

**Resultatliste****Enebakk rundt 2004****I.K. Hero****Klasse: K16-19**

1	Marie Vidung Døssland	Lørenskog CK	02:18:23
2	Haverstad, Karoline	Asker SK	02:19:02

**Klasse: K20-24**

1	Ann Elisabeth Ohnstad	Rye	02:29:51
"	Marit Wefling Storeng	Rye	02:29:51

**Klasse: K20-29**

1	Janne-Lill Smauget		02:44:44
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**Klasse: K25-29**

1	Lene Hansen	BOC	02:16:26
2	Viddal, Mailen	Lillehammer CK	02:33:52

**Klasse: K30-39**

1	Bahr, Linda	Rye	01:54:16
2	Olofsson, Monika	Rye	02:01:04
3	Hilleren, Gunn	Rye	02:04:23
4	Barkholt Rykken, Nanna	Ceres	02:07:46
"	Wenche Evertsen	Ceres	02:07:46
"	Kalfoss, Torill	Østmarka	02:07:46
7	Egedius, Pernilla	Gjøvik CK	02:16:04
8	Trine Svartås	ACK	02:17:27
9	Karlsen, Thrude	Rye	02:17:46
"	Strandahl, Tonje	Hasle-Løren SK	02:17:46
11	Westersjø, Ingeborg	BOC	02:18:50
12	Iren Strømstad	ACK	02:21:49
13	Hemmen, Rune	BOC	02:26:40
14	Kari Strømstad	ACK	02:32:41
15	Dahle, Maria K.	Oslofjord Triatlon	02:33:07
16	Hansen, Anita	Østmarka	02:40:04
17	Iris Mandelid	ACK	02:45:30
18	Larsen, Anne-Grethe	Rye	02:57:55
19	Halvorsen, Linda	Østmarka	02:58:41
20	Lønnemo, Hanne	Østmarka	02:59:02
21	Hansen, Hege		03:09:19
22	Kristiansen, Ann Kristin	Fitness	03:14:29

**Klasse: K40-44**

1	Ingjerd Haug Johnsrud	BOC	02:18:50
2	Marion Nilsen	ACK	02:18:52
3	Ann-Christin Sørensen	ACK	02:21:06
4	Mollan, Janne	Family SC Lillestrøm v/Erik	02:27:41
5	Groth, Nina	Arcus/Rye	02:39:03
6	Anne Stubberud Evensen	ACK	02:44:07
7	Brevik Andersen, Line	Rye	02:55:17
8	Grosso, Anita	Østmarka	02:58:12
9	Sala, Rigmor	Østmarka	02:58:54
10	Normann, Torill	Rye	03:03:03
11	Gabrielsen, Karin	Golden girls	03:14:06

**Klasse: K45-49**

1	Mette Norrdsteien	Ullensaker CK	02:32:16
2	Kate Wilhelmsen	Ullensaker CK	02:41:58

**Klasse: K65-69**

1	Jannicke Schanche	IF Frøy/Arcus AS	03:09:00
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**Klasse: Tandem**

1	Espen Langli, Tone Gravoll	ACK	01:59:23
2	Harld Enevoldsen, Anne Tveten	Glitre Offroad	02:19:03

**Klasse: M16-19**

1	Anders Holt Egeberg	Horten & Omegn Cykleklubb	01:54:40
"	Einbærholm, Jon	Fana	01:54:40
"	Stian Fredrik Flaaseth	IK Hero	01:54:40

"	Joakim Flaaseth Hansen	IK Hero	01:54:40
"	Hans F. Hellebergshaugen	Eidsvoll SK	01:54:40
"	Madsen, Christian S.	Grenland SK	01:54:40
"	Kristian Platou	Lillehammer CK	01:54:40
"	Simonsen, Morten	Eidsvoll SK	01:54:40
"	Vold, Svein Erik	Stjørdals/Blink	01:54:40
<b>10</b>	Tomod Haugstad	Lillehammer CK	01:55:24
<b>11</b>	Vegard Robinson Bugge	Horten & Omegn Cykleklubb	02:00:32
"	Kim Andre Hansen	Nesodden SK	02:00:32
"	Halvor Ihler	IF Frøy	02:00:32
"	Øen, Anders	Fossum	02:00:32
<b>15</b>	Anders Gullhav	IF Frøy	02:01:38
<b>16</b>	Vegard Kjølhammer	Bull Ski & Kajakk	02:02:35
"	Knestang Lasse	Lillehammer CK	02:02:35
<b>18</b>	Tobias Dahl Fenre	Bull Ski & Kajakk	02:05:32
"	Ophus, Lars Johan	Brumunddal CK	02:05:32
<b>20</b>	Paul Qvale	IK Hero	02:07:13
<b>21</b>	Simen B. Knudsen	IF Frøy	02:07:27
<b>22</b>	Olsen, Kim S.		02:07:46
<b>23</b>	Nordberg, Sondre	Frikransen	02:09:51
<b>24</b>	Gjerald, Steffen		02:10:12
<b>25</b>	Osresth, Lasse		02:10:50
<b>26</b>	Andreas Tangen	IK Hero	02:11:04
<b>27</b>	Arne Johan Dahl	Lillehammer CK	02:11:08
<b>28</b>	Røsand, Sindre	HOC	02:11:16
<b>29</b>	Hermann, Magnus	Fossum	02:16:05
<b>30</b>	Dahl, Knut Einar	Lillehammer	02:16:16
<b>31</b>	Høiberg, Henrik	Notodden Sykkelklubb	02:19:23
<b>32</b>	Per Erik Mork	Lillehammer CK	02:21:05
<b>33</b>	Eriksen, Andreas	TSK	02:27:25
<b>34</b>	Haugen, Baard Erik	IF Frøy	02:27:46
<b>35</b>	Simen Bekkevoll	Horten & Omegn Cykleklubb	02:39:51
<b>36</b>	Skaarer, Martin	Follo SK	02:40:17
<b>37</b>	Riiber Eikeland, Håkon	Fossum	02:44:39
"	Alexander Wøien	IK Hero	02:44:39

### Klasse: M20-24

<b>1</b>	Per Bjurgren	Ceres	01:54:23
"	Øyvind Wold	Ceres	01:54:23
<b>3</b>	Fundinggrud, Øystein	Fredrikstad SK	01:54:40
"	Ingvaldsen, Tor-Gunnar	Follo SK	01:54:40
"	Iversby Hvideberg, Anders	Fredrikstad SK	01:54:40
"	Lars Ragnar Manengen	Lillehammer CK	01:54:40
"	Christopher Myhre	Ringerike CK	01:54:40
"	Randin, Kenneth	Eidsvoll SK	01:54:40
"	Ringnes, Ole Chr.	Glåm/NIT Elite	01:54:40
"	Sørensen, Petter	Glåm/NIT Elite	01:54:40
"	Marius Lunde Thorstad	Lillehammer CK	01:54:40
<b>12</b>	Amundsen, Espen	IF Frøy	01:55:28
"	Arvesen, Espen S.	IF Frøy	01:55:28
<b>14</b>	Larsen, Mats	IF Frøy	01:56:26
<b>15</b>	Anders Rostrup	Bull Ski & Kajakk	01:57:46
<b>16</b>	Hansen, Thor-Inge	Nanset	01:59:16
<b>17</b>	Almankaas, Vegard	asker	01:59:23
<b>18</b>	Fagerli, Ole-Christian	Ceres	02:00:28
<b>19</b>	Øyvind Borgersen	Brumunddal CK	02:00:32
<b>20</b>	Sverre Aarskog	Brumunddal CK	02:01:38
<b>21</b>	Svein Østensen	Bull Ski & Kajakk	02:02:22
"	Torgersen, Tobias	Frikransen Elite	02:02:22
<b>23</b>	Jon Christian Andresen	Bull Ski & Kajakk	02:02:35
"	Knut Magnus Skaar	Bull Ski & Kajakk	02:02:35
<b>25</b>	Braaten, Hans Fredrik	Follo SK	02:02:46
<b>26</b>	Myklebust, Håvard	Gol IL Sykkel	02:03:39
<b>27</b>	Arve Steinar Sunde	Brumunddal CK	02:04:16
<b>28</b>	Kjetil Dammen	Bull Ski & Kajakk	02:05:20
<b>29</b>	Atle Ekenberg	Lillehammer CK	02:05:32
<b>30</b>	Thorud, Andreas	Ceres	02:07:46
<b>31</b>	Nøttnes, Petter	BOC	02:09:23
<b>32</b>	Mellem, Espen	Team Pirat	02:09:26
"	Munck, Erik Andreas	Team Pirat	02:09:26
<b>34</b>	Truls Bendiksen	IF Frøy	02:13:50

35	Thomas A. Kjærstad	Bull Ski & Kajakk	02:15:33
36	Staat, Christopher		02:18:26
37	Huse, Tor Helge	OSI Landevei	02:24:48
38	Jørgen Madsen	Bull Ski & Kajakk	02:27:28
39	Haugen, Bjørnar		02:28:26
40	Otteren, Bjørn	Rye	02:29:51
41	Stensvik, Kjetil	Team førstemann	02:32:16
42	Stern, John Arne	CK Gaupestien	02:33:17
43	Funderud, Jon	OSI Landevei	02:54:56

### Klasse: M25-29

1	Nils Erik Aas	Rye	01:54:16
"	Øyvind Haug	Rye	01:54:16
"	Thomas Karlsen	Rye	01:54:16
"	Pål Andre Thorsby	Rye (Nesodden)	01:54:16
5	Johansen, Kim	Ceres	01:54:23
"	Karlsen, Erik T.	Rye	01:54:23
"	Joar Lund	Ceres	01:54:23
"	Riisnes, Kåre	Ceres	01:54:23
9	Andersen, Lars-Erik	Hasle-Løren SK	01:54:40
"	Dalen, Frode	Ceres	01:54:40
"	Fors Haugen, Kurt	Grenland SK	01:54:40
"	Thorstad, Even	Nes SK	01:54:40
13	Aas, Øyvind	IF Frøy	01:55:28
14	Aas, Jens	BOC	01:55:32
"	Leif Oddvin Jensen	BOC	01:55:32
"	Knag, Eskil	OSLO BRANNVESEN	01:55:32
17	Sælø, Lars-Jørgen	Holmestrand SK	02:01:26
18	Øistein Olsen	Ceres	02:01:52
19	Thomas Henriksen	Bull Ski & Kajakk	02:02:22
20	Jimmy Eriksen	IF Frøy	02:02:46
"	Amund Riiser	Follo SK	02:02:46
22	Stian Eckhoff	Bull Ski & Kajakk	02:02:49
23	Egil Møen	Rye	02:04:23
"	Strandberg, Tor Einar	Rye	02:04:23
"	Jan Tore Sundal	Rye	02:04:23
26	Joachim		
Petterson	BOC		02:05:11
Bekkedal		Bull Ski & Kajakk	02:05:11
28	Rodequist, Henning G.	Ceres	02:05:32
29	Hassel, Thomas	BOC	02:07:46
"	Glenn Johansen	BOC	02:09:23
31	Amundsen, Nicolai	BOC	02:09:23
"	Mellem, Marius	Team Pirat	02:09:26
33	Knutsen, Stig	Team Pirat	02:09:26
34	Hope, Knut Jørgen	Rye	02:12:27
35	Nipe Samuelsen, Thomas	Rye	02:14:51
36	Christer Opsann	OSI	02:16:05
37	Haug, Bjørn	BOC	02:16:26
"	Johansen, Glenn		02:17:46
"	Tjelle, Lars	Rye	02:17:46
40	Jan H. Nyborg	Rye	02:17:46
41	Kyllesø, Lennart	Askim SK	02:18:03
42	Hans Rørhagen	FIF	02:18:26
43	Rommen, Fredrik	BOC	02:18:38
44	Riberg, Alg Einar		02:21:50
"	Espen Undrum	Rye	02:29:51
"	Waale, Borgar	Rye	02:29:51
"	Wik, Lars Helge	Rye	02:29:51
48	Øyvind Nitteberg	Rye	02:29:51
49	Linda Treseng	Fagerstrand Sykkelklubb	02:30:17
50	Torgeir Dypdalen	Ullensaker CK	02:32:16
51	Risberg, Knut Åge	IF Frøy	02:33:43
52	Edna, Esten Aleksander		02:35:17
53	Ole Petter Berglund		02:36:39
54	Jon Stenseth	Bull Ski & Kajakk	02:39:03
55	Lars Trondsen	IF Frøy	02:39:43
56	Emmel Hansen, Runar	Bull Ski & Kajakk	02:40:00
57	Melsæther, Jan Kåre	IF Frøy	02:41:38
58	Olsen, Svein Arne	BOC	02:48:03
59	Henrik Christian Gjervan		03:05:00
		Fagerstrand Sykkelklubb	03:20:07

**Klasse: M30-39**

<b>1</b>	Egil Aasheim	Rye	01:54:16
"	Baardsgaard, Erik	Rye	01:54:16
"	Bollerud, Audun L.	Nes SK	01:54:16
"	Dag Haug	Rye	01:54:16
"	Thomas Svane Jacobsen	Rye	01:54:16
"	Jenssen, Håvard	Rye	01:54:16
"	Løkken, Stig	Rye	01:54:16
"	Melhus, Morten	Rye	01:54:16
"	Riseth, Kim	Rye	01:54:16
"	Bjørn Saksberg	Rye	01:54:16
"	Strømsborg, Knut-Jo	Rye	01:54:16
<b>12</b>	Aune, Espen	Østmarka IL	01:54:23
"	Berntsen, Ola Thomas	Ceres	01:54:23
"	Eilertsen, Roger	Ceres	01:54:23
"	Ekberg, Bjørn Ivar	Ceres	01:54:23
"	Audun Evertsen	Ceres	01:54:23
"	Trond Lunderby	Ceres	01:54:23
"	Molund, Jan-Inge	Ceres	01:54:23
"	Renholt, Ottar	Nanset	01:54:23
"	Trond Rinnan	Ceres	01:54:23
"	Valbye, Per Henning	Ceres	01:54:23
<b>22</b>	Åserud, Patrik	Hasle-Løren SK	01:54:40
"	Jan Olav Beitmyren	Gjøvik CK	01:54:40
"	Christiansen, Morten	Glåm/NIT Elite	01:54:40
"	Erikstad, Hans Petter	Glåm/NIT Elite	01:54:40
"	Færgestad, Thomas	Storo MTB	01:54:40
"	Fredriksen, Jarle	Glåm/NIT Elite	01:54:40
"	Roger Hansen	ACK	01:54:40
"	Ole Henrik Hansen	Nes SK	01:54:40
"	Terje Holm	Lillehammer CK	01:54:40
"	Knutzen, Endre	Sarpsborg SK	01:54:40
"	Lien, Geir	Team Merida / NES SK	01:54:40
"	Repshus, Steffan	Team Anton Sport	01:54:40
"	Rom Hansen, Richard	Askim Sk	01:54:40
"	Walstad, Ørjan	Eidsvoll SK	01:54:40
<b>36</b>	Roger Gråv	Lillehammer CK	01:55:24
<b>37</b>	Bustad, Ola G.	Hasle-Løren SK	01:55:28
"	Evjen, Bjørn Håvard	IF Frøy	01:55:28
"	Alexander Holm	IF Frøy	01:55:28
"	Terje Hullstein	IF Frøy	01:55:28
"	X, Herman	IF Frøy	01:55:28
<b>42</b>	Geir-Egil Bolstad	BOC	01:55:32
"	Knut Borbe	BOC	01:55:32
"	Even Chiodera	BOC	01:55:32
"	Fjeld Halvorsen, Børre	BOC	01:55:32
"	Flaten, Torbjørn	BOC	01:55:32
"	Hans J. Lihagen	BOC	01:55:32
"	Christian Rieder	BOC	01:55:32
"	Andreas Sand	BOC	01:55:32
<b>50</b>	Husum, Thomas	IF Frøy	01:56:26
"	Sørland, Ole Kristian	Hasle-Løren SK	01:56:26
"	Torsveit, Thomas	IF Frøy	01:56:26
<b>53</b>	Johnsen, Jan-Thorleif	Eidsvoll SK	01:56:38
<b>54</b>	Jensen, Steinar	Asker CK	01:59:23
"	Sveinung Kristiansen	ACK	01:59:23
"	Arve Lyngstad	ACK	01:59:23
"	Pål Tangen	ACK	01:59:23
<b>58</b>	Aase, Jan Tore	Ceres	02:00:28
"	Bogerud, Morten	Klubb Anton Sport	02:00:28
"	Murud, Ståle		02:00:28
<b>61</b>	Bjørn Erik Lilleøkseth	Brumunddal CK	02:00:32
<b>62</b>	von Hall, Steven	NCC BIL	02:01:26
<b>63</b>	Kai Alfstad	Brumunddal CK	02:01:38
<b>64</b>	Bjerke, Tomas	Follo SK	02:02:46
"	Anders Christiansen	Follo SK	02:02:46
"	Ekelund, Ståle	Follo SK	02:02:46
"	Forsberg, Thomas	Follo SK	02:02:46
"	Espen B. Gustavsen	Follo SK	02:02:46
"	Helvik, Lars	Follo SK	02:02:46

"	Husby, Øyvind	IF Frøy	02:02:46
"	Håvard Kalvøy	Follo SK	02:02:46
"	Lorentsen, Naim	FRØY	02:02:46
"	Mikalsen, Per Chr.	IF Frøy	02:02:46
"	Sætheren, Jardar	IF Frøy	02:02:46
"	Undset, Erik	IF Frøy	02:02:46
<b>76</b>	Wang, Erik	Rye	02:03:32
<b>77</b>	Per Øyvind Alvim	Rye	02:04:23
"	Stein Gundersen	Ullensaker CK	02:04:23
"	Halvorsen, Per	Rye	02:04:23
"	Solvang, Tom Inge	Rye	02:04:23
"	Strøm, Terje	Rye	02:04:23
"	Atle Thoresen	Spydeberg IL	02:04:23
<b>83</b>	Eggum, Espen		02:05:32
"	Østhaug, Espen	Sarpsborg SK	02:05:32
<b>85</b>	Corell, Robert		02:06:26
<b>86</b>	Roy Hopland	Lillehammer CK	02:06:38
<b>87</b>	Baumgarten, Rudi	www.rbnet.no	02:06:40
"	Bekken, Jon-Terje	IF Frøy	02:06:40
"	Berge, Jan-Inge	IF Frøy	02:06:40
"	Rød Nilsen, Steinar	IF Frøy	02:06:40
"	Bjørn Rosseland	Follo SK	02:06:40
"	Tor Åge Willinder	IF Frøy	02:06:40
<b>93</b>	Svein Aalrust	ACK	02:06:52
<b>94</b>	Håvard Øvreeide	IF Frøy	02:07:27
<b>95</b>	Abrahamsen, Per	Holmestrand SK	02:07:46
"	Bernhoft, Anders	Ceres	02:07:46
"	Borge, Cato	Ceres	02:07:46
"	Buksrud, Trond	Ceres	02:07:46
"	Eliesen, Ole Kenneth	Ceres	02:07:46
"	Hageberg, Hans-H.	Ceres	02:07:46
"	Halvorsen, Espen	Ceres	02:07:46
"	Erling Lillelien	Ceres	02:07:46
"	Morten Mølmann	Ceres	02:07:46
"	Nergård, Frode	Ceres	02:07:46
"	Rønningen, Carl F.	RE Sykkelklubb	02:07:46
"	Trondsen, Stig	Ceres	02:07:46
<b>107</b>	Christer Rinnan Aafloen	BOC	02:09:23
"	Kenneth Gavoll-Hansen	BOC	02:09:23
"	Knapper, Øyvind	BOC	02:09:23
"	Mørk, Tor Erik	E-CO Vannkraft	02:09:23
"	Rivrud, Tommy	BOC	02:09:23
<b>112</b>	Huste, Guy m.	Frikransen	02:09:51
"	Nordli, Eirik	Frikransen	02:09:51
"	Bjørn Rogndalen	Sarpsborg Sykkelklubb	02:09:51
"	Svein Christian Wiig		02:09:51
<b>116</b>	Nygård, Morten		02:10:14
<b>117</b>	Bjørnfeld, Audun	BOC / Skarpedin	02:10:44
<b>118</b>	Berg, Ståle	Rye	02:11:26
<b>119</b>	Dan Allan Unger Rydahl	Ceres	02:11:40
<b>120</b>	Mehnert, Andre	BOC	02:11:44
<b>121</b>	Wkskog, Lars	Nittedal CK	02:11:52
<b>122</b>	Frank Siewert	BOC	02:12:27
<b>123</b>	Hansen, Max Bern	asker	02:12:46
"	Asle Nistad	ACK	02:12:46
<b>125</b>	Egil Knapper		02:12:56
<b>126</b>	Nummedal, Terje	Nittedal CK	02:13:19
<b>127</b>	Føsker, Per Eivind	Rye	02:13:38
"	Østengen, Øyvind	Rye	02:13:38
"	Skreding, Jakob	Rye	02:13:38
<b>130</b>	Idar Bækken	BOC	02:13:51
<b>131</b>	Ditmansen, Arve		02:14:14
<b>132</b>	Eriksen, Per-Espen	Tønsberg CK	02:15:17
<b>133</b>	Holst-Larsen, Tor Arild	BOC	02:16:26
"	Thorvaldsen, Svein-Erik	BOC	02:16:26
<b>135</b>	Roy Leirvik	ACK	02:17:27
<b>136</b>	Engenes, Erik A.	Rye	02:17:46
"	Fjellhaug, Kristian	Rye	02:17:46
"	Frørud, Leif Kåre	Rye	02:17:46
"	Gomo, Terje	Rye	02:17:46
"	Gulliksen, Andreas	Rye	02:17:46

"	Haug, Svein	Rye	02:17:46
"	Fred Ove Helland	Rye	02:17:46
"	Johansen, Erik	Rye	02:17:46
"	Jan-Morten Kaarød	Rye	02:17:46
"	Thomas Meyer	Rye	02:17:46
"	Pettersen, Geir	Rye	02:17:46
"	Skålhegg, Jørgen	Rye	02:17:46
"	Skandsen, Terje	Rye	02:17:46
"	Skomedal, Torgeir	Rye	02:17:46
"	Stokke, Håvard	Vesta BIL	02:17:46
"	Strøm, Ole Kristian	Rye	02:17:46
"	Vøien, Jon Are	Rye	02:17:46
<b>153</b>	Thomas Andresen	Askim SK	02:18:03
<b>154</b>	Berge, Glenn		02:18:26
"	Beylich, Christian Kyrre	Xplora AS	02:18:26
"	Tore Hansen	Team Sentrum	02:18:26
<b>157</b>	Lars Birger Nielsen	Follo SK	02:18:39
<b>158</b>	Sven Gil Westersjø	BOC	02:18:50
<b>159</b>	Brynjulvsrud, Lars Erik		02:19:23
"	Trond Thorsen	Nes SK	02:19:23
<b>161</b>	Langerud, Trond	Kråkene IL	02:20:13
<b>162</b>	Amdal, Bjørn Kåre	BOC	02:20:18
<b>163</b>	Gryttenholm, Lars	Rye	02:21:40
"	Paul Milemann	Rye	02:21:40
<b>165</b>	Totlund, Frode	BOC	02:21:42
<b>166</b>	Dahl, Per Christian	IF Frøy	02:22:41
<b>167</b>	Tore Røhne	BOC	02:22:46
<b>168</b>	Myrvold, Trond	Rye	02:24:03
"	Wickstrøm, Ronny	Rye	02:24:03
<b>170</b>	Olsen, Pål	FSC Sykkelteam	02:24:39
<b>171</b>	Gundersen, Bror	OSI Landevei	02:25:32
<b>172</b>	Høgli, Ivar	Ceres	02:26:24
<b>173</b>	Olav Øverlie	Bull Ski & Kajakk	02:26:26
<b>174</b>	Haslev, Hans Petter		02:27:40
<b>175</b>	Frise, Sten	Klubb Anton Sport	02:27:41
"	Grøhn, Egil	Ceres	02:27:41
<b>177</b>	Mathisen, Paal Gunnar	Kråkene IL	02:27:59
<b>178</b>	Aune, Bjørn Tore	Ullevål Universitetssykehus	02:28:41
<b>179</b>	Spilling, Petter	BOC	02:28:52
<b>180</b>	Skinnes, Dag		02:29:10
<b>181</b>	Hansen, Arild	Rye	02:29:51
"	Nødland, Geir	Rye	02:29:51
"	Jon Morten Olsen	Rye	02:29:51
"	Olsen, Svein	Rye	02:29:51
"	Strøm, Terje Willy	Rye	02:29:51
"	Wendelborg, Thomas	Rye	02:29:51
<b>187</b>	Gaaserud, Kjetil		02:30:17
<b>188</b>	Olufsen, Glenn Reidar	Follo SK	02:30:51
<b>189</b>	Truls Aabol	Bull Ski & Kajakk	02:32:36
<b>190</b>	Tetlie, Trond	Ceres	02:33:26
<b>191</b>	Aspehaug, Trond	IF Frøy	02:33:43
"	Jon Vidar Larsen	IF Frøy	02:33:43
<b>193</b>	Dalseth, Ronny		02:34:05
<b>194</b>	Richard H. Nesdal	IF Frøy	02:34:07
"	Nordtorp, Thomas	IF Frøy	02:34:07
<b>196</b>	Lars Johansen	Ceres	02:34:13
"	Gunnar Rodem		02:34:13
<b>198</b>	Bjørseth, Hans Petter	Team Nordlia	02:34:19
"	Melvold, Øyvind S.		02:34:19
"	Rørstad, Kyrre	Tollernes Idrettslag	02:34:19
<b>201</b>	Tjøtta, Erik	Frikransen	02:34:26
<b>202</b>	Truls Kjærgård Nissen		02:35:13
<b>203</b>	Tonny Hansen	Ullensaker CK	02:35:17
"	Kristian Ryen	Ullensaker CK	02:35:17
"	Ståle Ullersmo	Ullensaker CK	02:35:17
"	Andre Warming	Ullensaker CK	02:35:17
"	Wijg, Tron J.	NCK	02:35:17
<b>208</b>	Kleven, Oskar	Follo SK	02:35:19
<b>209</b>	Vidar Olsen		02:36:23
<b>210</b>	Rake, Roger	BOC	02:37:41
<b>211</b>	Hansen, Rune	IF Frøy	02:37:53

<b>212</b>	Furnes, Kjell Erik	Ceres	02:39:07
"	Knut Harald Hylleseth	Team Sentrum	02:39:07
<b>214</b>	Blåsås, Tarjei	Nittedal CK	02:40:04
<b>215</b>	Håggbo, Øystein	Follo SK	02:41:38
<b>216</b>	Håkon Førde	Ullensaker CK	02:41:58
<b>217</b>	Grytnes, Jan-Arild	IF Frøy	02:43:15
<b>218</b>	Roy Helge Einebakken	Frode Gran Service	02:44:10
<b>219</b>	Buri, Torbjørn		02:45:55
<b>220</b>	Khan, Arshid		02:50:21
<b>221</b>	Nyjordet, Pål		02:55:53
"	Øverby, Lars	Esso Sport	02:55:53
<b>223</b>	Per Ivar Lund		02:56:17
<b>224</b>	Christopher Sundin	BOC	02:57:06
<b>225</b>	Arntsen, Svenne	Rye	02:59:24
<b>226</b>	Ellingsen, Tom		03:00:55
<b>227</b>	Rånes, Stein Kjetil		03:07:25
<b>228</b>	Tjernsli, Fred		03:12:57
<b>229</b>	Kristiansen, Fredrik	Fitness	03:14:29

### Klasse: M40-44

<b>1</b>	Rune Johansen	Rye	01:54:16
"	Schøyen, Erik	Rye	01:54:16
<b>3</b>	Davidsen, Ove	Ceres	01:54:23
"	Renholt, Espen	Ceres	01:54:23
<b>5</b>	Dahl, Svein Erik	Askim Sk	01:54:40
"	Fjeldavlie, Jørn	Grenland SK	01:54:40
<b>7</b>	Gundersen, Tom-O	IF Frøy	01:55:28
"	Ulfski, Morten	IF Frøy	01:55:28
<b>9</b>	Løfsgaard, Fredrik	BOC	01:55:32
"	Jan Tore Sletta	BOC	01:55:32
<b>11</b>	Jensen, Rune	IF Frøy	01:56:26
"	Kjær, Geir	IF Frøy	01:56:26
<b>13</b>	Petter A. Winter	ACK	01:59:23
<b>14</b>	Kogstad, Gisle	Family SC Lillestrøm v/Erik	02:00:28
<b>15</b>	Erling Bendiksen	IF Frøy	02:02:46
"	Dahlen, Jens	IF Frøy	02:02:46
"	Egil, Karl	IF Frøy	02:02:46
"	Gjestvang, Erlend	Feiring	02:02:46
"	Lysenstuen, Tormod	Follo SK	02:02:46
"	Geir Sundin	IF Frøy	02:02:46
<b>21</b>	Hansen, Knut-Børre	Lillehammer	02:02:49
<b>22</b>	Per Arthur Dahl	Rye	02:04:23
"	Gravdal, Jon	BOC	02:04:23
<b>24</b>	Thorbjørn Hegge	Lillehammer CK	02:05:32
<b>25</b>	Johansen, Magne	IF Frøy	02:06:40
"	Lange, Bjørn	Rye	02:06:40
<b>27</b>	Trygve Gillebo	ACK	02:06:52
<b>28</b>	Per Jensen	Ceres	02:07:46
"	Kristiansen, Kjetil	Ceres	02:07:46
"	Standal, Kjetil	Ceres	02:07:46
"	Pål Vaskinn	Ceres	02:07:46
<b>32</b>	Lars F. Askheim	BOC	02:09:23
"	Åstrøm, Jørgen	BOC	02:09:23
"	Dahl, Ørnulf	BOC	02:09:23
<b>35</b>	Ådna, Magne	Frikransen	02:09:51
"	Berg, Øyvind	Frikransen	02:09:51
"	Geir Olav Halset	Nittedal CK	02:09:51
<b>38</b>	Petterholt, Kjell	Ceres	02:12:27
<b>39</b>	Sande, Magnar	Rye	02:12:28
<b>40</b>	Tom R. Gunntveit	ACK	02:12:46
"	Edmund Langeland	ACK	02:12:46
<b>42</b>	Hans Olav Myrtveit	Ullensaker CK	02:13:39
<b>43</b>	Erik Haugen		02:14:23
<b>44</b>	Ole Herman Larsen	BOC	02:14:58
<b>45</b>	Gravdal, Jon	BOC	02:16:26
"	Olav Gunnheim	BOC	02:16:26
<b>47</b>	Øyvind Wold	Frikransen SK	02:17:41
<b>48</b>	Fride Myskja, Einar	Rye	02:17:46
"	Gundersen, Lars G.	Felgen	02:17:46
"	Havnås, Dag	Rømskog IL	02:17:46
"	Jens Kristian Lindland	Rye	02:17:46

" Lyse, Tommy	Rye	02:17:46
" Noll, Josef	Rye	02:17:46
" Olsen, Freddy	Rye	02:17:46
" Stenberg, Ole Kristian		02:17:46
" Bjørn Ulsaker	Rye	02:17:46
<b>57</b> Dagslott, Bjørn		02:18:26
" Kåre Dahl	Nesodden SK	02:18:26
<b>59</b> Petterson, Vidar		02:18:39
<b>60</b> Christoffer Bull	Bull Ski & Kajakk	02:21:44
<b>61</b> Egedius, Frode	Gjøvik CK	02:22:11
<b>62</b> Langtangen, Bjørn Erik	Rye	02:24:03
" Ståle A Neuendorff	Rye	02:24:03
<b>64</b> Wright, Dan	SK RYE	02:27:40
<b>65</b> Gullbrandsen, Arild	Lørenskog CK	02:27:41
<b>66</b> Hans Petter Sundberg	Follo SK	02:28:03
<b>67</b> Tor Arne Helgestad	Follo SK	02:29:13
" Stette, Frode	IF Frøy	02:29:13
<b>69</b> Per Christian Dæhlin	Rye	02:29:51
" Hansen, Svein Åge	Rye	02:29:51
" Lindberg, Frode	Rye	02:29:51
" Moen, Lars Thomas		02:29:51
<b>73</b> Soot, Arne Martin		02:30:17
<b>74</b> Torgum, Gunnar	Rye	02:32:05
<b>75</b> Geir Edseth	Ullensaker CK	02:32:16
" Morten Sundby	Nes SK	02:32:16
<b>77</b> Tanner, Lorentz	IF Frøy	02:34:07
<b>78</b> Sætre, Kjell Arne	Ceres	02:34:13
<b>79</b> Haugen, Arve		02:34:19
<b>80</b> Hagen, Øyvind	BOC	02:34:51
<b>81</b> Steinar Pettersen	Ullensaker CK	02:34:56
<b>82</b> Saugstad, Steinar	Ceres	02:37:22
<b>83</b> Aalerud, Hans-Ivar	Tollernes Idrettslag	02:39:31
<b>84</b> Hansen, Kjersti	Family SC Lillestrøm v/Erik	02:40:04
<b>85</b> Richard G Wiik		02:44:02
<b>86</b> Hillmann, Espen	Esso Sport	03:09:56
<b>87</b> Olsen, Runar	Team Nordlia	03:15:02
<b>88</b> Gabrielsen, Terje		03:29:56

### Klasse: M45-49

<b>1</b> Hansen, Trond	Rye	01:54:16
" Rusånes, Sturla	Rye	01:54:16
" Rune Henning Sørum	Rye	01:54:16
<b>4</b> Pål Fredriksen	Ceres	01:54:23
" Grydeland, Erik	Ceres	01:54:23
<b>6</b> Bodin, Jan	IF Frøy	01:55:28
" Jørgensen, Sven Kristian	IF Frøy	01:55:28
<b>8</b> Hæugen, Sigmund	BOC	01:55:32
<b>9</b> Jan Erik Johnsrud	BOC	01:56:38
<b>10</b> Hansen, Lars	IF Frøy	01:56:52
<b>11</b> Aarud, Knut E.	Asker SK	01:59:23
" Øyvind Hansen	ACK	01:59:23
" Arnfinn Horne	ACK	01:59:23
<b>14</b> Jensen, Steinar	IF Frøy	02:02:46
<b>15</b> Dag Audun Fiskvik	Follo SK	02:07:27
<b>16</b> Berg, Sverre	Seby	02:07:46
" Sørheim, Rune	Østmarka	02:07:46
" Trond Arne Trondsen	Ceres	02:07:46
" Vika, Harald	Ceres	02:07:46
<b>20</b> Thomas Eide	BOC	02:09:23
" Fredriksen, Edvin	BOC	02:09:23
" Stokkebryn, Jo	BOC	02:09:23
<b>23</b> Christensen, Jarle	Sandefjord	02:09:26
<b>24</b> Arild Hellebø	HODR IL - Tandem	02:09:51
" Håvar Hilde	HODR IL - Tandem	02:09:51
<b>26</b> Tefre, Hølje	MRG/Norstat	02:10:28
<b>27</b> Løvstad, Stein	IF Frøy	02:11:06
<b>28</b> Stein Arne Refsland	BOC	02:16:26
<b>29</b> Tom Sørensen	ACK	02:17:27
<b>30</b> Knudsen, Morten		02:17:46
" Olsen, Arthur	Rye	02:17:46
" Strand, Tom	FRØY	02:17:46



33	Unger, Claes-H.	Østmarka	02:18:33
34	Heikki Fjellidal	Follo SK	02:18:39
35	Knudsen, Stig	Follo SK	02:19:39
36	Geir Asbjørn Nilsen	ACK	02:21:06
37	Linstad, Johnny	Family Sportsclub	02:23:39
38	Kristian Stensrud	Rye	02:24:03
39	Bjørn Rune Hansen	ACK	02:24:51
40	Rabben, Terje		02:28:43
41	Mollari, Andre	FFT	02:29:10
42	Øveren, Trond	Rye	02:29:51
"	Solheim, Geir	Rye	02:29:51
44	Halleraker, Svein		02:30:17
45	Holen, Steinar	IF Frøy	02:34:07
46	Erichsen, Bredo	BOC	02:34:51
47	Vastlie, Olav	Rye	02:36:24
48	Haugen, Per-Olav	BOC	02:37:05
49	Gjellum, Tom	Rye	02:39:03
"	Morten Tomter	Bull Ski & Kajakk	02:39:03
51	Gunnar Ottesen	Aker Kværner Bil	02:41:06
52	Åndahl, Inge	Ceres	02:45:17
53	Johnsen, Charles		02:47:10
54	Aandal, Jon-Einar	UBIL	03:12:20
55	Karlsen, Bent		03:14:06
56	Håvak, Lasse		03:16:31

### Klasse: M50-54

1	Hamre, Bjørn	Rye	01:54:16
"	Stein Mæhlum	Rye	01:54:16
"	Sigurd Asbjørn Røeggen	Rye	01:54:16
4	Tore Tomter	Ceres	01:54:23
5	Hanssen, Jon	Grenland SK	01:54:40
6	Forsmo, Steinar	IF Frøy	01:56:26
7	Jan Lasse Moe	BOC	01:59:14
8	Vidar Johansen	ACK	01:59:23
9	Aasvestad, Pål Erland	Follo SK	02:02:46
"	Harald Kolderup	Follo SK	02:02:46
11	Kjell Aspen	IF Frøy	02:06:40
"	Pål Gulliksen	IF Frøy	02:06:40
"	Bjørn-David, Haraldsen	IF Frøy	02:06:40
14	Braaten, Svein Ole	ISS BIL	02:07:46
"	Thor Engh	Ceres	02:07:46
"	Herudsløkken, Arild	Ceres	02:07:46
"	Jørgenvåg, Jacob Johnny	Ceres	02:07:46
18	Finstad, Knut Erik	Frikransen	02:09:51
"	Heimdal, Geir	Nittedal CK	02:09:51
"	Svein Lamo	Nittedal CK	02:09:51
"	Torkildsen, Inge Bjart	Frikransen SK	02:09:51
22	Arnljot Mehl	BOC	02:11:44
"	Kjell Nervold	BOC	02:11:44
24	Sauveur Circhirillo	Østmarka IL	02:14:03
25	Kåre Åsheim	Ullensaker CK	02:14:39
26	Gulliksen, Gunnar A.	Rye	02:17:46
"	Lars Åge Hjelseth	Rye	02:17:46
"	Jespersen, Ole Duus	Rye	02:17:46
"	Lars-Erik Løvdahl		02:17:46
30	Gudleik Skarstad		02:18:26
31	Kjellhov, Ivar	IF Frøy	02:19:39
32	Vea, Erik	BINGSFOSS SK	02:19:51
33	Arne Bryhn	ACK	02:21:49
34	Roger Lauritzen	Holmestrand Sykkeklubb	02:22:31
35	Asp, Per		02:27:40
36	Vidar Moen		02:29:26
37	Stenbakken, Øivind	Rye	02:29:51
38	Mathisen, Helge		02:29:56
39	Hans-Petter Bredal		02:30:17
"	Leif Petter Eltvik		02:30:17
"	Hasse Farstad	IK Hero	02:30:17
42	Harald Orderud	Ullensaker CK	02:32:16
"	Harald Wethal	Ullensaker CK	02:32:16
44	Alkanger, Tom		02:32:38
45	Oluf Saltveit	Follo SK	02:34:07

<b>46</b>	Nils Morten Rognstad	Ullensaker CK	02:35:17
"	Willy Rolid	Ullensaker CK	02:35:17
<b>48</b>	Aanonsen, Gunnar	SBC-Sportsklubb	02:40:04
<b>49</b>	Tviberg, Magne		02:45:55
<b>50</b>	Arne Blakkisrud	Ullensaker CK	02:48:04
<b>51</b>	Bøe, Trond	Rye	02:50:04
<b>52</b>	Støldal, Øivind	M.E.S.K	02:55:07
<b>53</b>	Myrset, Bjørn		02:59:45

### Klasse: M55-59

<b>1</b>	Årnold, Kjell Erik	Rye	01:54:16
<b>2</b>	Bjørn Olav Jeksrud	Ceres	02:14:03
<b>3</b>	Brandal, Frode	BOC	02:15:28
<b>4</b>	Jahr, Ola	BOC	02:16:26
<b>5</b>	Tor Amundsen	Rye	02:17:46
"	Tom Andersen	Rye	02:17:46
"	Gunnar Bøhmer	Rye	02:17:46
"	Leif S Godager	IK Hero	02:17:46
"	Justnes, Jan Erik	Rye	02:17:46
<b>10</b>	Nysæter, Bjørn	IK Hero	02:18:23
<b>11</b>	Jørgensen, Odd	Oslo Brannkorps	02:21:58
<b>12</b>	Bjørnar Johansen	IF Frøy	02:22:41
<b>13</b>	Tryland, Øivind	BOC	02:22:46
<b>14</b>	Per Sellli		02:30:17
<b>15</b>	Arne G. Berg	Follo SK	02:30:51
<b>16</b>	Fiskaa, Geir	Rye	02:31:38
<b>17</b>	Ragnar Fjeldheim	Ullensaker CK	02:32:16
<b>18</b>	Arvid Svendsen	Follo SK	02:32:31
<b>19</b>	Simonsen, Andreas	IF Frøy	02:34:07
<b>20</b>	John Ole Tollefsen	IF Frøy/Arcus AS	02:37:41
<b>21</b>	Eine Friis, Dag Sture	Frikransen	02:39:03
<b>22</b>	Odd-Stein Granhus		02:50:21
<b>23</b>	John Kjoss	Oslo VA-Verk	02:55:12
<b>24</b>	Willy Hansen		02:58:07
<b>25</b>	Jakobsen, Yngve	Rye	03:00:34
<b>26</b>	Tore Solgård	IK Hero	03:21:17

### Klasse: M60-64

<b>1</b>	Sam Drage	Follo SK	02:02:46
<b>2</b>	Moe, Agnar	Rye	02:10:28
<b>3</b>	Myrseth, Tor	Rye	02:17:46
<b>4</b>	Høgseth, Johan	Eidsvoll SK	02:18:03
<b>5</b>	Håvard Østmo	Ullensaker CK	02:32:16
<b>6</b>	Jørgensen, Oddbjørn	Asker CK	02:32:41
<b>7</b>	Alsos, Rolf		02:39:48
<b>8</b>	Øye, Nils		02:52:38
<b>9</b>	Steinar Fjeldheim		03:02:57
<b>10</b>	Johansen, Willy	GUNNAR KARLSEN BIL	03:08:28
<b>11</b>	Martinsen, Truls		03:14:06
<b>12</b>	Kai Eriksen	Halden CK	03:16:57

### Klasse: M65-69

<b>1</b>	Brevik, Arve	Rye	02:55:17
<b>2</b>	Henning Dahle	Hydro Oslo BIL	03:09:19

### Klasse: M70

<b>1</b>	Kurt Stille	Gammel Dansk	02:40:32
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### Klasse: M ?

<b>1</b>	, Ukjent	Ceres	01:54:23
<b>2</b>	Ukjent, Ukjent		01:55:24
<b>3</b>	, Ukjent		02:30:17

### Klasse: M?

<b>1</b>	Stein Morten Storrø	Rye	01:54:16
<b>2</b>	, Ukjent	IF Frøy	02:02:46
<b>3</b>	Helge Haugstad	Lillehammer CK	02:05:32
<b>4</b>	Birknes, Rolf-Eric		02:23:43

