:20.120 600m: 00:30.990 1000m: 00:31.080 1400m: 00:31.410 1800m: 00:31.370 2200m: 00:31.300 2600m: 00:31.650 3000m: 00:32.130								
6	O	rd	2	REFSÅS Birk Finnstø	NOR	Neo	4:03.310 SB	+7.440
LAPS: 200m: 00:20.310 600m: 00:31.760 1000m: 00:31.510 1400m: 00:31.220 1800m: 00:31.150 2200m: 00:31.420 2600m: 00:32.350 3000m: 00:33.590								
7	O	rd	5	AANNØ Simon	NOR	Neo	4:03.700 SB	+7.830
LAPS: 200m: 00:19.690 600m: 00:30.730 1000m: 00:31.420 1400m: 00:31.830 1800m: 00:31.880 2200m: 00:32.020 2600m: 00:32.520 3000m: 00:33.610								
8	I	wt	4	AANNØ Aron	NOR	Neo	4:04.700	+8.830
LAPS: 200m: 00:19.980 600m: 00:31.110 1000m: 00:31.030 1400m: 00:31.960 1800m: 00:32.020 2200m: 00:32.530 2600m: 00:32.910 3000m: 00:33.160								
9	I	wt	5	HAUKAAS Viktor Smedstad	NOR	Neo	4:06.130	+10.260
LAPS: 200m: 00:19.830 600m: 00:31.090 1000m: 00:30.960 1400m: 00:31.550 1800m: 00:31.870 2200m: 00:32.650 2600m: 00:33.540 3000m: 00:34.640								
10	O	rd	3	HVAMMEN Sondre	NOR	Neo	4:07.780 SB	+11.910
LAPS: 200m: 00:20.550 600m: 00:31.570 1000m: 00:31.780 1400m: 00:31.550 1800m: 00:31.990 2200m: 00:32.620 2600m: 00:33.390 3000m: 00:34.330								
11	I	wt	2	SONGSTAD Kristoffer Knag	NOR	A2	4:11.230 SB	+15.360
LAPS: 200m: 00:20.500 600m: 00:31.630 1000m: 00:31.500 1400m: 00:32.080 1800m: 00:32.470 2200m: 00:33.230 2600m: 00:34.230 3000m: 00:35.590								
12	I	wt	1	HØYER Nathaniel	NOR	B2	4:26.720 PB	+30.850
LAPS: 200m: 00:21.680 600m: 00:33.980 1000m: 00:34.400 1400m: 00:34.910 1800m: 00:35.360 2200m: 00:35.420 2600m: 00:35.600 3000m: 00:35.370								
13	I	wt	3	LACKNER Martin Vike	NOR	B1	4:32.470	+36.600
LAPS: 200m: 00:21.900 600m: 00:34.330 1000m: 00:34.420 1400m: 00:35.190 1800m: 00:35.790 2200m: 00:36.410 2600m: 00:36.890 3000m: 00:37.540								
14	O	rd	1	RØ GOULDING Sigurd	NOR	B1	4:53.300 PB	+57.430
LAPS: 200m: 00:22.930 600m: 00:35.390 1000m: 00:37.150 1400m: 00:38.000 1800m: 00:39.040 2200m: 00:40.010 2600m: 00:40.420 3000m: 00:40.360								

RESULTATLISTE NC3, FOSENHALLEN, SØNDAG 17 NOV 2024
500M KVINNER SØNDAG

Rank	La ne	Band	Pair	Name	Nat	AG	500m	Diff
1	O	rd	5	BIRKEDAL Anne Sofie Knutsen	NOR	B2	MT 42.030	-
2	I	wt	4	KIRKESÆTER Signe Eide	NOR	A2	42.660	+0.630
3	I	wt	5	NAKKEN Ina	NOR	Neo	MT 43.010	+0.980
4	O	rd	4	GRINDEN Leona Olstad	NOR	A2	44.280	+2.250
5	I	wt	3	KJERNES Synne	NOR	B2	44.820	+2.790
6	I	wt	2	MAZZETTI Alessandra J.	NOR	B2	45.040	+3.010
7	O	rd	2	WULLUM Maren Bjerke	NOR	B1	45.270	+3.240
8	O	rd	3	ØSTERLIE Mathilde Horn	NOR	B1	47.730 PB	+5.700
9	I	wt	1	SUNDSVOLD Tuva Sofie	NOR	A2	51.080	+9.050
10	O	rd	1	GUNDERSEN Maiken Nerstad	NOR	Neo	57.740	+15.710

500 M KVINNER, SENIOR

500 M KVINNER, SENIOR								NC Poeng
1	I	wt	5	NAKKEN Ina	NOR	Neo	MT 43.010	80
2	O	rd	1	GUNDERSEN Maiken Nerstad	NOR	Neo	57.740	70

500 M KVINNER, JUNIOR

500 M KVINNER, JUNIOR							NC Poeng	
1	O	rd	5	BIRKEDAL Anne Sofie Knutsen	NOR	B2	MT 42.030	80
2	I	wt	4	KIRKESÆTER Signe Eide	NOR	A2	42.660	70
3	O	rd	4	GRINDEN Leona Olstad	NOR	A2	44.280	60
4	I	wt	3	KJERNES Synne	NOR	B2	44.820	54
5	I	wt	2	MAZZETTI Alessandra J.	NOR	B2	45.040	48
6	O	rd	2	WULLUM Maren Bjerke	NOR	B1	45.270	44
7	O	rd	3	ØSTERLIE Mathilde Horn	NOR	B1	47.730 PB	40
8	I	wt	1	SUNDSVOLD Tuva Sofie	NOR	A2	51.080	36

500M KVINNER SØNDAG PROTOCOL								
Rank	La ne	Band	Pair	Name	Nat	AG	500m	Diff
1	O	rd	5	BIRKEDAL Anne Sofie Knutsen	NOR	B2	MT 42.030	-
LAPS: 100m: 00:11.350 500m: 00:30.680								
2	I	wt	4	KIRKESÆTER Signe Eide	NOR	A2	42.660	+0.630
LAPS: 100m: 00:11.580 500m: 00:31.080								
3	I	wt	5	NAKKEN ina	NOR	Neo	MT 43.010	+0.980
LAPS: 100m: 00:11.840 500m: 00:31.170								
4	O	rd	4	GRINDEN Leona Olstad	NOR	A2	44.280	+2.250
LAPS: 100m: 00:12.260 500m: 00:32.020								
5	I	wt	3	KJERNES Synne	NOR	B2	44.820	+2.790
LAPS: 100m: 00:12.250 500m: 00:32.570								
6	I	wt	2	MAZZETTI Alessandra J.	NOR	B2	45.040	+3.010
LAPS: 100m: 00:11.970 500m: 00:33.070								
7	O	rd	2	WULLUM Maren Bjerke	NOR	B1	45.270	+3.240
LAPS: 100m: 00:12.190 500m: 00:33.080								
8	O	rd	3	ØSTERLIE Mathilde Horn	NOR	B1	47.730 PB	+5.700
LAPS: 100m: 00:12.740 500m: 00:34.990								
9	I	wt	1	SUNDSVOLD Tuva Sofie	NOR	A2	51.080	+9.050
LAPS: 100m: 00:13.230 500m: 00:37.850								
10	O	rd	1	GUNDERSEN Maiken Nerstad	NOR	Neo	57.740	+15.710
LAPS: 100m: 00:15.350 500m: 00:42.390								

500M MENN SØNDAG								
Rank	La ne	Band	Pair	Name	Nat	AG	500m	Diff
1	O	rd	10	MAGNUSSEN Cristian Landrø	NOR	Neo	37.010	-
2	I	wt	9	AANNØ Simon	NOR	Neo	37.180	+0.170
3	I	wt	10	AANNØ Aron	NOR	Neo	37.370	+0.360
4	O	rd	9	ANDREASSEN Martin Solberg	NOR	Neo	37.410	+0.400
5	O	rd	8	LERNES Arne	NOR	A2	37.470	+0.460
6	I	wt	7	BECKER PEDERSEN Bendik	NOR	B2	37.990	+0.980
7	I	wt	5	MELLEMSTRAND Oddbjørn	NOR	Neo	38.600	+1.590
8	O	rd	7	VORVIK William	NOR	A1	38.950	+1.940
9	I	wt	8	SLEEKING Joren	NOR	Neo	39.020	+2.010
10	I	wt	6	HOVDE Christoffer Tellinga	NOR	Neo	39.040	+2.030
11	O	rd	5	BERGET Jonas Olderli	NOR	Neo	39.600	+2.590
12	O	rd	6	HAUKAAS Viktor Smedstad	NOR	Neo	39.700	+2.690
13	I	wt	4	LINN Tage Alexander	NOR	B2	40.200 PB	+3.190
14	I	wt	3	BRUBAK Elias	NOR	B1	MT 40.630	+3.620
15	I	wt	1	HVAMMEN Sondre	NOR	Neo	40.870	+3.860
16	O	rd	4	SLEEKING Robin	NOR	Senior	41.160	+4.150
17	O	rd	2	LACKNER Martin Vike	NOR	B1	42.420	+5.410
18	O	rd	3	LACKNER Sebastian	NOR	A1	42.540	+5.530
19	O	rd	1	RØ GOULDING Sigurd	NOR	B1	44.970 PB	+7.960
-	I	wt	2	SUNDSVOLL Thomas	NOR	B1	DQ	
-		144		NILSEN Marius Sæther	NOR	A2	WDR	

500 M MENN, SENIOR							NC Poeng	
1	O	rd	10	MAGNUSSEN Cristian Landrø	NOR	Neo	37.010	80
2	I	wt	9	AANNØ Simon	NOR	Neo	37.180	70
3	I	wt	10	AANNØ Aron	NOR	Neo	37.370	60
4	O	rd	9	ANDREASSEN Martin Solberg	NOR	Neo	37.410	54
5	I	wt	5	MELLEMSTRAND Oddbjørn	NOR	Neo	38.600	48
6	I	wt	8	SLEEKING Joren	NOR	Neo	39.020	44
7	I	wt	6	HOVDE Christoffer Tellinga	NOR	Neo	39.040	40
8	O	rd	5	BERGET Jonas Olderli	NOR	Neo	39.600	36
9	O	rd	6	HAUKAAS Viktor Smedstad	NOR	Neo	39.700	32
10	I	wt	1	HVAMMEN Sondre	NOR	Neo	40.870	30
11	O	rd	4	SLEEKING Robin	NOR	Senior	41.160	28

500 M MENN, JUNIOR							NC Poeng	
1	O	rd	8	LERNES Arne	NOR	A2	37.470	80
2	I	wt	7	BECKER PEDERSEN Bendik	NOR	B2	37.990	70
3	O	rd	7	VORVIK William	NOR	A1	38.950	60
4	I	wt	4	LINN Tage Alexander	NOR	B2	40.200 PB	54
5	I	wt	3	BRUBAK Elias	NOR	B1	MT 40.630	48
6	O	rd	2	LACKNER Martin Vike	NOR	B1	42.420	44
7	O	rd	3	LACKNER Sebastian	NOR	A1	42.540	40
8	O	rd	1	RØ GOULDING Sigurd	NOR	B1	44.970 PB	36
-	I	wt	2	SUNDSVOLL Thomas	NOR	B1	DQ	

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Rank	La ne	Band	Pair	Name	Nat	AG	500m	Diff
1	O	rd	10	MAGNUSSEN Cristian Landrø	NOR	Neo	37.010	-
LAPS: 100m: 00:10.250	500m: 00:26.760							
2	I	wt	9	AANNØ Simon	NOR	Neo	37.180	+0.170
LAPS: 100m: 00:10.500	500m: 00:26.680							
3	I	wt	10	AANNØ Aron	NOR	Neo	37.370	+0.360
LAPS: 100m: 00:10.420	500m: 00:26.950							
4	O	rd	9	ANDREASSEN Martin Solberg	NOR	Neo	37.410	+0.400
LAPS: 100m: 00:10.450	500m: 00:26.960							
5	O	rd	8	LERNES Arne	NOR	A2	37.470	+0.460
LAPS: 100m: 00:10.330	500m: 00:27.140							
6	I	wt	7	BECKER PEDERSEN Bendik	NOR	B2	37.990	+0.980
LAPS: 100m: 00:10.530	500m: 00:27.460							
7	I	wt	5	MELLEMSTRAND Oddbjørn	NOR	Neo	38.600	+1.590
LAPS: 100m: 00:10.740	500m: 00:27.860							
8	O	rd	7	VORVIK William	NOR	A1	38.950	+1.940
LAPS: 100m: 00:10.520	500m: 00:28.430							
9	I	wt	8	SLEEKING Joren	NOR	Neo	39.020	+2.010
LAPS: 100m: 00:10.730	500m: 00:28.290							
10	I	wt	6	HOVDE Christoffer Tellinga	NOR	Neo	39.040	+2.030
LAPS: 100m: 00:10.770	500m: 00:28.270							
11	O	rd	5	BERGET Jonas Olderli	NOR	Neo	39.600	+2.590
LAPS: 100m: 00:10.770	500m: 00:28.830							
12	O	rd	6	HAUKAAS Viktor Smedstad	NOR	Neo	39.700	+2.690
LAPS: 100m: 00:11.050	500m: 00:28.650							
13	I	wt	4	LINN Tage Alexander	NOR	B2	40.200 PB	+3.190
LAPS: 100m: 00:11.060	500m: 00:29.140							
14	I	wt	3	BRUBAK Elias	NOR	B1	MT 40.630	+3.620
LAPS: 100m: 00:11.110	500m: 00:29.520							
15	I	wt	1	HVAMMEN Sondre	NOR	Neo	40.870	+3.860
LAPS: 100m: 00:11.630	500m: 00:29.240							
16	O	rd	4	SLEEKING Robin	NOR	Senior	41.160	+4.150
LAPS: 100m: 00:11.180	500m: 00:29.980							
17	O	rd	2	LACKNER Martin Vike	NOR	B1	42.420	+5.410
LAPS: 100m: 00:11.590	500m: 00:30.830							
18	O	rd	3	LACKNER Sebastian	NOR	A1	42.540	+5.530
LAPS: 100m: 00:11.770	500m: 00:30.770							
19	O	rd	1	RØ GOULDING Sigurd	NOR	B1	44.970 PB	+7.960
LAPS: 100m: 00:07.060	500m: 00:37.910							
-	I	wt	2	SUNDSVOLL Thomas	NOR	B1	DQ	
LAPS: 100m: 00:11.330	500m: 00:49.380							
-		144		NILSEN Marius Sæther	NOR	A2	WDR	

Rank	La ne	Band	Pair	Name	Nat	AG	1000m	Diff
1	O	rd	1	BIRKEDAL Anne Sofie Knutsen	NOR	B2	1:27.770	-
2	I	wt	1	GUNDERSEN Maiken Nerstad	NOR	Neo	1:58.390 SB	+30.620

1	I	wt	1	GUNDERSEN Maiken Nerstad	NOR	Neo	1:58.390 SB	80
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1	0	rd	1	BIRKEDAL Anne Sofie Knutsen	NOR	B2	1:27.770	80
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Rank	La ne	Band	Pair	Name	Nat	AG	1000m	Diff
1	O	rd	1	BIRKEDAL Anne Sofie Knutsen	NOR	B2	1:27.770	-
LAPS: 200m: 00:20.040 600m: 00:32.370 1000m: 00:35.360								
2	I	wt	1	GUNDERSEN Maiken Nerstad	NOR	Neo	1:58.390 SB	+30.620
LAPS: 200m: 00:27.100 600m: 00:44.050 1000m: 00:47.240								

1500M MENN SØNDAG

Rank	La ne	Band	Pair	Name	Nat	AG	1500m	Diff
1	I	wt	11	DYRSET Sigurd Holbø	NOR	Neo	1:52.090	-
2	O	rd	12	MELLEMSTRAND Oddbjørn	NOR	Neo	1:52.650	+0.560
3	I	wt	10	NORDAL Filip Møller	NOR	A2	1:53.770	+1.680
4	O	rd	10	RYE Vegard	NOR	Neo	1:54.060	+1.970
5	O	rd	11	NORHEIM Ivar	NOR	Neo	1:54.260	+2.170
6	I	wt	12	AANNØ Aron	NOR	Neo	1:54.890	+2.800
7	O	rd	7	GAJOS HAMRE Frederik	NOR	A2	1:55.230	+3.140
8	O	rd	9	REFSÅS Birk Finnstø	NOR	Neo	1:56.020	+3.930
9	I	wt	9	LERNES Arne	NOR	A2	1:56.810 SB	+4.720
10	O	rd	8	HAUKAAS Viktor Smedstad	NOR	Neo	1:57.680	+5.590
11	I	wt	7	BECKER PEDERSEN Bendik	NOR	B2	MT 1:58.380	+6.290
12	I	wt	4	HOVDE Christoffer Tellinga	NOR	Neo	MT 1:58.470 SB	+6.380
13	I	wt	8	SONGSTAD Kristoffer Knag	NOR	A2	1:59.300	+7.210
14	I	wt	2	ERLINGSSEN Halvor Kjøsterud	NOR	A1	2:02.710 SB	+10.620
15	O	rd	5	VORVIK William	NOR	A1	2:03.490 SB	+11.400
16	I	wt	5	BRUBAK Elias	NOR	B1	2:05.560	+13.470
17	O	rd	6	HOFF Herman	NOR	Neo	2:05.660	+13.570
18	O	rd	3	LINN Tage Alexander	NOR	B2	2:06.900 PB	+14.810
19	I	wt	6	BERGET Jonas Olderli	NOR	Neo	2:07.290	+15.200
20	O	rd	4	LACKNER Sebastian	NOR	A1	2:07.420	+15.330
21	I	wt	1	HØYER Nathaniel	NOR	B2	2:08.670	+16.580
22	I	wt	3	SUNDSVOLL Thomas	NOR	B1	2:12.980 SB	+20.890
23	O	rd	2	RØ GOULDING Sigurd	NOR	B1	2:17.740 PB	+25.650
-		144		NILSEN Marius Sæther	NOR	A2	WDR	
-		117		LACKNER Martin Vike	NOR	B1	WDR	

1500 M MENN, SENIOR

NC Poeng

1	I	wt	11	DYRSET Sigurd Holbø	NOR	Neo	1:52.090	80
2	O	rd	12	MELLEMSTRAND Oddbjørn	NOR	Neo	1:52.650	70
3	O	rd	10	RYE Vegard	NOR	Neo	1:54.060	60
4	O	rd	11	NORHEIM Ivar	NOR	Neo	1:54.260	54
5	I	wt	12	AANNØ Aron	NOR	Neo	1:54.890	48
6	O	rd	9	REFSÅS Birk Finnstø	NOR	Neo	1:56.020	44
7	O	rd	8	HAUKAAS Viktor Smedstad	NOR	Neo	1:57.680	40
8	I	wt	4	HOVDE Christoffer Tellinga	NOR	Neo	MT 1:58.470 SB	36
9	O	rd	6	HOFF Herman	NOR	Neo	2:05.660	32
10	I	wt	6	BERGET Jonas Olderli	NOR	Neo	2:07.290	30

1500 M MENN, JUNIOR

NC Poeng

1	I	wt	10	NORDAL Filip Møller	NOR	A2	1:53.770	80
2	O	rd	7	GAJOS HAMRE Frederik	NOR	A2	1:55.230	70
3	I	wt	9	LERNES Arne	NOR	A2	1:56.810 SB	60
4	I	wt	7	BECKER PEDERSEN Bendik	NOR	B2	MT 1:58.380	54
5	I	wt	8	SONGSTAD Kristoffer Knag	NOR	A2	1:59.300	48
6	I	wt	2	ERLINGSSEN Halvor Kjøsterud	NOR	A1	2:02.710 SB	44
7	O	rd	5	VORVIK William	NOR	A1	2:03.490 SB	40
8	I	wt	5	BRUBAK Elias	NOR	B1	2:05.560	36
9	O	rd	3	LINN Tage Alexander	NOR	B2	2:06.900 PB	32
10	O	rd	4	LACKNER Sebastian	NOR	A1	2:07.420	30
11	I	wt	1	HØYER Nathaniel	NOR	B2	2:08.670	28
12	I	wt	3	SUNDSVOLL Thomas	NOR	B1	2:12.980 SB	26
13	O	rd	2	RØ GOULDING Sigurd	NOR	B1	2:17.740 PB	24

1500M MENN SØNDAG PROTOCOL

Rank	La ne	Band	Pair	Name	Nat	AG	1500m	Diff
1	I	wt	11	DYRSET Sigurd Holbø	NOR	Neo	1:52.090	-
LAPS: 300m: 00:25.310 700m: 00:27.520 1100m: 00:28.880 1500m: 00:30.380								
2	O	rd	12	MELLEMSTRAND Oddbjørn	NOR	Neo	1:52.650	+0.560
LAPS: 300m: 00:25.230 700m: 00:27.920 1100m: 00:28.960 1500m: 00:30.540								
3	I	wt	10	NORDAL Filip Møller	NOR	A2	1:53.770	+1.680
LAPS: 300m: 00:25.380 700m: 00:27.890 1100m: 00:29.180 1500m: 00:31.320								
4	O	rd	10	RYE Vegard	NOR	Neo	1:54.060	+1.970
LAPS: 300m: 00:25.900 700m: 00:28.310 1100m: 00:29.390 1500m: 00:30.460								
5	O	rd	11	NORHEIM Ivar	NOR	Neo	1:54.260	+2.170
LAPS: 300m: 00:25.870 700m: 00:28.320 1100m: 00:29.400 1500m: 00:30.670								
6	I	wt	12	AANNØ Aron	NOR	Neo	1:54.890	+2.800
LAPS: 300m: 00:25.230 700m: 00:28.540 1100m: 00:30.190 1500m: 00:30.930								
7	O	rd	7	GAJOS HAMRE Frederik	NOR	A2	1:55.230	+3.140
LAPS: 300m: 00:25.100 700m: 00:28.390 1100m: 00:29.910 1500m: 00:31.830								
8	O	rd	9	REFSÅS Birk Finnstø	NOR	Neo	1:56.020	+3.930
LAPS: 300m: 00:25.270 700m: 00:28.550 1100m: 00:30.110 1500m: 00:32.090								
9	I	wt	9	LERNES Arne	NOR	A2	1:56.810 SB	+4.720
LAPS: 300m: 00:25.050 700m: 00:28.470 1100m: 00:30.370 1500m: 00:32.920								
10	O	rd	8	HAUKAAS Viktor Smedstad	NOR	Neo	1:57.680	+5.590
LAPS: 300m: 00:26.170 700m: 00:29.260 1100m: 00:30.240 1500m: 00:32.010								
11	I	wt	7	BECKER PEDERSEN Bendik	NOR	B2	MT 1:58.380	+6.290
LAPS: 300m: 00:24.960 700m: 00:28.460 1100m: 00:30.910 1500m: 00:34.050								
12	I	wt	4	HOVDE Christoffer Tellinga	NOR	Neo	MT 1:58.470 SB	+6.380
LAPS: 300m: 00:25.820 700m: 00:28.650 1100m: 00:30.750 1500m: 00:33.250								
13	I	wt	8	SONGSTAD Kristoffer Knag	NOR	A2	1:59.300	+7.210
LAPS: 300m: 00:26.020 700m: 00:29.110 1100m: 00:30.900 1500m: 00:33.270								
14	I	wt	2	ERLINGSEN Halvor Kjøsterud	NOR	A1	2:02.710 SB	+10.620
LAPS: 300m: 00:26.360 700m: 00:30.200 1100m: 00:32.290 1500m: 00:33.860								
15	O	rd	5	VORVIK William	NOR	A1	2:03.490 SB	+11.400
LAPS: 300m: 00:25.920 700m: 00:30.510 1100m: 00:32.930 1500m: 00:34.130								
16	I	wt	5	BRUBAK Elias	NOR	B1	2:05.560	+13.470
LAPS: 300m: 00:26.490 700m: 00:30.690 1100m: 00:33.300 1500m: 00:35.080								
17	O	rd	6	HOFF Herman	NOR	Neo	2:05.660	+13.570
LAPS: 300m: 00:26.730 700m: 00:31.190 1100m: 00:33.270 1500m: 00:34.470								
18	O	rd	3	LINN Tage Alexander	NOR	B2	2:06.900 PB	+14.810
LAPS: 300m: 00:26.520 700m: 00:31.210 1100m: 00:33.790 1500m: 00:35.380								
19	I	wt	6	BERGET Jonas Olderli	NOR	Neo	2:07.290	+15.200
LAPS: 300m: 00:26.100 700m: 00:30.560 1100m: 00:33.840 1500m: 00:36.790								
20	O	rd	4	LACKNER Sebastian	NOR	A1	2:07.420	+15.330
LAPS: 300m: 00:28.460 700m: 00:31.200 1100m: 00:33.210 1500m: 00:34.550								
21	I	wt	1	HØYER Nathaniel	NOR	B2	2:08.670	+16.580
LAPS: 300m: 00:27.730 700m: 00:31.640 1100m: 00:33.480 1500m: 00:35.820								
22	I	wt	3	SUNDSVOLL Thomas	NOR	B1	2:12.980 SB	+20.890
LAPS: 300m: 00:27.890 700m: 00:33.040 1100m: 00:35.040 1500m: 00:37.010								
23	O	rd	2	RØ GOULDING Sigurd	NOR	B1	2:17.740 PB	+25.650
LAPS: 300m: 00:29.180 700m: 00:33.710 1100m: 00:36.660 1500m: 00:38.190								
-		144		NILSEN Marius Sæther	NOR	A2	WDR	
-		117		LACKNER Martin Vike	NOR	B1	WDR	

1500M KVINNER SØNDAG								
Rank	La ne	Band	Pair	Name	Nat	AG	1500m	Diff
1	I	wt	5	REISS-JACOBSEN Kari Celine	NOR	Neo	2:08.620	-
2	I	wt	6	SOLEM Martine	NOR	A1	2:10.500 SB	+1.880
3	O	rd	5	NAKKEN Ina	NOR	Neo	2:11.120	+2.500
4	O	rd	6	KIRKESÆTER Signe Eide	NOR	A2	2:12.900	+4.280
5	I	wt	7	SANDERUD Sarah Marie	NOR	Neo	2:14.140	+5.520
6	O	rd	2	GRINDEN Lovisia Olstad	NOR	B2	2:16.230	+7.610
7	O	rd	7	OLSEN Pauline Lysø	NOR	B2	2:17.680	+9.060
8	O	rd	4	ANDERSEN Milla Grønvold	NOR	B2	2:19.600	+10.980
9	O	rd	3	GRINDEN Leona Olstad	NOR	A2	2:20.920	+12.300
10	I	wt	4	SKINSTAD Ava Lynn	NOR	C2	2:22.760	+14.140
11	I	wt	3	WULLUM Maren Bjerke	NOR	B1	2:27.810 SB	+19.190
12	I	wt	2	MAZZETTI Alessandra J.	NOR	B2	2:32.010 PB	+23.390
13	O	rd	1	ØSTERLIE Mathilde Horn	NOR	B1	2:36.290 SB	+27.670
14	I	wt	1	SUNDSVOLD Tuva Sofie	NOR	A2	2:44.130 SB	+35.510
-				DHAN Åse Marie	NOR	A2	WDR	

1500 M KVINNER, SENIOR							NC Poeng	
1	I	wt	5	REISS-JACOBSEN Kari Celine	NOR	Neo	2:08.620	80
2	O	rd	5	NAKKEN Ina	NOR	Neo	2:11.120	70
3	I	wt	7	SANDERUD Sarah Marie	NOR	Neo	2:14.140	60

1500 M KVINNER, JUNIOR							NC Poeng	
1	I	wt	6	SOLEM Martine	NOR	A1	2:10.500 SB	80
2	O	rd	6	KIRKESÆTER Signe Eide	NOR	A2	2:12.900	70
3	O	rd	2	GRINDEN Lovisia Olstad	NOR	B2	2:16.230	60
4	O	rd	7	OLSEN Pauline Lysø	NOR	B2	2:17.680	54
5	O	rd	4	ANDERSEN Milla Grønvold	NOR	B2	2:19.600	48
6	O	rd	3	GRINDEN Leona Olstad	NOR	A2	2:20.920	44
7	I	wt	4	SKINSTAD Ava Lynn	NOR	C2	2:22.760	40
8	I	wt	3	WULLUM Maren Bjerke	NOR	B1	2:27.810 SB	36
9	I	wt	2	MAZZETTI Alessandra J.	NOR	B2	2:32.010 PB	32
10	O	rd	1	ØSTERLIE Mathilde Horn	NOR	B1	2:36.290 SB	30
11	I	wt	1	SUNDSVOLD Tuva Sofie	NOR	A2	2:44.130 SB	28

1500m KVINNER SØNDAG PROTOCOL								
Rank	La ne	Band	Pair	Name	Nat	AG	1500m	Diff
1	I	wt	5	REISS-JACOBSEN Kari Celine	NOR	Neo	2:08.620	-
LAPS: 300m: 00:28.560 700m: 00:31.650 1100m: 00:33.200 1500m: 00:35.210								
2	I	wt	6	SOLEM Martine	NOR	A1	2:10.500 SB	+1.880
LAPS: 300m: 00:28.560 700m: 00:32.160 1100m: 00:34.070 1500m: 00:35.710								
3	O	rd	5	NAKKEN Ina	NOR	Neo	2:11.120	+2.500
LAPS: 300m: 00:28.340 700m: 00:32.070 1100m: 00:34.480 1500m: 00:36.230								
4	O	rd	6	KIRKESÆTER Signe Eide	NOR	A2	2:12.900	+4.280
LAPS: 300m: 00:28.480 700m: 00:32.470 1100m: 00:34.980 1500m: 00:36.970								
5	I	wt	7	SANDERUD Sarah Marie	NOR	Neo	2:14.140	+5.520
LAPS: 300m: 00:29.250 700m: 00:32.850 1100m: 00:35.120 1500m: 00:36.920								
6	O	rd	2	GRINDEN Lovisia Olstad	NOR	B2	2:16.230	+7.610
LAPS: 300m: 00:29.170 700m: 00:33.660 1100m: 00:35.990 1500m: 00:37.410								
7	O	rd	7	OLSEN Pauline Lysø	NOR	B2	2:17.680	+9.060
LAPS: 300m: 00:28.360 700m: 00:33.990 1100m: 00:36.750 1500m: 00:38.580								
8	O	rd	4	ANDERSEN Milla Grønvold	NOR	B2	2:19.600	+10.980
LAPS: 300m: 00:30.220 700m: 00:34.090 1100m: 00:36.680 1500m: 00:38.610								
9	O	rd	3	GRINDEN Leona Olstad	NOR	A2	2:20.920	+12.300
LAPS: 300m: 00:29.690 700m: 00:34.550 1100m: 00:37.660 1500m: 00:39.020								
10	I	wt	4	SKINSTAD Ava Lynn	NOR	C2	2:22.760	+14.140
LAPS: 300m: 00:29.950 700m: 00:35.590 1100m: 00:37.770 1500m: 00:39.450								
11	I	wt	3	WULLUM Maren Bjerke	NOR	B1	2:27.810 SB	+19.190
LAPS: 300m: 00:29.780 700m: 00:36.000 1100m: 00:40.290 1500m: 00:41.740								
12	I	wt	2	MAZZETTI Alessandra J.	NOR	B2	2:32.010 PB	+23.390
LAPS: 300m: 00:28.840 700m: 00:36.440 1100m: 00:42.360 1500m: 00:44.370								
13	O	rd	1	ØSTERLIE Mathilde Horn	NOR	B1	2:36.290 SB	+27.670
LAPS: 300m: 00:31.890 700m: 00:38.970 1100m: 00:42.650 1500m: 00:42.780								
14	I	wt	1	SUNDSVOLD Tuva Sofie	NOR	A2	2:44.130 SB	+35.510
LAPS: 300m: 00:32.940 700m: 00:39.610 1100m: 00:44.190 1500m: 00:47.390								
-				DHAN Åse Marie	NOR	A2	WDR	

5000 M MENN SØNDAG								
Rank	La ne	Band	Pair	Name	Nat	AG	5000m	Diff
1	I	wt	3	REFSÅS Birk Finnstø	NOR	Neo	7:04.030 SB	-
2	O	rd	3	HVAMMEN Sondre	NOR	Neo	7:07.890	+3.860
3	O	rd	2	ERLINGSSEN Halvor Kjøsterud	NOR	A1	7:37.170 PB	+33.140
4	I	wt	2	SLEEKING Robin	NOR	Senior	7:41.020 SB	+36.990
-	I	wt	1	SLEEKING Joren	NOR	Neo	DQ	
-		114		HOFF Hermann	NOR	Neo	WDR	

5000 M MENN, SENIOR							NC Poeng	
1	I	wt	3	REFSÅS Birk Finnstø	NOR	Neo	7:04.030 SB	80
2	O	rd	3	HVAMMEN Sondre	NOR	Neo	7:07.890	70
3	I	wt	2	SLEEKING Robin	NOR	Senior	7:41.020 SB	60
-	I	wt	1	SLEEKING Joren	NOR	Neo	DQ	

5000 M MENN, JUNIOR							NC Poeng	
1	O	rd	2	ERLINGSSEN Halvor Kjøsterud	NOR	A1	7:37.170 PB	80

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5000 M MENN SØNDAG PROTOCOL								
Rank	La ne	Band	Pair	Name	Nat	AG	5000m	Diff
1	I	wt	3	REFSÅS Birk Finnstø	NOR	Neo	7:04.030 SB	-
LAPS: 200m: 00:20.270 600m: 00:33.420 1000m: 00:33.320 1400m: 00:33.630 1800m: 00:33.100								
2200m: 00:33.480 2600m: 00:33.210 3000m: 00:33.630 3400m: 00:33.380 3800m: 00:33.540								
4200m: 00:33.850 4600m: 00:34.310 5000m: 00:34.890								
2	O	rd	3	HVAMMEN Søndre	NOR	Neo	7:07.890	+3.860
LAPS: 200m: 00:20.810 600m: 00:32.670 1000m: 00:33.660 1400m: 00:33.280 1800m: 00:33.470								
2200m: 00:33.330 2600m: 00:33.630 3000m: 00:33.490 3400m: 00:33.830 3800m: 00:34.210								
4200m: 00:34.850 4600m: 00:35.160 5000m: 00:35.500								
3	O	rd	2	ERLINGSEN Halvor Kjåsterud	NOR	A1	7:37.170 PB	+33.140
LAPS: 200m: 00:21.260 600m: 00:33.160 1000m: 00:35.440 1400m: 00:35.700 1800m: 00:36.140								
2200m: 00:35.570 2600m: 00:35.250 3000m: 00:36.310 3400m: 00:36.910 3800m: 00:37.140								
4200m: 00:37.210 4600m: 00:38.480 5000m: 00:38.600								
4	I	wt	2	SLEEKING Robin	NOR	Senior	7:41.020 SB	+36.990
LAPS: 200m: 00:20.850 600m: 00:34.720 1000m: 00:35.130 1400m: 00:35.820 1800m: 00:35.100								
2200m: 00:34.690 2600m: 00:35.050 3000m: 00:35.880 3400m: 00:37.400 3800m: 00:38.270								
4200m: 00:38.470 4600m: 00:39.190 5000m: 00:40.450								
-	O	rd	1	SLEEKING Joren	NOR	Neo	DQ	
LAPS: 200m: 00:20.500 600m: 00:34.860 1000m: 00:36.350 1400m: 01:13.080 1800m: 00:36.640								
2200m: 00:36.830 2600m: 00:36.830 3000m: 00:37.100 3400m: 00:37.100 3800m: 00:36.790								
4200m: 00:36.590 4600m: 00:36.080								
-		114		HOFF Hermann	NOR	Neo	WDR	

FELLESSTARTER; KVINNER & MENN SØNDAG; 17.11.2024							
Fellestart Kvinner			10 Runder				
Plassering	Navn	Klubb	Tid	AG	Poeng	NC Poeng, Sen.	NC Poeng, Jun.
1	Martine Solem	BØSK	7.32,713	A1	30		80
2	Ina Nakken	Tønsberg Turn	7.33,013	Neo	20	80	
3	Lovisia Olstad Grinden	Nord-Odal IL	7.34,646	B2	13		70
4	Sarah Marie Sanderud	Nord-Odal IL	7.42,081	Neo	8	70	
5	Pauline Lysø Olsen	BØSK	7.43,123	B2	4		60
6	Milla Grønvold Andersen	Geithus IL	7.43,605	B2	3		54
7	Ava Lynn Skinstad	Nord-Odal IL	7.44,432	C2	1		48
8	Åse Marie Dahn	Fana IL	WDR				
Fellestart Menn			10 Runder				
Plassering	Navn	Klubb	Tid	AG	Poeng	NC Poeng, Sen.	NC Poeng, Jun.
1	Sigurd Holbø Dyrset	TKK	5.57,435	Neo	34	80	
2	Simon Aanng	BØSK	5.57,632	Neo	20	70	
3	Vegard Rye	SSSK	5.58,522	Neo	16	60	
4	Filip Møller Nordal	Sandefjord	5.58,559	A2	4		80
5	Ivar Norheim	Fana IL	6.00,664	Neo	3	54	
6	Kristoffer Knag Songstad	Fana IL	5.58,723	A2	2		70
7	Nathaniel Høyer	Leinstrand	6.05,387	B2	0		60
8	Bendik Becker Pedersen	Fana IL	DNF				54
9	Aron Aanng	BØSK	WDR				

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