

Masters X-mas race 2024

Sørmarka Arena – Stavanger (NOR) / 07. - 08.12.2024

RESULTATER MIXED 500M - 07.12.2024

Rnk	Nr	Navn	Klubb	Nat.	Klasse	Tid	Diff
1	154	Morten HENRIKSEN	Geithus IL	NOR	M65	44.59	-
2	174	Einar MATHIASSEN	SSSK	NOR	M45	45.38	00.79
3	149	Morten EILERTSEN	Herkules	NOR	M55	45.64	01.05
4	168	Johan VIKHALS	BØSK	NOR	M55	45.70	01.11
5	114	Lucas ICASATTI	Arendal Sk	ARG	M45	46.80	02.21
6	157	Sveinung ØVRETVEIT	SSSK	NOR	M65	47.15	02.56
7	103	Helge FLESLAND	SSC	NOR	M60	47.38	02.79
8	113	Arne RIMMEREID	Arendal SK	NOR	M50	47.50	02.91
9	153	Bertil GRØDAHL	Oslo Sp sk	NOR	M65	47.89	03.30
10	118	Øystein BORGERSEN	Geithus IL	NOR	M60	48.04	03.45
11	151	Per Gunnar STENSVAAG	Hamar IL	NOR	M65	MT48.63	04.04
12	104	Egil BOKN	SSSK	NOR	M75	49.18	04.59
13	159	Nils Einar AASE	Stavanger	NOR	M60	MT50.02	05.43
14	115	Gaute Haftor SØRENSEN	Arendal SK	NOR	M55	50.55	05.96
15	126	Alf HARBITZ	Tromsø SK	NOR	M70	50.74	06.15
16	108	Onar WESTERHEIM	Stord IL	NOR	M75	50.82	06.23
17	165	Sverre MO	SSSK	NOR	M60	51.32	06.73
18	158	Magnar LANGVIK	TSK	NOR	M75	51.57	06.98
19	161	Knut HODNEFJELL	SSSK	NOR	M60	51.65	07.06
20	167	Arnstein SUNDE	Arendal Sk	NOR	M60	51.71	07.12
21	102	Olav LANGE LAND	Hortens SK	NOR	M65	52.72	08.13
22	163	Torgeir Arne RUNDSVEEN	Sør-Fron i	NOR	M60	53.57	08.98
23	176	Anne TOMASGAARD	SSSk	NOR	M60	53.79	09.20
24	110	Ingvar Kjell BJORLAND	SSSK	NOR	M80	54.10	09.51
25	109	Harald WESTERHEIM	Stord IL	NOR	M75	55.25	10.66
26	172	Jan HENRIKSEN	Stord IL	NOR	M80	56.30	11.71
27	155	Trine LANDSEM	Spk Falken	NOR	M55	56.88	12.29
28	175	Harald Aslak ASPELUND	SSSK	NOR	M75	57.49	12.90
29	162	Torger ASPELUND	SSSK	NOR	M75	57.88	13.29
30	166	Heidi H. SKOTTE	SSSK	NOR	M65	58.65	14.06
31	116	Maria BIRKELI	Geithus IL	NOR	M40	1:01.70	17.11
32	152	Sara HEMMER	Aktiv SK	NOR	M65	1:03.33	18.74
33	170	Per.46 NYGÅRD	SSSK	NOR	M75	1:06.03	21.44
34	156	Susanne VANGEN STENSVAAG	Hamar IL	NOR	M50	1:08.67	24.08
35	169	Arne Kjell FOLDVIK	Spk Falken	NOR	M90	1:18.48	33.89

Par	Indre Bane	Ytre Bane
1	149. Morten EILERTSEN - Herkules	- . - -
	100 12.45 (12.45) 4	
	Final 45.64 (33.19) 3	
2	161. Knut HODNEFJELL - SSSK	163. Torgeir Arne RUNDSVEEN - Sør-Fron i
	100 13.70 (13.70) 11	100 14.05 (14.05) 16
	Final 51.65 (37.95) 19	Final 53.57 (39.52) 22

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Sørmarka Arena – Stavanger (NOR) / 07. - 08.12.2024

Par	Indre Bane	Ytre Bane
3	167. Arnstein SUNDE - Arendal Sk 100 13.96 (13.96) 14 Final 51.71 (37.75) 20	176. Anne TOMASGAARD - SSSk 100 14.35 (14.35) 19 Final 53.79 (39.44) 23
4	170. Per.46 NYGÅRD - SSSK 100 17.30 (17.30) 28 Final 1:06.03 (48.73) 33	169. Arne Kjell FOLDVIK - Spk Falken 100 19.96 (19.96) 29 Final 1:18.48 (58.52) 35
5	152. Sara HEMMER - Aktiv SK 100 16.50 (16.50) 26 Final 1:03.33 (46.83) 32	156. Susanne VANGEN STENSVAAG - Hamar IL 100 16.84 (16.84) 27 Final 1:08.67 (51.83) 34
6	162. Torger ASPELUND - SSSK 100 15.27 (15.27) 22 Final 57.88 (42.61) 29	175. Harald Aslak ASPELUND - SSSK 100 15.30 (15.30) 23 Final 57.49 (42.19) 28
7	158. Magnar LANGVIK - TSK 100 14.04 (14.04) 15 Final 51.57 (37.53) 18	116. Maria BIRKELI - Geithus IL 100 15.65 (15.65) 25 Final 1:01.70 (46.05) 31
8	109. Harald WESTERHEIM - Stord IL 100 15.01 (15.01) 21 Final 55.25 (40.24) 25	166. Heidi H. SKOTTE - SSSK 100 15.30 (15.30) 23 Final 58.65 (43.35) 30
9	110. Ingvar Kjell BJORLAND - SSSK 100 14.13 (14.13) 18 Final 54.10 (39.97) 24	155. Trine LANDSEM - Spk Falken 100 15.34 (15.34) 24 Final 56.88 (41.54) 27
10	102. Olav LANGE LAND - Hortens SK 100 14.07 (14.07) 17 Final 52.72 (38.65) 21	172. Jan HENRIKSEN - Stord IL 100 14.81 (14.81) 20 Final 56.30 (41.49) 26
11	126. Alf HARBITZ - Tromsø SK 100 13.81 (13.81) 13 Final 50.74 (36.93) 15	115. Gaute Haftor SØRENSEN - Arendal SK 100 12.89 (12.89) 8 Final 50.55 (37.66) 14
12	165. Sverre MO - SSSK 100 13.30 (13.30) 9 Final 51.32 (38.02) 17	108. Onar WESTERHEIM - Stord IL 100 13.79 (13.79) 12 Final 50.82 (37.03) 16
13	104. Egil BOKN - SSSK 100 13.57 (13.57) 10 Final 49.18 (35.61) 12	159. Nils Einar AASE - Stavanger 100 - (-) - Final 50.02 (50.02) 13
14	118. Øystein BORGENSEN - Geithus IL	153. Bertil GRØDAHL - Oslo Sp sk

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Sørmarka Arena – Stavanger (NOR) / 07. - 08.12.2024

Par	Indre Bane					Ytre Bane				
		100	12.86	(12.86)	7	100	-	(-)	-	
		Final	48.04	(35.18)	10	Final	47.89	(47.89)	9	
15	157.	Sveinung ØVRETVEIT - SSSK				151.	Per Gunnar STENSVAAG - Hamar IL			
		100	12.51	(12.51)	5	100	-	(-)	-	
		Final	47.15	(34.64)	6	Final	48.63	(48.63)	11	
16	114.	Lucas ICASATTI - Arendal Sk				103.	Helge FLESLAND - SSC			
		100	12.35	(12.35)	3	100	12.69	(12.69)	6	
		Final	46.80	(34.45)	5	Final	47.38	(34.69)	7	
17	168.	Johan VIKHALS - BØSK				113.	Arne RIMMEREID - Arendal SK			
		100	12.45	(12.45)	4	100	12.86	(12.86)	7	
		Final	45.70	(33.25)	4	Final	47.50	(34.64)	8	
18	174.	Einar MATHIASSEN - SSSK				154.	Morten HENRIKSEN - Geithus IL			
		100	12.27	(12.27)	2	100	12.10	(12.10)	1	
		Final	45.38	(33.11)	2	Final	44.59	(32.49)	1	

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Sørmarka Arena – Stavanger (NOR) / 07. - 08.12.2024

RESULTATER MIXED 1500M - 07.12.2024

Rnk	Nr	Navn	Klubb	Nat.	Klasse	Tid	Diff
1	174	Einar MATHIASSEN	SSSK	NOR	M45	2:14.28	-
2	149	Morten EILERTSEN	Herkules	NOR	M55	2:16.78	02.50
3	168	Johan VIKHALS	BØSK	NOR	M55	2:17.40	03.12
4	154	Morten HENRIKSEN	Geithus IL	NOR	M65	2:20.70	06.42
5	118	Øystein BORGERSEN	Geithus IL	NOR	M60	2:26.96	12.68
6	113	Arne RIMMEREID	Arendal SK	NOR	M50	2:27.53	13.25
7	105	Bernt ERLAND	SSSK	NOR	M55	2:28.41	14.13
8	157	Sveinung ØVRETVEIT	SSSK	NOR	M65	2:28.61	14.33
9	102	Olav LANGE LAND	Hortens SK	NOR	M65	2:30.52	16.24
10	103	Helge FLESLAND	SSC	NOR	M60	2:32.93	18.65
11	153	Bertil GRØDAHL	Oslo Sp sk	NOR	M65	2:33.18	18.90
12	159	Nils Einar AASE	Stavanger	NOR	M60	2:34.03	19.75
13	151	Per Gunnar STENSVAAG	Hamar IL	NOR	M65	2:36.02	21.74
14	108	Onar WESTERHEIM	Stord IL	NOR	M75	2:37.44	23.16
15	126	Alf HARBITZ	Tromsø SK	NOR	M70	2:37.80	23.52
16	167	Arnstein SUNDE	Arendal Sk	NOR	M60	MT2:38.90	24.62
17	165	Sverre MO	SSSK	NOR	M60	2:38.92	24.64
18	114	Lucas ICASATTI	Arendal Sk	ARG	M45	2:39.42	25.14
19	115	Gaute Haftor SØRENSEN	Arendal SK	NOR	M55	2:41.31	27.03
20	158	Magnar LANGVIK	TSK	NOR	M75	2:42.79	28.51
21	161	Knut HODNEFJELL	SSSK	NOR	M60	2:44.28	30.00
22	163	Torgeir Arne RUNDSVEEN	Sør-Fron i	NOR	M60	MT2:48.22	33.94
23	109	Harald WESTERHEIM	Stord IL	NOR	M75	2:49.03	34.75
24	170	Joar KVITTINGEN	HSK	NOR	M60	2:49.10	34.82
25	155	Trine LANDSEM	Spk Falken	NOR	M55	2:51.27	36.99
26	176	Anne TOMASGAARD	SSSk	NOR	M60	MT2:52.39	38.11
27	104	Egil BOKN	SSSK	NOR	M75	2:54.84	40.56
28	116	Maria BIRKELI	Geithus IL	NOR	M40	2:55.48	41.20
29	175	Harald Aslak ASPELUND	SSSK	NOR	M75	2:57.33	43.05
30	162	Torger ASPELUND	SSSK	NOR	M75	MT3:02.31	48.03
31	152	Sara HEMMER	Aktiv SK	NOR	M65	MT3:09.69	55.41
32	166	Heidi H. SKOTTE	SSSK	NOR	M65	MT3:15.25	1:00.97
33	170	Per.46 NYGÅRD	SSSK	NOR	M75	MT3:22.79	1:08.51
34	156	Susanne VANGEN	Hamar IL	NOR	M50	MT3:44.36	1:30.08
35	169	Arne Kjell FOLDVIK	Spk Falken	NOR	M90	MT4:39.67	2:25.39
-	110	Ingvar Kjell BJORLAND	SSSK	NOR	M80	DQ	-

Par	Indre Bane	Ytre Bane
1	149. Morten EILERTSEN - Herkules	161. Knut HODNEFJELL - SSSK
	300 30.60 (30.60) 3	300 34.07 (34.07) 18
	700 1:05.69 (35.09) 3	700 1:14.55 (40.48) 19
	1100 1:41.12 (35.43) 3	1100 1:58.70 (44.15) 20
	Final 2:16.78 (35.66) 2	Final 2:44.28 (45.58) 21
2	162. Torger ASPELUND - SSSK	163. Torgeir Arne RUNDSVEEN - Sør-Fron i

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Par	Indre Bane				Ytre Bane					
		300	-	(-) -		300	-	(-) -		
		700	-	(-) -		700	-	(-) -		
		1100	-	(-) -		1100	-	(-) -		
		Final	3:02.31	(3:02.31) 31		Final	2:48.22	(2:48.22) 22		
3	166.	Heidi H. SKOTTE - SSSK				167.	Arnstein SUNDE - Arendal Sk			
		300	-	(-) -		300	-	(-) -		
		700	-	(-) -		700	-	(-) -		
		1100	-	(-) -		1100	-	(-) -		
		Final	3:15.25	(3:15.25) 33		Final	2:38.90	(2:38.90) 16		
4	169.	Arne Kjell FOLDVIK - Spk Falken				176.	Anne TOMASGAARD - SSSk			
		300	-	(-) -		300	-	(-) -		
		700	-	(-) -		700	-	(-) -		
		1100	-	(-) -		1100	-	(-) -		
		Final	4:39.67	(4:39.67) 36		Final	2:52.39	(2:52.39) 26		
5	170.	Per.46 NYGÅRD - SSSK				156.	Susanne VANGEN STENSVAAG - Hamar IL			
		300	-	(-) -		300	-	(-) -		
		700	-	(-) -		700	-	(-) -		
		1100	-	(-) -		1100	-	(-) -		
		Final	3:22.79	(3:22.79) 34		Final	3:44.36	(3:44.36) 35		
6	110.	Ingvar Kjell BJORLAND - SSSK				152.	Sara HEMMER - Aktiv SK			
		300	-	(-) -		300	-	(-) -		
		700	-	(-) -		700	-	(-) -		
		1100	-	(-) -		1100	-	(-) -		
		Final	2:58.56	(2:58.56) 30		Final	3:09.69	(3:09.69) 32		
7	155.	Trine LANDSEM - Spk Falken				175.	Harald Aslak ASPELUND - SSSK			
		300	37.28	(37.28) 21		300	38.72	(38.72) 23		
		700	1:21.52	(44.24) 23		700	1:23.69	(44.97) 24		
		1100	2:06.59	(45.07) 23		1100	2:10.34	(46.65) 25		
		Final	2:51.27	(44.68) 25		Final	2:57.33	(46.99) 29		
8	170.	Joar KVITTINGEN - HSK				116.	Maria BIRKELI - Geithus IL			
		300	38.15	(38.15) 22		300	38.76	(38.76) 24		
		700	1:21.18	(43.03) 22		700	1:23.92	(45.16) 25		
		1100	2:04.96	(43.78) 22		1100	2:09.67	(45.75) 24		
		Final	2:49.10	(44.14) 24		Final	2:55.48	(45.81) 28		
9	151.	Per Gunnar STENSVAAG - Hamar IL				158.	Magnar LANGVIK - TSK			
		300	33.50	(33.50) 14		300	34.22	(34.22) 19		
		700	1:13.26	(39.76) 15		700	1:14.03	(39.81) 18		
		1100	1:54.21	(40.95) 14		1100	1:56.92	(42.89) 18		
		Final	2:36.02	(41.81) 13		Final	2:42.79	(45.87) 20		
10	115.	Gaute Haftor SØRENSEN - Arendal SK				102.	Olav LANGELAND - Hortens SK			

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Par	Indre Bane				Ytre Bane			
	300	33.33	(33.33)	12	300	33.71	(33.71)	16
	700	1:13.95	(40.62)	16	700	1:11.70	(37.99)	13
	1100	1:57.58	(43.63)	19	1100	1:50.47	(38.77)	9
	Final	2:41.31	(43.73)	19	Final	2:30.52	(40.05)	9
11	109.	Harald WESTERHEIM - Stord IL			126.	Alf HARBITZ - Tromsø SK		
	300	36.79	(36.79)	20	300	33.35	(33.35)	13
	700	1:19.39	(42.60)	21	700	1:13.25	(39.90)	14
	1100	2:03.82	(44.43)	21	1100	1:55.06	(41.81)	15
	Final	2:49.03	(45.21)	23	Final	2:37.80	(42.74)	15
12	103.	Helge FLESLAND - SSC			108.	Onar WESTERHEIM - Stord IL		
	300	32.58	(32.58)	10	300	33.66	(33.66)	15
	700	1:11.29	(38.71)	11	700	1:14.00	(40.34)	17
	1100	1:51.52	(40.23)	11	1100	1:55.08	(41.08)	16
	Final	2:32.93	(41.41)	10	Final	2:37.44	(42.36)	14
13	114.	Lucas ICASATTI - Arendal Sk			153.	Bertil GRØDAHL - Oslo Sp sk		
	300	30.87	(30.87)	5	300	32.36	(32.36)	8
	700	1:10.29	(39.42)	9	700	1:10.75	(38.39)	10
	1100	1:53.82	(43.53)	13	1100	1:51.48	(40.73)	10
	Final	2:39.42	(45.60)	18	Final	2:33.18	(41.70)	11
14	104.	Egil BOKN - SSSK			165.	Sverre MO - SSSK		
	300	52.33	(52.33)	25	300	33.94	(33.94)	17
	700	1:34.12	(41.79)	26	700	1:14.66	(40.72)	20
	1100	2:14.72	(40.60)	26	1100	1:56.87	(42.21)	17
	Final	2:54.84	(40.12)	27	Final	2:38.92	(42.05)	17
15	157.	Sveinung ØVRETVEIT - SSSK			159.	Nils Einar AASE - Stavanger		
	300	32.30	(32.30)	7	300	33.18	(33.18)	11
	700	1:09.52	(37.22)	6	700	1:11.63	(38.45)	12
	1100	1:48.02	(38.50)	6	1100	1:51.63	(40.00)	12
	Final	2:28.61	(40.59)	8	Final	2:34.03	(42.40)	12
16	113.	Arne RIMMEREID - Arendal SK			118.	Øystein BORGENSEN - Geithus IL		
	300	31.22	(31.22)	6	300	32.49	(32.49)	9
	700	1:08.03	(36.81)	5	700	1:10.00	(37.51)	8
	1100	1:47.07	(39.04)	5	1100	1:48.41	(38.41)	8
	Final	2:27.53	(40.46)	6	Final	2:26.96	(38.55)	5
17	105.	Bernt ERLAND - SSSK			154.	Morten HENRIKSEN - Geithus IL		
	300	32.30	(32.30)	7	300	30.26	(30.26)	2
	700	1:09.58	(37.28)	7	700	1:06.40	(36.14)	4
	1100	1:48.29	(38.71)	7	1100	1:43.60	(37.20)	4
	Final	2:28.41	(40.12)	7	Final	2:20.70	(37.10)	4
18	174.	Einar MATHIASSEN - SSSK			168.	Johan VIKHALS - BØSK		

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Par	Indre Bane				Ytre Bane			
	300	29.89	(29.89)	1	300	30.80	(30.80)	4
	700	1:03.94	(34.05)	1	700	1:04.89	(34.09)	2
	1100	1:38.86	(34.92)	1	1100	1:40.10	(35.21)	2
	Final	2:14.28	(35.42)	1	Final	2:17.40	(37.30)	3

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1	114	Lucas ICASATTI	Arendal Sk	ARG	M45	46.96	-
2	173	Eskil MELLESTRAND	SSSK	NOR	C2	47.58	00.62
3	163	Torgeir Arne RUNDSVEEN	Sør-Fron i	NOR	M60	55.44	08.48

Par	Indre Bane	Ytre Bane
1	114. Lucas ICASATTI - Arendal Sk	- -
	100 11.96 (11.96) 1	
	Final 46.96 (35.00) 1	
2	173. Eskil MELLESTRAND - SSSK	163. Torgeir Arne RUNDSVEEN - Sør-Fron i
	100 12.45 (12.45) 2	100 14.19 (14.19) 3
	Final 47.58 (35.13) 2	Final 55.44 (41.25) 3

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Rnk	Nr	Navn	Klubb	Nat.	Klasse	Tid	Diff
1	149	Morten EILERTSEN	Herkules	NOR	M55	1:29.50	-
2	154	Morten HENRIKSEN	Geithus IL	NOR	M65	1:29.88	00.38
3	113	Arne RIMMEREID	Arendal SK	NOR	M50	1:35.37	05.87
4	118	Øystein BORGERSEN	Geithus IL	NOR	M60	1:36.26	06.76
5	114	Lucas ICASATTI	Arendal Sk	ARG	M45	1:36.48	06.98
6	103	Helge FLESLAND	SSC	NOR	M60	1:37.17	07.67
7	173	Eskil MELLESTRAND	SSSK	NOR	C2	1:37.60	08.10
8	157	Sveinung ØVRETVEIT	SSSK	NOR	M65	1:38.39	08.89
9	104	Egil BOKN	SSSK	NOR	M75	1:38.68	09.18
10	164	Magnus RØYRVIK	SSSK	NOR	M45	1:39.11	09.61
11	153	Bertil GRØDAHL	Oslo Sp sk	NOR	M65	1:39.82	10.32
12	102	Olav LANGE LAND	Hortens SK	NOR	M65	1:42.08	12.58
13	151	Per Gunnar STENSVAAG	Hamar IL	NOR	M65	1:42.82	13.32
14	115	Gaute Haftor SØRENSEN	Arendal SK	NOR	M55	1:43.15	13.65
15	165	Sverre MO	SSSK	NOR	M60	1:43.39	13.89
16	126	Alf HARBITZ	Tromsø SK	NOR	M70	1:44.05	14.55
17	167	Arnstein SUNDE	Arendal Sk	NOR	M60	1:44.67	15.17
18	108	Onar WESTERHEIM	Stord IL	NOR	M75	1:44.78	15.28
19	158	Magnar LANGVIK	TSK	NOR	M75	MT1:45.92	16.42
20	155	Trine LANDSEM	Spk Falken	NOR	M55	1:49.82	20.32
21	163	Torgeir Arne RUNDSVEEN	Sør-Fron i	NOR	M60	1:51.43	21.93
22	109	Harald WESTERHEIM	Stord IL	NOR	M75	1:51.51	22.01
23	168	Johan VIKHALS	BØSK	NOR	M55	1:53.26	23.76
24	110	Ingvar Kjell BJORLAND	SSSK	NOR	M80	1:54.48	24.98
25	116	Maria BIRKELI	Geithus IL	NOR	M40	1:55.25	25.75
26	175	Harald Aslak ASPELUND	SSSK	NOR	M75	1:56.05	26.55
27	162	Torger ASPELUND	SSSK	NOR	M75	2:02.15	32.65
28	172	Jan HENRIKSEN	Stord IL	NOR	M80	2:03.67	34.17
29	152	Sara HEMMER	Aktiv SK	NOR	M65	2:13.68	44.18
30	170	Per.46 NYGÅRD	SSSK	NOR	M75	2:15.80	46.30
31	156	Susanne VANGEN	Hamar IL	NOR	M50	2:25.18	55.68
32	169	Arne Kjell FOLDVIK	Spk Falken	NOR	M90	3:08.98	1:39.48
-	159	Nils Einar AASE	Stavanger	NOR	M60	DNS	-
-	160	Frode Kleveland VIK	SSSK	NOR	M55	DNS	-
-	166	Heidi H. SKOTTE	SSSK	NOR	M65	DNS	-

Par	Indre Bane	Ytre Bane
1	102. Olav LANGE LAND - Hortens SK	-.
	200 24.53 (24.53) 18	
	600 1:02.83 (38.30) 16	
	Final 1:42.08 (39.25) 12	
2	104. Egil BOKN - SSSK	113. Arne RIMMEREID - Arendal SK
	200 23.69 (23.69) 14	200 22.91 (22.91) 8

Masters X-mas race 2024

Sørmarka Arena – Stavanger (NOR) / 07. - 08.12.2024

Par	Indre Bane	Ytre Bane
	600 1:00.13 (36.44) 10 Final 1:38.68 (38.55) 9	600 57.88 (34.97) 6 Final 1:35.37 (37.49) 3
3	114. Lucas ICASATTI - Arendal Sk 200 21.33 (21.33) 1 600 56.73 (35.40) 4 Final 1:36.48 (39.75) 5	115. Gaute Haftor SØRENSEN - Arendal SK 200 22.45 (22.45) 7 600 1:00.36 (37.91) 11 Final 1:43.15 (42.79) 14
4	116. Maria BIRKELI - Geithus IL 200 27.33 (27.33) 26 600 1:11.09 (43.76) 24 Final 1:55.25 (44.16) 25	126. Alf HARBITZ - Tromsø SK 200 24.57 (24.57) 19 600 1:02.96 (38.39) 17 Final 1:44.05 (41.09) 16
5	149. Morten EILERTSEN - Herkules 200 21.62 (21.62) 4 600 55.29 (33.67) 3 Final 1:29.50 (34.21) 1	152. Sara HEMMER - Aktiv SK 200 31.19 (31.19) 30 600 1:21.82 (50.63) 28 Final 2:13.68 (51.86) 29
6	155. Trine LANDSEM - Spk Falken 200 26.66 (26.66) 24 600 1:07.63 (40.97) 20 Final 1:49.82 (42.19) 20	157. Sveinung ØVRETVEIT - SSSK 200 22.97 (22.97) 9 600 59.51 (36.54) 9 Final 1:38.39 (38.88) 8
7	158. Magnar LANGVIK - TSK 200 24.45 (24.45) 17 600 - (-) - Final 1:45.92 (1:45.92) 19	159. Nils Einar AASE - Stavanger 200 1:03.53 (1:03.53) 33 600 1:45.90 (42.37) 32 Final - (-) -
8	160. Frode Kleveland VIK - SSSK 200 - (-) - 600 - (-) - Final - (-) -	163. Torgeir Arne RUNDSVEEN - Sør-Fron i 200 25.72 (25.72) 22 600 1:08.13 (42.41) 23 Final 1:51.43 (43.30) 21
9	164. Magnus RØYRVIK - SSSK 200 23.22 (23.22) 12 600 1:01.25 (38.03) 13 Final 1:39.11 (37.86) 10	165. Sverre MO - SSSK 200 24.05 (24.05) 16 600 1:03.06 (39.01) 18 Final 1:43.39 (40.33) 15
10	166. Heidi H. SKOTTE - SSSK 200 - (-) - 600 - (-) - Final - (-) -	167. Arnstein SUNDE - Arendal Sk 200 25.05 (25.05) 20 600 1:04.08 (39.03) 19 Final 1:44.67 (40.59) 17
11	168. Johan VIKHALS - BØSK 200 21.42 (21.42) 3 600 54.55 (33.13) 1 Final 1:53.26 (58.71) 23	169. Arne Kjell FOLDVIK - Spk Falken 200 40.01 (40.01) 32 600 1:29.20 (49.19) 31 Final 3:08.98 (1:39.78) 32

Masters X-mas race 2024

Sørmarka Arena – Stavanger (NOR) / 07. - 08.12.2024

Par	Indre Bane	Ytre Bane
12	156. Susanne VANGEN STENSVAAG - Hamar IL	172. Jan HENRIKSEN - Stord IL
	200 30.99 (30.99) 29	200 27.15 (27.15) 25
	600 1:26.70 (55.71) 30	600 1:12.94 (45.79) 26
	Final 2:25.18 (58.48) 31	Final 2:03.67 (50.73) 28
13	162. Torger ASPELUND - SSSK	170. Per.46 NYGÅRD - SSSK
	200 27.34 (27.34) 27	200 31.44 (31.44) 31
	600 1:13.22 (45.88) 27	600 1:23.26 (51.82) 29
	Final 2:02.15 (48.93) 27	Final 2:15.80 (52.54) 30
14	175. Harald Aslak ASPELUND - SSSK	110. Ingvar Kjell BJORLAND - SSSK
	200 27.39 (27.39) 28	200 25.62 (25.62) 21
	600 1:11.32 (43.93) 25	600 1:07.84 (42.22) 21
	Final 1:56.05 (44.73) 26	Final 1:54.48 (46.64) 24
15	151. Per Gunnar STENSVAAG - Hamar IL	109. Harald WESTERHEIM - Stord IL
	200 23.65 (23.65) 13	200 26.50 (26.50) 23
	600 1:02.82 (39.17) 15	600 1:08.04 (41.54) 22
	Final 1:42.82 (40.00) 13	Final 1:51.51 (43.47) 22
16	153. Bertil GRØDAHL - Oslo Sp sk	108. Onar WESTERHEIM - Stord IL
	200 23.03 (23.03) 10	200 23.97 (23.97) 15
	600 1:00.37 (37.34) 12	600 1:02.58 (38.61) 14
	Final 1:39.82 (39.45) 11	Final 1:44.78 (42.20) 18
17	173. Eskil MELLESTRAND - SSSK	118. Øystein BORGENSEN - Geithus IL
	200 22.07 (22.07) 6	200 23.10 (23.10) 11
	600 58.27 (36.20) 7	600 59.11 (36.01) 8
	Final 1:37.60 (39.33) 7	Final 1:36.26 (37.15) 4
18	154. Morten HENRIKSEN - Geithus IL	103. Helge FLESLAND - SSC
	200 21.34 (21.34) 2	200 21.85 (21.85) 5
	600 54.66 (33.32) 2	600 57.22 (35.37) 5
	Final 1:29.88 (35.22) 2	Final 1:37.17 (39.95) 6

Masters X-mas race 2024

Sørmarka Arena – Stavanger (NOR) / 07. - 08.12.2024

RESULTATER MIXED 3000M - 08.12.2024

Rnk	Nr	Navn	Klubb	Nat.	Klasse	Tid	Diff
1	149	Morten EILERTSEN	Herkules	NOR	M55	MT4:44.82	-
2	168	Johan VIKHALS	BØSK	NOR	M55	5:04.56	19.74
3	154	Morten HENRIKSEN	Geithus IL	NOR	M65	5:07.17	22.35
4	118	Øystein BORGERSEN	Geithus IL	NOR	M60	5:11.01	26.19
5	105	Bernt ERLAND	SSSK	NOR	M55	5:14.65	29.83
6	164	Magnus RØYRVIK	SSSK	NOR	M45	5:16.85	32.03
7	102	Olav LANGE LAND	Hortens SK	NOR	M65	5:21.60	36.78
8	157	Sveinung ØVRETVEIT	SSSK	NOR	M65	5:28.73	43.91
9	153	Bertil GRØDAHL	Oslo Sp sk	NOR	M65	MT5:30.03	45.21
10	103	Helge FLESLAND	SSC	NOR	M60	MT5:32.08	47.26
11	104	Egil BOKN	SSSK	NOR	M75	5:32.63	47.81
12	113	Arne RIMMEREID	Arendal SK	NOR	M50	5:35.10	50.28
13	165	Sverre MO	SSSK	NOR	M60	5:36.53	51.71
14	126	Alf HARBITZ	Tromsø SK	NOR	M70	MT5:37.40	52.58
15	151	Per Gunnar STENSVAAG	Hamar IL	NOR	M65	5:39.19	54.37
16	167	Arnstein SUNDE	Arendal Sk	NOR	M60	5:41.11	56.29
17	170	Joar KVITTINGEN	HSK	NOR	M60	5:45.20	1:00.38
18	115	Gaute Haftor SØRENSEN	Arendal SK	NOR	M55	5:47.22	1:02.40
19	108	Onar WESTERHEIM	Stord IL	NOR	M75	5:41.41	56.59
20	109	Harald WESTERHEIM	Stord IL	NOR	M75	MT5:49.47	1:04.65
21	116	Maria BIRKELI	Geithus IL	NOR	M40	5:51.41	1:06.59
22	155	Trine LANDSEM	Spk Falken	NOR	M55	5:59.73	1:14.91
23	158	Magnar LANGVIK	TSK	NOR	M75	6:04.45	1:19.63
24	175	Harald Aslak ASPELUND	SSSK	NOR	M75	6:05.85	1:21.03
25	111	Harald PAULSEN	-	NOR	M80	6:31.71	1:46.89
26	152	Sara HEMMER	Aktiv SK	NOR	M65	6:33.38	1:48.56
27	162	Torger ASPELUND	SSSK	NOR	M75	6:50.44	2:05.62
28	170	Per.46 NYGÅRD	SSSK	NOR	M75	7:19.08	2:34.26
29	156	Susanne VANGEN STENSVAAG	Hamar IL	NOR	M50	7:44.45	2:59.63
30	169	Arne Kjell FOLDVIK	Spk Falken	NOR	M90	11:24.50	6:39.68
-	110	Ingvar Kjell BJØRLAND	SSSK	NOR	M80	DQ	-
-	159	Nils Einar AASE	Stavanger	NOR	M60	WDR	-
-	166	Heidi H. SKOTTE	SSSK	NOR	M65	WDR	-

Par	Indre Bane	Ytre Bane
1	105. Bernt ERLAND - SSSK	-. --
	200 24.74 (24.74)	6
	600 1:03.72 (38.98)	2
	1000 1:44.02 (40.30)	3
	1400 2:25.91 (41.89)	3
	1800 3:08.40 (42.49)	2
	2200 3:51.03 (42.63)	4
	2600 4:33.70 (42.67)	5

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Sørmarka Arena – Stavanger (NOR) / 07. - 08.12.2024

Par	Indre Bane	Ytre Bane
	Final 5:14.65 (40.95) 5	
2	110. Ingvar Kjell BJORLAND - SSSK	149. Morten EILERTSEN - Herkules
	200 - (-) -	200 - (-) -
	600 - (-) -	600 - (-) -
	1000 - (-) -	1000 - (-) -
	1400 - (-) -	1400 - (-) -
	1800 - (-) -	1800 - (-) -
	2200 - (-) -	2200 - (-) -
	2600 - (-) -	2600 - (-) -
	Final 6:31.42 (6:31.42) 25	Final 4:44.82 (4:44.82) 1
3	156. Susanne VANGEN STENSVAAG - Hamar IL	157. Sveinung ØVRETVEIT - SSSK
	200 32.95 (32.95) 26	200 26.28 (26.28) 13
	600 1:30.39 (57.44) 24	600 1:08.80 (42.52) 9
	1000 2:31.10 (1:00.71) 25	1000 1:52.68 (43.88) 8
	1400 3:33.22 (1:02.12) 26	1400 2:36.85 (44.17) 8
	1800 4:35.75 (1:02.53) 24	1800 3:20.71 (43.86) 7
	2200 5:39.00 (1:03.25) 25	2200 4:04.86 (44.15) 7
	2600 6:43.19 (1:04.19) 25	2600 4:48.27 (43.41) 8
	Final 7:44.45 (1:01.26) 30	Final 5:28.73 (40.46) 8
4	159. Nils Einar AASE - Stavanger	162. Torger ASPELUND - SSSK
	200 - (-) -	200 28.95 (28.95) 21
	600 - (-) -	600 1:18.19 (49.24) 21
	1000 - (-) -	1000 2:09.60 (51.41) 20
	1400 - (-) -	1400 3:03.18 (53.58) 22
	1800 - (-) -	1800 3:58.22 (55.04) 22
	2200 - (-) -	2200 4:55.41 (57.19) 23
	2600 - (-) -	2600 5:53.17 (57.76) 23
	Final - (-) -	Final 6:50.44 (57.27) 28
5	164. Magnus RØYRVIK - SSSK	165. Sverre MO - SSSK
	200 26.93 (26.93) 16	200 26.04 (26.04) 10
	600 1:08.91 (41.98) 10	600 1:09.24 (43.20) 13
	1000 1:51.15 (42.24) 6	1000 1:53.19 (43.95) 9
	1400 2:33.41 (42.26) 6	1400 2:38.12 (44.93) 11
	1800 3:14.33 (40.92) 4	1800 3:23.06 (44.94) 9
	2200 3:55.33 (41.00) 5	2200 4:07.66 (44.60) 10
	2600 4:36.21 (40.88) 6	2600 4:52.42 (44.76) 11
	Final 5:16.85 (40.64) 6	Final 5:36.53 (44.11) 13
6	166. Heidi H. SKOTTE - SSSK	167. Arnstein SUNDE - Arendal Sk
	200 - (-) -	200 26.45 (26.45) 14
	600 - (-) -	600 1:09.81 (43.36) 14
	1000 - (-) -	1000 1:54.65 (44.84) 13
	1400 - (-) -	1400 2:39.67 (45.02) 13
	1800 - (-) -	1800 3:24.85 (45.18) 12
	2200 - (-) -	2200 4:10.16 (45.31) 13
	2600 - (-) -	2600 4:55.80 (45.64) 13
	Final - (-) -	Final 5:41.11 (45.31) 16

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Sørmarka Arena – Stavanger (NOR) / 07. - 08.12.2024

Par	Indre Bane				Ytre Bane					
7	169.	Arne Kjell FOLDVIK - Spk Falken				170.	Per.46 NYGÅRD - SSSK			
		200	47.25	(47.25)	28		200	34.64	(34.64)	27
		600	2:14.88	(1:27.63)	26		600	1:32.96	(58.32)	25
		1000	3:48.20	(1:33.32)	27		1000	2:30.71	(57.75)	24
		1400	5:21.21	(1:33.01)	27		1400	3:28.70	(57.99)	25
		1800	6:54.99	(1:33.78)	25		1800	4:26.89	(58.19)	23
		2200	8:27.97	(1:32.98)	26		2200	5:25.52	(58.63)	24
		2600	9:59.92	(1:31.95)	26		2600	6:23.36	(57.84)	24
		Final	11:24.50	(1:24.58)	31		Final	7:19.08	(55.72)	29
8	152.	Sara HEMMER - Aktiv SK				158.	Magnar LANGVIK - TSK			
		200	31.34	(31.34)	25		200	28.74	(28.74)	19
		600	1:22.18	(50.84)	23		600	1:16.37	(47.63)	20
		1000	2:13.42	(51.24)	22		1000	2:02.95	(46.58)	19
		1400	3:04.43	(51.01)	24		1400	2:51.08	(48.13)	21
		1800	3:55.78	(51.35)	21		1800	3:39.50	(48.42)	19
		2200	4:47.81	(52.03)	22		2200	4:28.29	(48.79)	20
		2600	5:40.59	(52.78)	22		2600	5:16.55	(48.26)	19
		Final	6:33.38	(52.79)	27		Final	6:04.45	(47.90)	23
9	155.	Trine LANDSEM - Spk Falken				111.	Harald PAULSEN - -			
		200	28.88	(28.88)	20		200	30.97	(30.97)	24
		600	1:14.10	(45.22)	17		600	1:21.50	(50.53)	22
		1000	2:00.51	(46.41)	17		1000	2:12.46	(50.96)	21
		1400	2:46.90	(46.39)	19		1400	3:03.98	(51.52)	23
		1800	3:34.21	(47.31)	17		1800	3:55.57	(51.59)	20
		2200	4:22.16	(47.95)	18		2200	4:47.53	(51.96)	21
		2600	5:11.24	(49.08)	18		2600	5:39.47	(51.94)	21
		Final	5:59.73	(48.49)	22		Final	6:31.71	(52.24)	26
10	175.	Harald Aslak ASPELUND - SSSK				115.	Gaute Haftor SØRENSEN - Arendal SK			
		200	28.65	(28.65)	18		200	25.37	(25.37)	8
		600	1:14.58	(45.93)	19		600	1:08.75	(43.38)	8
		1000	2:02.14	(47.56)	18		1000	1:53.79	(45.04)	11
		1400	2:50.08	(47.94)	20		1400	2:40.73	(46.94)	15
		1800	3:39.13	(49.05)	18		1800	3:28.04	(47.31)	14
		2200	4:28.28	(49.15)	19		2200	4:15.72	(47.68)	15
		2600	5:17.68	(49.40)	20		2600	5:01.87	(46.15)	15
		Final	6:05.85	(48.17)	24		Final	5:47.22	(45.35)	19
11	116.	Maria BIRKELI - Geithus IL				151.	Per Gunnar STENSVAAG - Hamar IL			
		200	28.98	(28.98)	22		200	26.11	(26.11)	11
		600	1:14.28	(45.30)	18		600	1:09.14	(43.03)	11
		1000	2:00.25	(45.97)	16		1000	1:54.28	(45.14)	12
		1400	2:46.62	(46.37)	18		1400	2:39.44	(45.16)	12
		1800	3:33.09	(46.47)	16		1800	3:24.43	(44.99)	10
		2200	4:19.53	(46.44)	17		2200	4:09.89	(45.46)	11
		2600	5:05.79	(46.26)	17		2600	4:55.16	(45.27)	12
		Final	5:51.41	(45.62)	21		Final	5:39.19	(44.03)	15
12	102.	Olav LANGE LAND - Hortens SK				170.	Joar KVITTINGEN - HSK			

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Sørmarka Arena – Stavanger (NOR) / 07. - 08.12.2024

Par	Indre Bane				Ytre Bane				
	200	26.64	(26.64)	15	200	29.73	(29.73)	23	
	600	1:07.87	(41.23)	6	600	1:14.02	(44.29)	16	
	1000	1:50.45	(42.58)	5	1000	1:58.08	(44.06)	15	
	1400	2:32.67	(42.22)	5	1400	2:42.92	(44.84)	16	
	1800	3:14.61	(41.94)	5	1800	3:27.89	(44.97)	13	
	2200	3:56.78	(42.17)	6	2200	4:12.87	(44.98)	14	
	2600	4:39.17	(42.39)	7	2600	4:58.47	(45.60)	14	
	Final	5:21.60	(42.43)	7	Final	5:45.20	(46.73)	18	
13	126.	Alf HARBITZ - Tromsø SK			109.	Harald WESTERHEIM - Stord IL			
	200	25.91	(25.91)	9	200	27.51	(27.51)	17	
	600	46.78	(20.87)	1	600	1:11.61	(44.10)	15	
	1000	1:52.33	(1:05.55)	7	1000	1:56.84	(45.23)	14	
	1400	2:37.03	(44.70)	9	1400	2:43.07	(46.23)	17	
	1800	3:21.69	(44.66)	8	1800	3:29.34	(46.27)	15	
	2200	4:06.64	(44.95)	9	2200	4:15.83	(46.49)	16	
	2600	4:52.00	(45.36)	10	2600	5:02.63	(46.80)	16	
	Final	5:37.40	(45.40)	14	Final	5:49.47	(46.84)	20	
14	113.	Arne RIMMEREID - Arendal SK			108.	Onar WESTERHEIM - Stord IL			
	200	24.98	(24.98)	7	200	08.14	(08.14)	2	
	600	-	(-)	-	600	-	(-)	-	
	1000	-	(-)	-	1000	-	(-)	-	
	1400	2:40.09	(2:40.09)	14	1400	2:34.30	(2:34.30)	7	
	1800	3:20.30	(40.21)	6	1800	3:24.60	(50.30)	11	
	2200	-	(-)	-	2200	4:09.95	(45.35)	12	
	2600	3:53.26	(3:53.26)	2	2600	-	(-)	-	
	Final	5:35.10	(1:41.84)	12	Final	5:41.41	(5:41.41)	17	
15	103.	Helge FLESLAND - SSC			153.	Bertil GRØDAHL - Oslo Sp sk			
	200	26.24	(26.24)	12	200	-	(-)	-	
	600	1:06.56	(40.32)	5	600	1:09.23	(1:09.23)	12	
	1000	1:08.08	(01.52)	1	1000	1:53.24	(44.01)	10	
	1400	-	(-)	-	1400	2:07.34	(14.10)	1	
	1800	-	(-)	-	1800	-	(-)	-	
	2200	-	(-)	-	2200	-	(-)	-	
	2600	3:39.85	(3:39.85)	1	2600	-	(-)	-	
	Final	5:32.08	(1:52.23)	10	Final	5:30.03	(5:30.03)	9	
16	154.	Morten HENRIKSEN - Geithus IL			104.	Egil BOKN - SSSK			
	200	24.53	(24.53)	4	200	04.91	(04.91)	1	
	600	-	(-)	-	600	1:08.67	(1:03.76)	7	
	1000	3:07.51	(3:07.51)	26	1000	2:26.56	(1:17.89)	23	
	1400	-	(-)	-	1400	2:37.27	(10.71)	10	
	1800	-	(-)	-	1800	-	(-)	-	
	2200	3:21.49	(3:21.49)	1	2200	4:06.00	(4:06.00)	8	
	2600	-	(-)	-	2600	4:49.89	(43.89)	9	
	Final	5:07.17	(5:07.17)	3	Final	5:32.63	(42.74)	11	
17	118.	Øystein BORGENSEN - Geithus IL			168.	Johan VIKHALS - BØSK			
	200	24.56	(24.56)	5	200	24.39	(24.39)	3	
	600	1:05.17	(40.61)	4	600	1:03.77	(39.38)	3	

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Par	Indre Bane				Ytre Bane			
	1000	1:46.32	(41.15)	4	1000	1:43.64	(39.87)	2
	1400	2:27.57	(41.25)	4	1400	2:23.75	(40.11)	2
	1800	3:08.78	(41.21)	3	1800	3:03.71	(39.96)	1
	2200	3:49.46	(40.68)	3	2200	3:43.74	(40.03)	2
	2600	4:30.14	(40.68)	4	2600	4:23.72	(39.98)	3
	Final	5:11.01	(40.87)	4	Final	5:04.56	(40.84)	2