

Flikkerudløpet 2024

Sørmarka Arena – Stavanger (NOR) / 30.11. - 01.12.2024

RESULTATER KVINNER 500M 30.11.2024

Rnk	Nr	Navn	Klubb	Klasse	Tid	Diff
1	149	Marte Bjerkreim FURNÉE	Asker SK	Senior	41.96	-
2	180	Anine Haugnæs BJØRKLUND	Geithus IL	A1	MT44.71	02.75
3	173	Ingeborg SJØTHUN	SSSK	B2	44.72	02.76
4	134	Patricia JOHANNESSEN	TT hurtigl	Neo	45.06	03.10
5	125	Frida Stokken SALOMONSEN	Stord IL	D2	50.61	08.65
6	130	Ina NYGÅRD	Fana IL	C2	51.05	09.09
7	157	Hedda HUSØY	Fana IL	C1	53.06	11.10
8	166	Eline RYEN-HERLAND	Fana IL sk	C2	55.10	13.14
9	117	Tuva MYRMEL	Fana IL	D2	55.11	13.15
10	112	Geena Kjølen NAVEENAN	Fana IL	D2	56.38	14.42
11	161	Marta Stautland BÅTSVIK	Stord IL	D2	1:00.84	18.88
12	174	Benedikte Sola RØYRVIK	SSSK	D1	1:01.46	19.50
13	129	Eira Egeland HAUG	Fana IL	C1	1:02.54	20.58
14	123	Hannah YNDESDAL	Stord IL	D1	1:04.52	22.56
15	109	Mali Michelsen HAUGEN	Fana IL	C2	1:05.12	23.16
16	131	Ada Olivia Busengdal HOVE	Fana IL	D1	1:10.69	28.73
17	103	Karoline SØREIDE	SSSK	C1	F1:22.28	40.32

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Sørmarka Arena – Stavanger (NOR) / 30.11. - 01.12.2024

Par	Indre Bane	Ytre Bane
1	131. Ada Olivia Busengdal HOVE - Fana IL	- - -
	100 16.27 (16.27) 17	
	Final 1:10.69 (54.42) 16	
2	109. Mali Michelsen HAUGEN - Fana IL	123. Hannah YNDESDAL - Stord IL
	100 14.90 (14.90) 15	100 15.21 (15.21) 16
	Final 1:05.12 (50.22) 15	Final 1:04.52 (49.31) 14
3	174. Benedikte Sola RØYRVIK - SSSK	129. Eira Egeland HAUG - Fana IL
	100 14.70 (14.70) 14	100 14.66 (14.66) 13
	Final 1:01.46 (46.76) 12	Final 1:02.54 (47.88) 13
4	166. Eline RYEN-HERLAND - Fana IL sk	117. Tuva MYRMEL - Fana IL
	100 13.80 (13.80) 9	100 13.43 (13.43) 8
	Final 55.10 (41.30) 8	Final 55.11 (41.68) 9
5	157. Hedda HUSØY - Fana IL	112. Geena Kjølén NAVEENAN - Fana IL
	100 14.00 (14.00) 11	100 14.21 (14.21) 12
	Final 53.06 (39.06) 7	Final 56.38 (42.11) 10
6	103. Karoline SØREIDE - SSSK	130. Ina NYGÅRD - Fana IL
	100 13.94 (13.94) 10	100 13.24 (13.24) 7
	Final 1:22.28 (1:08.34) 17	Final 51.05 (37.81) 6
7	125. Frida Stokken SALOMONSEN - Stord IL	161. Marta Stautland BÅTSVIK - Stord IL
	100 12.99 (12.99) 6	100 12.76 (12.76) 5
	Final 50.61 (37.62) 5	Final 1:00.84 (48.08) 11
8	173. Ingeborg SJØTHUN - SSSK	180. Anine Hagnæs BJØRKLUND - Geithus IL
	100 12.29 (12.29) 4	100 11.97 (11.97) 3
	Final 44.72 (32.43) 3	Final MT44.71 (32.74) 2
9	149. Marte Bjerkreim FURNÉE - Asker SK	134. Patricia JOHANNESSEN - TT hurtigl
	100 11.55 (11.55) 1	100 11.85 (11.85) 2
	Final 41.96 (30.41) 1	Final 45.06 (33.21) 4

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Sørmarka Arena – Stavanger (NOR) / 30.11. - 01.12.2024

RESULTATER MENN 500M 30.11.2024

Rnk	Nr	Navn	Klubb	Nat.	Klasse	Tid	Diff
1	171	Emil MATRE	Fana IL	NOR	Neo	37.39	-
2	182	Vegard RYE	SSSK	NOR	Neo	38.82	01.43
3	156	Ivar NORHEIM	Fana IL	NOR	Neo	39.00	01.61
4	184	Sander TVETER	SSSK	NOR	Senior	39.11	01.72
5	170	Erlend BELSVIK	Stord IL	NOR	Neo	39.52	02.13
6	154	Kristoffer SONGSTAD	Fana IL	NOR	A2	39.70	02.31
7	183	Ole Mikkel MELLEMSTRAND	TS	NOR	Senior	40.26	02.87
8	114	Lars ULVESETH	Fana IL	NOR	A2	41.26	03.87
9	165	Øyvind RYEN-HERLAND	Fana IL	NOR	B2	41.48	04.09
10	186	Oliver August KAADA LIE	SSSK	NOR	C2	42.03	04.64
11	179	Bo Oscar LILLETVEDT	Fana IL	NOR	A2	43.24	05.85
12	162	Joakim HAARA	Austrått	NOR	A1	43.72	06.33
13	118	Magnus Kvåle AASEN	Fana IL	NOR	C2	45.05	07.66
14	110	Vetle LUND-RINGSTAD	Fana IL	NOR	C2	45.67	08.28
15	116	Sondre MYRMEL	Fana IL	NOR	B1	46.29	08.90
16	127	Magnus Sørheim NYLUND	Stord IL	NOR	C2	46.44	09.05
17	163	Snorre LERANG LUND	Austrått	NOR	B1	47.70	10.31
18	169	Mathias Eie ALGRØY	SSSK	NOR	C1	48.42	11.03
19	153	Marius KNAG SONGSTAD	Fana IL	NOR	C2	49.46	12.07
20	143	Adrian Hansen EIKÅS	Bergen SK	NOR	Senior	49.92	12.53
21	115	Julian Bjerring LOHNE	Fana IL	NOR	C1	50.60	13.21
22	152	Herman ROLFSNES	SSSK	NOR	D2	55.94	18.55
23	128	Paul Norbert Ulrich EMMERHOFF	Stord IL	NOR	C1	MT59.00	21.61
24	133	Magnus Hausberg KÅSTAD	Fana IL	NOR	C2	MT59.95	22.56

Par	Indre Bane	Ytre Bane
1	128. Paul Norbert Ulrich EMMERHOFF - Stord IL	133. Magnus Hausberg KÅSTAD - Fana IL
	100 13.67 (13.67) 20 Final MT59.00 (45.33) 23	100 13.80 (13.80) 21 Final MT59.95 (46.15) 24
2	153. Marius KNAG SONGSTAD - Fana IL	152. Herman ROLFSNES - SSSK
	100 13.05 (13.05) 17 Final 49.46 (36.41) 19	100 13.30 (13.30) 18 Final 55.94 (42.64) 22
3	169. Mathias Eie ALGRØY - SSSK	115. Julian Bjerring LOHNE - Fana IL
	100 11.96 (11.96) 12 Final 48.42 (36.46) 18	100 13.36 (13.36) 19 Final 50.60 (37.24) 21
4	143. Adrian Hansen EIKÅS - Bergen SK	163. Snorre LERANG LUND - Austrått
	100 12.85 (12.85) 16 Final 49.92 (37.07) 20	100 12.85 (12.85) 16 Final 47.70 (34.85) 17



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Par	Indre Bane	Ytre Bane
5	110. Vetle LUND-RINGSTAD - Fana IL	116. Sondre MYRMEL - Fana IL
	100 - (-) -	100 12.02 (12.02) 13
	Final 45.67 (45.67) 14	Final 46.29 (34.27) 15
6	118. Magnus Kvåle AASEN - Fana IL	127. Magnus Sørheim NYLUND - Stord IL
	100 12.08 (12.08) 14	100 12.38 (12.38) 15
	Final 45.05 (32.97) 13	Final 46.44 (34.06) 16
7	179. Bo Oscar LILLETVEDT - Fana IL	162. Joakim HAARA - Austrått
	100 11.69 (11.69) 11	100 11.54 (11.54) 9
	Final 43.24 (31.55) 11	Final 43.72 (32.18) 12
8	165. Øyvind RYEN-HERLAND - Fana IL	186. Oliver August KAADA LIE - SSSK
	100 11.20 (11.20) 7	100 11.57 (11.57) 10
	Final 41.48 (30.28) 9	Final 42.03 (30.46) 10
9	154. Kristoffer SONGSTAD - Fana IL	114. Lars ULVESETH - Fana IL
	100 11.03 (11.03) 6	100 11.43 (11.43) 8
	Final 39.70 (28.67) 6	Final 41.26 (29.83) 8
10	170. Erlend BELSVIK - Stord IL	182. Vegard RYE - SSSK
	100 11.00 (11.00) 5	100 10.86 (10.86) 4
	Final 39.52 (28.52) 5	Final 38.82 (27.96) 2
11	156. Ivar NORHEIM - Fana IL	183. Ole Mikkel MELLEMSTRAND - TS
	100 - (-) -	100 10.75 (10.75) 2
	Final 39.00 (39.00) 3	Final 40.26 (29.51) 7
12	171. Emil MATRE - Fana IL	184. Sander TVETER - SSSK
	100 10.44 (10.44) 1	100 10.85 (10.85) 3
	Final 37.39 (26.95) 1	Final 39.11 (28.26) 4

O. M. A.



Flikkerudløpet 2024

Sørmarka Arena – Stavanger (NOR) / 30.11. - 01.12.2024

RESULTATER JENTER 11 ÅR 1000M 30.11.2024

Rnk	Nr	Navn	Klubb	Nat.	Klasse	Tid	Diff
1	174	Benedikte Sola RØYRVIK	SSSK	NOR	D1	2:09.01	-
2	131	Ada Olivia Busengdal HOVE	Fana IL	NOR	D1	2:30.40	21.39

Par	Indre Bane	Ytre Bane
1	131. Ada Olivia Busengdal HOVE - Fana IL	174. Benedikte Sola RØYRVIK - SSSK
	200 31.48 (31.48) 2	200 27.86 (27.86) 1
	600 1:29.09 (57.61) 2	600 1:16.68 (48.82) 1
	Final 2:30.40 (1:01.31) 2	Final 2:09.01 (52.33) 1

Flikkerudløpet 2024

Sørmarka Arena – Stavanger (NOR) / 30.11. - 01.12.2024

RESULTATER KVINNER 1500M - 30.11.2024

Rnk	Nr	Navn	Klubb	Klasse	Tid	Diff
1	149	Marte Bjerkreim FURNÉE	Asker SK	Senior	2:09.03	-
2	180	Anine Haugnæs BJØRKLUND	Geithus IL	A1	MT2:25.50	16.47
3	134	Patricia JOHANNESSEN	TT hurtigl	Neo	2:27.59	18.56
4	130	Ina NYGÅRD	Fana IL	C2	2:48.38	39.35
5	157	Hedda HUSØY	Fana IL	C1	2:53.91	44.88
6	166	Eline RYEN-HERLAND	Fana IL sk	C2	2:54.72	45.69
7	112	Geena Kjølén NAVEENAN	Fana IL	D2	3:03.08	54.05
8	117	Tuva MYRMEL	Fana IL	D2	3:03.82	54.79
9	103	Karoline SØREIDE	SSSK	C1	3:05.86	56.83
10	129	Eira Egeland HAUG	Fana IL	C1	MT3:20.57	1:11.54
11	109	Mali Michelsen HAUGEN	Fana IL	C2	MT3:32.38	1:23.35
-	125	Frida Stokken SALOMONSEN	Stord IL	D2	DQ	-

Q. H. A. L.

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Sørmarka Arena – Stavanger (NOR) / 30.11. - 01.12.2024

Par	Indre Bane	Ytre Bane
1	117. Tuva MYRMEL - Fana IL	103. Karoline SØREIDE - SSSK
	300 36.85 (36.85) 6	300 38.19 (38.19) 8
	700 1:24.56 (47.71) 7	700 1:26.88 (48.69) 8
	1100 2:14.20 (49.64) 9	1100 2:16.50 (49.62) 10
	Final 3:03.82 (49.62) 9	Final 3:05.86 (49.36) 10
2	109. Mali Michelsen HAUGEN - Fana IL	129. Eira Egeland HAUG - Fana IL
	300 42.67 (42.67) 10	300 41.76 (41.76) 9
	700 - (-) -	700 - (-) -
	1100 - (-) -	1100 - (-) -
	Final MT3:32.38 (1:59.36) 12	Final MT3:20.57 (1:42.85) 11
3	157. Hedda HUSØY - Fana IL	166. Eline RYEN-HERLAND - Fana IL sk
	300 35.56 (35.56) 5	300 35.31 (35.31) 4
	700 1:18.04 (42.48) 4	700 1:19.45 (44.14) 5
	1100 2:05.30 (47.26) 6	1100 2:07.01 (47.56) 7
	Final 2:53.91 (48.61) 6	Final 2:54.72 (47.71) 7
4	130. Ina NYGÅRD - Fana IL	112. Geena Kjølén NAVEENAN - Fana IL
	300 34.40 (34.40) 3	300 36.89 (36.89) 7
	700 1:16.62 (42.22) 3	700 1:22.84 (45.95) 6
	1100 2:02.70 (46.08) 5	1100 2:12.22 (49.38) 8
	Final 2:48.38 (45.68) 5	Final 3:03.08 (50.86) 8
5	180. Anine Haugnæs BJØRKLUND - Geithus IL	125. Frida Stokken SALOMONSEN - Stord IL
	300 - (-) -	300 - (-) -
	700 - (-) -	700 - (-) -
	1100 - (-) -	1100 - (-) -
	Final MT2:25.50 (2:25.50) 2	Final 2:43.31 (2:43.31) 4
6	149. Marte Bjerkreim FURNÉE - Asker SK	134. Patricia JOHANNESSEN - TT hurtigl
	300 27.89 (27.89) 1	300 29.06 (29.06) 2
	700 59.72 (31.83) 1	700 1:04.41 (35.35) 2
	1100 1:33.25 (33.53) 2	1100 1:44.03 (39.62) 4
	Final 2:09.03 (35.78) 1	Final 2:27.59 (43.56) 3



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Sørmarka Arena – Stavanger (NOR) / 30.11. - 01.12.2024

RESULTATER MENN 1500M - 30.11.2024

Rnk	Nr	Navn	Klubb	Nat.	Klasse	Tid	Diff
1	182	Vegard RYE	SSSK	NOR	Neo	1:54.21	-
2	156	Ivar NORHEIM	Fana IL	NOR	Neo	1:55.78	01.57
3	170	Erlend BELSVIK	Stord IL	NOR	Neo	1:59.01	04.80
4	154	Kristoffer SONGSTAD	Fana IL	NOR	A2	2:00.36	06.15
5	184	Sander TVETER	SSSK	NOR	Senior	2:00.40	06.19
6	114	Lars ULVESETH	Fana IL	NOR	A2	2:09.37	15.16
7	179	Bo Oscar LILLETVEDT	Fana IL	NOR	A2	2:10.33	16.12
8	186	Oliver August KAADA LIE	SSSK	NOR	C2	2:10.41	16.20
9	165	Øyvind RYEN-HERLAND	Fana IL	NOR	B2	2:11.91	17.70
10	118	Magnus Kvåle AASEN	Fana IL	NOR	C2	2:16.31	22.10
11	162	Joakim HAARA	Austrått	NOR	A1	2:20.93	26.72
12	153	Marius KNAG SONGSTAD	Fana IL	NOR	C2	2:29.27	35.06
13	110	Vetle LUND-RINGSTAD	Fana IL	NOR	C2	2:29.40	35.19
14	127	Magnus Sørheim NYLUND	Stord IL	NOR	C2	2:30.07	35.86
15	116	Sondre MYRMEL	Fana IL	NOR	B1	2:30.08	35.87
16	163	Snorre LERANG LUND	Austrått	NOR	B1	2:30.73	36.52
17	115	Julian Bjerring LOHNE	Fana IL	NOR	C1	2:38.64	44.43
18	143	Adrian Hansen EIKÅS	Bergen SK	NOR	Senior	2:51.52	57.31
19	128	Paul Norbert Ulrich EMMERHOFF	Stord IL	NOR	C1	3:13.41	1:19.20
20	133	Magnus Hausberg KÅSTAD	Fana IL	NOR	C2	3:25.26	1:31.05

Par	Indre Bane	Ytre Bane
1	133. Magnus Hausberg KÅSTAD - Fana IL	143. Adrian Hansen EIKÅS - Bergen SK
	300 41.08 (41.08) 20	300 32.95 (32.95) 17
	700 1:34.98 (53.90) 19	700 1:15.11 (42.16) 17
	1100 2:31.91 (56.93) 20	1100 2:02.43 (47.32) 18
	Final 3:25.26 (53.35) 20	Final 2:51.52 (49.09) 18
2	115. Julian Bjerring LOHNE - Fana IL	128. Paul Norbert Ulrich EMMERHOFF - Stord IL
	300 33.33 (33.33) 18	300 36.91 (36.91) 19
	700 1:13.72 (40.39) 16	700 1:27.72 (50.81) 18
	1100 1:56.11 (42.39) 17	1100 2:21.63 (53.91) 19
	Final 2:38.64 (42.53) 17	Final 3:13.41 (51.78) 19
3	153. Marius KNAG SONGSTAD - Fana IL	116. Sondre MYRMEL - Fana IL
	300 32.07 (32.07) 16	300 31.16 (31.16) 13
	700 1:10.04 (37.97) 15	700 1:09.48 (38.32) 13
	1100 1:49.44 (39.40) 15	1100 1:49.87 (40.39) 16
	Final 2:29.27 (39.83) 12	Final 2:30.08 (40.21) 15
4	127. Magnus Sørheim NYLUND - Stord IL	163. Snorre LERANG LUND - Austrått
	300 31.19 (31.19) 14	300 30.96 (30.96) 12
	700 1:08.55 (37.36) 12	700 - (-) -

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Sørmarka Arena – Stavanger (NOR) / 30.11. - 01.12.2024

Par	Indre Bane	Ytre Bane
	1100 1:48.81 (40.26) 12 Final 2:30.07 (41.26) 14	1100 1:49.28 (1:49.28) 14 Final 2:30.73 (41.45) 16
5	162. Joakim HAARA - Austrått	110. Vetle LUND-RINGSTAD - Fana IL
	300 29.66 (29.66) 10 700 1:05.05 (35.39) 11 1100 1:42.56 (37.51) 11 Final 2:20.93 (38.37) 11	300 31.35 (31.35) 15 700 1:09.63 (38.28) 14 1100 1:49.26 (39.63) 13 Final 2:29.40 (40.14) 13
6	165. Øyvind RYEN-HERLAND - Fana IL	118. Magnus Kvåle AASEN - Fana IL
	300 28.10 (28.10) 8 700 59.95 (31.85) 7 1100 1:34.46 (34.51) 7 Final 2:11.91 (37.45) 9	300 29.97 (29.97) 11 700 1:04.72 (34.75) 10 1100 1:40.31 (35.59) 10 Final 2:16.31 (36.00) 10
7	179. Bo Oscar LILLETVEDT - Fana IL	186. Oliver August KAADA LIE - SSSK
	300 28.94 (28.94) 9 700 1:01.54 (32.60) 9 1100 1:35.45 (33.91) 9 Final 2:10.33 (34.88) 7	300 27.92 (27.92) 7 700 1:00.32 (32.40) 8 1100 1:35.03 (34.71) 8 Final 2:10.41 (35.38) 8
8	154. Kristoffer SONGSTAD - Fana IL	114. Lars ULVESETH - Fana IL
	300 26.19 (26.19) 4 700 55.75 (29.56) 4 1100 1:27.16 (31.41) 5 Final 2:00.36 (33.20) 4	300 27.62 (27.62) 6 700 59.21 (31.59) 6 1100 1:33.33 (34.12) 6 Final 2:09.37 (36.04) 6
9	156. Ivar NORHEIM - Fana IL	170. Erlend BELSVIK - Stord IL
	300 25.64 (25.64) 1 700 54.22 (28.58) 2 1100 1:24.14 (29.92) 2 Final 1:55.78 (31.64) 2	300 25.96 (25.96) 3 700 55.36 (29.40) 3 1100 1:26.22 (30.86) 3 Final 1:59.01 (32.79) 3
10	184. Sander TVETER - SSSK	182. Vegard RYE - SSSK
	300 26.73 (26.73) 5 700 56.10 (29.37) 5 1100 1:27.14 (31.04) 4 Final 2:00.40 (33.26) 5	300 25.77 (25.77) 2 700 54.17 (28.40) 1 1100 1:23.43 (29.26) 1 Final 1:54.21 (30.78) 1

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Sørmarka Arena – Stavanger (NOR) / 30.11. - 01.12.2024

RESULTATER MIXED 11-12 ÅR 500M - 01.12.2024

Rnk	Nr	Navn	Klubb	Nat.	Klasse	Tid	Diff
1	107	Sverre Solhaug FOLKESTAD	Fana IL	NOR	D2	47.19	-
2	125	Frida Stokken SALOMONSEN	Stord IL	NOR	D2	50.58	03.39
3	152	Herman ROLFSNES	SSSK	NOR	D2	54.90	07.71
4	112	Geena Kjølén NAVEENAN	Fana IL	NOR	D2	56.47	09.28
5	117	Tuva MYRMEL	Fana IL	NOR	D2	58.27	11.08
6	174	Benedikte Sola RØYRVIK	SSSK	NOR	D1	1:02.26	15.07
7	123	Hannah YNDESDAL	Stord IL	NOR	D1	1:05.59	18.40
8	131	Ada Olivia Busengdal HOVE	Fana IL	NOR	D1	1:12.37	25.18
-	177	Pavan Krishnan SIVAKUMAR	Sandnes Sk	NOR	D2	DNS	-

Par	Indre Bane	Ytre Bane
2	152. Herman ROLFSNES - SSSK	107. Sverre Solhaug FOLKESTAD - Fana IL
	100 13.07 (13.07) 3	100 12.49 (12.49) 1
	Final 54.90 (41.83) 3	Final 47.19 (34.70) 1
3	117. Tuva MYRMEL - Fana IL	112. Geena Kjølén NAVEENAN - Fana IL
	100 13.90 (13.90) 4	100 14.23 (14.23) 5
	Final 58.27 (44.37) 5	Final 56.47 (42.24) 4
4	125. Frida Stokken SALOMONSEN - Stord IL	174. Benedikte Sola RØYRVIK - SSSK
	100 12.70 (12.70) 2	100 14.82 (14.82) 6
	Final 50.58 (37.88) 2	Final 1:02.26 (47.44) 6
5	131. Ada Olivia Busengdal HOVE - Fana IL	123. Hannah YNDESDAL - Stord IL
	100 17.37 (17.37) 8	100 15.50 (15.50) 7
	Final 1:12.37 (55.00) 8	Final 1:05.59 (50.09) 7



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Sørmarka Arena – Stavanger (NOR) / 30.11. - 01.12.2024

RESULTATER KVINNER KVINNER 1000M - 01.12.2024

Rnk	Nr	Navn	Klubb	Nat.	Klasse	Tid	Diff
1	149	Marte Bjerkreim FURNÉE	Asker SK	NOR	Senior	1:24.19	-
2	173	Ingeborg SJØTHUN	SSSK	NOR	B2	1:32.40	08.21
3	105	Elle Borgen STEEN	Fana IL	NOR	B2	1:33.77	09.58
4	180	Anine Haugnæs BJØRKLUND	Geithus IL	NOR	A1	1:33.95	09.76
5	125	Frida Stokken SALOMONSEN	Stord IL	NOR	D2	1:43.66	19.47
6	130	Ina NYGÅRD	Fana IL	NOR	C2	1:47.04	22.85
7	157	Hedda HUSØY	Fana IL	NOR	C1	1:49.69	25.50
8	103	Karoline SØREIDE	SSSK	NOR	C1	1:55.87	31.68
9	112	Geena Kjølén NAVEENAN	Fana IL	NOR	D2	1:58.14	33.95
10	117	Tuva MYRMEL	Fana IL	NOR	D2	2:01.46	37.27
11	129	Eira Egeland HAUG	Fana IL	NOR	C1	2:16.81	52.62
12	109	Mali Michelsen HAUGEN	Fana IL	NOR	C2	2:27.52	1:03.33
13	131	Ada Olivia Busengdal HOVE	Fana IL	NOR	D1	2:27.77	1:03.58
14	123	Hannah YNDESDAL	Stord IL	NOR	D1	F2:30.27	1:06.08
-	166	Eline RYEN-HERLAND	Fana IL sk	NOR	C2	DNF	-

O. Hal-

Flikkerudløpet 2024

Sørmarka Arena – Stavanger (NOR) / 30.11. - 01.12.2024

Par	Indre Bane	Ytre Bane
1	123. Hannah YNDESDAL - Stord IL	- -
	200 36.72 (36.72) 15	
	600 1:34.34 (57.62) 14	
	Final F2:30.27 (55.93) 14	
2	109. Mali Michelsen HAUGEN - Fana IL	131. Ada Olivia Busengdal HOVE - Fana IL
	200 30.74 (30.74) 13	200 31.33 (31.33) 14
	600 1:28.86 (58.12) 13	600 1:27.76 (56.43) 12
	Final 2:27.52 (58.66) 12	Final 2:27.77 (1:00.01) 13
3	117. Tuva MYRMEL - Fana IL	129. Eira Egeland HAUG - Fana IL
	200 25.63 (25.63) 10	200 30.36 (30.36) 12
	600 1:11.51 (45.88) 9	600 1:22.67 (52.31) 11
	Final 2:01.46 (49.95) 10	Final 2:16.81 (54.14) 11
4	157. Hedda HUSØY - Fana IL	166. Eline RYEN-HERLAND - Fana IL sk
	200 24.78 (24.78) 7	200 24.86 (24.86) 8
	600 1:05.69 (40.91) 7	600 - (-) -
	Final 1:49.69 (44.00) 7	Final DNF (-) -
5	103. Karoline SØREIDE - SSSK	112. Geena Kjølén NAVEENAN - Fana IL
	200 25.25 (25.25) 9	200 26.65 (26.65) 11
	600 1:10.02 (44.77) 8	600 1:11.96 (45.31) 10
	Final 1:55.87 (45.85) 8	Final 1:58.14 (46.18) 9
6	125. Frida Stokken SALOMONSEN - Stord IL	130. Ina NYGÅRD - Fana IL
	200 23.18 (23.18) 5	200 24.17 (24.17) 6
	600 1:02.97 (39.79) 5	600 1:04.05 (39.88) 6
	Final 1:43.66 (40.69) 5	Final 1:47.04 (42.99) 6
7	173. Ingeborg SJØTHUN - SSSK	180. Anine Haugnæs BJØRKLUND - Geithus IL
	200 21.34 (21.34) 4	200 21.25 (21.25) 2
	600 55.43 (34.09) 3	600 55.94 (34.69) 4
	Final 1:32.40 (36.97) 2	Final 1:33.95 (38.01) 4
8	149. Marte Bjerkreim FURNÉE - Asker SK	105. Elle Borgen STEEN - Fana IL
	200 19.80 (19.80) 1	200 21.31 (21.31) 3
	600 50.66 (30.86) 1	600 55.12 (33.81) 2
	Final 1:24.19 (33.53) 1	Final 1:33.77 (38.65) 3



Flikkerudløpet 2024

Sørmarka Arena – Stavanger (NOR) / 30.11. - 01.12.2024

RESULTATER MENN MENN 1000M - 01.12.2024

Rnk	Nr	Navn	Klubb	Nat.	Klasse	Tid	Diff
1	171	Emil MATRE	Fana IL	NOR	Neo	1:14.11	-
2	156	Ivar NORHEIM	Fana IL	NOR	Neo	1:16.42	02.31
3	154	Kristoffer SONGSTAD	Fana IL	NOR	A2	1:17.94	03.83
4	114	Lars ULVESETH	Fana IL	NOR	A2	1:23.56	09.45
5	186	Oliver August KAADA LIE	SSSK	NOR	C2	1:24.28	10.17
6	165	Øyvind RYEN-HERLAND	Fana IL	NOR	B2	1:24.43	10.32
7	179	Bo Oscar LILLETVEDT	Fana IL	NOR	A2	1:26.46	12.35
8	162	Joakim HAARA	Austrått	NOR	A1	1:29.37	15.26
9	118	Magnus Kvåle AASEN	Fana IL	NOR	C2	1:30.65	16.54
10	110	Vetle LUND-RINGSTAD	Fana IL	NOR	C2	1:33.60	19.49
11	127	Magnus Sørheim NYLUND	Stord IL	NOR	C2	1:35.94	21.83
12	116	Sondre MYRMEL	Fana IL	NOR	B1	1:36.32	22.21
13	107	Sverre Solhaug FOLKESTAD	Fana IL	NOR	D2	1:36.76	22.65
14	163	Snorre LERANG LUND	Austrått	NOR	B1	1:38.27	24.16
15	153	Marius KNAG SONGSTAD	Fana IL	NOR	C2	1:38.86	24.75
16	115	Julian Bjerring LOHNE	Fana IL	NOR	C1	1:42.60	28.49
17	169	Mathias Eie ALGRØY	SSSK	NOR	C1	1:43.61	29.50
18	128	Paul Norbert Ulrich EMMERHOFF	Stord IL	NOR	C1	F2:11.42	57.31
19	133	Magnus Hausberg KÅSTAD	Fana IL	NOR	C2	2:13.37	59.26
-	176	Daniel Ørstavik REILSTAD	Sandnes S	NOR	A1	WDR	-

Par	Indre Bane	Ytre Bane
1	128. Paul Norbert Ulrich EMMERHOFF - Stord IL	176. Daniel Ørstavik REILSTAD - Sandnes S
	200 32.36 (32.36) 17	200 - (-) -
	600 1:20.60 (48.24) 19	600 - (-) -
	Final 2:11.42 (50.82) 18	Final - (-) -
2	169. Mathias Eie ALGRØY - SSSK	133. Magnus Hausberg KÅSTAD - Fana IL
	200 22.00 (22.00) 12	200 27.47 (27.47) 16
	600 1:01.23 (39.23) 16	600 1:19.23 (51.76) 18
	Final 1:43.61 (42.38) 17	Final 2:13.37 (54.14) 19
3	115. Julian Bjerring LOHNE - Fana IL	153. Marius KNAG SONGSTAD - Fana IL
	200 23.06 (23.06) 15	200 - (-) -
	600 1:01.30 (38.24) 17	600 59.96 (59.96) 15
	Final 1:42.60 (41.30) 16	Final 1:38.86 (38.90) 15
4	116. Sondre MYRMEL - Fana IL	107. Sverre Solhaug FOLKESTAD - Fana IL
	200 22.13 (22.13) 13	200 21.99 (21.99) 11
	600 58.07 (35.94) 12	600 58.32 (36.33) 13
	Final 1:36.32 (38.25) 12	Final 1:36.76 (38.44) 13
5	127. Magnus Sørheim NYLUND - Stord IL	163. Snorre LERANG LUND - Austrått

Flikkerudløpet 2024

Sørmarka Arena – Stavanger (NOR) / 30.11. - 01.12.2024

Par	Indre Bane	Ytre Bane
	200 21.63 (21.63) 10 600 57.68 (36.05) 11 Final 1:35.94 (38.26) 11	200 22.71 (22.71) 14 600 59.60 (36.89) 14 Final 1:38.27 (38.67) 14
6	118. Magnus Kvåle AASEN - Fana IL	110. Vetle LUND-RINGSTAD - Fana IL
	200 - (-) - 600 55.36 (55.36) 9 Final 1:30.65 (35.29) 9	200 21.36 (21.36) 9 600 56.22 (34.86) 10 Final 1:33.60 (37.38) 10
7	179. Bo Oscar LILLETVEDT - Fana IL	162. Joakim HAARA - Austrått
	200 20.55 (20.55) 7 600 52.84 (32.29) 7 Final 1:26.46 (33.62) 7	200 20.82 (20.82) 8 600 53.94 (33.12) 8 Final 1:29.37 (35.43) 8
8	186. Oliver August KAADA LIE - SSSK	165. Øyvind RYEN-HERLAND - Fana IL
	200 19.58 (19.58) 4 600 50.47 (30.89) 5 Final 1:24.28 (33.81) 5	200 19.63 (19.63) 5 600 50.11 (30.48) 4 Final 1:24.43 (34.32) 6
9	154. Kristoffer SONGSTAD - Fana IL	114. Lars ULVESETH - Fana IL
	200 18.61 (18.61) 3 600 47.37 (28.76) 3 Final 1:17.94 (30.57) 3	200 19.89 (19.89) 6 600 50.60 (30.71) 6 Final 1:23.56 (32.96) 4
10	171. Emil MATRE - Fana IL	156. Ivar NORHEIM - Fana IL
	200 17.53 (17.53) 1 600 44.74 (27.21) 1 Final 1:14.11 (29.37) 1	200 18.37 (18.37) 2 600 46.58 (28.21) 2 Final 1:16.42 (29.84) 2

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Flikkerudløpet 2024

Sørmarka Arena – Stavanger (NOR) / 30.11. - 01.12.2024

RESULTATER KVINNER KVINNER 3000M - 01.12.2024

Rnk	Nr	Navn	Klubb	Nat.	Klasse	Tid	Diff
1	180	Anine Haugnæs BJØRKLUND	Geithus IL	NOR	A1	5:17.40	-
2	105	Elle Borgen STEEN	Fana IL	NOR	B2	5:30.73	13.33
3	130	Ina NYGÅRD	Fana IL	NOR	C2	6:10.47	53.07
4	166	Eline RYEN-HERLAND	Fana IL sk	NOR	C2	6:23.31	1:05.91
5	157	Hedda HUSØY	Fana IL	NOR	C1	6:36.13	1:18.73

Par	Indre Bane	Ytre Bane
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1 166. Eline RYEN-HERLAND - Fana IL sk - - -

200 **26.27** (26.27) 3
600 **1:13.26** (46.99) 4
1000 **2:04.17** (50.91) 5
1400 **2:55.58** (51.41) 5
1800 **3:47.51** (51.93) 4
2200 **4:39.72** (52.21) 4
2600 **5:32.03** (52.31) 4
Final **6:23.31** (51.28) 4

2 130. Ina NYGÅRD - Fana IL 157. Hedda HUSØY - Fana IL

200 26.38 (26.38) 4	200 28.56 (28.56) 5
600 1:12.65 (46.27) 3	600 1:14.06 (45.50) 5
1000 2:00.30 (47.65) 3	1000 2:02.41 (48.35) 4
1400 2:49.16 (48.86) 3	1400 2:54.55 (52.14) 4
1800 3:39.15 (49.99) 3	1800 3:49.44 (54.89) 5
2200 4:30.49 (51.34) 3	2200 4:45.49 (56.05) 5
2600 5:21.77 (51.28) 3	2600 5:41.98 (56.49) 5
Final 6:10.47 (48.70) 3	Final 6:36.13 (54.15) 5

3 180. Anine Haugnæs BJØRKLUND - Geithus IL 105. Elle Borgen STEEN - Fana IL

200 23.32 (23.32) 1	200 24.29 (24.29) 2
600 1:03.20 (39.88) 1	600 1:03.52 (39.23) 2
1000 1:44.06 (40.86) 1	1000 1:44.54 (41.02) 2
1400 2:26.54 (42.48) 1	1400 2:27.83 (43.29) 2
1800 3:09.59 (43.05) 1	1800 3:12.41 (44.58) 2
2200 3:52.57 (42.98) 1	2200 3:57.24 (44.83) 2
2600 4:35.53 (42.96) 1	2600 4:43.54 (46.30) 2
Final 5:17.40 (41.87) 1	Final 5:30.73 (47.19) 2

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Flikkerudløpet 2024

Sørmarka Arena – Stavanger (NOR) / 30.11. - 01.12.2024

RESULTATER MENN MENN 3000M 01.12.2024

Rnk	Nr	Navn	Klubb	Nat.	Klasse	Tid	Diff
1	156	Ivar NORHEIM	Fana IL	NOR	Neo	4:09.03	-
2	182	Vegard RYE	SSSK	NOR	Neo	4:09.40	00.37
3	170	Erlend BELSVIK	Stord IL	NOR	Neo	4:14.36	05.33
4	154	Kristoffer SONGSTAD	Fana IL	NOR	A2	4:16.27	07.24
5	179	Bo Oscar LILLETVEDT	Fana IL	NOR	A2	4:35.89	26.86
6	186	Oliver August KAADA LIE	SSSK	NOR	C2	4:36.49	27.46
7	165	Øyvind RYEN-HERLAND	Fana IL	NOR	B2	4:38.18	29.15
8	118	Magnus Kvåle AASEN	Fana IL	NOR	C2	4:44.43	35.40
9	114	Lars ULVESETH	Fana IL	NOR	A2	4:49.35	40.32
10	162	Joakim HAARA	Austrått	NOR	A1	4:59.02	49.99
11	153	Marius KNAG SONGSTAD	Fana IL	NOR	C2	5:14.10	1:05.07
12	127	Magnus Sørheim NYLUND	Stord IL	NOR	C2	5:17.43	1:08.40
13	163	Snorre LERANG LUND	Austrått	NOR	B1	5:27.50	1:18.47
14	115	Julian Bjerring LOHNE	Fana IL	NOR	C1	MT6:06.06	1:57.03
15	128	Paul Norbert Ulrich EMMERHOFF	Stord IL	NOR	C1	6:53.11	2:44.08
-	116	Sondre MYRMEL	Fana IL	NOR	B1	DQ	-
-	184	Sander TVETER	SSSK	NOR	Senior	DNS	-

Par	Indre Bane	Ytre Bane
1	128. Paul Norbert Ulrich EMMERHOFF - Stord IL	- -
	200 27.77 (27.77) 16	
	600 1:19.19 (51.42) 16	
	1000 2:14.11 (54.92) 16	
	1400 3:09.19 (55.08) 16	
	1800 4:04.99 (55.80) 16	
	2200 5:03.12 (58.13) 16	
	2600 5:59.62 (56.50) 15	
	Final 6:53.11 (53.49) 16	
2	116. Sondre MYRMEL - Fana IL	115. Julian Bjerring LOHNE - Fana IL
	200 24.94 (24.94) 14	200 26.08 (26.08) 15
	600 1:07.32 (42.38) 14	600 1:11.08 (45.00) 15
	1000 1:51.52 (44.20) 14	1000 1:57.43 (46.35) 15
	1400 2:36.54 (45.02) 14	1400 2:43.91 (46.48) 15
	1800 3:21.74 (45.20) 14	1800 3:42.92 (59.01) 15
	2200 4:51.16 (1:29.42) 15	2200 4:05.86 (22.94) 14
	2600 - (-) -	2600 5:20.01 (1:14.15) 14
	Final DQ (5:36.57) 14	Final 6:06.06 (46.05) 15



Flikkerudløpet 2024

Sørmarka Arena – Stavanger (NOR) / 30.11. - 01.12.2024

Par	Indre Bane	Ytre Bane
3	153. Marius KNAG SONGSTAD - Fana IL	163. Snorre LERANG LUND - Austrått
	200 24.25 (24.25) 13	200 23.87 (23.87) 11
	600 1:03.71 (39.46) 13	600 1:03.23 (39.36) 11
	1000 1:44.92 (41.21) 12	1000 1:45.27 (42.04) 13
	1400 2:26.82 (41.90) 12	1400 2:28.80 (43.53) 13
	1800 3:08.74 (41.92) 12	1800 3:12.39 (43.59) 13
	2200 3:50.75 (42.01) 12	2200 3:57.48 (45.09) 13
	2600 4:32.79 (42.04) 11	2600 4:42.95 (45.47) 13
	Final 5:14.10 (41.31) 11	Final 5:27.50 (44.55) 13
4	162. Joakim HAARA - Austrått	127. Magnus Sørheim NYLUND - Stord IL
	200 22.36 (22.36) 7	200 24.22 (24.22) 12
	600 58.72 (36.36) 9	600 1:03.27 (39.05) 12
	1000 1:37.72 (39.00) 9	1000 1:43.77 (40.50) 11
	1400 2:17.54 (39.82) 10	1400 2:25.52 (41.75) 11
	1800 2:57.08 (39.54) 10	1800 3:07.65 (42.13) 11
	2200 3:37.45 (40.37) 10	2200 3:50.40 (42.75) 11
	2600 4:19.18 (41.73) 10	2600 4:33.80 (43.40) 12
	Final 4:59.02 (39.84) 10	Final 5:17.43 (43.63) 12
5	114. Lars ULVESETH - Fana IL	118. Magnus Kvåle AASEN - Fana IL
	200 22.40 (22.40) 8	200 23.80 (23.80) 10
	600 58.08 (35.68) 8	600 1:01.26 (37.46) 10
	1000 1:34.38 (36.30) 8	1000 1:38.54 (37.28) 10
	1400 2:12.03 (37.65) 8	1400 2:15.14 (36.60) 9
	1800 2:50.15 (38.12) 8	1800 2:51.71 (36.57) 9
	2200 3:29.35 (39.20) 9	2200 3:28.49 (36.78) 8
	2600 4:09.04 (39.69) 9	2600 4:06.03 (37.54) 8
	Final 4:49.35 (40.31) 9	Final 4:44.43 (38.40) 8
6	165. Øyvind RYEN-HERLAND - Fana IL	186. Oliver August KAADA LIE - SSSK
	200 22.34 (22.34) 6	200 21.93 (21.93) 5
	600 56.11 (33.77) 5	600 56.35 (34.42) 6
	1000 1:30.61 (34.50) 5	1000 1:31.61 (35.26) 6
	1400 2:06.59 (35.98) 5	1400 2:07.47 (35.86) 6
	1800 2:42.79 (36.20) 5	1800 2:44.30 (36.83) 6
	2200 3:20.76 (37.97) 5	2200 3:21.61 (37.31) 6
	2600 3:58.89 (38.13) 6	2600 3:59.16 (37.55) 7
	Final 4:38.18 (39.29) 7	Final 4:36.49 (37.33) 6
7	154. Kristoffer SONGSTAD - Fana IL	179. Bo Oscar LILLETVEDT - Fana IL
	200 21.04 (21.04) 3	200 22.42 (22.42) 9
	600 53.70 (32.66) 3	600 57.43 (35.01) 7
	1000 1:26.53 (32.83) 3	1000 1:33.14 (35.71) 7
	1400 2:00.06 (33.53) 3	1400 2:09.19 (36.05) 7
	1800 2:33.61 (33.55) 3	1800 2:45.47 (36.28) 7
	2200 3:07.28 (33.67) 3	2200 3:21.86 (36.39) 7
	2600 3:41.66 (34.38) 4	2600 3:58.52 (36.66) 5
	Final 4:16.27 (34.61) 4	Final 4:35.89 (37.37) 5

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Flikkerudløpet 2024

Sørmarka Arena – Stavanger (NOR) / 30.11. - 01.12.2024

8	156.	Ivar NORHEIM - Fana IL	170.	Erlend BELSVIK - Stord IL
	200	19.88 (19.88) 1		200 20.71 (20.71) 2
	600	51.47 (31.59) 1		600 53.65 (32.94) 2
	1000	1:23.36 (31.89) 1		1000 1:27.19 (33.54) 4
	1400	1:55.83 (32.47) 1		1400 2:00.85 (33.66) 4
	1800	2:28.79 (32.96) 1		1800 2:34.16 (33.31) 4
	2200	3:01.96 (33.17) 1		2200 3:07.54 (33.38) 4
	2600	3:35.34 (33.38) 1		2600 3:40.92 (33.38) 3
	Final	4:09.03 (33.69) 1		Final 4:14.36 (33.44) 3
9	184.	Sander TVETER - SSSK	182.	Vegard RYE - SSSK
	200	- (-) -		200 21.79 (21.79) 4
	600	- (-) -		600 53.85 (32.06) 4
	1000	- (-) -		1000 1:25.83 (31.98) 2
	1400	- (-) -		1400 1:58.26 (32.43) 2
	1800	- (-) -		1800 2:31.32 (33.06) 2
	2200	- (-) -		2200 3:04.05 (32.73) 2
	2600	- (-) -		2600 3:36.57 (32.52) 2
	Final	DNS (-) -		Final 4:09.40 (32.83) 2

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